



World Veterinary Day 2025: Honouring Animal Health Heroes

celebrated on the last Saturday of April, World Veterinary Day recognizes the invaluable role veterinarians play in protecting animal health, human well-being, and the environment. This year's theme focuses on 'Veterinarians are Essential Health Workers,' spotlighting their work beyond clinics, managing zoonotic diseases, ensuring food safety, and supporting animal welfare worldwide. As silent guardians of both pets and livestock, vets bridge the gap between science and compassion. Let's take a moment to appreciate these unsung heroes who work tirelessly behind the scenes for a healthier, safer planet, for all species.

#YOGA

Thirty Days, 3,240 Bows to the Sun

How 108 Daily Surya Namaskars can reshape your Body, Mind, and Spirit!



Ever dared to challenge your body and spirit in a way that transforms you, cell by cell, breath by breath? Enter the ancient yogic ritual of performing 108 Surya Namaskars (Sun Salutations) every single day for 30 days. Sounds intense? That's because it is. But what happens when discipline meets devotion in this fiery meditative flow?



The Magic Number: 108
In yogic philosophy, 108 is sacred. It's not just a number; it's cosmic math. There are 108 Upanishads, 108 marma (energy) points in the body, and 108 beads in a mala used for chanting. Doing 108 rounds of Surya Namaskar is like aligning your body with universal energy. But spiritually profound or not, the physical experience is just as impactful.

Week 1: Shock and (Muscle) Awe

The first few days are like boot camp for your body. Most practitioners report sore hamstrings, trembling arms, and a core that feels like it's been set on fire. Surya Namaskar involves 12 postures per round. Multiply that by 108, and you've done over

1,000 mindful movements in one session. That's equivalent to a full-body cardio, strength, and flexibility workout. You'll sweat like never before. But you'll also start noticing better breath control, improved digestion, and a surprising sense of calm after the storm.

Week 2: Strength Meets Stillness

As your body adjusts, you'll find strength in places you didn't know existed. Your arms hold chaturanga longer, your backbends deepen, and your breath becomes your rhythm. Internally, your metabolism speeds up, immunity gets a

boost, and cortisol, the stress hormone, starts to take a back seat. The best part? Your mind begins to quiet down. There's a meditative quality in repeating a sequence so many times that it becomes second nature. It's not just exercise, it's movement therapy.

Week 3: The Transformation Phase

By now, you're not just doing Surya Namaskars, you are the Surya Namaskars. Your body becomes leaner, lighter, more agile. You may lose weight, gain muscle tone, and see a visible glow on your skin, thanks to the increase in

blood circulation and detox through sweat. But it's also mental. Regular practitioners say they feel more focused, emotionally balanced, and energetically aligned. You sleep better. You eat better. You feel better.

Week 4: Beyond the Body

In the final stretch, the transformation goes beyond muscles and metabolism. You begin to notice a sense of surrender. You become aware of your

thought patterns, your habits, and your reactions. There's clarity. There's discipline. There's devotion. It's not just about showing up on the mat, it's about showing up in life.

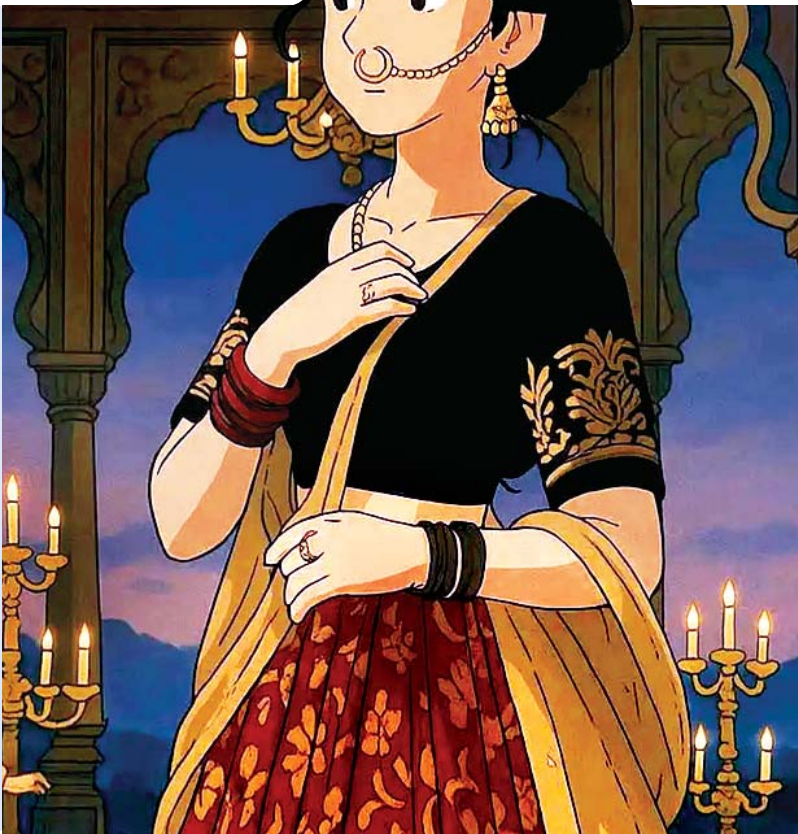
So, what happens to the body when you do 108 Surya Namaskars daily for 30 days? It heals. It strengthens. It awakens. But more than anything, it remembers its own power, quietly, steadily, one breath at a time.



