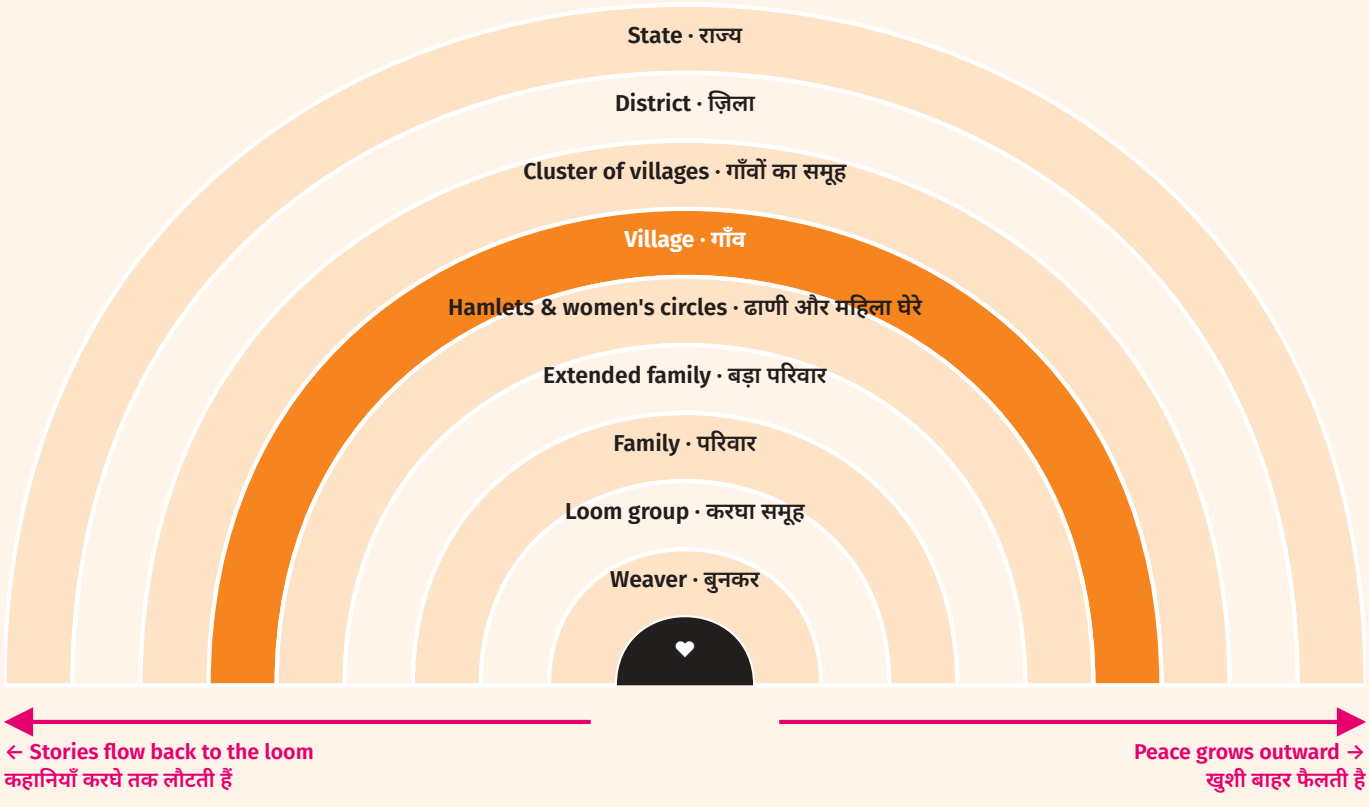
WORLD HAPPINESS FOUNDATION · VILLAGES OF HAPPINESS · खुशहाल गाँव

From one loom to 600 villages

एक करघे से 600 गाँवों तक

An invitation to village leaders in Rajasthan, beginning in Manpura.
राजस्थान के गाँवों के लिए एक निमंत्रण — शुरुआत मानपुरा से।



For conversations with Sarpanches and Gram Panchayats, Gram Sabhas, women's self-help groups, loom leaders, ASHA and Anganwadi workers, teachers and elders.

