



॥ विद्या विनयेन शोभते ॥  
Sheth T.J. Education Society's  
**SHETH N.K.T.T COLLEGE OF COMMERCE &  
SHETH J.T.T COLLEGE OF ARTS, (AUTONOMOUS)**  
Kharkhar Alley, Thane (W)  
(Reaccredited by NAAC B<sup>++</sup> (2.91), 4<sup>th</sup> cycle, ISO certified : 9001:2015)



## NKT MONTHLY TIMES

# NMT

NEWS | EDUCATION | BRAINTERTAINMENT

**Concept : Dr. Dilip M. Patil (Principal) | Editor : Asst. Prof. Harshad Sonawale**  
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### Grand Constitution Day Exhibition

Sheth NKT College of Commerce and Sheth JTT College of Arts, Thane, celebrated Constitution Day on 26th November 2025 with great enthusiasm. On this occasion, a grand exhibition was organized jointly by the Business Law Department, Sociology Department, and Rashtriya Seva Yojana (RSY). The exhibition showcased over 500 charts, models, rangoli artworks, and placards prepared by students, highlighting the importance, values, and contemporary relevance of the Indian Constitution.

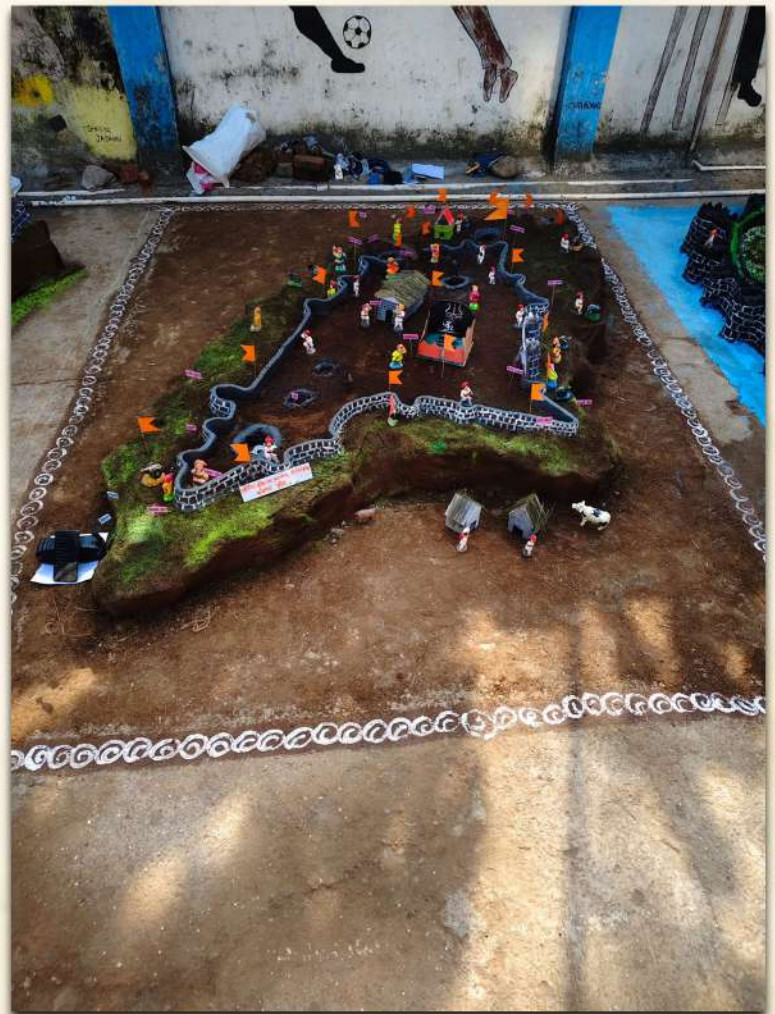
The programme began with the introduction by Ms. Dipalee Mulmulay. The exhibition was inaugurated by Samajratna Dr. Nanjibhai Khimjibhai Thakker Thanawala, President of T.J. Education Society. He guided students on the values embodied in the Constitution and the need to imbibe them in daily life. The Principal, Dr. Dilip Patil, addressed the students and emphasized the significance of the 'Sankalp' mentioned in the Preamble. Vice Principal Dr. Manoshi Bagchi was also present on this occasion.

Students collectively took a pledge to protect and uphold the Constitution. The programme concluded with a vote of thanks proposed by Ms. Siddhi Valanju. The Constitution Day celebration proved to be a memorable and meaningful event, reflecting the students' active participation and awareness of constitutional values.



