



# SquarePetals

Global Webzine



**WAR  
STORY**

**Russia -  
Ukraine**

**Self Development  
The Photo Writers Take**

**Society**

**A road toward Sustainability  
Creeping into the backyard**

**Art Work  
Holi Special**

**PERSONAL DEVELOPMENT**

**The price for greatness  
Procrastination**

**FLAVOUR SPECIAL  
Watermelon Rice Kofta Curry**

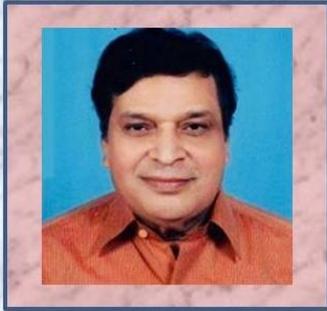
**Cover story**

## **Mrs. Shakunthala Bhandarkar**

Inspirational Story Author, Educationist, Co-Founder & Director of Metamorphes Foundation, A NGO Looks after Veer Naaris – Widows & Families of servicemen.  
Wife of Lt. Col Ajit Bhandarkar – Shaurya Chakra martyred in 1999.

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*Methodology to shape life, beautifully!*



**Kyra Gowda**

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14	15	16	17	18	19	20
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# 2022

MARCH



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## FROM THE DESK OF Editor-in-Chief

Hello Dear Readers,

**Melted snow, now flowers grow.....  
Holi in March brings a colorful show !!**

Yes, as the flowers bloom in the west now, here in India we are waiting for the Festival of Colors, Holi !! To get drenched with purple, green & blue, to be throwing water blooms on one another and simultaneously munching the traditional home made snacks, Holi is such fun. Happy Holi dear readers from SquarePetals Global Webzine, have a blast of joyful colors in your life. The March Edition comes with greetings on the International Women's Day ; we acknowledge and salute the divinity and positivity a woman adds to the human world.

As always, we bring excellent articles for you, as you have been appreciating the content. We extend our gratitude and thanks to all the readers of Squarepetals Global Webzine for your valuable inputs and mails of appreciations.

Meet you soon with the net edition in April 2022. By that time keep smiling & keep shining on.

Love & regards.

Dr. Sansriti Johri

*Sansriti Johri*

Editor-in-Chief

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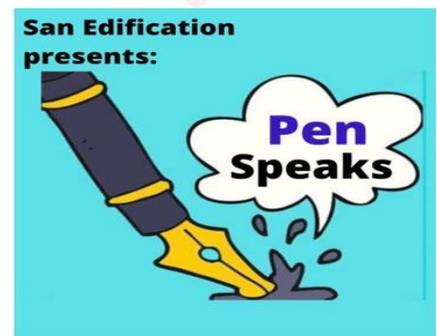
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## Healthy Lifestyle: SelfCare

**Speaker:**

**Dr. Sansriti Johri**

**Author, Officer, Entrepreneur**



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# Cover Story

## Mrs. Shakunthala Bhandarkar

Inspirational Story Author, Educationist, Co-Founder & Director of Metamorphes Foundation, A NGO Looks after Veer Naaris – Widows & Families of servicemen.  
Wife of Lt. Col Ajit Bhandarkar – Shaurya Chakra martyred in 1999.



MEET

**Shakunthala A Bhandarkar**

Director and Head Veer Nari Affairs



Mrs. Shakuntala is passionate in instilling patriotism among school children and loves to empower the families of the martyrs. She is a Veer Naari and a Mother of two officers from the armed forces.

@ /metamorphes

metamorphes.org

***The Story of a Braveheart – and his equally Brave Wife.***

This is the story of Mrs Shakuntala Bhandarkar, the wife of Lt Col Ajit Bhandarkar, Shaurya Chakra, who was martyred in 1999. She has carried his legacy by writing the inspirational story of his life in ‘Saga of a Braveheart’. She is an educationist, and the Co-founder and Director of Metamorphes Foundation, a NGO and looks after Veer Naaris – widows and families of servicemen.

This is her journey, in her own words) Today I am feeling so contented and satisfied that after a long stint as an educator, I could write a biography, ‘The Saga of a Braveheart’ on my dear husband, Lt Col Ajit V Bhandarkar, Shaurya Chakra and am working on the documentary, the biopic based on my book with Maya Films

Bangalore.

To top it all 2021 has been an amazing year for me, I am now the Co Founder and Director of a Non Profit Organisation named Metamorphes Foundation, in which I look after the Veer Nari initiative and also facilitate the Lt Col Ajit V Bhandarkar Shaurya Chakra. Eight Course mates of my dear husband wanted to give back to the society in their second innings. So this idea of Metamorphes evolved to metamorphize the world into one. I was requested to join in and became a part of the Ten co-founders of Metamorphes. A great team, full of enthusiasm, experience and excellence which run the Non Profit

Organisation from Pune, Dehradun, Delhi and Bengaluru.

I am in charge of the Veernari Initiative, -





where in I create valuable and resourceful content on empowering , enabling and educating the veernaris and veterans . Another program, the Lt Col Ajit V Bhandarkar memorial award is an effort to instil patriotism and ethos among school children. The student who has the qualities of the braveheart, compassion, courage , camaraderie etc are

identified and they awarded the Ajit Bhandarkar memorial award. Award instituted @ Salwan Boys Public School , New Delhi .

**The Biography: The Saga of a Braveheart Lt Col Ajit V Bhandarkar SC.**



The book is a biography and my maiden effort to celebrate the life, my labour of love, to highlight the personality of my dear husband, a soldier for whom the country was always first and forever.

