



**LSI**  
Lifeness Science Institute

Start your journey

**Towards a  
Healthier  
Tomorrow**

*Award Winning*  
**DEGREE & DIPLOMA  
PROGRAMMES**



**as NUTRITION & DIETETICS  
PROGRAMMES**

in EducationWorld  
Grand Jury Awards 2022-23





**LSI**  
Lifeness Science Institute

Lifeness Science Institute (LSI) is a specialised educator in the field of Integrative Nutrition and Dietetics. The Institute promotes involvement in the community with a view to cater to the nutritional needs of diverse population groups like children, women, elderly and sports persons. It also aims in developing entrepreneurial students skills among its students.

LSI is India's Premier Institute to collaborate with Universities, Colleges, Institutions, etc. who offer programs in the field of Integrative Nutrition and Dietetics. The Institute provides a comprehensive programme in integrative nutrition with a holistic approach to develop expertise in the field of Dietetics and Nutrition. These specialised programmes nurture students with a thorough understanding of the correlation between nutrition, fitness/athletic performance and allied health sciences with on-the-job training.

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





## VISION

Our vision is to transform the world through education by fostering the development of global citizens with strong moral values and integrity, who are dedicated to the betterment of their nation and the world. We aim to empower the youth of our nation with the necessary skills and knowledge to make a positive impact on society and contribute to a better world for all.

## MISSION

Our mission is to introduce new age career programs, creating valuable opportunities, and providing a multi-disciplinary & practical approach towards education. We strive to empower the next generation of Leaders, Entrepreneurs and Innovators to make a positive impact on global socioeconomics.

## 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.

# OVERVIEW

## HEALTH, NUTRITION & LIFESTYLE



Industry has expanded its horizon to a preventive lifestyle which aids in leading a healthy way of life. Nutrition also focuses on how people can use dietary choices to reduce the risk of disease by consuming the right quantity of nutrients as a part of their daily meal and understand how bodies react to various allergies. If people do not have the right balance of nutrients in their diet, the risk of developing certain health conditions increase.







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.

