



Rajarshi Shahu Mahavidyalaya, Latur

(Empowered Autonomous Institution)

Department of English

2025-26

A) A Summary Report of the Activity

1) Title of Programme:	Knowing a Book Lecture Series (Lecture 2) Dopamine Detox by Thibaut Meurisse			
2) Name of Organizing Department/Unit:	English			
3) Name of the Coordinator(s)/ Convener(s)/ Organizer(s) of the Programme:	Dr. Anuja Jadhav (Organizer & Head, Department of English) Dr. Sachin Bhandare (Coordinator)			
4) Date(s) of the Programme:	5 th February 2026			
5) Venue/Mode	Audio Visual Lab			
6) Target Group:	UG, PG Students & Teachers			
7) Number of Participants:	Male	Female	Total	
A separate list with signatures be maintained in the department/Unit)	Teaching	04	03	07
	Non-Teaching	01	-	01
	Students	32	57	89
8) Name(s) and details of Resource Person(s), if any:	Dr. Dnyaneshwar Choudhari Asst Professor of English Maharashtra Mahavidyalaya, Nilanga, Dist. Latur			
9) Total Expenditure for the Programme:	Free			
10) Source of Funding:	Not Applicable			

B) Report

i. Title of the Report Knowing A Book Lecture Series (Lecture 2)

Dopamine Detox

ii. Introduction

In the academic year, 2025-26 for the second lecture of Knowing a Book Lecture Series, Dr. Dnyaneshwar Choudhari, Asst Professor of English from Maharashtra Mahavidyalaya, Nilanga, Dist. Latur, was invited. His speech on *Dopamine Detox* by Thibaut Meurisse, the classic self-help book accelerated the students' optimism. To acquaint the students with a specific book, through this series, periodically, renowned scholars and well-read people are invited to talk on a specific book from literature, self-help books and motivational and inspirational ideas. Students pursuing UG and PG programs of our institute were invited to listen the talk.

iii. Objectives of the Programme

- To acquaint the students with the self-help book *Dopamine Detox* by Thibaut Meurisse.
- To inculcate reading habit and the habit of mobile free life among the students.
- To make the students aware about the need of dopamine detox.

iv. Details of Participants

89 students from UG programs, 7 teachers and 1 non-teaching staff attended the program.

v. Brief Summary of Events/ Sessions

The program was anchored by Miss Nikita Rawale (BA III). At the outset of the program, Dr Anuja Jadhav, HoD, English felicitated the resource person, Dr. Dnyaneshwar Choudhari with a book. Mr Sanvidhan Darkase (BA III) gave an introduction of the resource person. Dr Choudhri illustrated the side effects of excessive mobile usage. He has also made the students aware about how the social media addicted the young generation through digital entertaining content and paralysed their mental and physical health. He also guided the students about the need of dopamine detox and its practical usage. Miss Disha Jagtap (BA III) proposed vote of thanks.

vi. Conclusion, with Feedback on the Programme

His lecture made them aware of the danger of excessive use of mobile and motivated them to develop their interest in reading.

vii. Any Appendix


Coordinator

Dr Sachin Bhandare



HoD

Dr Anuja Jadhav
Dr. Anuja Jadhav
Head
Department of English
Rajarshi Shahu Mahavidyalaya,
(Autonomous), Latur


Principal

Dr Mahadev Gavhane
PRINCIPAL
Rajarshi Shahu Mahavidyalaya, Latur
(Autonomous)

C) Geotagged Photographs/Screenshots



Dr Anuja Jadhav, HoD English, felicitating the resource person Dr Dnyaneshwar Choudhari



Miss Nikita Rawale (BA III) anchoring the program.



Dr Dnyaneshwar Choudhari delivering his views on Dopamine Detox



Dr Anuja Jadhav addressing the students on the significance of knowing a book lecture



Audience of the program



Miss Jagtap Disha (BA III) expressing vote of thanks.

