



**LSI**  
Lifeness Science Institute



# LSI Newsletter

*Edition 2025*

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LSIinstitute 

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## ABOUT FVEG

**FUTURE VARSITY EDUCATION GROUP** is a higher education provider which offers career-oriented programs designed and delivered in collaboration with the best education institutions in the world.

The flexible programs offered by **FUTURE VARSITY EDUCATION GROUP** assist students in completing their degrees without compromising learning outcomes. The collaborators offer programs using blended learning models, which combine several forms of instruction to deliver effective training to learners according to their requirements.

**FUTURE VARSITY EDUCATION GROUP** provides an immersive learning experience by consistently grooming its learners through mentorship by industry experts, bringing them up to par with industry and academia.

## ABOUT LSI

**Lifeness Science Institute (LSI)** offers academic courses in Integrative Nutrition and Dietetics.

**LSI** is also India's premier academic partner for prestigious institutions affiliated with University of Mumbai such as Malad Kandivali Education Society Nagindas Khandwala College (Empowered Autonomous), B. K. Birla College (Empowered Autonomous), The IPA-MSB's Bombay College of Pharmacy (Autonomous) and R.A.V. Laxmichand Golwala College (Autonomous) and offers undergraduate and postgraduate courses in Integrative Nutrition and Dietetics.

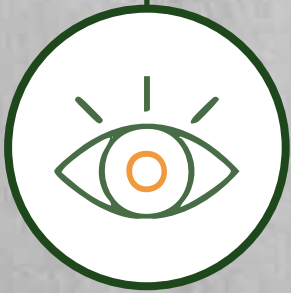
**LSI** aims to impart exemplary training to nutrition and dietetics professionals towards implementing an integrated approach for fostering a healthy lifestyle and improving the quality of life of the community.





## MISSION

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

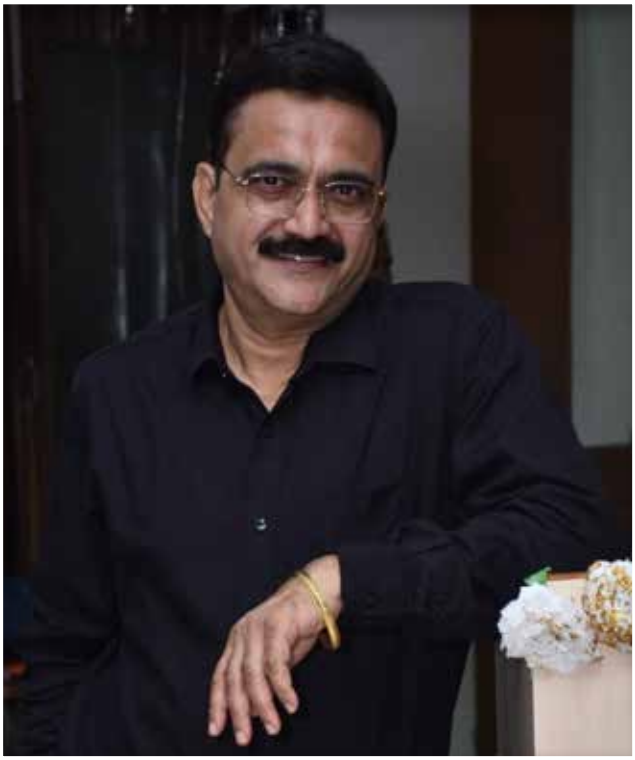


## VISION

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



## DIRECTORS MESSAGE



Welcome to **Lifeness Science Institute (LSI)**, where passion meets profession in the dynamic field of Integrative Nutrition and Dietetics. As the Director of **LSI**, I take immense pride in the life-changing experiences we provide to our students. At **LSI**, we live by the timeless adage, “Prevention is better than cure.” Through the power of nutrition, we are committed to raising awareness in society and using food as a tool for preventing and curing diseases.

