

Current Affairs Revision

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Government Schemes

Health

Government Initiative

MY Bharat Launches Next Phase of Nasha Mukti Yuva Campaign

NEWS ITEM

The Ministry of Youth Affairs and Sports, through **Mera Yuva Bharat (MY Bharat)**, launched the next phase of the nationwide **“Nasha Mukti Yuva for Viksit Bharat”** campaign. The campaign will conduct creative competitions in a three-tier format: district, state and national levels.

PRELIMS FACTS

- The campaign is being implemented by the **Ministry of Youth Affairs and Sports** through **MY Bharat**.
- The campaign name is **“Nasha Mukti Yuva for Viksit Bharat.”**
- Registrations began on the **MY Bharat portal**.
- Competitions will be held in a **three-tier format**: district, state and national levels.
- District-level competitions will be held from **24 to 27 July 2026**.
- State champions will be invited to **New Delhi** for the national finale.
- The national finale will be held on **12 and 13 August 2026** during the **National Youth Summit**.
- Five categories are included: **Dance, Music, Reel and Short Film, Nukkad Natak and Slam Poetry**.

MY Bharat ने Nasha Mukti Yuva campaign का अगला चरण शुरू किया

समाचार

Ministry of Youth Affairs and Sports ने **Mera Yuva Bharat (MY Bharat)** के माध्यम से nationwide **“Nasha Mukti Yuva for Viksit Bharat”** campaign का अगला चरण launch किया। Campaign में district, state और national levels पर three-tier format में creative competitions आयोजित किए जाएंगे।

प्रारंभिक परीक्षा तथ्य

- Campaign को **Ministry of Youth Affairs and Sports** द्वारा **MY Bharat** के माध्यम से implement किया जा रहा है।
- Campaign का नाम **“Nasha Mukti Yuva for Viksit Bharat”** है।
- Registrations **MY Bharat portal** पर शुरू हुए।
- Competitions **three-tier format** में होंगे: district, state और national levels।
- District-level competitions **24 से 27 July 2026** तक होंगे।
- State champions को national finale के लिए **New Delhi** बुलाया जाएगा।
- National finale **12 और 13 August 2026** को **National Youth Summit** के दौरान होगा।
- पांच categories हैं: **Dance, Music, Reel and Short Film, Nukkad Natak और Slam Poetry**।

Deadly Bird Virus PaBV-4 Identified for First Time in India

NEWS ITEM

A team of scientists has identified and genetically characterised **Parrot Bornavirus-4 (PaBV-4)** in India for the first time. The virus was found among captive **psittacine birds** and is linked to **Proventricular Dilatation Disease (PDD)**, a largely fatal viral disease affecting the digestive and nervous systems of birds.

PRELIMS FACTS

- **PaBV-4** has been identified and genetically characterised in India for the first time.
- The study was led by **Pankaj Deka** and **Sangeeta Das** of the **Assam Veterinary and Fisheries University, Guwahati**.
- The study was published in **Scientific Reports**.
- Researchers tested **83 psittacine birds** from **13 species** in aviaries in **Assam, Karnataka and West Bengal**.
- The study period was **2020-2024**.
- Bird species included African grey parrot, ochre-marked parakeet, yellow-collared macaw, eastern rosella, blue-crowned hanging parrot, rainbow lorikeet and scarlet-chested parrot.
- The birds were divided into three groups: birds with clinical signs of PDD, healthy cage mates of suspected cases and birds that had died of suspected PDD.
- Infection was detected in almost **88% of dead birds** and **19% of apparently healthy cage mates**.
- Researchers found no patterns linking genetic clusters to host species, geography or time.
- The findings highlight risks to conservation programmes based on breeding captive birds.

