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Living Virtuously

Where in Your Life do You Have Complete Peace of Mind?

*“When I do my yoga for 30 mins and
Meditation for 30 mins, every morning
from 4 to 5 am.”*



How And When Can You Peacefully Coexist With Uncertainty?

“Once I know the uncertainties of life, I tend to accept the uncertainty, I try to practise building my tolerance and comfort level with that uncertainty. This means intentionally facing my fear factor of 'X' (not knowing), over and over, until it feels less distressing.”



What is The Earliest Memory That You Can Remember of Your Childhood?

“When I was 4 my dad had hit me hard with a stick because I had told lies, after which I have never lied for doing wrong things. Of course, we all lie for helping others for good things.”



What Prevents You From Being in The Moment More Than Anything Else?

*“I live quite mindfully in each moment of
happiness or grief and don't think about
past or future events.”*



What do You Usually Think About Whenever You Are Alone?

*“I think about spirituality, universe, law
of attraction, affirmations and
manifestations for healing others in need.”*



What Questions or Doubts Are Currently Unresolved in Your Heart?

“I have a stent in my heart, inserted 5 years ago with angioplasty. I don't how many years it will stay in good condition and this anxiety factor remains unresolved.”



What is Your Effect on Those Around You?

“I always make sure that there is not affect of my anxieties on my surroundings. I always do my best to spread positivity, through my spirituality.”

