



13th Anniversary Celebration @2024

The Journey of Veganic Education



The Veg School was first conceived 2010



A screenshot of a Facebook post by Wong Kee Yew, dated August 24, 2010. The post contains text about the Veg School and a request for people to share their dreams.

Wong Kee Yew
August 24, 2010

Tell me your dreams

Veg School is an organisation where a big dream of benefiting millions is nurtured.

That is because it fulfills many many small dreams of the people, especially the "engineers" of Veg School.

If you are interested in Veg School, please tell me your personal dreams that wish to achieve out of Veg School.

-- it could any dream from an opportunity to serve the public, self-improvement, meeting people, sowing seeds of good karma.. etc

Let me know your dreams so that Veg School could help fit you in the right position to fulfill your destiny 😊

With gratitude,
Kee Yew

👍 Like 💬 Comment ➦ Share

it was formally registered in 2011

Business Profile (Business) of THE VEG SCHOOL (53185405A)

Date: 08/03/2017

The Following Are The Brief Particulars of :

Name of Business	:	THE VEG SCHOOL
Former Name(s) if any	:	
Date of Change of Name	:	
Registration No.	:	53185405A
Registration Date	:	16/02/2011
Commencement Date	:	01/03/2011
Status of Business	:	Live
Status Date	:	22/01/2016
Renewal Date	:	22/01/2016
Expiry Date	:	16/02/2019

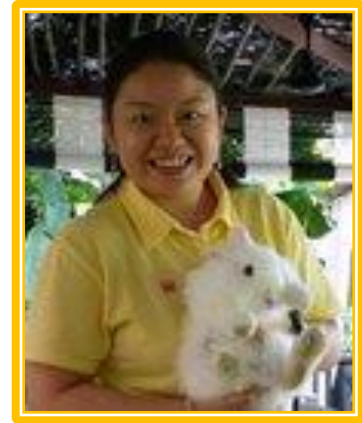
the pioneer team was then formed 😊



Wee Beng @ IT



Siaw Wei @ Admin



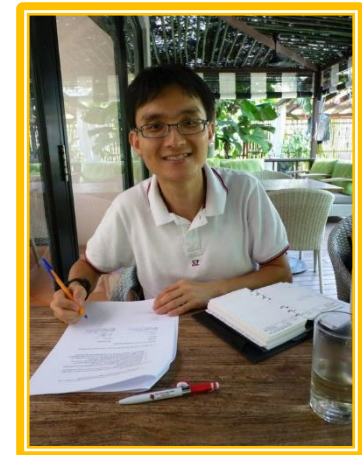
Jennifer @ Secretary



Mark @ Publicity

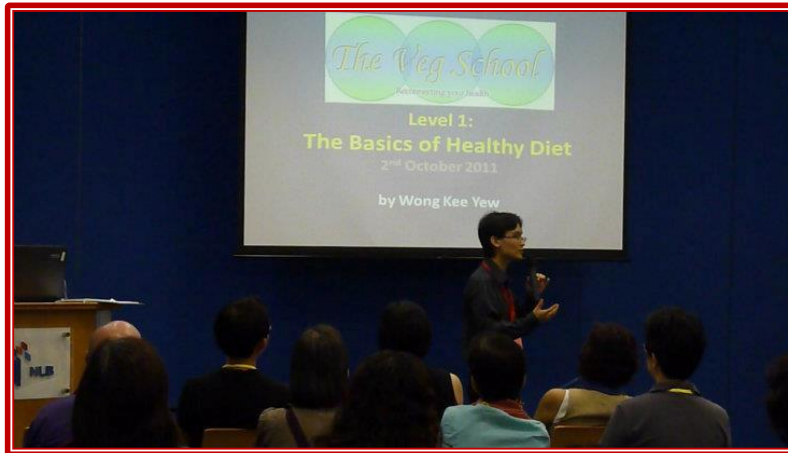


Peck Yin @ Vice-Principal



Kee Yew @ Principal

The first lesson was conducted in Central Library, Singapore on 2 Oct 2011



The Veg School gradually expands its educational syllabus... to **Vegan Health Tours**



