

Official newsletter of Indian Orthodontic Society

**Dr. Divyaroop Rai**  
LM 2335  
Jaipur, Rajasthan

**Dr. Gaurav Gupta**  
LM2030  
Pune, Maharashtra

**Dr. Valbhav Mista**  
LM 1113  
Meerut, Uttar Pradesh

**Dr. Deepak C.**  
LM 1012  
Chennai, Tamil Nadu

**Dr. Punet Batra**  
LM3098  
New Delhi

**Dr. Jayesh Rahalkar**  
LM0822  
Pune, Maharashtra

**Dr. Sridevi Padmanabhan**  
LM0712  
Chennai, Tamil Nadu

**Dr. Silju Mathew**  
LM0666  
Bangalore, Karnataka

**Dr. Shailesh Deshmukh**  
LM0387  
Pune, Maharashtra

**Dr. Biju Abraham**  
LM 0640  
Mumbai, Maharashtra

**Dr. Pradeep Jain**  
LM0273  
Jaipur, Rajasthan

Life Member  
Indian Orthodontic Society

is a proud participant

**MISSION EMBRACE**  
By Orthodontists Only

An Indian Orthodontic Society Initiative

**MISSION EMBRACE**  
By Orthodontists only

नाम / अभिभावक का नाम / सामाजिक संघटन का प्रतिनिधि

हस्ताक्षर

तारीख:

Thank you Dr Divyaroop Rai for facilitating this Hindi translation of Mission Embrace Consent Form .

তাৰিখ:

Thank you Dr B K Roy for facilitating this Assamese translation of Mission Embrace Consent Form

Thank you Dr Surya Kanta Das for facilitating this Bangla translation of Mission Embrace Consent Form

Thank you Dr Rajesh Kumar for facilitating this Gujarati translation of Mission Embrace Consent Form

Thank you Dr Sanjosh Kumar for facilitating this Kannada translation of Mission Embrace Consent Form

Thank you Dr Rajesh Kumar for facilitating this Marathi translation of Mission Embrace Consent Form

Thank you Dr Anshu Sirohi for facilitating this Odia translation of Mission Embrace Consent Form

Thank you Dr Jayesh Rahalkar for facilitating this Punjabi translation of Mission Embrace Consent Form

Thank you Dr Swati Acharya for facilitating this Tamil translation of Mission Embrace Consent Form

Thank you Dr Anshu Sirohi for facilitating this Telugu translation of Mission Embrace Consent Form

Thank you Dr Srujan Kumar for facilitating this Hindi translation of Mission Embrace Consent Form

Thank you Dr Manoj Prasad for facilitating this Hindi translation of Mission Embrace Consent Form

Thank you Dr Raj Vikram N for facilitating this Hindi translation of Mission Embrace Consent Form

Thank you Dr Srujan Kumar for facilitating this Hindi translation of Mission Embrace Consent Form

Indian Orthodontic Society presents MISSION EMBRACE - a social campaign, where underprivileged children and those from the low socio-economic strata will be provided orthodontic treatment, at no charge (to the patient), by the members (Life members & Associate members only), of the Indian Orthodontic Society, in their private offices.

Mission Embrace is a coordinated nationwide campaign, involving approximately 4000 Orthodontists across the country. The entire treatment, from the beginning to the end, will be documented in a structured format. The ongoing cases will be displayed on a dedicated website - [www.iosmissionembrace.com](http://www.iosmissionembrace.com) and will be made available for the common man, who wishes to see the progress of these individual cases treated by specific doctors. For the layman, Mission Embrace, confirms the IOS membership of the doctor, and by extension, that he/she is a qualified orthodontist.

The underprivileged children or individuals will be from NGOs identified by the Indian Orthodontic Society, from NGOs or social organisations identified by local study Groups, or, from among the operating doctor's known circle. To ensure that the benefit of this campaign actually reaches the underprivileged, UID documents - like Aadhar Card, BPL Card, Ration Card, any Govt issued document, or the validation form from the NGO/Social organisation, will authenticate the identity of the individual proposed for the treatment. The operating doctor, best ascertains the orthodontic need of the individual.

