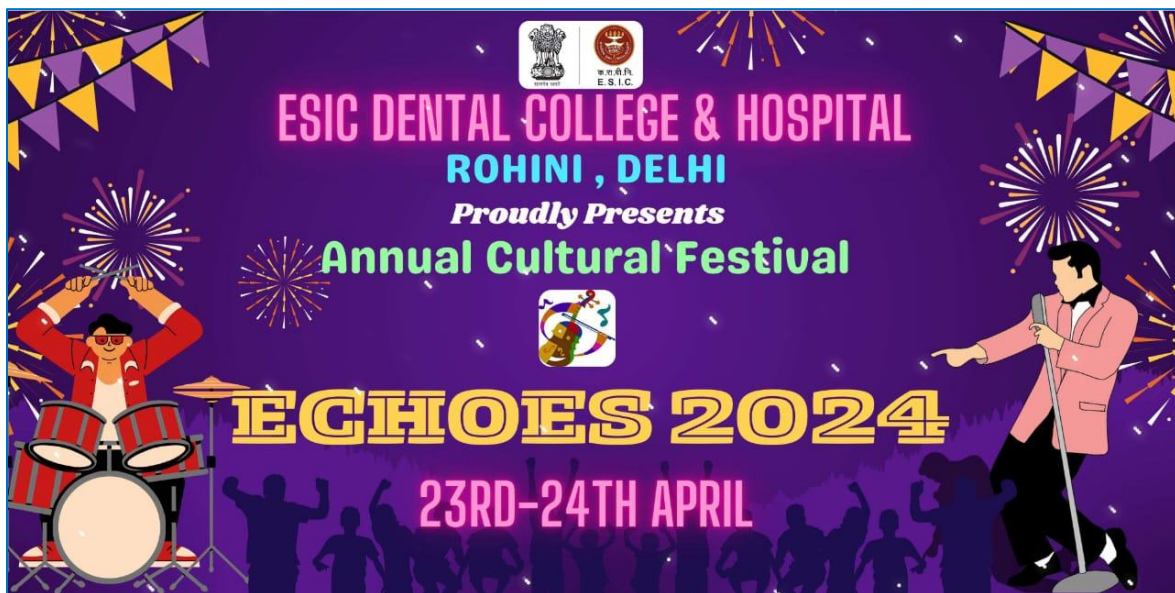


ECHOES 2024

"There is no point in living if you can't feel alive."



Annual Intra-college Cultural Festival (ECHOES-2024) was held on 16th, 23rd, and 24th April 2024 at ESIC Dental College and Hospital, Rohini, Delhi under the able Chairmanship of Dean, ESIC Dental College, Dr. Nagaraj M.

A total of 23 events (16 off-stage and 07 on-stage events) were organized in a span of two and a half days. The festival kick started with an enthusiastic and extremely competitive scientific session (both papers and e-poster presentations) on 16th April 2024 meticulously coordinated by Dr. Bhawana Tiwari, Director Professor and Head, Department of Prosthodontics, Dr. Annu Nanda, Professor and Head, Deptt. of General Pathology and their entire scientific team comprising of tutors, JRs and interns in the Deptt. of Prosthodontics.



Students displaying their scientific knowledge



E-posters and paper presentations in full swing. Judges of both events enjoying the session as well as judging it.



The scientific team

The scientific session set the standard for the cultural extravaganza showcased on 23rd - 24th April.



ENTRANCE GATE



Decoration in place

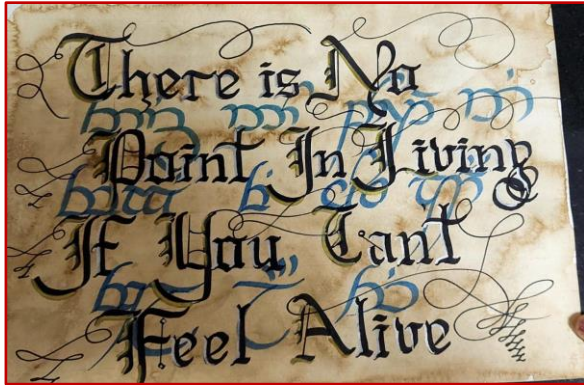


Tastefully made selfie points

The tasteful decorations and the vibrant tent and stage increased everyone's excitement and added to the festival fervour.



Day 1, 23rd April 2024 began with the off stage events like Calligraphy, Soap carving, Chalchitra, Rangoli, Entertainment trivia, Dental Quiz, Henna Art, Dumb Charades, and Creative Wire Bending which displayed immense talent of our students.



Calligraphy



Soap Carving



Rangoli decorating the college premises



Henna Art

The on-stage events like Kavyalaya, Rang Manch, and Symphony (Vocal Music) captivated the audience attention with their spectacular performances and were enjoyed by one and all.



Rang Manch



Qawwali session by students



Audience enjoying the show

The *inauguration* of the cultural festival was held on 24th April 2024 on the stage in the vibrant and colourful tent area. Respected Medical Commissioner (Medical Education), ESIC Headquarters, Dr. Ashit Mullick graced the occasion as the Chief Guest. The stage was also adorned by Medical Superintendent, ESI Hospital, Rohini Dr. H.K. Mittal and Dean, ESIC Dental College and our Chairperson for the entire festival Dr Nagaraj M.



Respected Medical Commissioner (Medical Education and Ayush) ESIC Headquarters, Dr. Ashit Mullick graced the occasion as the Chief Guest.



Saraswati Vandana sung by college students.



Respected Medical Superintendent, ESI Hospital, Rohini, Dr. H.K. Mittal lighting the auspicious lamp.



Chief Guest, Dr Mullick being presented with a memento, shawl, and planter as a token of respect.



Address by the Chief Guest

The Chief Guest, Medical Commissioner (ME and Ayush) ESIC and Medical Superintendent, ESI Hospital Rohini awarded the winners of scientific session with trophies and certificates and enlightened the audience with their words of wisdom. Special sports trophies such as Sports person of the year – male, female and Spirit of the Game award were also awarded by the dignitaries to the much deserved winners.



Winners of the Scientific Session and Sportsperson of the Year – Male being awarded trophies by the Chief Guest.

The inauguration was followed by off-stage events like nail art, face painting, cooking without flame, and debate competition and ended in style with the much awaited Instrumental music, Boogie Woogie, ESICs got Talent and the glittery fashion show.



Face painting



Nail Art



Instrumental Music



Students dancing to the beats of a punjabi song



Glittery Fashion Show

The winners of all the events were presented with trophies and certificates by the judges of the respective events. *The trophies were also awarded to Best batch – Sports (Interns), Best Batch – Culturals (Final year), and Overall Best Batch (Final year).* Our talented faculty members coordinated and judged all the events with full sincerity and impartial view.

