

# ios **TIMES**

**Official Newsletter of Indian Orthodontic Society**



*Rabindra Nath Tagore Jayanti*

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Dr. Jagdish Nainani, Dr.C.S Ramachandra



Dear Esteemed IOS Members,

It brings me great pride and heartfelt gratitude to highlight the remarkable accomplishments and ongoing academic excellence within the Indian Orthodontic Society.

We begin by celebrating the representation of IOS on the global stage, with Dr. Joseph Varghese WFO EC and Dr. Sridevi Padmanabhan as WFO RMC serving with distinction on the World Federation of Orthodontists (WFO) Council 2025-30. Congratulations are also in order for Dr. Jayesh Rahalkar, Dr. Joseph Varghese receiving Lee W. Graber Orthodontics Changing Lives Award and Dr. Dhaval Fadia who were honoured Roberto Justus Young Speakers Travel Scholarship prestigious WFO awards. Furthermore, we recognize the commendable academic presentations made by Dr. Elbe Peter, Dr. Vinod Krishnan, Dr. Priyank Rai, Dr. Sukhdeep Kahlon, and Dr. Prabhat Chaudhari at the American Association of Orthodontists (AAO) platform, showcasing the strength and calibre of Indian orthodontics.

Our appreciation also goes to Dr. Madhavi Bharadwaj for her active and impactful participation in the Sleep Apnea Symposium at Saraswati Dental College. Her contributions significantly enriched the scientific discourse and understanding of sleep apnea management in dental practice.

We applaud the successful execution of the National Academic Exchange Programme held on 9th and 10th May, between Dasmesh Institute of Research and Dental Sciences, Faridkot, and Sri Guru Ram Das Institute of Dental Sciences & Research, Amritsar, fostering collaborative learning and institutional growth.

The academic calendar for May featured three highly successful IOS modular courses. The Mastering Clear Aligners module (7th–8th May), with lectures by Dr. N.R. Krishnaswamy, Dr. Dhiraj Shetty, and Dr. Digant Thakkar, offered valuable insights into aligner therapy. The second module, on Cleft Lip and Palate Management (9th–10th May), included insightful sessions by Dr. Ashok Utreja, Dr. Puneet Batra, Dr. Pritham Shetty, along with renowned international speakers Dr. Maria Costanza Meazzini and Dr. Daniela Garib. Lastly, the Advanced Digital Orthodontics module (20th–21st May), hosted by Saveetha Dental College, featured engaging lectures by Dr. Sirengalakshmi M, Dr. Prasanna Aravind T.R., and Dr. Nivethigaa Balakrishnan, emphasizing streamlined digital workflows for improved clinical efficiency. Each of these sessions greatly enhanced professional development and learner engagement.

In the midst of progress, we also pause to remember two luminaries of Indian orthodontics — Dr. Jagdish Nainani, a beloved educator and clinician from Nagpur, and Prof. Dr. C.S. Ramachandra, former Chairman of the Indian Board of Orthodontics (2009–2014). Their visionary leadership and selfless service have left a lasting impact on our fraternity. They will be remembered with deep reverence.

As part of World Orthodontic Health Day 2025 celebrations, IOS reached a significant milestone by broadcasting live across 39 radio stations nationwide. This public awareness initiative, led by Dr. Jaskirat Singh and the IOS Public Awareness Committee, also included the regular release of informative flyers every Friday, playing a key role in community education and outreach. To our delight, the response was overwhelmingly positive. Dr. Sudhir Kapoor, Professor, Sardar Patel Postgraduate Institute of Dental Sciences, Lucknow, was graciously welcomed by the faculty and students on World Orthodontic Health Day, May 15, 2025. On behalf of the Indian Orthodontic Society, he exchanged greetings and engaged in enriching academic dialogues.

As we move forward, we eagerly anticipate the 21st IOS Mid-Year Convention, set to begin on May 27, 2025. This exciting journey from Singapore to Kuala Lumpur promises to be an unforgettable blend of scientific exchange, networking, and cultural exploration—offering our delegation a truly unique and enriching experience.

Let us continue to uphold the spirit of excellence, collaboration, and service that defines our society.

Jai Hind, Jai IOS!

Warm regards,

Dr. Puneet Batra

President, IOS

*President's Message*

Warm regards,  
Dr. Puneet Batra  
President, IOS





As we step into the vibrant month of May, the orthodontic community finds itself at a meaningful intersection of celebration, awareness, and national unity. This month has been a tapestry of gratitude, academic excellence, and public health advocacy.

We began the month with a heartfelt tribute to the unsung heroes behind every smile — our mothers. This Mother's Day, we honored their boundless love, sacrifices, and strength. Behind every confident grin is often a mother's encouragement, her quiet support, and unwavering belief in her child. As orthodontic professionals, it is our privilege and purpose to continue giving back — by ensuring every mother and child has access to a healthy, confident smile.

One of the first major academic highlights of the month was the Sleep Apnea Symposium 2025, held on 2nd and 3rd May at Saraswati Dental College and Hospital, Lucknow. This national-level event brought together healthcare professionals, dental experts, and medical researchers from across the country to address Obstructive Sleep Apnea (OSA) — one of the most prevalent yet underdiagnosed conditions today.

With a strong focus on interdisciplinary collaboration, the symposium explored emerging strategies for diagnosis, treatment, and long-term management of OSA. It served as a critical platform for knowledge exchange, hands-on learning, and evidence-based discussions — reinforcing the vital role that orthodontics plays in the broader sphere of sleep and airway health.

As we approached World Orthodontic Health Day on May 15th, the community united under the global message: "A World of Smiles." This year's theme reflected the true spirit of our profession — creating health, harmony, and confidence through every smile we help shape.

Orthodontics is not merely about straightening teeth; it's about transforming lives. A well-aligned smile enhances not only function and speech but also boosts self-esteem and social confidence. From clinics to classrooms, we witness the powerful impact a healthy smile has, especially in a country as richly diverse as India.

This year, India celebrated this day with unprecedented enthusiasm. From bustling metropolitan centers to remote rural areas, orthodontic professionals across the nation participated in awareness drives, school outreach programs, digital campaigns, and patient education sessions. The message was clear: Orthodontic health matters — and it belongs to everyone.

Through this nationwide effort, we reaffirmed our commitment not only to clinical excellence but also to public health and inclusivity. Let us continue to use this global occasion to dispel myths, encourage early intervention, and emphasize lifelong oral wellness.

Uniting these personal and professional milestones is the Smiling Bharat Conclave, a visionary pan-India initiative. This conclave represents more than just an event — it is a movement. As orthodontists from every corner of the nation come together to share knowledge, celebrate innovation, and amplify outreach, we are building a stronger, more connected professional community. The conclave is a testament to our shared belief that India's future is brighter when it smiles together.

Later in the month, from 23rd to 25th May, the spotlight shifted to Chennai, where the IOS Zonal PG Convention – South Zone was held at SRM Kattankulathur Dental College and Hospital, Potheri. Themed "Orthodontics in the Digital Age: Precision, Efficiency, and Excellence," the convention delivered a series of dynamic sessions focused on cutting-edge digital advancements in orthodontic practice.

Postgraduate students from across the southern zone engaged in brainstorming discussions, scientific presentations, and interactive learning modules, creating an atmosphere charged with academic curiosity and innovation. This event not only strengthened regional academic engagement but also showcased the next generation of leaders in orthodontics.

From celebrating mothers to advancing sleep health, from raising awareness on World Orthodontic Health Day to strengthening professional unity through national and zonal events — May 2025 has been a month of reflection, celebration, and progress.

As we continue our journey, let us remember: behind every smile is a story, and behind every story, an opportunity to change a life.

Here's to building a world of smiles — starting with our own communities.

## Secretary's Message

Warm Regards  
Dr. Sanjay Labh  
IOS Secretary





# Editor's Message

It is with profound pleasure, humility and anticipation that we celebrate the release of 'May Issue' and 'World Orthodontic Health Day'. On behalf of the Editorial Team, I would like to extend a very warm welcome to the readership of this e-newsletter. I take this opportunity to thank our committee members, section editors and public relations editors all of whom have volunteered to contribute to the success of the newsletter.

This newsletter is primarily focused on various calendar of events, breaking news, practice management, achievements of members, public awareness pages and beyond orthodontics with creative contents.

I welcome contributions that can demonstrate near-term usefulness, particularly contributions that take a multidisciplinary / convergent approach in the smile transformation page.

This newsletter will provide an ideal forum for exchange of information on all of the above topics and more, in various formats: full length and letter length research column, student activities, reports on promising member's achievements, best practice management articles and tutorials on up-and-coming creative breakthroughs and beyond orthodontics. The journal's editorial board is strongly convinced this initiative will provide readers choices of editorial standards expected by the committee. At this instance we are releasing twelve issues a year. To ensure rapid dissemination of information, we aim at completing the review process of each issue meticulously.

I close this message by inviting everyone to submit their exciting contents to our public relation editors. All contents receiving a high degree of newness and enthusiasm in the selection process will find a home here. Therefore, we are committed to include all the above contents that significantly make our readers worth their time.

Once again I welcome you to this newsletter – our newsletter !

We hope to hear from you soon, and we welcome your feedback! If you have any questions, suggestions, or concerns, please address them to [editoriostimes@iosweb.net](mailto:editoriostimes@iosweb.net).

Thank you. We hope you will find this venture an informative one.

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Warm Regards  
Dr. Swati Acharya  
Editor IOS Times





## Official Newsletter of Indian Orthodontic Society

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## Official Newsletter of Indian Orthodontic Society

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**Dr. Sanjay Labh**  
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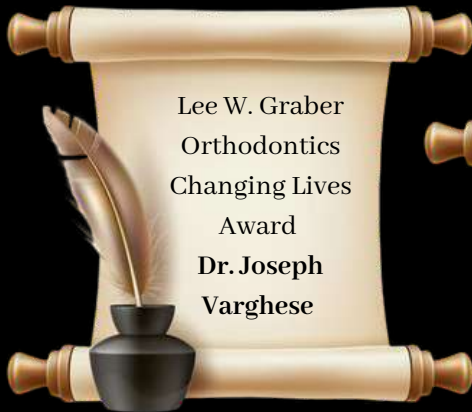
**Dr. Irfanul Haque**



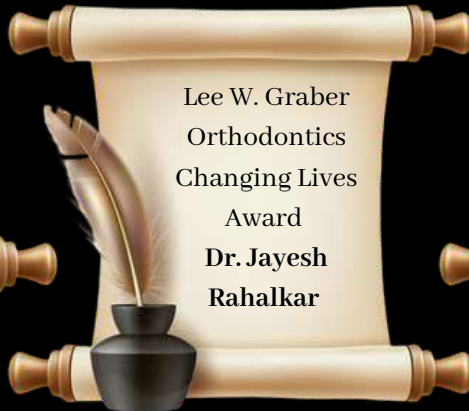
## WFO Award 2025 Recipients from IOS



*Congratulations*



Lee W. Graber  
Orthodontics  
Changing Lives  
Award  
**Dr. Joseph  
Varghese**



Lee W. Graber  
Orthodontics  
Changing Lives  
Award  
**Dr. Jayesh  
Rahalkar**



Roberto Justus  
Young  
Speakers  
Travel  
Scholarship  
**Dr. Dhaval  
Fadia**

## Central & East Asia

WFO EC  
2025-30



**DR. JOSEPH  
VARGHESE**

WFO RMC  
2025-30



**DR. SRIDEVI  
PADMANABHAN**

To be presented to WFO council



Official Newsletter of Indian Orthodontic Society



## IOS Breaking News Alert!



IOS Breaks on National sound waves !

