

J.C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA FARIDABAD
NAAC 'A+' Grade accredited Haryana State University



Department of Business Studies
Report on Workshop on Johari Window
Held on 6th October 2023

The Department of Business Studies has organised an expert lecture on 6th October, 2023, from 10:30am to 12:30pm, for the students of Bcom(H) under the wisdom of chairperson, Dr. Manisha Goel. Ms. Radhika Sharma and Ms. Diksha Miglani, faculty members, department of business studies coordinated the expert lecture along with students Kirti and Devanshi. The workshop was conducted by Dr. Teena Hassija to create self-awareness and enhance team development among the students. With the help of case studies and real-life examples, speaker illustrated the concepts and helped participants understand how to apply them to their own lives. The students of B.Com Program participated enthusiastically.

J.C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD
(A HARYANA STATE GOVERNMENT UNIVERSITY)
ACCREDITED 'A+' GRADE BY NAAC

DEPARTMENT OF BUSINESS STUDIES
Organising
WORKSHOP
On
JOHARI WINDOW
(A Tool for effective team Player)

Improve Self Esteem
Personality Development
Develop Self Awareness

ARENA 	BLIND SPOT
FACADE 	UNKNOWN

DATE : 6TH OCTOBER ,2023
TIME : 10:30 AM - 12:30 PM

Patron
Prof. Sushil Kumar Tomar
Vice - Chancellor

Chairperson
Dr. Manisha Goel
Department of Business Studies

Resource Person
Dr. Teena Hassija

STUDENT COORDINATOR
Sushil - 9643759403
Teena - 8920213320

Faculty Co-ordinator
Ms. Radhika Sharma

We all are different and have our own qualities. Some of the personality traits of ours are known to us, but others are not. This prevents the development of self-awareness. She talked about a powerful psychological model called the "Johari Window," which is a tool that helps you become more self-aware by digging deeper and helps us understand ourselves. The speaker, began the session by explaining what the Johari Window is and how it works.



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The Johari Window is a model used to improve communication, self-awareness, and personal development. It consists of a four-quadrant grid that represents different aspects of an individual's self-awareness and perception. Expert lectures involved an in-depth discussion of each quadrant and how they relate to an individual's personal and professional life. The speaker explained four quadrants of Johari window which are:

Open Area: This quadrant represents the aspects of an individual that are known to themselves and to others.

Blind Area: This quadrant represents the aspects of an individual that are unknown to themselves but are known to others.

Hidden Area: This quadrant represents the aspects of an individual that are known to themselves but are unknown to others.

Unknown Area: This quadrant represents the aspects of an individual that are unknown to both themselves and others.



The Johari Window's ultimate purpose is to increase self-awareness. To achieve this purpose, one must constantly work on enlarging the 'Open Self' pane. This can be accomplished by remembering the following three golden rules:

1. Get regular feedback to become more conscious of your 'Blind Self'.
2. By sharing more about yourself, you can reduce the 'Hidden Self' area.
3. Discover more about your 'Unknown Self' through self and shared exploration.



Resource person guided the students through the procedure. The students undertook introspection in the first half of the task, identifying their open and hidden areas and writing the features on different colored papers. After completing their self-analysis, students were divided into 12 groups of five and given the task of identifying the characteristics of their team members. The group then compares open and hidden areas and fills in the blind and unknown windows. The participants utilized this instrument for self-awareness, and they were blown away by the results.



The workshop on Johari Window provided several benefits to students. Here are some of the key benefits:

Improved self-awareness: It helped students develop a better understanding of their own personality, strengths, weaknesses, and areas for improvement. By exploring the Open, Blind, Hidden, and Unknown areas of the Johari Window, students gained insights into their own self-concept and learn strategies for expanding their self-awareness.

Improved communication skills: It helped students develop better communication skills, including active listening, giving and receiving feedback, and self-disclosure. These skills are valuable in personal relationships as well as in the workplace.



Increased empathy: By exploring the Blind Area of the Johari Window, students gained insights into how others perceive them. This helped students develop empathy and understanding for others' perspectives and build stronger relationships.

Enhanced personal development: Lectures provided students with practical strategies for personal development, such as setting goals, seeking feedback, and developing self-awareness. By applying these strategies, students enhanced their personal growth and development.

Improved teamwork and collaboration: The Johari Window model is a useful tool for building stronger teams and enhancing collaboration. Lectures provided students with insights into their own communication and behavior patterns, as well as those of their teammates. By working to expand the Open Area and reduce the Hidden and Blind Areas, students are able to build stronger relationships and work more effectively together.



Overall, lectures on the Johari Window can provide students with valuable insights into self-awareness, communication, and personal development. These insights can be applied to both personal and professional settings, helping students to build stronger relationships, enhance their effectiveness, and achieve their goals.