## JUST A MINUTE

For holistic growth as well as the development of the various facets of the personality development of students: classroom teaching should be supplemented with cocurricular activities having this in mind JUST A MINUTE (JAM) was organized by the Institute of Vocational Studies on $\mathbf{2 6}$ May 2023. The whole activity was meticulously planned under the guidance of our respectable Principal- Dr. Mandira Gupta and Organiser - Ms. Sangeeta Kaushik. All the faculty members joined the activity session to motivate the student's confidence with their presence.

The 'Just a Minute' activity ordeals students' ideation, presence of mind, and command over language all within a span of one minute. It brings on the student orator to express a given topic without hesitation, recurrence, or divergence.

The topics were: Social Media: Boon or Bane, Benefits of Yoga, Environment Conservation, The best day of my life, If I Had a Superpower, Paperback VS E-books, Importance of Reading, School Art Be a Part of the school curriculum, why books are better than movies? Should children's reality shows be banned? Hard work VS Smart work, Importance of AI in education. The topics activated the imagination of the participants and kept them engaged throughout the activity.

The students of the B.Ed programme showed their oratory skills and spoke efficiently on the allotted topics. They grabbed up the challenge wholeheartedly and spoke on various given topics, showcasing their rational flow of thoughts, coherence of ideas, and spontaneity in just a minute. This JAM activity provided a medium for the students to exhibit their talent and expertise in prompt speech. The student orators fascinated the listeners and faculty with their captivating quick thoughts and opinions.

The activity helped to bring out the uniqueness of each individual. Spontaneity and enthusiasm were the hallmarks of the amazing activity. They were acclaimed for their outstanding presentation. The activity was applauded by everyone present there.


