



**CHRIST**

(DEEMED TO BE UNIVERSITY)  
BANGALORE | DELHI NCR | PUNE

SCHOOL OF  
PSYCHOLOGICAL SCIENCES

# BUILDING LIFE SKILLS THROUGH *Human-Equine Interaction*

**Join us in discovering how powerful human-equine partnerships can build life skills in a Two-Day Experiential Workshop**



Dates: 23-24 February 2026



CHRIST University (Central Campus), Bangalore  
& King Equestrian Foundation, Kodiyalam.

**REGISTER NOW**

 [LINK](#)



Registration Fees -  
Rs. 1500/- (Individual)  
RS. 1000/- per person (Group of 5).



Open to all CHRIST University UG & PG students  
(All Campuses) and non-CHRIST students.



Certificate will be provided.



Transportation will be provided on Day 2 for visiting the Farm



[connections.hai@psy.christuniversity.in](mailto:connections.hai@psy.christuniversity.in)

[Click here for more details](#)



## OBJECTIVES

- Explore and experience the human-animal bond.
- Understand the foundations of human animal interaction.
- Explore and learn core life skills through guided human animal interactions.

## DESCRIPTION

This workshop will introduce the concept of human-animal interaction and bond and discuss its importance in the wellness of both the human and the animal. It will further explore the value of this bond in promoting essential life skills such as Empathy, Communication, Impulse Control, Boundary Setting, Coordination, Emotion Regulation, and Adaptive Functioning in individuals to develop a well adjusted young citizen. This will be achieved in the workshop through discussions, lectures and experiential learning.



# BUILDING LIFE SKILLS THROUGH HUMAN-EQUINE INTERACTIONS

by  
**CONNECTIONS: Human-Animal Interactions Club**

 **23-24 February 2026**

 **CHRIST University (Central Campus), Bangalore & King Equestrian Foundation, Kodiyalam.**

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# KING EQUESTRIAN FOUNDATION



## ABOUT

Kings Equestrian Foundation empowers growth and personal development through structured equine-assisted programs guided by expert trainers and therapy-trained horses. Our experiential learning approach cultivates confidence, resilience, communication and emotional balance. Through equestrian sport and human-animal partnerships, we inspire individuals to evolve into compassionate, well-adjusted citizens.



155-157 Kodiyalam Road, Near Sai Garments, Kodiyalam, Tamilnadu 635103

## SPEAKERS

- **Dr. Hemangi Narayan Narvekar**  
Animal-assisted Interventions Expert and Assistant Professor at CHRIST University.
- **Dr. Madhavi Rangaswamy**  
Professor at the Department of Psychological Sciences at CHRIST University.
- **Mr Vivek Varma Kalidindi**  
Founder and Managing Director of Kings Equestrian Foundation, Bangalore.

## FUN & EXCITING EXPERIENCE

Wear closed-toe shoes and regular fitted pants (preferably jeans) along with a comfortable T-shirt. Kindly avoid short dresses, as riding may be part of the activities. You may also bring caps or hats, and sunscreen if required.

Tea, snacks, and lunch will be provided on both days.

Transportation will be provided on Day 2.

A Participation Certificate in collaboration with Kings Equestrian Foundation will be provided.

## SCHEDULE

### Day 1

CHRIST University, Bangalore

- Welcome & Introduction
- Overview of Human-Animal Interactions
- Concepts in HAI
- Life Skills & HAI
- Introduction to Kings Equestrian Foundation.

### 02

### Day 2

Kings Equestrian Foundation, Kodiyalam

- Guided Human-Equine Interaction Sessions
- Life Skills Practice with Horses
- Closing & Reflection

## REGISTER NOW

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