So, Did You Ghibli?



In India, the obsession is not just real, it's creative chaos in the best way possible. Couples are sending out Ghibli-inspired wedding invites (yes, complete with floating spirits and temple mandaps!). One Bengaluru café, The Bloom, reimagined its entire look in Ghibli style, warm lighting, vines on the walls, and the kind of vibe that makes you want to read a book while sipping jasmine tea. On Instagram, fashion creators are pairing sarees with Totoro backdrops, turning heritage into animated whimsy. Even business bigwigs like Anand Mahindra have posted their own Ghibli-fied avatars, cheekily asking how to jump on the trend.



#TRENDING

Trending Now: Ghibli-core is the Internet's Latest Soft Spot

Let's start with the obvious. Studio Ghibli's animation style, known for its whimsical yet deeply emotional visuals, has found new life in the hands of digital artists and content creators across the globe.

Here are just a few of the viral trends taking over:

- **'Ghiblity My Life' Challenges:** People are turning their ordinary surroundings, kitchens, coffee nooks, messy desks, into Ghibli-style illustrations. Think warm golden light, plants with personality, and teapots that look like they could whisper secrets.
- **AI Ghibli Filters:** Apps and tools now let you upload a photo and watch it transform into a frame straight out of My Neighbor Totoro or Kiki's Delivery Service.

Some tools even animate your Ghibli-fied self, flying on a broomstick or dancing



under cherry blossoms.

- **Ghibli Moodboards:** Designers and mood bloggers are creating 'Ghibli-core' boards with cozy textures, muted colours, vintage crockery, rainy windowpanes, and handwritten letters.
- **Cottagecore Meets Spirited Away:** A crossover of aesthetics has birthed the ultimate

dreamy genre, cottagecore+Ghibli = picnics in enchanted forests with soot sprites for company. This trend isn't just dominating art platforms like Deviant Art or Art Station. It's showing up in unexpected places, fashion, packaging design, stationery, and even culinary presentations mimicking Ghibli's famously drool-worthy food scenes.

Behind the Magic: What is Ghibli Art, Anyway?

Let's break it down. Ghibli art refers to the distinctive visual style of Studio Ghibli, a Japanese animation powerhouse founded in 1985 by directors Hayao Miyazaki and Isao Takahata. The studio is behind timeless classics like Spirited Away, Princess Mononoke, Howl's Moving Castle, and My Neighbor Totoro.

But what makes the Ghibli style so iconic?

1. **Soft, Hand-Painted Backgrounds:** Ghibli films are renowned for their watercolour-style, richly detailed backgrounds. Forests glow, cities hum, and skies swirl in hues that feel impossibly immersive.
2. **Atmospheric Storytelling:** The art is never just decorative, it's emotional. From an empty room full of longing to a windswept hilltop that feels like freedom, every scene captures a feeling.
3. **Everyday Magic:** A hallmark of Ghibli art is its celebration of the ordinary.



Rain on a window, a cat stretching on a rooftop, a kettle whistling, it all feels enchanted. It's a style that blends Japanese woodblock traditions with European illustration influences, layered with storytelling that's universal yet deeply personal. The result? Art that feels like a warm hug from your childhood, even if you didn't grow up watching Ghibli movies.

