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

"When I erase all uncomfortable emotions and thoughts, By connecting with people I love and trust, Being active and being outside of my comfort zone, Doing all what is possible, which you have planned to do in your life, Being a kind human and practicing forgiveness. I believe these are all the factors that gives me a peace of mind."



How and When Can You Peacefully Coexist with Uncertainty?

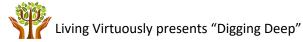
"Being kind to myself and reflecting on past successes that I love the most, Developing new skills and trying to become an encyclopaedist, Avoiding sticking on things that I can't control, Taking my own advice first and by engaging in self-care, Seeking support from those I trust."



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

"There are so many childhood memories, but I will try to share one of them which I still remember .In my childhood I thought there was a superhero amongst us like 'Shaktimaan' who always was there to help. So, with that belief, I jumped from the roof by imitating his style, fell on the ground and I ended with my foot fracture, all the while thinking that 'Shaktimaan' will save me(very funny though)."





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

"Stories I have in my head about other people & what's happening outside, My habitual patterns of staying in those stories instead of being present. However, I 'overcome' this by noticing my surroundings, focusing on one thing at a time, being grateful for what I have now, accepting things as they are, spending time with those who make me feel happy & fulfilled, practicing deep breathing exercises."



What do You Usually Think About Whenever You're Alone?

"An empty mind can lead to negative emotions. When I am alone, I sometimes feel lonely, it makes me feel emotional, I feel frightened, and I become more anxious. Nowadays, I am following few tips, and these are helping me to stay happy whenever I feel alone & lonely: I live my moments that I like the most, I start hanging out with like minded people, I stay disconnected from social media activities and instead I do meditation, yoga and physical exercises etc."



What Questions or Doubts Are Currently Unresolved in Your Heart?

"Some reflections about my past stay unsolved, and they try to question themselves."



What is Your Effect on Those Around You?

"My presence prevents isolation and I always give my surroundings a space, to offer friendly companionship. My friends increases my sense of belonging and purpose and this boosts my happiness and reduces my stress. Thus, I also believe in providing this same vibe to others and which I always do. It is only when you surround yourself with optimistic people, that you feel the most inspired to be the best version of yourself."

