

FUTURE VARSITY

LSI

Lifeness Science Institute

School of Nutrition & Dietetics

#WherePassion<sup>®</sup>  
MeetsProfession

 **FUTURE  
VARSITY**<sup>®</sup>  
EDUCATION GROUP

 **LSI**  
Lifeness Science Institute  
SCHOOL OF  
NUTRITION & DIETETICS

INDIAN INSTITUTE OF MILLETS RESEARCH

ICAR - INDIAN INSTITUTE OF MILLETS RESEARCH



Wellness Technology Integration  
Behaviour Change Psychology  
Weight Regulation Science  
Cognitive Performance  
Cognitive Wellness  
Wellness Program  
Metabolic Health  
Metabolic  
Digestive  
Flexibility  
Function  
Lifestyle Transformation  
Holistic Wellness  
Immune Modulation  
Integrative  
Health  
Mitochondrial  
Homeostasis  
Inflammatory  
Response  
Management  
Mind-Gut  
Connection  
Health Coaching Science  
Disease Prevention  
Strategies  
Functional Health Screening  
Lifestyle Sustainability  
Mind-Body Healing  
Nutrient Absorption Science  
Public Health Wellness  
Chronic Disease Management  
Functional Health Systems  
Health Education Methodology  
Nutrigenomics  
Personalised  
Metabolic Syndrome Care  
Health Planning  
Clinical Health Analytics  
Sports & Performance Health  
Chronobiology & Circadian Health  
Lifestyle Risk Profiling

Healthy Aging Science  
Epigenetic Health  
Mindful Eating  
Longevity & Vitality  
Health Optimisation  
Digestive Biochemistry  
Food Sensitivity Mapping  
Emotional Eating Therapy  
Gut Microbiome  
Emotional Eating Therapy  
Nutrient Timing Strategies  
Cellular Regeneration  
Hormonal  
Stress Physiology  
Behavioural  
Health  
Metabolic  
Conditioning  
Preventive  
Health Policy  
Community Health Systems  
Endocrine Balance  
Clinical Wellness Practice  
Therapeutic  
Diet Planning  
Lifestyle Medicine  
Bioindividuality  
Therapeutic Fasting  
Lifestyle Sustainability  
Mind-Body Healing  
Nutrient Absorption Science  
Public Health Wellness  
Chronic Disease Management  
Functional Health Systems  
Health Education Methodology  
Nutrigenomics  
Personalised  
Metabolic Syndrome Care  
Health Planning  
Clinical Health Analytics  
Sports & Performance Health  
Chronobiology & Circadian Health  
Lifestyle Risk Profiling

# Victory Begins with a Healthy Lifestyle



Saragra  
Cordially invite you for  
**ANNUAL**

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# THE ADVANTAGE WITH FUTURE VARSITY

Future Varsity has been a pioneer in education for more than two decades, with a strong presence in Mumbai, Delhi, Ahmedabad, Jaipur, Dubai, Singapore, and the USA. Our strength comes from our professional conglomerate, a powerful network of experts and visionaries who are actively shaping the future across diverse fields.

## OUR BELIEF

*Top-tier education should be an investment, not a burden.*

We offer a world-class academic experience designed for the competitive future, at a value that makes quality education within reach. Our purpose is to provide cutting-edge knowledge, industry-integrated learning, and skill-based education that empowers the next generation of future leaders.

At Future Varsity, you gain the knowledge, industry exposure and experience, and professional network needed for a high-impact career. This means you are **taught not just what to do, but how it's done on the field.**



### Our Institutions





# About LIFENESS SCIENCE INSTITUTE (LSI)

Shaping the Future of Integrative Nutrition and Dietetics

Lifeness Science Institute (LSI) stands as India's premier institution dedicated to education, innovation, and research in the field of **Integrative Nutrition and Dietetics**. In collaboration with esteemed **universities and autonomous colleges**, LSI offers comprehensive undergraduate and postgraduate programs designed to cultivate scientific knowledge, practical expertise, and a strong sense of community responsibility among students.

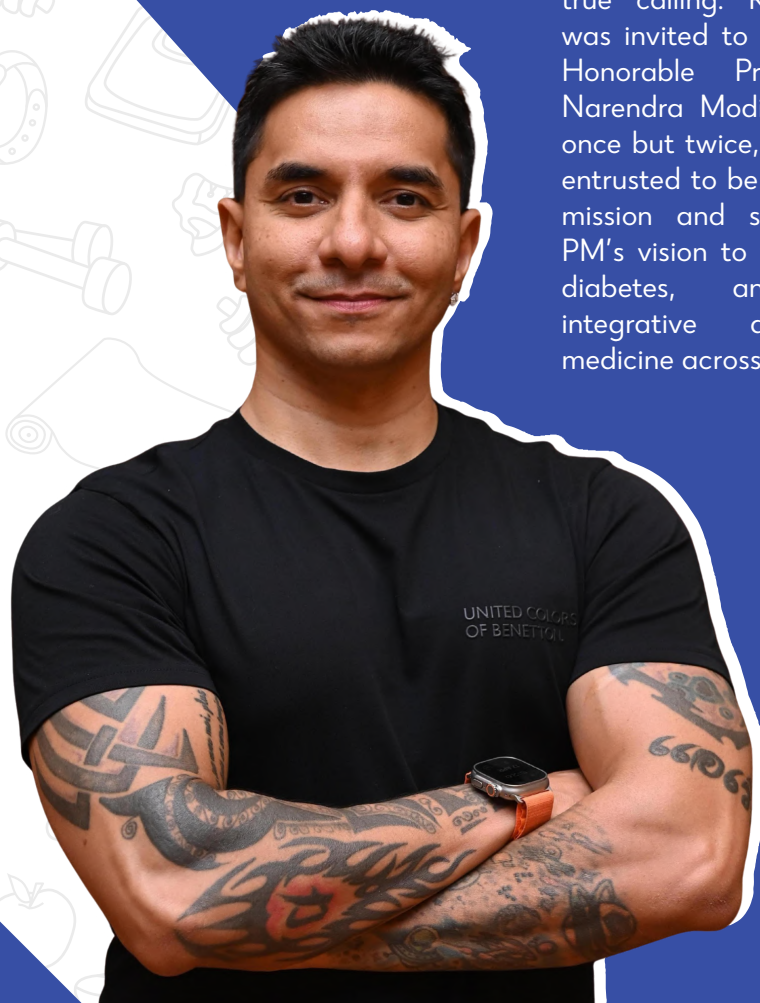
At LSI, learning goes beyond textbooks. The institute promotes a **holistic, integrative approach to nutrition** that empowers students to understand the vital connection between **food, health, and lifestyle**—helping them address the diverse nutritional needs of individuals in both wellness and disease.