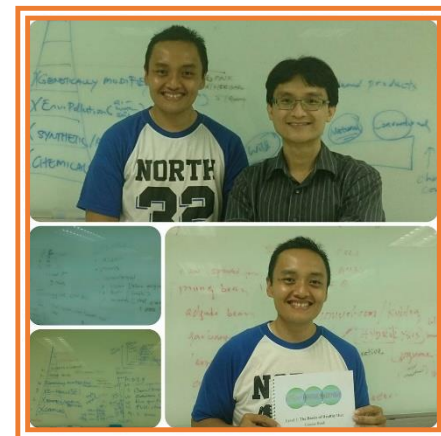
to Organic Detox Retreats



to Organic Excursions



to Vegan Culinary Competency Program



In 2013, The Veg School extends its educational effort to **Kuala Lumpur**..



A variety of Veg Courses are created there... from **Organic Farm/Veganic Buffet Outings**



to Organic Shopping Courses



to Veganic Cookathons



to Simple Culinary Courses and Health Seminars with *Tzuchi Buddhist Society*

社会教育推广中心
CONTINUING EDUCATION CENTER

课程透过 tzuchi.my
Facebook @tzuchi.educentre

蒲种 PU

简易素食 第2系列B

Simple Easy Vege-Cooking

日期 Date : 27/04 & 04/05/2017
星期四 Thu
时间 Time : 10:00-12:00
费用 Fee : RM 90
2堂课共6道食谱
Total 6 Recipes in 2 Lessons
主讲 Teacher : 黄其铤老师

课程内容 Item : 小小米粥 Amaranth Cereal Drink 南瓜咖哩 Pumpkin Kaya
高钙三明治 Hi Calcium Sandwich 巧克力腰果奶油 Chocolate Cashew
缤纷椰奶饮 Coconut Smoothies 香菇干捞面 Mushroom Dry Noodle

地址: H-05-3 & H-05-5, Block H, Setia Walk, Persiaran Wawasan, Pusat Bandar Puchong, 47160 Puchong, Selangor.
puchongtzuchi.edu@gmail.com 营业时间 Office Hours: 星期一至日 Tue-Sun 1pm-6pm 电话 Tel: 03-5511 1111




紧张生活步伐会为身体带来什么伤害?
如何提升生命力来对抗庞大的压力?
如何在短促的时间摄取充足的营养?
如何中和繁忙节奏为身心带来的副作用?

静思书轩特邀新加坡著名营养师—黄其铤,
与您用心解答以上的疑惑,
亦为您细说现今繁忙生活的简易保健方法!

生活繁忙 飲食要健康

28.06.2014 星期六 4:00pm - 5:30pm

活力生機飲料

吃, 是人类维持生命的其中一项必备条件, 吃得正确, 有助于延长生命, 远离各种疾病, 生和饮食达人黄其铤老师现代人生活繁忙, 因此为大家准备两款健康餐, 制作方便且营养丰富, 让全家每一天都可以元气满满, 精力充沛地面对一天的挑战。

主讲: 黄其铤 营养师/营养师

椰子奶昔 (供1人享用)



材料: 椰子 1粒, 水糖 50-60克

做法: 1. 椰子开出一个小洞, 倒出椰水, 把椰壳切成一半, 挖出椰肉; 2. 将椰水、椰肉及水糖一起加入食物调理机 (Food Processor) 内, 高速搅拌成滑溜的椰子奶昔即可。

贴心小提示:

- 椰子性凉, 但椰肉性温, 两者一起食用, 则不存在“椰子很油”的顾虑, 还有助于提升身体的新陈代谢;
- 建议以即成类、椰肉细碎的椰子;
- 因人而异, 可分别加入红肉火龙果、黄梨、木瓜、蓝莓或西瓜等水果, 和椰子一起搅拌;
- 热带地区及潮湿地区, 可加姜片。

to Veg F&B consultation projects

Waldorf Polaris Childcare Centre



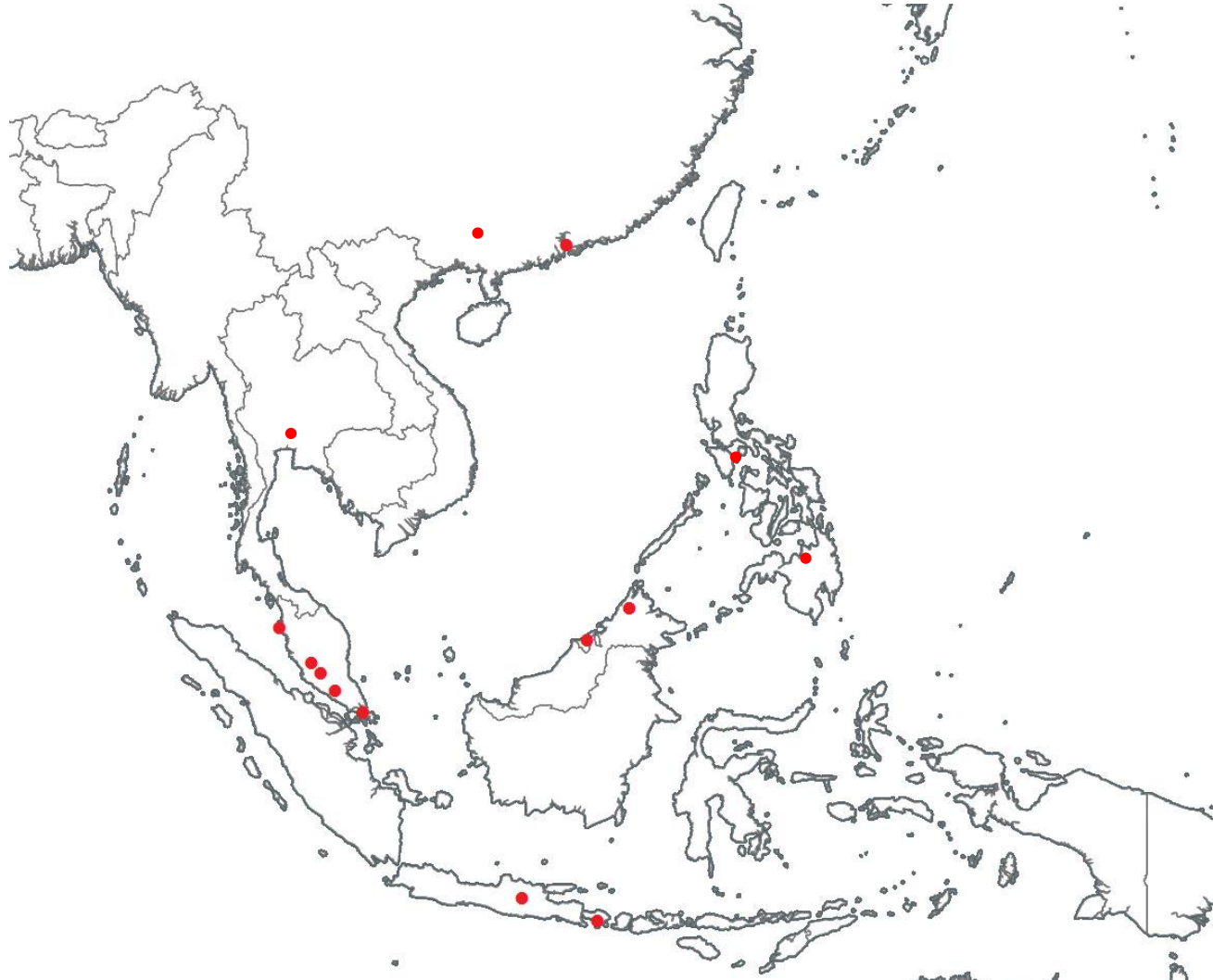
Nalanda Book Cafe

Menu	Menu
<p>Welcome Drink Cucumber Cool :: * Refreshment drink with the essence of cooling cucumber and fragrant lime *</p> <p>Soup Traditional Miso Soup :: * Specially formulated miso soup with natural sweetness and enhanced umami flavour *</p> <p>Appetizer Salad Sushi :: * Traditional Japanese Sushi with a vegan twist, orchestrated by life force vegetables and secret trully sauce **</p> <p>Main Energy Millet :: * As a creative replacement for rice, millet imparts life forces, complete proteins and reduces calories intake **</p> <p>Nagaimo Chawanmushi :: * Eggless Chawanmushi with the nourishment of Nagaimo (wild yam) **</p> <p>Daikon Stew :: * All too hard to resist flavourful stew of Daikon, enhanced with Shiitake and Kombu *</p> <p>Yasai Yaki :: * Ratatouille of vegetables at their purest and truest manifestation **</p> <p>Desserts</p>	<p>Welcome Drink Soy Lassi :: * refreshment combining the nourishment of organic soy and the genuine essence of seasonal fruit **</p> <p>Soup Digestive Soup :: * sprouted mung bean soup flavoured with digestive spices