This book takes you through the childhood of the hero till the day of the last operation and how the legacy continues through our two young, handsome sons, Maj Nirbhay, having joined his dad's



Yeddyurappa, then Home Minister Shri Basavaraj Bommai , Lt Gen PG Kamath PVSM, VSM, YSM. SM, G-O-C, Maj Gen LV Prasad and other dignitaries from the Government of Karnataka and the Armed forces.

Due to COVID restrictions we had very limited guests and a very short program which included the wreath laying at the memorial, a short speech by Lt Gen PG Kamath , PVSM, AVSM, VSM, SM (Retd) followed by light refreshment. The Directorate Kendriya Sainik Resettlement and Welfare

regiment, 18 Madras (Mysore), and the younger son Lt Cdr Akshay Bhandarkar , Indian Navy, both happily serving the Defence forces.

The book was launched on 26<sup>th</sup> July, 2021 , at the National Military Memorial Bengaluru, by the then Honourable Chief Minister Shri B Y

Board, Bengaluru hosted this event and it was well received by the serving officers from the Armed Forces, Ex Servicemen associations, Press and media of the local channels.

Apart from the off line conduct of the event, a



live coverage by Metamorphes was the icing on the cake. The course mates of my husband conducted an on-line promo event of authors and a live commentary, along with the family and friends across the globe narrating their anecdotes gave a feel of the virtual launch too. (The link to the virtual launch is <https://youtu.be/qVRNOD3wrTk>)

### The Saga of a Braveheart : The Documentary

Ms Maya Chandra Founder Director of Maya Films, was so inspired by the book and the life of Lt Col Ajit V Bhandarkar, that she volunteered to do a documentary on him. This small idea turned out to be a mega project for Team Maya and Metamorphes too joined Maya Films in facilitating and coordinating. After some initial apprehensions on the travelling during the pandemic, Maya team and I, started our first phase of the shoot on Jan 2021 to Wellington, where the Madras Regimental Centre and the Defence Service Staff college is situated. We also decided on this place since it was the closest to Bangalore, keeping in mind we will be travelling after almost nine

months after the pandemic set in.

Also, the Defence College shoot was very isolated and contained to the library, the sand model room where he sat down to listen to his instructors and DSSC D Division coursemates share their observations. Many facilities and features of the college had changed and I was happy to see the developments and facilities offered to the officers families.

All the shoots and interviews could be finally be completed and we were back in Bangalore. In Bangalore we covered some of Ajit's coursemates, brother officers from the unit

**METAMORPHES**

a **MAYA** production  
in association with  
METAMORPHES FOUNDATION

**THE SAGA OF A BRAVEHEART**  
"IT IS GLORY TO DIE DOING ONE'S DUTY"  
A documentary on  
**Lt Col Ajit V Bhandarkar, Shaurya Chakra**

Join us for the  
**PROMO LAUNCH** by  
**Mr. Rajeev Chandrasekhar**  
Hon. Minister of State Electronics and Information Technology, Skill Development & Entrepreneurship

Guests of Honour  
Mrs Meghna Girish ,  
Founder Trustee - Major Akshay Girish Memorial Trust  
Princess Kamakshi Devi Wadiyar  
Lt Gen PG Kamath PVSM, AVSM, YSM, SM ( Retd)

December 31st, 2021  
Friday  
Sheo Dutt Hall, CMP Centre,  
Neelasandra, Bangalore  
1:00 PM  
( Please be seated by 12.30 PM )

www.metamorphes.org COVID PROTOCOL TO BE STRICTLY FOLLOWED www.mayafilms.in

Facebook: Maya Films Instagram: maya\_films\_bangalore YouTube: Maya Films Twitter: films\_maya

and family members.

Then again, the second wave hit our schedule so hard that all the work of the documentary stopped while I completed the book and got it launched on 26<sup>th</sup> July 2021.

By now, Ms Maya Chandra, the Director of the Documentary, and I, decided to go to Faisalabad, (Surankote District in Kashmir) where Ajit's fateful operation took place. We visited his battalion, 25 Rashtriya Rifles, and also his Company at the Indian Military Academy, Dehradun, from where he joined the 18Madras Regiment.

With the team of 25 Rastriya Rifles officers and family, Team Maya and I am standing in the centre.

The whole team at IMA Singarh

**Release of the Promo of the Documentary:**

On 31<sup>st</sup> Dec, 2021 was Ajit's 61<sup>st</sup> Birth Anniversary as a tribute to the hero, the Promo of the Documentary, The Saga of a



Braveheart, was released at the Auditorium, CMP Centre and School, Bengaluru. Shri Rajeev Chandrasekhar, Minister for State for Electronic and IT, Skill development and Entrepreneurship did the honours of releasing it.

The link to the promo:

<https://youtu.be/lvcC2YMABiQ>



We had the honourable minister, the Commandant, CMP, guest of honour, the Royal Family of Mysore , team Maya Films, team Metamorphes along with other senior veteran , family members of the braveheart and many well-wishers. Once

again, due to the COVID restrictions we had very limited guests, however, Maj Gen VPS Bhakuni VSM, (retd) and Col Anirudh Gudi (retd) reminiscence their school days and academy days with Ajit.

