

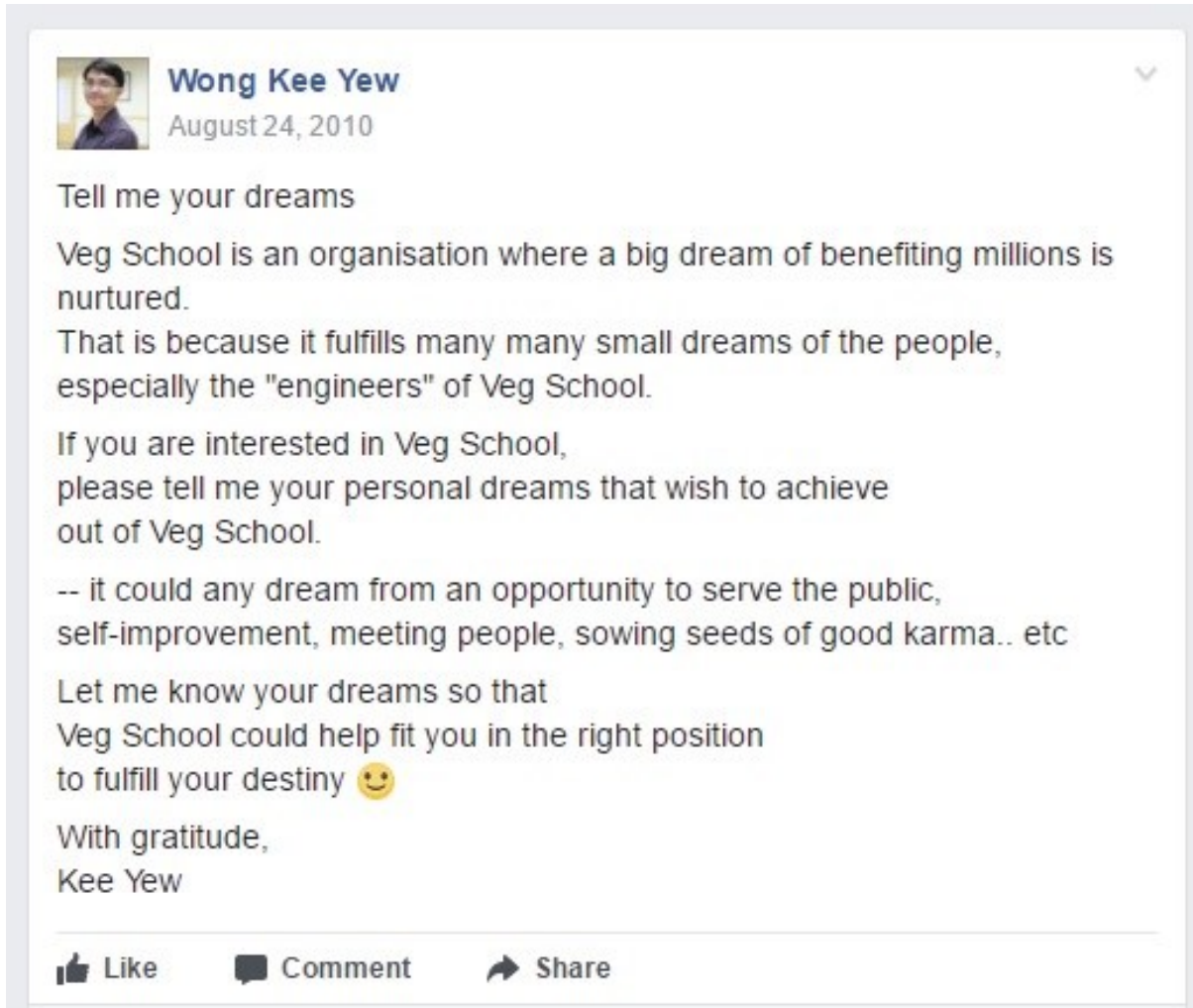


6th Anniversary Celebration @2017

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 a message about the Veg School, inviting people to share their dreams and how the school can help them. The post includes a profile picture of Wong Kee Yew, a name, a date, and a dropdown arrow. At the bottom, there are icons for Like, Comment, and Share.

