



**LSI**  
Lifeness Science Institute

Start your journey

# Towards a Healthier Tomorrow



*Award Winning*  
**DEGREE & DIPLOMA  
PROGRAM**



as **EXEMPLARY RESEARCHER  
OF THE YEAR**  
in EducationWorld  
Grand Jury Awards 2023-24





**LSI**  
Lifeness Science Institute

Lifeness Science Institute (LSI) is India's Premier Institute and a specialized educator in the field of Integrative Nutrition and Dietetics. The Institute collaborates with Universities/Colleges and offers comprehensive academic programs in Integrative Nutrition and Dietetics with an aim to inculcate professional skills and promote community attitude among students.

LSI promotes a holistic integrative approach to cater to the diverse nutritional needs of the population in health and disease. These specialised programs nurture students with a thorough understanding of the correlation between nutrition, health, and fitness.

LSI's strong relationship with food Industries, hospitals and medical organizations, gymnasiums, fitness centers and community welfare organizations empower its students with the necessary exposure and practical training leading to their enhanced employability.



## VISION

To promote an integrated approach of nutrition, dietetics and lifestyle towards achievement of holistic health in the complex and constantly evolving global community.



## MISSION

To impart exemplary training to nutrition and dietetics professionals towards implementing an integrated approach for fostering healthy lifestyle and improving quality of life of national and global community.



## VALUES

- Excellence in teaching and learning
- Innovation and creativity
- Diversity and inclusivity
- Global perspective
- Social responsibility
- Ethical conduct
- Professional development
- Collaboration

# ACADEMIC PHILOSOPHY

**Our courses have been conceptualized in accordance with the following 8 core principles:**



## INNOVATIVE

We provide relevant and up-to-date curricula, one that is abreast with the developments of the Nutrition and Lifestyle Industry.



## INTERESTING

We maintain our student's curiosity and interest levels; our education system is designed with an optimal mix of theoretical and practical concepts.



## INDEPENDENT

We aspire to nurture and empower our students to be well-groomed, confident and successful professionals in the Nutrition and Lifestyle industry.



## INDUSTRY

We lay a high degree of emphasis on building relations within the industry, practical training, internships and workshops help in collaborating with the world of Nutrition and Lifestyle.



## INTELLECTUAL

We pursue excellence by playing a proactive role in constantly stimulating our student's intellect.



## INSPIRED

We regularly provide challenging opportunities to motivate our students and broaden their horizons.



## IDEAL

We aim to be recognized as a hub of excellence and strive towards building strong, serviceable and sustainable relationships within the industry.



## INDIVIDUALISED

We incorporate meticulous and personalized evaluation with ongoing feedback, in order to ensure our courses are robust and progress driven.





The Global Nutritional Analysis market was valued at USD 4.20 billion in 2018 and is expected to reach USD 8.05 billion by the year 2026.



The Indian wellness industry growing at 12 percent per annum is expected to get a further boost in the coming years with the Government's increased focus on health and fitness.



India's population consists of approximately 443 million millennials who are more health conscious than the older generations. That, coupled with a growing focus on preventive health care, means that people today are willing to consistently invest in health and wellness products and services.



There is a shift from curative to preventive care in the Indian market. The changing consumer behaviour in the country is also transforming the nutraceutical market, leading to an increase in the consumption of dietary foods, supplements and a change in lifestyle.



Nutrition



Spirit



Sleep



# WHAT IS INTEGRATIVE NUTRITION?

Exercise



Stress



It is the integration of nutrition along with lifestyle and other alternative therapies that people use to heal.

At present, the field of healthcare sees its various systems – like Ayurveda, Yoga. This often leads to gaps in well being.

Integrative Nutrition uses a combination of medical and lifestyle techniques for a truly 360-degree approach. Incorporating lifestyle practices, adequate sleep, exercise balanced nutrition, along with various alternative theories will help us achieve our goal. Furthermore, this approach can be customized as per each person's requirement so that they get what they require the most for their unique health needs.



# NEED TO FOCUS ON HEALTH & LIFESTYLE

We are what we eat- in order to keep up with the pace of fast moving life, people have adapted to resorting to fast food and packaged foods, compromising on quality and quantity of food, which impacts overall health and immunity. People are glued to gadgets for entertainment, this impacts sleep quality and overall well-being, immunity and health.

