‘Ormappookkal’ for the elderly from Ernakulam

When restrictions were announced for those above 60 years of age as part of countering covid-19, it had severely affected the social life of the elderly people. They were restricted in the interactions with their peer groups. Get togethers were avoided and they all had to abandon such gatherings that used to bring them together to share happiness. ‘Ormappookkal’ is the programme launched by the Ernakulam District team to extend them the needed support to minimize the mental stress caused due to this.

Ormappookkal, is the online get-together of the elderly NHG members. By making use of the modern communication technologies, get together is organised in the name ‘Ormappookkal’ by our Ernakulam District Team. This special activity is organised as part of the Digital Literacy Programme. Ormappookkal is being organised through the fraternity of the Snehitha Gender Help Desk, Community Counsellors, Vigilant Group Members of each ADS and CDS Committee. The programme is organised through Google Meet Platform. Through this initiative, people communicate with each other, share their special news, sing songs and share chit chats. In a nutshell, elderly members are brought to the memories of the past get-togethers and olden times.

At first, the programme was implemented as a pilot project in 5 CDSs on 20 September and 63 people participated. The second episode was conducted on 27
September. 1437 people from 93 CDS took part in the fraternity of the people in their 70’s. The next episode of Ormappookkal is scheduled to be held on 11 October.

The Ernakulam District team who formulated such a program to bring all elderly members to the memories of their good old days deserves appreciation. The goal is to improve their mental health and happiness, with the help of ICT tools. It’s giving good results and spreading happiness. Let me appreciate all those who worked behind this.