and enhanced with a dash of lemon juice **</p> <p>Appetizer Jewel Salad :: * a consortium of colourful, crunchy and light vegetables, fortified with lentil sprouts for additional life force **</p> <p>Main Jeera Pulao :: * Brown rice infused with the aroma of cumin and energized with medjool dates **</p> <p>Vegan Palak Paneer :: * Traditional Indian spinach dish re-created with a vegan twist **</p> <p>Aloo Gobi :: * All time Indian favourite potato cauliflower dish with mix spices and turmeric **</p> <p>Kaju Vegetables :: * Vegetable combo in creamy cashew sauce **</p> <p>Desserts</p>

Roots Cafe



Geographically, The Veg School has also been expanding its educational program outreach, beyond SG & KL, to:



- .Penang
- .Ipoh
- .Klang
- .Shah Alam
- .Seremban
- .Melaka
- .Johor Bahru
- .Kota Kinabalu
- .Yogyakarta, *Indonesia*
- .Bali, *Indonesia*
- .B.S. Begawan, *Brunei*
- .Shenzhen, *China*
- .Guangzhou, *China*
- .Bangkok, *Thailand*
- .CDO, *The Philippines*
- .Manila, *The Philippines*
- .Copenhagen, *Denmark*

The Veg School's students Asia-wide (+Denmark)



Bali



Brunei



Copenhagen



Manila



Kota Kinabalu



Bangkok



Kuala Lumpur



Melaka



Penang



Shenzhen

In 2020, The Veg School's Education Program extended its outreach further, through online teaching format, including students from:

The USA

Japan

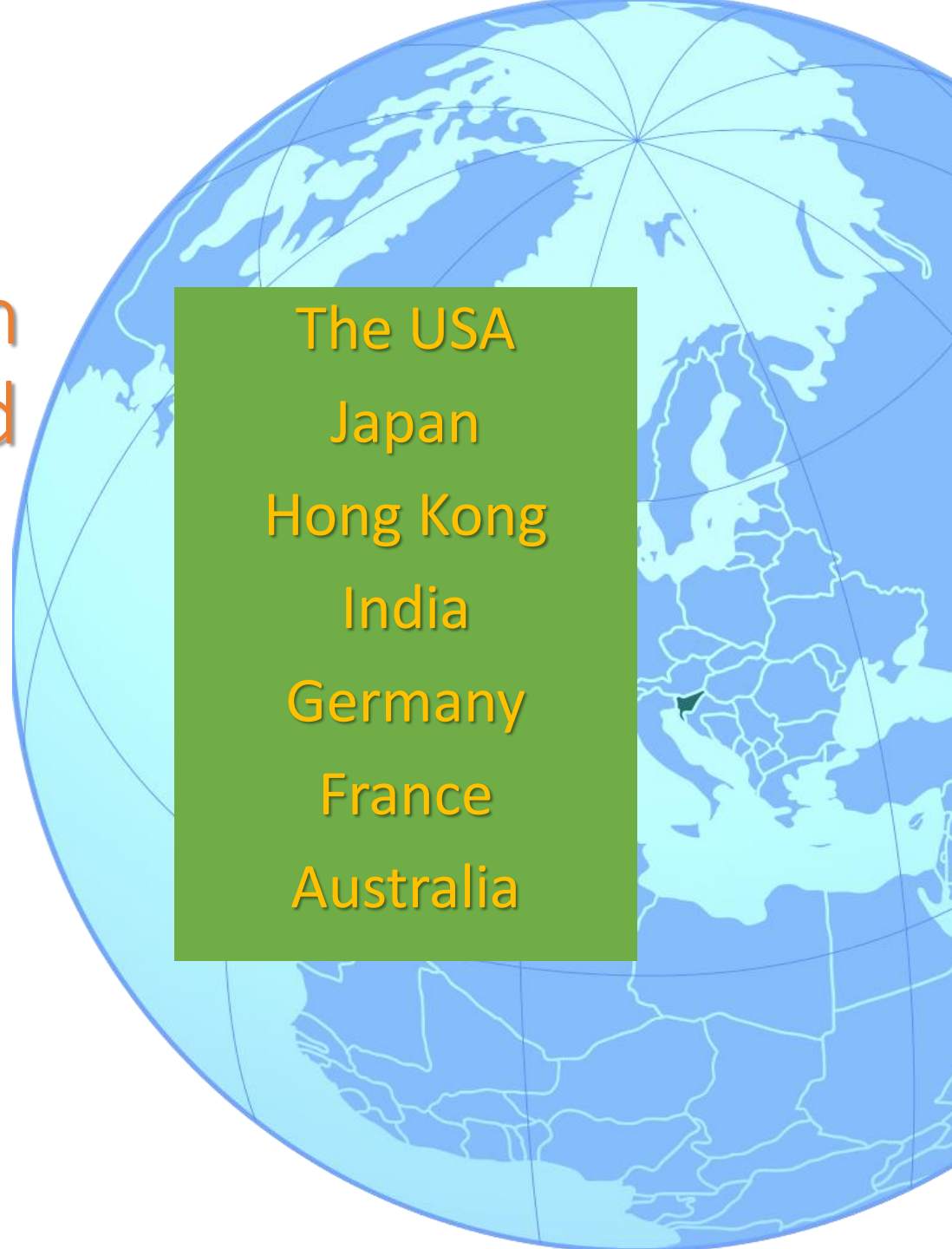
Hong Kong

India

Germany

France

Australia

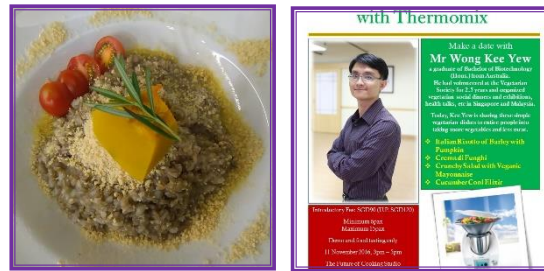


The Veg School is also often engaged by corporates for Veg Nutrition & Culinary training

Santi Mandala Resort, Bali



Thermomix SG & KL



Leaf Jimbaran Resort, Bali



USANA distributors, KL/JB



National Library, SG



Zenxin, SG



+ Melaleuca Distributors, KL

+ Mandarin Oriental Hotel, KL

TVS' Special Educational Programs

- **Ayurveda Study Week**

@ Institute of Ayurveda & Integrative Medicine,
Trans-Disciplinary University, Bangalore, India



