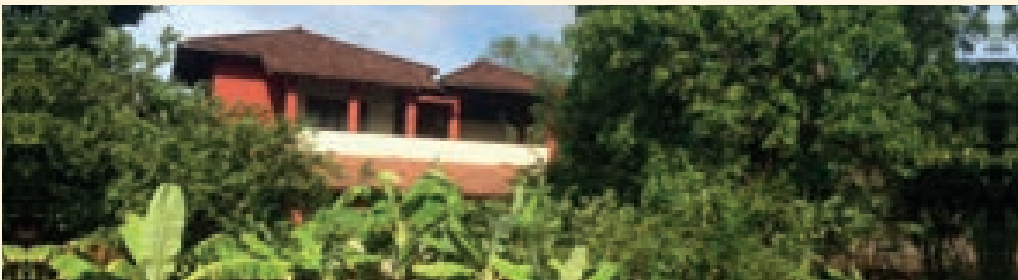




# Rujuta Diwekar

› Unique 2-month program ‹

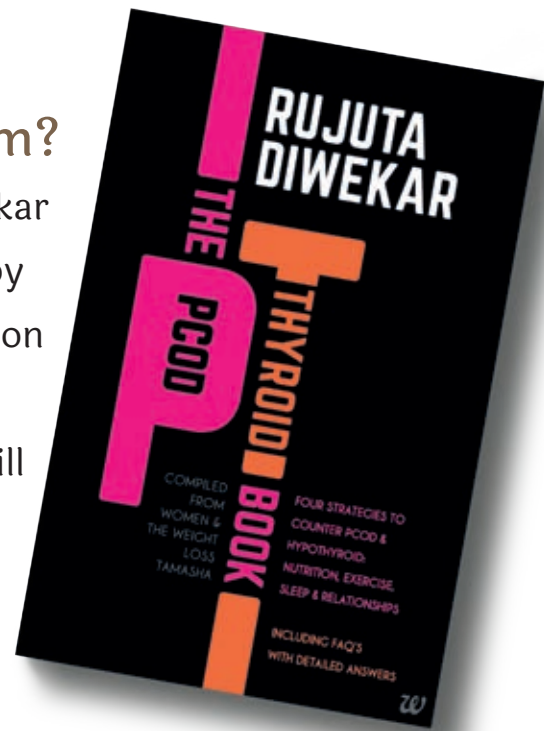
Next date – 16<sup>th</sup> March 2019  
Special focus – PCOD and Thyroid



*"Health begins where fear about food ends."*

## What is the Unique 2-month program?

It's a 2-month program conducted by Rujuta Diwekar and her team. There is a full day group workshop by Rujuta followed by a 2-month individual consultation with her team nutritionists. The idea is to educate you on the nutrition and exercise strategies that will work best for you based on your lifestyle, current fitness levels and long-term goals.



## How does it work for me?

The full day workshop will help you clarify your doubts and ask specific questions in addition to getting all the right information on food and exercise. The 2-month consultation ensures that you stay connected and committed to the learning from the session through regular analysis and feedback of your progress.



## Rujuta's farmhouse in Sonave

Barely an hour outside Mumbai, but a world apart, Sonave is a picture perfect tribal village with lush green fields, small bamboo huts and hills in the background. Rujuta has her ancestral farmhouse there and the quiet and peace it makes it the perfect venue for the Unique 2-month program.



## The 2-month follow up

You will be assigned a nutritionist from Rujuta Diwekar's team. A 2-month interaction schedule will be finalized based on your convenience with a phone interaction every week wherein your progress will be analyzed and feedback on nutrition and exercise plan will be provided.

## Next Unique 2-month program– Starting 16<sup>th</sup> March, 2019

The special focus this time is on PCOD and Thyroid. On signing up we ask you to fill up a 3-day diet and activity recall sheet (DAR), which Rujuta and her team will study in detail. This will form an important basis of your 2-month follow up. Since the appointments happen over phone and email, your physical location doesn't matter.