D) Brochure of the Program:

Rajarshi Shahu Mahavidyalaya, Latur
(Empowered Autonomous Institution)

Department of English
Knowing A Book Lecture

Chairperson
Dr Mahadev Gavhane
Principal, RSM Latur

Resource Person
Dr Dnyaneshwar Choudhari
Asst Professor of English
Maharashtra Mahavidyalaya, Nilanga

Dr Sachin Bhandare **Dr Anuja Jadhav**
Coordinator **HoD**

Organizing Committee
Dr Chandrashekhar Dawane Mr Krishna Deshmukh
Mrs Archana Sawant Mrs Vaishali Mulje
Mr Anant Panchal

BOOK OVERVIEW
Dopamine Detox Book
A dedicated guide designed to help individuals regain control of their attention.
Thibaut Meurisse

CORE FOCUS
Targeted Cognitive Reset
The book provides a structured approach to managing the brain's reward system.

On Thursday, 5th February 2026
@ 11.30 am
Place: Audio Visual Lab

E) Programme Schedule

Programme Schedule

Time	Theme	Speaker
11.30 am - 11.32 am	Welcome of the Resource Person and Participants	Miss Nikita Rawale (BA III)
11.32 am - 11.37 am	Preliminaries (Concept Note)	Dr Auja Jadhav, HoD
11.37 am - 11.40 am	Introduction of the Resource Person	Mr Sanvidhan Darkase (BA III)
11.40 am - 12.40 pm	<i>Knowing a Book</i> Lecture on <i>Dopamine Detox</i>	Dr Dnyaneshwar Choudhari
12.40 pm - 12.55 pm	Question Answer Session on the Talk	Student & Resource Person
12.55 pm - 1.10 pm	Chair Person's Address	Prin. Dr Mahadev Gavhane
1.10 pm - 1.15 pm	Vote of thanks	Miss Disha Jagtap (BA III)

Rajarshi Shahu Mahavidyalaya, Latur
Empowered Autonomous Institution

Department of English

Academic Year 2025-26

Knowing a Book Lecture

Dopamine Detox. by Thibaut Meurisse

Date: 5th Feb. 2026

Sr. no.	Name of the Participant	Class	Gender	Sign
1	Sarkase Sanvidhan P.	BA. III	M	Sarkase
2	Dhormare Omkar Balaji	BA. III	Male	Omkar
3	Shaikh Tahseen Sabir	B.A.F.Y	female	Tahseen
4	Sayyed Alisha Sayyed ali	B.A.F.Y	Female	Alisha
5	Sayyed Zoha Yusufali	B.A.F.Y	Female	Zoha
6	Landge Shreyas Suresh	BATY	F.	Landge
7	Shaikh Najmin Akbar Ali	B.A.F.Y.	Female	Najmin
8	Sayyed Zeba Ali	B.A.F.Y	Female	ZEBBA
9	Sayyad Mubshira Faruk	B.A.F.Y	female	Mubshira
10	Shaikh Javeriya Faruk	B.A.F.Y	Female	Javeriya
11	Shinde Lammi Manohar	B.A.T.Y	- -	Lammi
12	Chounde Mohini Bhagwat	B.A.T.Y	= =	Mohini
13	Sayyed Almas Hajipasha	B.A.F.Y	= =	Almas
14	shaikh Alviya Razzak	B.A.F.Y	= =	Alviya
15	Parthe Pratirzsha Bhaskar	B.A.F.Y	= =	Parthe
16	Shaikh Ayesha Amie	B.A.F.Y	= =	Ayesha
17	Chavan Sandhya Prakash	B.A.F	female	Sandhya
18	Yelkar Priya Kamalakar	B.A.F.Y	female	Priya
19	Dhakpade Shradha Ashok	B.S.FY	F	Shradha
20	Gangapure Priya Madhav	B.S.C.FY	female	Priya
21	Ghuge Mounmai Rajkumar	B.sc.FY	Female	Mounmai
22	Kangtikar Ankita Prabhu	B.S.C.CA.SY	female	Ankita
23	shete Ankita sudashiv	B.S.C.CA.SY	female	Ankita
24	Suryawanshi Sampada Suryaprakash	BSC I st yr.	F	Sampada
25	Bhate Swapnali	B.A.T.Y	F	Swapnali
26	Swami Sayali Raviraj	B.A.T.Y	F	Sayali
27	Patil Janhavi Maruti	BSC.CA.SY	female	Janhavi
28	Gaikwad Vaishnavi Shivdas	= =	- -	Vaishnavi
29	Kale Rupali Vasant	BSC.CA.SY	female	Rupali
30	shelwate vaishnavi vilas	BSC.CA.SY	female	Shelwate