We strive to create a healthier, more informed future, one student at a time. Our specialized programs are designed to give students a deep understanding of the intricate relationship between nutrition, health, and fitness, and the practical skills needed to apply this knowledge in real-world settings. **LSI** has strong partnerships with food industries, hospitals, medical organizations, gymnasiums, fitness centers, and community welfare organizations, empowering our students with hands-on experience in the field. These collaborations bridge the gap between nutrition, fitness, athletic performance, and allied health sciences, providing our students with unparalleled opportunities for growth and development.

Each year, **LSI** organizes the prestigious International Conference, “**Vishwa Swasthyam**”. This event is a source of great pride, as it brings together distinguished guest speakers from both India and abroad, who address a diverse range of health and nutrition-related topics. Additionally, the conference provides an excellent platform for researchers to present their findings, thereby enhancing their skills and contributing to the advancement of knowledge in these fields.

At **LSI**, we believe in nurturing not just academic excellence, but also the overall personality development of our students. Through a wide range of extracurricular activities, including master classes, workshops, and webinars with expert nutritionists, doctors, and registered dietitians, as well as indoor and outdoor sports events like **Josh** and the **Youva Premium League**, we ensure that our students grow holistically.

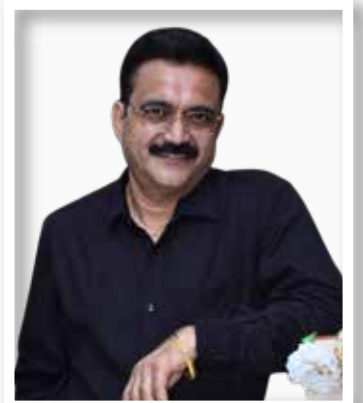
## Our Directors



**DR. BALKISHAN SHARMA**  
Co-Founder & Chairman



**MR. VIPUL SOLANKI**  
CEO & Director



**MR. GOPAL C. SHARMA**  
Director



**CA SUCHI KOTHARI**  
Director



**AR. PARAS MEHTA**  
Director



**AR. JATIN ASHER**  
Director



**MR. JAYESH GADA**  
Director



**MR. PRAVIN JOSHI**  
Director

## Our Directors



### Chief Mentor- Luke Coutinho

Luke Coutinho is a globally recognized **Holistic Nutrition and Integrative & Lifestyle Medicine Expert**, appointed as the **Lifestyle Ambassador of India's Fit India Movement** by Prime Minister Narendra Modi.

As the **Founder of the You Care Wellness Program**, he has impacted over **24,000 patients worldwide**, focusing on cancer, diabetes, and cardiovascular health. He is also the **Co-Founder of Lifeness Science Institute (LSI)**, driving innovation in integrative nutrition education.

Recognized among **GQ's Under 40 Most Influential Indians** and featured in the **Asia Power List**, Luke continues to shape the future of holistic health and wellness.