Ghibli art leans into earthy tones, pastels, and warm lighting, creating a gentle, nostalgic mood. It's a style that blends Japanese woodblock traditions with European illustration influences, layered with storytelling that's universal yet deeply personal. The result? Art that feels like a warm hug from your childhood, even if you didn't grow up watching Ghibli movies.

But Here's the Twist: The Ghibli Art Trend has a Darker Side

As with any viral trend, there's more to this than meets the eye.

With the rise of AI and image-generation tools, much of the 'Ghibli-style' art flooding the internet isn't drawn by artists, it's generated. This has sparked major controversies in the creative community.

1. The AI Imitation Debate
Artists have raised alarms about platforms training AI models on Ghibli works and fan art without consent. Some of these tools can replicate Miyazaki's iconic style with uncanny precision, yet without understanding or honouring the emotion and labour behind it.

2. Legal Grey Zones
While Ghibli-inspired fan art has existed for years, the monetization of AI-generated Ghibli art (through prints, NFTs, or merch) is now stepping on legal toes.

Studio Ghibli is famously protective of its work, and the lines between homage and plagiarism are getting fuzzier by the day.

3. Creative Fatigue
Some artists feel pressured to 'Ghiblily' their work just to stay relevant, even if it doesn't fit their original style. While the aesthetic is beautiful, the trend cycle has led to creative burnout and accusations of aesthetic homogenization.

4. Cultural Appropriation Concerns
As Ghibli aesthetics become globalized, there's growing concern about how Japanese visual culture is being cherry-picked and repackaged without proper context. Critics argue that some recreations strip away the cultural nuance that defines the Ghibli universe.



So, Should we be Worried or Inspired?

The answer is both. The rise of Ghibli art is a testament to the studio's enduring magic, how it continues to touch people across borders, generations, and mediums. It has inspired a new generation of artists to slow down, pay attention to the beauty of small things, and infuse their art with emotion, not just aesthetics. But

it's also a wake-up call. In an age of endless content and rapid AI growth, artistic styles, no matter how sacred, can be co-opted, flattened, and commodified at the speed of a click. As consumers, it's on us to ask: Who made this? Where did it come from? Is it honouring or exploiting the source?



A Whimsical Future, If we Protect It

In many ways, the explosion of Ghibli art in our digital spaces is a beautiful thing. It shows how powerful visual storytelling can ripple outward, sparking new imaginations and breathing life into everyday moments.

But as fans, creators, and admirers, we have a responsibility to ensure that this magic doesn't become hollow.

So, the next time you see a beautifully Ghibli-fied version of someone's living room or stumble upon an AI-generated Howl's

Castle in your Pinterest scroll, take a moment. Appreciate it. Question it. Maybe, even seek out the human behind it.

And if you're feeling inspired? Try drawing your own cozy corner, your own rainy-day window. Channel the spirit of Ghibli, not to imitate, but to feel.

Because that's what Ghibli art is, at its heart: not a trend, but an invitation to see the world with a little more wonder.

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#SPACE

Astronomers Discover Potential 'Dark Galaxy' Near the Milky Way

An Invisible Giant could rewrite the Cosmic Map!

In a thrilling leap forward for cosmic exploration, astronomers have announced the discovery of what may be a 'dark galaxy' lurking near the Milky Way, an elusive, starless structure that defies what we traditionally understand about galaxies. Hidden in the shadows of the universe and detectable only through its gravitational influence and faint hydrogen signals, this potential dark galaxy has sparked excitement, curiosity, and a whole new set of cosmic questions.



What is a Dark Galaxy?

Imagine a galaxy that contains all the foundational ingredients, dark matter, gas, and dust, but none of the twinkling stars we associate with the night sky. That's what scientists believe a dark galaxy is. These mysterious entities are thought to form similarly to ordinary galaxies but never ignite into the glowing cosmic cities we observe through tel-

escopes. Because they don't emit light, dark galaxies are notoriously difficult to detect. Instead, scientists look for them through indirect evidence: gravitational effects on nearby stars or galaxies, subtle movements in gas clouds, or rare emissions in the radio spectrum. Their existence has long been theorized, but only a few candidates have ever been spotted until now.

Meet the New Neighbour

The newly discovered candidate, dubbed J0613+52, was detected using data from the Low-Frequency Array (LOFAR) and the Green Bank Telescope, two of the world's most sensitive radio observatories. Situated approximately 270 million light-years away, relatively close in cosmic terms, this object appears to contain a significant mass of cold hydrogen gas, yet shows no signs of starlight.