Through strong collaborations with **leading hospitals, food industries, medical organisations, fitness centres, and community welfare groups**, LSI ensures that every learner gains **hands-on experience, industry exposure, and real-world skills**. This practical foundation not only enhances employability but also prepares students to become the next generation of **nutrition and wellness professionals** driving positive change in society.

# Meet LUKE COUTINHO

## PROGRAM MENTOR

A pioneer in Integrative and Lifestyle Medicine in India for over 14 years, wellness isn't just Luke's profession – it's his true calling. Recently, Luke was invited to meet with our Honorable Prime Minister Narendra Modi in Delhi, not once but twice, where he was entrusted to be part of a vital mission and spearhead the PM's vision to tackle obesity, diabetes, and advance integrative and lifestyle medicine across the country.



Luke continues to lead this charge with powerful initiatives like Bharat Lifestyle and Tips, free monthly school menus shared across India, and the Bharat Nutrition and Lifestyle Classroom—available in both English and Hindi for parents and schools nationwide. Each of these resources is designed to educate, empower, and drive lasting, meaningful change.

In a world overloaded with information and confusion, he educates his community on the power of simple, inexpensive ways to prevent, heal, and recover, ensuring that good health is within everyone's reach.

Luke is also at the forefront of the Prime Minister's Fit India Movement as its Wellness and Lifestyle Champion. His free educational videos, podcasts, blogs, and guided journeys reach 7 million people annually across the globe and have helped countless individuals take small yet powerful steps toward a better life and health.

His Cancer Care – Aap Ke Liye initiative provides free lifestyle support to over 200+ less privileged cancer patients.

Luke's team works with individuals across all age groups, addressing a wide spectrum of health conditions – from cancer, diabetes, to fat loss, hormonal imbalances, cardiovascular issues, autoimmune diseases, and even rare metabolic syndromes – using the power of integrative and lifestyle medicine. His philosophy is simple yet profound: don't just treat symptoms—address the root cause.

As an author of national bestsellers, Luke doesn't just write books—he shares life lessons. His words have inspired and motivated people to embrace healthier, happier lives.

Luke's journey has taken him across the world, where he learns, teaches, and shares his insights on holistic nutrition and lifestyle. His mission is clear: to help people live their best lives, one small win at a time, in a world where wellness is accessible, uncomplicated, and empowering for all.

# ACADEMIC PHILOSOPHY

Our programmes are conceptualised on eight core principles

**INNOVATIVE**  
Up-to-date curriculum aligned with industry trends.

**INTERESTING**  
Balanced mix of theory and practice to keep learning engaging.

**INDEPENDENT**  
Nurturing confidence and professional growth.

**IMMERSIVE**  
Strong industry connections through training, internships, and workshops.

**INSPIRED**  
Offering challenges that broaden horizons and motivate students.

**INTELLECTUAL**  
Stimulating curiosity and pursuit of excellence.

**INDIVIDUALITY**  
Personalised evaluation and feedback for steady progress.

**IMPACTFUL**  
Building lasting, meaningful industry relationships.



# CORE TEAM



## Prof. Dr. Subhadra Mandalika

Advisory Board Member, LSI

With over **three decades of academic and research experience**, Prof. Dr. Subhadra Mandalika is a **PhD guide at the University of Mumbai** and the author of **70+ research papers and five books** focusing on **Therapeutic Foods, Functional Foods, and Sports Nutrition**. She is a **life member** of reputed professional bodies including **NSI, IDA, ASFTI, and AJAARO**, currently serving as the **Senior Vice President** of the **Association of Sports, Nutrition and Fitness Sciences**, and is the **former Convener** of the **NSI Mumbai Chapter**.



## Hardika Vira

Head Mentor, LSI (MD in Alternative Medicine) holds advanced degrees in Food Science, Dietetics and applied nutrition, she is a **certified sports nutritionist** and music therapist. She serves as the **Chief Clinical Dietitian** at the Luke Coutinho Holistic Healing System, where she specializes in managing **diabetes, PCOS, heart and kidney diseases, cancer, and critical care nutrition**. With her extensive clinical expertise, she plays a pivotal role in guiding and mentoring students at LSI, bridging scientific knowledge with holistic healing practices.

# INDUSTRY INSIGHTS

Source: Global Wellness Economy Monitor 2024

Global Wellness Economy is projected to reach

**\$9 TRILLION**

by 2028

Source: MarketsandMarkets

Personalised Nutrition Market is projected to reach

**\$30.94 BILLION**

by 2030 at a CAGR of **14.4%**

## Did You Know?

The US Bureau of Labor Statistics projects a **15%** increase in demand for dietitians and nutritionists, which is much faster than the average for all occupations.



# THE NEED TO FOCUS ON HEALTH AND LIFESTYLE

In today's fast-paced world, focusing on health and lifestyle has become more important than ever. Modern lifestyles, marked by stress, irregular eating habits, and limited physical activity, have led to a rise in lifestyle-related disorders such as obesity, diabetes, hypertension, and heart disease.

By prioritizing a balanced diet, regular exercise, adequate rest, and mental well-being, individuals can prevent many of these conditions and improve their overall quality of life. A healthy lifestyle not only enhances physical fitness but also promotes emotional stability, productivity, and longevity.