# Life at LSI



Students practicing yoga on International yoga day 21st June



Master class with Chief Mentor and Health Coach



Healthy recipes prepared by Students in college kitchen laboratory





**Celebration of Independence Day**



**Indoor Sports Activity**



**Clean up drive after Ganesh Visarjan**



**Food stall organized by student  
As a part of National Nutrition Month**



**Outdoor sports at  
Anantam Regency, Dombivali**



**Fashion show at JOSH**



**Rangoli Competition**

**Visit to FSSAI Lab**



**Visit to Hyperbaric Oxygen Center**





**Jam and Jelly making workshop**



**Visit to Anganwadi**



**International Yoga Day**

## Students Achievement

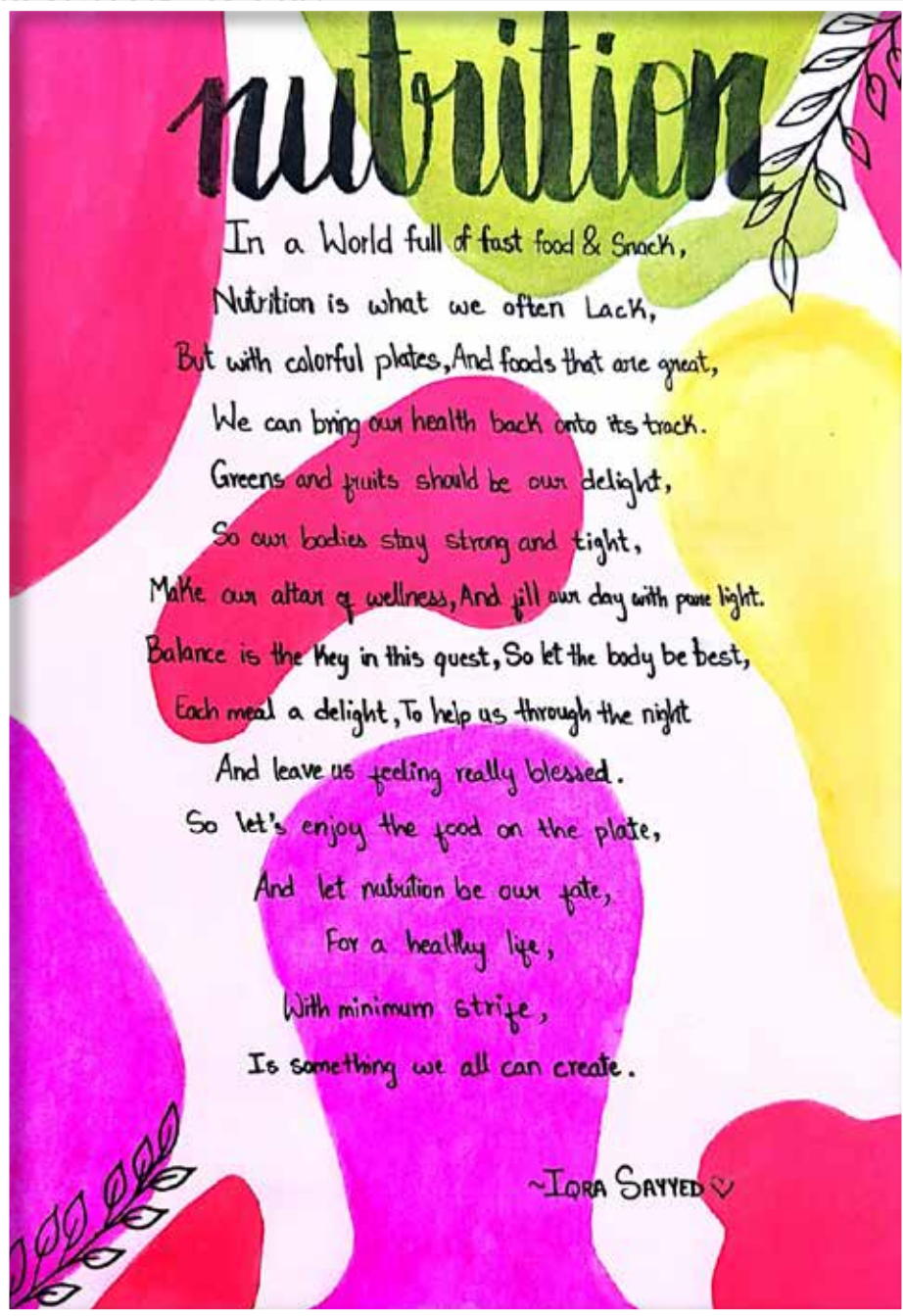


**Mr. Atharva Chavan**

**F.Y.B.Sc. Student from B. K. Birla College (Empowered Autonomous) Kalyan, for striking Gold and Silver at 24th FSKA World Cup, Karate**



# Articles & Poems



## Iqra Sayyed

(F.Y. B.Sc - Integrative Nutrition & Dietetics)

MKES Nagindas Khandwala College of

Commerce, Arts & Management Studies (Empowered Autonomous)

## Rahul Acharji & Priyanka Pati

(F.Y. M.Sc. - Integrative Nutrition & Dietetics)

MKES Nagindas Khandwala College of Commerce, Arts & Management Studies (Empowered Autonomous)

The ancient wisdom of Indian herbal medicine, deeply rooted in Ayurveda, continues to be a beacon of holistic wellness. The integration of Indian plants into skin and hair care routines showcases the remarkable healing power of nature.