Prof. Luis Miguel Gallardo, Founder and President, World Happiness Foundation · October 2026

1 · THE IDEA

Happiness that grows ring by ring

खुशी जो घेरा-दर-घेरा बढ़ती है

In Manpura, women weavers already practise the **Happiness Ritual** together at their looms: breathing, a story card, a circle of sharing, a guided meditation and creative expression.

Villages of Happiness carries that same peace outward: from the weaver to her loom group, her family, her extended family, the hamlets and women's circles, and the **whole village**. Villages then support each other in clusters, alongside the district and the state.

The village is the unit of change. The village decides whether to join, what it needs, and how fast to go.

मानपुरा में बुनकर बहनें अपने करघों पर मिलकर पहले से **हैप्पीनेस रिचुअल** (खुशी की रीत) करती हैं — साँस, कहानी कार्ड, बातें बाँटने का घेरा, ध्यान और रचनात्मक अभिव्यक्ति।

खुशहाल गाँव इसी शांति को आगे ले जाता है — बुनकर से करघा समूह तक, परिवार तक, बड़े परिवार तक, ढाणियों और महिला घेरों तक, और **पूरे गाँव** तक।

बदलाव की इकाई गाँव है। जुड़ना है या नहीं, क्या चाहिए, और किस गति से चलना है — यह गाँव तय करता है।

1
village begins: Manpura, in the Listen stage
गाँव से शुरुआत — मानपुरा

6
stages, at the village's own pace
चरण, गाँव की अपनी गति से

600
villages the programme is designed to reach
गाँवों तक पहुँचने की योजना

What it is

- Weekly circles at the loom, in families and in courtyards
- Free training for local people, so the village can lead it on its own
- Song, story and festival, rooted in local culture
- A shared village project chosen by the village

What it is not

- Not a scheme imposed from outside
- Never linked to work, pay, loans or benefits
- Not tied to any political party or religious group
- Nothing is taken: what we learn returns to the village first

For the person presenting this pack

Read page 6 aloud in Hindi at the Gram Sabha or women's meeting. Leave page 7 with the village: it is a simple letter of interest, not a contract. Ask questions and listen before proposing anything.

2 · THE JOURNEY

Six stages, at the village's own pace

छह चरण, गाँव की अपनी गति से

The whole journey takes 12 to 18 months. The village moves to the next stage only when it is ready.

	STAGE	WHAT HAPPENS	READY TO MOVE ON WHEN
1	**Listen** सुनना 1–2 months	We visit every hamlet and meet women's groups, elders, the ASHA, teachers and the panchayat. We only ask questions.	Every hamlet has been visited
2	**Invite** आमंत्रण 1 month	The proposal is read aloud at women's meetings and the Gram Sabha. The village decides and forms its Village Happiness Circle.	The Gram Sabha and the women's circles agree
3	**Map** नक्शा 1–2 months	The village maps its own strengths and needs. Consenting adults answer short questionnaires on paper, read aloud if helpful.	The village names its strengths and one priority
4	**Practise** अभ्यास 6–9 months	Weekly loom, family and courtyard circles; story and song; a village festival; one shared village project.	Circles run most months without outside staff
5	**Weave together** साथ बुनना 2–3 months	The village plan enters the panchayat development plan; two local catalysts are certified; findings are shared back.	The plan is adopted; two catalysts are active
6	**Flourish** फलना-फूलना ongoing	The village runs its own circles and guides two neighbouring villages.	As long as the village wishes

The Village Happiness Circle · गाँव खुशहाली समिति

- **9 to 15 people**, chosen by the Gram Sabha and the women's meetings
- **Women weavers hold at least half the seats**; every hamlet has at least one member
- Also a loom leader, a self-help group leader, an elder, a young person, the ASHA or Anganwadi worker, a teacher and a panchayat member
- Meets monthly and reports to the Gram Sabha twice a year
- Decides which circles to run, the shared village project, how the village fund is used, and what is shared outside
- Chooses **two local catalysts**, who are trained to lead the work themselves