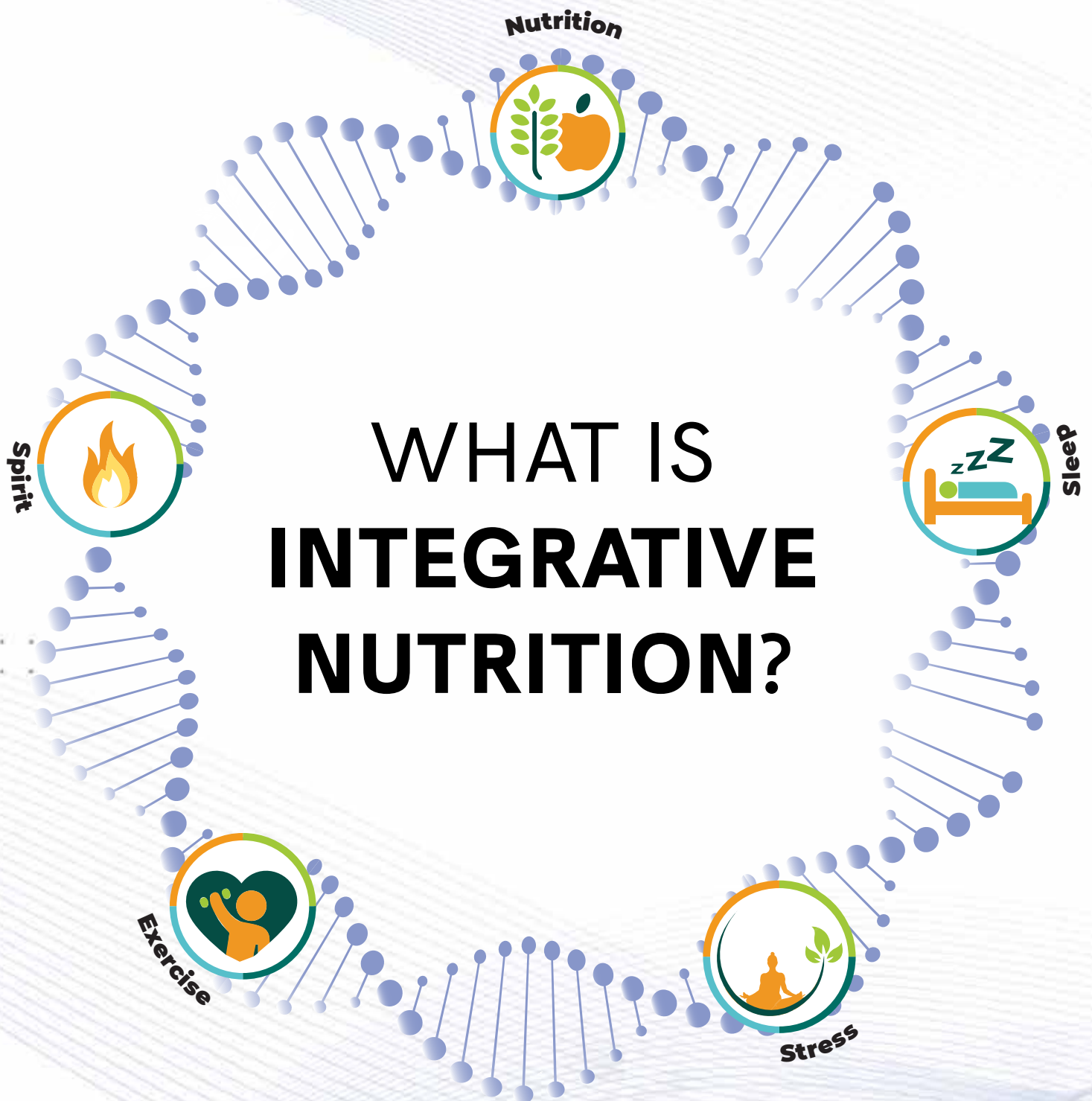


India's population consists of approximately 443 million millennials who are more health conscious than the older generations. That, coupled with a growing focus on preventive health care, means that people today are willing to consistently invest in health and wellness products and services.



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.





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, Sound Therapy, and Bach Flower remedy – work in silo. 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.

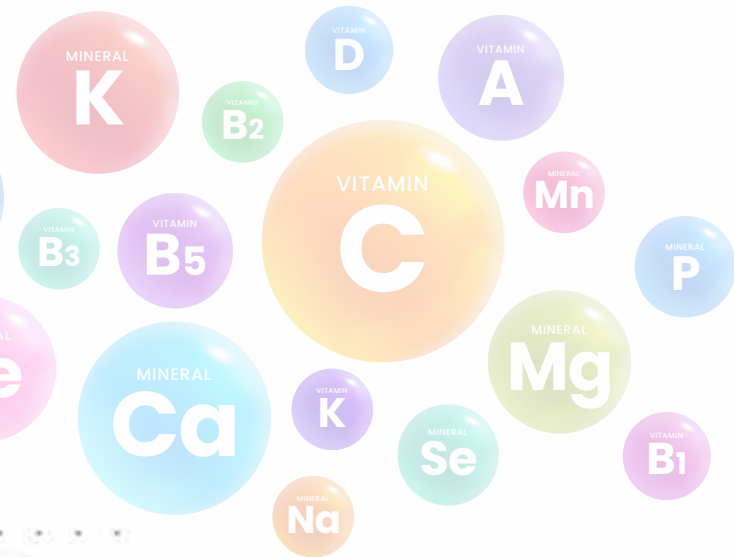
Non-communicable diseases (NCDs) like obesity, heart disorders, diabetes, hypertension, cancer, etc today are increasing in numbers and holistic nutrition is the answer to these lifestyle demons.

“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 main aim of the course is to integrate lifestyle changes with the goodness of alternative therapies that aid in preventing and managing lifestyle disorders.



# DEMAND FOR NUTRITION PROFESSIONALS



## MARKET GROWTH

Rising income, greater health awareness, lifestyle diseases and increasing access to insurance will contribute to growth. It is estimated that India will require 2.07 million more healthcare professionals by 2030, as per IBEF Healthcare 2020.



## 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.





# PROGRAMME MENTOR - LUKE COUTINHO

## Learn from the Best - Luke Coutinho

Luke Coutinho has been appointed by Prime Minister Narendra Modi's Fit India Movement as its Lifestyle Ambassador and Champion. The movement aims to improve health, wellness, and fitness across the country. He practices in the field of Holistic Nutrition and Integrative and Lifestyle Medicine and is the pioneer and founder of the Luke Coutinho Signature You Care Wellness Program which has consulted and treated 24,000 patients globally. It specializes in handling cancer, diabetes, cardiovascular, and other lifestyle and inflammatory conditions.