भारत में पहली बार deadly bird virus PaBV-4 की पहचान

समाचार

वैज्ञानिकों की एक team ने भारत में पहली बार **Parrot Bornavirus-4 (PaBV-4)** की पहचान और genetic characterisation किया है। यह virus captive **psittacine birds** में पाया गया और यह **Proventricular Dilatation Disease (PDD)** से जुड़ा है, जो birds के digestive और nervous systems को प्रभावित करने वाली largely fatal viral disease है।

प्रारंभिक परीक्षा तथ्य

- **PaBV-4** को भारत में पहली बार identify और genetically characterise किया गया।
- Study का नेतृत्व **Pankaj Deka** और **Sangeeta Das** ने **Assam Veterinary and Fisheries University, Guwahati** से किया।
- Study **Scientific Reports** में published हुई।
- Researchers ने **Assam, Karnataka और West Bengal** की aviaries में **13 species** के **83 psittacine birds** को test किया।
- Study period **2020-2024** था।
- Bird species में African grey parrot, ochre-marked parakeet, yellow-collared macaw, eastern rosella, blue-crowned hanging parrot, rainbow lorikeet और scarlet-chested parrot शामिल थे।
- Birds को तीन groups में divide किया गया: PDD के clinical signs वाले birds, suspected cases के healthy cage mates और suspected PDD से मरे birds।
- Infection लगभग **88% dead birds** और **19% apparently healthy cage mates** में detect हुआ।
- Researchers को genetic clusters और host species, geography या time के बीच कोई clear pattern नहीं मिला।
- Findings captive bird breeding पर आधारित conservation programmes के लिए risks highlight करती हैं।

How Leucine Helps Cells Maintain Energy Production

NEWS ITEM

A science explainer highlighted the role of the essential amino acid **leucine** in protecting mitochondria, the cell organelles that produce energy. A study using the roundworm **Caenorhabditis elegans** found that leucine helps prevent premature degradation of outer mitochondrial membrane proteins, thereby supporting normal mitochondrial function and cellular energy production.

PRELIMS FACTS

- **Leucine** is an essential amino acid.
- It belongs to the family of **branched-chain amino acids (BCAAs)**.
- BCAAs include **leucine, isoleucine and valine**.
- Essential amino acids cannot be produced by the body and must be obtained from diet.
- **Mitochondria** produce **ATP**, the energy currency of the cell.
- The outer mitochondrial membrane is important for normal mitochondrial function.
- Researchers from the **University of Cologne Centre for Excellence Cluster on Aging and Aging-Associated Diseases, Germany**, used **Caenorhabditis elegans** as the model organism.
- The study was published in **Nature Cell Biology** on **27 November 2025**.
- The study found that leucine acts as a protective shield for outer mitochondrial membrane proteins.
- Leucine interacts with a protein called **SEL1L**, which is involved in recognising and removing damaged or misfolded proteins.
- Excessive degradation of outer mitochondrial membrane proteins can lead to metabolic and age-related diseases.

Leucine cells में energy production को कैसे support करता है

समाचार

एक science explainer ने essential amino acid **leucine** की भूमिका को समझाया, जो mitochondria को protect करता है। Mitochondria cells में energy produce करने वाले organelles हैं। **Caenorhabditis elegans** roundworm पर आधारित study में पाया गया कि leucine outer mitochondrial membrane proteins की premature degradation को रोकने में मदद करता है, जिससे mitochondrial function और cellular energy production support होते हैं।

प्रारंभिक परीक्षा तथ्य

- **Leucine** एक essential amino acid है।
- यह **branched-chain amino acids (BCAAs)** family से संबंधित है।
- BCAAs में **leucine, isoleucine और valine** शामिल हैं।
- Essential amino acids body में produce नहीं होते और इन्हें diet से लेना पड़ता है।
- **Mitochondria ATP** produce करते हैं, जिसे cell की energy currency कहा जाता है।
- Outer mitochondrial membrane normal mitochondrial function के लिए important है।
- **University of Cologne Centre for Excellence Cluster on Aging and Aging-Associated Diseases, Germany** के researchers ने **Caenorhabditis elegans** को model organism के रूप में use किया।
- Study **Nature Cell Biology** में **27 November 2025** को publish हुई।
- Study में पाया गया कि leucine outer mitochondrial membrane proteins के लिए protective shield की तरह काम करता है।
- Leucine **SEL1L** नामक protein के साथ interact करता है, जो damaged या misfolded proteins को recognise और remove करने में शामिल है।
- Outer mitochondrial membrane proteins की excessive degradation metabolic और age-related diseases से जुड़ सकती है।

July 10, 2026

Health

Health

Sri Lankan Universities Shift Online Amid Dengue Surge

NEWS ITEM

Sri Lanka is facing a major **dengue outbreak**, with cases crossing **65,000** and **45 dengue-related deaths** reported. Amid the surge, the **University of Colombo** decided to move some lectures online, while the **University of Moratuwa** and the **University of the Visual and Performing Arts** temporarily closed their campuses.

