



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  
लौहा देखा लौहे जैसे तपते  
देखा। मैंने उसको जब-जब  
देखा, गलते देखा, डलते  
देखा गौरी जैसा चलते  
देखा मैंने उसको जब-जब  
जब देखा लौहा 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 - II<sup>th</sup> 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 buy  
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  
starts taking their the  
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  
Pratapali  
(MA-English) (Sem 4)

# नारी शक्ति वंदन अधिनियम, 2023

## काउंसलिंग एंड गाइडेंस सेल एंड हैप्पी थिंकिंग लेबोरेटरी

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

Manvika Singh

Women empowerment leads to a gender-  
society

*[Signature]*

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

discuss on women empowerment.

As per what I think believe & experienced we as a women have always received more and respected more when we work acc<sup>n</sup> to others. I have raised my voice, Situation became worse So I will not do anything

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 topic से पता चल रहा है कि महिला सशक्तिकरण, यह प्रथा हमारे प्राचीन काल से चली आ रही है। संस्कृत में एक कहावत: "यत्र नारीस्तु श्यते, समन्तं तत्र देवता ॥"

It's an amazing & phenomenal session.

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

"हमारी दो विदगी पीता एक को हम पीना चाहते और एक वह को हम पीते हैं" 😞

Note- हम को विदगी पीना चाहते हैं वह हमें पीना चाहिए। Be Happy

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

## 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 जुना जब अपने हक में  
तेज धार वाली आती लगे ॥

16/04/26

Nimesh Singh  
English MA (4th)

Women who motivates 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.

Astika Sharma  
MA 4th sem

Scriman  
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 humani

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

Yashika

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

Women Empowerment  
is essential for society!

They need the surround  
support!

Anjali

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

Anjali Mishra

Women Empowerment (Yashika)

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 कही जाएगी।  
सुखे कठोरता है प्रमाणा में  
रहकर power को वा- है तो सभी

## Attendance

14/ Apr/26  
(Women Empowerment)

S.No.	Name	Contact No./dept./class.	Email
	R.P. Singh	Pub Ad. 7238882969	ranvirangjan891782@
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