**A healthy  
outside starts  
from the inside.**

- Robert Urich -



# KEY AREAS OF INTEGRATIVE NUTRITION & DIETETICS

**CLINICAL NUTRITION**

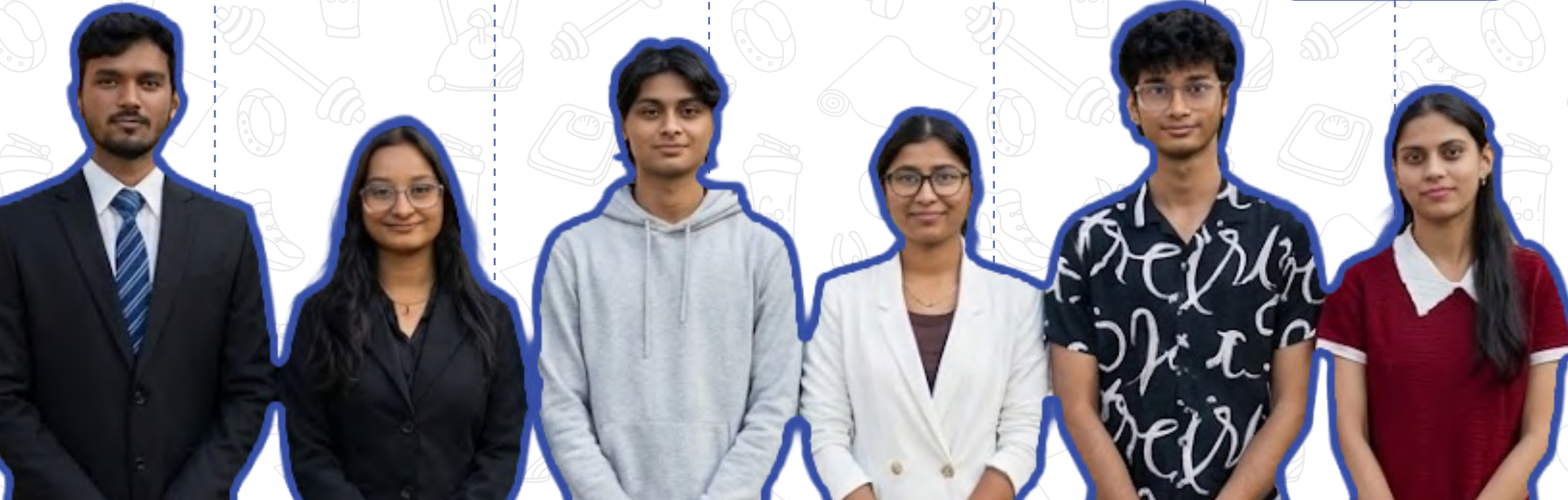
**PUBLIC HEALTH & COMMUNITY NUTRITION**

**FOOD SCIENCE & TECHNOLOGY**

**SPORTS & FITNESS NUTRITION**

**FUNCTIONAL & THERAPEUTIC NUTRITION**

**HOLISTIC & INTEGRATIVE WELLNESS**



# POPULAR CAREER ROLES



## CLINICAL NUTRITION

- ▶ Clinical Dietitian
- ▶ Nutrition Therapist
- ▶ Hospital Dietician & Nutritionist
- ▶ Clinical Research Associate (Nutrition)



## SPORTS & FITNESS NUTRITION

- ▶ Sports Nutritionist
- ▶ Exercise Nutritionist
- ▶ Rehabilitation Nutrition Expert



## PUBLIC HEALTH & COMMUNITY NUTRITION

- ▶ Government Program Coordinator
- ▶ Community Nutritionist
- ▶ Public Health Policy Analyst
- ▶ Maternal & Child Health Nutritionist
- ▶ Food Security Specialist

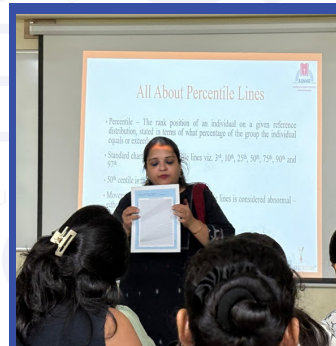


## CORPORATE & DIGITAL NUTRITION

- ▶ Corporate Wellness Coach
- ▶ Digital Dietitian
- ▶ Content Creator (Nutrition Focus)
- ▶ Nutrition Product Developer
- ▶ Health Tech Nutrition Analyst
- ▶ Virtual Fitness & Nutrition Coach
- ▶ Health Journalist
- ▶ Health Influencer

# CLASSROOM LEARNING AT A GLANCE

- **CLASSROOM SESSIONS ACTUALLY MATTER**  
Learn from experienced faculty and industry experts.
- **PROJECTS WORTH POSTING ABOUT**  
Collaborate, interact, and apply learning.



- **WORKSHOPS AHEAD OF THE CURVE**  
Stay updated with industry trends and practices.
- **LIVE EVENT SIMULATIONS**  
Plan and execute live model events.

# LEARNING BEYOND CLASSROOMS

Ensuring strong career outcomes and industry readiness through commitment to our students' holistic development.



## INDUSTRY INSIDER CLASSES

## CASE BREAKDOWNS

## INTERACTIVE EXPERT CONVERSATIONS

## SKILLS WORKSHOPS

## INDUSTRY IMMERSIONS

## GROUP COLLABORATIONS

## ON-THE-GROUND LEARNING



## Project-based Learning

# FV-NUTRI LOUNGE:

Where Nutrition Meets Innovation and Entrepreneurship



Future Varsity - Lifeness Science Institute (FV - LSI) has launched the FV-Nutri Lounge, a unique initiative designed to transform how students of Integrative Nutrition and Dietetics apply their classroom learning in real-world settings.

The program encourages students to create nutritious and innovative recipes from scratch using everyday ingredients, while gaining hands-on experience in recipe planning, sourcing, budgeting, preparation, and even marketing and selling their creations.

Conducted across all LSI campuses, FV-Nutri Lounge allows students to work in teams, promoting collaboration, creativity, and entrepreneurship. Through this initiative, they explore the exciting world of food innovation, nutripreneurship, and wellness promotion.



# OUR COURSES



## **B.Sc./B.Sc. (Hons.)**

in Integrative Nutrition and Dietetics



## **M.Sc.**

in Integrative Nutrition and Dietetics



## **Diploma**

in Health and Integrative Lifestyle



## **PG Diploma**

in Holistic Lifestyle & Wellness Coaching

*Your journey will evolve.*  
**WHAT MATTERS IS THAT YOU  
KEEP MOVING FORWARD**



# B.Sc./B.Sc. (Hons.) in Integrative Nutrition and Dietetics



**Eligibility: 10+2**

Examination from any stream  
(Physics, Chemistry, Biology & related subjects are preferred).



**Duration: 3/4 Years**

Discover the power of nutrition to transform lives with our B.Sc./B.Sc. (Hons.) in Nutrition and Dietetics – a dynamic, future-ready program that blends scientific knowledge, practical expertise, and holistic wellness principles.

This comprehensive degree offers deep insights into the science of nutrition, diet planning, and wellness management, preparing you to understand the human body and its nutritional needs from both clinical and preventive health perspectives.

Developed in collaboration with renowned dietitians and global nutrition experts, the curriculum integrates the latest research, evidence-based practices, and hands-on learning experiences. Students gain specialised knowledge across diverse domains, including clinical nutrition, community health, therapeutic diets, and food science, ensuring a strong foundation for professional success.