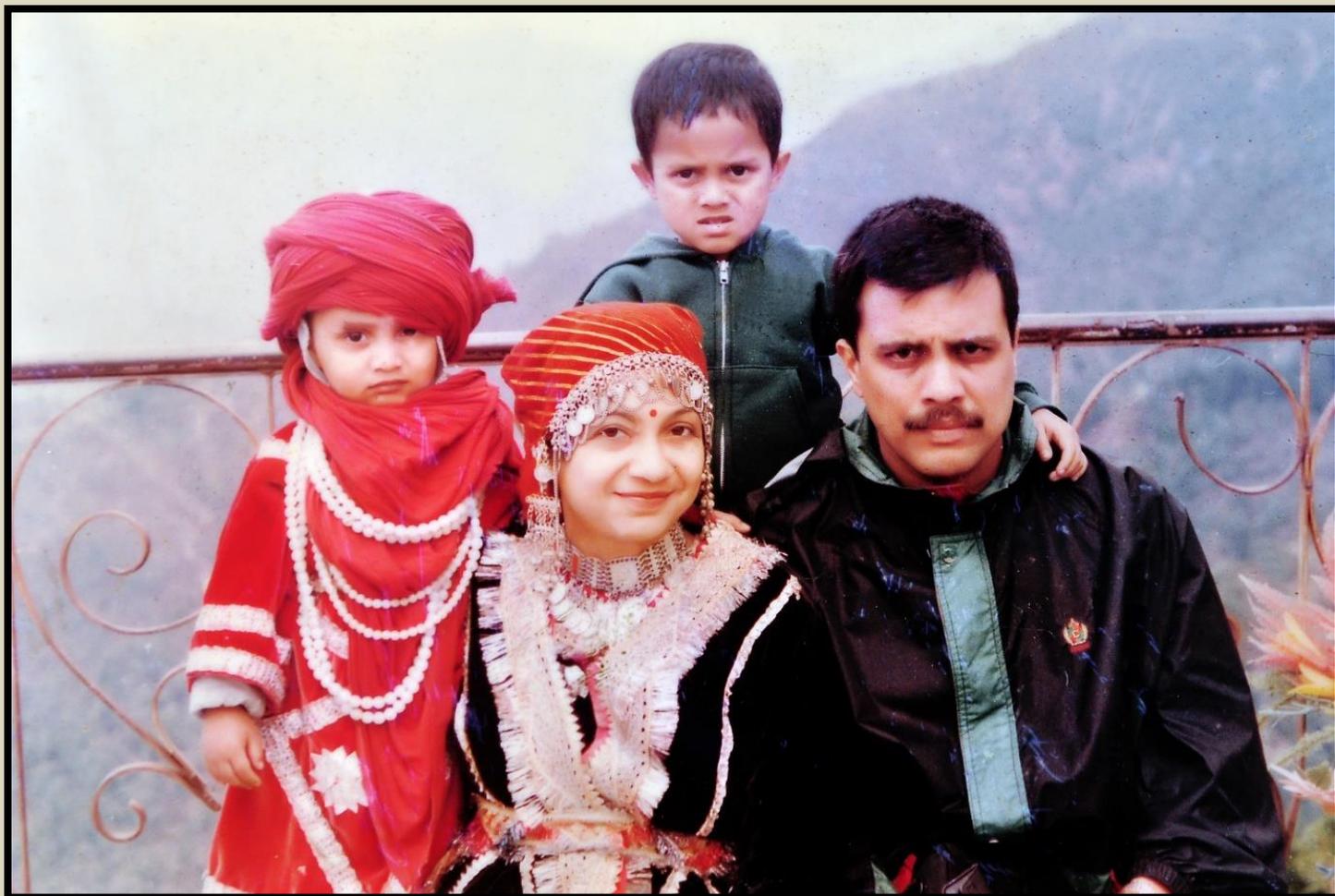
Left to right :Mrs Lakshmi Dayalan, Ms Maya Chandran, Mrs Shakunthala A Bhandarkar, Lt Gen PG Kamath (Retd) , Shri Rajjev Chandrasekhar, Princess Kamakshi Devi Wadiyar and Mrs Meghna Girish

**Mother of the two sons from the Armed Forces.**

Ajit and I got married in 1990 and we were blessed with two sons Nirbhay and Akshay. After a posting in the MS Branch in New Delhi , Ajit picked up his rank to Lt Col and was appointed as the Second in Command of 25 Rashtriya Rifles. It was here in Op Faisalabad

that we lost him to a fierce gun battle. Nirbhay and Akshay were 7years and 5 years old respectively.

Bringing up the boys was a great challenge for me. I kept my priorities in place, focussed on their up bringing, continued with my career, took the support of my family and continued to mentor both Nirbhay and AKshay, Finally choosing the Armed Forces as their career choice was their decision . I only facilitated it, and today I am a proud mother of Maj Nirbhay Bhandarkar, who has joined his father's battalion 18 Madras Mysore and Lt Cdr Akshay Bhandarkar who has joined the Indian Navy. Here, I would like to confess that it was only when they were independent and responsible teens did I ever take off my eyes from them. I then took a break to travel and upskill to join an international school in Bangalore, which



was a turning point in my career.

### Journey of an educator to Edu Leader:

My own story is that of an educator. I began my career immediately after completing my college education, and now have three decades of experience in teaching school children to appreciate English language and literature. Having taught in school across India, I continuously upgraded myself to become the Principal of a school in Bengaluru. I got trained to become a counsellor later on completed a certificate course from IIM B and IIMA . I have been a CBSE resource person and a CBSE evaluator, for English Senior Secondary level and have mentored and groomed about 10,000 students and guided about 1000 teachers in my professional career. It is something that fills me with great satisfaction.

Following my joining Metamorphes Foundation, the Ajit Bhandarkar Memorial Award is connecting me to many schools across India and I am working towards instilling patriotism amongst school children and the younger generation.

### Shaku: The Making of the VeerNari :

Capt (Ex) Manjeshwar Ramdass Kamath has authored a biography on me which will be released in March coinciding with Women's Day celebration 2022. He has covered my whole

journey including the installation of the portrait at the World Konkani Centre Hall of Fame, Mangalore. I am so overwhelmed that finally the portrait of my dear hero husband got a befitting place in his homeland, Karnataka.