Incidence of Non-communicable diseases (NCDs) like obesity, heart disorders, diabetes, hypertension, cancer, etc., is increasing globally. “Prevention is better than cure”. In this fast paced life where we seek for easy means of living and compromise on the quality of life and our health. These lifestyle diseases could be prevented and/or managed only through a healthy lifestyle and holistic nutritional strategies.

“Prevention is better than cure”. In this fast paced life where we seek for easy means of living and compromise on the quality of life and our health, we most certainly invite lifestyle diseases and disorders.

The course aims to integrate lifestyle and nutrition strategies with the goodness of alternative therapies like Yoga in the prevention and/or management of lifestyle disorders.

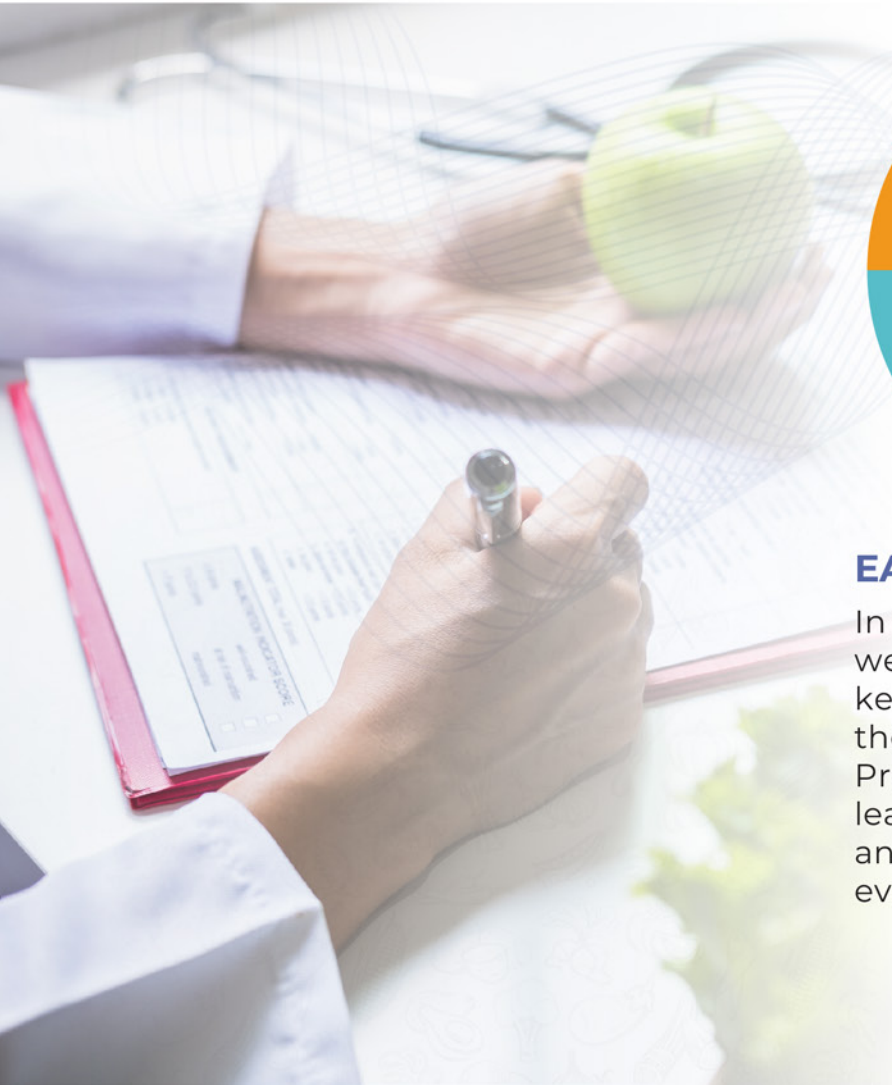


# DEMAND FOR NUTRITION PROFESSIONALS



## MARKET GROWTH

Employment of dietitians and nutritionists is projected to grow 7 percent from 2022 to 2032, faster than the average for all occupations.



## EATING HABITS

In this expeditious, fast food world that we live in, nutritionists play a vital role in keeping the population healthy. With the guidance and expertise of Nutrition Professionals, individuals and groups learn ways to improve their eating habits and instill healthy behaviours into everyday life.

## HEALTHCARE SYSTEM

Nutritionists are needed all across the areas of the healthcare industry ranging from homes, hospitals & health agencies. However, they play a vital & integral part in food manufacturing, cafeteria & fitness industry.



