



NUTRIVIBE

— • *Edition - 2026* • —



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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.





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



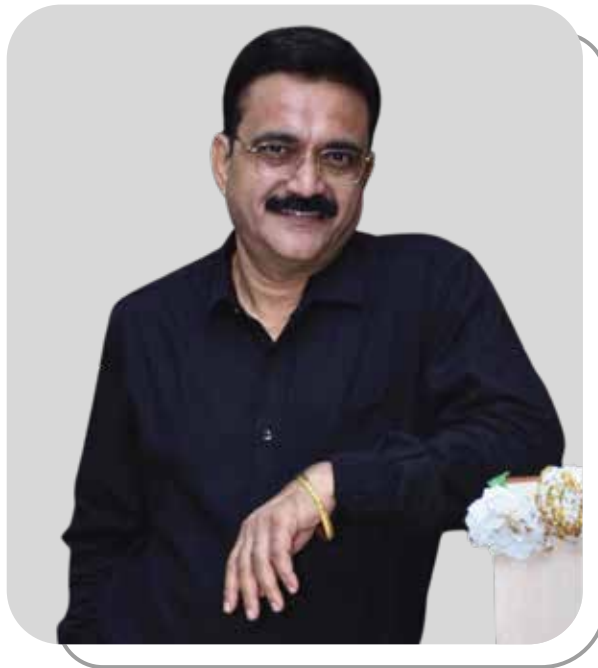
MISSION

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



DIRECTOR'S MESSAGE

Mr. Gopal C. Sharma



At FVEG Lifeness Science Institute (FVEG LSI), we're not just building careers - we're shaping the future of health and wellness. We inspire mindful living, nurture changemakers, and ignite passion with purpose.

Through our flagship conferences like VishwaSwasthyam, Khelotkarsh, and Paushticon, we connect ideas, innovation, and inspiration. With a perfect blend of learning, exposure, and experience - FVEG LSI is more than an institute; it's a movement toward a healthier tomorrow. Where knowledge meets action, and tomorrow's leaders redefine wellness today.

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



LUKE COUTINHO

—— Chief Mentor ——

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.



SUBHADRA MANDALIKA

—— Academic & Research Advisor ——

Prof. (Dr.) Subhadra Mandalika is an academic and research advisor at FVEG-LSI, having joined in March 2023 after a distinguished three-decade career in academia and research. In her role, she focuses on curriculum development, academic coordination, faculty mentoring, and organizing scholarly events to enhance education quality and foster research. She has curated and revised syllabi, facilitated course management, upgraded laboratories, and organized workshops, masterclasses, and internships.

Additionally, Dr. Mandalika has contributed to faculty recruitment, scientific programs, and international conferences, helping align LSI's vision with industry standards and emerging research. Through her efforts, she supports LSI's mission of excellence in integrative nutrition education.

LIFE AT LSI



Goodbye but Never Forgotten:
Farewell Bash for Our Seniors



Dream Jobs Unlocked:
Campus Placement



Beyond Boundaries:
IV Experience at Gujarat



Cafeteria Diaries & Foodies' Hub:
NutriLounge Tal



Garba



Oxygen Boost:
Visit to Hyperbaric Oxygen Center



Bridging Theory & Practice:
Hospital Visit 2025

LIFE AT LSI

WASTE NOT,
CREATE MORE:
BEST OUT OF WASTE
SHOWCASE

SAFE FOOD,
STRONG FUTURE:
WORLD FOOD
SAFETY DAY WORK-
SHOP

FROM IDEAS TO
IMPACT: PROPOSAL
WRITING WORKSHOP

SPLASH OF COLOURS:
ART DAY CELEBRATION

PLANT TODAY, BREATHE
TOMORROW: WORLD
-ENVIRONMENT DAY
DRIVE

COOKING UP
KNOWLEDGE: FOOD
PROCESSING
WORKSHOP WITH
DRASHTI SHAH

STRETCH. BREATHE.
RELAX:
INTERNATIONAL
YOGA DAY
(7 DAY WORKSHOP)

PAINTED WITH
PASSION: HAND
PAINTING FIESTA

HELLO FRESHERS:
ORIENTATION WEEK
HIGHLIGHTS

Femina Miss India

Miss India Organization, for the very first time in 60 years has granted an academic institution the official license to host and organize its state pageant, Femina Miss India Maharashtra, Haryana, and Gujarat. Future Varsity Education Group, with 25 years of excellence, 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.



CONFERENCES AT LSI

1

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.



2 VishwasSwasthyam 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.



Khelotkarsh 2025

Khelotkarsh 2025 was held on 13th September 2025, bringing together experts, athletes, and students to discuss sports, nutrition, and performance. It was the first-of-its-kind conference on sports nutrition, as such dedicated platforms are rare. The event featured inspiring talks, panel discussions, and interactions with renowned athletes and professionals, making it a true celebration of sports and science.





Student Achievement

Students of LSI visited various schools to educate children about the importance of nutrition and healthy eating habits. Through fun activities and interactive sessions, they helped young learners understand how good nutrition supports growth and overall well-being.

SHRADDHA GROVER



Students Achievement

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PRADNYA CHHAUHAN



PLACEMENT & INTERNSHIP

COLLABORATION





HAFSAH POTRICK

B.Sc Integrative Nutrition and Dietetics

My experience with Lifeness Science Institute has been very enriching. Currently I'm doing my B.Sc in nutrition and dietetics here and I'm grateful to get a quality of teachings and the supporting faculty. The institute provides both practical and theoretical exposure helping us grow confident in this field. The learning environment is motivated and filled with opportunities to explore different aspects of nutrition and health.



JUI BURKE

B.Sc Integrative Nutrition and Dietetics

LSI college provides a balanced environment for both academics and personal growth. The faculty is knowledgeable and supportive, and the curriculum is well-structured with practical exposure. Apart from assignments, the college organizes events, workshops, seminars that help in overall development.



RIYA PAL

M.Sc Integrative Nutrition and Dietetics

Life at LSI is truly transformative! The faculty is supportive and knowledgeable, the campus is vibrant, and the opportunities are endless. I've grown so much as a person and a professional during my time here. The resources and facilities are top-notch, and the friends I've made will be lifelong companions. If you're looking for a place to learn, grow, and thrive.

SHREYA MHAPRAKAR

M.Sc Integrative Nutrition and Dietetics

My journey with Lifeness Science Institute has been truly amazing. I completed my B.Sc in Nutrition and Dietetics here and now I'm pursuing my M.Sc as well that shows how much I value this institute. The faculty is very supportive and knowledgeable, always encouraging us to learn practically and think creatively. The workshops and internship have helped me gain confidence and real world experience. The environment here is friendly, positive, and full of opportunities for growth. I've not only learned a lot but also made some of my best memories and even found my bestest life friend here. I'm genuinely grateful to be a part of LSI it's a place that feels like family and truly shapes you into a better version of yourself



COURSES OFFERED BY



COURSES OFFERED AT



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.





CONTACT US

MALAD

+91 86459 31111
+91 86459 81111

KALYAN

+91 86458 91111
+91 86459 31111

GHATKOPAR

+91 86459 31111
+91 86459 81111

KALINA (Santacruz)

+91 86459 31111
+91 72529 84000