



Press Release

Ladies Study Group Hosts Insightful Conversation on The Weight Loss Revolution with Dr Ambrish Mithal and Dr Chandra Shekhar Mukherji

Kolkata, 12th January, 2026: The Ladies Study Group (LSG) continued its inspiring series of conversations under the banner “**Lead the Change**” with an insightful and engaging evening on “**The Weight Loss Revolution**”, moving the conversation beyond diets and quick fixes to focus on science, metabolism and long-term wellbeing. The session featured **Dr Ambrish Mithal**, Padma Bhushan awardee, the author of The Weight Loss Revolution and one of India’s foremost endocrinologists and diabetologist, in conversation with **Dr Chandra Shekhar Mukherji**, a leading neuropsychiatrist and pain physician.

Held at the Lawns of Kenilworth Hotel, the session brought together LSG members and guests for a nuanced discussion on weight, health and the complex relationship between metabolism and modern lifestyles. The dialogue emphasised the importance of evidence-based understanding, sustainable health practices and informed choices over fleeting trends.

During the session, **Dr Ambrish Mithal** highlighted how weight loss revolution driven by GLP-1 drugs marks a major medical breakthrough rather than a passing trend. He explained how these medications address obesity as a metabolic and brain-related condition by reducing “food noise,” regulating appetite and thereby improving overall health outcomes. The discussion explored their impact on women, including menopausal and post-menopausal women. In conversation with **Dr Chandra Shekhar Mukherji**, the discussion addressed common misconceptions around weight loss and underscored the need for clarity and responsible use of such drugs alongside lifestyle changes to ensure long-term benefits.

“At Ladies Study Group, we believe meaningful change begins with informed conversations. Through this session, we wanted to move beyond trends and headlines to create awareness around health, science and responsible choices revolving around weight loss, especially for women navigating different stages of life,” said **Ms Richa Agarwal**, President of the Ladies Study Group.

An evening of thought-provoking perspective and meaningful conversation, the event reaffirmed **Ladies Study Group’s** vision of facilitating conversations that truly matter. The session reflected LSG’s commitment to encouraging informed dialogue on subjects that impact every stage of life. By fostering conversations grounded in science and lived experience, the group continues to champion thoughtful engagement over sensationalism. The evening concluded with an interactive exchange, leaving attendees with renewed perspective and practical understanding of health beyond conventional narratives.

About Ladies Study Group (LSG):

Way back in 1966, some stalwarts from the Indian Chamber of Commerce realized that in spite of the spread of education among women, their potential aptitudes and merit were hardly given due recognition. Therefore, in order to create a platform that encourages women towards mobilizing their talents and participate in issues relating to the national fabric, they set up the Ladies Study Group. It was inaugurated by the then Governor of West Bengal, Ms Padmaja Naidu. The LSG, today, comprises of an enlightened group of women who are highly conscious of their environment and totally committed to the study and analyses of the socio - economic trends which are prevalent



not only in India but throughout the world. It is more like a sisterhood between women bonded by the passion of learning. From a group of 12 women sitting around a table at the Indian Chamber premises, LSG now has 500+ members. The members hail from various segments of society and from diverse fields such as industry, art, finance, technology, fashion, fitness, lifestyle, etc.

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