What makes J0613+52 so fascinating is that it's rich in the raw materials required for star formation. However, for reasons still unclear, it remains stubbornly dark, an apparent contradiction to conventional galaxy formation theories. Scientists believe that this object may help illuminate the mechanics of early galaxy development, star formation failure, and the elusive behaviour of dark matter.

A Glimpse into the Invisible Universe

For decades, astronomers have known that the universe is made up mostly of dark matter and dark energy, with visible matter accounting for just 5%. But finding actual structures composed almost entirely of dark components is like finding the invisible threads of the cosmic tapestry. Discoveries like J0613+52 are crucial puzzle pieces in understanding the large-scale structure of the universe. "Dark galaxies are like ghost towns of the cosmos," said

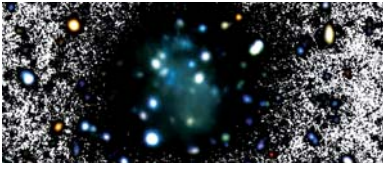
Dr. Karen Liu, an astrophysicist involved in the research. "They hold the materials of life and light, but for some reason, the lights never turn on." This discovery could help validate simulations that predict the existence of hundreds, even thousands, of such galaxies scattered across the universe. Some may have existed in the early universe, others could be orbiting larger galaxies like the Milky Way, and a few, like J0613+5, might be hiding in plain sight.



Why it Matters

Understanding dark galaxies is more than an academic pursuit. It helps refine our understanding of dark matter, the invisible substance that makes up roughly 27% of the universe and dictates how galaxies form and behave. If J0613+52 is indeed a dark galaxy, it provides a rare opportunity to study dark matter in a relatively undisturbed environment. It could also have implications for the Lambda-CDM model, the leading theory that describes the evolution of the universe. If more dark galaxies like this one are confirmed, astronomers may have to adjust the models to account for these quiet cosmic players.

What's Next?

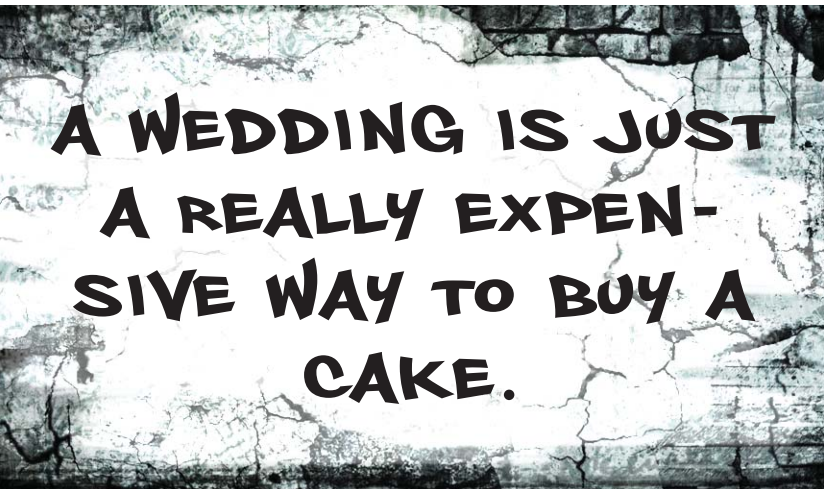


The astronomical community is buzzing with plans to investigate J0613+52 further. Upcoming observations with the James Webb Space Telescope and the Square Kilometre Array could offer deeper insights into the structure, gas dynamics, and possible hidden stars within this celestial oddity. Additionally, artificial intelligence and advanced simulations are being employed to sift through telescope data in hopes of identifying similar candidates. As telescopes get sharper and algorithms get smarter, the invisible parts of our universe may soon come into view.

The Sky isn't the Limit, It's Just the Beginning

The discovery of a potential dark galaxy near our cosmic backyard is more than a milestone, it's a reminder of how much we've yet to understand. It hints at the hidden complexity of the universe and the tantalizing possibility that countless other unseen worlds lie just beyond our current reach. As we refine our tools and stretch the boundaries of imagination and technology, the shadows of the universe may finally start to reveal their secrets. And in those shadows, we might just find answers to the biggest mysteries of all.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS

