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# *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.”*



Living Virtuously presents “Digging Deep”





# *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.”*