The Indian Orthodontic Society (IOS) is proud to make a landmark announcement that marks a new era in public outreach and oral health awareness across the nation! For the first time ever, the voice of the Indian Orthodontic Society will be broadcast across Radio City's vast national network, reaching millions of listeners in all major regional languages. Whether you're in a bustling metro or a remote village, the IOS will be in your ears – guiding, informing, and educating India on the importance of orthodontic care and oral health. As part of a massive awareness initiative, IOS will also be featured on Doordarshan, India's national broadcaster, with regular segments airing over the next four months. This collaboration aims to spread accurate, accessible, and engaging information about orthodontics to every household – from school children to senior citizens.

Our Mission: To educate every Indian about the value of timely orthodontic care, promote healthy smiles, and encourage preventive oral healthcare practices through the most trusted and far-reaching media channels in the country.

This landmark achievement was made possible through the dedicated efforts and collaboration of Dr. Jaskirat Singh, Dr. Prateek Chandra, Dr. Harneet Kaur, Dr. Mayank Gupta, Dr. Vaibhav Mishra, Dr. Gaurav Gupta, Dr. Biju Abraham, Dr. Ashith MV, Dr. Divyaroop Rai, and Dr. Dhruv Yadav."




Stay tuned to Radio City and Doordarshan.

A Healthier, Happier Smile is Just a Broadcast Away!

Reported by Section Editor Dr. Stuti Mohan



# Smiling Bharat



## IOS SMILE DRIVE

A Pan-India rally to raise orthodontic health awareness

**Calling All Orthodontists To Join Us for Diagnostic Camps, Skits, and Other Activities.**

**Get Ready To Be A Part of This Impactful Initiative!**

**For Registration:**

<b>Dr Harneet Kaur</b> +91 98714 67002	<b>Dr Jas Kirat Singh</b> +91 7354200013
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## JOIN THE SMILING BHARAT 2.0 MOVEMENT!



Scan this QR code

- Know everything about Smiling Bharat 2.0
- Register
- Log in as surveyor
- Enter survey data.

**SMILING BHARAT 2.0**

**National Orthodontic Diagnostic Drive**

A Pan-India Movement for Orthodontic Health Data Collection



## Be Part of the Change!

- Help diagnose malocclusion early & prevent future complications.
- Raise awareness about orthodontics and its benefits.
- Contribute to a healthier, more confident India.

**Together, Let's Shape the Future of Orthodontic Care!**

 iospubaw

 indianorthodonticsociety

 indianorthodonticsociety.org

The Indian Orthodontic Society on World Orthodontic Health week launched the IOS Smile Drive which coupled with Smiling Bharat 2.0 will navigate the length and breadth of the country advocating the importance of Orthodontic treatment for physical and mental health . The Smiling Bharat 2.0 will combine public awareness with the important initiative of a nation wide survey ,collecting data on malocclusion in order to present a white paper to the Government to help shape guidelines and national health policy . The IOS Smile drive is Designed to culminate on October 5th ,IOS day and will engage and involve IOS members, study groups and education institutions.



# IOS MEMBERS IN AAO



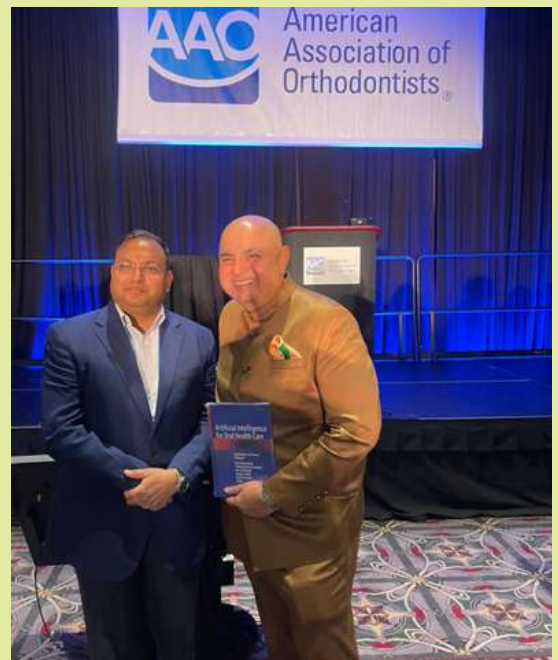
WFO President ,  
Dr. Nikhilesh Vaid  
lecturing at AAO  
Annual Session in  
Philadelphia 2025  
for the 11th time.  
Indeed a proud  
moment for our  
society.

Visit of Dr. Prabhat Kumar Chaudhari [Additional Professor in the Division of Orthodontics and Dentofacial Deformities at the Centre for Dental Education and Research (CDER), All India Institute of Medical Sciences (AIIMS), New Delhi; IOS LM-2331] in the “American Association of Orthodontists (AAO) Annual Session” from 25-27, April 2025 held at Pennsylvania Convention Centre, Philadelphia, USA.

It was an accomplished visit with lots of learning and getting exposed to newer technologies for orthodontic applications. Dr. Chaudhari presented e-poster on the topic of low-level Laser therapy on root resorption. Dr. Chaudhari received prestigious Lee W Graber Orthodontics Changing the Lives award by President World Federation of Orthodontists (WFO) Prof. Nikhilesh Vaid (Photo-1). Dr. Chaudhari published an edited book in April 2025 on , “Artificial Intelligence (AI) for Oral Health Care” from Springer Switzerland office as a global edition (<https://link.springer.com/book/10.1007/978-3-031-84047-0>). The President WFO authored in this book a chapter on the AI applications in Orthodontics. During AAO meeting in Philadelphia Dr. Chaudhari gifted a copy of authored book to the WFO President Prof. Nikhilesh Vaid.



Dr. Prabhat Kumar Chaudhari receiving prestigious Lee W Graber Orthodontics Changing the Lives award by current President World Federation of Orthodontists (WFO) Prof. Nikhilesh Vaid and incoming president of the WFO Dr. Letizia Perillo during the American Association of Orthodontists (AAO) Annual Session from 25-27, April 2025, Philadelphia, USA.



Dr. Prabhat Kumar Chaudhari gifted the author copy of book to the WFO President Prof. Nikhilesh Vaid during the American Association of Orthodontists (AAO) Annual Session from 25-27, April 2025, Philadelphia, USA.

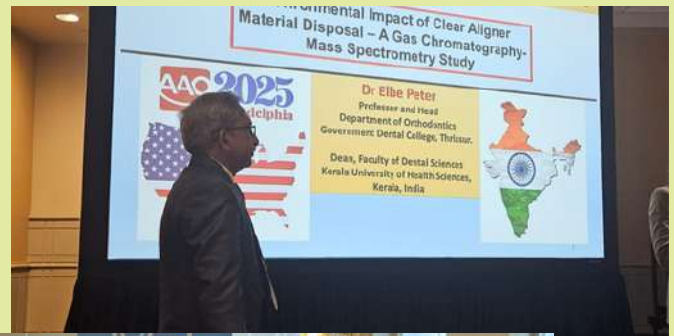


# IOS MEMBERS IN AAO

Editor In Chief JWFO , Dr. Vinod Krishnan with Prof. Rolf Behrents, the past editor of the AJO-DO at the Leadership appreciation event- AAO annual session 2025, Philadelphia .



Dr. Elbe Peter presented on the Environmental impact of clear aligner material disposal – A gas chromatographic mass spectrometry study at AAO, Philadelphia.



His study was partly funded by IOS RF. The over all summary was there is a need for a task force to study the environment and health hazard of clear aligners and restrict CA practice to specialist alone.



# IOS MEMBERS IN AAO

Dr. Priyank Rai engaged in the world's greatest celebration of Orthodontics. Connected with many professionals from the orthodontic industry. The top-notch education covers a broad range of topics. He presented on Bi-jaw Anchored Fixed Functional Appliance on TMJ in Late Adolescence.





# Saraswati dental college symposium on sleep apnea Bridging specialities

We are pleased to report the successful hosting of the National Symposium on Sleep Apnea: Bridging the Specialities, held on May 2nd and 3rd, 2025, at Saraswati Dental College, Lucknow. This landmark event brought together distinguished experts from across India to engage in discussions on the latest advancements and challenges in the research, diagnosis, and treatment of sleep apnea.

The inauguration ceremony was graced by Chief Guest Ms. Monica Garg, IAS, Agriculture Production Commissioner, Government of Uttar Pradesh. The event was further honoured by the presence of Dr. Puneet Batra, President, IOS, and Dr. Sanjay Labh, Honorable Secretary, IOS, as Guests of Honour. The symposium featured an eminent lineup of speakers who shared their expertise on various interdisciplinary aspects of sleep apnea. These included Dr. Puneet Batra (President, IOS), Dr. Sanjay Labh (Hon. Secretary, IOS), Dr. Suryakant (HOD, Department of Respiratory Medicine, KGMU, Lucknow), Colonel Dr. Bala Krishna Jayan, Dr. Megha Jain (HOD, KSD Jain Dental College, Kolkata), Dr. Akhilesh Kumar Singh (Professor, BHU, Varanasi), Dr. Suryakant Das (HOD, Government Dental College, Cuttack, Odisha), Dr. Diksha Arya (Professor, KGMU), Dr. Dhruv Yadav (Santosh Medical College, Ghaziabad), Dr. Manisha Yadav (Delhi NCR), and Dr. Shweta Kanchan (Hind Medical College, Lucknow).

The Organizing Committee played a pivotal role in ensuring the success of the symposium. The team comprised Dr. Ragini Tandon (Chairperson), Dr. Kamlesh Singh (Co-Chairperson), Dr. Madhvi Bhardwaj (Organizing Secretary), Dr. Ashish Chauhan (Registration In-charge), Dr. Sapna Tandon (Scientific Committee In-charge), Dr. Prateek Chandra (Print and Media In-charge), and Dr. Sweety Gupta (Hospitality In-charge).

The symposium served as an excellent platform for interdisciplinary collaboration, enhancing understanding of sleep apnea and its multifaceted implications across various medical and dental specialties. We commend all organizers, dignitaries, and speakers for their valuable contributions toward making this event a grand success.

In light of this outcome, we recommend continuing to host such interdisciplinary symposia in the future to further promote awareness, collaboration, and research in the field of sleep medicine.









# National Academic Exchange Program

Under the initiative of Indian Orthodontic Society, National Academic Exchange Program was started between Dasmesh Institute of Research and Dental Sciences, Faridkot and Sri Guru Ram Das Institute of Dental Sciences & Research, Sri Amritsar.

Post Graduate students of 3d year from Department of Orthodontics & Dentofacial Orthopaedics, DIRDS, Faridkot and SGRDIDSR, Sri Amritsar alternatively visited colleges for NAEP from 7th April 2025 to 19th April 2025 respectively.

The postgraduate students were made familiar with different approaches in treatment planning during these five days with routine seminars and case presentations were planned.

The highlight of the exchange program was the cleft care sessions where they gave live demonstrations on impression making in cleft patients and appliance fabrication and appliance delivery to the patients during the exchange program and fabrication of Biocryl expansion appliances and use Pressure Pot for routine acrylisation. The facebow transfer demonstration for the patient to undergo orthognathic surgery in the coming period of time was done which is helpful for mock surgery & fabrication of splints. At the end students got enriched with exchange of knowledge !