The enticing food, chocolates, and beverages stalls arranged by the stalls committee catered to the taste buds of every delegate on both the days. The festival ended with a gala dinner for all the students, faculty, tutors, JRs, and ESIC staff members. The entire show right from beginning to end was an exemplary display of team spirit, unity and camaraderie among all the faculty, tutors, JRs, staff, and students under the able leadership of Dean Dr. Nagaraj M.



Vibrant faculty

The Organizing Secretary for the cultural fest Dr. Pooja Dudeja, Prof. and Head, Deptt. of Conservative Dentistry and Endodontics; Joint Organizing Secretaries Dr. Rohini Pakhiddey, Associate Prof. and Head, Deptt. of Anatomy, and Dr. Rulie Buragohain, Associate Professor, Deptt. of Biochemistry, Student Council President Bikkly Kr Sharma, Student Cultural Secretaries Interns Hardik, Tinki , and Jt. Cultural Secretaries Shubham and Kasshish worked tirelessly and spent sleepless nights to showcase these happy moments for all.



Women power of ECHOES 2024



Our Core Team of Students

The estimated budget approved for ECHOES 2024 was Rs 6,16,641/-. The bills are in processing and will be cleared soon.

WORLD NO TOBACCO DAY 2024

A Brief Report

01.07.2023 – 30.04.2024



ESIC DENTAL COLLEGE & HOSPITAL

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

Sector- 15, Rohini, New Delhi – 110085

(ISO 9001:2000 QMS Certified)

Affiliated to Guru Gobind Singh Indraprastha University (GGSIPU)

Recognized by the Dental Council of India, New Delhi

Website: www.esic.nic.in

Email: deandc-roh.dl@esic.nic.in

Ph. No. 27553099 Fax.27553099

CONTENTS

No.	Content	Page No.
1.	Summary	3
2.	Dispensary Camps	4
3.	Outreach Camps	6
4.	School Camps	9
5.	Industrial Camps	11
6.	Health Mela	14
7.	Tobacco Cessation Counselling	17
8.	Walkathon	20
9.	Oral Cancer screening Activities	22
10.	Role plays and Health Talks	24

SUMMARY

Tobacco is the leading cause of preventable deaths globally, claiming over seven million lives every year. The World Health Organization (WHO) designates May 31st as World No Tobacco Day to raise awareness about the risks associated with tobacco use. We organized a range of initiatives to promote oral health and prevent tobacco use.

Our efforts included conducting dental camps in various locations, which provided patients with comprehensive dental care and tobacco cessation counselling. Our mobile dental units made it easy for patients to access these services, and our trained dentists and counsellors provided personalized guidance and support to help patients quit tobacco use.

In addition to the dental camps, we also organized health mela. It brought together healthcare professionals, students and local residents to promote health awareness and provide free health check-ups. Our experts conducted health screenings, distributed health education materials, and provided guidance on maintaining good oral health and preventing tobacco use.

To further emphasize the importance of oral health and tobacco prevention, we also organized a walkathon. These events encouraged participants to take a step towards a healthier lifestyle by promoting physical activity and raising awareness about the risks associated with tobacco use. Our walkathon were led by our team of healthcare professionals, who provided guidance and support to participants along the way.

To educate participants about the risks associated with tobacco use, we also conducted educational health talks and role plays at various locations. These activities allowed participants to engage with the material in a more hands-on and memorable way, helping them to better understand the risks associated with tobacco use and the benefits of maintaining good oral health.

Through these initiatives, our organization aimed to empower individuals to make informed decisions about their health, reduce their risk of oral health problems, and promote a healthier lifestyle. By combining dental care services with education and community outreach, we were able to make a positive impact on the community and promote a healthier future for all.

1. Dental Camps

A. Dispensary Camps

Dental health is a crucial aspect of overall well-being, yet it often receives inadequate attention, especially in underserved communities. Recognizing this need, a series of dental camps were organized at Dwarka and Okhla dispensaries with a comprehensive focus on dental screening, treatment, and tobacco cessation counselling (TCC). The camps aimed to address oral health issues prevalent in these areas while also targeting tobacco use, a significant risk factor for oral diseases.

Activities Conducted: The dental camps comprised various activities:

- **Dental Screening:** Trained dental professionals conducted thorough screenings to identify oral health problems and oral lesions.
- **Treatment Services:** Patients received a range of treatments including oral prophylaxis, extractions for irreparable teeth, and restorative treatments such as fillings.
- **Tobacco Cessation Counselling:** Dedicated sessions were conducted to educate patients about the adverse effects of tobacco on oral health and overall well-being. Counselling sessions aimed at helping individuals quit tobacco and provided support for cessation.

1. Innovation:

- The integration of tobacco cessation counselling within dental camps represents an innovative approach to addressing both oral health and tobacco addiction simultaneously. By combining these services, the camps provided holistic care and underscored the interplay between oral health and lifestyle choices.
- **Mobile Dental Units:** The use of mobile dental units equipped with state-of-the-art equipment allows for the delivery of comprehensive dental services directly to the community, overcoming traditional barriers to access.

2. Impact:

- A total of 4133 patients benefitted from the dental camps, receiving screenings, treatments, and counselling services. The impact extended beyond immediate treatment to long-term oral health awareness and tobacco cessation efforts.

3. Sustainability:

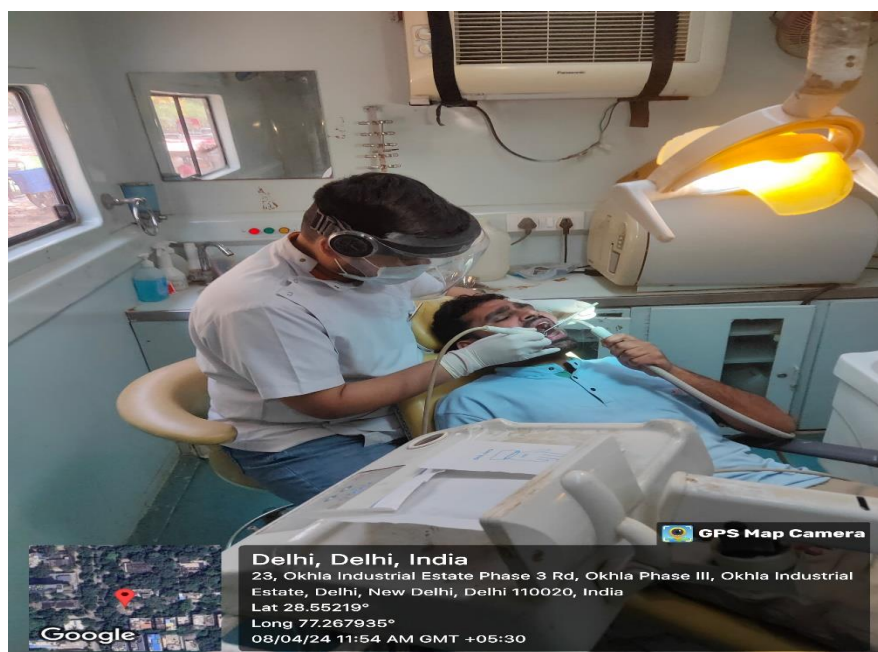
- The success of these camps relies on sustainability measures such as ongoing community engagement, training local healthcare providers in tobacco cessation techniques, and incorporating these services into routine healthcare delivery.