As modern consumers increasingly seek natural alternatives, the efficacy of these traditional remedies is gaining global recognition.

### Historical Significance and Principles

Ayurveda, the 5,000-year-old system of natural healing originating in India, emphasizes balance and harmony in the body. Central to this practice is the use of medicinal plants and herbs, which possess potent healing properties. These natural ingredients not only address the superficial aspects of skin and hair care but also promote overall health and well-being.



#### Miraculous Indian Plants for Skin Care



**Gotu Kola**, known as **Brahmi**, is a “lesser-known” herb that holds immense potential for skin care. Its regenerative properties help in healing wounds, reducing scars, and promoting a youthful glow. Gotu Kola is also known for improving circulation, which can enhance the skin's overall appearance.



**Manjistha**, or “**Indian Madder**”, is a powerful blood purifier. It aids in detoxifying the skin, reducing pigmentation, and combating acne. Regular use of Manjistha can result in clearer, healthier skin.

**Vetiver**, often referred to as “**khus**”, is an aromatic grass with cooling and soothing properties. It is excellent for calming inflammation and irritation, making it a perfect ingredient for sensitive skin. Vetiver also aids in the healing of scars and blemishes.



## Rejuvenating Indian Herbs for Hair Care

**Amla**, or “**Indian gooseberry**”, is a powerhouse of nutrients that promote healthy hair growth. Rich in vitamin C and antioxidants, amla strengthens hair follicles, prevents premature graying, and adds a natural shine. Amla oil, massaged into the scalp, can stimulate growth and enhance hair texture.

**Bhringraj**, often called the “**king of herbs**” for hair, is known for its ability to treat hair loss and promote hair regrowth. This herb is commonly used in hair oils and masks to nourish the scalp and combat dandruff.

**Henna**, traditionally used as a natural dye, also conditions the hair and scalp. It cools and cleanses the scalp, reducing oiliness and itching. When mixed with other herbs like shikakai and hibiscus, henna can provide a complete hair care solution.



## Example of Herbal Application for Skin Care

For a soothing skin treatment, try a Vetiver and Manjistha face pack. Mix Vetiver powder with Manjistha powder in equal parts, and add enough rose water to form a smooth paste.

Apply the paste evenly on your face and neck, and leave it on for 20 minutes. Rinse off with lukewarm water. This face pack helps reduce inflammation, detoxifies the skin, and promotes a radiant complexion.





## Example of Herbal Application for Hair Care

Consider a weekly hair care routine involving an amla and bhringraj oil treatment. Warm the oil slightly and massage it into the scalp in circular motions. Leave it on overnight for deep conditioning and wash it off the next morning with a mild herbal shampoo. This practice not only strengthens the hair but also enhances its natural luster.

The healing power of Indian plants and herbal medicine in skin and hair care is a testament to the timeless wisdom of Ayurveda. These natural remedies offer a safe and effective alternative to synthetic products, harnessing the potency of nature to promote beauty and health.



By embracing these age-old practices, we can achieve a holistic approach to skin and hair care that nurtures from within.

## Nutrition and Mental Health: A Powerful Connection

Nutrition plays a crucial role in mental health, particularly in preventing and managing disorders like depression and anxiety, which are prevalent worldwide and significantly impact quality of life. Research suggests that a healthy diet, rich in essential nutrients, can support brain health and reduce the risk of these conditions. On the other hand, poor dietary habits, including high consumption of processed foods and unhealthy fats, can contribute to inflammation, oxidative stress, and neurotransmitter imbalances, which are linked to mental health issues.

