

Current Affairs Revision

Category: Health · Entries: 6

July 13, 2026

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**.

July 12, 2026

Science and Technology

Health

Species & Environment

Science & Technology

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.

July 12, 2026

Science and Technology

Health

Science & Technology

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.

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.

July 10, 2026

Health

Health

Law and Policies

Government Initiative

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.

July 8, 2026

Health

Health

Science & Technology

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.