4. Scalability:

- The model demonstrated scalability potential by showcasing the feasibility of integrating dental and tobacco cessation services within existing healthcare frameworks. Similar camps can be replicated in other underserved communities to address oral health disparities and tobacco addiction on a larger scale.

5. Accessibility and Affordability of TCC Services:

- By offering tobacco cessation counselling alongside dental treatments in community settings, the camps enhanced the accessibility and affordability of TCC services. This approach eliminated barriers to seeking help for tobacco addiction and promoted healthier lifestyles.



Outcome:

1. Duration of Activity:

- 76 dental camps were conducted once every week at each location, ensuring ample time for comprehensive screenings, treatments, and counselling sessions.
- The duration allowed for thorough engagement with patients, enabling personalized care and follow-up support for tobacco cessation efforts.

2. Number of Patients Benefitted:

- A total of 4133 patients benefitted from the dental camps across both locations.
- Each patient received tailored services based on their oral health needs, including screenings, treatments, and tobacco cessation counselling.

3. Harm Reduction & Quit Rate:

- A Success rate of 40% is reported, demonstrating the efficacy of the counselling interventions in facilitating behaviour change.

4. Other Outcomes:

- Increased awareness: The dental camps raised awareness about the importance of oral health and the adverse effects of tobacco use within the community.
- Enhanced collaboration: The camps fostered collaboration between dental professionals, healthcare providers, and community stakeholders, paving the way for future partnerships in public health initiatives.
- Improved patient outcomes: Beyond quantitative metrics, the camps resulted in improved patient outcomes, including reduced dental pain, enhanced oral hygiene, and greater motivation to adopt healthier lifestyles.

B. Outreach Camps

The outreach dental screening and treatment camps, conducted twice a week in Narela, represent a pioneering approach to addressing oral health challenges and tobacco addiction within the community. By combining dental care with tobacco cessation counselling, these camps aim to revolutionize healthcare delivery and enhance overall well-being.

1. Innovation:

- Integrated Healthcare Model: The integration of dental screenings, treatments, and tobacco cessation counselling within the camps represents a groundbreaking approach to holistic healthcare delivery, emphasizing the interconnectedness of oral health and lifestyle choices.

2. Impact:

- Enhanced Health Outcomes: The comprehensive services provided at the camps lead to improved oral health outcomes, including the detection and treatment of dental issues, as well as a reduction in tobacco use among participants.

- **Empowerment and Awareness:** By providing individuals with the knowledge and tools to take control of their health, the camps empower community members to make informed decisions and adopt healthier behaviours.

3. Sustainability:

- **Capacity Building Initiatives:** Sustainability efforts focus on building the capacity of local healthcare providers to deliver tobacco cessation counselling independently, through training programs and ongoing mentorship.
- **Integration with Existing Systems:** The initiatives are seamlessly integrated into existing healthcare systems and community infrastructure, ensuring long-term viability and sustainability.

4. Scalability:

- **Replicable Models:** The modular design and adaptable nature of the initiatives make them easily replicable in other communities, enabling rapid scaling to address oral health and tobacco cessation needs on a larger scale.
- **Knowledge Sharing Platforms:** Platforms for sharing best practices and lessons learned facilitate the dissemination of successful models to other regions, fostering widespread adoption and scalability.

5. Accessibility and Affordability of TCC Services:

- **Proximity and Convenience:** By conducting camps directly within the community, the services become more accessible to individuals who may face barriers such as transportation or time constraints.
- **Financial Accessibility:** The provision of free of cost tobacco cessation counselling ensures that financial constraints do not hinder individuals from seeking support in quitting tobacco use.

6. Others:

- **Health Promotion and Prevention:** In addition to providing treatment, the camps prioritize health promotion and prevention efforts, including education on oral hygiene practices, dietary habits, and the dangers of tobacco use.
- **Social Impact:** The initiatives have a broader social impact, fostering community cohesion and solidarity through collective efforts to improve health outcomes and quality of life.

Outcome:

1. Duration of Activity:

- The camps have been ongoing twice a week, ensuring consistent access to services for the community. Total 106 outreach camps have been conducted in this duration.

2. Number of Patients Benefitted:

- 1732 patients received dental screenings and treatments, while 52 individuals participated in tobacco cessation counselling sessions.



3. Harm Reduction & Quit Rate:

- 41 % success rate in quitting tobacco use after participating in counselling sessions.

4. Outreach Activities:

- Outreach efforts included community seminars, distribution of informational materials, and collaboration with local organizations to raise awareness about the camps and services offered.

C. School Camps

School dental health camps were organized with the objective of promoting oral health awareness, providing dental screening and treatment, and educating students about the harmful effects of tobacco use. These camps aimed not only to address immediate oral health needs but also to instill lifelong habits that promote a tobacco-free future generation.

1. Innovation:

- **Integrated Approach:** The integration of dental screenings, treatments, and tobacco awareness programs within school settings represents an innovative approach to promoting oral health and preventing tobacco use among students.
- **Interactive Education:** The use of interactive educational sessions to teach students about oral hygiene and the dangers of tobacco use fosters engagement and enhances learning outcomes.

2. Impact:

- **Improved Oral Health:** The dental health camps have led to improved oral health outcomes among students, including early detection and treatment of dental issues, ultimately reducing the prevalence of oral diseases.
- **Tobacco Awareness:** The camps have had a significant impact on raising awareness about the harmful effects of tobacco use, empowering students to make informed decisions and resist peer pressure to experiment with tobacco products.

3. Sustainability:

- **Behaviour Change Initiatives:** Sustainability efforts include implementing behaviour change initiatives that promote long-term oral hygiene practices and support students in maintaining tobacco-free lifestyles.
- **School Partnerships:** Collaborations with schools and education authorities facilitate the integration of oral health promotion and tobacco prevention into the curriculum, ensuring continued support for these initiatives.

4. Scalability:

- **Replicable Model:** The school dental health camps serve as a replicable model that can be implemented in schools across different regions and communities, addressing oral health and tobacco use on a larger scale.
- **Community Engagement:** Involving parents, teachers, and local stakeholders in the camps enhances scalability by fostering community ownership and support for oral health promotion efforts.

5. Accessibility and Affordability of TCC Services:

- **Proximity:** Conducting the camps within school premises ensures accessibility for students, eliminating barriers such as transportation and cost.

- **Cost-Effective Interventions:** By providing free dental screenings and treatments, as well as tobacco awareness programs, the camps make services affordable and accessible to all students.