### Featured in other books:

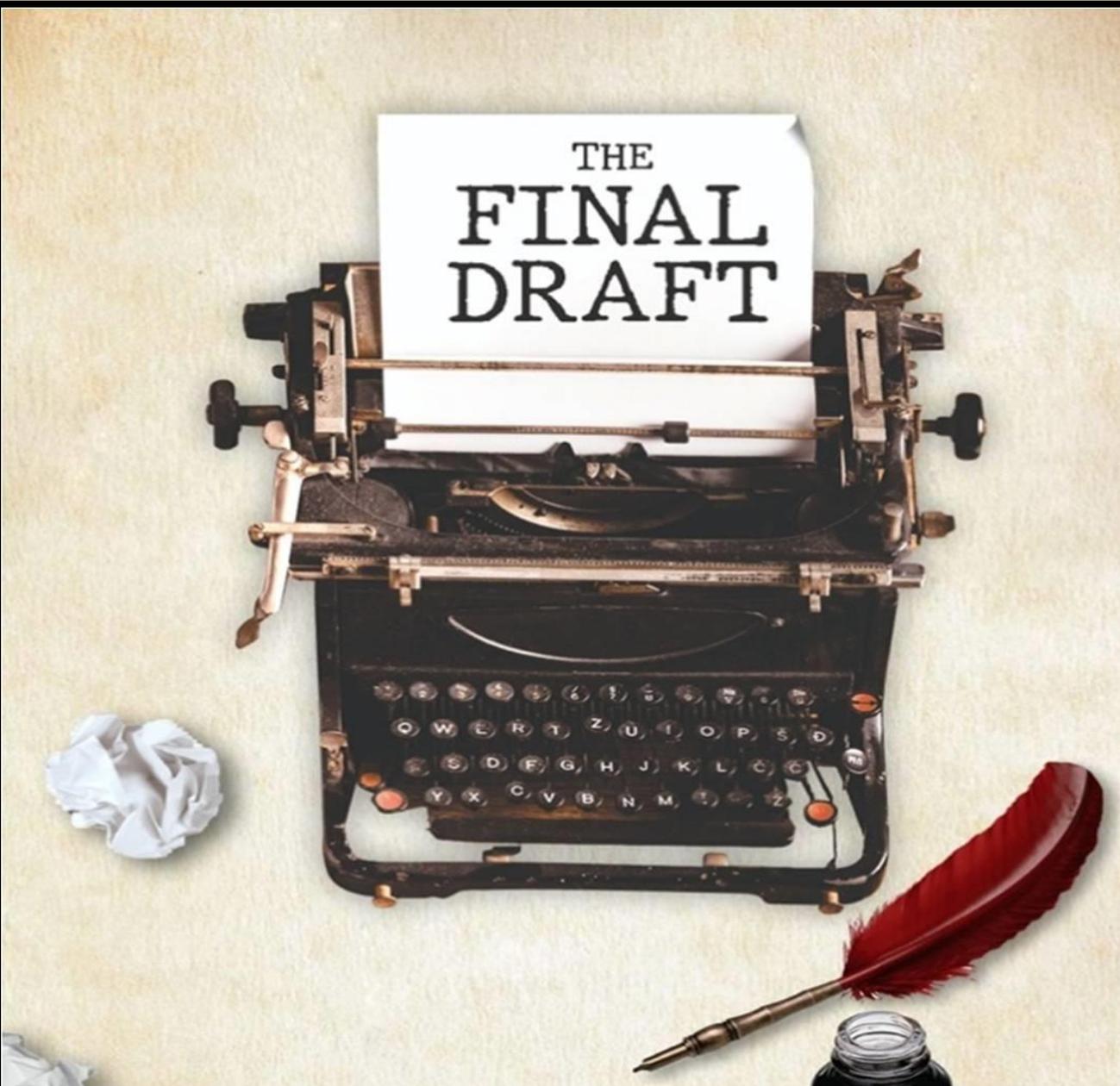
1. "Bringing up boys" by Mrs Chaya Srivatsa 2021

2. "The Warrior Widows" by Mrs Ambreen Zaidi 2021

3 "Being you" by Mrs Preeti Rai 2020  
*Shakunthala Ajit Bhandarkar*

*(Square Petals is proud of Mrs Shakuntala Bhandarkar, and all that she has done to keep the memory of her heroic husband, Lt Col Ajit Bhandarkar, alive. Her contribution in the field of education and Veer Nari Welfare are immense. We salute her and wish her greater success in all her endeavours.)*





THE  
FINAL  
DRAFT

AJAY SINGH

*'Twelve Stories of great Power and Imagination, lyrically told'*  
Sunday Guardian

The title story "The Final Draft" explores a brilliant writer dying of cancer who is obsessed with completing his magnum opus before his death. His wife helps him in what would be the last work of his life and amazingly, they help keep the cancer at bay.

The story traces the individual thoughts and journey of the two key characters till the shock ending, which hits like a punch in the solar plexus. Does he complete his work, and what happens when he does?



**Will the world go back to the days of an imminent nuclear holocaust that seemed so likely in the 1960s and 1970s? Maybe not, but nuclear shadows are already lengthening..**

When Vladimir Putin readied for the invasion of Ukraine, amongst his final actions was an exercise of Russia's nuclear forces which tested the readiness of its nuclear arsenal and the delivery systems of ships, submarines, aircraft and missiles that would carry them across the globe. Ostensibly it would have also checked the communication systems to ready the weapons for launch and the codes to activate the actual launch. Coming as it did, just a month before the invasion of Ukraine and accompanied by much publicised photos of Putin himself watching the exercises, it was

a clear statement of how far he was willing to go in pursuit of his eventual aims.

