

## Planting Seeds of Change: How My Grandmother's Garden Inspires Environmental Action, Rooted in My Grandfather's Legacy



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Being stressfully immersed in the fast-paced rhythm of our urban life, the noise and clutter of the “concrete jungle” and the crowd of people on the streets, it becomes extremely hard to realise what an immense role nature holds not only for our mental health but also for the whole planet. My Grandmother, Nivarni Singh Roy, has been in love with it for her entire life. It is more than just a love story that has formed a garden of life and joy right next to the backyard.

When her garden door opens you are visibly plunged into a melody of life. In the breeze, you can hear the sound of bees, you can feel the beating of butterfly wings, and you can listen to the lovely songs of birds. It is a small refuge, a powerfully true representation of the kindle an individual can light up in the world by loving nature.

The basis of this “sanctuary” is a wonderful vegetable garden where dozens of shiny green and rich-tasting tomatoes are all stretched to the sky. Nevertheless, the garden is not only a source of food but a living ecosystem full of different species which pollinate the plants and create the atmosphere of the garden. Selecting native

plants as my grandmother does, not only gives a bounty harvest, but also provides security to pollinators and their habitat, explaining the fact of a long-lasting garden vegetation.

However, what captivates me most about my grandma's garden are the bird feeders which jot down each corner of the garden and nesting boxes. From the multicolor of finches to the magnificent trails of hawks, her garden is a refuge for birds from every size and color. Every feeder, every box in the yard is a statement of her willingness to furnish nutrition, drinking, and lodging needs for birds all seasons long - an apparently slight action, but not at all a fragile one for our bird friends' well-being.

In addition, having an emotion of being with one's family by sitting under mangoes and seeing beyond the city streets is one of the hardest emotions. It is only here where the first being that narrated told us about all of them.

Not only do the guard have a private garden but also 'their effect' must be considered. The reason why she can do this is not only based on her outstanding horticulture and



ecology knowledge and love, but her own plain and simple action of staying at the front of the battles on conservation of nature makes it possible to reach people from all layers of society. Along with that, it was a sense of devotion to family principle with my grandfather, Shri Shulochan Singha Roy (the main fighter of the freedom movement) as the pillar of the struggle. My grandmother whose nature and spirituality was the grounds for her environmental activism will have a permanent place in my heart. Therefore, making the sacrifice of her time and energy will engrave her a permanent image in my memory

Either way, whether it be by planting trees,

cleaning up rivers or campaigning for cleaner ways, they have now ignited the fire that in turn, nurtures and spreads out as well.

The garden of my grandpa who is fighting uncountable issues serves as a symbol of vivacity – a thought that each one of us can initiate a bleak situation even if his or her contribution might seem trivial. Hence, the instant I step outside and open my backyard door, I kindly and eagerly invite you to pause for a while to notice the splendour and miracle of God surrounding you. Plant a tree, grow a garden or simply enjoy the beauties of nature – this gets started from a small step to have great achievements



Some of the vegetables from my Grandmother's Garden