This program equips aspiring nutritionists with the skills, ethics, and confidence to make meaningful contributions in healthcare, wellness, and lifestyle management.

Whether your goal is to become a clinical dietitian, wellness consultant, health educator, or nutrition entrepreneur, this program is your first step toward a fulfilling and impactful career in the ever-evolving world of nutrition and holistic health.

# EMPLOYABILITY & CAREERS

Many students begin building their independent practices, while others gain valuable exposure by working alongside experienced professionals. These early career opportunities allow graduates to apply their learning in real-world settings and gradually shape their professional direction.



Some of the areas our students can get employed are:



**Dietitians**  
(Private Consultant / Hospitals)



**Nutritionists**  
(NGO's / Food / Hospitality Industry)



**Nutrition Content Writer**  
(Newspaper / Magazines)



**Entrepreneur / Nutripreneur**

# M.Sc.

## in Integrative Nutrition and Dietetics



### Eligibility: **Graduated** (any discipline)

(Bachelor of Science with specialisation in fields of Foods, Nutrition & Dietetics, Home Science, Microbiology and related areas shall be preferred)



### Duration: **2 Years**

Step into an advanced journey of learning with our M.Sc. in Integrative Nutrition and Dietetics, designed to deepen your understanding of health, nutrition, and lifestyle while preparing you to lead in the rapidly evolving wellness industry.

As one of the most sought-after disciplines, Human Nutrition draws from multiple scientific domains to offer a comprehensive, integrative perspective on the relationship between food, health, and disease. This program equips students with both theoretical insight and practical expertise to address today's complex nutritional challenges.

Through a science-backed and application-oriented curriculum, you will explore how nutrients and eating patterns influence overall well-being, and examine the role of diet in disease prevention, management, and health promotion.

Developed with an integrative and holistic approach, the program combines the latest research with real-world applications, enabling you to critically evaluate, design, and implement effective nutrition strategies.

Whether you aspire to become a clinical nutritionist, diet consultant, researcher, educator, or wellness specialist, this master's program will help you build advanced skills, professional confidence, and a global outlook to excel in the field of nutrition and holistic health.

# EMPLOYABILITY & CAREERS

Our students have many options after graduation, right from launching their own practices to working with experts.



Some of the areas our students can get employed are:



**Dietitians**  
(Private Consultant / Hospitals)



**Nutritionists**  
(NGO's / Food / Hospitality Industry)



**Nutrition Content Writer**  
(Newspaper / Magazines)



**Academicians**



**Researchers**



**Entrepreneur / Nutripreneur**

# Post Graduate Diploma

## in Holistic Lifestyle & Wellness Coaching



**Eligibility: Graduated** (any discipline)

(Bachelor of Science with specialisation in fields of Foods, Nutrition & Dietetics, Home Science, Microbiology and related areas shall be preferred)



**Duration: 1 Year**

The Post Graduate Diploma in Holistic Lifestyle & Wellness Coaching is a cutting-edge program designed to equip health professionals with the expertise to seamlessly integrate nutrition, human physiology, and behavior change psychology. This comprehensive course moves beyond traditional dietetics, focusing on the core pillars of holistic health: nutrition, sleep, stress management, Spirit and exercise. Students gain a deep understanding of macronutrient metabolism, lifecycle nutrition, preparing them to develop personalized, evidence-based wellness strategies for clients across the lifespan.

# EMPLOYABILITY & CAREERS

Graduates will be prepared for high-demand roles in the growing global wellness industry, including:

- ✦ **Certified Holistic Wellness Coach:** *Launching an independent practice to offer personalized, integrated coaching services.*
- ✦ **Nutrition Consultant:** *Working in specialized clinics, hospitals, or integrated health centres focusing on lifestyle-driven diseases.*
- ✦ **Corporate Wellness Specialist:** *Designing and implementing health and lifestyle programs for corporate employees.*
- ✦ **Digital Health Consultant:** *Working with health-tech startups on application development, digital diet planning, and remote patient monitoring.*
- ✦ **Health Educator & Trainer:** *Conducting professional workshops and community outreach programs focused on preventive health.*



# Diploma

## in Health and Integrative Lifestyle



**Eligibility: 12th pass**  
(Students, Health & Lifestyle Enthusiasts)



**Duration: 6 Months**

Embark on a transformative journey of self care, self-discovery and holistic growth. This thoughtfully designed program empowers you to nurture your family and your own well-being while inspiring positive change in the lives of others.

Over the course of 6 months, you will explore the deep interconnectedness of rest, balance, stress, routines, resilience, and mindful eating. Gain meaningful insights into how conscious choices can shape lasting wellness, helping you unlock a path to fulfillment and healthier living.

### Learning & Teaching:

**Discover the essentials of living a healthy, balanced lifestyle.**

Gain a clear understanding of how everyday foods, nutrients, and kitchen spices work together to support overall wellness and enhance your daily health routine

# CAMPUS FACILITIES



## WI-FI CAMPUS

All campuses feature high-speed broadband connectivity and a secure digital network, ensuring seamless access to online resources.



## LIBRARY

A comprehensive resource hub offering a wide collection of books, journals, and digital databases to support research and academic excellence.



## ACCOMMODATION

Comfortable and modern student housing located conveniently near campuses, providing a safe and supportive living environment.



