



लखनऊ विश्वविद्यालय
University of Lucknow
(Accredited A++ by NAAC)

COUNSELLING AND GUIDANCE CELL &
HAPPY THINKING LABORATORY

ORGANIZE

GROUP DISCUSSION

**TOPIC : IS POLITICAL EMPOWERMENT
THE KEY TO OVERALL WOMEN'S
EMPOWERMENT ?**

PATRON



PROF. JAI PRAKASH SAINI
HON'BLE VICE CHANCELLOR
UNIVERSITY OF LUCKNOW

DATE - 16/04/2026 , TIME : 1PM ONWARDS
VENUE:CGC & HTL , 3RD FLOOR ONGC BUILDING,
LUCKNOW UNIVERSITY

CONVER :

PROF . M. PRIYADARSHINI , DIRECTOR,HTL
PROF. VAISHALI SAXENA, DIRECTOR ,CGC

Report

On 16 April 2026, the Counselling and Guidance Cell (CGC) and Happy Thinking Laboratory (HTL), organized a Group Discussion on “Is Political Empowerment the Key to Overall Women’s Empowerment?”. The event was held at the Happy Thinking Lab, 3rd Floor, ONGC Building, University of Lucknow. The program was held under the patronage of the Hon’ble Vice Chancellor, Prof. Jai Kumar Saini, whose guidance continues to inspire academic excellence within the University. ” The discussion aimed to understand the relationship between women’s participation in politics and their social, economic, and educational advancement. Participants shared diverse viewpoints, examples, and suggestions regarding the role of political empowerment in achieving gender equality. The event started with the Director of Happy Thinking Laboratory Prof.M. Priyadarshini.

Prof.M. Priyadarshini discussed that to examine the importance of women’s political participation, analyze whether political empowerment alone can ensure overall empowerment, to identify challenges faced by women in politics and society, to suggest measures for improving women’s empowerment in all spheres.

Prof. Vaishali Saxena, Director Counseling and Guidance Cell discussed Women can create laws and policies that protect women’s rights. Lack of education and financial independence limits effective participation in politics. According to this view, empowerment must include education, employment opportunities, healthcare, and social equality. The discussion emphasized that education and financial stability are equally important. Educated and economically independent women are more likely to participate confidently in political and social activities.

Some Suggestions Given by Students:

The group proposed several measures to improve women’s empowerment

Increase women’s representation in politics and leadership.

Promote girls’ education and awareness programs.

Ensure equal pay and employment opportunities.

Strengthen laws related to women’s safety and rights.

Encourage participation of women in decision-making at all levels.

Change societal attitudes through media and education.

The group discussion concluded that political empowerment is an important step toward overall women’s empowerment, but it cannot work in isolation. True empowerment requires equal opportunities in education, employment, healthcare, and social life along with political participation. A balanced approach that combines political, economic, social, and educational empowerment is necessary to achieve genui.



नारी शक्ति वंदन अधिनियम, 2023

काउंसलिंग एंड गाइडेंस सेल एंड हैप्पी थिंकिंग लेबोरेटरी

मैंने उसको जब-जब देखा
लोहा देखा लोहे जैसे तपते
देखा। मैंने उसको जब-जब
देखा, गलते देखा, ढलते
देखा। गीली जैसा-चलते
देखा। मैंने उसको जब-जब
जब देखा लोहा देखा।

Give her high shoes
and she will
climb the mountains.
Women don't need only
reservation of seats
in politics, but they
need real influence and
decision making power.

Political empowerment is very
crucial for women's empow-
erment as it is very neces-
sary to include women in
policy making decisions to
make their life better & they
will be able to understand a
point of view of females more
clearly.

- Anaya Awasthi
MA Eng.

Nothing without us

Be aware of everyone
Even with your close
ones.

Power is important for
everyone, but most important
to whom, who know how
to use it without being
selfish and arrogant.

