

CRITERIA 7.2.1 – INSTITUTIONAL BEST PRACTICES

A best practice is supposed to be any practice/practices that have been in existence for at least 3 years. It should be one internally evolved and made a positive impact on the regular functioning of the institution.

Best Practice 1:

Title of the Practice: Community Health Outreach Programs.

Objectives:

Chettinad dental college and Research Institute is committed to advancing oral health equity and promoting preventive dental care. Our outreach initiatives embody this mission by reaching underserved populations through free dental screening and treatment camps, as well as engaging health education campaigns. These activities ensure that quality oral healthcare is accessible beyond the walls of our institution, addressing disparities while creating opportunities for students and faculty to serve communities directly.

Objectives of the Practice

1. **Enhance Access to Oral Healthcare:** To provide dental screening and treatment to underprivileged populations who face barriers in accessing quality oral care.
2. **Promote Awareness:** To educate communities about oral hygiene practices and their role in preventing dental diseases.
3. **Develop Practical Skills:** To offer hands-on experience for students in diagnosing and managing real-world oral health issues under faculty supervision.
4. **Foster Community Relationships:** To build trust and partnerships with local organizations, NGOs, and community leaders for sustained oral health interventions.

The Practice

- **Needs Assessment:** Initial surveys conducted with local stakeholders to identify target populations.
- **Collaboration:** Partnerships with local health departments, schools, NGOs, and community leaders.
- **Logistics Management:** Procuring portable dental chairs, sterilization units, X-ray machines, and dental kits.
- **Volunteer Recruitment:** Involvement of faculty, postgraduate, and undergraduate students.
- Camps are organized in schools, rural areas, urban slums, and other underserved regions.

- Services offered include:
 - Dental screening
 - Restorative procedures (fillings)
 - Scaling and polishing
 - Basic extractions
 - Fluoride application for children
 - Referral to the institution for advanced treatment
- Each camp features a dedicated education corner with live demonstrations, posters, and interactive sessions on oral hygiene.

Health Education Campaigns:

- Tailored campaigns address issues like:
 - Brushing techniques
 - Dietary advice for dental health
 - Tobacco cessation awareness
 - Preventing dental caries and gum diseases
- Use of innovative tools such as:
 - Skits and role plays
 - Educational videos
 - Distribution of pamphlets and free dental kits

Feedback and Follow-Up:

- Feedback forms collected from attendees to assess satisfaction and areas of improvement.
- Follow-up camps are scheduled for populations requiring ongoing treatment or care.

Uniqueness of the Practice

- **Holistic Approach:** Combines clinical care with health education to tackle both immediate needs and long-term prevention.
- **Student Engagement:** Empowers future dentists with practical, real-world experiences in diverse settings.
- **Community-Centered:** Ensures cultural sensitivity and inclusivity by involving local leaders and tailoring programs to specific community needs.

Evidence of Success

Year	No. of camps	No. of beneficiaries
2021-2022	145	16037
2022-2023	180	27437
2023-2024	241	24511

1. Awards & Recognitions:

- Positive testimonials from attendees about improved oral health awareness.
- Enhanced trust and goodwill between the institution and the communities served.
- Reports of attendees adopting healthier oral hygiene practices following the campaigns.

2. Skill Development for Students:


- Students gained competence in communication, clinical diagnosis, and treatment planning in varied settings.