 **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

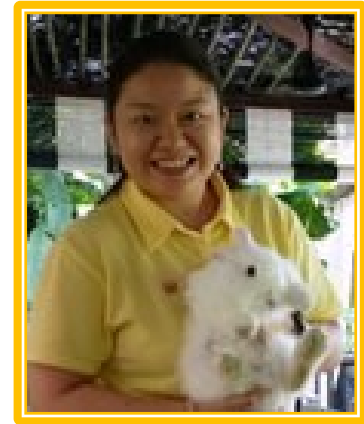
the pioneer team was then formed 😊



Wee Beng @ IT



Siaw Wei @ Admin



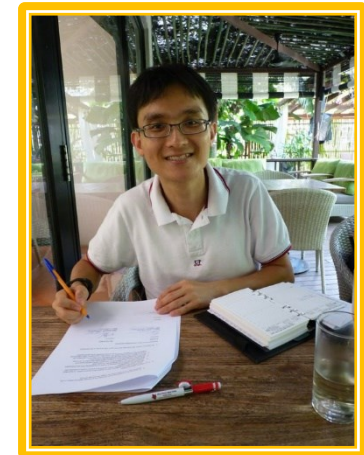
Jennifer @ Secretary



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**



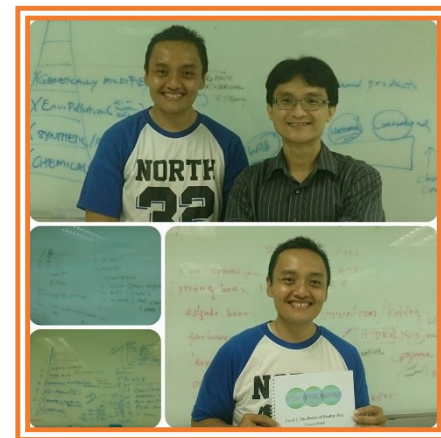
to Organic Detox Retreats



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

总店地址: tzuchi.my
Facebook: @tzuchi.educentre

蒲种 PU

简易素食 第2系列B

Simple Easy Vege-Cooking

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

课程内容:
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

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: 星期二至日 Tue-Sun 1pm-6pm 电话 Tel: 03-5633 8888




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 星期一 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, 因此为大家准备两种健康餐, 制作方便及生和饮料, 让家庭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. 椰子开出一个小结, 倒出椰水后, 把椰肉切成一半, 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, 高速搅拌成香滑的椰子奶昔即可。

心得: 生和

- 椰子性凉, 但椰肉性温, 两者一起食用, 则不存在“椰子椰油”的顾虑, 还有助于提升身体的新陈代谢。
- 建议做成冰沙, 椰肉细碎的椰子。
- 随个人喜好, 可分别加入红肉火龙果、黄桃、木瓜、蓝莓或西瓜等水果, 和椰子一起搅拌。
- 而食后可以清饮及冷饮, 以果果。

