

2021



ORCHESTRA

Orchestra &
Global Rainbow Foundation's

Holistic Therapy for Special Educational Needs Students

*An initiative of the Rehabilitation and Training
Centre*



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1. Introduction

The Global Rainbow Foundation (GRF) is a Charitable Trust, which aims at empowering Persons with Disabilities and focuses on the abilities of persons instead of their disability. Our mission is to provide persons with disabilities with support and opportunities for holistic human development so that they can lead a rewarding life with dignity and respect in the local and global community.

GRF's Rehabilitation and Training Centre (RTC) helps people with disabilities to reach their highest possible level of physical, functional, and cognitive independence. The Rehabilitation Program is interdisciplinary with each discipline bringing a unique knowledge and skill set to the rehabilitation process. Patients and their family members are vital members of the rehabilitation team and are integrated early into the rehabilitation process assisting with goal setting and other essential management strategies.

Besides rehabilitation, some other services offered by GRF are:

- ✓ Yoga Therapy
- ✓ Music Therapy
- ✓ Laughter Therapy
- ✓ Art Therapy
- ✓ Enhancing Employability for Persons with Disability
- ✓ Amputee Rehabilitation
- ✓ Referral for Assistive Devices



GRF's Occupational Therapist carrying out 'circle time' with the students at a special needs school



GRF's Physiotherapist guiding a patient during gait training exercise



GRF's Yoga Resource person conducting session

2. Our Team involved in the Project

A team of resource persons will address the special needs of each patient. All team members combine their individual expertise to create the best possible interventions. Our team involved in this project consists of the following:

Yoga Therapy Resource Person - teaching a posture-based physical fitness, stress-relief and relaxation technique.

Music & Laughter Therapy Resource Person - using musical interventions and laughter to improve clients' quality of life.

3. Overview of Project

GRF's is proposing this project in 2021 for special needs children which will cover holistic therapy for SEN Schools throughout Mauritius. A yoga therapy resource person and a laughter/music therapy resource person will travel to SEN schools throughout Mauritius on a weekly basis to provide holistic therapy.

The aim of this project is to promote the welfare of the students through regular complementary therapy.

The days of operation for the program by GRF will be on Monday to Friday, for a duration of 12 months.

In addition, a launching Ceremony at the start of the project and a Certificate Award Ceremony at the end of the project, will both be organized, to thank all the sponsors, SEN School students and teachers for their participation in the project.

4. Proposed Intervention

The resource persons will travel throughout the island by GRF's. GRF will aim to visit various SEN schools in different districts to provide the therapy sessions. A rotation system will be put in place to ensure that the SEN schools involved will receive equal number of sessions.



GRF's Accessible Van

Yoga Therapy

Yoga therapy involves employing a variety of yoga practices to try to improve a health condition. Among the yogic tools used therapeutically are the physical postures (asana), breathing exercises (Pranayama), meditation, and guided imagery. Therapeutic yoga is an inherently holistic approach, simultaneously working on the body, mind, and spirit. Various yoga practices systematically strengthen different systems in the body, including the heart and cardiovascular system, the lungs, muscles, and the nervous system. Yoga practices can improve function of the digestive system, foster psychological well-being, and improve oxygen delivery to tissues. Yoga also can help the body more efficiently remove waste products, carcinogens, and cellular toxins.

Laughter Therapy

A laughter therapist's aim is to help you laugh more easily. Therapy is available in group or individual sessions - these start with a warm-up followed by a range of activities designed to get you giggling. Laughter doesn't come easily to everyone, but luckily the body can't actually distinguish between real and fake laughter. So faking it has the same beneficial effect.

When taking part in a laughter therapy session, you get a release of endorphins, giving you a "feel good" factor; the whole body relaxes and stress and tension is reduced. It is also a form

of aerobic exercise. Laughter tones the muscles and improves respiration – and the immune system is boosted which helps to resist disease.

Music Therapy

Music therapy is the use of music to address the physical, emotional, cognitive, and social needs of a group or individual. It employs a variety of activities, such as listening to melodies, playing an instrument, drumming, writing songs, and guided imagery. Music therapy is appropriate for people of all ages, whether they are virtuoso or tone deaf, struggling with illnesses or totally healthy. Music therapy touches all aspects of the mind, body, brain and behaviour. Music can provide a distraction for the mind, it can slow the rhythms of the body, and it can alter our mood, which in turn can influence behaviour. Trained and certified music therapists work in a variety of healthcare and educational settings. They often work with people suffering from emotional health issues such as grief, anxiety, and depression. They also help people address rehabilitative needs after a stroke, a traumatic head injury, or with chronic conditions like Parkinson's or Alzheimer's disease.

5. Budget

The expense below has been drafted as such to represent the intervention for 10-15 SEN Schools during the 12 months.

| | <i>Subsection</i> | <i>Amount (Rs)</i> |
|---|---|--------------------|
| 1 | Human Resources | 260,000.00 |
| 2 | Capital Expenditures | 0.00 |
| 3 | Communication and Visibility Action | 2500.00 |
| 4 | Direct Costs | 25,000.00 |
| | TOTAL COST OF PROJECT (including 15% Admin Cost) | 330,625 |

The detailed budget is included in the annex.

6. Reporting

Following the screening process, each school will have a separate file with details of students who are participating in the project. The data will be computerized as well; hence a proper reporting system will take place.

The file will also include a signed consent form from each manager of the Special Needs School before implementing the project. A testimonial will be requested following the implementation of complementary therapy.