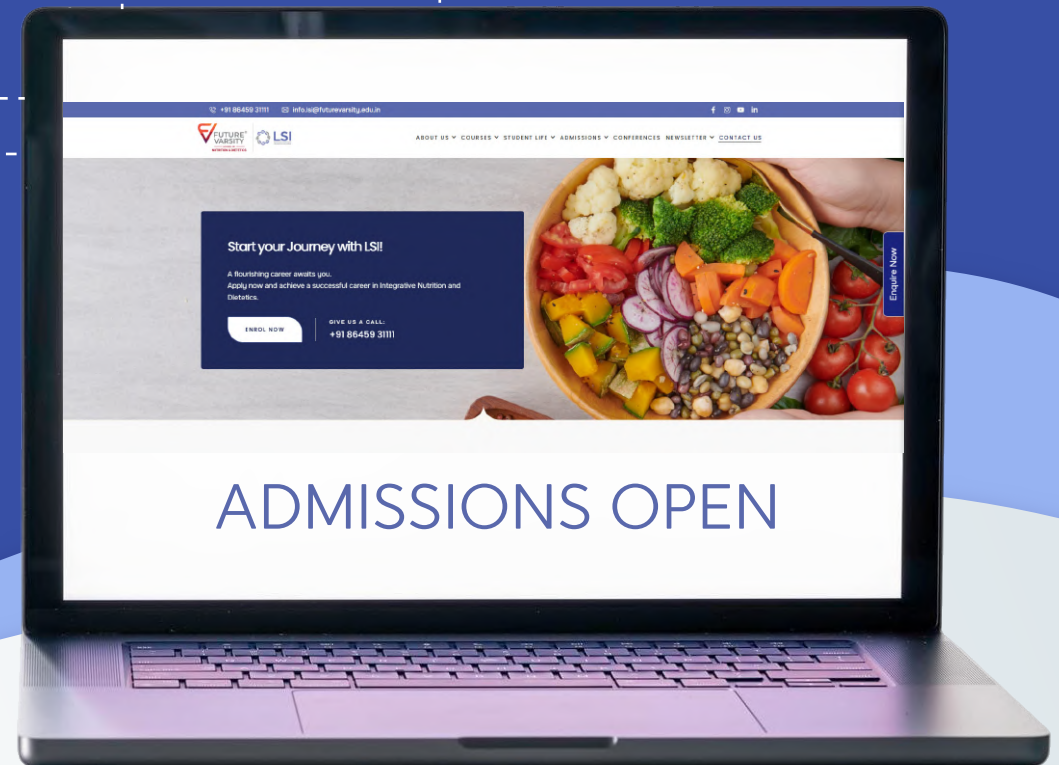
## CLASSROOMS

Modern, air-conditioned classrooms equipped with laptops, LED projectors, and advanced learning tools for an interactive academic experience.



## SEMINAR HALL

A well-equipped venue with state-of-the-art audio-visual systems, ideal for guest lectures, workshops, and screenings.



## PLACEMENTS & INTERNSHIPS

- Aastha Bariatrics
- Criticare Hospital
- Kokilaben Dhirubhai Ambani Hospiyal
- Medicovert Hospitals
- SRCC Hospitals
- Wockhart Hospital
- Jaslok Hospital & Research Center
- Bhakti Vedanta
- Apollo Hospitals
- KJ Somaiya
- Gangwal Healthcare
- Luke Coutino Healing Services
- Saifee Hospital
- HCG hospitals
- Apex Hospital
- Godrej Hospital
- Nutricharge
- Fortis Hospital Mulund
- Go naturals
- Shamrock Nutrascience

*& many more*

# PLACEMENTS





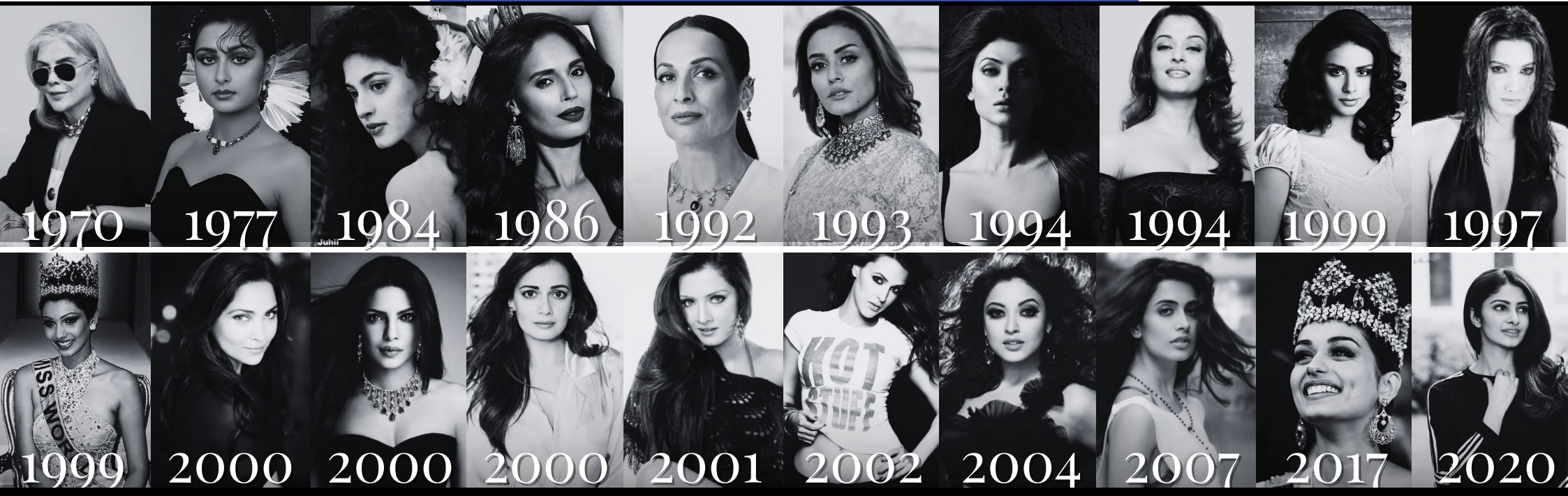
# Future Varsity Makes History with

## Femina Miss India

Maharashtra | Haryana | Gujarat

For the very first time in 60 years, the Miss India Organization has granted an academic institution the official license to host and organize its state pageant, Femina Miss India Maharashtra, Gujarat and Haryana. With 25 years of excellence, Future Varsity Education Group will exclusively manage the event through its students, providing them with hands-on experience in large-scale event management, media, and fashion, while combining practical industry exposure with Femina Miss India's legacy of excellence.

**More than participation, it's an opportunity to apply life science and wellness learning in a real-world environment.**



# AN UNMATCHED REAL-WORLD EXPERIENCE

ORGANISED & MANAGED BY STUDENTS OF



The exclusive collaboration between Femina Miss India Organisation and FV LSI (Lifeness Science Institute) stands out through the active involvement of the students, contributing to contestants' health by promoting balanced lifestyles, supporting their wellness-focused routines and encouraging healthy habits.