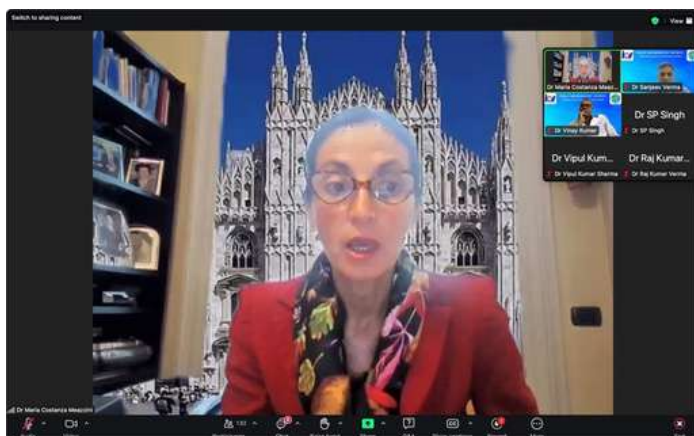
# 2ND ONLINE MODULE

Modular course on cleft lip and palate

2nd online module was conducted on 9th and 10th May. The lectures were delivered on early orthodontic management, alveolar bone grafting, face mask therapy and Bone anchored maxillary protraction. The speakers for the event were Dr Ashok Utreja, Dr Puneet Batra, Dr Pritham Shetty and two international speakers Dr Maria Costanza Meazzini and Dr Daniela Garib. The lectures were very informative and well presented.

The course showed an overwhelming response with more than 250 participants attending the course.

The 3rd online module will be on 7th and 8th July followed by offline workshop on 5th and 6th September.



Reported by Associate Editor , Dr. Shantanu Khatri



## International Academic Engagement – An Initiative by the International Exchange Program Committee, IOS: Visit of Dr. Sudhir Kapoor to the University of Michigan

This initiative reflects the visionary leadership of Hon'ble President, IOS; Dr. Puneet Batra, who emphasizes the value of academic narratives in fostering global connections. Supported by the dedication of Hon'ble Secretary, Dr. Sanjay Labh, the Indian Orthodontic Society continues to strengthen international collaborations in Orthodontics.

In March 2025, Dr. Sudhir Kapoor, a respected senior life member of the IOS, expressed interest in visiting the Department of Orthodontics at the University of Michigan during his personal trip to attend the convocation of his daughter, Dr. Saumya Kapoor. His intent included a brief academic interaction with faculty and residents of the department.

The IOS Head Office promptly facilitated this initiative by sending a formal letter of introduction, along with Dr. Kapoor's credentials and expression of interest, to Prof. Nan E. Hatch, Chair of the Department of Orthodontics, University of Michigan.

The response was highly positive and Dr. Kapoor was warmly received by Prof Nan E Hatch and U-M Graduate Orthodontics Program Director Dr. Hera Kim Berman on May 15, 2025 which also marked an important calendar event of IOS; The World Orthodontic Health Day.

Representing the Indian Orthodontic Society, he engaged in academic discussions and exchanged greetings with faculty and students, fostering goodwill and professional rapport. He also presented a stole and a souvenir on behalf of IOS to Prof Nan E Hatch who Heads this prestigious Department of Orthodontics at the University of Michigan which has a legacy of over 100 years of postgraduate curriculum. Dr. Roger Moore was the first to Head this Department from 1924-1952.

This visit marks a step forward in IOS's efforts to promote global academic exchange. Members travelling abroad with an interest in engaging with international orthodontic institutions are encouraged to reach out to the IOS Head Office for support and facilitation.

Team International Exchange Program Committee, IOS



Reported by Associate Editor

Dr. Shantanu Khattri 19



**DR. KETAN VAKIL**

It is with great pleasure, privilege and gratitude that I pen my memoir as the past Chairman of the prestigious – Indian Board of Orthodontics for an extended period of 2 years (2019 – 2021), the first thoughts which are etched in my mind of this eventful journey is the experience of taking the Board certification.

I took my Certification in year the 2001 , exactly after two decades into practice. I realized quite early that lots of newer treatment modalities, newer materials etc were at our disposal and it totally changed the way I practiced clinical orthodontics. I, therefore wanted to be peer reviewed to ensure that I was on the right track. Taking the Board Certification itself is a great learning experience. As a clinician it teaches you to critically evaluate your own outcome and more importantly learn from your own mistakes. It teaches you to become a better clinician today than what you were yesterday. I therefore urge more and more fellow Orthodontists to become” Board Certified”. Till date the Board remains committed to upholding the highest standards of clinical practice ,education and research.

It was my honour and privilege to serve as Chairman IBO for an extended tenure of 2 years ( covid effect). During my tenure as Chairman, all my fellow Directors were extremely helpful with the sole purpose of perusing excellence in the specialty of Orthodontics and a vision to foster a community of orthodontists who are not only skilled clinicians but also lifelong learners and contributors to the advancement of our specialty.





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



IOS Times acknowledges Dr. Arun Virupakshappa for  
his contribution towards the public awareness page



<https://findanorthodontist.bracespecialists.com/>



# Is your braces doctor MDS (Orthodontics)?

## BEFORE



## AFTER



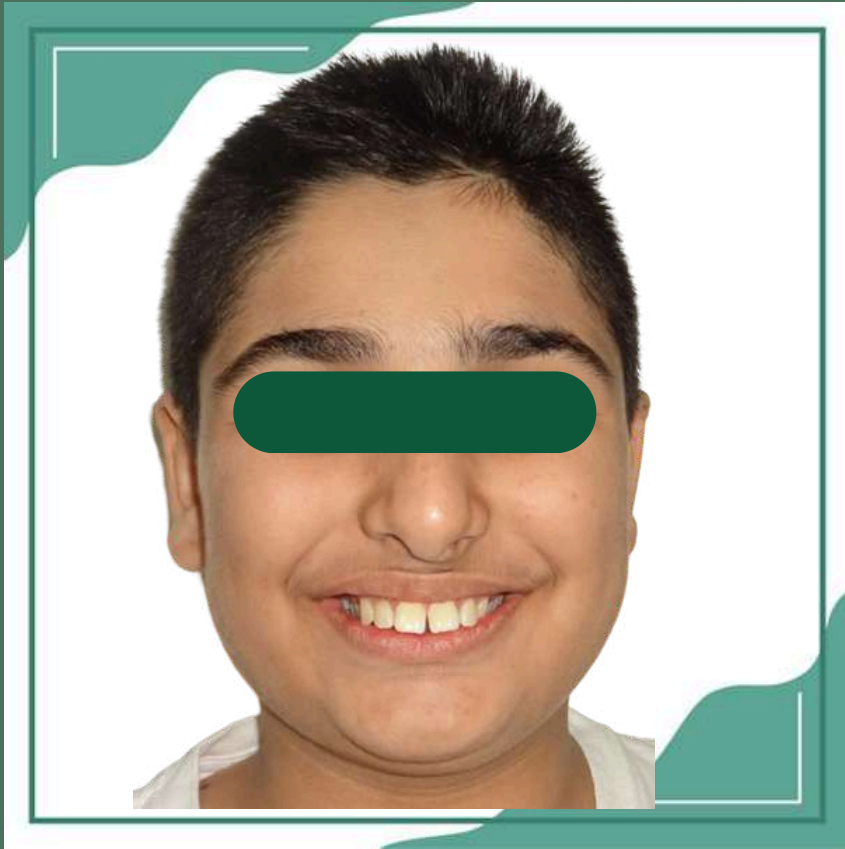
IOS Times acknowledges Dr. Hrushikesh Aphale  
for his contribution towards the public  
awareness page



<https://findanorthodontist.bracespecialists.com/>



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



**BEFORE  
&  
AFTER**



*IOS Times acknowledges  
Dr. Venkateswara Rao  
Ambekar for his  
contribution towards Public  
Awareness Page*



<https://findanorthodontist.bracespecialists.com/>

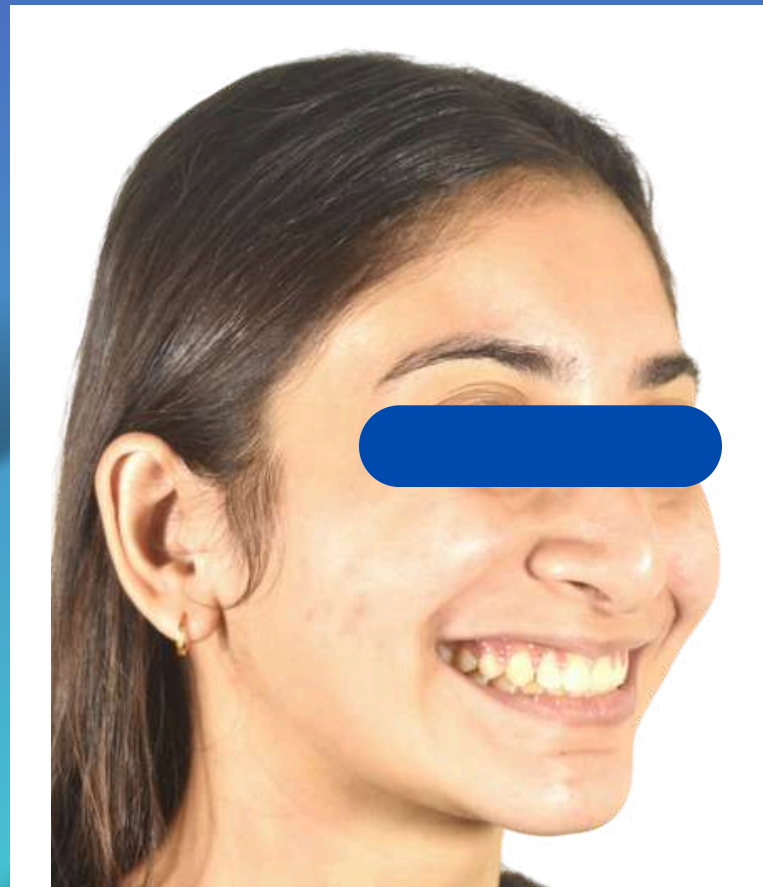


**IOS Times acknowledges Dr. Subhash Seth for his contribution towards the public awareness page**



**BEFORE**

**DOES YOUR  
BRACES DOCTOR  
HAVE I.O.S.  
MEMBERSHIP?**



**AFTER**

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**BEFORE**

## MAGIC OF BRACES

*IOS Times acknowledges  
Dr. Krutika Gaitonde for  
her contribution towards  
the public awareness  
page*