PRELIMS FACTS

- Sri Lanka reported **65,034 dengue cases** in 2026.
- Around **45 dengue-related deaths** have been recorded.
- **Colombo** accounted for about **one-fifth** of Sri Lanka's dengue cases.
- Since May 2026, the **University of Colombo** recorded **71 cases**, including students.
- The University of Colombo moved some lectures online to allow students to rest and recover.
- The **University of Moratuwa** and the **University of the Visual and Performing Arts** temporarily closed campuses.
- Authorities deployed a military-led team to monitor the outbreak.
- Public health officials linked the current outbreak partly to debris left by **Cyclone Ditwah**, which hit Sri Lanka in December 2025.

डेंगू मामलों में वृद्धि के बीच श्रीलंकाई विश्वविद्यालय ऑनलाइन हुए

समाचार

श्रीलंका में **dengue outbreak** गंभीर हो गया है, जहां cases **65,000** से अधिक हो गए हैं और **45 dengue-related deaths** दर्ज हुई हैं। इस वृद्धि के बीच **University of Colombo** ने कुछ lectures online करने का निर्णय लिया, जबकि **University of Moratuwa** और **University of the Visual and Performing Arts** ने campuses अस्थायी रूप से बंद कर दिए।

प्रारंभिक परीक्षा तथ्य

- श्रीलंका में 2026 में **65,034 dengue cases** report हुए।
- लगभग **45 dengue-related deaths** दर्ज हुईं।
- Sri Lanka के dengue cases में **Colombo** का share लगभग **one-fifth** रहा।
- May 2026 से **University of Colombo** में students सहित **71 cases** दर्ज हुए।
- University of Colombo ने students को rest और recovery का समय देने के लिए कुछ lectures online किए।
- **University of Moratuwa** और **University of the Visual and Performing Arts** ने campuses अस्थायी रूप से बंद किए।
- Authorities ने outbreak monitor करने के लिए military-led team appoint की।
- Public health officials ने current outbreak को partly **Cyclone Ditwah** के debris से जोड़ा, जिसने December 2025 में Sri Lanka को प्रभावित किया था।

Centre Tightens Rules for High Alcohol-Containing Drug Formulations

NEWS ITEM

The Central Government has amended the **Drugs Rules, 1945** to strengthen regulation of **high alcohol-containing drug formulations**. The Health Ministry removed the earlier **Schedule K exemption** from licensing requirements for formulations containing ethyl alcohol above specified limits.

PRELIMS FACTS

- The Centre amended the **Drugs Rules, 1945**.
- The amendment regulates **high alcohol-containing drug formulations**.
- The Ministry of Health and Family Welfare removed the **Schedule K exemption** from licensing requirements.
- Formulations containing more than **12% v/v ethyl alcohol** and quantities exceeding **30 ml** will no longer get the exemption.
- Such products must obtain licenses under the **Drugs and Cosmetics Act, 1940**.
- Earlier, some tinctures and aromatic preparations such as cardamom and ginger tinctures were exempted.
- Some exempted formulations could contain ethyl alcohol concentration up to **80-90% v/v**.
- The amendment aims to prevent diversion and misuse for intoxication.
- It will ensure supply through a regulated pharmaceutical supply chain while allowing legitimate therapeutic use.

केंद्र ने high alcohol-containing drug formulations पर नियम सख्त किए

समाचार

केंद्र सरकार ने **high alcohol-containing drug formulations** के regulation को मजबूत करने के लिए **Drugs Rules, 1945** में संशोधन किया है। Health Ministry ने specified limits से अधिक ethyl alcohol वाली formulations के लिए licensing requirements से मिली पहले की **Schedule K exemption** हटा दी है।