Mission Embrace serves, partly, to fulfill the social obligation of Indian Orthodontic Society (via its members), it simultaneously enhance awareness amongst the common man who is not aware that the orthodontic work is to be done by a specialist. People notice, when one is involved in philanthropy. With Mission Embrace, the 'one' is an ORTHODONTIST. The social media activity and other activities planned around Mission Embrace will surely help create a buzz. The bigger picture is that the profession gets to benefit. And as the bar is raised, all the professionals rise with it. It won't happen overnight. Consistency and patience is the key

The IOS machinery is making an effort at its end. The least that can be expected of its members, is, support, to make the efforts pay dividend. If the IOS members believe, that the best person to render orthodontic treatment is an Orthodontist - something which the IOS has been speaking out loud for some time now, it is time to prove it via Mission Embrace, where the excellence in the work of an IOS member will be there, for everyone to see. Provision has been made within the patient registration format of Mission Embrace, such that anyone seeking guidance, in the planning & treatment execution process, can seek the assistance of a guide - an IBO Diplomate, or, graduates with more than 10 years of experience, to bring out the best possible orthodontic treatment results in the case under treatment.

**Enrol for Mission Embrace now - Turn over to Page:10**



[www.54thioc.com](http://www.54thioc.com)

# 54th Indian Orthodontic Conference

**Pre-conference workshop**  
KIIT Convention Centre, Bhubaneswar  
21st November 2019

**Main Conference**  
SOA Auditorium, Bhubaneswar, Odisha.  
22nd – 24th November 2019



## Conference highlights

- Theme: Innovate, actuate, integrate
- 7 pre-conference workshops with gifts from the industry
- Impressive scientific session
- State of the art conference venue
- Renowned International speakers
- Immersive tours

**Manuscript Submission Portal is open,  
last date to submit 20th September 2019!**

**Register now before it's late and pack your  
bags to experience India's best kept secret**

## Conference Secretariat:

Department of Orthodontics & Dentofacial Orthopaedics  
S.C.B Dental College & Hospital, Mangalabagh, Cuttack  
Secretariat Manager

Mr Udit Joshi | Mobile: 9030695668 | E-mail: [ioc2019@mcd-group.com](mailto:ioc2019@mcd-group.com)  
Mr Agha Hashmat | Mobile: 7008392455 | E-mail: [54thioc@gmail.com](mailto:54thioc@gmail.com)

Team 54th IOC 2019 welcomes you to  
Serene, Sublime & Scenic state of Odisha &  
to the temple city of Bhubaneswar

Regards

Prof (Dr.) Sanjeeb Kumar Sahu | Prof (Dr.) Surya Kanta Das  
Organizing Chairman | Organizing Secretary  
94372 79957 | 98610 99237

Official newsletter of Indian Orthodontic Society

## Does your braces doctor have an MDS degree in Orthodontics ?!



*For a lifetime of healthy  
beautiful smile, ensure that it is made  
better by an Orthodontist endorsed by  
Indian Orthodontic Society.*



Orthodontic/braces specialists receive a 2 to 3 years of specialized education and training at a Dental College, recognised by the Dental Council of India, in addition to the 5-year basic dental training, training to learn the correct method/s to align and straighten teeth, control and utilize facial growth, enhance smile esthetics and jaw function.

Only those who successfully complete this formal education program may call themselves "Orthodontists," and only those orthodontists can be members of the Indian Orthodontic Society, the national association of qualified orthodontists in India. Selecting a member of the Indian Orthodontic Society for your orthodontic care is your assurance that the doctor is a person most qualified for the job at hand.

[www.iosweb.net](http://www.iosweb.net)

