Where Age is Just a Number

Vanika Sangtani speaks to Blessy Mathew Prasad about the AgEd team and how they are conducting workshops for senior citizens on relevant topics.

instance, my grandmother had to constantly depend on me or my brother to use any gadget.”

Vanika felt that this issue could be resolved if the elders had a platform where they could sit with people their age and learn. “A lot of people that age live a very routine and mundane life. That is why a lot of them become disinterested and frustrated. So I wanted to give them mo-
tive to live happily every day. That’s how we started AgEd,” she says.

AgEd is a digital school where they have separate classes for mothers and grandmothers. They have around 100 mothers and 35 grandmothers across the globe. The sessions are conducted on Zoom. Vanika explains, “If you want your mother to be a part of the AgEd community, you can enrol her into the induction workshop which is a seven-day workshop where we touch upon different topics, but basically highlight the need to learn. We talk to them about self-love, and use games and other activities to make them feel comfortable.”

Vanika wants one message to resonate through her work. The fact that everyone has a talent and if they want to change the world, they need to use that. “Changemaking is as easy as following your heart and sharing it for the greater good,” Vanika concludes. Vanika is one among 19 teenagers across the country who were selected as part of the Ashoka Young Changemakers initiative.

Going by the Constitution
According to Article 41 of the Constitution of India, it is important to secure the rights of senior citizens to employment, education and public assistance.

“One of the most beautiful moments with my mother was when I did a session on kindness and gratitude.”

Vanika Sangtani

Some light on pension
Atal Pension Yojana, National Pension System, Pradhan Mantri Vaya Vandana Yojana, Varishtha Pension Bhima Yojana are some of the pension programmes for senior citizens in India.