

NEELIMA INSTITUTE OF MEDICAL SCIENCES
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Background

The Department of Pharmacology, Neelima Institute of Medical Sciences, successfully organized a **JAM (Just A Minute) Session** for 2nd year MBBS students on 11/3/25 – 13/3/25.

The program was conducted under the leadership of **Dr. Vasavi Patra (Professor & Head, Department of Pharmacology)**, with active support from faculty members **Dr. Venu Gopala Rao Konda, Dr. Mali Kalpana, Dr. Swati Negi, and Dr. Y. Venkata Ramana.**

JAM sessions are designed to encourage students to speak spontaneously on assigned topics within one minute, fostering quick thinking, clarity of expression, and confidence in public speaking.

Objectives

The main objectives of the JAM session were to:

- Strengthen pharmacology knowledge and quick recall of concepts.
- Enhance communication skills, clarity of thought, and confidence in presenting scientific ideas.
- Cultivate concise presentation skills and encourage active student participation.

Student Participation

The session saw enthusiastic involvement from **150 MBBS students**, divided into three batches:

- **Batch A:** Roll numbers 1–50 conducted on 12/3/25
- **Batch B:** Roll numbers 51–100 conducted on 13/3/25
- **Batch C:** Roll numbers 101–150 conducted on 11/3/25

For all ABC batches conducted 2-4 pm

Students were given topics from Faculty in Department of Pharmacology, including:

- Classification of Drug
- Mechanism of Action of Drug
- Uses of Drug
- Adverse Drug Reactions and Contra indication of Drug

Each student spoke for **one minute** on the assigned topic, without hesitation, repetition, or deviation.

JAM Session Proceedings

The session **introductory note** by **Dr. Vasavi Patra**, highlighting the relevance of JAM activities in **strengthening knowledge, critical thinking, and effective communication**.

The competition was conducted batch-wise, with faculty moderators guiding students after their presentations. Faculty members provided **constructive feedback**, focusing on:

- **Positive points:** clarity, confidence, content accuracy
- **Areas of improvement:** hesitation, missing points, or lack of structure
- **Missed points:** essential aspects of the topic not covered

Outcomes

The JAM session successfully:

- Reinforced students' understanding of pharmacology concepts.
- Enhanced students' **ability to think quickly and articulate ideas concisely**.
- Created an interactive and competitive academic environment.
- Boosted confidence for **future seminars, presentations, and academic competitions**.

Student Feedback

- *"A very interactive and engaging way to revise pharmacology topics."*
- *"Helped improve confidence in speaking spontaneously."*
- *"A fun and educational experience to apply knowledge quickly."*
- *"Looking forward to more sessions like this."*

Conclusion

The JAM Session was a **well-organized, interactive, and educational activity** that effectively achieved its objectives. It helped students **strengthen pharmacology knowledge, improve communication skills, and build confidence**, demonstrating the department's commitment to student-centered learning.