What each of us brings

हम सब क्या लाते हैं

The village
गाँव

- Chooses its Village Happiness Circle and two local catalysts
- Offers spaces for circles: courtyards, school, chaupal
- Chooses and looks after one shared village project
- Brings the village plan into the panchayat development plan
- When ready, guides two neighbouring villages

World Happiness Foundation
वर्ल्ड हैप्पीनेस फ़ाउंडेशन

- Trains and accompanies the catalysts and loom leaders, free to the village
- Provides the Happiness Ritual materials, story cards and circle guides in Hindi
- Leads the research ethically and returns findings to the village first
- Connects the village with the wider network, the district and the state

Field partner
क्षेत्रीय साथी

- A field facilitator who speaks the local language
- Makes sure no circle is ever linked to work, pay or performance
- Supports logistics for gatherings and festivals
- Shares what is learned, with the village's consent

Care and safeguards · देखभाल और सुरक्षा

- **Free choice.** No one has to take part. Saying no affects nothing.
- **Care when pain surfaces.** Catalysts listen; when someone needs more help they are gently connected with the ASHA, the health centre or a counsellor, with their agreement.
- **Children** join only with parents present or with parental consent, in open spaces.
- **Photos and stories** only with written or thumbprint consent, which can be withdrawn at any time.
- **Everyone welcome.** Every hamlet, family and community is invited equally.
- **Humour with care.** Laughter in circles comes from love, compassion and forgiveness; no one is made small.

How we will know · हम कैसे जानेंगे

We follow research best practice: villages that start later act as the comparison group, and every result is published, including the ones we did not hope for. Short questionnaires on inner peace (FP20) and on shame and release (SRS-12) are answered at the start, middle and end, by adults who choose to. Answers are stored with a code, never a name. The village also maps its own wellbeing across eight layers of village life. **Findings go to the village first, in Hindi, at a gathering.**

4 · SUPPORT AT EVERY LEVEL

Every ring can help

हर घेरा मदद कर सकता है

Support can come at any ring, from a single loom to the state. Each supporter sees where their help went.

LEVEL	WHAT SUPPORT MAKES POSSIBLE	WHO IS INVOLVED
Loom करघा	A loom circle's materials and facilitator time	Loom leaders, weavers
Family परिवार	Family circles and Family Happiness Days, with husbands, in-laws and children invited	Families
Hamlet ढाणी	Training for women's circle leaders in every hamlet	Self-help group leaders
Village गाँव	A village's full 12–18 month journey, including its shared project fund	Sarpanch, Gram Sabha, Village Happiness Circle
Cluster गाँवों का समूह	A cluster hub and its catalysts, mentoring nearby villages	Mentor villages
District ज़िला	Alignment with district administration, health and education departments, and panchayat development plans	District officials
State राज्य	State partnership, policy, scale and research	State government
Global विश्व	Foundations, companies and individuals who fund and learn from the work	Supporters worldwide

How it grows (planned, Nov 2026 to Oct 2028) · यह कैसे बढ़ेगा

10
villages · Wave 1
Begins when Manpura is in Practise with no harm signals

50
villages · Wave 2
Mentor villages ready, catalysts certified

200
villages · Wave 3
Cluster hubs staffed, data quality holds

600
villages · Wave 4
Each village guides two neighbours

Connected to Cities of Happiness

The same diagnostic that guides the World Happiness Foundation's Cities of Happiness, adapted to village life: eight layers of wellbeing and the seven domains of the Global Pain & Trauma Map. Villages, cities, districts and states learn from each other.

