

# THE SCHOOL OF THE WISDOM

VEGAN COOKING CLASS DAY

## Living with Compassion

with Chef and Holistic Health Coach  
**Nidhi Sharma**

THURSDAY 19 JANUARY 2023

CLASS TIME: 15:00 to 17:00

LOCATION: Leadbeater Chambers Kitchen  
ADYAR CAMPUS



COST: FREE OF CHARGE

Living with compassion involves not only thinking of others who look like us, who think like us but embracing with our whole heart and soul all living creatures, including non-human animals, the most vulnerable and exploited creatures on our planet. **The Living with Compassion Day** is intended to honour life by showing a practical way to live with kindness. All members of the Theosophical Society, campus residents and SOW students are welcome to join this celebration of life and compassion during the last supper of SOW, fin January 2023.

Erica Georgiades (Director of SOW)

During the Class, Chef Nidhi Sharma will teach:

- COCONUT RICE PUDDING (with dry fruits)
- VEG PANEER PULAO
- NAVRATAN KORMA
- SPRING ROLLS with PEANUT DRESSING

All ingredients are 100% vegan, delicious and filling. Participants will receive a copy of the recipes.

“When we recognise that unity of all living things, then at once arises the question- how can we support this life of ours with least injury to the lives around us; how can we prevent our own life adding to the suffering of the world in which we live?,”

Annie Besant 1897

**Nidhi Sharma** is an integrated health coach & hatha yoga teacher. She is an expert in gut health. Wholefoods plant-based food is at the core of her coaching. She conducts sessions and gives talks on holistic, healthy living, environment & veganism. Nidhi regularly conducts sessions on healthy plant-based cooking. Cooking and sharing her love with everyone is her way of contributing to society. Nidhi and her family have been compassionate vegans for 5 years now. They firmly believe that veganism has transformed their lives so much that now compassion is their most treasured virtue.



In collaboration with the IVU (International Vegetarian Union)

Rukmini Devi was the Vice President of the IVU; organiser of the first IVU World Congress outside Europe. She was also the founder of the Indian Vegetarian Congress Chennai in 1959, a pioneer of the Vegetarian Movement in India. Radha Burnier was the Vice President of the Indian Vegetarian Congress. Geoffrey Hodson was Vice President of the International IVU.

Registration for the Living with Compassion Day:

<https://ts-adyar.org/event/additional-sow-activity-vegan-cooking-class>

For more information about SOW visit this link:

<https://www.ts-adyar.org/content/school-wisdom>

### NOTE

Registration required and closes on the 5 of January. Please, click on the link to the left to register, or visit the secretary's office in the Adyar Campus. Dinner reservations are required and close on the 5 of January.

**TS Members, SOW Attendees and Campus Residents are welcome.**