31	Tarapore Rutika Santosh	BSC. CA SY	Female	<u>Rutika</u>
32	Mahindrakar Tulsi Govind	BSC. CA SY	Female	<u>Tulsi</u>
33	Dhone pooja dinkar	BSC. CA SY	Female	<u>Pooja</u>
34	Udale Arpita Santosh	BSC. CA SY	Female	<u>Arpita</u>
35	Gusav Gayatri Govind	BSC. CA SY	Female	<u>Gayatri</u>
36	Shinde Madhuri Vilas.	— " —	— " —	<u>Madhuri</u>
37	Refurkar Sneha Manmuth	— " —	— " —	<u>Sneha</u>
38	Nidwanche pooja prabhakar	BSC. CA SY	Female	<u>Pooja</u>
39	Mane Pragati Balaji	BSC. CA SY	Female	<u>Pragati</u>
40	Dhumal Risha Pradip	B.S.C. CA(SY)	Female	<u>Risha</u>
41	Kawade dnyaneshwari appasaheb	M.A. Eng(F.Y)	Female	<u>Dnyaneshwari</u>
42	Kolhapure Nikita prabhakar	B.S.C. FY	Female	<u>Nikita</u>
43	Ban samiksha Avinash	B.S.C. FY	Female	<u>Samiksha</u>
44	Javale Supriya Madhukar	B.A.T.Y	Female	<u>Supriya</u>
45	Chopale Mahadevi Ramdas	B.A.T.Y	Female	<u>Mahadevi</u>
46	Shaikh Hina Sajjan	B.A.T.Y	Female	<u>Hina</u>
47	Jadhav Yogita Dnyaneshwar	BSC. CA (SY)	Female	<u>Yogita</u>
48	Muktapure Vaishnavi Mallikarjun	BSC. CA (SY)	Female	<u>Vaishnavi</u>
49	Dalave Dhanashri Dattatraya	B.A. SY	Female	<u>Dhanashri</u>
50	Sheikh sumaiyya	B.A. SY	— " —	<u>Sumaiyya</u>
51	Kamble Prachi S	B.A.T.Y	— " —	<u>Pramble</u>
52	Deshpande Aditi Balbhim	B.S.C. CA. SY	"	<u>Aditi</u>
53	Kalshetty Kanchan Vijay	B.S.C. CA. SY	Female	<u>Kanchan</u>
54	Dongare Asmita	BSC. CA SY	Female	<u>Asmita</u>
55	Shaikh muskan samad	BSC. CA SY	Female	<u>Muskan</u>
56	Gaikwad Ankita Bhausahab	BSC. CA SY	Female	<u>Ankita</u>
57	Shaikh Tasim Mujib	BSC. CA SY	Female	<u>Tasim</u>
58	Malang Adnan Mohd Rafik	BSC. CA SY	MALE	<u>Adnan</u>
59	Erande Kanchaiya Dajiiba	BSC. CA SY	MALE	<u>Kanchaiya</u>
60	Rais Ayan Yasin	B.A.F.Y.	MALE	<u>Ayan</u>
61	Keushno Vishwanath Chavare	BSC. CA SY	MALE	<u>Keushno</u>
62	Maske Rom Ganesh	BSC. CA. SY	Male	<u>Rom</u>
63	Wade Pranav Govardhan	BSC. CA. SY	Male	<u>Pranav</u>
64	Shinde Tushar Dattatray	BSC. CA SY	male	<u>Tushar</u>