6. Others:

- **Empowerment and Advocacy:** The camps empower students to take charge of their oral health and advocate for a tobacco-free future, creating a ripple effect of positive change within their communities.
- **Prevention Focus:** By emphasizing preventive measures and early intervention, the camps contribute to reducing the burden of oral diseases and tobacco-related health issues in the long term.



Outcomes:

1. Duration of Activity:

- Six school dental health camps were conducted over a period of 31st August – 18th October 2023 ensuring consistent access to dental screenings, treatments, and tobacco awareness programs for students.

2. Number of Patients Benefitted:

- A total of 400 students benefitted from the dental health camps, receiving dental screenings, treatments, and tobacco awareness education.

3. Other Outcomes:

- Improved Oral Hygiene: Many students reported adopting better oral hygiene practices, including regular brushing, flossing, and dental check-ups, resulting in improved oral health outcomes.
- Increased Awareness: The dental health camps led to increased awareness among students about the importance of oral health and the negative consequences of tobacco use, fostering a culture of health consciousness within the school community.
- Positive Behaviour Change: Students exhibited positive behaviour changes, such as reducing sugary snack consumption and avoiding peer pressure to experiment with tobacco products, contributing to overall well-being.

D. Industrial Camps

Six industrial health camps were organized at various locations, focusing on oral health awareness, screening for oral diseases, and providing tobacco cessation counselling. These camps aimed to address the specific health needs of industrial workers while also raising awareness about the harmful effects of tobacco use.

1. Innovation:

- Integration of Services: The camps integrated oral health screenings with tobacco cessation counselling, providing a comprehensive approach to addressing tobacco-related diseases.
- Mobile Health Units: Innovative use of mobile health units allowed for the delivery of healthcare services directly to industrial workers at their workplace, overcoming logistical challenges and increasing accessibility.

2. Impact:

- Early Detection of Oral Diseases: The oral health screenings conducted at the camps led to the early detection and treatment of oral diseases such as

periodontal disease and oral cancer, ultimately improving health outcomes for industrial workers.

- Tobacco Cessation Support: The tobacco cessation counselling provided at the camps empowered industrial workers to quit tobacco use, leading to a reduction in tobacco-related health risks and improving overall well-being.

3. Sustainability:

- Capacity Building: Sustainability efforts included training healthcare providers and industrial health personnel in tobacco cessation counselling techniques, ensuring the continuity of tobacco cessation support beyond the duration of the camps.
- Workplace Policies: Collaboration with industrial management to implement tobacco-free workplace policies promoted sustained behaviour change among workers and created a supportive environment for tobacco cessation efforts.

4. Scalability:

- Partnership Opportunities: Partnerships with industrial associations and government agencies facilitate the expansion of the initiative to additional industrial sectors, increasing its scalability and impact.

5. Accessibility and Affordability of TCC Services:

- Workplace Convenience: By conducting health camps at industrial sites, the services became easily accessible to workers, eliminating barriers such as transportation and time constraints.
- Cost-Effective Interventions: The provision of free or low-cost tobacco cessation counselling ensured affordability for industrial workers, making it more likely for them to seek support in quitting tobacco use.

6. Others:

- Health Education: In addition to screenings and counselling, health talks and awareness sessions were conducted to educate industrial workers about the harmful effects of tobacco use and promote healthy lifestyle choices.
- Community Engagement: The camps fostered community engagement by involving industrial workers in discussions about their health and well-being, empowering them to take proactive steps towards improving their health outcomes.

Outcome:

1. Duration of Activity:

- The health camps were conducted over a period of 5-19th February 2024, providing consistent access to healthcare services and tobacco cessation counselling for industrial workers.



2. Number of Patients Benefitted:

- A total of 350 industrial workers benefitted from the health camps, receiving oral health screenings, treatments, and tobacco cessation counselling services.

3. Harm Reduction & Quit Rate:

- 42% of industrial workers successfully quit tobacco use after participating in tobacco cessation counselling sessions, demonstrating the effectiveness of the intervention in supporting behaviour change.

4. Outreach Activities:

- Outreach activities included community seminars, distribution of informational materials, and interactive workshops aimed at raising awareness about oral health and the harmful effects of tobacco use among industrial workers.
- Collaborations with local health authorities and industrial associations facilitated the dissemination of information and resources to a wider audience.

5. Others:

- Improved Productivity: Many industrial workers reported improved productivity and work performance following the health camps, attributed to better oral health and reduced tobacco use.
- Enhanced Quality of Life: The interventions provided at the camps resulted in an overall improvement in the quality of life for industrial workers, reducing the burden of oral diseases and tobacco-related health issues.
- Sustainable Behaviour Change: The knowledge and skills acquired during the health camps empowered industrial workers to make healthier lifestyle choices, leading to sustained behaviour change and long-term health benefits.

2. Health Mela

Guru Gobind Singh Indraprastha University (GGSIPU) organized a Health Mela to commemorate its 'Silver Jubilee' from 5th October 2023 to 10th October 2023 at Talkatora Indoor Stadium, New Delhi. ESIC Dental College and Hospital, Rohini, affiliated to GGSIPU, actively participated in the event. Stall no. C8 and C9 were allocated to ESIC Dental College and Hospital, where various activities were conducted to promote oral health and provide dental care services to attendees.

1. Innovation:

- Integration of Services: ESIC Dental College and Hospital incorporated various services such as registration, oral health screening, dental treatment, tobacco cessation counselling, oral pre-cancer screening, tooth-brushing demonstration,

and oral health education within its stall, providing a comprehensive approach to oral healthcare.

- Utilization of Mobile Dental Van: Regular dental treatments, including oral prophylaxis, restoration, and extraction, were carried out in a mobile dental van stationed at the camp premises, ensuring accessibility to dental care services.

2. Impact:

- Enhanced Oral Health: Over 1000 individuals were screened for oral diseases, and more than 300 patients received necessary dental treatments, resulting in improved oral health outcomes for attendees.
- Tobacco Cessation Counselling: Brief tobacco cessation counselling was provided to over 150 patients, raising awareness about the risks associated with tobacco use and promoting healthier lifestyle choices.

3. Sustainability:

- Knowledge Dissemination: Awareness lectures, Nukkad Natak, and dental quiz conducted during the mela facilitated knowledge dissemination about oral health, enabling attendees to make informed decisions and adopt preventive measures for long-term oral health maintenance.
- Community Engagement: ESIC Dental College and Hospital actively engaged with the community through interactive activities and educational sessions, fostering sustained interest and participation in oral health promotion initiatives.

4. Scalability:

- Replication Potential: The model of integrating various oral health services within a stall and utilizing a mobile dental van for treatment delivery can be replicated in other health camps and community settings, extending the reach of dental care services to underserved populations.
- Collaboration Opportunities: Collaboration with other healthcare providers and organizations can further enhance the scalability of such initiatives, enabling wider coverage and impact.

