



JAM SESSION

A JAM session, or Just a Minute session in communication, involves individuals delivering spontaneous, short speeches on assigned topics with minimal preparation time. It serves as a platform for honing impromptu speaking skills and encourages participants to think quickly and articulate their thoughts clearly under pressure. These sessions offer valuable practice in adapting to unexpected situations, building confidence in public speaking, and fostering creativity in delivering concise messages. JAM sessions are not only a practical exercise but also an engaging way to develop effective communication skills in various contexts

OUR TEAM



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