Key nutrients for mental well-being include omega-3 fatty acids (found in fatty fish and flaxseed), vitamin D, B vitamins (especially B12 and folate), magnesium, and zinc. These nutrients help regulate brain function and mood. Additionally, dietary patterns like the Mediterranean diet, rich in fruits, vegetables, whole grains, and healthy fats, have been shown to improve mental health outcomes.

While more research is needed, current evidence suggests that optimizing nutrition can complement traditional treatments for depression and anxiety. Future studies should focus on personalized nutrition plans, biomarkers, and public health initiatives to promote healthy eating habits, ultimately helping individuals lead healthier, happier lives.

HEALTH



## Articles featured in Newspapers



October 01, 2024

EDUCATION TIMES.COM

### Rising interest in Nutrition and Dietetics is redefining social ethos

It signals a paradigm shift in our approach to health, writes **Gopal C Sharma**



In the maze of career choices, few paths offer the blend of personal satisfaction, societal impact, and professional advancement. One such avenue is the field of Nutrition and Dietetics. The trajectory of interest in Nutrition & Dietetics mirrors the evolving landscape of health consciousness in India. Gone are the days when dietary concerns were sidelined in public discourse.

Today, they take centre stage, driven by an awakening to the intrinsic link between nutrition and overall well-being.

This awakening, fuelled by media exposure, educational initiatives, and a cultural shift towards wellness, has spurred a significant shift in career aspirations.

One primary driver behind this growing interest lies in the expanding scope of opportunities within the field. From traditional roles in hospitals and clinics to innovative paths in sports nutrition, corporate wellness, and food technology, the array of career options is diverse and promising. The rise of digital platforms and the gig economy has further democratised access to jobs, empowering budding nutritionists to carve their niche in the market.

Curriculums offered by institutes aim to provide students with a comprehensive understanding of nutrition science, coupled with practical skills and real-world experiences. From exploring macronutrients to understanding dietary planning across various life stages, nutrition degree courses empower students to navigate modern nutrition challenges confidently.

A focus on research and innovation ensures that students are equipped to tackle emerging issues and contribute to cutting-edge advancements in the field.

## **Agents of change**

Moreover, the strong demand for nutritionists and dietitians underscores the industry's vitality and resilience. With health issues like obesity, diabetes, and cardiovascular ailments reaching epidemic proportions, the need for qualified professionals skilled in crafting personalised dietary interventions has never been more critical. This demand is expected to surge in the coming years, outstripping the supply of skilled practitioners and creating abundant opportunities for aspiring professionals.

Even in the realm of chronic conditions like diabetes, people are increasingly recognising the vital role nutritionists play in complementing medical treatments. Beyond merely advising on dietary restrictions, they offer tailored meal plans to stabilise blood sugar levels, mitigate complications, and improve overall quality of life. This collaborative relationship between medical practitioners and nutrition experts underscores the interdisciplinary synergy at the heart of modern healthcare, highlighting the invaluable contribution nutritionists make in managing complex health challenges.

Beyond individual careers lies a broader societal imperative driving this trend. As nutritionists and dietitians proliferate across sectors, their collective impact extends far beyond clinical consultations. They become agents of change, advocating for preventive healthcare, championing community wellness initiatives, and driving policy interventions to promote health consciousness.

In essence, the surge in Nutrition & Dietetics careers signals a paradigm shift in our approach to health—one rooted in proactive self-care, informed dietary choices, and a holistic understanding of wellness.