Do good to other without
having any expectation

Nainika Katoj
MA - English

More than having
political representation,
women need to
start having a political
opinion.

Vaibhav Mishra
MA - IVth sem

Nothing about us, without
us, Women empowerment
is important when it
lies only in women. Women
should not a puppet in
hand of others and bring
so called power full.

Political power give
voice, but Education
gives strength.
"I believe political
empowerment is
important, but it
is not the only key
to women empowerment."
- Satyhe
Chavhan
Sem-2 MA English

Women empowerment
is not about that women
stands taking their true
advantages, it gives them
the strength to raise those
topics which need to be
raise.

Political empowerment is
a powerful catalyst,
but it works best
when combines with
social, economic and
educational empowerment.

- Satya Prakash
Pratapatti
(MA-English) (Sem 4)

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Women are the real backbone of the society. They must get equality and respect they deserve not just to show her in reality.

Manvika Singh

Women empowerment leads to a greater society

We need to 'equalize' men and women in such a way (in society) that next time we need not to

As per what I think believe & experienced we as a women have always received more and respected more when we work accⁿ to others. I have raised my voice, Situation became worse so I will not do anything

discuss on women empowerment.

To the ques. - Is Political Empowerment the key to overall women's empowerment? So Yes, it'll be possible if only, it's not on the paper and mouths of politicians.

* It must be implemented on ground level.

Women Empowerment:

जैसे की हम सब को इस टॉपिक से पता चल रहा है कि महिला सशक्तिकरण, यह प्रथा हमारे प्राचीन काल से होती आ रही हैं। संस्कृत में एक कहानी: "यत्र नारीस्तु श्रेयते, समन्तं तत्र देवता ॥"

Political empowerment is the need of the hour when it comes to strengthening women's socio-economic condition

R.R Singh Bant
16/04/24

It's an amazing & phenomenal session.

It could have been better if there was proper mic & sound system so that we could listen.

हमारी दो विद्वानों बोला है एक जो हम बीना चाहते और एक वह जो हम बीते हैं 😊

Note- हम जो विद्वानों बीना चाहते हैं वह हमें बीना चाहिए। Be Happy

नारी शक्ति वंदन अधिनियम, 2023

काउंसलिंग एंड गाइडेंस सेल एंड हैप्पी थिंकिंग लेबोरेटरी

नारी शक्ति, सर्व शक्ति

नारी तब तक प्यारी लगे
जब तक वो बेचारी लगे
खोले जुनां जब अपने हक में
तेज धार वाली आती लगे॥

16/04/26

Nimish Singh
English MA (4th)

Women who Nurtures the
world she is always
enough for herself,
she does not need any
one, she is already
empowered.

Women's empowerment
is not about giving
power - it's about
recognizing the power that
has always existed.

Artika Sharma
MA 4th sem

Srinivas
MA Engl. IVth

The Session impart
knowledge on different
aspects of life.

"Love is the only way to
cure every ill."

"Getting freedom doesn't
mean to give up Human

Political empowerment
means giving women the
right, representation and
active involvement in decision making.
It's often seen as a foundation
for achieving broader
social & eco. equality.
Women should be empowered.

Harsh

Women Empowerment
is essential for society!

They need the demand
satisfaction!

Arsh

Women Empowerment
is very necessary for
our society as we
have faced many
difficulties.

Anjali Mishra

Empowering women
politically is not
just justice for
women, but progress
for the entire
nation.

Women Empowerment (Kohli)

जैसा कि पहले से स्त्री
की स्थिति को देखा
जाए तो खराब, दयनीय रही
है, लेकिन स्त्री-शक्ति
से सुधार आया।
अब स्थिति लेकिन ऐसी
है कि equality, और power
में नाम पर समता कही
न जाती बूझ रही है।
कैसे कसता है समता में
रहकर power को बूझ रही है।

Attendance

14/ Apr/26
(Women Empowerment)

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