

Horse Therapy 2017
In Partnership with Associazione Umanitaria Luca Grisolia Onlus

Report

Project : Apanjan (Residential care & support unit for mentally Challenged)
& Anandaghar (Residential care & support unit for Children living with HIV/AIDS)

Therapy Period : January to June 2017 (6 days in a week Monday to Saturday)

Venue : Therapy Yard , Anandaghar Campus

Target Beneficiary :

Project	Total Beneficiary	Boys	Girls
Apanjan	42	37	05
Anandaghar	65	34	31

Therapy Team –

Ashish Dutta (Special Educator & Therapist)
Smarajit Mondal (Physiotherapist)
Subrata Nath (Therapist)
Netai Karmakar (Therapist)
Raju & Rana (Stable Boy)

Executive Summary

Horse therapy has been utilized in rehabilitation of OFFER's children for past 4 years. The activity is held especially for the children in residential facilities of OFFER. Apanjan, OFFER's facility for intellectually disabled, and Anandaghar, OFFER's facility for children living with HIV/AIDS have been undergoing this training. For 2017, 15 residents each from Apanjan and Anandaghar have taken the basic training. While 27 residents of Apanjan and 50 children of Anandaghar taken the advanced training.

These trainings help the residents to build bond with the horse, perform movements while sitting on the horse as well as learn manoeuvres to make the horse walk, stop and move in intended direction. The training is a fun way to learn and exercise bodies of the residents as well as get them connected to another life.

Description of Activities

Apanjan:- Out of 42 children 27 children are in advance group and 15 children are in beginners group. They are doing H.T.P 4 days/week (Monday to Thursday) for last 3 years.

Project	Total Beneficiary	Advance Group	Beginners Group
Apanjan	42	27	15

Anandaghar - Out of 65 children 50 children are in advanced group and 15 children are in beginners group. They are doing H.T.P 2 days/week (Friday to Saturday) for last 3years.

Project	Total Beneficiary	Advance Group	Beginners Group
Anandaghar	65	50	15

Different Activities

Beginner Group Activities:-

Bond building- The rider approaches the horse gets familiar with the horse and then gets involved in maintenance and feeding of the horse.



Walking with the horse: -

First child is asked to walk with the horse slowly with the attendants have the reins. Rides are asked to walk with the horse controlling the rein by himself / herself.

Mounting: - The rider gets up and down on to the horse.



Stretching exercise: - The rider is asked to do some stretching exercises like bending forward and backwards. The rider has to stretch his hand upward, sideways, back ward and in front position to balance his/her weight on the horse.

The bell game: - The rider rings a bell which is at a distance from the point of the start while riding the horse.

Advanced Group Activities:-

Stop and go- The rider starts the horse, giving the feet with small strokes and slaps the horse by bringing slightly the torso back.

Vaulting—First the rider turns the horse in a clock wise direction in a circle then in anticlockwise direction. The rider moves the horse in the left direction by stretching the right rein with the right hand. As a result the horse is to move right and left through the rider.

Standing on the saddle and sitting on the back of the horse- The rider stands on the saddle, therapist counts 1 to 5 then the rider sits on the back of the horse. The riders repeat their activity for two to three laps of the ground.



Bottle and stick game:-The riders have to stop the horse near the bottle which is at a fixed point, drop the stick in the bottle and starts the horse again. While coming back rider has to take the stick from the bottle again. This activity is repeated for two to three times.



Conclusion

Most of the Anandaghar and Apanjan children are enjoying the horse ride except few who are still afraid of getting near the horse like Arjun, Baishakhi (Pucchi) and will take some time to develop trust when around the horse. Children follow directions through fun activity that makes direction easier to grasp and remember which provides them with more opportunities to communicate. They are motivated to move and communicate also. Hope the horse therapy will bring new light in the rehabilitation of children with mental retardation.

