

Just a minute (JAM) - Theme - Super power

Class Objective: I will be able to speak on the given topic for a minute.

Concept A: Introduction

It is an activity where the speaker has to present his views on the given topic for a minute.

Elements of JAM:

1. Analyze, assimilate ideas.
2. Analyze audience needs.
3. Use proverbs, jokes and anecdotes to retain the audience's interest.
4. Quote examples from self experiences.

Concept B: Rules to be followed

1. No deviation
2. No repetition
3. No hesitation

Do's

- Be ready to speak on any given situation or topic.
- Be brief and to the point.
- Be cautious of time.
- Follow a sequential order.
- Make sure you have clear points on what you need to say.
- Maintain a short smile
- Be confident
- Introduce yourself
- While speaking, pay attention to details like grammar, pronunciation, and sentence formation.
- Try having JAM sessions with families, friends for practice.

Don'ts

- Jumble ideas
- Drag the point
- Go on and on
- Too many pauses
- Use jargon
- Shy away from expressing your ideas
- Use proper diction avoid mother tongue usage

1. **Introduction**

2. **Background**

3. **Method**

1. **Study Design**
2. **Participants**
3. **Intervention**

4. **Results**

1. **Primary Outcome**
2. **Secondary Outcome**
3. **Subgroup Analysis**

5. **Conclusion**

1. **Summary**

6. **References**

7. **Appendix**

8. **Supplementary Materials**

9. **Footnote**

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