How do we determine a good "K" in K-means the number of clusters?

1. After doing K-means, we can run DBSCAN for each cluster. If all cluster-id of the DBSCAN comes same for all elements of the cluster, for all "K "clusters, then "K" is good.
2. We can take a minimum distance by which two cluster centroid must be present. And if the distance between all the cluster centroid is more than the given distance, we can say it's a good "K"