

## **Best Practice 1**

**1. Title of the Practice:** "Tobacco Intervention Initiative" – Diet, Diagnosis and Deterrence -3D's of Oral Cancer

**2. The Context:** Tobacco cessation drive is a novel initiative taking into consideration of the alarming incidence of patients who consume tobacco products. The drive was an interdepartmental initiative to educate students & staff of Lenora Institute of Dental Sciences, Rajahmundry regarding ill effects of tobacco and on same platform provide oral health checkup along with nutrition counseling to the patients for prevention of oral cancer.

**3. The Objectives:**

The effectiveness and need of this initiative was palpable by the fact that many students & staff who have got trapped under this deleterious habits will get a chance to be able to quit their adverse habit and also enlightened about various foods which are good for oral health and also help in fighting towards oral cancer.

**4. The Practice:**

The Practice was launched on the occasion of No Tobacco Day in a rally carried out by Dept. of Public Health Dentistry. The program was conducted on 26-27<sup>th</sup> July 2018 to commemorate World Head & Neck Cancer Day. It was carried out by a team of 20 students and 4 faculty experts each from the Dept. of Oral Medicine, Dept. of Oral Pathology and the Dept. of Public health Dentistry.

**4. The Obstacles faced:**

**a)** "I need a cigarette to calm my nerves." – Strategy applied: Some people believe that smoking cigarettes helps them [relax](#). In fact, smoking is a stimulant – it revs you up! Smoking also increases blood pressure and heart rate, which causes an increase in stress levels in the body. Instead of smoking, try some of these techniques the next time you feel stressed:

Pause and take a deep breath in and out. Keep your eyes closed, and concentrate on your breath. You can calm your nerves on your own.

Talk it out with a family member, trusted friend, or healthcare professional.

Step out for some fresh air. Sometimes, taking a walk can help you gain some perspective.

**b)** "I miss the bonding with coworkers (and friends) during smoking breaks." - Strategy applied: When you quit smoking, it may be hard to give up [the social aspect of smoking](#). Prepare yourself by developing a plan to help [avoid smoking breaks](#):

Rehearse ahead of time how you'll respond when a friend or coworker suggests going out for a smoke. Say it out loud to make it real.

Tell people you're trying to quit so they can help keep you on track.

Plan alternate activities to do instead of taking a smoking break, such as sipping a cup of herbal tea or discussing your favorite show/subject with a co-worker.

**5. Impact of Practice:**

More than 50% of tobacco addicted people left the Tobacco usage.

## **Best Practices -II**

**Title of the Practice:**

Financial Aid to the deserving students by the college

## **Objectives of the Practice**

The noble objectives of the practice are

- To extend financial aid to the poor students, especially from the rural, to save them from discontinuation of their studies owing to poverty irrespective of caste, creed or gender.
- To promote the 'equality' among the students
- To inculcate the values of 'generosity' and a 'sense of social responsibility among the students.

## **The Context**

It has been obtained from the profile of students joining the college that there are many students coming

from the rural areas with low economic background. Their parents are unable to provide them a sustained

financial support because agriculture, being a gamble with rain in the district, is not a source of assured income.

The noble objective had its teething as well as challenging troubles in its designing and implementation

In a situation of dire poverty, whatever meagre resources available are used primarily to make both ends meet. So sending their children to the town for higher education becomes almost impossibility for the poor parents in the rural areas, in the context of higher education demanding higher amounts of money. Though, sometimes, they do venture to admit their children to colleges in the town, they are unable to give sustained financial support throughout the course of study because agriculture, being a gamble with rain in the district, is not a source of assured income. So, it is evident that without financial support from an external source, the rural youth cannot hope to successfully complete their higher studies.

## **The Practice**

This illustrious institution, true to its legacy of pro-poor attitude since its inception, has taken a firm resolve to extend

all possible financial support to the deserving students and help them to realize their fond dream of acquiring higher education.

For this, the college instituted the fund for any needy poor students without discrimination of caste, creed or gender. The students whose parents do not have fixed reasonable source of income and do not enjoy any other financial assistance in the form of social welfare or endowment scholarships are eligible for the aid. A duly constituted committee of three senior Persons of the college scrutinizes the applications received from the aspirants for the aid from the Trust It finalizes the list of eligible students for the aid after due verification of the documentary evidence enclosed and strictly following the guidelines framed for the purpose, and submits the same to the

Endowment Scholarships and the individual teachers' help is also taken for the financial assistance. to meritorious and poor students, Sports students, topper of marks among girls, students who stand first subjects at the terminal examinations and so on. Apart from the monetary aspect, endowment scholarships are a proof of academic achievement and hence, the students are developing a keen spirit of competition to secure the endowment scholarships the another source of the aid is our faculty members. Drawing inspiration from institution's legacy of pro-poor-student attitude and action, wherever possible, they are paying the tuition fee and examination fee of regular and industrious students who are unable to pay the fees owing to poverty. Lack of will on the part of the majority of the elite and successive.

droughts and famines in the district are the known constraints.

**Problems Encountered and Resources Required:**

Pooling up of the required resources was a tough task.

- After many awareness sittings with the all concerned, the college set up a 'hundi' on the campus for voluntary donations by students, staff and other visitors including charity organizations. The college struggled a lot in deciding the eligibility criterion for the aid.
- After comprehensive deliberations with students and teachers, it was decided to extend the benefit

to all

the poor students, who do not have the advantage of government or endowment scholarships without discrimination of caste, creed or gender.

- Verification of the financial backwardness of the aspirants was yet another challenge.
- The management has insisted on strict adherence to the rules framed. about this fund in spite of the influential sections'

and caste associations' undue interference in the implementation of the practice.

scholarships to encourage more students to develop a keen spirit of competition to secure the endowment

scholarships.