The nuclear threat has come up thrice during the war, mainly voiced by the Foreign Minister Sergey Lavrov, who warned that "World War III will be a nuclear war"—a thinly veiled warning that should external forces enter the conflict, it could resort to nuclear means. The bombast cannot be completely discounted as an idle threat. And when the West did launch the most powerful weapon in its arsenal—sanctions—Russia went ballistic (pardon the pun). It compared the crippling sanctions to a nuclear strike on its economy and it placed its nuclear forces in a state of "Special Readiness Alert", a heightened state of readiness that would reduce the time taken to launch a nuclear attack should that dreadful situation arise.

Western nations have not responded to the threats so far, but the US did cancel a long-planned test firing of its Minuteman III ICBM to “avoid raising tensions”. Russia’s nuclear deterrence seems to have worked, but there is more to it than just a possible strike. When advancing Russian forces took over the now defunct Chernobyl nuclear plant—a plant still encased in a steel and cement dome to contain its catastrophic radioactive leak of 1986—the mere movement of tanks and heavy vehicles increased the radioactivity

Europe and even touch the east coast of the US.

Ukraine gets over 40% of its electricity from its nuclear power plants which generate 13.8 Giga watts of power. By taking them over Russia blocks its electric supply, making it dependent on Russian oil and gas. As part of the Soviet Union, Ukraine held a massive arsenal of 1,900 nuclear weapons and delivery means on its soil; almost one third of the Soviet arsenal. After the breakup of the Soviet



levels in the area. Zaporizhzhia, the largest nuclear power plant in Europe, was hit by an artillery shell which set a building ablaze, but fortunately did not affect the reactors. Russia has its sights on all five of Ukraine’s nuclear reactors and should military action initiate a leak in any of them, it could lead to a radioactive disaster that can engulf all of

Union, it willingly surrendered its nuclear weapons in return for security guarantees from NATO and Russia. Most of the weapons were transferred to Russia for the paltry sum of \$1 billion. Others were dismantled and their cores used as nuclear fuel for their reactors. Today, there is a sense of regret in Ukraine that had it merely held on to its nuclear

capabilities, perhaps it could have deterred a Russian attack.

This in itself sets a wrong signal to other nations. Iran, Saudi Arabia, South Africa, perhaps even Syria and Turkey amongst others may decide to seek nuclear weapons as a guarantor of security. Iran especially—which is now just six to seven months away from developing a nuclear weapon—will be loath to re-enter a nuclear deal, which will require it to abandon its nuclear program (especially after being betrayed by Trump earlier). It could go ahead with developing its own nuclear weapons as a hedge against a future attack by the US or any other adversary. This could set off a nuclear race in the Middle East, with Saudi and Israel following suit. And of course, Pakistan and North Korea will be similarly emboldened. So, nuclear proliferation, which the world tried so hard to contain over the past few decades, will be back.

Will the world go back to the days of an imminent nuclear holocaust, that seemed so likely in the 1960s and 1970s? Maybe not, but nuclear shadows are already lengthening. According to SIPRI, the world has stockpiles of over 13,080 nuclear weapons. Russia has the largest with 6,257; the US with 5,500; China with 350; and France and UK hold around 250 each. Pakistan with 165 weapons and India with 156 follow, and Israel and North Korea too have their own clandestine stockpiles. Fortunately, the purpose of these weapons has been just deterrence—as it should be. But by raising of the nuclear spectre in the Russian-Ukraine war, it has indirectly reduced the nuclear threshold for future wars. But will nuclear weapons be used in this war? It seems unlikely, but then Putin’s unpredictability means that it cannot be completely ruled out. They seem to be already preparing the grounds, by accusing Ukraine of



developing chemical and biological weapons and trying to acquire nuclear weapons. Russia, in any case, is not averse to using NBC weapons, and had reportedly used chemical munitions during the reduction of Grozny in the Chechnya conflict. The use of tactical nuclear weapons is also part of their warfighting doctrines and senior Russian commanders have shown a propensity to use them during war games.

As the war gets longer and more difficult, Russia will expand the scope of violence and weaponry. They have reportedly used “Vacuum Bombs”—a thermobaric munition whose destructive power is just short of a nuclear device (minus the radioactivity). Should Russia find itself suffering unexpected reverses and is unable to attain its military aims through conventional means; or fear a likely intervention by NATO, it could be tempted to use nuclear weapons for rapid conflict termination. It could resort to a limited nuclear strike—maybe detonating a tactical nuclear device with a low yield of .2 or .3 kilotons or so. Using it as a low air burst (which enhances its effects but reduces the radioactive spread) on a vital target like an airfield or large concentrations of troops and tanks could enable them to attain their military objectives rapidly in its wake. And of course, the psychological impact will be immense. What could be the response in a situation like this? Ukraine has no weapons of its own and the only countries which could retaliate in kind are UK, France and US. But would they do it? Would the US risk a strike which can invite a nuclear attack by Russia’s

impressive arsenal of hypersonic missiles which can penetrate US defences and hit their very mainland? I don’t think so.