Future Plans

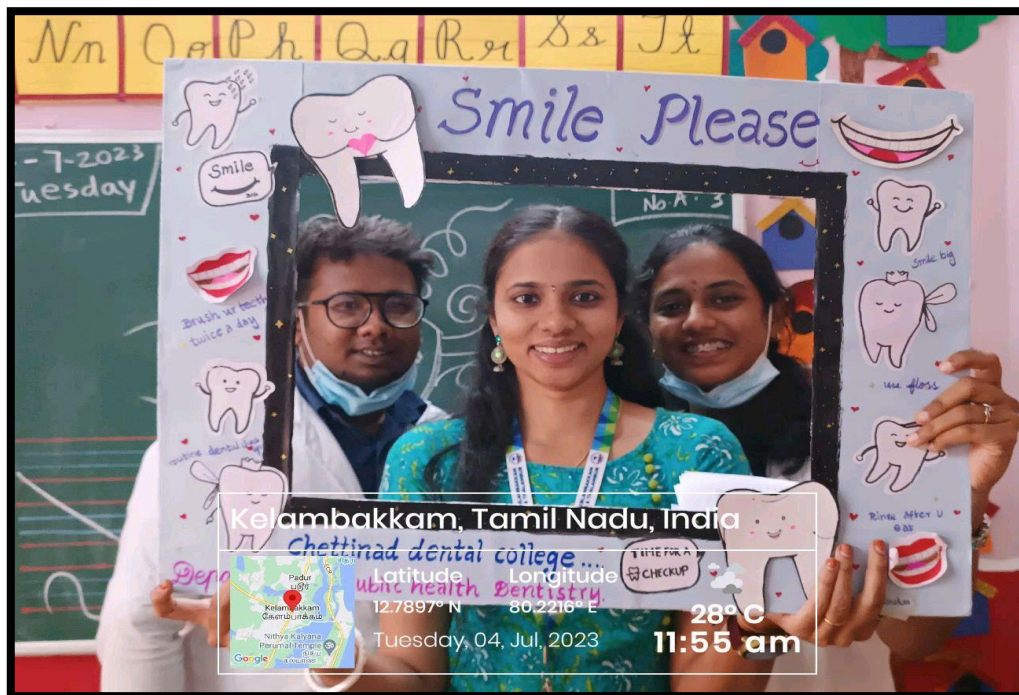
- Expanding the scope of services offered in camps, such as basic orthodontic consultations and oral cancer screenings.
- Introducing digital solutions like tele-dentistry for follow-ups.
- Training local healthcare workers to sustain oral health education efforts in their communities.
- Conducting research to assess the long-term impact of the outreach programs.

Conclusion


The outreach activities conducted are a testament to our unwavering commitment to community service and dental health advocacy. By providing free dental care and education to underserved populations, we have significantly contributed to the improvement of oral health outcomes while fostering a culture of social responsibility among our students and faculty. These initiatives not only uplift the communities we serve but also strengthen our institution's reputation as a pioneer in accessible healthcare.

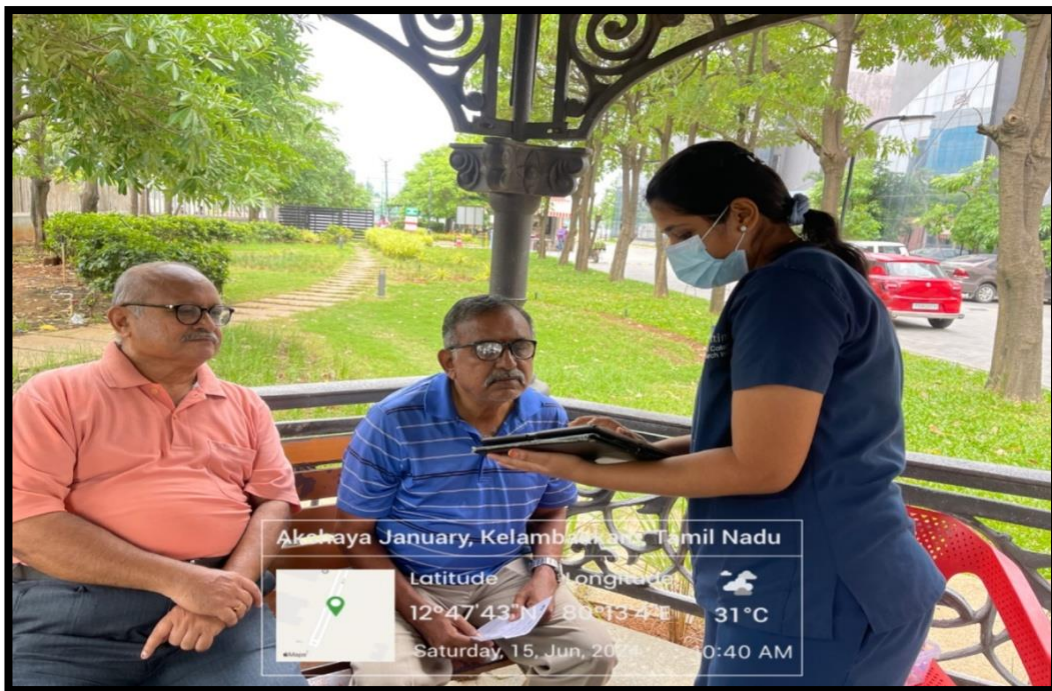

PRINCIPAL
CHETTINAD DENTAL COLLEGE &
RESEARCH INSTITUTE
RAJIV GANDHI SALAI
KELAMBAKKAM - 603 103.

