‘Innalakalilekkoru Yathra’- the Memoirs of members of elderly NHGs in Thrissur. Hope you would recollect the ‘Making an Impact’ Article - 50 in which we had explained about Elderly NHGs, which is a special effort to ensure more participation of elderly members. Various activities are being conducted in every districts focusing on the elderly NHGs. Today we will explain about one such programme- ‘Innalakalilekkoru Yathra’ (A Journey to the past), an elderly campaign formulated and implemented by Thrissur District Mission and the book published as part of it.

There are around 2000+ elderly NHGs in Thrissur district which have about 20,000+ elderly people as members. The District Team organised ‘Innalekalilekkoru Yathra’ campaign aiming them. Thrissur District Mission aimed at improving the mental health of the elderly and also on increasing their self confidence as lock down was notified due to the crisis of covid-19. The task was to prepare a write up on their experiences and memories. They were given two months time to complete preparing the write ups (April and May). As part of the campaign, the task given was to recall the memories of their life and share it through write ups. The contestants were asked to write autobiographies, experiences, poems or stories and were asked to send it through Whatsapp with the help of their children or grandchildren. The write ups thus received was compiled in the block level and is now published as a book.
676 entries were received altogether as part of the campaign which included 119 stories, 240 poems, 123 memoirs, 171 autobiographies, 11 biographies, 1 drama and 11 notes. Out of these, 260 were selected and the book was published which has 363 pages. On 1 October 2020, during the World Elderly Day celebrations, Shri. A.C Moideen, Minister, Local Self Government Department, Government of Kerala launched the book by giving the book to Ms. Ajitha Jayarajan, Mayor, Thrissur Corporation at the function held at the Chamber of District Collector, Thrissur. Appreciations to Thrissur District team for formulating and implementing such an idea focusing on the health of the elderly people.