

# An urban oasis

In Delhi's Smog And Grey, One Home Builds A Breathable Future



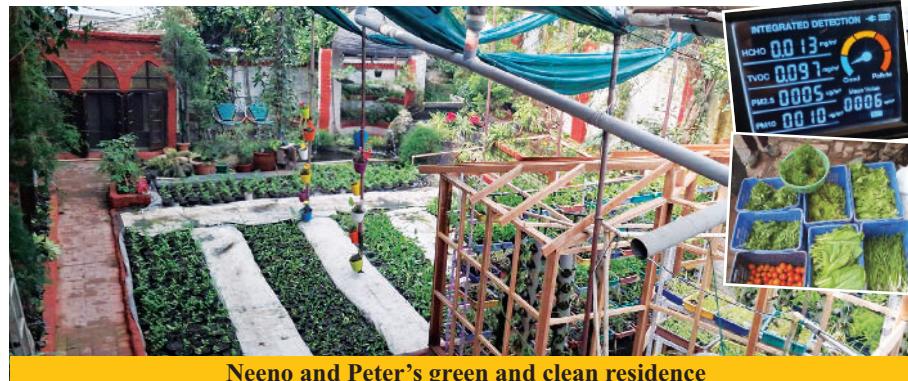
## GROUND REPORTING

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While Delhi gasps under AQI levels beyond 350 - there exists a more sustainable, greener habitat right in the middle of the city. Meet Neeno Kaur and Peter Satwant Singh, a couple who have transformed their Sainik Farms home into an oasis - maintaining an impressive indoor AQI of just 15 and growing nearly all their food within four walls. Their journey is one of healing and learning.

### Lesson in sustainability

Singh, a mathematician, was pursuing a PhD in Topology from Delhi University when he got married to Kaur. "We were always conscious of the harmful impact of pesticides, industrial farming, and drawn towards traditional practices such as natural farming and beekeeping," says Singh. The turning point came when Kaur was diagnosed with leukemia. A naturopath's advice - to consume freshly grown, organic food - proved pivotal to a complete transformation of their home into a safe haven that should inspire all.



Neeno and Peter's green and clean residence

### In harmony with nature

Aquaponics is a sustainable system that combines fish farming with soil-less cultivation. Fish waste is naturally converted into nutrients like nitrates, which plants absorb through their roots growing above the fish tanks. In return plants purify the water, which is recycled back into fish tanks. They use about 1,000 litres of water daily, a figure unimaginable in conventional agriculture. Their automated system yields a variety of fruits and vegetables, along with nearly 120 kg of fresh fish annually - rohu, katla, carp, and even premium varieties like sea bass.

### A zero-waste home

Sustainability in their home extends far bey-

ond food. Singh shares, "Kitchen waste and dry leaves are composted into vermicompost, saving nearly 50,000 INR a year. Rainwater is harvested, bathwater is filtered and reused, and toilet waste is channelled into deep pits that nourish fruit trees above. "The dense greenery surrounding the house functions as a natural air purifier and cooling system. "Even when Delhi's temperature touches 40°C, the house remains a comfortable 25°C," he adds. Greenhouses act as filters for polluted air, creating an atmosphere that feels fresh and calm.

### A shared vision

"Aquaponics isn't just about clean food, it is a powerful educational tool," says Singh.



GT reporters with Neeno and Peter

This seems true as the system integrates Physics (water flow), Chemistry (nutrient cycles), Biology (plant and fish growth), Mathematics, and even Architecture. This allows students to learn practically.

Referring to themselves as "the farmer and the designer," the couple now conduct workshops and courses for those eager to adopt sustainable living. Their vertical balcony models can grow up to 500 plants in compact urban spaces - proving that food can be grown efficiently, anywhere.

What began as a personal health choice has evolved into a philosophy of life. They have replicated similar eco-units in their Goa home and are now working towards harnessing wind energy and atmospheric water generation to go fully off-grid. Their belief is simple yet powerful: rather than waiting for solutions or relying entirely on governments, every individual must initiate action on their own. **GT**

Pics: Aahana Wadhera, AIS Vasundhara 6, XI A1

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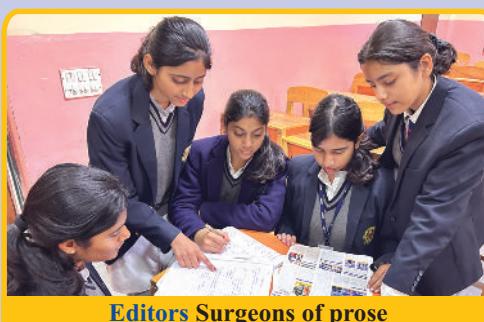
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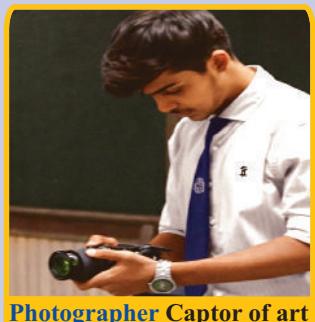
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