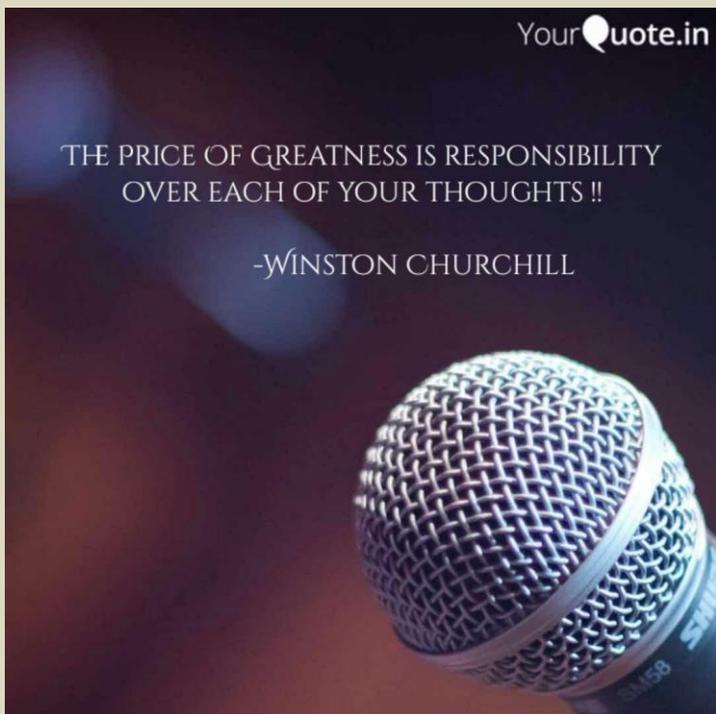
At this juncture Russia’s nuclear posturing seems to be just that—posturing. But a low-yield tactical strike cannot be completely ruled out, especially if it finds itself with its back to the wall. It would be the equivalent of nuclear salami-slicing, which may evade immediate retaliation, and though it seems unlikely, it cannot be discounted all together.

It is precisely that element of uncertainty that Russia seems to be banking upon as it plays a dangerous game of nuclear “I dare”. But irrespective of how the nuclear threats pan out, or how the war ends, one thing is now getting increasingly clear. The nuclear genie has come out of the bottle, and getting it back again will prove long and difficult. The nuclear shadows seem to be returning.

## **With nuclear sabre-rattling getting louder over the Russian-Ukraine War, the shadow of nuclear war is falling again over Europe.**

**A renowned writer and historian ,  
Author of five books and  
over 200 published articles.**  
**COL AJAY SINGH (RETD.)**





### THE PRICE FOR GREATNESS

The road to success is not a smooth or an easy path. There are prices that one must pay to get to where one dreams to be. One needs to make up their mind to know what price they would pay to get the great prize at the end of their journey.

Success doesn't come easy or cannot be achieved on a platter of gold. I don't believe in overnight success. Success takes time, effort and sacrifices, and on top of it, success takes years to build. One must decide to pay the required price. Don't look for easy way out or

short cuts. What people consider as short cuts are in fact, long cuts. If the desired achievement costs one nothing, it wasn't worth achieving.

I always tell people to not get carried away by how successful they want to become in life; rather they should be concerned about the kind of person they will eventually become. Journey to success transforms a person mentally, physically and emotionally. There is no success or achievement that will not cost a person anything. It is one's task to find out the price to pay to get it. Nothing is free! Stop looking for free launch, free opportunities, and free gifts. They will only keep you on a mediocre level. Find out what it will cost you to release it. Lots of sacrifices must be made. It will cost one a great load of perseverance, commitment, focus, determination, dedication and hard work. One must be determined to not allow anything to discourage and frustrate them from their dream.

Remember the old adage, "Nothing ventured, nothing gained". If one wants to become successful, they must be willing to pay the price required. World's great successful men and women that are celebrated, are the people who paid the price for their achievements.



## Author Michael Ediale

Best-Selling Author / Motivational Speaker /  
Film Producer / Performing Artist /  
CEO Orange TV

**ORANGE TV MOVIES**



# MIRAGE

**A MICHAEL EDIALE FILM**

STARING  
KHADIJA RAJI  
RITA JOHN BATURE  
BETTY BELLO  
EMMANUEL PATRICK  
MICHAEL EDIALE  
VALENTINA DICKSON





## **PROCRASTINATION**

Deadline approaching  
Mind says, "Will do it Tomorrow!"  
From the dawn to the dusk  
I am letting myself know  
That I will do it later on.....

Oh, When  
That's a big question  
How long it will take to arrive at the solution  
Tomorrow I will do  
Today is very late  
Wasting your time  
Blaming others for the same  
Is the Procrastination's game.

Stop Procrastinating  
Start engaging  
In a world full of fascination  
Avoid Inviting Procrastination....



**Dr. B. S. Parimal**  
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*University of Baroda*  
*Vadodara, Gujarat (INDIA).*

**SquarePetals Music**  
**Presents**



# जां देना उसपे जो मेरा दिलदार भी नहीं

*Singer :*  
*Mani Trihima*

*Lyrics :*  
*Farhat Shehzad*

Hindi  
**Ghazal**

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### *A road towards sustainability.*

One of the greatest challenges of the 21st century will be to feed an estimated world population of nine billion people while reducing humanity's agricultural footprint. According to the FAO, by 2050, more than 6 billion or 68% population will be dwelling in urban areas, which is almost double the current population of 3.5 billion. The reports by UN state of the world population in 2007, 40.76% of the Indian population will reside in urban areas by 2030. The ever-increasing population coupled with the continued expansion of cities place a heavy toll on the demand for resources, to meet the basic needs of families living within urban and suburban settings. In many developing nations, urbanization is associated with rising urban poverty, pollution, increased food insecurity, and malnutrition, particularly among children, pregnant women, and lactating mothers, as well as rising unemployment. Urban agriculture can be a

solution and can counter the challenge to a great extent. It has the potential to improve food security, health, local economy, social integration, and environmental sustainability all at the same time.

Urban agriculture is not a new concept, in fact, it has been existing for as long as humans have started living in cities.