Herbal Med Session



Herbal Med Session



Grad Dinner



Ayur Hospital Visit



Herbal Garden Visit



Herbal Med Session



Ayur Cooking Class



Ayur Theory Class

TVS' Special Educational Programs

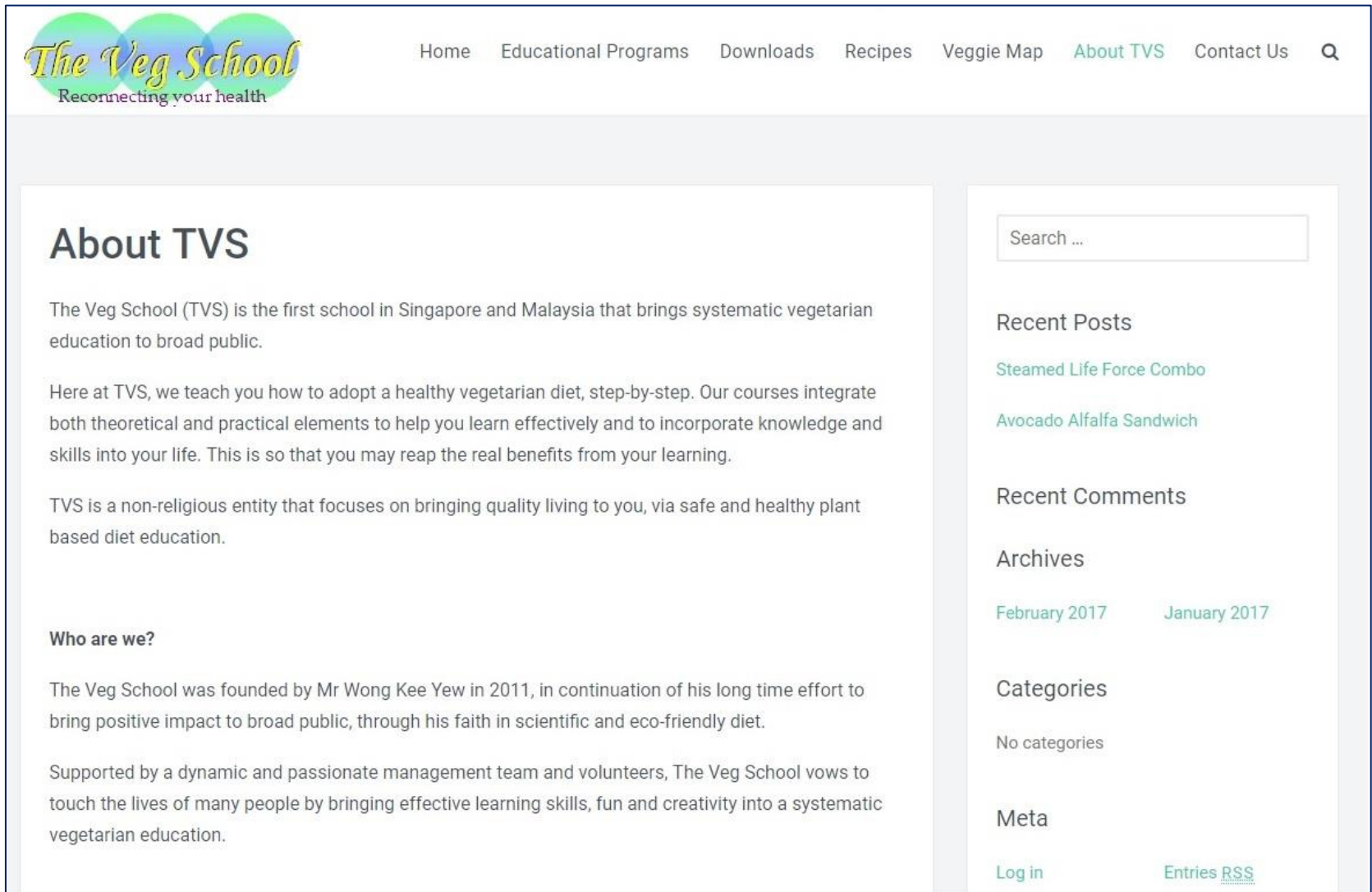
- **Macrobiotics Culinary Training Intensive**