## WHERE WELLNESS KNOWLEDGE MEETS REAL-WORLD APPLICATION



Conduct nutrition and wellness bootcamps to encourage healthy lifestyle practices



Evaluate lifestyle patterns and dietary habits to understand individual needs



Analyse body composition and key wellness indicators of participants



Develop personalised nutrition plans and provide ongoing wellness guidance

# Vishwa Swasthyam

INTERNATIONAL CONFERENCE SERIES



Vishwa Swasthyam 2025



## INTERNATIONAL CONFERENCE ON INTEGRATIVE STRATEGIES FOR METABOLIC HEALTH

PROTECT THE PRESENT, SAFEGUARD THE FUTURE

### Academic Partners



Mahad Kamdhadi 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 India Foundation, U.S.A.  
AAC Rankings Raja National Quality Commendation Certificate

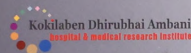


The IPA-MSB's Bombay College of Pharmacy - Autonomous  
Approved by AICTE, PCI and Affiliated to University of Mumbai



**B. K. Birla College, Kalyan**  
(Empowered Autonomous Status)  
Conducted by Kalyan Citizens' Education Society  
Affiliated to University of Mumbai  
College of Excellence Status by AICTE, PCI  
Recognized by NAAC (4th Cycle) with 'A' Grade (COPAR - 3.81) (2024-25)

### Knowledge Partners



### Co-sponsors





VishwaSwasthyam is a distinguished **international conference series** organized annually by the **Future Varsity - Lifeness Science Institute (FV-LSI)** – a pioneering division of **Future Varsity**. Over the years, it has evolved into a **premier global platform** for **health and nutrition professionals, researchers, and enthusiasts**, fostering knowledge exchange and collaboration.

Each edition of the conference unites **renowned nutritionists, dietitians, academicians, and students** through **keynote sessions, expert panels, and poster presentations**, promoting the sharing of **innovative ideas and evidence-based practices**.

**VishwaSwasthyam 2024**, themed “Prediabetes to Diabetes: A Trajectory of Concern”, was held on **5th and 6th January 2024** at **Kokilaben Dhirubhai Ambani Hospital & Medical Research Centre, Mumbai**, and was attended by **Padmashri Dr. V. Mohan, Dr. Tetyana Rocks, and Dr. Jonathan Johnston**.

**VishwaSwasthyam 2025**, on the theme “Integrative Strategies for Metabolic Health: Protect the Present and Safeguard the Future”, took place on **10th and 11th January 2025** at the same venue. The conference addressed **critical challenges in metabolic health**, emphasized **preventive approaches**, and featured **20+ scientific sessions and multiple panel discussions** led by **national and international experts**, alongside active participation from academic institutions across the country.

**VishwaSwasthyam 2026**, on the theme “The Hidden Endocrine Burden: Emerging Frontiers in Integrated Thyroid Care – Nutrition, Exercise & Resilience” to be held online on **9th-10th January 2026 (Virtual Mode)**, in collaboration with reputed professional bodies such as Mumbai Chapters of Indian Dietetic Association (IDA), and Association of Food Scientists and Technologists of India (AFSTI); Indian Association of Parenteral and Enteral Nutrition (IAPEN-India), South Asian Association of Enteral & Parenteral Nutrition (SAPEN), Association of Sports, Nutrition & Fitness Sciences (ASNFS) and Nutrition Society of India, Mumbai Chapter.

Through such initiatives, VishwaSwasthyam continues to **advance innovation, education, and collaboration** in the domains of **nutrition, dietetics, and holistic health**.



# KHELOTKARSH

— International Sports Conference — 2025 —

Khelotkarsh is a distinguished international conference series was jointly organised by ASNFS, Future Varsity - Lifeness Science Institute (FV-LSI) on 13th September 2025 in Mumbai. The event focused on the theme of 360° Athlete Performance, bringing together experts, athletes, and sports enthusiasts to explore key dimensions of nutrition, injury prevention, mental fitness, and resilience.

The conference featured interactive sessions and panel discussions highlighting practical strategies in sports nutrition, proactive recovery methods, and inspiring personal journeys of national and international athletes, including promising talents from Zimbabwe. By fostering learning, collaboration, and inspiration, Khelotkarsh 2025 reinforced the importance of a holistic approach to performance and excellence in the ever-evolving field of sports science.



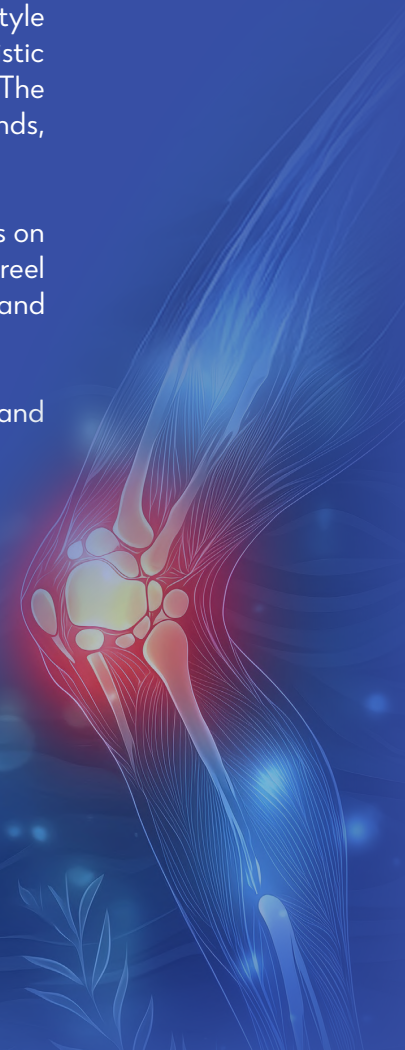


# PAUSHTIC N

Paushticon is a distinguished conference series. Under the header of PaushtiCon, a Nutrition and Lifestyle Symposium organized by the Future Varsity - Lifeness Science Institute (FV-LSI), dedicated to promoting holistic health and wellness through expert-led discussions, interactive sessions, and practical learning experiences. The event unites nutritionists, lifestyle coaches, academicians, and wellness enthusiasts to explore the latest trends, evidence-based practices, and preventive approaches in nutrition and lifestyle management.

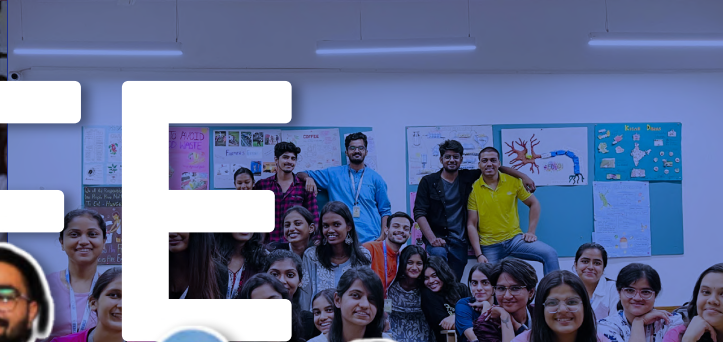
In 2025, PaushtiCon marked International Women's Day with a special focus on bone health, featuring insights on calcium, vitamin D, protein, and lifelong nutrition for stronger bones. As part of National Nutrition Month, a reel competition was also organized to encourage families to showcase healthy eating habits, fostering awareness and community engagement.

