

Official newsletter of Indian Orthodontic Society



**IOS
Mid Year
Convention 2019**
Russia



**National
Training Program**
in Cleft and Craniofacial
Orthodontics
New Delhi



**IOS
National PG
Orientation program**
Visakhapatnam



IOS MID YEAR CONVENTION 2019

6th - 12th August, 2019

The IOS Mid Year Convention was conducted between 6th - 12th August 2019 in the cities of St. Petersburg & Moscow, Russia. The scientific convention, presided by President IOS, Dr Pradeep Jain, was conducted in St. Petersburg. Dr Evgenia Bykova President of St. Petersburg Orthodontic Society was the Chief Guest. The day saw various Clinical and Research based presentations relating to Orthodontics and inter related specialities, wonderfully put in together by the Scientific Chairman, Dr Sarvraj Kohli and Scientific Co-chairman, Dr Amit Bharadwaj.

After 4 fun filled days of exploring the Historic, cultural and Europe's most beautiful city of St. Petersburg, the group headed to the capital city, Moscow for another 3 days of majestic & artistic extravaganza. The highlight of the the week was the fantabulous Russian Nikoline Circus, which left everyone awe-struck, the fun filled Gala Dinner with Russian cultural Dances and the Grand Presidential dinner. The planning & execution of MYC 2019, carried out by the Organising Chairman, Dr Balvinder Singh Thakkar and Organising Secretary, Dr. Divyaroop Rai was highly appreciated by all the delegates

NATIONAL TRAINING PROGRAM IN CLEFT AND CRANIOFACIAL ORTHODONTICS

19-21 August 2019

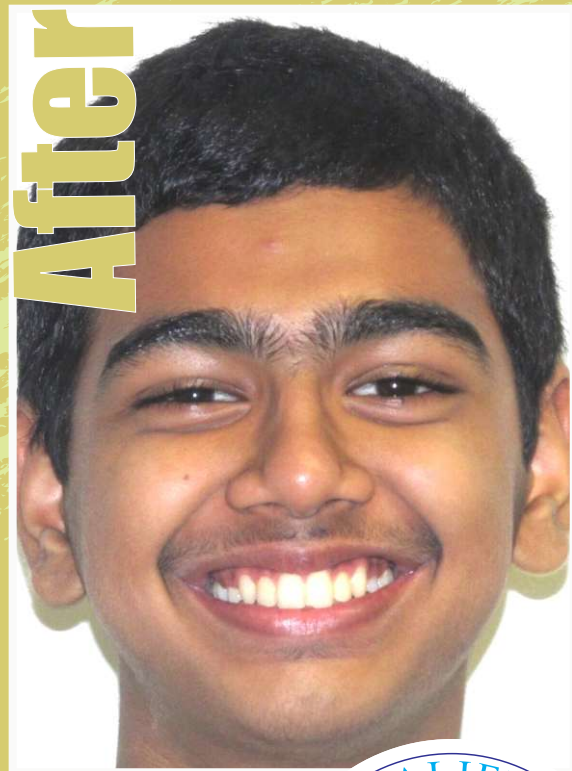
National Training Program in Cleft and Craniofacial Orthodontics organized at AIIMS by the division of Orthodontics and Dentofacial Deformities, Centre for Dental Education and Research AIIMS New Delhi in collaboration with the Indian Orthodontic Society was attended by over 120 delegates. After a formal inaugural ceremony Prof. O P Kharbanda, the organizing chairman, provided an overview of the epidemiological data of clefts in the country and put forth the key findings of the IndiCleft Project. Dr. Pradeep Jain commended the audience on their curiosity in discovering the avenues of cleft care and the pan-India representation at this event. Specialists from medical and dental fraternity, including plastic surgeons, cleft orthodontists, clinical geneticist and psychologist, contributed as speakers to sensitize participants about comprehensive multi-disciplinary protocols of cleft treatment. Dr. Swati Acharya, Dr. Sukhdeep Kahlon, Dr. Ashith Varadraj, Dr. Puneet Batra, Dr. Renu Parmar, Dr. Tradib Jayapal, Dr. Shashank Chauhan, Dr. Suvashis Dash, Dr. Nitika Monga, Dr. Karthik S., Dr. Virag Bhatia, Dr. Dhiraj Koli, Dr. Pritam Mohanty, Dr. S P Singh, Dr. Mustafa Khader, Dr. Chintamani Kale, Dr. Bhagbati P. Dash, Dr. Madhulika Kabra and Dr. Renu Sharma were among the eminent guest speakers for the event. The panel discussion was moderated by Prof. Ritu Duggal. The program ended with a valedictory ceremony for the trainees..