**Vision : Committed and Persuasive Efforts towards Holistic Education**

# Diwali Celebration



# Emotional Fitness: Build Your Inner Strength



The Department of Psychology organized a workshop titled “Emotional Fitness: Build Your Inner Strength” on 29th November 2025 at 11:00 a.m. in MMS 5. The purpose of this workshop was to help students understand the significance of Emotional Intelligence (EI) and develop the inner strength required to navigate personal, academic, and social challenges. The session was facilitated by Dr. Neeta Mehta, Head and Associate Professor, Department of Psychology at KET's V. G. Vaze College, a distinguished expert known for her engaging approach to mental and emotional well-being. The workshop was graced by the presence of Vice Principal Dr. Manoshi Bagchi, along with Ms. Sailee Shinde (In-charge, Department of Psychology), Ms. Maryam Shaikh, and Ms. Divya Chandra, who extended their support and encouragement to the initiative. Their participation reflected the department’s commitment to fostering emotional growth and psychological awareness among students. Dr. Mehta conducted the session in an interactive and student-friendly manner. Using a well-designed PowerPoint presentation, she introduced the audience to the core components of Emotional Intelligence and its growing relevance in everyday life. One of the highlights of the workshop was the self-administration of an Emotional Intelligence Scale, where students assessed their own levels of emotional awareness, regulation, empathy, and interpersonal skills. Dr. Mehta guided them through the scoring process and facilitated a reflective discussion, helping students identify their strengths as well as areas that required improvement. This personalized activity enabled students to gain deeper insights into their emotional patterns and behaviours. The session further explored important concepts such as Emotional Hijacking, where sudden emotional reactions override rational thinking. Dr. Mehta explained this phenomenon with relatable examples, allowing students to understand the importance of managing intense emotions effectively. She also discussed various theories and approaches related to Emotional Intelligence, giving students an academic yet practical foundation for further learning. To reinforce the concepts covered, the resource person conducted group activities that encouraged students to collaborate, communicate, and apply the principles of Emotional Intelligence in real-time situations. These activities helped students internalize the learnings and translate them into practical skills. Overall, the workshop proved to be highly enriching and insightful. It not only deepened students’ understanding of Emotional Intelligence but also equipped them with tools for self-awareness, emotional regulation, and interpersonal growth. The enthusiastic participation of students and the supportive presence of faculty members made the workshop a meaningful step toward promoting emotional well-being within the campus community.

## Understanding Menstrual Health and Hygiene



The Women Development Cell organized a session on “Understanding Menstrual Health and Hygiene” for girl students on 27th November 2025. The session was conducted by Dr. Asmita Patil, Associate Professor and Unit Head, Department of Obstetrics & Gynecology, H.B.T.M.C & Dr. R. N. Cooper Hospital, Juhu, Mumbai. It began at 11:30 a.m. in MMS 5. The event was attended by Vice Principal Dr. Manoshi Bagchi, WDC Convener Ms. Sailee Shinde, Ms. Mittal Shah, and Ms. Siddhi Valanju. Dr. Patil explained the menstrual process in simple terms, addressed common misconceptions, and highlighted proper hygiene practices during menstruation and in general. She also shared relevant experiences and case examples, making the session practical and insightful. Students rated the session as excellent and requested more such informative programs. The department has noted their feedback.

## From Lens to Laptop: BAMMC Students Dive



On 28th November, BAMMC students visited Arena Animation from 11:00 a.m. to 02:00 p.m. for an interactive session on “Product Re-imagined – Photography and 3D Product Rendering.”

The visit gave students a fresh look at how creative industries blend photography with modern 3D technology. The team at Arena Animation explained product photography in an easy, practical way—covering lighting, angles, and how to make a product look visually appealing. Students also got to see how ordinary products can be transformed through 3D modeling and rendering, making them look realistic and ready for advertisements.

Live demonstrations, hands-on explanations, and friendly conversations made the session engaging and relatable. Students learned how visual storytelling is evolving and how both photography and 3D design open new career paths in media and advertising.

## Thalassemia Awareness Session



On 29<sup>th</sup> November 2025, Sheth NKTT College of Commerce and Sheth JTT College of Arts, Thane organized an informative Thalassemia Awareness Session under the banner of the National Service Scheme (NSS), in association with the Rotary Club of Connoisseurs Thane. The session was conducted by Dr. Aami Ansari (M.D.), Jupiter Hospital, who guided students on the causes, symptoms, prevention, and management of Thalassemia. Dr. Ansari also emphasized the importance of early diagnosis and regular screening, helping students understand the seriousness of the condition and the ways in which society can support affected individuals. The programme received the valuable support of Principal Dr. Dilip Patil and the presence and guidance of Vice Principal Dr. Manoshi Bagchi, whose encouragement greatly motivated the students. The initiative aimed at spreading health awareness among youth and strengthening NSS's ongoing commitment to community welfare and student well-being.

## NKT “Hall of Achievements”



**Thane Zone Women's Team secured an impressive 3rd Place in Inter-Zone Volleyball Tournament 2025 (Women)**

**A special congratulations to our outstanding players from NKTT College:**

- \* Aarya Jadhav**
- \* Mrunmayi Thanekar**



**Kedar Koli, TY B.Com**  
**has secured an impressive 3rd Place in Inter-Collegiate Zonal Weightlifting Competition 2025**

***Congratulations!***