The first evidence of urban agriculture originates from Mesopotamia the hanging gardens of Babylon around 3500 BCE. About 1,500 years later, the semi-desert towns of Persia offered one of the earliest pieces of evidence for urban food production. The "chinampa," or floating gardens established by Aztech in order to sustain the growth of the expanding Aztec empire, around 1100 CE. In the modern world UK, US, Germany, Canada, and Australia all made efforts to establish urban agriculture to meet different purposes. Allotment gardens became popular in European cities including London, Paris, and Stockholm from 1880 to the early 1900s as a way to help the urban poor become self-sufficient. In peri-urban areas, the poor families were given land to develop a garden for subsistence. In the 21st century, Japan is leading in innovation in urban agriculture. Very effective utilization of urban land is observed in cities like Singapore, where vacant land tax policies are really strict. India too is not lagging behind and the popularity of urban agriculture and green roofs is escalating. Many startups

are trying hard to reform the face of urban agriculture in India.

The idea of urban agriculture (UA) is unique, exciting, and dynamic. Urban agriculture means growing plants and rearing animals, also practicing aquaculture and beekeeping. It encompasses a wide range of livelihood systems, from subsistence production, distribution, consumption, and processing at the household level to commercial consideration. Urban agriculture is quite diverse, and it may be tailored to a variety of urban conditions and stakeholders' needs. Urban agriculture can be practiced in big cities and small townships where the demand for farmed food is more than supply. Over the years around the globe urban farming has shown a remarkable potential to produce food for local consumption, especially perishables and high-value horticultural crops. Nonfood crops including flowers, aesthetic plants, green walls, and green hoarding are also gaining momentum. Nearly 25–30 % of urban residents are involved in the agro-food sector around the globe.

Urban agriculture exists in many forms including community and backyard gardens, ground-level farming, roof-top and balcony gardening, growing in vacant lots, parks, and schools. Different techniques are being used in urban agriculture including hydroponics, aquaponics, aeroponics, greenhouses, vertical garden, and other new technologies. Urban farming extends an immense role in food security and the availability of fresh produce to urban

communities. It makes extensive use of capital, facilities, technology, and labor in comparison to other traditional agricultural practices. Additionally, it is industrialized, market-oriented agriculture, and can take advantage of the developed markets, information and transportation networks of international cities to improve agricultural productivity and interregional trade. Urban agriculture has come up as a business opportunity in urban areas and is considered as a means to improve public health by offering exercise, psychological, and community well-being, resource conservation, pollution reduction, and urban beautification and environmental stewardship in addition to improving economy and food security. In recent years climate change is a global issue that has severely affected food security and food system sustainability. Transportation from producers to stores accounts for about 4 % of total greenhouse gas emissions according to a widely cited 2008 research study from Carnegie Mellon University. Urban agriculture has been touted as a viable solution for combating climate change as it can cut greenhouse gas emissions to some extent by shortening the food supply chain and reducing food quantity and quality losses caused by long-distance transportation.



**Dr. Neeru Bhatt**  
Managing Editor,  
Canadian Journal of Clinical Nutrition



## CREEPING INTO THE BACKYARD

The air was dry. The clouds were white with patches of blue stitch moving zigzag in the sky. The untidy main road which leads to the center of the town lays in-front of our house with few trees planted besides it. 5 kilometres away from our house appears to be, a blue colored kiosk owned by a man named, Mr. Paras. At the back yard of Mr. Paras store's, is a very gloomy garden with potatoes and varieties of vegetables and fruits. It was a dry season, but Mr. Paras has time to cater for his garden more than for himself.

In the absence of rainfall, one could testify how plants suffer to cope with the weather. Mr. Paras waters the garden like a three square meal given to rich kid every day!

Deceptively, the presence of the gloomy garden with it pleasures, had most of the attraction and the attention of kids like me. Moinkhan, Meet and I, Nana Aba were the three close friends who had the impression to creep into the Back Yard of Mr. Paras's store, which had his garden.

Usually, my friends and I meet every night to play before we all skip out to bed. The day before the fire night, when my friends and I went to the play ground, we made up our minds to creep into the back yard at the fire night, because, during that time, everyone would be busy with the fire night celebration.

During the night of the celebration, my friends and I converged at our scheduled

spot where we set off to Mr. Paras back yard. It was around 1:00 am in the morning. The dry wind blowing and whistling with a smooth echo. The cock crow's signaled the time and the dogs barking a mile away from us. Unconsciously, all these treats ruined terror and fear on us, "what else could we do?" I asked. They said; we are closer to the back yard and we aren't turning back.

The fence of the back yard was made up of metal with the main gate guided by a huge padlock. As we got to the place, Meet told me to pick up a stone for him. I searched around and got him one. He used the stone to hit the padlock to make us have the entry

safely.

All that time, the celebration and the chanting of the people from the fire night made us to forget the scrap we were creating. Out of our ignorance, Mr. Paras was still in his store. We did well break the padlock and made our way into the garden. We had our pleasantries of everything in the garden. Suddenly, out of nowhere, we heard foot steps coming closer to the garden. So we quickly ran and hid in the garden. Quite not long, a man stood by the gate of the garden and closed the entrance. We were panicking, shivering and wondering who he was!! He switched on his torch light and it was, Mr. Paras!!

Out of no control with fear, I cried out loud in the garden and started begging him for our wrong doing. We all begged and he forgave us and we promised not to repeat that again. He also promised not to inform our parents about the mischief we did. Since then, we became his most trusted kids and friends of his life and run errands for him always.