**AFTER**

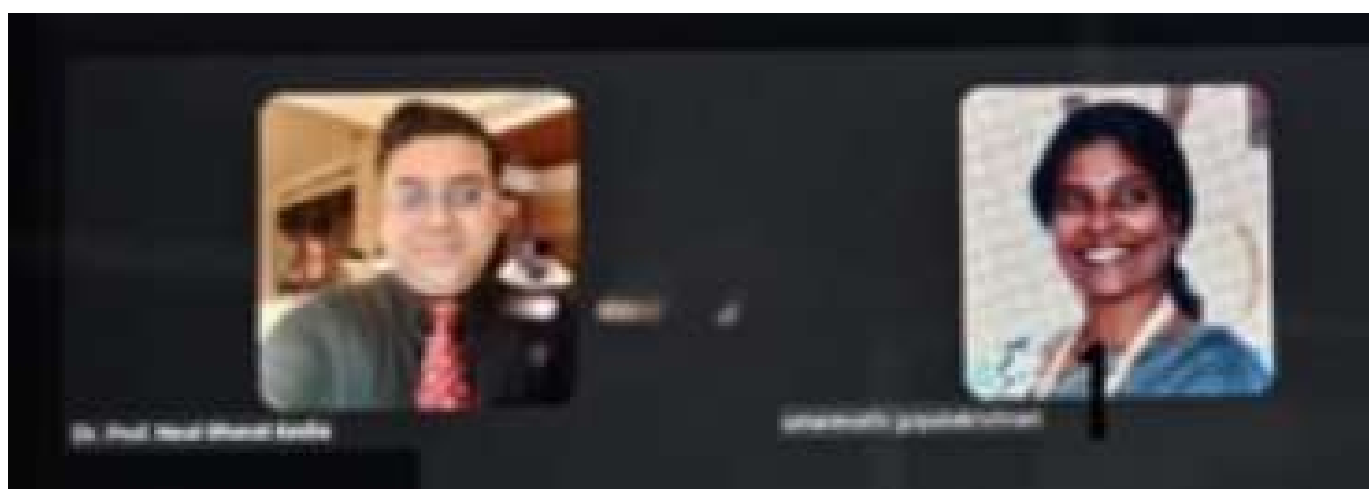
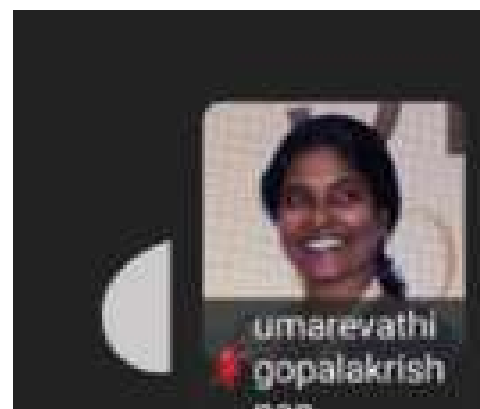
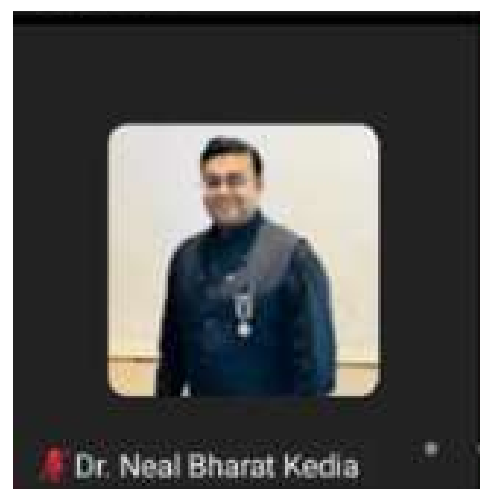


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As part of the annual IOS SLM research grant award for the academic year (2024-2025), the IOS research council received 110 plus proposals from the student life members of orthodontic departments across Indian Institutions. Evaluators from different zones of IOS evaluated all the proposals and the top 20 proposals were selected for final submission based on evaluation marks. The top 20 SLM members presented their final proposals on 14th of May, 2025. A distinguished panel of 3 judges assessed the proposals and submitted their evaluation to the IOS head office. The event lasted from 10am to 3 pm.

On 21st may, the research grant final proposal presentation was conducted for life members. A total of 13 proposals were presented. The results of both the LM and SLM grants will be announced soon by the head office. An external panel of judges headed by 3 senior orthodontists evaluated the proposals. The program went on from 10 am till 2 pm. IOS secretary sir Dr Sanjay Labh and president sir Dr Puneet Bhatra presided the inauguration of the events. Both the events were organized and conducted by the research council chairman Dr Neal Kedia and research committee member Dr Umarevathi Gopalakrishnan.





# DR. TARULATHA R. SHYAGALI

Dr. Tarulatha R. Shyagali is a committed academician and clinician with over two decades of experience in the field of Orthodontics and Dentofacial Orthopaedics. She earned her Master's degree (MDS) in Orthodontics from the esteemed Government Dental College and Research Centre, Bengaluru, and her Bachelor of Dental Surgery (BDS) from the prestigious Bapuji Dental College and Hospital, Davangere, one of the country's oldest dental institutions. She further advanced her academic journey by completing a PhD from the NAAC-accredited 'A' grade Mohanlal Sukhadia University, Udaipur. Additionally, she holds diplomas in Nutrition and Health Education (DNHE) and Creative Writing in English (DCE).





Dr. Shyagali has a rich academic tenure spanning 21 years, including two years of international teaching experience as an Associate Professor at Al-Majma'ah University, under the Ministry of Higher Education, Kingdom of Saudi Arabia. An avid researcher, she has authored over 100 articles in peer-reviewed and indexed journals at national and international levels, including prestigious publications such as the American Journal of Orthodontics and Dentofacial Orthopedics (AJODO), British Journal of Orthodontics, Australasian Journal of Orthodontics, Dental Press Journal of Orthodontics, Archives of Oral Biology, International Journal of Orthodontics, and many official orthodontic society journals across countries including Iran, Japan, Turkey, Nepal, Pakistan etc.

She has presented more than 30 scientific papers at various national and international conferences and has been a resource person for multiple workshops. Her editorial contributions include serving on the boards of the Journal of Oral Health and Oral Epidemiology (Kerman University of Medical Sciences, Iran), Al-Rafidain Dental Journal (University of Mosul, Iraq), Environ Dental Journal, and the OSP Journal of Dental Sciences. With over 663 citations, an h-index of 15, and i10-index of 18, her scholarly impact is significant. She also serves as a reviewer for reputed international journals such as the European Journal of Orthodontics, Angle Orthodontist, BMC Oral Health, Turkish Journal of





Orthodontics and general dentistry journals.

She is a Fellow of the International College of Dentists (ICD) and the General Academy of Dental Education. Dr. Shyagali has actively organized over 20 Continuing Dental Education (CDE) programs, conferences, and workshops at state and national levels. During the COVID-19 pandemic, she and her colleague played a pivotal role in conducting 15 orthodontic webinars featuring international speakers from around the world.

In addition to her academic and clinical roles, she is an NABH Assessor for the National Accreditation Board for Hospitals and Healthcare Providers and serves as the Member Secretary of the Institutional Ethics Committee. Her accolades include the prestigious "Award of Excellence in Dental Research" at the 34th Annual Conference of the International Society of Dental Research (Indian Division) held in February 2024 at Kanyakumari.

Outside her professional commitments, Dr. Shyagali is a trained classical dancer and an avid writer who enjoys expressing herself through poetry. She currently holds the position of Vice Principal, Professor, and Head of the Department of Orthodontics and Dentofacial Orthopaedics at MR Ambedkar Dental College and Hospital, Bangalore, India.





# Dr Lalima kumari

PhD Research Journey of Dr Lalima Kumari: Exploring Andrews Keys in the Bihar Population

While working as an Assistant Professor in the Department of Orthodontics and Dentofacial Orthopaedics, Patna Dental College and Hospital, Patna, pursuing a PhD in Orthodontics has been a transformative journey both professionally and personally. My research, titled “Assessment of Andrews Keys: Crown Angulation, Crown Inclination, and Curve of Spee in the Bihar Population,” aimed to evaluate foundational occlusal parameters in a regional context. Given the significance of Andrews’ six keys of occlusion in orthodontic diagnosis and treatment planning, this study focused on three crucial aspects: crown angulation, crown inclination, and the curve of Spee, specifically within the Bihar demographic.

The research involved extensive data collection, meticulous model analysis, and statistical interpretation to understand regional variations and establish baseline norms for Bihar population. Each phase brought its own set of challenges, but they were also opportunities for growth, deeper insight, and methodological refinement.

A special note of gratitude goes to my esteemed guide, Dr. Anurag Rai (Professor and Head, Department of Orthodontics and Dentofacial Orthopaedics, Patna Dental College and Hospital, Patna) whose constant support, expert guidance, and valuable feedback were instrumental throughout this journey. His mentorship played a vital role in shaping the direction of the research and ensuring its successful completion.

This journey has not only added to the scientific understanding of population-specific orthodontic parameters but has also strengthened my resolve to contribute meaningfully to academic research. I am deeply thankful to my guide, mentors, colleagues, and institutional support system who helped make this achievement possible. I hope the findings from this study aid in more individualized and effective treatment planning for diverse patient groups.

Apart from Ph.D, with around 30 research publications, I have contributed to the advancement of orthodontic knowledge, focusing on innovative treatment approaches. I have authored and published three books: ‘Brackets in Orthodontics’, ‘Begg’s Technique’ and ‘Biomechanics in Orthodontics’. I have also contributed four chapters in a book titled ‘Advances in Dental Science’ further enriching Orthodontic literature. My dedication to research aims to bridge traditional orthodontic principles with modern innovations for the benefit of students and patients alike.





# PRACTICE MANAGEMENT IN ORTHODONTICS

## Prof. Ajit Vikram Parihar

Orthodontics is a specialized branch of dentistry focused on diagnosing, preventing, and correcting dental and facial irregularities. While clinical expertise is the cornerstone of orthodontic care, effective practice management plays an equally vital role in ensuring the success and sustainability of an orthodontic practice.

### The Core Tenets of Orthodontic Practice Management

#### • Human Resource Management:

Attracting, training, and retaining skilled professionals is crucial to run the practice smoothly and provide the highest quality care.

Patient Scheduling: Use automated scheduling systems to optimize appointment slots, reduce no-shows, and improve patient convenience with online booking options.

#### • Seamless Technological Integration:

Embracing digital tools, like 3D scanners and practice management software, to improve workflow, increase patient satisfaction, and enhance treatment accuracy.

Infection Control and Sterilization: Post-COVID, implement strict SOPs for sterilizing tools and patient contact areas, and regularly train staff on infection control measures.

#### • Patient-Centered Communication:

Build trust and ensure patient satisfaction by prioritizing clear and empathetic communication, from consultation to treatment and follow-ups.

#### • Financial and Inventory Mastery:

Proper financial planning and inventory management ensure that the practice remains profitable and efficient without overstocking or running out of critical supplies.

#### • Navigating Legal and Ethical Boundaries:

Protect the practice and your patients by ensuring you comply with legal requirements, such as informed consent, data protection, and infection control standards.

#### • Branding and Patient Engagement:

A strong online presence, positive reviews, and regular patient engagement through social media and educational content can help position your practice as a trusted provider in your community.

#### • Data-Driven Decision Making:

Regularly analyse performance metrics to guide your decisions and track the success of your practice.

•Continuing Education & Innovation: Staying updated with advances in orthodontics ensures relevance, competitiveness, and better patient outcomes.

## Owning a Practice vs. Consulting: A Comparative Overview

In private orthodontic practice, the emphasis lies on delivering high-quality care in a competitive environment while maintaining profitability. Patient satisfaction hinges on minimizing wait times, enhancing the clinical environment, and offering personalized care. Integrating digital tools like 3D scanners and aligner systems improves outcomes and patient experience. Effective marketing, transparent pricing, insurance coordination, and strong legal compliance support practice growth, while regular staff training ensures consistent, high-quality service. Orthodontists can choose between owning their clinic or working as a consultant in various dental setups. Each model offers its own set of benefits and challenges

**Owning a Practice:** The owner is responsible for every aspect of the business. This includes managing the clinic's infrastructure, purchasing equipment, recruiting staff, handling marketing, and making financial decisions. Owning your practice offers greater autonomy, a personalized approach to care, and the potential for long-term growth. However, it also requires a significant investment in both time and resources, and you must be prepared to handle administrative tasks in addition to clinical care.

