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LSI offers programmes in integrative nutrition and dietetics

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By **Pooja Yadav** | October 22, 2020



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Holistic Lifestyle Coach Luke Coutinho to mentor the Integrative Nutrition and Dietetics Programmes

Lifeness Science Institute (LSI), an educational initiative by Holistic Lifestyle Coach Luke Coutinho, is offering under graduate (Bachelor of Science Degree in Integrative Nutrition and Dietetics) and Post Graduate (Post Graduate Diploma in Integrative Nutrition & Dietetics) courses in collaboration with Nagindas Khandwala College (affiliated to the University of Mumbai).

The courses will be mentored under the able guidance of Luke Coutinho, along with his core team members Hemali Malavia, Hardika Vira and Dr Akshat Chadha, who have extensive knowledge and a vast experience in the wellness industry. With a foundation firmly rooted in Integrative Lifestyle Medicine, these courses thoroughly train the students for a career in the nutritional health and wellness industry by covering variety of topics ranging from nutrition, fitness, sports nutrition, clinical nutrition, diet therapy to healthy cooking, nutrigenetics, lifestyle, food psychology and many more, including research practicals and projects.

The Under Graduate Programme blends modern science with holistic lifestyle practices and principles and is the first step to a fulfilling career in nutritional health and wellness, whereas the Post Graduate programme will allow students to take up leadership positions in the wellness industry.

LSI’s experiential teaching modules and mechanisms are based on Luke’s principles and practices. They have been designed to offer a learning experience that is comprehensive, dynamic and innovative. The programmes will also emphasize on digital learning and the development of soft skills to help them enhance their corporate capabilities.

Read online: https://nuffoodsspectrum.in/news/33/16571/lsi-offers-programmes-in-integrative-nutrition-and-dietetics.html
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