

# Don't Lose Your Mind, Lose Your Weight By Rujuta Diwekar

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Rujuta Diwekar works out of Mumbai, practises yoga in Rishikesh, ideates in Uttarkashi and treks in rest of the Indian Himalaya. Winner of the Nutrition Award 2010

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### **Rujuta diwekar - wikipedia, the free encyclopedia**

She is the author of "Don't Lose your Mind, Lose Your Weight". "Don't Lose Out, WorkOut!". Rujuta is married to Gaurav Punj of Connect with Himalayas Initiative.

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