to Veg F&B consultation projects

Waldorf Polaris Childcare Centre



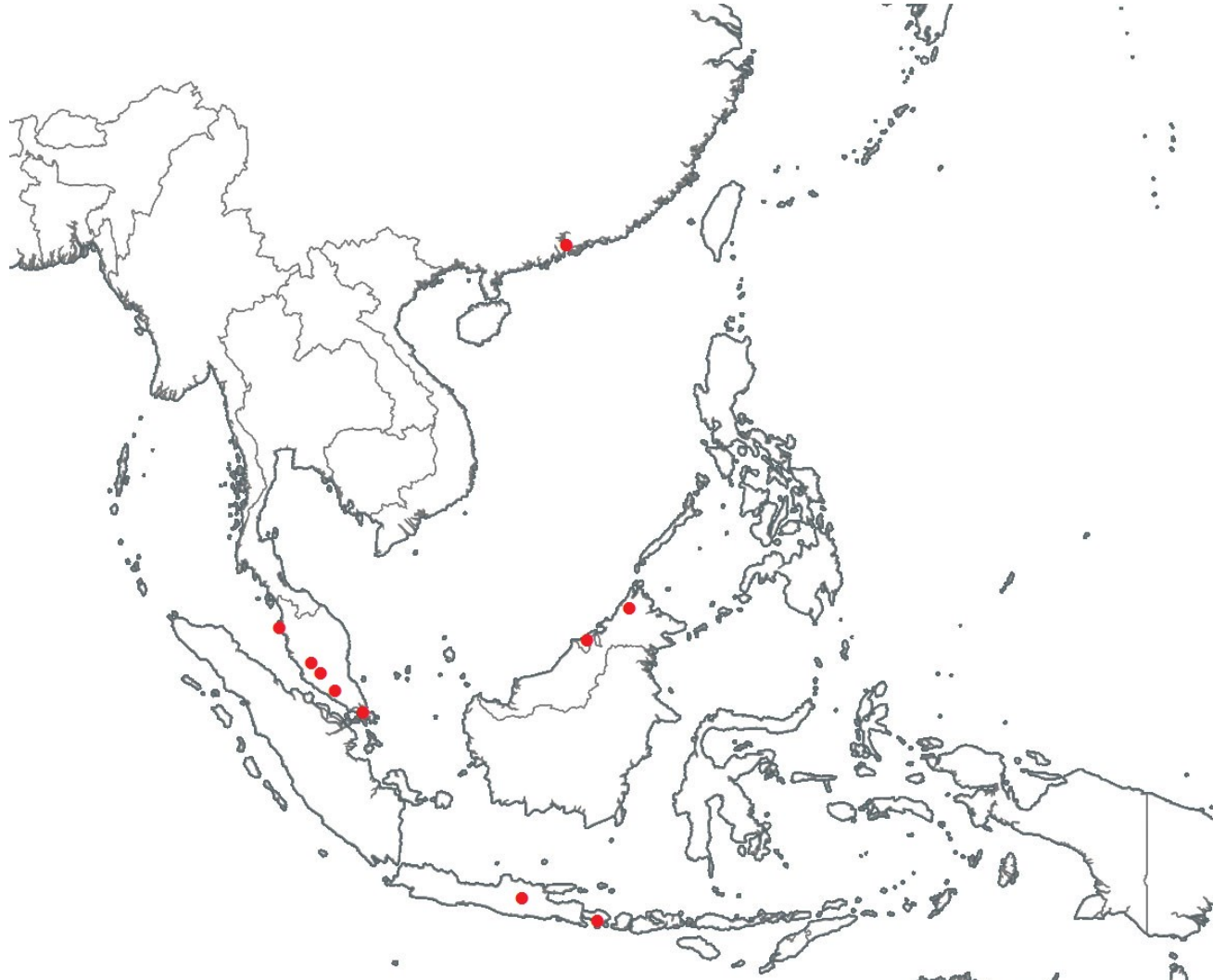
Nalanda Book Cafe

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 Gebi :: * 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*
- .Bangkok, *Thailand*
- .CDO, *The Philippines*
- Upcoming:
- .Copenaghen, Denmark