## **Evidence-based practice**

As the demand for nutrition experts continues to rise, it is crucial to address misconceptions and challenges that may impede progress. One common misconception is that dietary advice from a nutritionist is a one-time solution. The ongoing consultation should be emphasised with personalised guidance ensuring sustained health outcomes. Additionally, in an era filled with misinformation, students should be committed to evidence-based practice and ethical

*Lifeness Science Institute, Mumbai*

# INDIA TODAY

May 31, 2024

INDIA TODAY

## Nutrition and dietetics: The emerging career choice among Indian students

A career in nutrition and dietetics in India is increasingly becoming popular due to several factors contributing to its rising interest. Here are some key reasons driving this trend:



In the maze of career choices, few paths offer the blend of personal satisfaction, societal impact, and professional advancement. One such avenue experiencing a rapid ascent lately is the field of Nutrition & Dietetics.

As an industry veteran, **Gopal C Sharma**, Director of Lifeness Science Institute, keenly observed this surge with both excitement and foresight. Each year witnesses a dynamic shift of 15 - 20% in admissions for Nutrition & Dietetics degrees.

This surge isn't just a trend; it signals the growing awareness of the crucial role nutritionists play in fostering a healthier society, shaping not only individual lives but the collective well-being of our nation.

The trajectory of interest in Nutrition & Dietetics mirrors the evolving landscape of health consciousness in India. Gone are the days when dietary concerns were sidelined in public discourse. Today, they take centre stage, driven by an awakening to the intrinsic link between nutrition and overall well-being. This awakening, fuelled by media exposure, educational initiatives, and a cultural shift towards wellness, has spurred a significant shift in career aspirations.

One primary driver behind this growing interest lies in the expanding scope of opportunities within the field. From traditional roles in hospitals and clinics to innovative paths in sports nutrition, corporate wellness, and food technology, the array of career options is diverse and promising. The rise of digital platforms and the gig economy has further democratised access to jobs, empowering budding nutritionists to carve their niche in the market.

The curriculums offered by institutes aim to provide students with a comprehensive understanding of nutrition science, coupled with practical skills and real-world experiences.

From exploring macronutrients and micronutrients to understanding dietary planning across various life stages, nutrition degree courses empower students to navigate modern nutrition challenges confidently. A focus on research and innovation ensures that students are equipped to tackle emerging issues and contribute to cutting-edge advancements in the field.

Moreover, the strong demand for nutritionists and dietitians underscores the industry's vitality and resilience. With health issues like obesity, diabetes, and cardiovascular ailments reaching epidemic proportions, the need for qualified professionals skilled in crafting personalised dietary interventions has never been more critical. This demand is expected to surge in the coming years, outstripping the supply of skilled practitioners and creating abundant opportunities for aspiring professionals.

Even in the realm of chronic conditions like diabetes, people are increasingly recognising the vital role nutritionists play in complementing medical treatments. Beyond merely advising on dietary restrictions, they offer tailored meal plans to stabilise blood sugar levels, mitigate complications, and improve the overall quality of life. This collaborative relationship between medical practitioners and nutrition experts underscores the interdisciplinary synergy at the heart of modern healthcare, highlighting the invaluable contribution nutritionists make to managing complex health challenges.

Beyond individual careers lies a broader societal imperative driving this trend. As nutritionists and dietitians proliferate across sectors, their collective impact extends far beyond clinical consultations. They become agents of change, advocating for preventive healthcare, championing community wellness initiatives, and driving policy interventions to promote health consciousness.

In essence, the surge in Nutrition & Dietetics careers signals a paradigm shift in our approach to health rooted in proactive self-care, informed dietary choices, and a holistic understanding of wellness. It's a journey towards empowerment, where individuals take charge of their health destinies, guided by the expertise of dedicated professionals.

Looking ahead, the trajectory of this trend appears steadfast, propelled by demand and enlightenment. As more individuals embrace the ethos of preventive healthcare and holistic well-being, the role of nutritionists and dietitians will only grow in prominence. They will not only shape individual destinies but also sculpt the contours of a healthier, more vibrant nation.