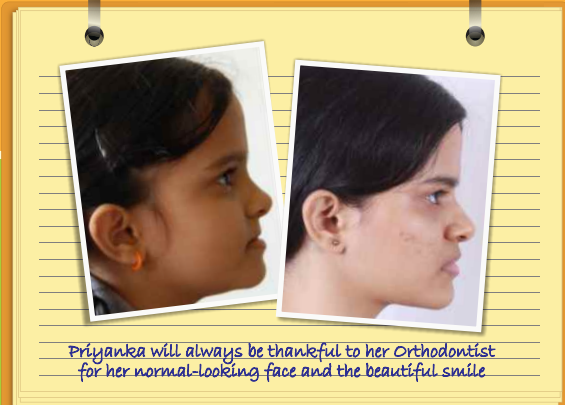
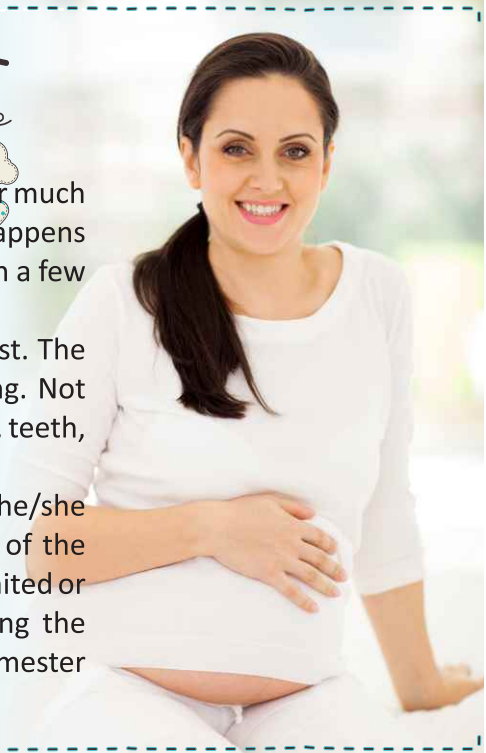
## Official newsletter of Indian Orthodontic Society

### Braces for the pregnant lady !

Those planning a baby, decide upon having orthodontic treatment either much before, or, after the baby. However in instances where pregnancy happens while undergoing orthodontic treatment, the lady needs to take care on a few counts more than any other orthodontic patient.

The pregnant lady has no option, but to keep her gum health at its best. The hormonal changes during pregnancy make the gums prone to swelling. Not cleaning off the plaque and food particles from on and around the gums, teeth, braces and wires, can add fuel to fire, causing orthodontic complications.

The orthodontist must be kept in loop, about the pregnancy updates, so he/she may work around his/her line of treatment, to regulate the progress of the treatment around the rest advised by the obstetrician, or, by ensuring limited or no medication during the various phases of pregnancy, or, by limiting the amount of time the lady spends on the dental chair, espily in the final trimester of pregnancy, as the situation may demand.



*Priyanka will always be thankful to her Orthodontist for her normal-looking face and the beautiful smile*

### Magic of Braces



[www.iosweb.net](http://www.iosweb.net)

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## Official newsletter of Indian Orthodontic Society

**FULL NAME** : *Rahul Suresh Narwekar.*  
**BIRTHDAY IS ON** : 11<sup>th</sup> February 1977  
**ZODIAC SIGN** : AQUARIAN.  
**PLACE OF BIRTH** : Mumbai.  
**HOME TOWN** : Sawant Wadi.  
**SCHOOLING AT** : G.D. Somani School.  
**COLLEGE** : Sydneham College.  
**PROFESSION** : Lawyer Politician.  
**CURRENTLY** : " " "



**PERSONAL INTERESTS:**

Sports, Debating.

**FITNESS REGIME:**

Workout regularly for I have a day.

**STRATEGY IN CRISIS:**

Time is the best healer Don't act impulsively.

**YOUR INSPIRATION IN LIFE:** To Do Public Service.

**HIGH POINT IN LIFE:** When I worked with Bal Thakrey.

**AWARDS / ACHIEVEMENTS:** Awarded as the best youth legislative spokes person for NCP.

**ADVICE YOU WISHED HAD RECEIVED:**

The virtue of patience to believe in yourselves.

**ADVICE TO YOUNGSTERS:**

To always be positive and believe in themselves.

**CHOICE OF PROFESSION BY CHOICE / HAPPENED ANY STORY BEHIND IT ?**

Started with plays during college days

**WHAT IS THE BEST YOU LIKE ABOUT YOUR PROFESSION:**

The opportunity to interact with every section of the society.

**FUTURE PLANS:**

To pursue the goals I have set for myself in public life.

**HOW WOULD YOU WANT THE WORLD TO REMEMBER YOU**

**100 yrs FROM NOW:**

A person who lived his life who contributed in welfare of the society and upliftment of the under privileged.

**WHEN SOMEONE SMILES AT YOU, WHAT IS THE FIRST THING YOU NOTICE ON THE FACE:**

Smile .