## Workshop by Rujuta & team on 16<sup>th</sup> March: PCOD and Thyroid

### The Lesson plan

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|                       |  |
|-----------------------|--|
| 9:00 am               | Traditional welcome & breakfast followed by informal chat with Rujuta and her family.  |
| 9:30 am - 10:30 am    | <b>Part 1: PCOD and Thyroid myths -</b> <ul style="list-style-type: none"><li>• Can I lose weight with PCOD/Thyroid?</li><li>• Will it be tough for me to conceive?</li><li>• Do I need to eat protein rich food?</li><li>• Is it possible to get periods without pills?</li></ul>             |
| 10.30 am - 10.45 am   | Question and Answer Session  |
| 10.45 am - 11.00 am   | A short break  |
| 11.00 am - 12.00 noon | <b>Part 2: Strategies to counter PCOD and Thyroid problems:</b> <ul style="list-style-type: none"><li>• Super foods for super hormones</li><li>• Work out your way to a slim waist</li><li>• Sleep gadget free to stay drug free</li><li>• A hobby a week, keeps you happy and sleek</li></ul> |
| 12:00 noon - 12:30 pm | Question and Answer Session  |
| 12:30 pm - 1:30 pm    | A sit down traditional Maharashtrian lunch served on banana leaves. Learning to eat in silence.  |
| 1:30 pm - 2:00 pm     | <b>Part 3: Hormones in the kitchen<br/>Session by Prof. Rekha Diwekar</b>  |
| 2:00 pm - 2:30 pm     | <b>Part 4: Meal and exercise planning:</b> <ul style="list-style-type: none"><li>• Daily meal planning</li><li>• Choosing late night snacks wisely</li><li>• Weekly exercise calendar</li></ul>  |
| 2:30 pm - 3:00 pm     | Question and Answer Session  |

## Cost of the Unique 2-month program: Rs. 50,000/-

(The cost includes the 2-month follow up, transportation ex-Khar west and all meals during the workshop).

**Note:** The number of participants in the Unique 2-month program is limited to 20 to ensure personalized attention to everyone. You will need to make the full payment in advance to confirm your seat.

### Payment options:

1. Check seat availability before making payment – [Here](#) [Sign up](#)
2. If you make payment after seats are full, it will be automatically transferred to first available date. Fees is non-refundable.
3. Due to limited availability of seats, only one person from a family can sign up for any given U2P. Also, you can re-sign up for another U2P only after one year.

#### Demand Draft/ Cheque:

For 'Rujuta Diwekar'  
402/3, Ram Krishna Chambers,  
Opp. Maple showroom,  
Linking Road, Khar West,  
Mumbai- 400052

#### Online transfer/ Direct deposit to:

Beneficiary Name - Rujuta Diwekar  
Current Account # - 910020016032277  
Bank Name - Axis Bank Ltd.,  
IFSC code: UTIB0000415  
Branch – Springfields, Lokhandwala, Andheri west

### FAQs:

#### Q: How is the Unique 2-month program different from a 1-month exclusive consultation?

The difference lies in the level of involvement of the nutritionist assigned to you. You fill in the diet and activity recall every week and email it to us, your designated nutritionist provides you feedback on the same and answers any questions you might have.

|                         | Unique 2-month program        | 3 month exclusive consultation      |
|-------------------------|-------------------------------|-------------------------------------|
| Meal and Exercise plans | No. Only feedback over phone. | Yes                                 |
| Mode of interaction     | Phone only                    | Phone, Skype, Facetime or in person |
| Duration                | 15 mins/ week                 | 30 mins/ week                       |
| Additional support      | No                            | Email or WhatsApp                   |
| Cost                    | ₹ 50,000                      | ₹ 1,80,000                          |

#### Q: Do I need to be in Mumbai to attend the workshop?

A: No. You can be anywhere in the world and join this program since the interactions during the 2-month follow up happen over phone. We have had participants from across the globe who travel to Mumbai for the workshop. In case you are not able to attend, you will get the notes from the workshop.

#### Q: Can you arrange for my transport?

A: Yes we arrange for your transportation from our office in Khar west. We leave Mumbai at 6:30 am and plan to come back around 7:00 pm.

#### Q: Can I fly out on the same day?

A: Yes, you can. Book flights post 9:00 pm to be on the safer side. We leave by 4:30 pm from Sonave.

#### Q: Do we get any notes or manual?

A: Yes, you get a note pad and a pen to take notes and we provide you a file with the summary notes of all that was discussed and is worth remembering from the workshop.

#### Q: What are the dates for upcoming Unique 2-month program?

A: Next workshop is scheduled for 06<sup>th</sup> July 2019. Special focus is on: Losing fat and keeping it off.

To know more visit this link

<http://www.rujutadiwekar.com/page.asp?pid=63&pid=63&under=23> OR

simply scan the QR code (shown below) using your smart phone.



Get in touch:

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