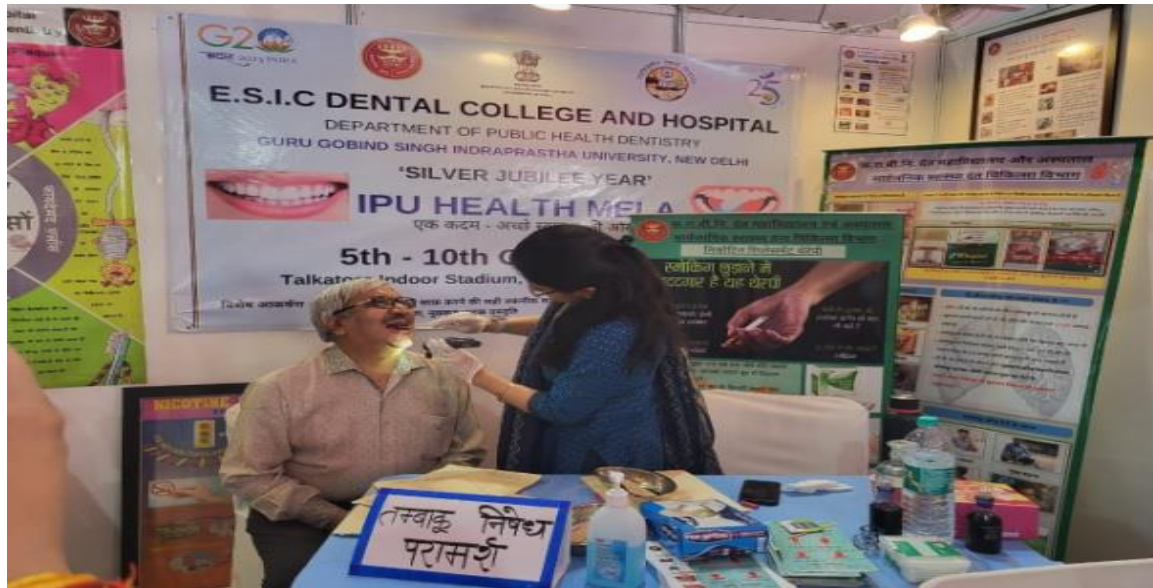
5. Accessibility and Affordability of TCC Services:

- Convenience: By participating in the Health Mela, ESIC Dental College and Hospital ensured the accessibility of dental care services to attendees at a centralized location, minimizing barriers such as travel distance and time constraints.
- Affordability: The provision of free of cost dental treatments and tobacco cessation counselling made these services financially accessible to attendees from diverse socio-economic backgrounds.

6. Others:

- Public Engagement: Activities such as oral pre-cancer screening, tooth-brushing demonstration, and Nukkad Natak facilitated public engagement and encouraged active participation in oral health promotion efforts.

- **Myth Busting:** The dental quiz helped dispel common myths and misconceptions about dental practices, empowering attendees to overcome fears and misconceptions associated with dental care.



Outcomes:

1. Duration of Activity:

- The Health Mela was conducted over six days from 5th October 2023 to 10th October 2023, ensuring sustained access to oral health services and education for attendees.

2. No. of Patients Benefitted:

- Over 1000 individuals were screened for oral diseases, and more than 300 patients received dental treatments, including 203 oral prophylaxis, 82 restorations, and 5 extractions.

3. **No. of Training Conducted and Personnel Skilled or Trained:**

- Training sessions were conducted to equip healthcare professionals and personnel with the necessary skills to deliver oral health services and tobacco cessation counselling effectively.

4. **Harm Reduction Percentage Harm Reduction & Quit Rate:**

- Brief tobacco cessation counselling was provided to over 150 patients, leading to 42% success rate in quitting.

5. **Outreach Activities:**

- Outreach activities such as oral pre-cancer screening, tooth-brushing demonstration, Nukkad Natak, and dental quiz facilitated community engagement and awareness about oral health.

6. **Others:**

- The active participation and satisfaction of attendees with the services provided by ESIC Dental College and Hospital indicate the success of the initiative in promoting oral health and enhancing community well-being.

3. Tobacco Cessation Counselling

The Tobacco Cessation Counselling (TCC) Centre at ESIC Dental College and Hospital, Rohini, was inaugurated in 2018 with the aim of providing comprehensive support to individuals seeking to quit tobacco use. The centre offers behavioural counselling along with pharmacotherapy if needed, to assist patients in overcoming nicotine addiction.

1. Innovation:

- **Comprehensive Approach:** The TCC centre offers a comprehensive approach to tobacco cessation by combining behavioural counselling with pharmacotherapy, addressing both the psychological and physiological aspects of nicotine addiction.
- **Tailored Counselling:** Counselling sessions are tailored to the individual needs and preferences of patients, incorporating motivational interviewing techniques and cognitive-behavioural strategies to enhance effectiveness.

2. Impact:

- **Health Improvement:** Tobacco cessation counselling at the TCC centre has led to significant improvements in the health and well-being of patients, reducing the risks associated with tobacco-related diseases and improving overall quality of life.
- **Behaviour Change:** Counselling sessions empower patients to modify their behaviour and develop coping mechanisms to deal with triggers and cravings, leading to sustained tobacco abstinence.

3. Sustainability:

- Continuous Support: The TCC centre provides ongoing support to patients throughout their tobacco cessation journey, ensuring sustained motivation and adherence to treatment plans.
- Integration with Healthcare Services: Integration of tobacco cessation services within the existing healthcare framework ensures continuity of care and long-term sustainability of the program.

4. Scalability:

- Training Programs: Training programs for healthcare professionals enable the expansion of tobacco cessation services to additional centres, enhancing scalability and impact.

5. Accessibility and Affordability of TCC Services:

- Convenient Location: The TCC centre is located within ESIC Dental College and Hospital, Rohini, making it easily accessible to patients seeking tobacco cessation support.
- Affordability: Services offered at the TCC centre are affordable and is covered under health insurance plans, ensuring financial accessibility for patients from diverse socio-economic backgrounds.

6. Others:

- Holistic Approach: The TCC centre adopts a holistic approach to tobacco cessation, addressing not only nicotine addiction but also underlying psychosocial factors contributing to tobacco use.
- Community Engagement: The centre engages in community outreach activities such as awareness campaigns and educational seminars to promote tobacco-free lifestyles and raise awareness about the harms of tobacco use.

Outcomes:

1. Duration of Activity:

- The TCC centre has been operational since its inauguration in 2018, providing ongoing support to patients seeking tobacco cessation counselling.

2. No. of Patients Benefitted:

- Over 700 patients have benefitted from tobacco cessation counselling at the TCC centre during the period of 10 months, receiving personalized support to quit tobacco use.

3. No. of Training Conducted and Personnel Skilled or Trained:

- Tobacco cessation centre under the Department of Public Health Dentistry is under the guidance of three dental professionals, operates with the primary goal of providing optimal dental care to patients. This facility also serves as a training ground

for 10 interns who are on a rotating basis, honing their skills and gaining valuable experience under the supervision of experienced practitioners.