## AWARENESS

With increased public awareness of the importance of nutrition for our well-being and development diverse career opportunities have emerged that support and utilize the fundamentals of the nutrition field.



## EMERGING INDUSTRY

Wellness industry has opened doors to various employment opportunities. The demand of services in this sector has led to people from all walks of life making the most of their talent and skills.



# PROGRAM MENTOR - LUKE COUTINHO

## Learn from the Best - Luke Coutinho

**Holistic Lifestyle Coach - Integrative Medicine and Nutrition Specialist**

Luke Coutinho is a globally recognized figure in Holistic Nutrition and Integrative and Lifestyle Medicine, appointed as the Lifestyle Ambassador and Champion by Prime Minister Narendra Modi's Fit India Movement. A visionary and pioneer, he founded the Luke Coutinho Signature You Care Wellness Program, impacting over 24,000 patients worldwide with a focus on cancer, diabetes, cardiovascular diseases, and other lifestyle-related conditions. His approach is deeply rooted in the principles of holistic wellness, emphasizing cellular nutrition, exercise, quality sleep, emotional wellness, and spirituality. An acclaimed speaker and educator, Luke co-founded the Lifeness Science Institute (LSI), leading the way in integrative nutrition and holistic health education.

### Key Achievements:

- Lifestyle Ambassador, Fit India Movement
- Founder, You Care Wellness Program, successfully treated over 24,000 global patients
- Co-Founder, Lifeness Science Institute (LSI), offering cutting-edge courses in Integrative Nutrition and Dietetics
- Recipient of numerous awards including GQ under 40 Most Influential Indians, World Health and Wellness Congress awards, and more
- Featured in the 500 most influential people in Asia 2020 Power List and Hello Magazine's Power List 2021

### Philosophy:

Luke's healing philosophy is centered around the five pillars of holistic wellness: Cellular Nutrition, Adequate Exercise, Quality Sleep, Emotional Wellness, and the Spirit. He believes in personalized care, tailoring each journey to the individual's unique needs and leveraging the body's innate systems for natural healing.



## Mr. Luke Coutinho

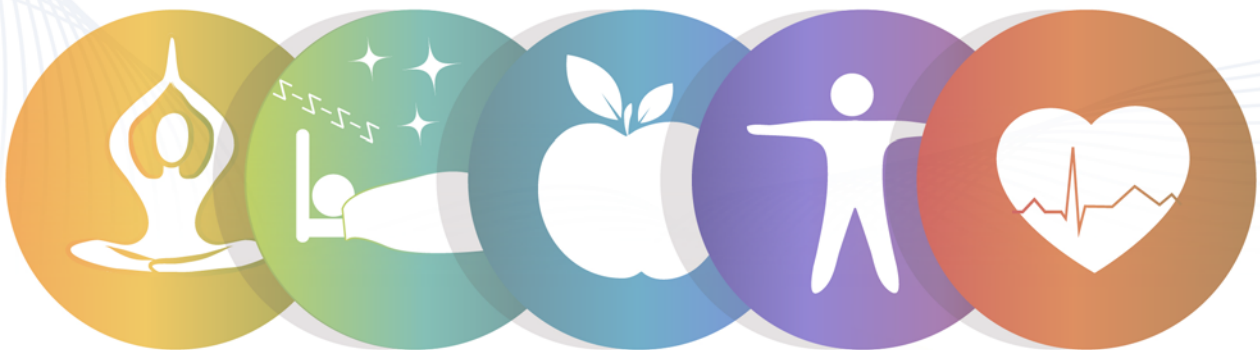
Holistic Lifestyle Coach - Integrative  
Medicine and Nutrition Specialist

## Educational Initiatives:

Through the Lifeness Science Institute, Luke is shaping the future of holistic health care, mentoring the next generation of health professionals in integrative nutrition and holistic medicine with a focus on practical application and ethical practices.

## Contributions:

- Public Speaking & Workshops: Conducts global events on wellness, nutrition, and holistic living.
- Sustainable E-commerce: Co-founded You Care Lifestyle, promoting ethical and transparent health products.
- Free Educational Resources: Offers extensive free resources, including videos, blogs, and challenges, helping thousands worldwide.