**Consulting in Multiple Clinics:** Working as a visiting orthodontic consultant offers flexibility. In this model, you provide services across multiple clinics without the burden of managing the practice's day-to-day operations. The host clinics handle the administrative aspects, and you can focus entirely on clinical care. While this model reduces your responsibilities and overhead costs, it also means less control over the materials, scheduling, and patient experience. The golden rule is to maintain mutual respect, confidence, and financial trust

## Orthodontics in Government and Public Health Settings

In government-funded or public healthcare setups, orthodontic practices operate under different priorities. These clinics often focus on accessibility and affordability. Patient volumes tend to be significantly higher, often resulting in long waiting times and limited appointment slots. Services are typically subsidized or offered at minimal cost, which makes them crucial for lower-income populations.

## The Future of Orthodontic Practice Management

The future of orthodontic practice management is rapidly evolving with advancements in technology and changing patient needs. Digital workflow integration, including cloud-based management systems, artificial intelligence, and tele-dentistry, is streamlining operations, enhancing diagnostics, and improving treatment efficiency. There is a growing emphasis on preventive care, with early intervention programs being introduced in schools and community health settings to address orthodontic issues before they become complex. Sustainable practices are also gaining momentum, with green dentistry promoting eco-friendly materials, waste reduction, and energy-efficient operations. Tele-orthodontics is emerging as a vital solution, especially in rural and underserved areas, enabling remote consultations, monitoring, and follow-ups, thereby increasing access to specialized care for populations that previously had limited options.

As an orthodontist, your clinical knowledge is only part of the equation. To truly thrive in today's fast-paced and competitive environment, you must master the art and science of practice management. Whether you run your setup, consult across clinics, or work in public health, focusing on patient satisfaction, operational efficiency, and strategic growth will position your practice for lasting success. The future is digital, sustainable, and patient-centered.

Reported by Section Editor , Dr. Mohit Chaturvedi



# Dr. Tapasya Kapoor



Is it a better choice to learn practice management as a consultant Orthodontist or by starting your own practice at start of your career?

We cannot connect the dots looking forward; we can only connect them looking backwards. During my career of more than 23 years, I have been fortunate enough to be on both sides of the fence.

I believe that the foundation we establish in the early years of our career is crucial. Once we find the right mentor to work with, absorb as much as we can, learn from their knowledge and our mistakes. Accumulating this knowledge and experience, helps us to set out on a journey to create something unique and authentic.

After finishing my M.D.S in 2001, I was inclined to gain practical experience in a private clinical setup by working under an established senior Orthodontist. I chose to work for 6 years on fixed remuneration basis and later I started working as a consultant in more than 8 dental clinics and hospitals in India and Dubai. In first six years, my foundation was established and I gained not just clinical experience but also improved my patient management skills.

My professional journey of being as a consultant for more than 21 years, has helped me to realize that :

- Our aim should not be to get attached to a greater number of practices, instead we should work towards associating with few good potential practices, or even associating with a clinic of senior orthodontist, where learning and hands on experience is focused and vast. Today I realize that working under senior orthodontist is a blessing, provided we are open to learn and evolve with time with an open mind. It's understandable that in an established orthodontic clinic or any other clinic, we are not going to get the opportunity to treat patients independently from the very first day. We will get patients slowly with time, once we reflect the confidence level we have on ourselves and on our skills.



- Our focus should be to give more time into these potential practices and we should treat these practices as our own practices, for a better patient outcome. I know its better said than done, but that's the need of the hour in today's era of instant gratifications and so-called faster growth. This will help us to learn more about practice management, build a good reputation for ourselves and the clinic, learn about relationship building and future referrals. We all know, what we reap is what we sow.

- If we keep on changing practices every 6 months, then we need to reinvent the wheel of our expectations. Patience is the key to reach where we want to reach.

The downsides of a visiting practice are that you are not in fully control of your time and other parameters like clinic management, patient appointment and scheduling, purchasing power etc. and after a few years of running around it gets physically and mentally exhausting. The stability we need, when we become experienced, is missing. Financially, on a longer run, a visiting practice may not be as lucrative as your own practice, but what we learn a lot of valuable lessons from other clinics, which form the basis of our foundation.

When I opened my own clinic in 2023, I feel, I was better equipped as compared to if I had opened a clinic in my initial years, in terms of my learnings from other clinics, like patient handling, art of making and maintaining relationships, correct diagnosis and treatment, hands on experience on different types of dental equipments and machines to name a few. The consulting clinics gave me a vast exposure to not just a different pool of patients but also different styles of infrastructure, and a network of different suppliers of dental materials, dental equipments, dental labs, dental management softwares and different specialty dentists to name a few. I also learnt different aspects of practice management and refined my soft skills along with clinical skills.

Being a clinic owner now, has made me realize that

- Time management is better as I can independently and efficiently plan my time between my clinic, other clinic consults and my lecturing and training modules.

- High quality clinical skills, good equipment, good interiors and good infrastructure is very important in today's times.

- Building and retaining team: getting the right consultants, associates and staff is challenging but we learn the art of relationships, as we evolve.

- Getting patients to the clinic is through referrals and various modes of marketing , but in my experience , referrals are the biggest source of new patients for any practice.

Looking back, if I had opened my clinic in initial years, then I might have learned things, at my own cost, with less exposure, with more time and mistakes.

We all need to be aware of the fact that even if we have best of the clinics in town with best of dental equipments and interiors, but if we don't know the appropriate way of handling patient and diagnosing them correctly, we are not going to go a long way. The patients need right diagnosis and right treatment, which only comes with good exposure, experience and time. In today's time with increasing competition, we have to put our best foot forward by making the right choices.

We have to respect the fact that everybody has a different question paper in life and we solve it differently. Each professional journey is unique, shaped by the choices we make and the experiences we accumulate.

Reported by Dr. Hasini Gopal



# Multispeciality Dental Practice Management

## Dr. Sonali Deshmukh

In today's evolving dental landscape, a multispeciality approach is not just beneficial—it's essential. However, practice management remains a skill that many dental professionals, both young and experienced, hesitate to discuss. Our dental and orthodontic education rarely equips us with the entrepreneurial skills necessary for private practice success.

With over 25 years in private practice alongside my husband—an Implantologist and Periodontist—I've learned that running a successful multispeciality clinic requires focused management in five key areas.

### Team Coordination & Collaboration

Managing a multispeciality dental practice involves overseeing the operations of a dental clinic that offers a range of specialized services under one roof, including orthodontics, periodontics, endodontics, prosthodontics, pediatric dentistry and oral surgery. Effective management in such a setting requires a coordinated approach to ensure quality care, seamless communication and operational efficiency. One of the core elements of managing a multispeciality dental practice is team coordination. With multiple specialists working in tandem, clear communication protocols must be established to facilitate interdisciplinary collaboration. Regular case discussions, team meetings and shared electronic health records help to ensure continuity of care and accurate treatment planning. The practice manager plays a central role in fostering a collaborative culture and resolving any interdepartmental issues promptly.

### Patient Experience

Patient experience is another critical focus. A multispeciality setup allows patients to receive comprehensive care without the need to visit different locations. To maximize this advantage, the front office must be trained to handle complex scheduling, manage referrals within the clinic and ensure smooth patient flow. Providing a unified and consistent experience across departments is key to patient satisfaction and retention.

### Technology & Efficiency

Technology is the backbone of modern practice management. Integrated software streamlines appointments, billing and inventory while digital imaging and diagnostics improve inter-speciality care. Investing in ongoing training ensures the entire team stays efficient and up to date with current innovations.

### Financial Oversight

Sustainable practices depend on sound financial management. Budgeting across departments, efficient billing and timely insurance processing are vital. Engaging a financial expert or consultant can help to navigate the complexity of multispeciality billing and revenue cycles.

### Quality & Compliance

Maintaining clinical excellence requires strict adherence to regulatory protocols, sterilization standards and internal audits. Regular staff evaluations ensure high-quality services across all specialities.

Multispeciality dental practice management is about more than operations—it's about delivering integrated care that transforms lives.

# Dr. Venkata Yudhistar Palla



Dr. Venkata Yudhistar Palla, was appointed as Registrar Incharge Malla Reddy Vishwavidyapeeth (Deemed to be University)(MRV). He was assigned to this new role on 24th April 2025, and will be assuming the duties as an University official, henceforth.

Malla Reddy Vishwavidyapeeth (MRV) is a Deemed to be University located in Hyderabad, India. Sponsored by the Chandramma Educational Society (CES), MRV was founded with a goal to establish a center of excellence in education across various disciplines, including Medical Sciences, Dental Sciences, Allied Healthcare Sciences, Pharmaceutical Sciences, Nursing Sciences, and Engineering & Technology. ([mrvv.edu.in](http://mrvv.edu.in)).

The university boasts a sprawling 75-acre campus equipped with state-of-the-art facilities, fostering a cosmopolitan learning environment that attracts students from across the globe. MRV is committed to innovation and interdisciplinary education, offering cutting-edge programs and research opportunities while collaborating with industries and international institutions.

More to follow on Dr. Yudhistar's journey to get this remarkable achievement in his academic and teaching career.

Reported by  
Dr. Nitu Gautam



She completed her Ug from GDC chennai , Pg from Bapuji Dental College under Dr Sadashiva Shetty and Currently is Associate Professor and Academic Head at Dept of Orthodontics, Saveetha Dental College, Chennai. First Indian to receive the award, Roberto Justus Rising Star Travel Grant. The award was presented to fellows aged 38 and under who have excelled in the field of orthodontics and deserve support to present their work internationally. She will be travelling to Greece to present her work on international platforms. Her field of work that she had proposed was Orthognathic Surgery and she will be talking about The Controversies regarding the SFOA in Greece.



Reported by  
Dr. Sonam Sehrawat



# Dr. Bhupendra Arya

Dr Bhupendra Arya a ret'd. and one of the senior most orthodontist who participates in marathon. He is the oldest Randonneur of India at 80 yrs.

Audax club of Paris organises rides of 200,300 400 kms and cyclist who finishes in set time is given title of Randonneur.

Dr Bhupendra Arya has finished 200 kms ride 10 times, 300 ride 5 times and 400 km once out of time.

Dr Arya has cycled over 17000 kms in year 2021 and in this year he has already cycled 7600 kms. He hopes to ride 15000 kms before year end.

He has also completed Nagpur Duothalon once.

Dr Bhupendra Arya completed 1 lac kilometers of Cycling at the age of 82 years. Inspiration to the entire country !



Reported by Dr. Honey Gurbaxani



## Rediscover life: Tri smart, Tri hard!

Notice: This is NOT a scientific dental article. Read on only if you consider the life beyond dental profession worth exploring.

Busy, driven professionals have one universal character common to them. They take their careers too seriously. We all work long hours. Even when we are off clinical duty, we have paperwork, administrative work, journals to read, PowerPoint presentations to prepare, and conferences to attend; besides family commitments, money matters and other necessary work.