Through such initiatives, PaushtiCon continues to empower individuals with knowledge, inspire healthier living, and cultivate a culture of preventive wellness.











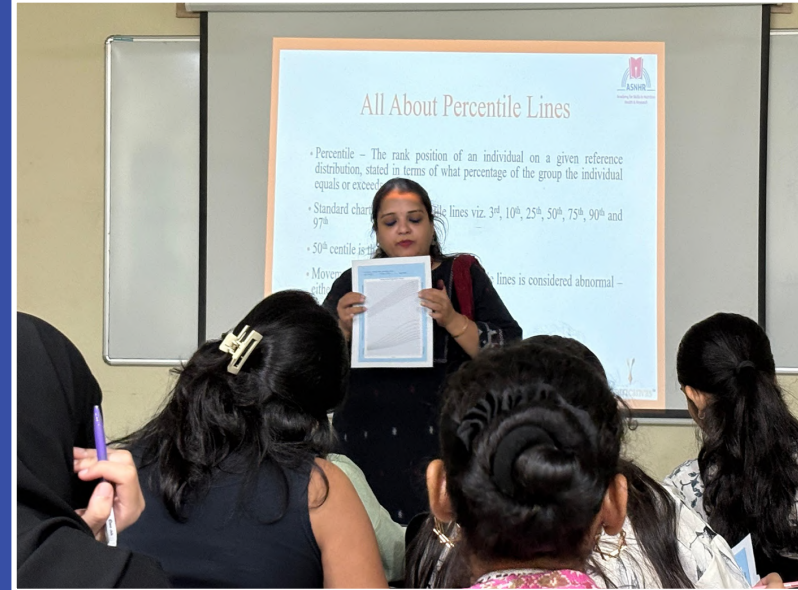
# MASTERCLASS

Lifeness Science Institute organized an insightful interactive session and masterclass for the Nutrition and Dietetics students to commemorate the National Nutrition Month. The event aimed to spread awareness about the importance of nutrition, lifestyle practices, and metabolic health. Mr. Luke Coutinho, a renowned holistic lifestyle coach, emphasized the significance of adopting simple yet powerful lifestyle practices. He guided the audience on the importance of quality sleep, regular exercise, mindful portion control, and protecting mitochondrial health. He also highlighted the need to reduce the consumption of outside food in order to maintain long-term wellness.



# WORKSHOPS

A Workshop on Growth Assessment was conducted to provide students with hands-on experience and practical understanding of key concepts related to growth and development. A major highlight of the workshop was the demonstration of how simple growth charts can aid in identifying cases of malnutrition or disease, emphasizing their importance in clinical and community nutrition practice. Participants were also introduced to the WHO Anthro and AnthroPlus software, gaining practical training on how to use these tools for accurate growth monitoring and assessment.



On the occasion of World Food Safety Day, a workshop was organized by the Lifeness Science Institute for S.Y.B.Sc. students. The session was led by Mr. Gajanan Patil, who delivered an insightful talk on key aspects of consumer safety and the importance of the Consumer Protection Act. He also demonstrated simple and practical food adulteration tests, helping students identify unsafe food practices. The workshop aimed to raise awareness about food safety and empower students to become informed consumers.

YPL

An intercollegiate tournament where students gain hands-on experience, develop leadership, teamwork, and problem-solving skills, build industry networks.

# CULTURAL EVENTS

JOSH

A vibrant cultural festival filled with energy, creativity, and real-world insights into management.



“

Nutrition Is Not Just  
About Eating, It's About  
Learning To Live.

— PATRICIA COMPTON

”



# STUDENT ACHIEVEMENTS

@thewellnessjournal.co successfully created by students of LSI, is a wellness platform where science-backed nutrition meets simple, everyday health tips, promoting long-term balance and well-being.



Our students conducted school outreach sessions, engaging children through interactive activities to promote the importance of nutrition, healthy eating habits, and overall well-being.



Neyonika Somani, an LSI student, launched Nutrition by Neyoneka, an independent nutrition venture offering personalised online consultations and evidence-based Instagram education to make healthy living practical, accessible, and sustainable.



Pradnya Chauhan represented the institute at the All India 18th Cultural National Dance Contest and Festival, winning second prize in the semi-classical solo category and first prize in the semi-classical group category.



Riddhi Yadav, another LSI student, founded Nutridz, a nutrition initiative sharing affordable, nutritious, and tasty recipes while promoting portion awareness, nutrient education, balanced eating habits, and reduction of food waste.



Parth Purohit actively participated in the Shivjayanti 2025 Art Competition.



# INDUSTRY TESTIMONIALS

## MS. SNEHA NAYAK, AASTHA BARIATRICS

I had the opportunity to mentor students from LSI College during their internship and found them to be sincere, motivated, and receptive to clinical and practical learning. Their clarity of nutrition fundamentals and ability to apply concepts reflected a strong academic foundation.

The LSI syllabus is very up to date and thoughtfully designed to meet current health and wellness needs. It demonstrates a strong integration of holistic health concepts with nutrition, emphasizing the interconnection between physical, mental, and lifestyle factors. The curriculum balances scientific and clinical nutrition with a focus on preventive care, wellness, and sustainable health practices, making it highly relevant to modern healthcare and current industry requirements.

Overall, the syllabus effectively prepares students to transition confidently into professional and clinical nutrition settings.

## RAJESHWARI PANDA

CHIEF DIETITIAN - MEDICOVER HOSPITALS

The LSI dietetics syllabus is practical and industry-relevant. The interns showed good understanding of nutrition concepts, professionalism, and a positive approach to learning during their internship.

## POOJA UDESHI

SPORTS NUTRITIONIST  
KOKILABEN DHIRUBHAI AMBANI HOSPITAL

The syllabus at Lifeness Science Institute is structured in a clear and systematic manner, covering essential concepts with a focus on practical relevance. It aligns reasonably well with current industry requirements and provides learners with a functional understanding that can be applied in professional settings.