**“Resistance blocks all  
forms of healing**

**There is magic and  
healing in  
true acceptance &  
letting go.”**

- Luke Coutinho



# CORE TEAM



## **Hardika Vira, (Head Mentor, LSI)**

A power-house of expertise and knowledge, has a Graduate degree in Food Science and Nutrition, Post-Graduate degree in Applied Nutrition and Dietetics, a Certificate course in Nutrition exercise and Fitness, M.D.A.M. She has an unparalleled experience and tremendous success treating patients with Diabetes, PCOS, Kidney diseases, weight loss, heart diseases, pregnancy, and critical cases such as pancreatitis, enteral tube feeds, liver conditions, kidney conditions, burns, cancer, and bariatric surgery. Currently, Hardika works as the Chief Clinical Dietitian at Luke Coutinho Holistic Healing System.



## **Prof. Dr. Subhadra Mandalika (Advisory Board Member, LSI)**

Has an Academic and Research experience of around 30 years at various reputed institutions. She is a PhD guide recognised by the University of Mumbai. She has around 70 Research publications in various peer reviewed national and international scientific journals. She has published 5 books on Traditional Therapeutic foods, Functional foods, and Sports Nutrition. She is a Lifemember of Professional organisations like NSI; IDA, ASFTI, AIAARO, etc. Her current position is Senior Vice President of the Association of Sports, Nutrition and Fitness Sciences and has been a Former Convener, NSI Mumbai chapter.



## **Dr. Anuradha Mitra (Academic Advisor, LSI)**

Dr. Anuradha Mitra, Retired Head of the Department of Foods, Nutrition & Dietetics at College of Home Science, Nirmala Niketan, Mumbai. Associate Professor with over 36 years of academic and research experience. Recognized research guide (University of Mumbai) at M.Sc. Foods, Nutrition & Dietetics, Sports Nutrition, Food Processing & Preservation. She is a recipient of Gold Medal at Avishkar, inter university research competition. She is a Former Chairperson Adhoc Board of Studies in Home Science, Research Recognition Committee, and Academic Council, University of Mumbai. Coordinated various community health activities and research projects related to food industry. She has published several research papers in various national and international journals.



# EXPERIENTIAL LEARNING

We are committed to the holistic development of our students to ensure superior outcomes and strong employability prospects. Our teaching methodology is focused on knowledge, application of knowledge and enhancing skills. The modern and enhanced curriculum has a blend of immersive industry exposure through training & internships, intensive personal & professional development through Classroom sessions, Master class, Case studies, and workshops, combined with CSR activities all come together to create an experiential learning process.





## CLASSROOM SESSIONS

Our highly experienced core team, along with visiting faculty, deliver specially designed online and offline sessions that enrich students with not just academic knowledge but offer them a global perspective as well.

## MASTER CLASSES

LSI's MasterClass intends to keep students updated on the latest scenario in the Nutrition and Lifestyle sector. Guest speakers from diverse fields of nutrition, lifestyle and wellness domains share their knowledge and help students form ideas and insights about the industry.



## WORKSHOPS

To keep our students updated with the current trends and advancements in the Nutrition and Lifestyle industry, we frequently organize uniquely designed workshops that focus on industry oriented themes, shortlisted by our team of experts.

## ASSIGNMENTS AND PROJECTS

Various assignments and hands-on projects are designed to make the student's industry ready. Our dedicated faculty also provides students with ample opportunities to meet, interact and build relations with well-known and experienced individuals in the Nutrition and Lifestyle industry.





### **CASE STUDIES**

Our curriculum includes the use of case studies in order to highlight various practical and situational issues. Brainstorming and discussions help streamline our students' thought processes and sharpen their analytical abilities by exploring, identifying and solving issues.

### **SIMULATED SESSIONS**

Simulations place students right in the mix of realistic business scenarios, where they must apply the concepts and frameworks, which they have learned to make critical decisions. We use simulations to deliver meaningful learning experiences that are practical, relevant, and engaging.



### **FIELD TRIPS AND STUDY TOURS**

LSI regularly engages in small-scale and large-scale projects focussed towards developing entrepreneurship, innovation and collaboration among students through the industry-academia relationship. Live projects are a valuable way for students to understand the wider demands of the creative industries in a supportive and nurturing environment.



### **IN-HOUSE EVENTS**

Apart from academics, we also put extra emphasis on extracurricular activities. We regularly conduct events like Cultural Day, Youth Festivals, etc.





## COMMUNITY SERVICE

We encourage our students to participate in various community related Programs, wherein they can volunteer to offer their services directly or through NGOs. This enables them to engage better with society and understand the finer nuances of the service industry.