## **MISCONCEPTIONS AND CHALLENGES**

As the demand for nutrition experts continues to rise, it's crucial to address misconceptions and challenges that may impede progress. One common misconception is that dietary advice from a nutritionist is a one-time solution. We advocate for a shift in mindset, emphasising the importance of ongoing consultation and personalised guidance to ensure sustained health outcomes. Additionally, in an era filled with misinformation, we strive to instil in our students a commitment to evidence-based practice and ethical conduct, ensuring they serve as trusted sources of accurate information and guidance.

The rising interest in Nutrition and Dietetics careers isn't just a fleeting trend, but a transformative wave poised to redefine our societal ethos and healthcare landscape. As custodians of this burgeoning industry, let us seize this momentous opportunity to catalyse a healthier, happier future for generations to come.

# Events at LSI

## 1 Masterclass with Luke Coutinho

We had the privilege of hosting an interactive and enriching session with the renowned holistic health coach and our Chief Mentor Luke Coutinho. This insightful discussion delved into the principles of holistic well-being, covering essential aspects such as nutrition, fitness, mental health, and lifestyle management, empowering participants with valuable knowledge for a healthier life.



## 2 Industrial Visit

We had an industrial visit to the **National Food Laboratory, FSSAI, JNPAT, Navi Mumbai**. This visit provided a unique opportunity to gain hands-on insights into the operations of a leading food testing and research laboratory. Students learned about the latest food safety and quality standards, observed state-of-the-art testing equipment and methodologies, and interacted with experts in the field of food science and technology.



## 3 Anti Nutritional Factors Masterclass

The masterclass was organized for students on Anti Nutritional Factors. The main purpose of this masterclass for the students was to learn the presence of anti-nutritional factors in different food categories, their role in nutrient absorption and nutrient binding along with side effects on the human body and to study the different elimination methods of anti-nutritional factors so that students can improve the Healthy Cooking and Healthy Eating practices.

## 4 Dissertation Writing Workshop

In 2025, we had a Dissertation writing workshop which was conducted by **Prof. Dr. Subhadra Mandalika**, who is Senior Vice President of Sports, **Nutrition and Fitness Sciences (ASNFS) and Former convener of the Nutrition Society of India (NSI), Mumbai.** This workshop helped the students refine their research and writing techniques, structured support, fostering collaboration, and enhancing time management skills.



## 5 Workshop on Dietary Assessment

The workshop, scheduled for 2025 and was guided by **Prof. Dr. Subhadra Mandalika**, was designed for **T.Y. B.Sc students.** It helped focus on the connection between nutrition and sleep, exploring how proper nutrition can improve sleep quality. Participants learnt about the health benefits of sleep, its importance, and its broader impact on society.

## 6 Workshop on Linking Nutrition to Sleep

The workshop, scheduled for 2025 and guided by **Dr. Subhadra Mandalika**, is designed for T.Y. B.Sc students. It will focus on the connection between nutrition and sleep, exploring how proper nutrition can improve sleep quality. Participants will learn about the health benefits of sleep, its importance, and its broader impact on society.

## 7 Anthropometric and Diet Fitness Session

A fitness session was conducted on 22nd February 2025, focusing on anthropometric assessments and personalized diet planning. Participants underwent measurements like BMI, body fat percentage, and waist-to-hip ratio, helping them understand their fitness levels. Shalmalee Podar provided customized dietary advice on balanced meals, hydration, and metabolism-boosting foods. The session emphasized sustainable eating habits and cleared common diet myths through an engaging Q&A.

Overall, it was an insightful session, encouraging healthier lifestyle choices.



## 8 VishwaSwasthyam 2025

An **International Conference on “Integrative Strategies for Metabolic Health”** to Protect the Present and Safeguard the Future was successfully held on 10th and 11th January 2025 at **Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute, Andheri (West), Mumbai.**

The conference aimed to address pressing challenges and promote preventive measures for optimizing metabolic health through evidence-based information. It catalyzed transformative change towards the prevention and management of metabolic disorders, safeguarding the health and well-being of current and future generations.