4. **Harm Reduction & Quit Rate:**

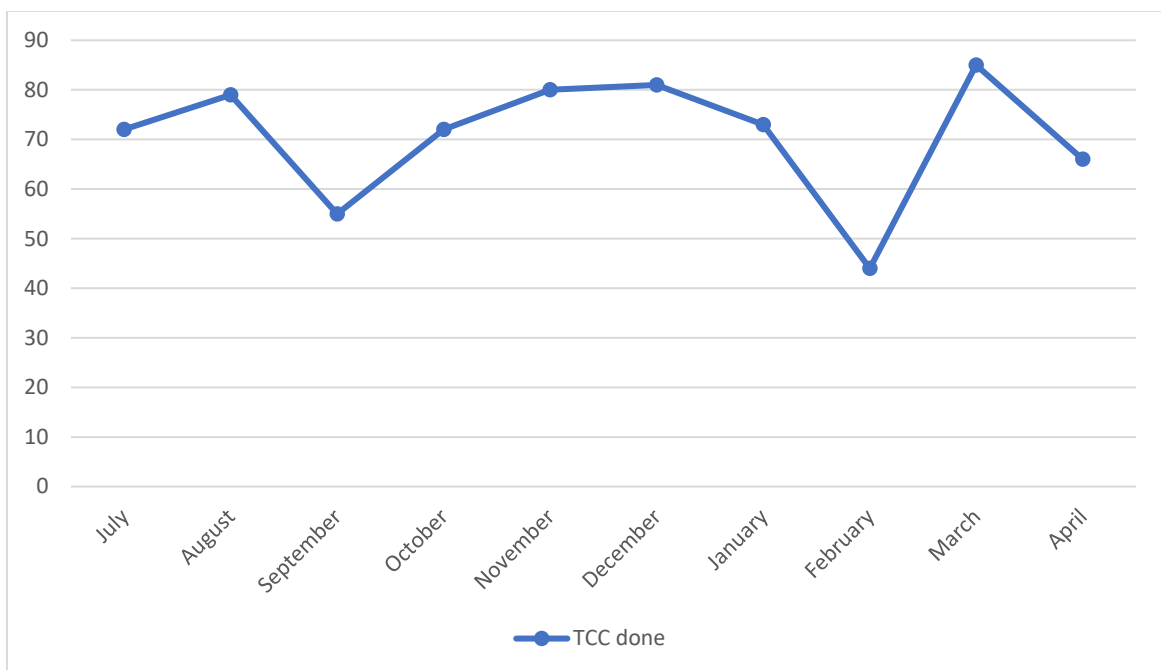
- The average success rate among patients participating in tobacco cessation counselling at the TCC centre is 42% demonstrating the effectiveness of the program in supporting tobacco abstinence.

5. **Outreach Activities:**

- The TCC centre conducts outreach activities such as community seminars and awareness campaigns to reach a wider audience and promote tobacco-free lifestyles.

6. **Others:**

- Patient satisfaction surveys indicate high levels of satisfaction with the services provided at the TCC centre, with many patients reporting improved health and quality of life after quitting tobacco use.



4. Walkathon

ESIC Dental College organized a "Walkathon: Unite for Oral Health" as part of its Foundation Day and Special Services Fortnight on 5th February 2024. The walkathon aimed to raise awareness about oral health, including the prevention of oral diseases and tobacco cessation. Approximately 200 healthcare professionals, including faculty members, JRs, Tutors, Administrative staff, Paramedical staff, Nursing staff, and students, participated in the event. The walkathon emphasized the collective effort of the medical and dental communities in improving oral health for all.

1. Innovation:

- Theme-Based Walkathon: The theme "Unite for Oral Health" provided a unique platform to unite healthcare professionals and the public in addressing oral health issues, including tobacco cessation, through a collective effort.
- Integration of Awareness Initiatives: The walkathon incorporated initiatives to raise awareness about oral cancer and other oral diseases, emphasizing the importance of prevention and early detection.

2. Impact:

- Public Awareness: The walkathon raised public awareness about the importance of oral health and the harmful effects of tobacco use, motivating individuals to take proactive steps towards improving their oral hygiene and quitting tobacco.
- Behavioural Change: The participation of healthcare professionals and the public in the walkathon promoted positive behavioural changes, encouraging individuals to prioritize their oral health and seek support for tobacco cessation.

3. Sustainability:

- Community Engagement: The participation of faculty members, healthcare professionals, and students in the walkathon fosters a sense of community engagement and collaboration, laying the foundation for sustained efforts in promoting oral health and tobacco cessation.
- Continued Awareness Efforts: The walkathon serves as a catalyst for continued awareness initiatives, inspiring ongoing efforts to educate the public about oral health and tobacco cessation throughout the year.

4. Accessibility and Affordability of TCC Services:

- Promotion of Tobacco Cessation Services: The walkathon served as a platform to promote the accessibility and affordability of tobacco cessation services offered by ESIC Dental College, encouraging individuals to seek support for quitting tobacco.

5. Others:

- Celebration of Foundation Day: The walkathon coincided with ESIC Dental College's Foundation Day, providing an opportunity to celebrate the institution's commitment to oral health and community service.

- **Emphasis on Prevention:** The walkathon emphasized the importance of prevention in oral health, highlighting the role of regular dental check-ups, healthy lifestyle choices, and tobacco cessation in preventing oral diseases.



Outcomes:

1. Duration of Activity:

- The walkathon took place on 5th February 2024, starting at 8:30 AM from ESIC Dental College premises.

2. No. of Patients Benefitted:

- Approximately 250 patients and the public benefitted from the walkathon, gaining awareness about oral health and tobacco cessation.

3. **Quit Rate:**

- While the walkathon may have inspired individuals to consider quitting tobacco, specific data on quit rates were not available.

4. **Outreach Activities:**

- The walkathon served as an outreach activity to engage the community in discussions about oral health and tobacco cessation, fostering dialogue and awareness.

5. **Others:**

- The walkathon strengthened community partnerships, enhanced public awareness about oral health, and reinforced ESIC Dental College's commitment to promoting oral health and tobacco cessation.

5. Oral Cancer screening Activities

ESIC Dental College organized an Oral Health Mela as part of its Foundation Day and Special Services Fortnight on 5th February 2024. The mela aimed to promote oral health awareness and provide comprehensive health check-ups to insured patients (IPs). Along with various health screenings and counselling sessions, special emphasis was placed on sensitizing patients about tobacco use and raising awareness about oral cancer.

