

UNIQUE 2-MONTH

P R O G R A M

Rujuta Diwekar

You can think of it as a middle path between the free consultation day and a full-fledged consultation program. You should consider joining this program if you have financial constraints to sign up for the exclusive consultation program.

It's a 2-stage program: Rujuta's team conducts a 4-hour online workshop on a selected topic, for example, fat loss, thyroid and pcod, diabetes and heart health, exercise and yoga, etc., and then a designated team nutritionist follows up with you over the next 2 months to ensure that you are able to apply the learnings in your daily lives.

Structure



1. Online Workshop

Jinal Shah, senior nutritionist with Rujuta, conducts the 4-hour online workshop from 9am to 1pm IST. This includes 3 sessions with dedicated time for Q & A in each session. Rujuta's mother, Prof. Rekha Diwekar, also conducts one session.



2. Follow-up Appointments

4 appointments over the next 2 months with a designated team nutritionist. They will help you with guidelines and feedback on food and exercise planning and also answer all your questions. Appointments are for 20 min each over the phone.

2023 Sessions

21 JAN

FAT
LOSS

29 APR

PCOD &
THYROID

05 AUG

FAT
LOSS

04 Nov

DIABETES &
HEART HEALTH

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