**OWUSU GYAN PHILEMON**

**A WRITER FROM GHANA WEST AFRICA  
PURSUING MY BA DEGREE IN INDIA.**

**LOVE'S WRITING SHORT STORIES, POEMS,  
MOTIVATIONAL QUOTES.**

**AND A NATURE LOVER.**



## The Photo Writer's Tale

There are so many writers in the world. They have assumed varied titles to identify themselves. There are poets, novelists, essayists, playwrights, short-storiests and many more. Some of them write on paper with ink and some stab the keyboards. Their works are printed on paper, and to keep the words in their places, the printers bury them on 100 acres of graveyards (papers).

Have you ever wondered that there might be a possible substitute for ink? Well, this is a hard question to answer. I've never used ink while writing. I'm not surprised if your eyes popped out while reading this, but believe me. I am a

haiku poet and short story writer. I am a photo-writer. A photo-writer is a writer who writes with the help of the sunlight. Whenever I write, my words react. If you are reading something positive, the words will glow; if you are reading horror, my words will flicker. The lines change colour and form according to the mood. I have to use black paper to write as the rays are white in colour. Surprisingly, the colour of the page will also change, telling you the overall mood of the story or haiku. If I recall correctly, it happened two months ago. I was writing a short story and something strange happened to the dialogue, the moment I finished writing. It glowed and flickered. I wrote: The boy's ready to eat. Weigh him for me. I was afraid of losing the

photo-writing ability so I covered the entire page with aluminium foil except for that dialogue. The next morning the words only flickered. They flicker when there's horror, but there's joy in the voice of the killer, so, the words glowed too. My tone and my character's collided, leading to this dual effect. It looked horrific and pleasing...the dialogue.

Now, I choose my words carefully, for, there's a hole on my desk. It must have been the glow that melted in the moonlight. Good day to you,

sir. I, the only photo-writer of this city, am ending my essay here. (You must be wondering why these words aren't glowing or flickering. It's because I typed this on my laptop, but the letters of the keyboard reacted.)



## MOIN KHAN PATHAN

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# HOLI - Festival of Colors



magnificart

# Holi - Festival of Colors

Holi, the festival of colours, is a religious occasion celebrated with much pomp. It is considered the second biggest Hindu festival after Diwali, and the celebrations last for two days - Choti Holi or Holika Dahan and Dhulandi or Rangwali Holi. It marks the celebration of the victory of good over evil. The festival falls in the Hindu calendar month of Phalgun, which usually falls between February and March. On this day, people play with colours, water, flowers and more, children and adults smear Gulal on each other, and people seek the blessings of their elders.

Painting is the act or process of using paint & creating a colorful artwork or it can be used more practically as a protective coating or form of decoration. Paintings are a form of visual art that captures the expression of ideas and emotions on a two-dimensional surface.

The expression of colorful Holi is beautifully captured on the canvas by Ms. Megha Mocherla, making the festival more colorful.

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**Artwork by:**

---

**Megha Mocherla**



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## Watermelon Rice Kofta Curry

### For KOFTA: Ingredients :-

2 cup grated watermelon rind  
1/4 tsp carom seeds  
salt as per taste  
1/2 tsp red Chilli powder  
1/4 tsp.turmeric powder  
Pinch of baking soda

2 tbsp gram flour or Besan  
oil, for frying

### For Gravy: Ingredients :-

2 tbsp oil  
1 onion, sliced  
4 to 5 garlic buds  
2 tomato, sliced  
2 tbsp.chashew

1 tbsp butter  
2 tbsp oil  
1 tsp cumin / jeera  
1/4 tsp Aesofetedia  
2 bay leaf  
4 to 5 black pepper  
1 inch cinnamon  
2 clove  
1 tsp kashmiri red chilli powder  
1/2 tsp. red chilli powder  
1/4 tsp turmeric powder  
3/4 tsp coriander powder  
salt as per taste  
1 tsp kasuri methi, crushed  
1 tbsp. coriander leaves.

#### INSTRUCTIONS :- KOFTA PREPARATION:

1. Firstly, Take a watermelon rind discard the green part of rind and grate the white part of watermelon rind.

Now take a pan add 1 cup water and put grated watermelon rind in water and boil it for 5 minutes. After boiling squeeze it properly.

2. Now take a bowl add grated watermelon rind, gram flour, carom seeds, salt, redchilli powder, turmeric powder and water as required and mix well in last add baking soda mix well and forming a soft dough.

3. Prepare a small ball sized kofta by greasing hand with oil. deep fry on medium hot oil. Stir occasionally, making sure the koftas are cooked uniformly. Fry until the kofta turn golden brown and crisp. Drain off the koftas and keep aside.

For Gravy :-

4. Firstly, in a pan heat 2 tbsp oil add whole spices: bayleaf, cumin seeds, black pepper, cinamon, cloves and crackle it. After that add garlic and saute it then add onion saute until onions changes colour slightly. further add 2 tomato and saute slightly. Now add 2 tbsp cashew and continue to saute until tomatoes soften completely.

5. Cool this mixture completely and discard the bay leaf now transfer the Mixture to a blender blend to smooth paste adding water if required. Now filter the mixture to get rid of skin and seeds.

6. Now take the same pan heat 1 tbsp butter and 2 tbsp oil. Add cumin seeds, aesofetedia, and Kashmiri red Chilli powder.

7. Further add in the prepared onion tomato puree, mix well. Now add salt, red Chilli powder, Corrainder powder and mix well. Cover and cook until the mixture starts to thicken and oil separates from sides.

8. Now, add ½ cup water and mix well adjusting consistency as required. Get the curry to a boil, add 1 tsp kasuri methi mix well. Garnish with corrainder leaves.

9. Finally, pour the curry over kofta or mix kofta In curry. Watermelon rind kofta curry is ready to serve with rice or Chapati..

Falguni Thakkar

Award Winner Chef &  
Author of Hand to Heart





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