by Mdm Kurina Yonezawa @Kuala Lumpur



The Veg School's Outreach Platforms

TVS Website <http://TheVegSchool.net>



The screenshot shows the homepage of The Veg School website. The header features the logo on the left and a navigation menu on the right. The main content area is split into two columns. The left column contains an 'About TVS' section with three paragraphs of text. The right column contains a search bar, 'Recent Posts' with two links, 'Recent Comments', 'Archives' with two date links, 'Categories' with 'No categories', and 'Meta' with 'Log in' and 'Entries RSS' links.

The Veg School
Reconnecting your health

Home Educational Programs Downloads Recipes Veggie Map **About TVS** Contact Us

About TVS

The Veg School (TVS) is the first school in Singapore and Malaysia that brings systematic vegetarian education to broad public.

Here at TVS, we teach you how to adopt a healthy vegetarian diet, step-by-step. Our courses integrate both theoretical and practical elements to help you learn effectively and to incorporate knowledge and skills into your life. This is so that you may reap the real benefits from your learning.

TVS is a non-religious entity that focuses on bringing quality living to you, via safe and healthy plant based diet education.

Who are we?

The Veg School was founded by Mr Wong Kee Yew in 2011, in continuation of his long time effort to bring positive impact to broad public, through his faith in scientific and eco-friendly diet.

Supported by a dynamic and passionate management team and volunteers, The Veg School vows to touch the lives of many people by bringing effective learning skills, fun and creativity into a systematic vegetarian education.

Search ...

Recent Posts

- [Steamed Life Force Combo](#)
- [Avocado Alfalfa Sandwich](#)

Recent Comments

Archives

- [February 2017](#)
- [January 2017](#)

Categories

No categories

Meta

- [Log in](#)
- [Entries RSS](#)

The Veg School's Outreach Platforms

TVS Facebook <http://facebook.com/TheVegSchool>

The screenshot shows the Facebook profile for 'The Veg School'. The profile picture is a circular logo with the text 'Veg School' and 'connecting your head'. The cover photo is a grid of 12 images showing various vegetarian dishes and people preparing food. The page includes a navigation menu on the left with options like Home, About, Photos, Reviews, Likes, Videos, Events, and Posts. A 'Create a Page' button is at the bottom left. The main content area features a 'Photos' section with a post from 'One Yoga' titled 'The Veg School's Signature VEGETARIAN NUTRITION CO'. The post includes details about a yoga retreat, such as dates (21 Jan - 4 Feb 2017), location (The Eco Farm Resort @ Jekins, Negri Sembilan, Malaysia), and pricing (RM1200 / SGD880 per person). A 'Send Message' button is visible on the right side of the page.

The Veg School's Outreach Platforms

TVS Mobile App <http://m.thevegschool.net>

Features:

.The Veg School Events Calendar (updated real-time)

.The Veg School Nutrition and Culinary Courses Listing

.Free Recipes (>50 entries, and growing!)

.Free Downloads of Bite-size Veg Info

.Veg Resources (e.g. VegeHub.org, Organic Search Engine, Veg Meetups)

.Healthy Veg Online Store

[GPS-assisted Healthy Veggie Eatery Map in KL and](#)

[SG](#) (more than 60, 50 entries respectively and growing!)



