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## BEST PRACTICES

### Practice 1

**Title of the practice:** REACH the UNREACHED

**Objectives:**

- To help the poor and underprivileged access the dental health care
- To increase the awareness of dental health in people living in villages
- To provide students an exposure to community
- To develop skills of the students to integrate their knowledge in theory to practice

**Context:** Oral health problems are preventable but still many people suffer from various kinds of preventable oral health problems due to lack of awareness. This awareness can be increased only by community engagement where the dental experts can reach out to the community and implement various strategies to improve the awareness of oral hygiene and other practices promoting oral health and also by regular screening by which the diseases can be identified at an early stage. This practice can also include the students along with experts, which can increase the exposure of students to the community and help them in learning.


**Practice:** The institution is situated in a city which is surrounded by many villages, where the awareness towards dental health is considerably low as well as affordability for dental care is also poor, compared to the people residing in cities. So various dental camps are organized by the department of Public Health Dentistry, Navodaya Dental college, to cater the dental health needs of poor and underprivileged people who can't afford for dental treatment as well as to increase the awareness of dental health in people living in socially and economically backward areas. Dental faculty and the undergraduate and postgraduate students are a part of this programme and they screen all the available people in the designated village and diagnose various dental problems and also provide some basic treatments during these camps and for treatments which require advanced equipments and expertise in the field, are referred to the dental hospital of our institution. When the free camps are organized, a good number of patients turn up because the services are provided for free of cost. Later when these patients are referred to the hospital to provide treatments which are not feasible in a community health camp set-up, the treatment in the hospital too is provided free of cost for these patients, to encourage them to complete their dental treatment.

**Evidence of success:**

- More number of people are screened and explained about oral hygiene measures
- Students have improved their self confidence and can interact with patients better, due to increased exposure
- Students have improved in their organizational skills

**Problems encountered:**

- Daily wage labourers were reluctant to participate in the camps, as they might miss their wages due to overlapping of timing with their work time
- Sometimes, inadequate publicity has led to poor number of people reporting to the camp
- Not all the people referred to the hospital report for further treatment

  
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## Practice 2

**Title of the practice:** INSPIRE and ELEVATE

### Objectives:

- To monitor and guide the students from first year to internship
- To help the first year students in understanding the challenges and the opportunities in the college and the course they have taken
- To counsel academically poor performing students and thereby minimize the number of students who dropout from the course
- To provide an environment in which the student can share their problems faced during their course and during their stay in the campus
- To discuss and evaluate progress of the students attendance as well as performance in internal assessments
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**Context:** This practice was adopted to build trust in the students and help them in modeling positive behavior and help the students in making decisions to achieve their goals in his or her career path, as well as provide guidance, motivation, emotional support and role modelling. The mentors should help their mentees with exploring careers, setting goals, developing contacts and identifying resources. The mentors should be available to support their mentees when they need it, delivering that support in a way that makes sense to them, and always keeping that persons' best interests in mind. So, the mentor is supposed to act as a Consultant, counselor and cheerleader for their mentees

**Practice:** INSPIRE and ELEVATE is the student mentorship programme followed in Navodaya Dental College, which is a unique method of supporting students to improve their learning and motivating them towards a good career development. After the completion of the admission process of the first-year students, they are informed about the mentoring system and the teaching staff in the college are allotted with 1-3 mentees per year depending on the number of students admitted. From that point till the completion of the course of the mentee, the allotted mentor does the duties of a mentor as mentioned in the context of the practice. The mentors procure the attendance and the performance of their mentees in the internal assessments conducted by the respective departments and guide the students accordingly to improve their performance. As well the mentors also know about the special interests of their mentees to build their trust and to encourage them during extra-curricular activities. The mentors also counsel their mentees in cases of any personal or academic challenges. Hence the mentors in our institution meet their mentees on regular basis to listen to their opinions and issues and guide them in learning as well as in their overall personality development. In case if the mentors would not be able to deal with some sensitive issues and such issues would be forwarded to the anti-ragging committee, Women cell or Institutional cell against sexual Harassment as per the requirement of the situation.

### Evidence of success

- Students are more regular to the classes
- There is better discipline in the campus

Increased participation of students in sports and other extra-curricular activities



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