Luke has won several national and international awards like GQ under 40 Most Influential Indians, World Health and Wellness Congress awards, Middle East Healthcare Leadership Award, Times Power Men Award, Maharashtra Leadership Awards 2022, Vogue and ELLE Beauty Awards, and Lokmat's Most Stylish Awards 2021, among others. He is also featured in the 500 most influential people in Asia 2020 Power List by the New York Press News Agency and the prestigious Power List 2021 by Hello Magazine.

The You Care Wellness Program (YWP) is a holistic, integrative medicine and lifestyle program designed around YOU

Luke's healing philosophy is based on the 5 pillars of holistic wellness and lifestyle - Cellular Nutrition, Adequate Exercise, Quality Sleep, Emotional Wellness, and the Spirit. Every protocol revolves around fundamental intelligent systems within the human body like the microbiome (gut), immunity and inflammation, DNA repair, stem cell regeneration, and angiogenesis.

Every journey respects uniqueness and is personalized according to the past or present lifestyle, health condition, symptoms, and root causes. On this journey, learners have a team of highly skilled nutritionists, clinical dietitians, allopathic doctors, fitness experts, yoga therapists, life coaches, and certified emotional counsellors.



## Mr. Luke Coutinho

Integrative & Lifestyle Medicine expert  
Chief Mentor, LSI, Mumbai

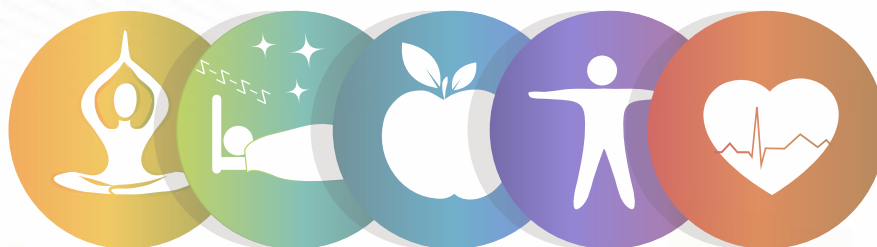
Luke's clientele ranges from billionaires to A-listers across Bollywood, Tollywood, television, industrialists, royal families across the Middle East, elite athletes, and even spiritual leaders. Last but certainly not least, every consult and program caters to people like us living simple everyday lives.

Luke and his integrative team of experts have launched the Cancer Care - Aap Ke Liye program for less privileged cancer patients across the country for FREE. This zero-cost program focuses on providing holistic nutrition and lifestyle support for cancer. It has touched 150+ lives and continues to grow.

Thousands of global testimonials express how Luke's free videos, blogs, challenges, and programs have helped people reverse diabetes, lose fat the right way, put cancers into remission, and overcome suicidal tendencies to live happier lives.

Over and above consulting with patients and running the You Care Wellness Program, Luke travels the world conducting and speaking at events on holistic wellness, nutrition, disease, emotional wellness, and living your most extraordinary life.

You Care Lifestyle, India's trusted sustainable e-commerce platform co-founded by Luke brings ethical, transparent, and honest products with a farmers-first concept. He is also the founder and chief program mentor for Integrative Nutrition and Dietetics courses at the Lifeness Science Institute (LSI) which skills passionate young minds in the field of integrative and lifestyle nutrition and holistic medicine.