प्रारंभिक परीक्षा तथ्य

- केंद्र ने **Drugs Rules, 1945** में amendment किया।
- Amendment **high alcohol-containing drug formulations** को regulate करता है।
- Ministry of Health and Family Welfare ने licensing requirements से मिली **Schedule K exemption** हटाई।
- **12% v/v से अधिक ethyl alcohol** और **30 ml से अधिक quantity** वाली formulations को exemption नहीं मिलेगी।
- ऐसे products को **Drugs and Cosmetics Act, 1940** के तहत licenses लेने होंगे।
- पहले cardamom और ginger tinctures जैसी कुछ tinctures और aromatic preparations exempted थीं।
- कुछ exempted formulations में ethyl alcohol concentration **80-90% v/v** तक हो सकती थी।
- Amendment का उद्देश्य intoxication के लिए diversion और misuse रोकना है।
- इससे legitimate therapeutic use जारी रखते हुए supply regulated pharmaceutical supply chain से होगी।

Finerenone May Slow Kidney Disease Beyond Diabetes

NEWS ITEM

Three global studies published in **The New England Journal of Medicine**, **JAMA** and **The Lancet** suggest that **finerenone**, a drug earlier used mainly for diabetes-related kidney disease, may also help patients with **chronic kidney disease (CKD) without diabetes**. Researchers found that it slowed kidney disease progression, reduced protein leakage in urine and lowered the risk of kidney failure.

PRELIMS FACTS

- Three global studies on finerenone were published in **NEJM**, **JAMA** and **The Lancet**.
- Finerenone was earlier used mainly in **diabetes-related kidney disease**.
- New evidence suggests benefit in **CKD patients without diabetes**.
- Finerenone blocks **inflammation and scarring** inside the kidneys.
- Across CKD forms, it slowed disease progression, reduced protein leakage in urine and lowered kidney failure risk.
- **FIND-CKD** enrolled **1,584 non-diabetic CKD patients**.
- A related analysis of over **900 patients** with glomerular diseases found about **42% reduction in protein leakage in urine**.
- Combined data across **14,574 patients** suggested benefits across different causes and stages of kidney disease.
- Main safety concern: **hyperkalaemia**, or high potassium levels in blood.
- About **17%** of finerenone-treated patients developed elevated potassium levels, but severe cases were uncommon.
- Finerenone is already available in India and costs around **₹80-90 per day**.
- It may become cheaper after patent protection ends in **2028**.
- Routine urine testing for protein leakage can help detect kidney damage early.

Finerenone मधुमेह के बिना भी किडनी रोग को धीमा कर सकता है

समाचार

The New England Journal of Medicine, **JAMA** और **The Lancet** में प्रकाशित तीन global studies से संकेत मिलता है कि **finerenone**, जो पहले मुख्य रूप से diabetes-related kidney disease में उपयोग होता था, **diabetes के बिना chronic kidney disease (CKD)** वाले patients में भी मदद कर सकता है। Researchers ने पाया कि इससे kidney disease progression धीमा हुआ, urine में protein leakage कम हुआ और kidney failure का risk घटा।

प्रारंभिक परीक्षा तथ्य

- Finerenone पर तीन global studies **NEJM**, **JAMA** और **The Lancet** में प्रकाशित हुईं।
- Finerenone पहले मुख्य रूप से **diabetes-related kidney disease** में उपयोग होता था।
- नई evidence बताती है कि यह **diabetes के बिना CKD patients** में भी लाभकारी हो सकता है।
- Finerenone kidneys के भीतर **inflammation और scarring** को block करता है।
- CKD के अलग-अलग forms में इसने disease progression धीमा किया, urine protein leakage घटाया और kidney failure risk कम किया।
- **FIND-CKD** में **1,584 non-diabetic CKD patients** शामिल थे।
- Glomerular diseases वाले **900 से अधिक patients** के related analysis में urine protein leakage लगभग **42% कम** पाया गया।
- **14,574 patients** के combined data ने kidney disease के अलग-अलग causes और stages में benefit दिखाया।
- मुख्य safety concern: **hyperkalaemia**, यानी blood potassium का बढ़ना।
- Finerenone-treated करीब **17% patients** में potassium levels बढ़े, लेकिन severe cases uncommon रहे।
- Finerenone भारत में उपलब्ध है और इसकी लागत लगभग **₹80-90 per day** है।
- Patent protection **2028** में समाप्त होने के बाद यह सस्ती हो सकती है।
- Protein leakage की routine urine testing kidney damage को early detect करने में मदद कर सकती है।