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THE LIFESTYLE OF INTERNATIONAL STUDENTS IN BELARUS

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Aim: to ascertain the quality of lifestyle of international students in Belarus(hostel) and its impact on health.

Materials and methods. Data is collected from 25 students of the hostel no. 5 which contains food habits, sleeping hours, anthropometric measurements (height, weight, circumference), BMI, hobbies, stress level etc. from the students who are studying in Belarusian State Medical University, in 2nd, 3rd and 4th course of medical faculty and are from India and Sri Lanka also take interview of the students about their lifestyle, mental health, daily dietary plan before and after coming here and changes.

Results and their discussion. Healthy Lifestyle - we can say it is the way of living life which makes u feel good physically, mentally, socially. According to this data collection we can estimate some parameters of the students who are living in hostel. We can surely get some approximate idea about the student life, their food habits, stress level sleeping timings, basal metabolic rate for variety of students.

1. Eating healthy and balanced diet: healthy diet means; a person should eat every day from all this 5 groups at its proper time. In given data it's clear that students are aware about their BMI, only few are under or over weight. The average BMI is 23.27kg/cm². Among the students 44% of students are above average BMI, and 56% of students are below average BMI. There are 69% of students, who are aware of their regular food habits, body requirements, the amount of particular nutrients and required nutrition which they are taking by supplements; and 31% of students are still unaware of their body's need/nutrition.

2. Importance of sleep: for optimal health a person's sleep should be 7 to 9 hrs daily. reduced). According to collected data, the students are sleeping around 6-7 hrs daily. Some students are not getting adequate sleep because of some reasons like more stress for study, habit of sleeping late but have to wake up early for classes, sometimes overthinking about family or career, it can be any. Also we can estimate that less sleep could be a reason a person with high stress level (person is not sleeping properly and overthinking, work load, educational performance pressure,etc). Most of the students from this hostel are taking quite normal sleep, not adequate sleep for 7 hr but there should be special sleeping hours for medical students

3. Physical activity: As per Collecting information via interview, we can surely say that the impact of physical activity is remarkable. We can assure that students who are doing physical activity regularly, are living their life smoothly and doing their work efficiently also they have low level of stress and a quite normal sleep.

4. The impact of mental health: Mental health is as important as the factors mentioned above. Total sum of stress level/no of students=4.56, Highest level of stress=7, Lowest level of stress =2 Below average =44% of students Above average =56% of students

Conclusion: the lifestyle is undoubtedly plays a significant role in these student's health. Everything is almost correlated. Our four main topics 1. Healthy and balanced food, 2. Adequate sleep, 3. Physical activity & 4. Mental health absolutely affects and it should be adequate and in balance to perform efficiently in life and living healthy life without any health issues. After all the data collection we got the average BMI = 23.27 kg/cm², average sleep is 6-7 hrs/day, average stress level among medical student is 4.56, most of the students are a are of diet, supplements, physical health and connected with sports or any activity to balance mental health. Healthy lifestyle is a key factor for being healthy. Eat, sleep, do exercise, take supplements properly and keep engaged your mind in reductive and creative activities.