**“Resistance blocks all  
forms of healing**

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

**- Luke Coutinho**





# CORE TEAM



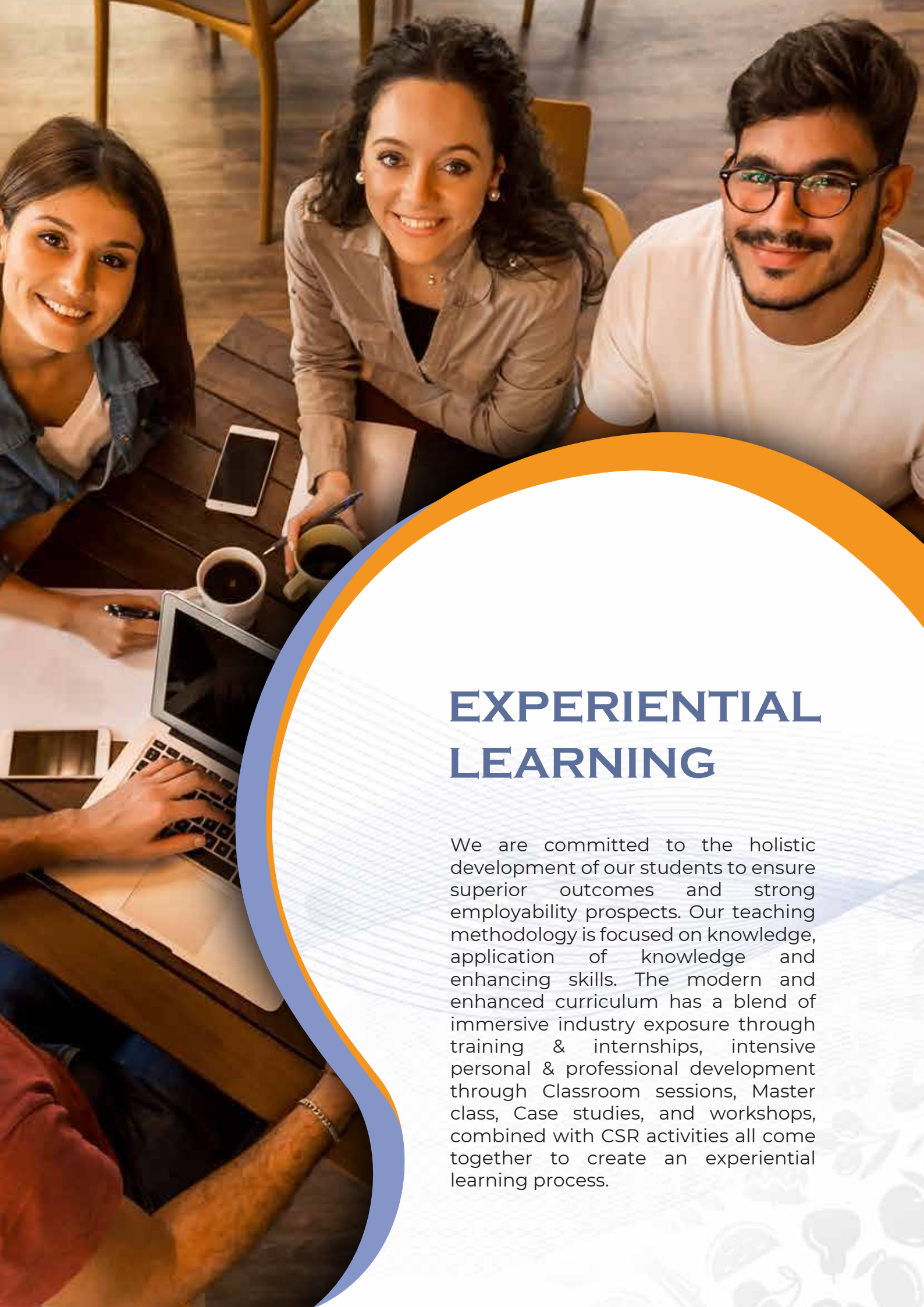
## **Hemali Malavia, (Head Mentor, LSI)**

Has an unparalleled experience of being a professor for 20 years and practicing nutrition for 10 years. She has pursued her M.Sc. in Microbiology and Post Graduation degree in Clinical Nutrition and Dietetics. She started working as a head coordinator at Biotechnology National college, followed by a stint at Abbott Nutrition as a nutritionist, where she has counselled and prescribed nutritional plans for post surgery patients and cases like epilepsy and bipolar disorder. At LCCHS, she has been instrumental in aiding management of conditions such as Diabetes, Kidney conditions like IgA nephropathy, nephrotic syndrome, hydronephrosis, clients on dialysis and endometriosis. Hemali has immense experience of working with Cancer patients aged between 10 to 80 years.



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

A power-house of expertise and knowledge, has a Graduate's 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.



## 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 CLASS**

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 programmes, 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 programme 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







# DIGITAL LEARNING

## BYOD PROGRAMME

Bring Your Own Device (BYOD) Programme 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.



## 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.



## WI-FI CAMPUS

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



## 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 programme for the student .

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

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



**ELIGIBILITY**



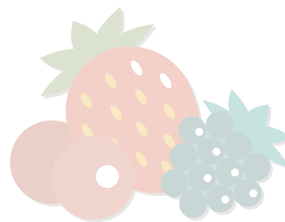
**APPLY**



**ENTRANCE TEST  
& EVALUATION**



**PAYMENT**



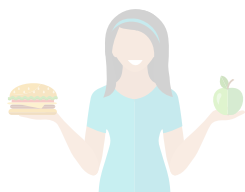
## 1. ELIGIBILITY

- **Under-Graduate Programmes**

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

- **Post-Graduate Programmes**

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



## 2. APPLY

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

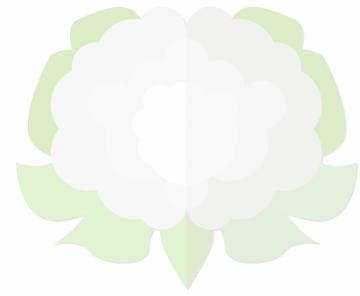
- 3 passport size photographs
- Photocopy of 10th marksheet and certificates
- Photocopy of 12th marksheet and certificates
- Photocopy of graduation marksheet and Provisional Certificate /degree (applicable only for PG Programmes Applicants)
- Candidates whose result is awaited, can submit photocopies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