## PROFESSIONAL COMPETENCIES

Career readiness is the attainment and demonstration of requisite competencies that broadly prepare graduates for a successful transition into the workplace. We have a special Program to improve the communication, leadership, creativity and problem solving skills, professionalism, and interpersonal skills of every student. These skills and etiquettes enhance their personal productivity and give them a competitive advantage in the global marketplace.



## ENTREPRENEURIAL SKILLS

We believe in equipping students with an innovator's eye and a founder's grit—the skills to excel in an innovation economy. To activate the entrepreneurial mindset in students, LSI begins by igniting the imagination and then takes them through the journey of creating and refining an original business concept.

## ENGLISH PROFICIENCY TRAINING

Since English is one of the preferred languages of communication globally, we ensure that our students have a strong command over the language. The nutrition sector being all about communication with people from different cultural and social backgrounds, and communicating well is very crucial for their success.



# STUDENT LIFE



# INFRASTRUCTURE AT LSI



# DIGITAL LEARNING

## BYOD Program

Bring Your Own Device (BYOD) Program enhances students learning experience, using online and mobile technologies, within and outside the classroom. This allows them to work on course materials and participate in a collaborative learning environment, thus making them tech-savvy.

## COMMUNICATION AND COLLABORATION

LSI is one of the leading institutes that empower students using modern-day technologies, online sessions and other hi-tech modules of training. Apart from Google Apps, we harness the flexibility and functionality of portals like Google Classroom, Shared Calendars, Hangout and Drive. Our faculty collaborates using GSuite. This enables them to get instant feedback from students and to track their progress while streamlining their writing and research work.

## EDUCATIONAL NEWSLETTERS

Our Educational Newsletters feature the key highlights of the Institute, apart from presenting students' achievements. The Newsletters also report the latest industry trends, growth and major events.

## PREZI PRESENTATION

This is an inventive and refreshingly unique presentation tool that allows students to express their ideas skillfully and to explore their creativity.

## YOUTUBE BROADCASTING

The presentations created by our students are broadcasted on various platforms, including YouTube. This allows them to share their ideas and creativity with the world.



# INFRASTRUCTURE AND FACILITIES



## CLASSROOMS

Our institute offers state-of-the-art infrastructure and hi-tech facilities. Our classrooms are air-conditioned and integrated with laptops and LED projectors.



## SEMINAR HALL

Equipped with quality sound and picture devices, we conduct group sessions for our students.



## WI-FI CAMPUS

Our campuses are equipped with a Virtual Private Network and high-speed broadband, as technology is the mainframe of business today.



## ACCOMMODATION

We are associated with housing providers, offering good amenities, located near our campuses, across all centres. This enables our students to minimize their commute time and explore the cities during their leisure.



## LIBRARY

Our libraries across our campuses offer complete access to extensive electronic information resources and are also well-stocked with books, periodicals and journals.

# TRAINING AND INTERNSHIPS

Training and Internships are an essential part of the curriculum at LSI that prepares students to take on industry challenges. Practical industry exposure in addition to theoretical knowledge surely provides for a lucrative career opportunity.

## PLACEMENTS

LSI works closely with businesses to understand the skills required within the industry. Our placement process is an integral part of our student's life after their course. Our dedicated team of experts have developed a multi-level placement process that sources opportunities at local, national and international levels.

## CAREER OPPORTUNITIES

- HEALTH & WELLNESS
- FOOD AND HOSPITALITY
- PRIVATE HEALTHCARE INDUSTRY
- NUTRIPRENEUR
- PUBLIC HEALTH NUTRITION
- NUTRITION EDUCATION & RESEARCH
- INTERNATIONAL FOOD ORGANISATIONS







# ADMISSION PROCEDURE

**Take the first step towards a successful future**

The admission process helps us select students whose ambitions and abilities align with the Nutrition and Lifestyle industry. Our step by step admission procedure enables us to understand student's core strengths and suggest the right Program for the student .

\*For Courses Offered by respective College, Institution and University.

\*For admission to any of the Nutrition & Dietetics Programs, candidates must comply with application guidelines.



