```
In [1]: row=int(input("Enter the no of rows"))
    col=row+2
    for i in range(row):
        for j in range(col):
            if i==0 or i==(row-1) or j==0 or j==(col-1):
                 print("*",end="")
        else:
            print(" ",end="")
        print()

Enter the no of rows3
    *****
    * *
    *****
```