# FACULTY TESTIMONIALS ON LSI




## MS. SHALMALEE POTDAR

As a faculty, I appreciate the academic depth and clarity with which Lifeness Science Institute designs its programs. The curriculum is well-balanced, combining strong theoretical foundations with practical exposure and interdisciplinary learning. Regular academic activities, skill-based workshops, and co-curricular initiatives create an engaging learning atmosphere and prepare students for real-world professional roles. LSI's emphasis on holistic education and continuous learning makes it a strong academic institution in the field of health and nutrition sciences.



## MS. ANANYA SARKAR

What makes Lifeness Science Institute unique is its holistic, integrative approach to nutrition and dietetics. Our programs emphasize the strong correlation between nutrition, health, and fitness, empowering students to adopt a comprehensive view of wellness. It is rewarding to guide students who graduate with clarity, competence, and a strong sense of purpose.





## MS. POOJA BODDU

The curriculum is thoughtfully designed, practical, and aligned with current industry requirements. It goes beyond theoretical concepts by emphasizing real-world application, which helps students develop confidence and clarity in their learning. The structured yet flexible approach supports effective teaching and meaningful student engagement, truly reflecting LSI's commitment to quality education.



## MS. MONA DESAI

I Mrs Mona Desai a visiting faculty at esteemed institution LSI since 2021 wanted to share that college syllabus is thoughtfully crafted ,balancing theory and practical application. Each subject is structured to build a strong base. The integration of projects ,seminars and hands on activities makes learning engaging.It stays updated ensuring students are well prepared for higher studies.



## MS. YAMINI SURVE

Teaching students at LSI Integrative Nutrition has been a truly enriching experience. The Future Varsity Education Group's strong vision and commitment to academic excellence ensure that students receive the best learning opportunities. By integrating both quantitative and qualitative research skills into the curriculum, students gain a clear advantage in today's competitive academic and professional landscape. The students at LSI are enthusiastic, curious, and receptive to new ideas, creating a dynamic and inspiring learning environment. I feel privileged to be part of the LSI family and warmly invite you to join this institution that nurtures knowledge, innovation, and future-ready professionals.



# STUDENT TESTIMONIALS

## Trishna Vivek

I had an incredibly enriching experience at Lifeness Science Institution (LSI). The institution's commitment to fostering a culture of innovation, creativity, and critical thinking is truly commendable. From the moment I stepped through the doors, I was treated with warmth, respect, and professionalism by every member of the team. The instructors were highly knowledgeable, enthusiastic, and dedicated to ensuring our success. Their teaching methods were engaging, interactive, and tailored to meet the diverse needs of students. LSI's state-of-the-art facilities, cutting-edge technology, and extensive resources provided an ideal learning environment.



## Tushar Popat Bade

The institution's commitment to academic excellence, coupled with its focus on extracurricular and co-curricular activities, has helped me grow not only as a student but also as a person. The supportive faculty encouraged us to think critically and pursue our goals passionately, while the well-equipped campus provided the perfect environment for learning and exploration.



## Joanna Travasso

Lifeness Science Institute (LSI) is a very good institute for learning Integrative Nutrition and Dietetics. I am currently in the Second Semester of FYBSC and I am really glad I got into LSI. I am getting to learn so much due to its excellent syllabus. Teaching faculty use innovative approaches in classrooms and create a positive learning environment. We are taken on Industrial Visits to learn more about the food processing industry. Many competitions are held to bring out the talent in students. We are also taught yoga and science behind cooking. I am very happy with my decision of choosing LSI.



## Anjali Jain

My experience at Lifeness Science Institute (LSI) was so nice. It was a time of personal growth and learning, both academically and socially. I had the opportunity to explore various subjects, meet diverse people, and engage in activities that broadened my perspective. College was a transformative experience that shaped my future in many ways.



# STUDENT TESTIMONIALS

## Dhanashree Kadam

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The experience at Lifeness Science Institute (LSI) is very good. I learned about the opportunities it offers for academics, extracurriculars, and personal growth. It helped me feel confident about my choice and look forward to starting my journey there.



## Vaishnavi

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Sports day and Cultural fest at Future Varsity- LSI celebrated diversity and teamwork. Loved every bit!



## Isha

---

The Masterclass on Integrative Nutrition blew my mind. Experts broke down complex topics into actionable insights.



## Shifa Shaikh

---

Starting my journey at LSI has been both exciting and refreshing. The faculty members have been incredibly approachable and always ready to help, creating a supportive environment that makes learning enjoyable. Being here has introduced me to new perspectives, and the engaging teaching methods have made the experience even more enriching. I'm looking forward to learning and growing more at LSI Institute in the coming years.



## Devanshi Dwivedi

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My journey at LSI has been good learning experience . The classes the workshop the activities which are helping in improving my skill and confidence.



# ADMISSION PROCEDURES

Our admission process is designed to identify students whose aspirations and abilities align with the evolving field of Integrative Nutrition and Dietetics. Through a structured step-by-step approach, we assess each applicant's potential and guide them toward the program best suited to their goals.

**All applicants are required to follow the prescribed application guidelines.**

APPLY

ELIGIBILITY

EVALUATION

PAYMENT

## ELIGIBILITY

Undergraduate Programs:  
Completion of 10+2 or equivalent from a recognized board.

Postgraduate Programs:  
A graduate degree in any stream from a recognized university.



## APPLY

Submit the Provisional Application Form along with the following documents:

- ➔ 3 passport-size photos
- ➔ Photocopies of 10th & 12th marksheets/certificates
- ➔ Photocopy of graduation marksheet & degree (*for PG applicants only*)
- ➔ Admit card (if awaiting results)
- ➔ Experience certificate (*if applicable*)
- ➔ ABC ID Proof
- ➔ Mumbai University Form
- ➔ College Form

All original documents must be presented at the time of admission.

ADMISSIONS  
OPEN  
ADMISSIONS  
OPEN  
ADMISSIONS  
OPEN

## EVALUATION

- ➔ Applicants are required to complete an interview, and/or project submission.
- ➔ Shortlisted candidates will be invited for a personal or telephonic interview.
- ➔ The evaluation process assesses academic performance, personality traits, motivation, goals, and self-awareness.
- ➔ Original documents must be verified during admission.
- ➔ Selected applicants will be notified via phone or email with details regarding fee payment.

## PAYMENT

- ➔ Undergraduate Applicants: First instalment to be paid along with the Application Form.
- ➔ Postgraduate Applicants: First instalment to be paid within 7 days of selection confirmation.

# OUR CAMPUS

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Harbour

# AWARDS & RECOGNITION



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Contribution in Healthcare and  
Wellness Education**



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