**ELIGIBILITY**



**APPLY**



**ENTRANCE TEST & EVALUATION**



**PAYMENT**



## 1. ELIGIBILITY

- **Under-Graduate Programs**

Grade XII/HSC in Science (Physics, Chemistry, Biology)

- **Post-Graduate Programs**

B.Sc. graduate from any of the Biological sciences background



## 1.2. APPLY

Submit duly filled Provisional Application Form, along with the following Self Attested documents:

- 3 passport size photographs
- Photocopy of 10th marksheet and certificates
- Photocopy of 12th marksheet and certificates
- Photocopy of graduation marksheet and Provisional Certificate /degree (applicable only for PG Programs Applicants)
- Candidates whose result is awaited, can submit photocopies of their:  
Exam Hall Ticket / Admit Card of Experience Certificates (if any)
- Photo ID Proof & Address Proof (Aadhaar Card /Passport / Driving License).





### 3. ENTRANCE TEST & EVALUATION

For Post-Graduate Program:

- Applicants need to successfully complete the evaluation process including Interview, Test, and/or Project submission, etc.
- Shortlisted Applicants shall be called for Personal Interview or Telephonic Interview (for outstation Applicants).
- The prime objective of the evaluation process is to check the candidate's personality traits, academics, goals and self-awareness level.
- Applicants will have to submit the Original certificates and documents as required.
- Selected Applicants shall be informed by phone/ email regarding their selection and payment of fees.



### 4. PAYMENT

- UG Program applicants must make the payment of the First Instalment along with the Application Form.
- Selected PG Program Applicants must make the payment of the First Instalment within 7 days of the announcement of selection.

# TESTIMONIALS



## Khan Ifra Firdous

LSI institute is a nice institute. The teachers are very interactive towards each and every student and the teachers are very cooperative too. The management is very good. The management is very careful for each and every one they always help us in everything and make us feel comfortable. Each and every faculty is very sweet they help us to overcome from our problems.

## Ekram Patel

The course has been going pretty smoothly. The faculty also seems versed in the topics and subjects they are assigned. The expertise of Luke always is a great help. I hope to excel in the field under the mentorship of these accomplished individuals.



## Loveera Patel

LSI is a place that feels like my second home! I have done my bachelors in Integrative Nutrition and Dietetics from LSI and now I'm pursuing my masters degree from LSI institute. I have learnt so many things and this journey has been nothing but a rollercoaster! They have the best faculty teaching staff providing us with the best knowledge, multiple events and activities to participate learn from and enjoy! The most favourite part is IV tours where we not only visit various places but learn so much more in detail by practically viewing and understanding stuff. LSI is a beautiful place to learn and explore and I have had an amazing experience.



## Hrutali Shirodkar

The commitment and passion demonstrated by the faculty members at LSI have significantly enriched my learning journey. Their availability and willingness to help students succeed are commendable. I am having a wonderful experience at LSI Institute.





## Devansh Ghildiyal

It has been quite a memorable time since I joined LSI Institute. I got to learn a lot from the experienced faculty members, made new friends and got to attend many masterclasses, industrial visit to some of the best industries like oil factory, etc. and many wonderful seminars. We even got to volunteer in the organization of an international conference "VishwaSwasthyam 2024" organized by LSI. Overall my experience at LSI has been very good so far.

## Ishani Mitra

At LSI Institute, we experience great exponential learning in the form of experiential learning. The faculty members at LSI are super helpful and experienced in the subject they teach. The curriculum that LSI offers is a new-age curriculum to prepare the students for the professional world.



## Joybel Jhony Tunkal

I would like to say that it's been a good experience here at LSI Institute especially coordinators are supportive. The professors are kind and help us to gain knowledge and also in understanding the importance of a healthy lifestyle. I like the way they teach and clear all of our doubts even if it is silly. LSI Institute also conducts seminars and conferences so that we can know more about the nutrition field by inviting special mentors like Luke Coutinho sir, Prof. Dr. Subhadra ma'am, Hardika ma'am and many more. I would like to say that it's been a good experience here at LSI Institute especially coordinators are supportive. The professors are kind and help us to gain knowledge and also in understanding the importance of a healthy lifestyle. I like the way they teach and clear all of our doubts even if it is silly. LSI Institute also conducts seminars and conferences so that we can know more about the nutrition field by inviting special mentors like Luke Coutinho sir, Prof. Dr. Subhadra ma'am, Hardika ma'am and many more.



## Shaikh Rufaida Farazi

I feel grateful to be a student at LSI Institute. They encourage the students to believe in themselves. They take care of all the students individually. They organize seminars, workshops, International Conference, webinars, industrial visits, masterclasses for the betterment of students to gain additional knowledge over and above the defined curriculum.