IOS NATIONAL PG ORIENTATION PROGRAM

24th & 25th August, 2019

The Department of Orthodontics, GITAM Dental College & Hospital, Visakhapatnam in association with Indian Orthodontic Society conducted IOS National PG orientation program on 24th & 25th August, 2019 at KRC Auditorium, GITAM. The speakers for the program Dr. Puneet Batra, Dr. Pradeep Jain, Dr. Ashok Surana, Dr. K. Gangadhara Prasad, Dr. Y.N. Sasidhar, Dr. G. Suresh, Dr. Mridula Trehan, Dr. Padma Priya, Dr. G. Chandasekhar, Dr. Silju Mathew & Dr. Manasa covered topics across the board - Clinical Examination, Orthodontic Records, Clinical Photography, Communication skills, PG Dissertation, Scientific Reading and writing, Ethics in Orthodontics, Art of Presenting Journal Review, Art of presenting seminar, Data Mining and Introduction to Bio-statistics. After inaugural function on 24th August, the lectures continued till 12 noon the next day, following which the scientific paper presentations commenced. Certificates were awarded for top three paper presentations under Clinical and Research categories. 80 participants attended this program.

Is your braces doctor a qualified Orthodontist ?



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.

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Braces coming off is a big occasion for all those who undergo orthodontic treatment. After months of having something bind the teeth together, the feeling of moving the tongue on the smooth surface of the beautifully aligned teeth, is beautiful.



The euphoria, many a times, proves counterproductive when patients do not comply with wearing the retainers as advised. After moving all the teeth from one position to the other, the bones and gums surrounded teeth, to put it simply, are sort of, in a state of flux. It takes a few months before the gums and the bones around the teeth, which are now no longer bound together, organize themselves completely and allow the teeth to settle in its most optimal position completely.

Retainers are a must!

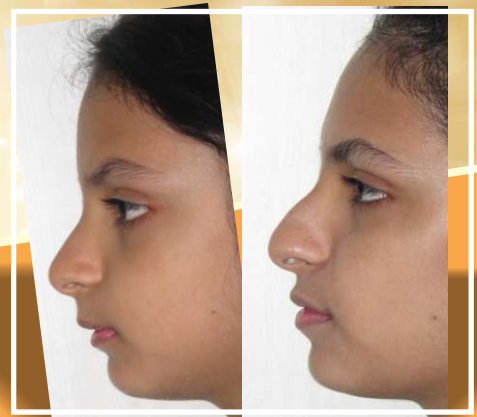
Wearing the retainers as advised by the orthodontist helps in this process. Not complying with this instruction, especially in the first few months immediately following removal of braces, results in the teeth moving out of alignment. Avoid putting to waste, the hard work and efforts you put to get a healthy beautiful smile. Wear the retainer as instructed by your orthodontist.

Magic of Braces



www.iosweb.net

The facial balance on Tanvi's face was all thanks to her orthodontist.



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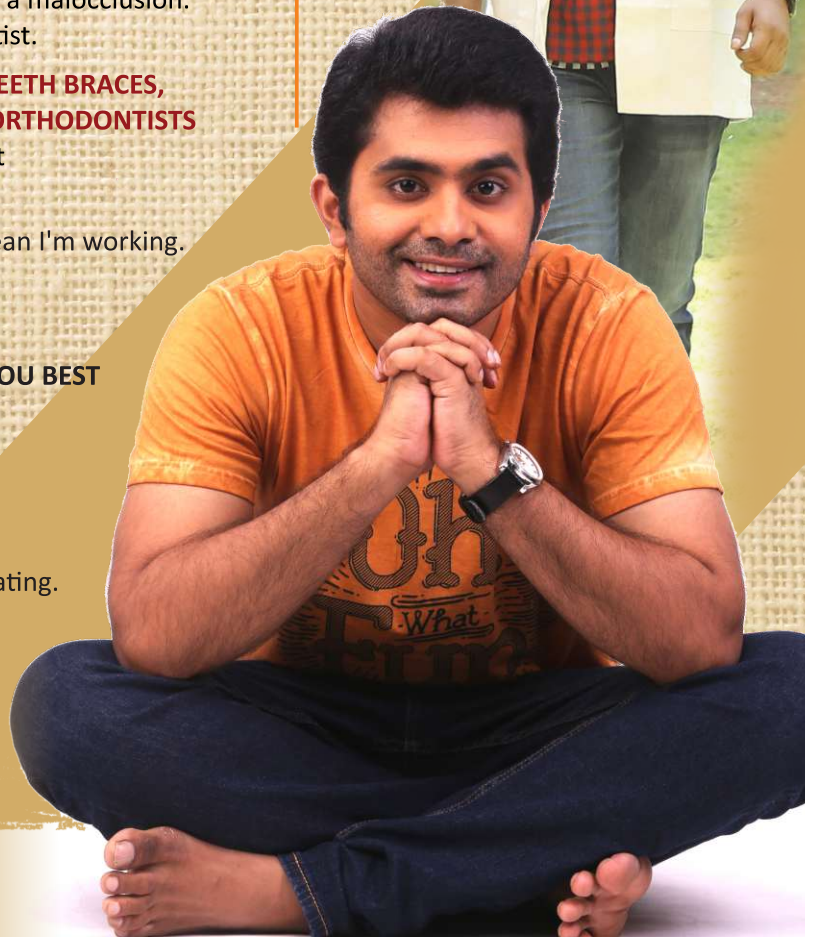