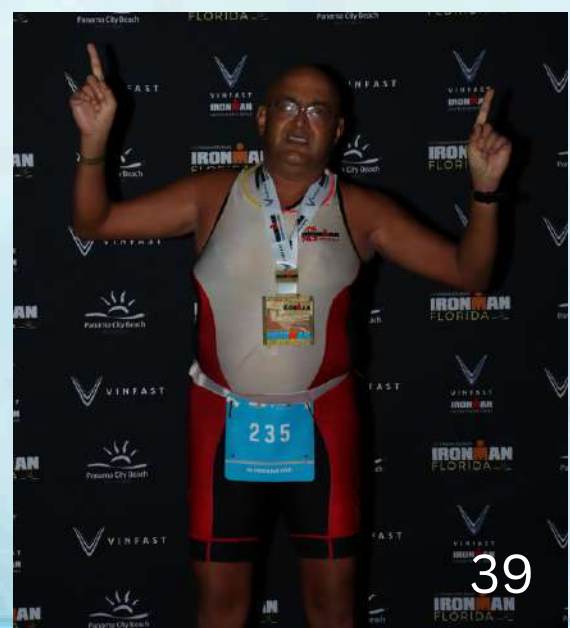
In the midst of all this, we put our personal growth and self enhancement on the back burner. Medical professionals are specifically vulnerable to this error. We try to cover it under the garb of devotion to our profession. However, many times it leads to early burnout and disillusionment. At a certain senior age, suitably disenchanted, we realize that - in the process - we forgot to live a vivid life.

Then some of us overreact and do something counterproductive. They socialize, party hard. As a result, the spectrum of life narrows, the health deteriorates further. But many of us engage in very creative endeavors. Music, arts, literature, photography, sports, technology, travel, social causes are just some of the ways we grow. Things that we always wanted to do and never found time to do them.

A sport has an edge over all of the above activities besides the enjoyment. An additional benefit is of health, fitness and a positive outlook.

One of the fastest growing sports popular among the midlife age group is Triathlon. As the name implies, it is a combination of 3 disciplines; swimming, cycling (hitherto referred as biking, but not to be confused with the motorbike sport) and running; almost always in that order. You must complete the designed course and the designated distance in each discipline continuously, one after the other.

The monotony and repetitive nature of other sports is less of a problem with triathlon because of the diverse demands of 3 disciplines, ever-changing individual race conditions (weather, hilly terrain, waves, scenic routes, organization and support etc.). Further, the races in different parts of the world give you a chance to travel, visit different place, experience cultures, meet interesting people; which in due course enriches you.





Physical health benefits of triathlon are quite obvious. Increase in muscle mass, endurance, aerobic capacity, VO2 max, lactate threshold, core strength are all well documented. Help in weight loss, lowered risk of osteoporosis and cardiovascular issues are added benefits of consistent training that is the hallmark of triathlon pursuit. As medical professionals, we will also appreciate the positive effects such as the rise in blood volume producing a better heat tolerance, greater vascularization, higher myoglobin and mitochondrial activity etc. It improves mental toughness and dedication to achieve set goals through hard work. The patience, commitment and attention to detail needed are great lessons for our younger lot.

Best of all, it gives you the opportunity to develop your character. Fair play, sportsmanship, leadership, sheer determination, bouncing back from hurdles with minimum fuss; are all there to learn during triathlon preparation and racing.

In triathlon science, you can't just go hammer and tongs at swim, bike and run haphazardly. There is a systematic, periodic process to gain these abilities during the entire training cycle from race to race. This is called periodization. It divides the whole training in large phases and small microcycles. Each phase is made up of a few weeks. The phases are as follows:

1. General Preparation phase: Early phase that mainly targets development of aerobic endurance with gradual increase in training volume but at a low intensity (zone 2). Some muscle building is begun with strength and conditioning in the gym along with approximately 20% speed work.
2. Specific Preparation phase: Middle period where the athlete begins some more higher intensity interval training zone 3 to zone 5 and maintains the already built up aerobic endurance and muscle strength by reducing but not totally eliminating long, easy paced workouts.
3. Pre competition Phase: Zone 3 to zone 5 work is further stepped up. Race simulation drills such as hill climbing, nutrition-hydration practice and transition zone training is introduced in this phase.
4. Competition Phase: Mainly short duration, harder workouts to target anaerobic energy system, further race mimicking drills like open water swimming, buoy sighting drills are prescribed. Weights in gym are higher but repetitions in gym sessions are reduced.
5. Taper: A gradual reduction in training volume just prior to the race to reduce fatigue is made. Logistic preparation of equipment, materials, carb loading is looked into.
6. A systematic post-race recovery to overcome fatigue is overseen by the coach.

Training usually is race specific. So what kind of race structure and experience are we looking at?





## Official Newsletter of Indian Orthodontic Society

### Triathlon Race Structure:

The Tri events (races) come in various sizes. More commonly found adults' triathlon race patterns- from short to long are as follows.



Race	Swim distance	Bike distance	Run distance	Total distance
Supersprint	400 m	10 km	2.5 km	12.9 km
Sprint	750 m	20 km	5 km	25.75 km
Olympic	1.5 km	40 km	10 km	51.5 km
Half Ironman size	1.2 mile/1.9 km	56 mile/90 km	13.1mile/21.1km	70.3 mile/113km
Ironman distance	2.4 mile/ 3.8 km	112mile/180km	26.2mile/42.2km	140.6mile/226km

Each of the legs; swim, bike and run, has a cut off time. If you don't make the cut off, you are disqualified. So you are under constant pressure to keep moving, and be quick in transition.

Finally the grueling, arduous battle comes to an end and you stride victoriously, often draped in the national flag, with loud cheers and kudos from the crowds and your loved ones.

That blissful feeling in the end is indescribable in words. You simply have to experience the ecstatic culmination of all the sweat, tears and sacrifices over months with a brand new medal dangling from your neck and your heart full of pride.

## Keep triathloning!





### An Afterword:

Friends, originally being a nerdy character, sport for me was only an occasional game of cricket or badminton. It changed after 40 when I took up running following the usual suspects: weight problem and a health scare or two. It gradually snowballed into a marathon obsession.

My triathlon journey began in 2017, when running marathons was starting to become a bit unidimensional. I wanted to put more colour, variation, exhilaration and challenge into it.

Triathlon provided that rush of Adrenalin. Even in COVID, although it did alter, the training and racing didn't halt altogether. It is that much addictive. By November 2024, 5 full Ironmans, 11 half Ironmans and several short triathlon races were finished successfully.

Every race is etched in my memory with its specific character. The windy bike route in Cozumel (Mexico), hilly pine forests of Victoria (Canada), Deep woods of Warsaw (Poland) and Erkner (Germany), the scary sea swell at Da Nang (Vietnam), Scorching heat of Salalah (Oman), thrill of riding bike on an F1 track at Bahrain, vociferous crowd support in Brazil, stomach upsets in Florida, Burning legs on the hilly route at Muscat, flat tyre panic on the rough road at Taupo (New Zealand), getting lost twice in Kazakhstan, a spirited run in Antalya (Turkey) with the Russians; the list goes on.

Along with every race, I and my wife enjoyed sights, culture, food of the regions, visited places of exquisite natural beauty, saw some rare wildlife and made great friends.

However, the stark reality is that when you take up a task like an endurance race, the race travel experience is an adventure that only punctuates a long, arduous routine of a systematic training schedule. The drama of an Ironman event unfolds only if a consistent workout regime supports it behind the screen.

And this is where three factors come into play that I must be grateful about. First one is the selfless support and sacrifice by my wife Dr. Pratima in this pursuit. She takes care of every little detail of travel and equipment preparation. The second one is a lesson of patience, commitment and of a focused mindset that my Orthodontic P.G. teachers at MCODES, Mangalore drilled into us. Thirdly, I am very thankful to God, my parents, friends and the coaching personnel in helping me chase my dreams.

The science of endurance sports is propped on many pillars. Mental strength, muscle glycogen, relentless training, hardware and equipment, cardio-pulmonary fitness, genetics, nutrition-hydration discipline, emotional support, injury management and a few more. You have some factors in your favour and some not. It's wonderful to see how their interplay affects your preparation and race day performance.

I hope to continue training, travelling, racing and coaching for many more years to come.

Reported by Associate Editor , Dr. Uma Revathi



# DR. ARUN NAYAK

## The Great Wall of China Marathon MAY 1ST 2025. Beijing China

It was a wonderful opportunity to participate in this globally sought-after race. A 42-km race on and around one of the Seven Wonders of the World. Personally, holidays for me, usually revolve around an activity. I definitely considered running on the wall as a better way to experience it rather than just sight seeing as a tourist. Moreover, how else would I get a chance to wave our Indian Flag in China??? And get cheered for it!!!!

### Preparation

2 friends and myself, who signed up for this challenge, studied the route and saw videos to try and understand the specific challenges that we would face while running on the wall. I live in a 47-storey tower and it was obvious that I had to do multiple repeats of climbing and coming down the stairs to be able to strengthen the hip flexors, quads, hamstrings and glutes specifically for this race. My weekly mileage hovered around 40-50kms of running with climbing of around 200-500 floors per week.

### Raceday

From our hotel, We reached the venue.. a small village around 1.5hrs drive from Beijing. As we drove along, I watched the urban scenery gradually turning into a mountainous one. The mountains had distinct humps and if one looked closely one could see the Great Wall like a ribbon on the ridges on these humps. The watch towers of the Wall stood atop the highest portion of each hump.

When we reached the start point, it was around 16 degrees C and when it got windy, it felt really cold. We warmed up, exchanged pleasantries with other runners. There were 73 of them signed up for the full marathon and some 500 other runners in other race categories. Few had come along with their families and friends. There was a representation of 38 countries. I was quite impressed with the built and fitness of a few European male and female runners! I kept focusing on the fact that I wanted to enjoy the race and not worry about my ranking or pace. I knew I had it in me to finish the race within the 10hr time cut-off. I didn't carry my phone along knowing that our friends would be taking plenty of pictures as spectators.

The race started at 8am. It was a sunny day and by now the sun was up and shining hard.





The first loop began with a 3.5km village road with a gradual ascent. This led to a 1.5 km trekking path through the jungle with some decently steep gradient. The trekking path was in shade of tall trees and opened to a rickety wooden ladder which we had to climb to get on to the Great Wall! The best part was that this was a remote section of the Wall with absolutely no tourists. Hence, the entire Wall was empty with only handful of us runners scattered; some in isolation like me and some in groups. The first section of the Wall had steps that were all broken down and was literally a roller coaster path of stones. I had to be really careful to not slip, trip and fall flat on my face.. I later learnt that a few runners actually experienced each of this. Plus, it was extremely windy. It felt like a cyclone potentially sweeping you off your feet. So here I had a combination of unstable stones, legs wobbling because of the grind of the lung-bursting climbs and knee-pounding descents and of course, the wind throwing us off balance. I tread through this section very carefully. I knew I could pick pace on the downhill through the jungle and on the village roads back to the start.

