

An Exclusive Interaction with Shri Gaur Gopal Das on “The Power of a Woman’s Mind: Overcoming Doubt and Limiting Beliefs”

April 9, 2025

FICCI FLO commenced its 2025-26 term with an impactful inaugural event under the leadership of its 42nd National President, Poonam Sharma.

The session, titled “The Power of a Woman’s Mind: Overcoming Doubt and Limiting Beliefs”, featured globally renowned motivational speaker Shri Gaur Gopal Das ji, whose words left a deep imprint on all present.

In his signature style, Gaur Gopal Das ji shared profound insights, reminding the audience that "If it is to be, it is up to me." He challenged the room to move beyond extreme narratives and embrace a more balanced, inclusive understanding of women empowerment—one that acknowledges the power of strength, the power of softness, and the power of smartness.

He emphasized that women don’t need to be empowered—they already possess power. What’s needed is a change in mindset, a shift from instant reactions to thoughtful responses—from instant coffee to filter coffee living.

The session called for fewer lectures and more listening, reinforcing that narratives shape outcomes and that real empowerment lies in choice, not isolation.

Held at Ambedkar International Centre, New Delhi, and Day Chaired by Governing Body Member Sunita Kanoria, the event set the tone for a year ahead filled with reflection, action, and transformation.









