



Mrs. Shashi Rungta is the head Chef at all the Sampoornam retreats. She has been associated from the very first retreat, serving delicious varieties of whole plant-based food to participants, inspiring them to adopt a similar diet at home. No testimonial post the retreat has been without a mention of the food served here.

A commerce graduate, Shashi had never cooked post marriage for almost 30 years. It was only after she and her husband shifted to a Vegan whole plant-based diet in 2015, that she started cooking. She is now 24/7 in the kitchen trying and inventing newer recipes. Such was their experience of a vegan diet in terms of their overall health and feeling.

Besides her involvement at Sampoornam, Shashi is the proprietor of a business named, **Heal-Thy (Vegan Kitchen)**. She now successfully executes catering orders, including catering at The Other Song (An Advanced Homoeopathy Academy) for their International Students and Participants. Besides catering and supply of Vegan savouries, snacks, desserts; she is also associated with Sharan India. (Sanctuary for Health and Reconnection to Animals and Nature). At Sharan, Shashi conducts Whole Plant Based cooking classes with other Sharan associates. She has also conducted one at Dallas (USA), in the summer of 2018.