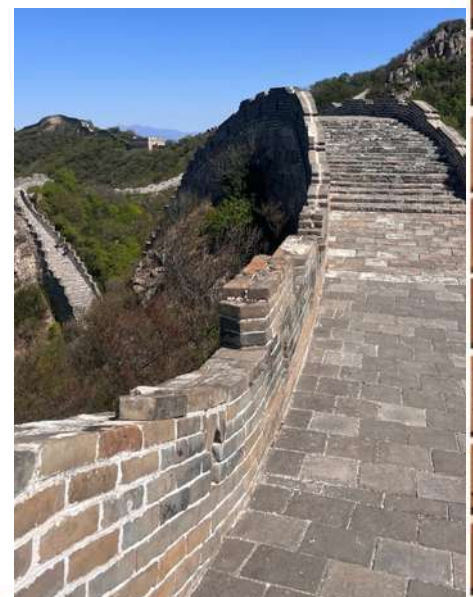
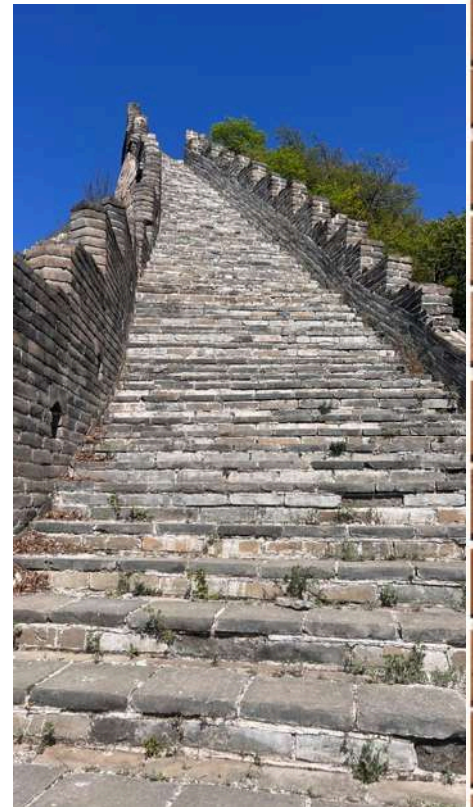
I checked my average pace and was a bit worried as to how I am going to finish this in the 8hrs that I had thought of. The wall section had slowed me down tremendously. I didn't know what lay ahead as we never received a proper race map. In any case, I reached the start section at around the 16th position ready to begin the second loop.

Surprisingly, the second loop was just a gradual ascent on village road. There was no running on the Wall here. This helped me in picking up pace. I could see that the strong runners ahead of me were very good on road but not as good on trail, where I seemed to have a slightly upper hand. Of course the top3 were way ahead and I knew I couldn't catch them.





The third loop now began, and now we had to do the exact same route as the half Marathoners did. We again got back to the Wall via the wooden ladder. I could see 2 Japanese runners and a Swiss runner who were running very strong and always ahead of me. They were super strong on the climbs. The next section on the Wall was astonishing to say the least. As I stood at one point and turned my head to the heavens, I could see the stairs of the Wall literally going up into the sky! Stairway to Heaven manifested!!!! It was that steep. I just paused, took a few deep breaths.. looked around the entire mountainous terrain and could see the Wall disappearing around the farthest of mountain humps at the horizon! It was truly a 'Great' Wall! I could only imagine the hardships the Chinese must have faced to construct this over many centuries! The steps ahead of me were around 1.5 ft in height each. I was now beginning to get slight cramps behind my knee. I could see the Japanese runners who were slightly short actually using all-four limbs to climb up. Luckily, I could just haul myself up with my legs. One of my friends stood at the top and captured my plight on video! I would climb as much till my breathing got really heavy, then stop, then start again! I kept looking upwards trying to find where this ordeal would end. And when this pitch of stairs ended, I could see the next hump.. even higher. But hey, to get there I had to actually descend on the wall as it followed the downward contour of the mountain. And it was exactly as much as i had climbed.... only to begin the next climb! This pattern went on for around 1.5kms. I finally reached the U-turn point. Which meant I had to repeat the same ordeal in reverse! By now, 3 of the runners ahead of me had slowed down. I passed them. I was thrilled!!! Having dealt with the toughest section of the race, I was fairly confident of an above-par performance. The rest of the race had repeat loops of the village roads. I passed a few other runners who were way ahead of me at the halfway mark. I then saw a strong Portuguese runner who was limping. I thought he was cramping. I caught up with him and he showed me his swollen ankle. I could just thank my stars that I had suffered no such injury. He was however determined to finish. By now, I was in the 8th position. I could see another runner who was closing in on me. But I had a lot of energy left to not let him catch up. In that phase of strong running, I almost caught up with 2 more runners.





But they finished 3 minutes before me. I stood at 8th position in a field of 73 runners! As I crossed the finish line in 5hrs 38min, way lesser than what I had thought it would be, I jumped high and screamed out a war cry to celebrate that moment. My friends were still on course. But their families were at the finish line to welcome me. It finally sunk into me that I have actually run what's thought to be one of the toughest marathons. My friends finished eventually and we collected our finishers medals. We took a lot of pictures and videos. We waved the flag multiple times, shared race experiences and photographs with the other runners. It's a 5000km wall and we barely ran around 6kms of our race on it! But the memories will remain forever !!

I have always believed that we work for good reason. But we should also not forget to enjoy the fruits of our work! We have limited time, limited years of fitness and there's a whole wide world to explore!! This was just one small chapter in my book of things to do before I kick the bucket !



**Reported by Section Editor , Dr. Himija Karia**





## Dr. Akhter Husain

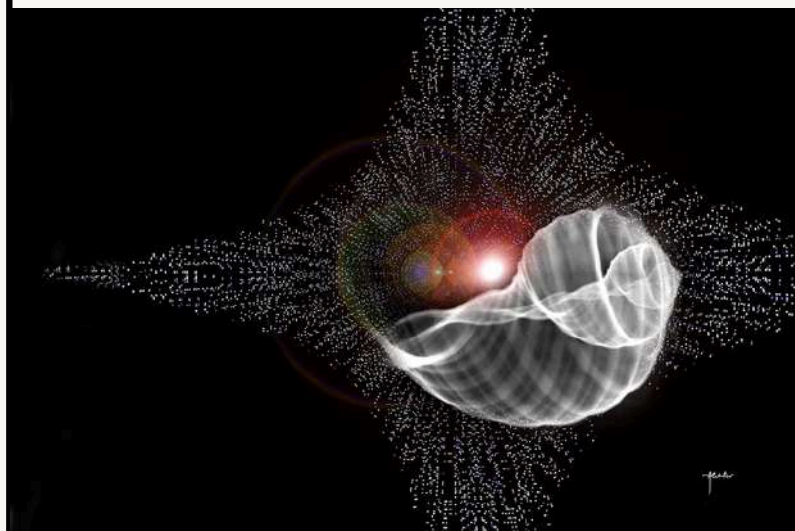
Dr. Akhter Husain is a founding-trustee of Yenepoya University and Yenepoya Dental College, Mangalore. He is widely regarded as a transformative figure in dentistry and academia. Serving as Professor & the Head of the Department of Orthodontics for several decades, he ascended to the post of Dean from 2019 to 2022, leaving an indelible mark on the institution.

With over 80 presentations at national and international conferences and workshops, Dr. Akhter has contributed extensively to advancing orthodontic knowledge. He has mentored over 150 postgraduate students, thousands of undergraduates, and six Ph.D. scholars. His scientific pursuits have earned him five patents to his name. His literary contributions include authorship and co-authorship of books on Orthodontics and 55 publications in orthodontics and Dentofacial Orthopedics.

Dr. Akhter's extraordinary career is decorated with prestigious accolades, including twice receiving the Indian Orthodontic Society (IOS) Research Award and the Lifetime Achievement Award (2019) from Bapuji Dental College and Hospital, Davangere. He is a Diplomate of the Indian Board of Orthodontics, a former President of the Indian Orthodontic Society, and was recently awarded the FDSRCS by the Royal College of Surgeons, Glasgow.

Away from his academic pursuits, he has demonstrated exceptional artistic talent, creating an astounding body of art works. His artworks have been displayed at several Art Exhibitions in India and abroad.

He continues to share his wealth of knowledge as a Professor Emeritus in the Department of Orthodontics and as the Director of the Centre for Craniofacial Anomalies, Yenepoya University.





For Dr. Akhter Husain, art has always been more than a hobby - it is the enduring rhythm of his life, pulsing beneath the surface of a long and distinguished career in orthodontics and academic research. While his professional path is rooted in science, his soul finds its fullest expression in the world of art - a passion he has nurtured since childhood.

From the moment his fingers could grasp a crayon, he was drawing. And he continues to create with the same spontaneity and curiosity that marked his early years. To him, creativity is an irresistible, almost neurotic impulse - art for art's sake. He often describes it as a 'beautiful compulsion'.

Though he initially aspired to become a full-time artist, his father wanted him to be a doctor. Jokingly he says, "I just landed in between, an Orthodontist!"

"Do what you love and love what you do" is a philosophy Dr. Akhter lives by. This philosophy has made Orthodontics his occupation and art, his preoccupation.

Society's obsession with beauty is very well researched and documented. He says, I don't see any specialty in science that studies the human face in such details, as we orthodontists do. We analyze a face with hundreds of measurements, including angles and proportions in both hard and soft tissue drape that forms the face. As technology advances, and as we refine our techniques, we are in fact blurring the boundaries between art and science. This demands a good degree of esthetic sensibility and mindset - a deeply rewarding pursuit indeed! As an orthodontist and artist, he is endlessly fascinated by the human face - a true marvel of nature. Its uniqueness lies in its infinite range of variations, despite being composed of just a few basic elements - each one a marvel of nature.

Orthodontists, in his view, are not mere technicians with wires and pliers; they are sculptors, balancing function and form. Together with maxillofacial surgeons, form a synergistic relationship that allows us to address facial imperfections from a holistic perspective

As an artist, his approach defies convention. He uses a diverse palette of materials: photography, traditional pigments, digital technology, 3D printing, and even dental lab materials - all coming together in what he terms a 'Trinergic Method'. His creative process often begins with pixels, harnessing the freedom of digital tools before translating his vision into physical media. It's a synthesis of intuition, craftsmanship, and experimentation.





For more details on his works  
scan the QR code for website and Instagram page



One of his more recent endeavors is in the field of Medical Art, a genre that sits at the intersection of visual art and biomedical science. This fusion requires a rare combination of clinical knowledge, creative instinct and visual storytelling - offering a powerful lens through which to explore human anatomy and health.

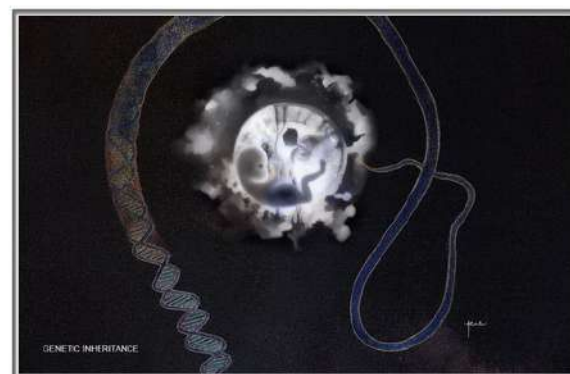
His work in photographic art has also received over a dozen international recognitions. A notable project involved creating impressionistic visuals from radiographs of sea shells, a series that earned him the title (ARPS) Associate of the Royal Photographic Society, UK.

Currently, Dr. Akhter is deeply engaged in a series titled Vedic Inspirations - an exploration of India's cultural and spiritual heritage through a contemporary aesthetic. Drawing from temple architecture, festivals, sacred rituals, and Vedic philosophy, this series celebrates the vibrancy, symbolism and philosophical depth of Indian tradition. Though rooted in Hindu practices, his approach is secular and artistic, aiming to preserve and reinterpret India's timeless visual language.

