

A session on Introspection was conducted for all students of grade 9 on the 24th of February 2023.



Following are reflections submitted by students.

1. In the session Time to Introspect, I understood and had a grasp on a few life lessons such as:

- Empathy versus narcissism
- Healthy regret and dangerous regret
- Importance of being an independent thinker rather than a herd thinker.
- The group of friends you stay with affect you as an individual.
- Importance of saying NO.

Empathy and narcissism - Empathy is a sense of feeling what others are going through during their dark or bright stages of life. Empathy is a part of life which helps you connect with people. Narcissism is a sense of thinking you are superior to others and thinking of oneself excessively rather than of others. Narcissists use people and then exclude them.

Healthy regret and dangerous regret - Healthy regret means that you are feeling bad for the actions committed and you make a choice to never repeat the same in the future.

Dangerous regret - the person regrets getting caught because they may land up in trouble but they don't regret their actions.

Independent versus herd thinking - Independent thinking means that the person thinks for him/herself. It is their own perspective. These might be in sync with the group or out of the box. Herd thinking is thinking collectively about something and not having an individual perspective.

According to me, I feel being an independent thinker makes you confident and you could become a changemaker.

The people you surround yourself with affect you - There is a saying, you are the average of 5 people you spend time with. I learnt that it's important to choose one's company carefully. People with similar goals and values will help you escalate to a higher level.

The importance of saying NO - Saying no keeps you true to your values, helps you understand your friends better. A good friend will be ready to accept "NO".

**Sanat Venkatesan**

**Grade 9A**

2. We had a very informative and sensible talk today. The things that I would apply to my life are: Firstly, learning to say NO. This is something that would help me. Secondly, become an independent thinker rather than being a herd thinker. Thinking independently would make me a better person. Third, I will think I act and then respond. I learnt many useful things but the most important are the values of self-control, self-respect and honesty. Being able to control oneself in the most tense moment is a gift. Being true to oneself and maintaining one's dignity and self-respect are important. My take on this is that life is a sum of all the choices we make. So choose your friends, the people you hang out with wisely because you are the average of the 5 people you spend time with. Good people may have a good influence on you and you eventually develop good habits. One needs to be empathetic to others but also know when not to care about what others think or say of us.

**Advait Abraham Abhilash**

**Grade 9B**