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## **AWARENESS AND USAGE OF VITAMINS A AND E**

### ***Introduction***

Vitamins A and E are important fat-soluble nutrients with vital functions in maintaining human health. Vitamin A is critical for vision, the immune system, and cell signaling [1]. There are two major forms of vitamin A: preformed vitamin A (retinol and retinyl esters), found in animal foods like meat and dairy, and provitamin A carotenoids, which are in plant-based foods like carrots and spinach [2]. Vitamin E is also an antioxidant; it protects the cell membrane against oxidative damage, primarily acquired from diet, and in significant quantities through vegetable oils, nuts, and seeds [3]. The public consciousness about these vitamins, however important, is often limited, so it is challenging to adhere strictly to dietary rules [4]. Understanding their present knowledge base and habits provides insight into an effective nutritional education and intervention. This study examines these factors by carrying out a survey among various age groups, educational backgrounds, and occupations.

### ***Goal***

To evaluate people's knowledge and awareness about of Vitamins A and E

### ***Material and methods of research***

A Google Form consisting of 20 questions addressing demographics, dietary habits, supplement usage, and perceptions of vitamins A and E. 50 respondents, primarily students, aged 18–24, with a majority holding or pursuing a Bachelor's degree. Responses were categorized and analyzed to identify trends and correlations.

### ***The results of the research and their discussion***

From the survey, results indicated that mostly the participant's age range lies between 18–24; most of these participants are engaged with or have their Bachelor's, and most students. Most of them are "Somewhat familiar" with the roles of these vitamins, mainly associating good vision with Vitamin A and a healthy skin benefit and immune component with Vitamin E. Dietary practices indicated frequent intakes of foods rich in vitamin A, which included carrots, eggs, and spinach. In contrast, intake of foods containing vitamin E was less frequent and included nuts, seeds, and avocados. Supplement usage was low and most participants favored natural food sources over supplements. Participants using supplements reported some minor health benefits, such as better skin and energy levels, with rare and mild side effects. However, most of them did not track their vitamin consumption, and the majority of them preferred a balanced diet rather than a nutritional one.

#### **Key Insights:**

- Awareness levels are moderate, with room for increased education on the roles of vitamins A and E.
- While dietary sources are preferred, supplement usage remains minimal.
- Participants value balanced nutrition but lack adherence to recommended guidelines.
- Few reported side effects suggest overall safe consumption patterns.

### **Conclusions**

The research showed moderate awareness and practice of taking vitamin supplements among the said populations. There is an understanding among the participants of the role of some vitamins; nevertheless, there remain substantial shortcomings to enhance education and advance the exposure to reliable knowledge. Campaigning on the consumption of vitamin-rich foods and consulting with health professionals could lead to improved public health. Future studies should employ countermeasures meant to bridge gaps in knowledge and measure the observational change in dietary behaviors.

### **LITERATURE**

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### **FEATURES OF HIGHER EDUCATION IN SRI LANKA: A LOOK FROM THE INSIDE**

#### **Introduction**

In Sri Lanka, public universities provide free higher education opportunities for students with higher education. However, due to limited opportunities at public universities, some of the qualified students will not be able to pursue education at a public university. professional education [1].

In these conditions, there is an increase in the export of educational services from higher educational institutions of Belarus, which is accompanied by a significant increase in the number of foreign students in some universities of the country. It is important to understand that international students have their own cultural characteristics, language barriers, and the level of adaptation to a new environment and educational system. The study of their psychological and social characteristics allows us to better adapt the educational process to their needs and ways of perceiving information [2].

Understanding the individual characteristics of international students helps teachers create more flexible and effective teaching methods that take into account their cultural context, level of language training, degree of motivation and interest in the material being studied. This contributes to a more successful adaptation of foreign students to the educational process, increases the level of their involvement in learning, and also contributes to the development of their professional skills and competencies [3].

#### **Goal**

This study aims to analyze the current state of higher education in Sri Lanka by examining students' perceptions of effective teaching methods, the integration of modern technologies, feedback mechanisms, and the significance of research and scientific projects. The ultimate