# FOR CAREER COUNSELLING

## CONNECT WITH US

 **CENTRE**

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**KALINA**  
(Santacruz)

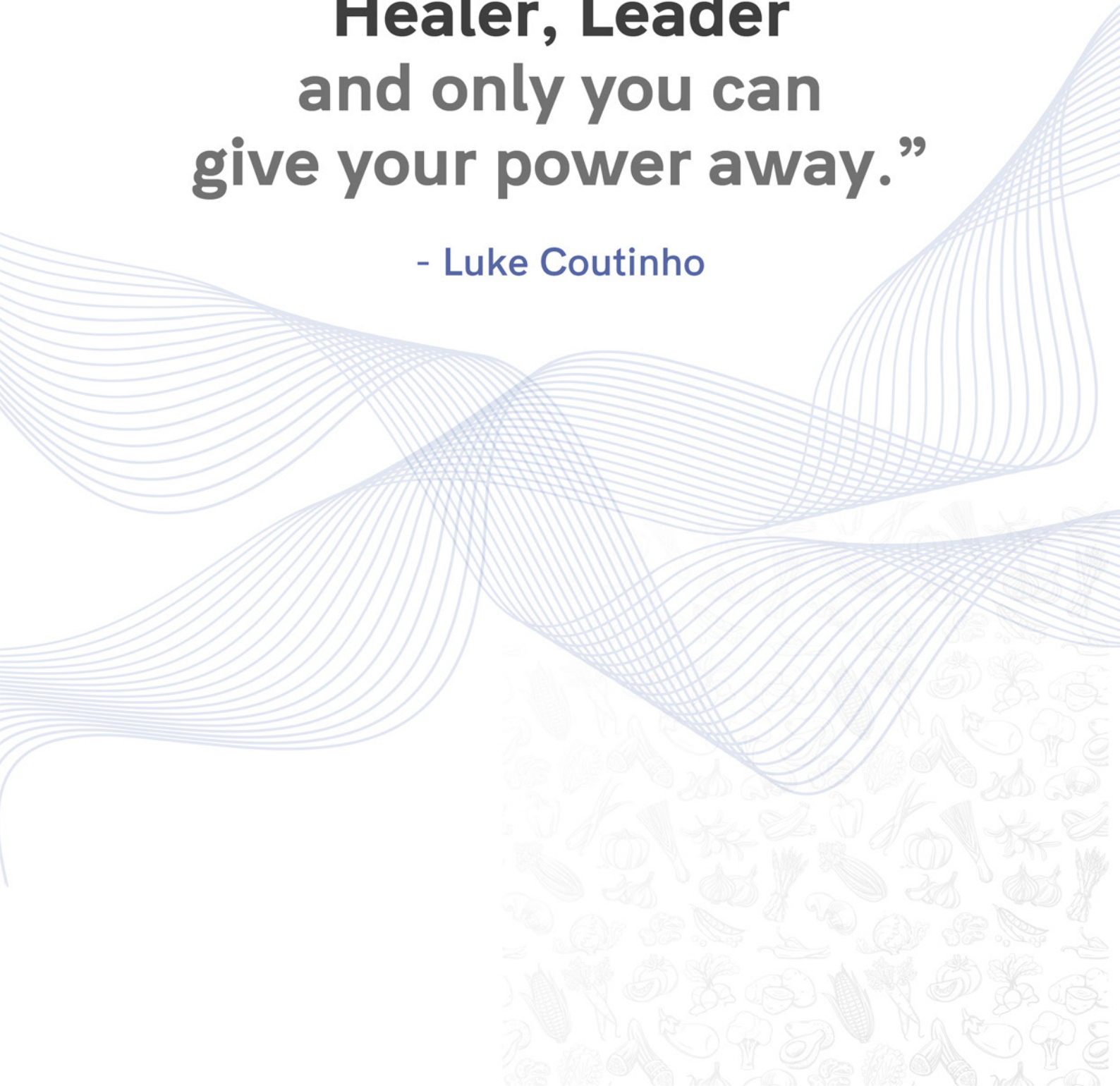
+91 86459 31111  
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[admissions.kalina@lsiworld.in](mailto:admissions.kalina@lsiworld.in)



**“Your true freedom is  
living with a knowing  
that you are your own  
Healer, Leader  
and only you can  
give your power away.”**







- Luke Coutinho





SCAN NOW

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