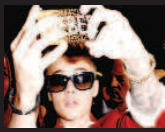


ICING



## A teen's ode to the selfie

The writer says it is incorrect to label the selfie as annoying, useless, and degrading. Read the full article in *Huffington Post* here: <http://goo.gl/da68y2>

## teen+spirit

## A dropout who is tech genius

15-yr-old Angad Daryani quit school to create low-cost 3D printers and an ebook reader

Nandini Kumar  
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At a time when most school kids fret about their board exams, Angad Daryani (in pic) quit schooling in ninth grade to focus on learning more about technology. Only a year into that big decision, the 15-year-old has developed a 3D printer, perhaps not the first in the country but certainly the youngest to crack the technology in making this device.

Angad loves to open source all the information required in automation, robotics and electronic art so that anyone can re-build the same project. His 3D printers will be made available in kits which can be assembled easily. Most 3D printers available in the market are priced over a lakh but Angad's costs between Rs 18,000 to Rs 20,000. "My intention is to create a revolution and expose kids to 3D printers," Angad told BANGALORE MIRROR.

"I assembled my first 3D printer when I was 13. It was an open source model. I felt that what is available in the market is not engineered properly. Moreover it's too expensive," opined the young tech genius who works with PhD students in Tree Labs at IIT, Bombay. "I wanted to make something which anyone can afford," he added.

It's not just 3D printers. Angad, out of his passion for creating and improvising things, has invented the Virtual Braille, a device that converts digital text and PDF files in real time to give tangible Braille feedback to the tracked finger of a visually challenged person. Once plugged into the computer, the



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device can make online books easily accessible to millions of visually impaired people.

While the 3D printer is set to hit the market in two months, Angad wants to improvise further on the Braille converter to make it more comfortable for its users. "Actually, I, along with three friends, made this device during the Massachusetts Institute of Technology (MIT) workshop. The theme was engineering the eye, which was to create low-cost diag-

nostic tools and assisted technology for the blind," explained Angad. "Since my friends and I are a little busy with studies, we are not able to find time to push it to the market," he stated.

When asked about his choice to drop out of school, Angad said: "I felt like I was wasting too much of my time going to school. Add to that a couple of hours of tuition. I was not happy about learning things I couldn't apply to real life. Though I was among the top three in class, I didn't stand anywhere in events like Olympiad and stuff."

His love for developing and creating things wasn't appreciated in a system where practical knowledge

isn't too common. "My parents worried a little bit about my choice. I wasn't sure at first too but my tutor Vinit Aijaonkar talked me into it," said Angad.

"I quit the formal pattern of studying and am now being home-schooled. However, I will join an International Baccalaureate school this July for my 11th and 12th," he added.

Angad's love for all that is technology and electronic came early. He built his first humanoid robot when he was eight. His first creation was a remote-controlled hovercraft made in sixth grade by watching YouTube videos. Angad has presented some of his work to former president APJ Abdul Kalam, and also industrialist Ratan Tata.

Though his parents Kanchan and Anil Daryani are proud about their genius son, they often worry about his social life because the only people he gets to hangout with are engineering grads or PhD students. "My mum worries about my social life. Actually, all my classmates are in 10th this year and they are not let out by their parents. Even at home I'm not very social and am mostly involved with computers," he said with a quirky smile.

**I was wasting too much of my time going to school... I was not happy learning things I couldn't apply to real life**

ANGDAD DARYANI

## YOUR TAKE

Your answers to last week's TeenSpirit question: **If you could eliminate one thing from your daily schedule, what would it be and why?**

1. I would eliminate school!  
— Poojitha BG
2. I would eliminate brushing my teeth because I like breakfast very early.  
— Pankaj Mahanta
3. Sleeping. Life is short, so why sleep it away?  
— Shubhangi K Nair
4. I would eliminate the early morning hours so that I can sleep long.  
— Hemanth Kavadiya
5. Sleeping late at the night and getting up early in the morning.  
— Naveen P
6. I would eliminate playing games on my phone and hacking of small devices from my daily schedule because I never let go of my phone.  
— Abhishek G Kashyap

## THIS WEEK'S QUESTION

**If you could have an unlimited storage of one thing, what would it be?**

Send your answers to [mirrorteenspirit@gmail.com](mailto:mirrorteenspirit@gmail.com)

## #SHORTCUT



Take this simple quiz by *Edutopia* to find out your learning style.

Get cracking here: <http://goo.gl/aC9sKH>

## DIY



Make your own flashlight in minutes with household items. *HouseholdHacker* shows you how here: <http://goo.gl/mrFIZB>

## TEENTALK: IMAGE ISSUES

**Q** I'm a 19-year-old girl. I'm not that good-looking and always feel inferior in front of beautiful girls. This stops me from interacting with people. I am losing my self-esteem and confidence. I always fear what people think of me. I need a solution for this.

— Teen with low self-esteem



**Dr Anuradha H S**  
Child and Teen consultant

**Dear Teen,** During adolescence, your body goes through a lot of changes. As your body changes, so does your image of yourself. It's not always easy to like every part of your looks, but when you get stuck on the negatives it can really bring down your self-esteem. In teenage, the connection between body image and self-esteem is particularly pronounced because of intense peer pressure and a strong need to fit in. A fair amount of this unhappiness and pressure

results from media - which presents images which tend to portray a narrow standard of beauty. Self-esteem is all about how much we feel valued, loved, accepted, and thought well of by others - and how much we value, love, and accept ourselves. With healthy self-esteem you will be able to feel good about yourself, appreciate your own worth, and take pride in your abilities, skills, and accomplishments. Consequences of poor body image and self esteem are eating disorders, persistent use of dieting and unhealthy weight-control behaviours, depression, smoking, alcohol abuse and cosmetic surgery.

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## Tips for Improving Body Image

» Some people think they need to change how they look to feel good about themselves. But all you need to do is change the way

you see your body and how you think about yourself. Here are some tips on doing that:

» Recognise that your body is your own, no matter what shape or size it comes in. Try to focus on how strong and healthy your body is and the things it can do, not what's wrong with it or what you feel you want to change about it.

» Humans, by definition, are imperfect. It's what makes each of us unique and original! Everyone (even the most perfect-seeming celeb) has things that they can't change and need to accept - like their height, for example, or their shoe size. Remind yourself that "real people aren't perfect and perfect people aren't real (they're

usually airbrushed!)"

» When you hear negative comments coming from within, tell yourself to stop. Appreciate that each person is more than just how he or she looks on any given day. We're complex and constantly changing. Try to focus on what's unique and interesting about yours.

» Try building your self-esteem by giving yourself compliments every day. Discover your strengths and focus on them. Whenever you feel low, talk to a trusted adult, someone who supports you and doesn't bring you down. This can help you put your body image in perspective and give you positive feedback about your body, your skills, and your abilities.