1. **Innovation:**

- **Comprehensive Health Check-ups:** The mela offered a wide range of health check-ups, including blood pressure, blood sugar, bone density testing, oral cancer screening using Toluidine Blue Testing, and hepatitis B vaccination, providing a holistic approach to healthcare.
- **Oral Cancer Screening:** Utilizing Toluidine Blue Testing for oral cancer screening demonstrates innovation in early detection techniques, enabling prompt intervention and treatment.

ii. **Impact:**

- **Health Promotion:** The mela had a significant impact on promoting overall health and well-being among insured patients, providing them with access to essential health screenings and counselling services.
- **Tobacco Sensitization:** Patients were sensitized about the harmful effects of tobacco use, contributing to increased awareness, and potentially reducing tobacco consumption rates among participants.

iii. **Sustainability:**

- **Continuation of Services:** The mela serves as a platform for ongoing health promotion activities, fostering a culture of preventive healthcare and encouraging regular health check-ups among insured patients.

- **Capacity Building:** Training sessions conducted during the mela equip healthcare professionals with the skills and knowledge to provide effective counselling and support services, ensuring the sustainability of health promotion efforts.

iv. Scalability:

- **Replication Potential:** The model of organizing an Oral Health Mela with comprehensive health check-ups can be replicated in other healthcare settings and communities, providing a scalable approach to promoting oral health and overall well-being.
- **Collaboration Opportunities:** Collaborating with other healthcare institutions and organizations can further enhance the scalability and impact of future health melas and oral health initiatives.

v. Accessibility and Affordability of TCC Services:

- **Distribution of Oral Health Kits:** Providing oral health kits, including toothpaste and brush, to all IPs enhances accessibility to essential oral health products, promoting good oral hygiene practices.
- **Affordability:** Services offered at the mela were accessible and affordable for insured patients, ensuring financial accessibility to healthcare services.

vi. Others:

- **Emphasis on Prevention:** The mela included nutrition and diet counselling sessions to emphasize the importance of a healthy lifestyle in preventing oral diseases and maintaining overall health.
- **Hepatitis B Vaccination:** Offering hepatitis B vaccination contributes to the prevention of infectious diseases and ensures the well-being of students and the community.



Outcomes:

1. Duration of Activity:

- The Oral Health Mela took place on 5th February 2024, providing comprehensive health check-ups and counselling sessions to insured patients.

2. No. of Patients Benefitted:

- Approximately 250 insured patients benefitted from the mela, receiving essential health screenings, counselling, and oral cancer screening.

3. Quit Rate:

- While the mela may have inspired individuals to consider quitting tobacco, with a quit rate of 40%.

4. Outreach Activities:

- The mela served as an outreach activity to engage the community in discussions about oral health, tobacco use, and overall well-being.

5. Any Other Outcome:

- The distribution of oral health kits and the provision of comprehensive health check-ups and counselling sessions contribute to promoting oral health and overall well-being among insured patients.

6. Role plays and Health Talks

Tobacco use remains a significant public health concern, with detrimental effects on individuals and communities worldwide. In our ongoing efforts to combat this issue, we have implemented innovative strategies aimed at promoting tobacco cessation and advocating for tobacco-free living. Through engaging health talks and interactive role plays, we aim to educate the public and empower individuals to make informed decisions regarding their tobacco use.

1. Innovation:

- Our approach to tobacco cessation and promotion of a tobacco-free life incorporates innovative methods such as interactive health talks and role plays. These activities engage participants actively, making the learning experience more memorable and impactful.

2. Impact:

- The impact of our initiatives has been significant. Through our health talks and role plays, we have witnessed a notable decrease in tobacco usage among participants. Moreover, the awareness generated has led to positive behavioural changes, contributing to improved public health outcomes.

3. Scalability:

- Our approach is highly scalable, allowing us to reach a larger audience with minimal resource requirements. By leveraging digital platforms and training local volunteers, we can expand our reach and impact, reaching communities far and wide.

4. Accessibility and Affordability of TCC services

- We prioritize making tobacco cessation services accessible and affordable to all. Through community-based initiatives and partnerships with healthcare providers, we ensure that individuals have access to the support and resources they need to quit tobacco use.

5. Other:

- In addition to health talks and role plays, we also offer personalized counselling sessions and support groups for individuals looking to quit tobacco. This comprehensive approach addresses the diverse needs of our target population, enhancing the effectiveness of our interventions.





Outcome:

1. Duration of Activity:

- Street plays and Health talks are conducted from time to time to sensitize patients about the ill effects of tobacco, its effect on environment and ways to quit.

2. Number of Patients Benefitted

- Over the past year, our activities have reached and benefited approximately 1500 individuals seeking assistance with tobacco cessation.

3. Outreach Activities:

- In addition to our regular health talks and role plays, we have organized community events, social media campaigns, and awareness drives to reach a broader audience and promote tobacco-free living.

4. Others:

- Participant feedback indicates a high level of satisfaction with our programs, with many expressing gratitude for the support received and the positive impact on their lives. This underscores the value and relevance of our efforts in promoting tobacco cessation and fostering healthier communities.

Video Link to the Activities Organised by Department of PHD

https://drive.google.com/file/d/1-ndByLvM-LAdz1FWlcTzFCDGekzEQP_H/view?usp=sharing

ESIC Foundation Day Celebration and Special Services Fortnight- 2024

Report

In reference to ESIC Hqrs. Circular F.No-115-D-34/12/Misc/I/2022DC(CT) dated 08.11.2024 regarding Commemoration of 73rd ESIC Foundation Day and Special Services Fortnight 2024 from of 5-19th February 2024, ESIC Dental College & Hospital organized a series of events in this fortnight in which special services were delivered to our IPs.

ESIC Dental College & Hospital inaugurated commemoration of ESIC Day and Special Services Fortnight on 5th February 2024 which was conducted and organized by Dr.Mansi Atri in which following special activities were carried out for the IPs :

- **“Walkathon”- Unite for Oral Health”.**

The program commenced on 5th February 2024 with a walkathon at 8:30 AM from ESIC Dental College premises. The theme for the Walkathon was “Unite for Oral Health.”

Every single person has the ability to make a difference, large or small. So, when we, the medical and dental communities join together, we can make real progress in improving the oral health for all.

The event also included an initiative to prevent millions of deaths each year by raising awareness and education about cancer and pressing governments and individuals across the world to take action against various oral diseases. To create awareness and emphasize prevention all the faculty members, JRs, Tutors, Administrative, Paramedical, Nursing staff and students of ESIC Dental College participated in walkathon.



- **Inauguration of the Special Services Fortnight Program 2024.**

The Inauguration program was conducted in the newly constructed Lecture Theatres which included the Plantation drive and Pooja ceremony, followed by formal inauguration. The chief guest of the event was Dr Deepika Govil, Medical Commissioner (Medical Services, Medical Education & Ayush) ESIC Headquarter Office. Prof. Dr Shirishkumar G Chavan, Deputy Medical Commissioner (Medical Education), ESIC Headquarter Office was the “The Guest of Honour”, Dr. Nagaraj M, Dean, ESIC Dental College & Hospital, Rohini and Dr Rachita Biswas, Medical Superintendent, ESIC Hospital, Rohini also graced the event with their presence.

