



Please join us for the

## IEEE Power & Energy Society Singapore Chapter 2021 Annual Meet & Get Together

3rd December 2021

7:30PM - 9:00PM (SGT, GMT+8)

### Programme Line-Up

- 7:30pm Welcome Address and Chapter's Review by Chair Assoc. Prof. Xu Yan
- 7:40pm Presentation of IEEE PES Awards
- 7:45pm Introduction of the Speaker by Dr. Deepak Waikar
- 7:50pm Presentation by Dr. Seema Tatwawadi
- 8:45pm Floor Open to Discussion & Future Updates/Plans
- ~9:00pm Closing Session

[Register Now](#)



# Invited Speaker

3<sup>RD</sup> Dec 2021 | 7:50PM – 8:45PM (SGT)

## IEEE PES & ES SINGAPORE CHAPTER

Triggering Happiness Hormones in Self



**Dr. Seema Tatwawadi**

Director, MET Institute of International Studies,  
Mumbai Educational Trust  
India

# “Triggering Happiness Hormones in Self”

**Abstract:** All of us aspire to have a good life and happiness. Happiness can have different meanings for different people. Happiness seems to be the ultimate — yet most elusive — of goals.

According to Henry Ward Beecher “The art of being happy lies in the power of extracting happiness from common things.”

Happiness is a state of mind and is one of the powerful emotions that controls our mind and body. Emotions have the tendency to fluctuate through the highs & lows, but we have the ability to enhance our sense of well-being. The art of happiness is to alter our thought process and to create the environment of our choice. The good news is that there's a way to change our mindset and to create long-lasting happiness. Happiness has an impact on our overall health and longevity. Happiness is a choice. No one can make us happy. We only are responsible for our happiness. Our happiness should not depend on people or circumstances. Happy people have the ability to spread happiness everywhere. Strategies for triggering happiness hormones in self will be highlighted in the webinar. Speaker will also share case studies during this interactive session.

As Eric Hoffer says: The Search for Happiness is one of the Chief Sources of Unhappiness!

**Short Bio:** Dr. Seema Tatwawadi, Ph.D., M.A. (Psychology), MBA (HR), believes that the attitude, passion, and willingness to work hard leads to success. Dr. Seema has over 35 years of experience as a Counselor, Academician and Thought Leader in Psychology which includes about 13 years as Director at multiple Business Schools and Faculty for Humanities in Cadet Training Wing (CTW) & Institute of National Integration (INI) at College of Military Engineering (CME) Pune. She has guided doctoral research (PhD) and is a Professor of Psychology & Human Resource Management. She regularly collaborates with international institutions on thought leadership pieces and academics. As a Counselor of over 35 years, she uses various platforms - One on one, Online, Tele- counseling & Social platforms, Academic Counseling & Career Guidance, Drug Rehabilitation and De-addiction Counseling, Marriage Counseling & Child Counseling. As a Thought Leader, Dr. Seema regularly collaborates with international institutions on thought leadership articles. Dr. Seema has also published articles in several National and Vernacular publications like The Times of India, Indian Express, Nav Bharat Times, Dainik Jagran, Amar Ujala and many others. Dr. Seema is Subject matter expert on Psychology and has appeared on several TV Talk Shows- Interview panelist as a Psychologist to select senior management professionals in Public Sector Utilities, Banks and private sector organizations.