The Veg School's students Asia-wide



Bali



Brunei



Ipoh



Kota Kinabalu



Kota Kinabalu



Kuala Lumpur



Kuala Lumpur



Melaka



Penang



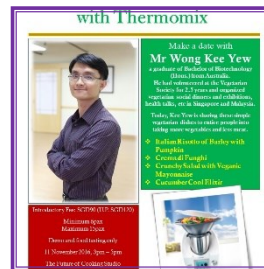
Shenzhen

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



TVS' Special Educational Programs

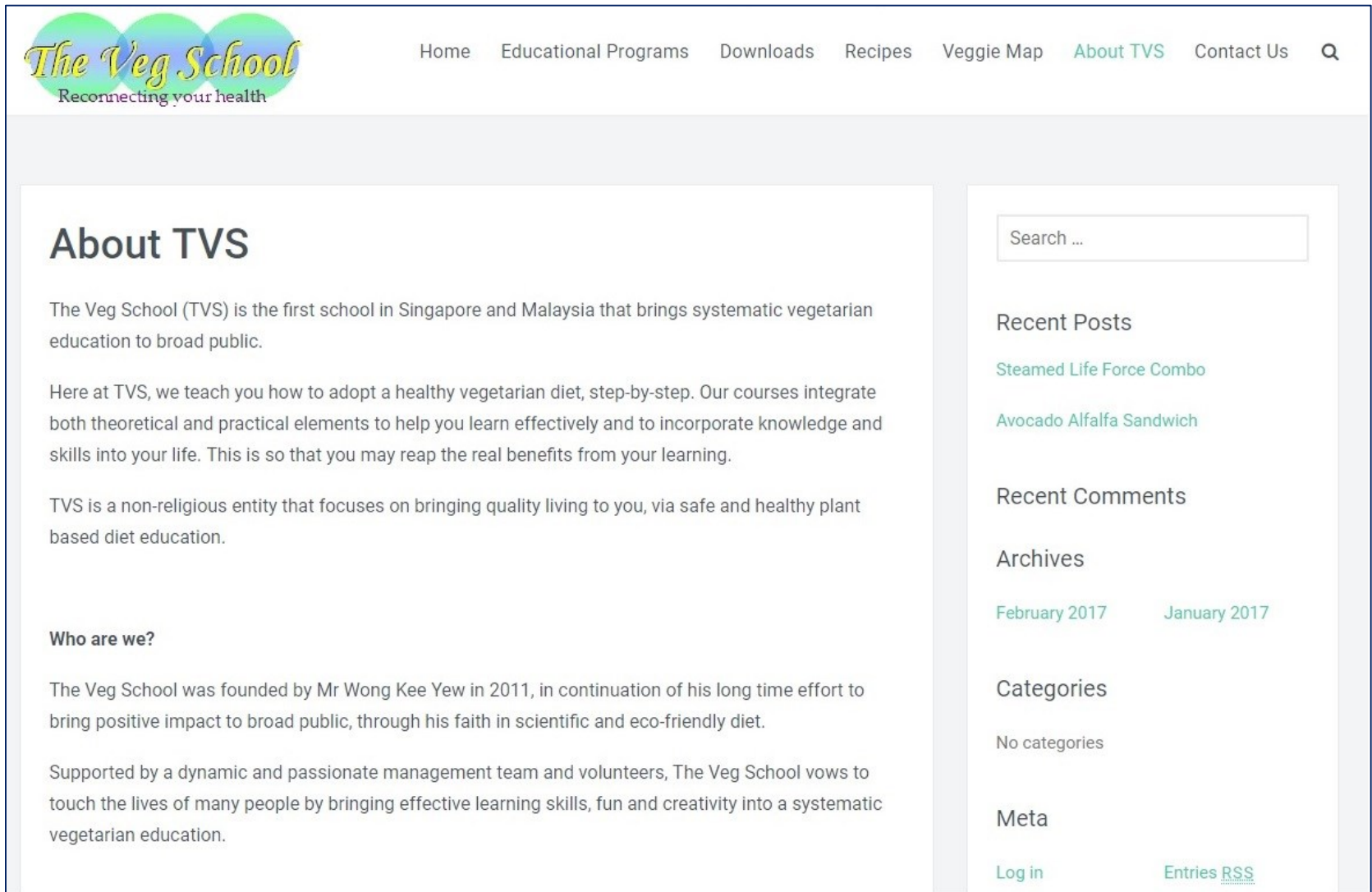
- **Macrobiotics Culinary Training Intensive**

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 month 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