Celebrating Life

FULL NAME - Vishnu Vinay
BIRTHDAY IS ON - April 9th
PLACE OF BIRTH - Trivandrum
HOME TOWN - Ernakulam
SCHOOLING AT - Rajagiri High School, Chinmaya Vidyalaya Vaduthala
COLLEGE - Virginia Tech, Purdue University
PROFESSION - Actor
CURRENTLY - Playing the lead in Akashaganga 2
YOUR INSPIRATION IN LIFE - My father
AWARDS / ACHIEVEMENTS - Go to
FUTURE PLANS - Don't be immune to advice
ADVICE TO YOUNGSTERS - Don't be immune to advice
WHAT IS THE BEST YOU LIKE ABOUT YOUR PROFESSION
 Money and fame
FUTURE PLANS - Go to
AWARDS / ACHIEVEMENTS
HOW WOULD YOU WANT THE WORLD TO REMEMBER YOU 100 yrs FROM NOW -
 I would want the world to forget me and move on
WHEN SOMEONE SMILES AT YOU, WHAT IS THE FIRST THING YOU NOTICE ON THE FACE
 I can make out if that person has a malocclusion. Yes, I'm married to an Orthodontist.
WHAT DO YOU KNOW ABOUT TEETH BRACES, ORTHODONTIC TREATMENT & ORTHODONTISTS
 Enough to keep a marriage intact
YOUR TYPICAL DAY
 Three cups of tea. More cups mean I'm working.
SOCIAL MEDIA INTERACTIONS
 Barely enough
ONE PHRASE THAT DESCRIBES YOU BEST
 A man of few words
PERSONAL INTERESTS
 Reading
FITNESS REGIME
 Occasional gym and moderate eating.
STRATEGY IN CRISIS
 Call wife

YOUR FAVOURITE
City - New York City
Travel Destination - Himalayas
Food - Tuna Sandwich
Song - 40 day dream by Edward Sharpe and The Magnetic Zeros
Movie - The Social Network and Lost In Translation

Vishnu Vinay
Actor



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THE CLEFT CARE STARS OF NTPC



Dr Suvashis Dash



Dr Ashith MV.



Dr Puneet Batra



Dr Karthik S.



Dr Swati S Acharya



Dr Sukhdeep Kahlon



Dr Shashank Chauhan



Dr Nikita Monga



Dr Virag Bhatia



Dr Bhagabati P Dash



Dr Soumya Arun



Dr Dheeraj Koli



Dr SP Singh



Dr Mustafa Khader



Dr Chintamani Kale



Dr Pritam Mohanty



Dr Madhulika Kabra



Dr Renu Sharma

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**WITH BRACES FIXED ON TEETH,
EXERCISE EXTRA CAUTION,
WHILE ENJOYING CONTACT SPORTS.**



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Orthodontic Study Group Activity, Pune

On the 04 of August PUNE ORTHODONTIC STUDY GROUP conducted a symposium on DIGITAL ORTHODONTICS. The program began with Dr Salil Nene delivering the welcome Address following which there were a series of lectures by Dr Alok Lathi, Dr Dhaval Fadia, Dr Neeraj Rohida and Dr Milind Darda on on DIGITAL ORTHODONTICS-From Virtual to Real as the theme. Dr Gaurav Gupta proposed the vote of thanks and also thanked the sponsors for the symposium ABOtt Pharma, OSL and iAligners. After the Symposium there was a Conference Organizing Committee Meeting of the 56 th IOC 2019 to discuss various agendas related to the organizing of the conference to be held in Pune.

The program was well attended with over 40 practising Orthodontist and 45 post graduate students from in and around PUNE.



Calendar Events 2019

September 2019

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

Zonal PG Convention
20-22 Hassan

North Zone PG Convention
27-29 New Delhi

October 2019

5
**Pan India
IOS Foundation Day**

ios **TIMES**

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Mid Year Convention 2019

Candid Moments





President's Message
Dr. Pradeep Jain,
President



Dear friends,

The endeavour of Indian Orthodontic Society is to hold all round activities suited for senior as well as younger age groups to update the academic excellence along with foster friendship amongst all.

