

# TIMES OF INDIA

## STUDENT EDITION DAILY NEWSPAPER at

### UNIVERSAL PUBLIC SCHOOL



BENNETT, COLEMAN & CO. LTD. | ESTABLISHED 1926 | TIMESOFINDIA.COM | MUMBAI | PAGE 2 | PRICE: Rs. 2.00

**THE TIMES OF INDIA**  
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**Today's Edition**  
Celebrating birthdays of famous people from various fields July 14-20 PLUS: What's your personality type? Oppenheimer in focus

**What are the different layers on Google Maps? PLUS: At-home science experiments: What's buzzing?**

**Off-road leader and other spots on at Wimbledon 2023**

**STUDENT EDITION**  
SATURDAY, JULY 15, 2023

**YOUR WEEKENDER**

**CLICK HERE: PAGE 1 AND 2**

**WHAT'S TRENDING**  
**What's the Dopamine Rush?**  
Ever since dopamine dressing, the feel-good hormone is part of many other lifestyle trends. We tell you all about it...

**QUICK FACTS**  
Dopamine is a neurotransmitter that is involved in movement, motor, pleasure, reward and motivational behavior and cognition, attention, sleep and arousal, mood, learning and more.  
It is a hormone, dopamine is released into your bloodstream. It plays a small role in the "high-or-flight" response. The high-or-flight response refers to your body's response to a perceived or real stressful situation, such as needing to escape danger.  
Dopamine is known as the "feel-good" hormone. It gives you a sense of pleasure. It also gives you the motivation to do something that gives you feelings of pleasure. It's part of our reward system. At times, our bodies are prompted to seek out behaviors that reward dopamine. If you have the right balance of dopamine, you're happy, motivated, alert and focused.

**DOES IT MAKE US FEEL HAPPY?**  
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**GOOD TO KNOW**  
**WORLD EMOJI DAY**  
MONDAY, JUL. 17 IS WORLD EMOJI DAY - A DAY CREATED TO CELEBRATE EMOJIS THAT CONVEY EMOTIONS THROUGH ELECTRONIC MEANS. LET'S LEARN MORE ABOUT THIS DAY AND EMOJIS TOO

**WHAT IS IT?**  
World Emoji Day (WED) is celebrated on July 17 in honor of the birthday of the first emoji, a yellow smiley face with red cheeks, which was created by Shigetaka Kurita in 1999. The day is celebrated annually on the 17th of the month.

**EMOJI FACTS**  
Since 2017, Apple has used emoji to announce upcoming expansions to the range of emojis on iOS.  
50% of internet users have used emojis.  
Over 10 billion emojis are sent daily.  
Roughly 30% of all Instagram posts contain 1-3 emojis.  
A Guinness World Record was attempted in Dubai on the day in 2017 for the "largest gathering of people dressed as emojis".

**THE INVENTOR**  
The inventor of the emoji is Shigetaka Kurita, a Japanese designer who worked for the company NTT DoCoMo in the late 1990s. He created the first emoji, a yellow smiley face with red cheeks, which was used to represent a beach scene.

**WORLD EMOJI AWARDS**  
The World Emoji Awards are an annual event that celebrates the most popular and creative emojis. The awards are presented to the creators of the most popular and creative emojis. The awards are presented to the creators of the most popular and creative emojis.

**BOOST YOUR IMMUNITY**  
Add fresh citrus fruits to your diet to boost your immunity. Citrus fruits like lemons, limes, and oranges are rich in vitamin C, which is essential for a healthy immune system. Other fruits like kiwi, guava, and papaya are also good sources of vitamin C. You can also boost your immunity by eating leafy green vegetables, which are rich in antioxidants. Drinking plenty of water and getting enough sleep are also important for a healthy immune system.

**MONSOON HEALTH**  
While the rains are pretty, for sure, monsoon is a time when you can fall ill easily and get stomach bugs. Here's a handy what-to-and-what-not-to-eat guide to good health this season.

**The Complete Guide to Monsoon Wellness**

Times Newspaper in Education (Times NIE) is a novel program that helps students 'Stay Ahead' and aims at making 'Learning Fun'. It introduces concepts that help individual growth and development beyond school curriculum.

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The Times of India Student edition, a customized student newspaper exclusively for the students, packs a powerful punch in terms of content that leads to a smarter and superior learning experience.