The event brought together numerous national and international speakers, along with participants from various institutes. The conference featured over 20 scientific sessions covering the latest research and advancements, along with 3-4 panel discussions led by industry pioneers who addressed critical and current issues in nutrition and health.





## 9 Paushticon - 2025 A Transformative Symposium on Bone Health and Nutrition

### Strong Bones for a Vibrant Future!

On **March 7, 2025**, LSI hosted **PaushtiCon**, a Nutrition and Lifestyle Symposium celebrating **International Women’s Day** with expert-led sessions on bone health. **Dr. Prashant Sonavane** discussed the structure of bones and the role of **calcium, vitamin D, and protein** in youth. **Prof. (Dr.) Subhadra Mandalika** emphasized the importance of **nutrition** for lifelong bone strength. **Dr. Shreya Ahirrao** provided **practical solutions** for maintaining bone health and preventing disorders. The event empowered individuals with actionable insights for a **stronger, healthier future**.



## 10 Workshop on Understanding your fitness level

On **6th March**, we had an engaging fitness workshop with **Dr. Kholgade**, a renowned expert with 24 years of experience. Students explored sports fitness, various exercises, and their impact on overall health. Live demonstrations highlighted the importance of strength, endurance, and flexibility. The session also emphasized the role of nutrition in maintaining a balanced diet for peak performance. It was an inspiring experience, encouraging students to take actionable steps toward better fitness and well-being.



## 11 Industrial Visits at LSI – 2024

In 2024, LSI organized insightful industrial visits to Bangalore, Mysore, and Pune. Students explored the **Sports Authority of India (SAI)** for sports science insights, **CFTRI** for food technology research, and **Weikfield** in Pune for food production processes. These visits provided valuable practical exposure, bridging academics with real-world applications.



## 12 Convocation Ceremony: A Celebration of Achievement



# Clubs at LSI

## Exploring Interests & Building Skills

**Editorial Club:** This club nurtures creativity, writing, and critical thinking by engaging students in editing, publishing, and content creation. It provides a platform for aspiring writers and editors to express their ideas.

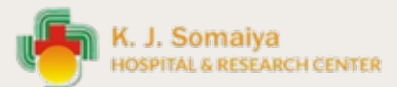
**Sports Club:** Focused on physical fitness and teamwork, the Sports Club organizes tournaments, training sessions, and recreational activities, encouraging students to lead an active and healthy lifestyle.

**Cultural Club:** Celebrating diversity and artistic expression, this club hosts festivals, music, dance, and drama performances, fostering a sense of unity and cultural appreciation among students.

**Social Club:** Dedicated to community service and awareness, the Social Club organizes outreach programs, social campaigns, and volunteer activities, encouraging students to contribute positively to society. The social club had the privilege of visiting a government school to educate teenage girls on **menstrual health, hygiene practices, and the importance of breaking taboos surrounding periods**, empowering them with essential knowledge for their well-being.



# Fuel Your Future with Internships at Top Brands



# Courses offered by



Malad Kandivli Education Society's  
**NAGINDAS KHANDWALA COLLEGE**  
 (Empowered Autonomous College)

(Re-accredited (4th cycle) by NAAC with 'A' Grade) ISO 9001:2015 Certified  
 Educational Excellence Award By Indus Foundation, U.S.A.  
 IMC Ramkrishna Bajaj National Quality Commendation Certificate



**B. K. Birla College, Kalyan**  
 (Empowered Autonomous Status)

Conducted by Kalyan Citizens' Education Society  
 Affiliated to University of Mumbai

'College of Excellence' status by UGC (2015-2020),  
 Reaccredited by NAAC (4th Cycle) with 'A++' Grade (CGPA - 3.51) (2024-31)



Ramji Assar Vidyalaya Wadi Trust's  
**Laxmichand Golwala College of  
 Commerce and Economics** (Autonomous)

Gujarati Linguistic Minority  
 (Affiliated to University of Mumbai)

NAAC with B++ grade in the Second Cycle.



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