

REPORT

FACULTY DEVELOPMENT PROGRAM (FDP)

"Transactional Analysis for Effective Interpersonal Relations"

September 24, 2022



One day FDP began with a welcome note to the resource person –Dr. Tanjul Saxena, Professor and Principal, Mahatma Gandhi College of Hospital Administration and all the dignitaries- President, Prof. Achintya Choudhury, Chief Functionary, RUJCT, Mr. Jayant Joshi, CEO, JCF, Mr. Markus Gmeiner and Registrar, Dr. Sandeep Singh Tomar by HR- Head/Manager Ms. Rashmi Chaudhary. She gave a brief introduction of Dr. Tanjul Saxena, "A Trainer by Passion, Teacher by Heart, and Researcher by Compulsion."



Chief Functionary, RUJCT, Mr. Jayant Joshi welcomed her by presenting a bouquet. President, Prof. Achintya Choudhury addressed the gathering and shared his views on the importance of teaching, training and interpersonal relationships and the utility of the FDP in developing interpersonal relationships.



Dr.Tanjul Saxena began the captivating and interesting session by narrating an interesting story highlighting the significance of feedback to oneself.



Dr.Tanjul Saxena further enlightened the audience with Eric Berne's Transactional Analysis Theory about how and why people behave the way they do- a method of understanding behaviour in interpersonal dynamics and reasons behind communication failure.

She elaborated four concepts of Transactional Analysis:

- **Concept of Ego States/ Structural Analysis:** She stated that human beings exhibit three states at any point of time and specifically during interactions; the parent ego, child ego, and the adult state. She also threw light on the various subdivisions of the three states during interaction with the help of examples.
- **Analysis of Transactions:** In this stage she focussed on transactions that human beings carry out with each other during communication (verbal or non-verbal). Interpersonal relationship depends on both- the sender and the receiver. She discussed various types of transactions -parallel, crossed and ulterior transactions and their outcomes as successful or not successful.
- **Life Script Analysis:** She stated that Life Script Analysis, also known as Strokes analysis encapsulates the rationale of how positive, negative and neutral strokes shape our lives and humans get fixated in different quadrants depending on their okayness with their own perception of self and that of world around them. Elaborating the theory of Thomas Harris & Team she built upon concept of roots of lives and emotions and their role in shaping our behaviour.
- **Game Analysis:** She emphasized that games are a set of transactions that have surface logic but hidden meanings and attempt to draw in an unsuspecting participant.

The participants of the FDP throughout the session were engaged in an activity for their self-analysis. The activity helped the participants to recognize the importance of interpersonal communication skills and the dynamics of Transactional Analysis.

The FDP marked a new beginning amongst the teachers/trainers/ staff members who were enlightened and empowered to become good interpersonal communicators and good human beings.

The vote of thanks was given by HR- Head/Manager, Ms. Rashmi Chaudhary and the certificates were distributed to the participants on the successful completion of the one-day FDP. The session was followed by high tea.

