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Rujuta Diwekar is a winner of the nutrition award from Asian Institute of Gastroenterology. Rujuta is India's leading sports science and nutrition expert and amongst the world's most followed nutritionists. She is also a best-selling author and the country's foremost expert on nutrition. Rujuta Diwekar amongst the most qualified sought after nutrition wellness experts in India. Rujuta Diwekar is a vocal champion of using our common sense and un-

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Rujuta Diwekar shared a video in which she presented a pre workout plan that answers the question of whether you should work out on an empty stomach or the right gap. Rujuta is amongst the most sought after speakers globally on health and fitness. She and her team conduct in person workshops and online webinars.

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