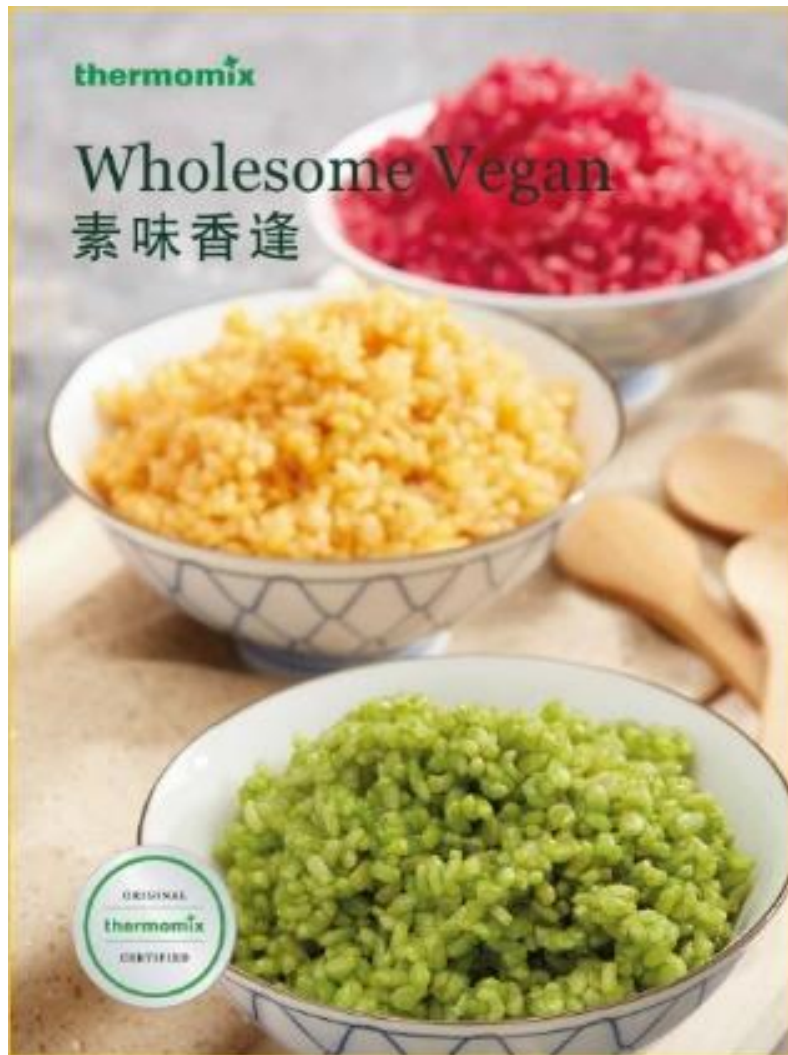
Educational Programs 2024

- **Online Courses and Retreats**

<http://TheVegSchool.net/TVS2024.pdf>

Wholesome Vegan Cookbook

authored by the Principal of TVS, Wong Kee Yew



64 recipes, English-Chinese bilingual, fully vegan, without the 5-“pungents”, all natural, wholesome, simple, nourishing, award-winning

LIFE FORCE *Vegan*

生命力蔬食

by Wong Kee Yew 黄其铤 著

LIFE FORCE *Vegan*
生命力蔬食



Life Force Vegan Cookbook is written with a heartfelt intention to help modern people, especially younger generations, eat healthily in simpler ways. It is a cookbook for everybody who has a rice cooker at home. All the 20 recipes in Life Force Vegan Cookbook are created so that we all can take care of our daily meals with an affordable electrical appliance.

撰写【生命力蔬食】的本怀是为了让现代繁忙人士，尤其年轻一代，能轻松地在家好好吃一顿饭。凡是家中有电饭锅的，【生命力蔬食】都能派上用场。书中有20道食谱，每一道都可以应用家常电器煮得出来，三餐无忧！

Retail Price 零售价
MYR35 / SGD12

限时优惠 Time-limited Offer:

买10送1 Buy 10 Get 1 Free

WhatsApp: +65 91175756; SMS: +60 123790302;

Email: cookbook@TheVegSchool.net; <https://tinyurl.com/LifeForceVegan>

Thank you!!

Thank you for supporting The Veg School in its committed long run effort for vegan education

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More information

Website: TheVegSchool.net

Mobile Site: m.TheVegSchool.net

Email: info@TheVegSchool.net

Whatsapp: +65 91175756

Telegram: +6012-3790302