**WHY, IN YOUR OPINION, IS A GOOD SMILE IMPORTANT?**

It is very welcoming.

**YOUR TYPICAL DAY:**

Work from 9 a.m. to 11:30 p.m. mostly with the under privileged society of Mumbai.

**SOCIAL MEDIA INTERACTIONS:**

It's the new gateway to the world.

**ONE PHRASE THAT DESCRIBES YOU BEST:**

Where there is a will there way.

*Celebrating Life*



**Rahul Suresh Narwekar**  
 Lawyer Politician



## Official newsletter of Indian Orthodontic Society



### 4th meeting of the Executive Committee of Indian Orthodontic Society, 2018-19

21 July 2019, Jaipur, Rajasthan

The Executive Committee of IOS met on July 21, 2019 at Hotel Leisure Inn, Jaipur, Rajasthan. The meeting began as scheduled at 9 am with Hony. Secretary placing the Jewels of Office across the President.

The Agenda listed in the notice were taken up and deliberated upon. All members present, actively participated in the discussions. At the end of the meeting, a cake was cut by the EC members whose birthday is celebrated .in the month of July, namely Dr Pradeep Jain, Dr Sridevi Padmanabhan, Dr Deepak Chandra, Dr Biju Abraham, Dr Sanjeeb Sahu, Dr Gaurav Gupta, Dr Vijayadith C, The venue and other logistics were beautifully managed by Dr Divyaroop Rai and Dr Balvinder Singh Thakkar. The latter along with three other members of the Rajasthan Orthodontic Study Group were invited by the President IOS, as Observers to the EC Meeting.



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# ios **TIMES**

Official newsletter of Indian Orthodontic Society



*Achievements***Dr TP Chaturvedi**

Dr TP Chaturvedi, Head, Div of Orthodontics, Faculty of Dental Sciences, BHU, Varanasi, has been selected for LEAP (Leadership for Academician Program) sponsored by Ministry of Human Resources & Development, Government of India. LEAP is a 3 weeks program meant to learn, collaborate and improve upon academic research as well as university administration for academician through different universities in India and abroad.

**Dr Abhishek Kshetrapal**

Dr Abhishek Kshetrapal, IOS member from Kota, Rajasthan has set a national record, by orthodontically correcting a dental overjet of 20 mm without any jaw surgery. His achievement has been recognised in the INDIA BOOK OF RECORDS. The treatment case report is published in the Apr- June 2019 issue of The Journal of Contemporary Orthodontics

The Executive Committee of  
**Indian Orthodontic Society**  
requests all the Life members to peruse the  
proposed constitutional amendments put up on the website,

[www.iosweb.net](http://www.iosweb.net)

- Log in with your id and password from the top left menu,
- Choose Notices to find the  
**PROPOSED CONSTITUTIONAL AMENDMENTS FROM  
CONSTITUTIONAL CONCLAVE -2019**  
to Download.



## Sathyabama Dental College, Chennai



“Meliorism in Orthodontics - 2.0 conducted on July 19 & 20, 2019 was inaugurated in the presence of Dr.Pradeep Jain, Honorable President of IOS as the Chief Guest of the event. Dr.Sridevi Padmanabhan, Hon.Secretary of IOS and Dr.Tradib Jayapal, Vice president of IOS were the Guests of Honour.



The two-day program was spanned into 12 lectures, delivered by noteworthy speakers, and was concentrated on Orthognathic Surgery, Cleft Orthodontics, and Skeletal Anchorage System. 263 delegates from different parts of the country attended the program. There were also simultaneous 96 papers and 82 poster presentations by PG students held in 4 smart classrooms split into 9 sessions, Validated by 18 judges from various institutions. 32 PG students bagged the prizes and medals for their much-deserved hard work. The efforts taken by the organizing team, led from the front by Dr Shahul Hameed Faizee, was tremendous and kudos to them for their future endeavors.



