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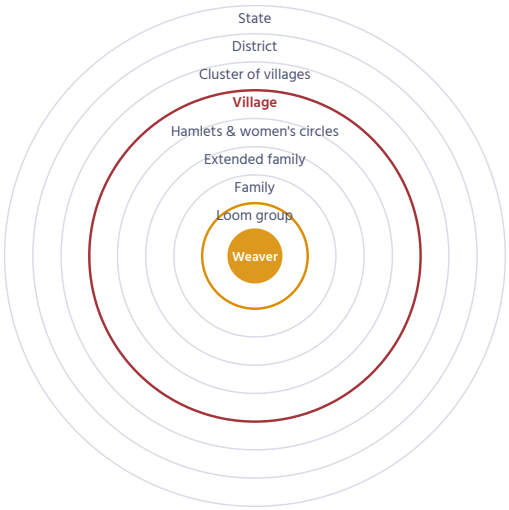
Directed by
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VILLAGES OF HAPPINESS · RAJASTHAN · 2026–2028

From one loom to 600 villages

एक करघे से 600 गाँवों तक

Women weavers in Rajasthan already practise peace together at their looms. Villages of Happiness carries that peace outward, ring by ring: to families, hamlets, whole villages, and then to clusters of villages, the district and the state.



A World Happiness Foundation programme, directed by **Prof. Luis Miguel Gallardo**. It begins in Manpura.

See Manpura's 12-month plan | Programme PDF | Village invitation pack (Hindi–English)

1	6	12–18	600
village begins: Manpura, about 11,000 people	stages, at each village's own pace	months for a village's whole journey	villages by October 2028, in four waves

THE IDEA · खुशी जो घेरा-दर-घेरा बढ़ती है

Happiness that grows ring by ring

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.

The programme carries that same peace outward, from the weaver to her loom group, her family, the hamlets and the whole village. Villages then support each other in clusters, alongside the district and the state. Stories flow back to the loom; peace grows outward.

The village is the unit of change

The village decides whether to join, what it needs, and how fast to go. Nothing is decided for a village; the Gram Sabha and the women's circles say yes first.

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

THE JOURNEY · छह चरण

Six stages, at the village's own pace

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

STAGE	WHAT HAPPENS	READY TO MOVE ON WHEN
1 · 1–2 months Listen सुनना	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 · 1 month Invite आमंत्रण	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 · 1–2 months Map नक्शा	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

STAGE	WHAT HAPPENS	READY TO MOVE ON WHEN
4 · 6–9 months Practise अभ्यास	Weekly loom, family and courtyard circles; story and song; a village festival; one shared village project.	Circles run most months without outside staff
5 · 2–3 months Weave together साथ बुनना	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 · ongoing Flourish फलना-फूलना	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 the circles, the shared project, the village fund and what is shared outside
- Chooses two local catalysts, who are trained to lead the work themselves

WALKING TOGETHER · हम सब क्या लाते हैं

What each of us brings

The village

- 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

- Trains and accompanies the catalysts and loom leaders, free to the village
- Provides 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

- 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 EVIDENCE · देखभाल और सुरक्षा

Free choice, care when pain surfaces, and honest measurement

Safeguards

- **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.
- **Humour with care.** Laughter in circles comes from love, compassion and forgiveness; no one is made small.

How we will know

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.

Each village also maps its own wellbeing across eight layers of village life and the seven domains of the Global Pain & Trauma Map (peer-reviewed article). Findings go to the village first, in Hindi, at a gathering.

SUPPORT AT EVERY LEVEL · हर घेरा मदद कर सकता है

Every ring can help

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

LEVEL	WHAT SUPPORT MAKES POSSIBLE	WHO IS INVOLVED
Global विश्व	Foundations, companies and individuals who fund and learn from the work	Supporters worldwide

A typical Rajasthan village of about 1,200 people costs about ₹6 lakh (≈ US$7,000) for its first year. Manpura, at about 11,000 people, costs ₹26.8 lakh. See the support units.

HOW IT GROWS · यह कैसे बढ़ेगा

Four waves, each opened only when the last one is safe

1	10	50	200	600
MANPURA	WAVE 1	WAVE 2	WAVE 3	WAVE 4 · OCT 2028
The first village, from November 2026	Begins when Manpura is in Practise with no harm signals	Mentor villages ready, catalysts certified	Cluster hubs staffed, data quality holds	Each village guides two neighbours

THE FIRST VILLAGE

Manpura's 12-month plan

Month by month, who leads, the research design and the ₹26.8 lakh budget, with a template for every village after it.

Open the Manpura plan →

CONNECTED

Cities of Happiness

The same diagnostic that guides the Foundation's Cities of Happiness, adapted to village life. Villages, cities, districts and states learn from each other.

Explore Cities of Happiness →

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।

In English: our weaver sisters already practise the Happiness Ritual at their looms. Now we want to carry this joy to the family, the hamlet and the whole village. The village decides; no one is forced; findings go to the village first, in Hindi. After about 18 months, the village shows the way to two neighbouring villages.

> Village leaders can say they are interested with the one-page letter of interest at the end of the invitation pack. It is not a contract: it only invites the team for the Listen stage.

World Happiness Foundation · Villages of Happiness · Directed by Prof. Luis Miguel Gallardo, Founder and President · October 2026

Programme page: worldhappiness.foundation/villages-of-happiness-programme.html · Programme PDF: download

Manpura plan: worldhappiness.foundation/villages-of-happiness-manpura.html · Manpura PDF: download

Invitation pack for village leaders (Hindi–English): download · Villages of Happiness hub: worldhappiness.foundation/en/villages-of-happiness