COMMUNITY HEALTH OUTREACH PROGRAMS






PRINCIPAL
CHETTINAD DENTAL COLLEGE &
RESEARCH INSTITUTE
RAJIV GANDHI SALAI
KELAMBAKKAM - 603 103.



Best Practice 2

Title of the Practice: Yoga and Wellness

Objectives:

Main objectives of “Yoga” in the Chettinad Dental college and Research institution

1. Improve physical wellbeing of the students
2. Improve Mental health of the students
3. Enhances self-esteem
4. Support Social development among students
5. Builds resilience to stress
6. Developing life skills - cultivate discipline and a sense of consistency in students.

Context

Yoga is a mind and body practice that can build strength and flexibility. It also helps in reducing stress. Yoga is an ancient practice that involves physical poses, breathing techniques and meditation. A regular practice of yoga can promote endurance, strength, calmness, flexibility, and well-being. Yoga education in the institution not only encapsulates these aspects of life but also improves intellectual function in students.

Practice

“Chettinad Dental college and Research institute” in collaboration with “Arogya Bharathi” fosters the practice of Yoga among students and prioritise the importance of yoga in a student’s life and integrate yoga education into the curriculum from the year 2022 to ensure the holistic development of students.

Yoga session conducted every Friday from 7.45 to 8.45 AM at Sigapi Aachi hall and Yoga instructor Ms Vasuki T from Arogya Bharathi leads the yoga session in a planned manner from breathing exercise (for the energy flow) to physical exercise (to enhance muscle integrity and relaxation) to meditative practice (mind calmness).

Practice starts in a structured way with three phases,

1. **Phase I: Breathing exercise:** Surya Bhedana, Sitkari, Bhastrica, Bhramari
2. **Phase II: Physical poses:** Padmasana, Vajrasana, Bhujangasana, Setu Bandhasana, Navasana, Parvatasana, Surya Namaskar.
3. **Phase III: Meditation:** Focused attention meditation (Focus on breath)

During Lecture Class hours

At the beginning of all class, students are advised to perform **Surya Bhedana and Sitkari Pranayama** to improve the **cognitive function of brain and to calm the body and mind** for better attention towards lecture class. Yoga education in the institution not only encapsulates these aspects of life but also improves memory retention in students. Students who practise yoga regularly are more likely to stay in less stress, understand concepts with more concentration, and retain them for longer.

Evidence of Success

- **Feedbacks were taken from students following the yoga session. 25.3% were from male and 74.7% from female.** When questioned about their experience with the yoga session, **67.9% of students said they had a good experience, 17.9% said they had an excellent experience, and 12.6% had a fair experience overall. About 67.9% of respondents rated the yoga instructor's knowledge as good, and 15.8% rated as exceptional.**
- When asked which aspect of yoga practice that resonated with them most, **majority of them responded Surya namaskar, breathing exercises, and meditation were the most resonated portion of the yoga session. 71.1% of the surveyed students said that yoga classes were beneficial and 77.9% said that they will include Yoga practice in their day today life.**
- When questioned whether this Yoga session has improved their physical health condition about **49.5% said that the class has improved their physical well-being.** When asked about any improvement in their mental health **about 60.5% replied that it was beneficial to their mental health.**
- Students gave feedback that doing breathing exercise before beginning of all lecture class improved their attention and cognition.

Problems Encountered and Resources Required

During initial stages of implementation of yoga class there were scheduling difficulties. Later it was addressed and sorted. Participants have different levels of experience, flexibility and strength. Balancing the session to cater all the levels was initially tough. Later it was sorted by categorizing the students according their levels of experience and flexibility. Managing the expectation of each participant was initially difficult, later it was addressed by obtaining the feedback from participants. Resources required: Need of Sigaphi aachi auditorium, Yoga mat, Air conditioner, Washroom, Yoga sequence card, First aid kit, Ambience and sound system.

YOGA PRACTICE AT SIGAPI AACHI HALL