## Sri Guru Ram Dass Institute of Dental Sciences and Hospital Sri Amritsar

The Department of Orthodontics and Dentofacial Orthopaedics, Sri Guru Ram Dass Institute of Dental Sciences and Hospital Sri Amritsar conducted a Continuing Dental Education program and workshop entitled “Advanced Edgewise Mechanics based on Tweed Merrifield Philosophy” from 8th July 2019 to 10th July 2019. A total of 66 delegates from various colleges of North India participated in the program that had an eminent and erudite speaker ‘DR STEPHEN CHU’ who is a fellow member of tweed foundation Tucson, Arizona, USA.

Dr Pradeep Jain President IOS, Dr Sridevi Padmanabhan, Hon Secretary IOS, Dr Silju Mathew President Elect IOS, Dr S.P Singh, Head, Orthodontic Dept., PGIMER, Chandigarh graced the occasion Honourable, S. Roop Singh, Secretary SGPC Trust was the chief guest for the inauguration

After the scientific lecture sessions on Day 1, the pinnacle of the program were the Day 2 and Day 3 workshop sessions regarding fabrication of various sets of wires incorporating different loops, bends and soldering techniques, moderated by Dr Stephen Chu and Dr Sukhdeep Singh Kahlon. The workshop was highly appreciated by the delegates and was awarded 18 CDE Points.



## MISSION EMBRACE - ENROL

- Step 1** Search for [www.iosmissionembrace.com](http://www.iosmissionembrace.com)
- Step 2** Click on Enrol for Mission Embrace
- Step 3** Enter your correct details, and your pictures  
Ensure the postal address is legitimate for easy logistics. Please do not enter your department address, or, staff quarter address. Address of your place of practice, or your permanent address is preferred.
- Step 4** Enter password and reconfirm it.
- Step 5** Submit
- Step 6** Wait for confirmation from Secretariat. It may take a couple of days. Meanwhile you can initiate your process of looking for, or, starting work on the person who will be under your care, as a part of Mission Embrace.



### Calendar Events 2019

Aug  
2019

6-12  
Mid Year Convention  
Moscow, St. Petersburg

September  
2019

Typodont Workshop  
3-5 Bhubhnashwer  
6-7 Indore  
9-11 Chennai



**President's Message**  
Dr. Pradeep Jain,  
President

Hello Dear Friends,

"Yakeen ho to koi rasta nikalta hai ,hawa ki ot bhi le kar chirag jalta hai" (Where there is a will and belief – there is a way, and then the lamp burns bright even in the face of gushing wind) - lines quoted by our Finance minister is true for public awareness programme "The Mission Embrace" , Initiated by our IOS Editor, it has been a great social initiative where members of IOS members treat underprivileged individuals needing orthodontic treatment and making public aware of our speciality. The Union Budget presented this year and years before have neglected oral health, forgetting orthodontics where orthodontic material is no longer the social and health priority. As the matter stands, the orthodontic materials including buccal tubes, brackets and TADs have been included in drug pharmacopeia under Drug Controller of India inviting registration by the companies before selling any product in Indian market. The inflation in material cost will lead to costly treatment taking orthodontic treatment away from the common man. The

new NMC bill promulgated and the clarification by DCI regarding CDE points and short courses is also creating confusion. If an average health personnel without medical qualification can become a rural doctor with training of 6 months and is allowed to treat a common man, than what is wrong if an average dentist with 3-4 days CDE workshop recognized by DCI be considered a specialist in the subject. Are we not compromising with health of our citizens?!

The month of July saw two outstanding programs conducted under the aegis of IOS. Sathyabhama Dental College, Chennai organized 'Meliorism in Orthodontics' with 295 delegates participating in the deliberations. Excellent papers were presented on Orthognathic surgery and cleft anomalies. A 3 day workshop in Sri Amritsar was another captivating activity where Dr Stephen Chu conducted the course on Tweed Merrifield technique showing hands-on training extending even late in night. I thank Dr Shahul Hameed Faizee and Dr Sukhdeep Singh Kahlon, respectively, for conducting these CDE activities and sincerely hope that the students benefitted a lot.

The IOS Head office under our dynamic secretary and Joint Secretary worked tirelessly to submit all pending documents to Registrar office at Vellore, hoping the registration issue will be resolved soon. The 4th Executive meeting was held in Jaipur and many burning issues were discussed and sorted out. I thank the convenors of Rajasthan Orthodontic study Group for hosting the meeting meticulously.

More in next issue.