Kindly note that the Applicants need to submit the Original copies of all the above-mentioned Academic documents at the time of admission.







### 3. ENTRANCE TEST & EVALUATION

For Post-Graduate Programme:

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



# TESTIMONIALS



**Dakshita Chonkar**

I chose to learn from the best, and who better than Luke Coutinho Sir and his team to impart absolute knowledge about nutrition and well-being? After graduation, I discovered LSI and was captivated by the opportunity to be a part of LSI and learn from our beloved mentors who have always stood like a rock behind us throughout this entire journey. As an LSI student, there is much more to learn, imbibe, and explore, and this journey has been extremely overwhelming thus far.

**Ekram Patel**

The course has been going pretty smoothly so far. 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.



**Vaishnavi Mundada**

Hello! My name is Vaishnavi Mundada, and I am a Nutrition and Dietetics student at LSI. This institution's faculty members and learning resources are my favorites. My instructors, who were knowledgeable, inspiring, and approachable, provided me with valuable guidance and mind-opening perspectives. Their commitment to education assists me in developing academic interests and intellectual growth. A variety of learning resources are also provided, including a Master class from Luke Coutinho and other highly qualified individuals.



**Madhura Chawan**

I'm Madhura Chawan, and I've always wanted to study and work in the healthcare sector because I love food and the wonders it can do for our bodies. But thanks to Luke Sir, I've also learned that instead of following any diet, we should improve our lifestyle by incorporating four simple pillars: nutrition, exercise, sleep, and emotional detox. I am extremely grateful for the opportunity to participate in this course and learn from the experts. Thank you for this opportunity, LSI Institute.





### Chaitanya M.L.

I would like to thank the faculty and management for taking the initiative to deliver the course online. It is been an ideal, interactive, and positive learning experience, made even better by the faculty's extremely supportive and encouraging attitude.

### Dr. Bhawna Pant

I'm Dr. Bhawna Pant, and I'm studying Integrative Nutrition & Dietetics at LSI. The classes are highly interactive, with highly experienced teachers, so you will undoubtedly learn a lot. The best part about the entire course with LSI is that they take a holistic approach to healing because they discuss not only nutrition but also the pillars of life, which are very important. I am thrilled to be learning nutrition in this manner.



### Neelam Pandey

Neelam Pandey, when I say LSI, I want to assure you that this is the ideal place to learn the right knowledge from experts. When you learn the right information from experts and apply it in your life, you will notice a significant improvement in your health. During my course, I had mixed feelings about a few things, and now I have a clear picture of the concepts, and believe me, my myths were numerous. So when I washed them all and incorporated the proper knowledge into my daily routine, I noticed a significant improvement in my health as well.



### Noopur Mehta

My name is Noopur Mehta, and I am a student at LSI. It has been an enthralling experience from the start. The holistic approach used at LSI in imparting knowledge channels our inquisitiveness and fuels our curiosity while also providing us with useful snippets that are extremely useful in our daily lives. The faculty here are not only subject matter experts but also mentors who patiently guide us through this demanding yet immensely rewarding journey. This course covers a lot of ground when it comes to nutrition, but it doesn't stop there. It ends up nourishing our entire life - body, mind, and soul.





# FOR CAREER COUNSELLING

## CONNECT WITH US



**CENTRE**



**CONTACT**



**EMAIL**

**MALAD**

+91 8645981111  
+91 8645931111

[info@lsiworld.in](mailto:info@lsiworld.in)

**KALYAN**

+91 8645891111

[admissions.kalyan@lsiworld.in](mailto:admissions.kalyan@lsiworld.in)

**KALINA**  
(Santacruz)

+91 8650424000  
+91 7423972222

[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**



For more information:

 +91 8645931111  +91 8645981111  [info@lsiworld.in](mailto:info@lsiworld.in)  
 [LSInutrition](#)  [LSIinstitute](#)  [www.lsiworld.in](http://www.lsiworld.in)