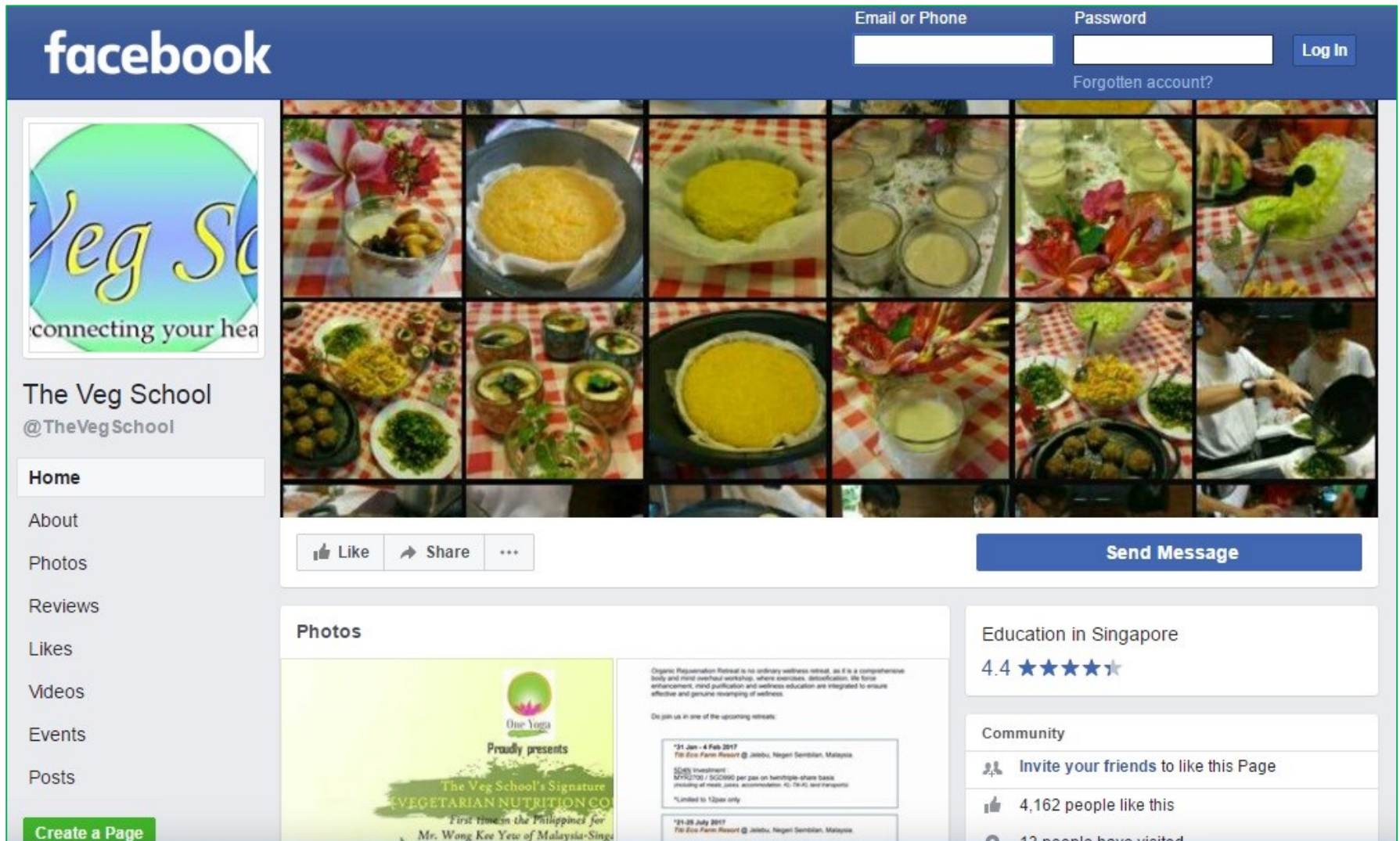
No categories

Meta

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

The Veg School's Outreach Platforms

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



The image shows a screenshot of the Facebook page for 'The Veg School'. At the top, there is a blue navigation bar with the Facebook logo on the left and login fields for 'Email or Phone' and 'Password' on the right, along with a 'Log In' button and a link for 'Forgotten account?'. Below the navigation bar is the profile picture, which is a circular logo with the text 'Veg School' and 'connecting your health'. To the right of the profile picture is a grid of 12 photos showing various vegetarian dishes, including soups, salads, and cooked meals. Below the grid are 'Like', 'Share', and 'More' buttons, and a blue 'Send Message' button. On the left side, there is a vertical menu with options: Home, About, Photos, Reviews, Likes, Videos, Events, and Posts. At the bottom left, there is a green 'Create a Page' button. The main content area below the grid features a post titled 'Photos' with a promotional image for 'One Yoga' and 'The Veg School's Signature VEGETARIAN NUTRITION CO'. The text in the post describes a 'Digestive Relaxation Retreat' and provides details for two retreats: one from Jan 4 to Feb 2017 at The Eco Farm Resort in Johor, and another from July 2017 at the same resort. The post also includes a price of MYS\$2700 / SGD990 per person and a note that it is limited to 12 people only. On the right side, there is a section for 'Education in Singapore' with a 4.4 star rating, and a 'Community' section with the text 'Invite your friends to like this Page' and '4,162 people like this'.

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 2018

- **Courses and Workshops, Malaysia**

<http://TheVegSchool.net/TVS2018MY.pdf>

- **Courses and Workshops, Singapore**

<http://TheVegSchool.net/TVS2018SG.pdf>

****Online Registration****

<http://tinyurl.com/TVS2018>

Thank you!!

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

^ . ^

More information

Website: TheVegSchool.net

Mobile Site: m.TheVegSchool.net

Email: info@TheVegSchool.net

Whatsapp: [+65 91175756](https://www.whatsapp.com/channel/0029va20503081444241240)