During the course of the Inauguration ceremony, the Chief Guest, Dr Deepika Govil congratulated ESIC Dental College, Rohini for these newly constructed Lecture Theatres and also lauded their efforts in providing quality dental care to the IPs visiting the dental college.



- **Nukkad Natak.**

Anukkad natak titled “Aajeevan Maukhik Swastha Samarthan” was presented by the BDS students in order to create awareness regarding the importance of maintenance of Oral Health to the IPs.



- **Oral Health Mela (For IPs).**

An Oral Health Mela was organised for IPs comprising of following health check-ups:

- | | |
|--|--------------------------------|
| • Blood Pressure | No. of IPs benefited – 140 |
| • Blood Sugar | No. of IPs benefited – 124 |
| • Bone Density Testing | No. of IPs benefited – 80 |
| • Oral Cancer Screening -Toluidine Blue Testing | No. of IPs benefited – 15 |
| • Hepatitis B Vaccination for 2 nd BDS Students | No. of students benefited – 49 |
| • Nutrition and Diet Counselling | No. of IPs benefited – 100 |
| • Medical and Health Check up | No. of IPs benefited -212 |

Approximately 250 insured patients benefited from the Oral Health Mela. Further Oral health kits (Toothpaste and Brush) and refreshment boxes were also distributed to all IPs.



- **Oral Health Awareness lectures (For IPs):**

Oral Health Awareness lectures were also organized for IPs on the following topics:

- Dental Myths by Dr Bhawna Tiwari
- Oral Cancer and its Prevention by Dr Jitin Kharbanda
- Oral Manifestations of Systemic Diseases by Dr Vipul Jaetli
- Periodontal Health by Dr Vikrant Sainia
- Primary Management of Trauma Cases by Dr Shweta

ESIC Dental College & Hospital continued to organise various activities for this Special Services Fortnight 2024.



- **Health Talks:**

Insured Persons were educated by the means of Health talk and exhibition organized in Dental College Premises and Dental Camp sites. Health talks were given on the following topics:

1. Dental Myths & facts
2. Proper tooth brushing techniques
3. Oral hygiene aids
4. Dental caries and Dentinal hypersensitivity
5. Oral cancer awareness

Approximately 450-500 IPs in total were benefitted by these health talks and exhibitions.



- **Outreach Dental Camps:**

ESIC Dental College & Hospital Organized 11 Outreach Dental Camps in this fortnight which included 05 industrial camps; 06 ESI dispensary camps. In dental camp Oral screening of the Insured Persons was done and primary treatment was also provided to IPs in Mobile Dental Van. Knowledge of Oral hygiene & brushing techniques with other health talks on various other topics was also imparted to patients attending Dental Camp.

Approximately 400 IPs were benefitted by this camp and treatment like Oral prophylaxis, Restoration and extraction to approximately 100 IPs was provided in Mobile Dental Van.



- **Basic Life support Training Programme:**

A one day Basic Life support training program was conducted at ESIC Dental College and Hospital on 13.02.24 for IPs, students, medical & paramedical staff and admin staff of the Dental college and associated hospital under the guidance of Dr. Nagraj M Dean, ESIC dental college and hospital and Dr Unnati Asthana. It was attended by 210 participants who received live demonstration and hands on training on mannequins . They were taught basic lifesaving skills for adult and pediatric cardiac arrests and choking. All the participants practiced hands on chest compressions and rescue breaths. They also practiced using AEDs present in public places used for giving shock and saving lives.



- **Yoga Session**

A Yoga Session was organized at ESIC Dental College premises for IPs under the guidance of Dr Mini Chadda. It was attended by approximately 60 IPs who received the live demonstration of Yoga asanas & pranayam. In this session IPs were sensitized

about the importance & health benefits of Yoga in daily life. Most of the IPs participated in this session and pledged to make yoga part of their daily routine.

A Suvidha Samagam was also organized where feedback and concerns were addressed by MSW Mrs Sheetal.



- **The Heartfulness Programme**

This program was attended by faculty members, students and IPs. The increasing incidence of mental illness like anxiety, depression and suicidal thoughts was highlighted. The benefits of Heartfulness meditation, relaxation were explained by the Heartfulness trainer and Associate Professor Dr.Udita Singhal. An experiential session of relax and meditation was given and all experienced peace and calmness.

Approximately 65-70 IPs were sensitized in this session.



- **Drawing and Poster Competition**

A Drawing Competition was held on 8th February 2024 at ESIC Dental College and Hospital for the wards of the IPs reporting to the Department of Pedodontics with the purpose of creating awareness regarding the importance of maintaining oral health in children. It was organized at Public Health Dentistry department where children were asked to make drawing on the theme “Oral Health Awareness”. A total of 10 children participated in the drawing competition. A Poster Competition was organized for Final Year Students on Topic of “International Oral and Maxillofacial Surgeons Day” on 13th February 2024.



- **Clearance of Pending Bill**

A program was organized for clearance of pending bills at administrative office on 12th February 2024 which is as follows:

1. Total number of pending bills on 05/02/2024 = 82
2. Total number of bills received during fortnight celebration = 04
3. Total number of bills cleared during fortnight = 62
4. Total amount disbursed for bills clearance = 10,65,566/-
5. Total number of third party cleared bills during fortnight = 32

Pending bills as on 15/02/2024 was 24

- **Cleanliness Drive**

A cleanliness drive was organized by ESIC Dental College & Hospital in college campus. A working committee of Dr. Pooja Dudeja and Dr. Sunil Kumar was formed for this initiative. All the faculty members and staff of ESIC Dental College participated in this drive. The programme was started by Dean with Swacchata pledge. Thereafter, a speech was delivered on waste management by Sister Shiny Chacko Senior nursing officer. It continued with the cleanliness drive carried out in each department, floor, laboratories and library. In the end everyone took oath of keeping their home, workplace, locality and city clean. In view of Cleanliness drive as an important aspect of Special Services fortnight, felicitation of our sanitation workers was done by giving them a token of appreciation at the time of closing ceremony of Special Services Fortnight on 17th February 2024.





- **Closing Ceremony of special service and fortnight 2024**

ESIC Dental College and Hospital organized a Closing ceremony in the lecture theatre 2 where various activities were carried out. It was commenced with the prize distribution and appreciation ceremony which was followed by briefing of events held during the fortnight. The ceremony continued with felicitation ceremony of prize winners by Dr. Nagraj M, Dean, ESIC Dental College and Hospital and faculty members. Pedo patients who had participated in drawing competition held on 8th February 2024 were felicitated along with students who participated in poster competition held on 13th February 2024 on the occasion of Oral and Maxillofacial Surgeons Day.



Special recognition were extended to guest speakers and volunteers were acknowledged for their dedication and received certificate of appreciation. The event concluded with the heartfelt vote of thanks, expressing gratitude to all the participants, faculty and volunteers who contributed to the success of this event.