5 · TO READ ALOUD · ग्राम सभा में पढ़कर सुनाने के लिए

खुशहाल गाँव — हमारे गाँव के लिए एक निमंत्रण

हमारे गाँव में बुनकर बहनें अपने करघे पर पहले से हैप्पीनेस रिचुअल करती हैं — साँस, कहानी, बातचीत और ध्यान। अब हम इस खुशी को करघे से परिवार तक, परिवार से मोहल्ले और ढाणी तक, और ढाणी से पूरे गाँव तक ले जाना चाहते हैं।

- फ़ैसला गाँव का है। ग्राम सभा और महिला समूह हाँ कहें, तभी हम आगे बढ़ेंगे।
- गाँव अपनी खुशहाली समिति चुनेगा। इसमें आधी से ज़्यादा सीटें बुनकर बहनों की होंगी, और हर ढाणी से कोई न कोई होगा।
- गाँव के दो लोगों को मुफ़्त प्रशिक्षण मिलेगा, ताकि आगे चलकर गाँव ख़ुद यह काम चला सके।
- हर हफ़्ते करघे, परिवार और आँगन में खुशी के घेरे होंगे, और साल में एक गाँव उत्सव होगा।
- कोई भी हिस्सा लेने के लिए मजबूर नहीं है। ना कहने से काम, मज़दूरी या किसी भी लाभ पर कोई असर नहीं पड़ेगा।
- कुछ सवाल पूछे जाएँगे, नाम के बिना। जो सीखेंगे, सबसे पहले गाँव को हिंदी में बताएँगे।
- यह काम किसी भी राजनीतिक दल या धार्मिक समूह से जुड़ा नहीं है। हर परिवार का स्वागत है।
- डेढ़ साल बाद, जब गाँव तैयार हो, तो वह दो पड़ोसी गाँवों को यह रास्ता दिखाएगा।

हम साथ मिलकर बुनेंगे — धागे से करघा, करघे से परिवार, और परिवार से खुशहाल गाँव।

English, for checking: our weaver sisters already practise the Happiness Ritual at their looms. Now we want to carry this joy from the loom to the family, from the family to the hamlet, and to the whole village. The village decides. The village chooses its Happiness Circle; more than half the seats are for weaver sisters, and every hamlet is included. Two villagers receive free training, so the village can run the work itself. There will be weekly circles at the loom, in families and courtyards, and a yearly festival. No one is forced, and saying no affects nothing. Some questions are asked without names, and findings go to the village first, in Hindi. The work is not tied to any party or religious group. After about 18 months, the village shows the way to two neighbouring villages.

6 · LETTER OF INTEREST · रुचि पत्र

Our village would like to explore Villages of Happiness

हमारा गाँव खुशहाल गाँव कार्यक्रम के बारे में जानना चाहता है

This is not a contract. It invites the team for the Listen stage: visits to every hamlet, with no commitment.
यह कोई अनुबंध नहीं है। यह केवल "सुनना" चरण के लिए निमंत्रण है — बिना किसी बाध्यता के।

गाँव · Village _____

ग्राम पंचायत · Gram Panchayat _____

ब्लॉक · Block _____

ज़िला · District _____

परिवार (लगभग) · Households (approx.) _____

ढाणियाँ / मोहल्ले · Hamlets _____

बुनकर / करघा समूह · Weavers / loom groups _____

महिला स्वयं सहायता समूह · Women's self-help groups _____

संपर्क व्यक्ति · Contact person _____

फ़ोन · Phone _____

We would welcome support with · हमें इसमें मदद चाहिए

☐ Loom circles करघा घेरे ☐ Family circles परिवार घेरे ☐ Women's circles महिला घेरे
☐ Youth and school युवा और स्कूल ☐ Village festival गाँव उत्सव ☐ Other अन्य _____

ROLE · पद	NAME · नाम	SIGNATURE OR THUMBPRINT · हस्ताक्षर / अँगूठा	DATE · तारीख़
Sarpanch · सरपंच			
Women's group · महिला समूह			
Loom leader · करघा प्रमुख			
World Happiness Foundation	Prof. Luis Miguel Gallardo		

See the programme and follow Manpura's journey
कार्यक्रम देखें और मानपुरा की यात्रा से जुड़ें
worldhappiness.foundation/villages-of-happiness · Available in Hindi, English, Spanish, Portuguese, French and Chinese