**From the Secretariat**  
Dr. Sridevi Padmanabhan,  
Honorary Secretary

While the IOS society year crosses the half way mark, it is time to start looking towards the coming year and the activities surrounding the 54<sup>th</sup> IOC where we all meet again .

The time leading upto the 54<sup>th</sup> IOC becomes busy for it brings with it the call for Elections and Awards/Grants.

The notification for Elections are put up on the website and the link has been sent by email to life members.

The notification for the many IOS Awards and Research foundation grants have also been put up on the website and have been sent by email to all members.

The application forms for all the above can be downloaded from the IOS website.

We look forward to receiving several nominations from people who want to serve the society and several applications for the various awards and grants. Please note that the last date for receipt of

nominations/applications by speedpost / registered post is August 31<sup>st</sup> 2019, 5 pm IST.

There is the occasional mail from an IOS member complaining of the lack of receipt of the journal or mails from the IOS. Except for the JIOS which is posted to life members, all other content such as the IOS times, JCO –IOS, notifications, forms and other resources are available on the official website, [www.iosweb.net](http://www.iosweb.net). All communications from the Head office are by email/sms.

Even now we have several elusive members whose contact details are incorrect/unavailable and the web personnel and IOS office staff are trying hard to reach them. Help us reach you by logging into [www.iosweb.net](http://www.iosweb.net) and updating your details.



**From the Editor's Desk(top)**  
Dr. Biju Abraham,  
Editor, IOS Times

My dear fellow orthodontists,

We all do what we have to do, to protect our self interests, our family and our professional life. We slog. We run around. Those who are a few decades into orthodontics are doing reasonably well, even if they did nothing else but orthodontics. The scenario for the recent orthodontic graduates is not so rosy at all. With anybody having a dental degree portraying him/herself as braces specialist; with digitisation of dentistry, things will literally "move out of the hands" of the "wire bending" specialist. With every dentist practising "orthodontics", it is actually upto us whether we wish to ensure the best interests of the prospective patients, that one seeking orthodontic care should visit a qualified orthodontist only.

As an individual we have our limitations in making things happen. However, as a member of a national association, you can contribute to make a difference. Mission Embrace is one such platform where you get people to notice you, as a part of something bigger than yourself. While those in need get the orthodontic help required, the increased visibility of IOS, will surely contribute to the upliftment of the profession. Best wishes to all. Do spare a few minutes to enrol for Mission Embrace and register to treat as many patients as you can, under Mission Embrace.

Best wishes

**IOS TIMES Committee Members**  
Dr. Silju Mathew, Dr Kavitha Iyer, Dr. Gaurav Gupta

**Editorial Office :**

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**IOS TIMES** thanks  
Dr Sridevi Padmanabhan  
for her contribution  
for Pages 3 & 4



## INDIAN ORTHODONTIC SOCIETY

### ELECTION NOTIFICATION 2019

For Life members of IOS,  
Notification is hereby given for election to the following posts of the executive committee, Indian Orthodontic Society. The election will be held at the 54th Indian Orthodontic conference at Bhubaneswar on the 23rd of November, 2019. The election process will start with commencement of the AGM at 9 am.

1. One President elect (2019 - 2020)
2. One Vice President (2019 - 2020).
3. One IOS Times Editor (2019 - 21)
4. Twenty Five EC members (2019 - 2020)

For Eligibility Criteria log in with your id to the website [www.iosweb.net](http://www.iosweb.net)  
The nomination forms for all the posts are available in the forms /downloads section on the official website [www.iosweb.net](http://www.iosweb.net). Please log in to download. Duly completed nomination form should be mailed to the Hon. Secretary by Speed post / Registered post. Envelope should be superscribed as "IOS ANNUAL ELECTIONS 2019" and should reach the undersigned latest by 05.00 PM, 31/08/2019. Applications received after the deadline will not be considered. Kindly email the same for reference.

Mailing address :  
Dr. Sridevi Padmanabhan  
Honorary Secretary  
Dental Associates  
1, Lakshmi Apartments,  
44 Giri Road  
T.Nagar, Chennai - 600017  
EMAIL : [secretary@iosweb.net](mailto:secretary@iosweb.net)

*For the complete notice, check your email inbox, or, log in to the website [www.iosweb.net](http://www.iosweb.net)*