We had a very successful mid year convention , held at St. Petersburg and Moscow in Russia from 6th to 12th Aug .2019, in association with St Petersburg Orthodontic Association. Everybody was geared up to visit the beautiful terrains of Russia. The delegation of 96 people travelling in unison and the meticulous planning right from scientific to cultural extravaganza, made the event a scintillating and glittering success.

The 3rd module of National Training Program of Cleft and Craniofacial anomalies was held on 19-21st August at Trauma Centre AIIMS, New Delhi .This program was very well conceptualised and discussions between faculty and students were very fruitful. Prof O P Kharbanda , Chief of CDER AIIMS and his team really came out with gem of a program. The lectures on psychiatric management and behaviour changes in Cleft cases received the best feedback.

The activities pertaining to Postgraduates for this year started with PG Orientation Program at Vizag from 24th to 25th Aug 2019, spearheaded by Organising Chairman Dr Gangadhar Prasad. It was a very well coordinated program with emphasis on ethics, research methodology, diagnosis and biostatistics for the beginners, followed by free papers by the student members. The programs are very well received by the student community.

I am happy that IOS is having so many activities for the benefit of its members - National Integrated Typodont workshops in Indore, Bhubaneswar and Chennai followed by North and South Zonal PG Conventions..

Jai Hind, Jai IOS

The month of August started with a bang, with the Mid Year Convention to Russia from 6 th to 12 th August. Nearly 100 members went on this trip to St. Petersburg and Moscow and brought back memories for a life time. Subsequently the rest of the month has been busy for the IOS headoffice. "You've got mail" would describe it well. Nominations for elections and awards have been pouring in. It is heartening to know that there are so many members who want to serve the society and that there is so much good work being done across the country. Good luck to all the aspirants. Come September, the tempo picks up further with three National Typodont workshops in Bhubaneswar, Indore and Chennai. Two zonal conventions in Hassan and Delhi are also events to look forward to. Six members of the Indian Orthodontic Society were selected to visit Chiang Mai University, Thailand as part of the IOS international exchange programme. They will also be visiting the mobile cleft care unit in Bangkok. I earnestly appeal to all members to stay connected with us through the website www.iosweb.net and IOS FB page. Stay in touch and don't miss out on the buzz.

Yours in IOS service.



From the Secretariat
Dr. Sridevi Padmanabhan,
Honorary Secretary



Dear members,

When the Public Awareness Committee finalised upon Mission Embrace, the purpose was to create a platform where individuals in need of orthodontic treatment are treated by the members of IOS at no cost. The work done by individual member will help create Orthodontic Awareness. However Mission Embrace (ME) is much more than that. ME connects you to the parent body like never before. For once instead of asking - What is IOS doing for me ?, we have members working on behalf of the association, helping fulfill one of the Society's primary obligations - provide charitable work to the needy section of the society. The best part - having its own set up, the head office has its limitations with respect to the number of patients it can treat. With more than 4000 members in IOS, the numbers can run into thousands, via ME. So how does it benefit you, the ordinary member - a question that has been asked umpteen number of times ? Many members anyway treat needy patients in their offices. What difference does it make? It does, in a big way. When an individual speaks or makes an effort to bring about a change, it is just that much that he or she can do. Also, any credit due, goes to the individual. However, when an association speaks, the actions are noticed better and the profession associated with it along with its members, are highlighted. In our case, it is the orthodontists and orthodontics. All that is required, is your patience and consistent contribution. Enrol for Mission Embrace and contribute to increase orthodontic awareness.

Best wishes.



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



IOS TIMES Committee Members

Dr. Silju Mathew, Dr Kavitha Iyer, Dr. Gaurav Gupta

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IOS TIMES thanks
Dr Vidhu Sreedharan
for facilitating the
celebrity interview

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Global Leader in Orthodontics invites you



Dr Skander Ellouze
International Speaker



Dr Michael Bicknell
International Speaker



Dr Anmol S Kalha, osre
MDS, Prof Emeritus



Prof Gurkeerat Singh
MDS (Ortho.), M. Orth



Dr C S Ramachandra
MDS (GDC-Bengaluru)



Dr Prasad Chitra
MDS, M Orth RCS (Edin)



Dr Abhisek Ghosh
MDS Orthodontics, FAGE



Pre-Symposium Workshops

Damon Advance Mechanics

by Dr Skander Ellouze

Damon Basics

by Dr Michael Bicknell

Digital Marketing in Orthodontics

by Dr Ajit Kalia

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