Underlying all of Dr. Akhter's work is a belief that beauty is not just visual - it is emotional and neurological. While often said to lie in the eye of the beholder, beauty also has a universal resonance, processed by the limbic system. It is both subjective and shared, and its experience can be profound and healing.

He also views art as therapy - a practice that fosters mindfulness, reduces stress, and promotes self-reflection. The very act of making - whether sculpting, painting or composing - provides emotional grounding and clarity.

In bridging orthodontics and art, Dr. Akhter Husain exemplifies how scientific expertise and creative passion can inform and elevate one another. His journey reminds us that the pursuit of beauty - whether through smiles or strokes of color - is a deeply human endeavor.



Reported by Section Editor, Dr. Arjun Nayak



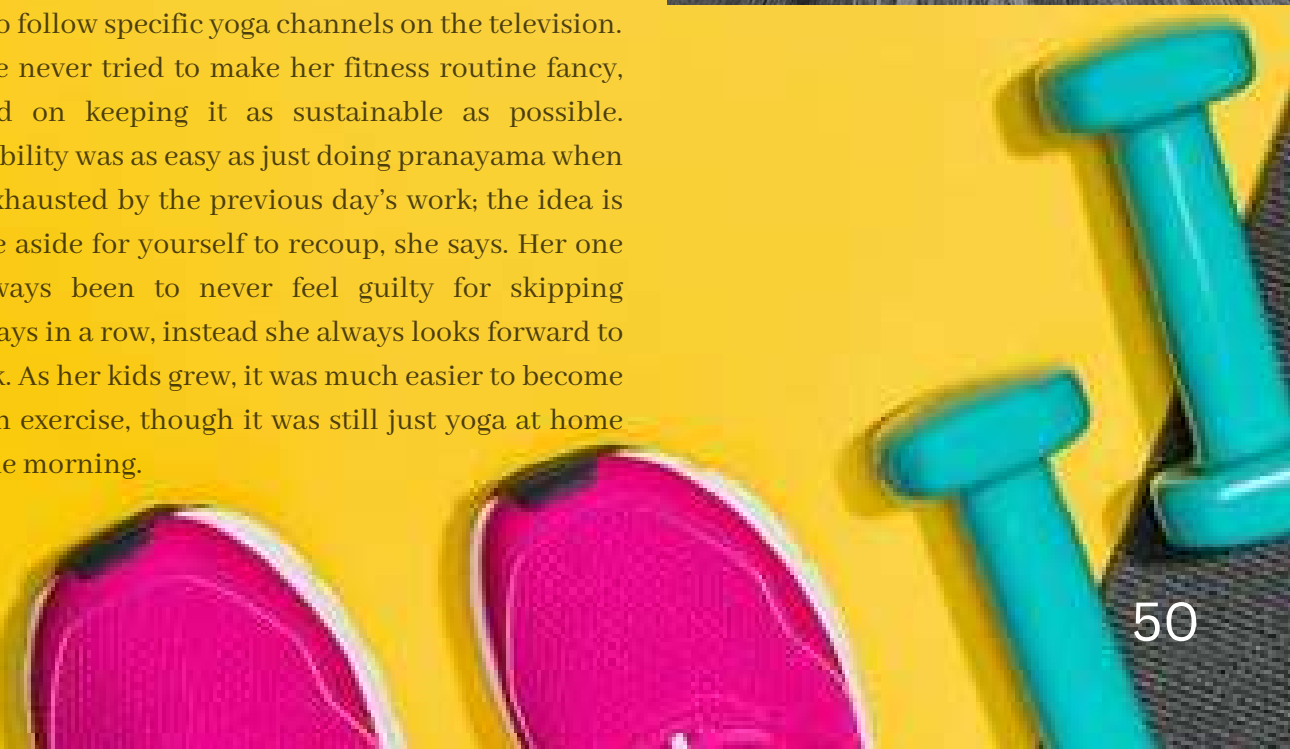
“Consistency is more important than perfection.”

In this world where all of us are rushing to prove ourselves and striving for success, it's very easy to be demotivated because we seek external validation. Working on your own body however changes this perception, it gives you a sense of immediate satisfaction because it's your own validation that you seek and earn. Your body is energised, and your mind stimulated due to the release of endorphins. Not only does this lead to renewed physical prowess, but also inevitably to increased self-esteem.

Let's meet Dr Roopali Shetty from Mangalore, mother to two girls aged 24 and 18, who has incorporated fitness into her daily routine for the last 25 years. Her journey in fitness is one that resonates with each one of us as we face similar challenges with our aging bodies, further complicated through the normal physiological roles of motherhood and the associated hormonal changes. She went through motherhood quite early, while she was 22 years old, and gained 20 kgs through her pregnancy. She says it is nothing to be ashamed of, or guilty even, to have gained weight during pregnancy, as most young mothers grapple with this issue. In fact, most of the weight is lost immediately post partem. She believes what's important is to start exercising once your doctor tells you it's safe to do so, so that you don't fall into the trap of being overweight, at the risk of losing your own identity.

She did not go the gym in those days as it was difficult to set aside time specifically for workouts, especially while nursing a baby at home. The most predictable time available in the day is the time before kids wake up, usually around 5 am, and since then it had become a routine to start exercising first thing in the morning. She started with early morning brisk walks and yoga, that helped both the mind and the body. This is before the convenience of YouTube of course, so she used to follow specific yoga channels on the television. Another easy fix, she never tried to make her fitness routine fancy, instead she focused on keeping it as sustainable as possible. Sometimes, sustainability was as easy as just doing pranayama when she felt extremely exhausted by the previous day's work; the idea is to just set some time aside for yourself to recoup, she says. Her one philosophy has always been to never feel guilty for skipping workouts for a few days in a row, instead she always looks forward to getting back on track. As her kids grew, it was much easier to become more consistent with exercise, though it was still just yoga at home or jogging early in the morning.

# DR. ROOPALI SHETTY





Roopali believes that adversity always pushes us to test and redraw our limits, helping us scale new heights. For her, like most of us, it came in the form of the unprecedented COVID-19 lockdown. Unaware of how to cope with this new reality, and how to keep herself busy whilst away from the clinic, Roopali considers herself fortunate for the nudge offered by her elder daughter, who introduced her to Chloe Ting, a YouTuber and fitness trainer from Australia. After years of staying away from strength training, it was her daughter who inspired her to start strength training at home. All that was required was a YouTube subscription, a few dumbbells, a yoga mat and a never-back-down attitude. Roopali says she had a blast as she explored and learned for the very first time how to correctly squat, do lunges, crunches, sit-ups, and so on. She enjoyed this routine for a bit, until it started feeling like the routine was starting to get monotonous, and didn't challenge her quite to her liking.

It was her daughter again who dragged her to the gym, and this is when she tried her hand at Pilates. She felt that Pilates training suited her lifestyle best as it was a one-on-one session and mostly core strength training. She found this to be similar to the combination of yoga and strength training, therefore much closer to what she had been practicing all along. One year into Pilates, she's now ventured into Aerial Yoga, which for her is the most challenging due to her fear of inverting on the hammock, the upper-body strength required, and the pain that comes along with it, internal as well as external (those bruises are no joke!).

However, Roopali genuinely believes that persistence is the key to success. Every time she thinks of quitting, she is reminded by her daughter that "discipline is more important than motivation". Every day may not be the same, some days you may even feel like you're taking two steps forward and one step back, but it's then that you remind yourself that that is still one step forward. She thinks of showing up at the gym every day as her commitment to herself, a reward to her body for supporting her through all the ups and downs of life.

In the fast-paced life of contemporary times, it is essential to recognize that health is invaluable. The Pandemic was a stark reminder of the same. With this mindset, Roopali challenges herself every single day to be a better version of herself, and encourages you to do the same. You will come out a much happier individual, more at peace with yourself and a blessing to those you hold near and dear!



**REPORTED BY DR. HONEY GURBAXANI**

## INAUGURAL SESSION OSGOD DIALOGUES

### CONNECT, SHARE AND INSPIRE ORGANISED BY ORTHODONTIC STUDY GROUP OF DELHI

The inaugural edition of OsGOD DIALOGUES – Connect, Share & Inspire was successfully held on 27th April 2025 at Juniper Hall, India Habitat Centre, New Delhi. This event marked the launch of a monthly academic initiative aimed at fostering a dynamic platform for orthodontic clinicians to engage in collaborative learning, clinical case sharing, and meaningful dialogues.

The session opened with a solemn minute of silence in remembrance of the recent Pehalgaon tragedy, expressing solidarity with our colleagues in Kashmir. This was followed by a dignified lamp-lighting ceremony graced by Dr. Puneet Batra, President of the Indian Orthodontic Society (IOS), keynote speaker Dr. Gurkeerat Singh, and OsGOD conveners Dr. Sunanda Roy Choudhury, Dr. Maninder S. Sidhu, and Dr. Harneet Kaur.

In his inaugural address, President IOS Dr. Batra delivered a concise yet inspiring message, encouraging young orthodontists to actively engage with the evolving initiatives of the IOS. The support extended by the IOS to OsGOD's academic vision was deeply appreciated by the organizers and attendees alike.

The academic centerpiece of the event was a keynote lecture by Dr. Gurkeerat Singh on “Navigating the Maze: Tips and Tricks for Successful Treatment with Aligner Therapy.” His session was rich with clinical insights, focusing on biomechanics, case selection, and practical troubleshooting strategies. The lecture was highly appreciated by both emerging and experienced clinicians for its relevance and depth.

Following this, the Clinical Case Conversations featured engaging case presentations by Dr. Navleen Kaur Bhatia (AIIMS, New Delhi) and Dr. Dhruv Ahuja (Dr. Dhruv Ahuja's Dental Studio & Orthodontic Centre, New Delhi). These sessions sparked vibrant academic discussions, with presenters sharing diagnostic approaches, treatment planning, and outcomes in a transparent and collaborative manner.

The programme concluded with a closing note and vote of thanks by Dr. Sunanda Roy Choudhury, who acknowledged the invaluable support of the IOS, the generous sponsorship by Straumann Dental India, and the enthusiastic participation of around 70 attendees. The organizing team looks forward to building on this momentum and continuing to nurture a strong community of academic exchange and peer learning.



Lamp Lighting



Inaugural Address by President IOS and OsGOD member Dr Puneet Batra. On the dias, Keynote speaker Dr Gurkeerat Singh and OsGOD Conveners Dr Sunanda RoyChoudhury, Dr Maninder S Sidhu and Dr Harneet Kaur.





**Felicitations of Keynote Speaker Dr Gurkeerat Singh and Clear Correct speaker Dr Sonam Seth by the President IOS and OsGOD Conveners.**



**Clinical Case Conversations session presenters Dr Navleen Kaur Bhatia and Dr Dhruv Ahuja receiving certificates from IOS President Dr Puneet Batra, Past IOS presidents & OsGOD Members Dr Asha Verma and Dr Vinod Verma and Senior OsGOD members Dr Rakesh Malhotra and Dr Sunil Khosla**



**Case Conversations in progress.**



**Group Photograph for inaugural lecture OsGOD Dialogues: Connect Share & Inspire**

# Mahatma Gandhi Dental College

The trend in Orthodontics these days, is to move towards more esthetic appliances obviously to meet the demands of adults seeking inconspicuous appliances and also for the fashion savvy teenagers and the younger ones that we see in our practices.

Aligner making companies (The corporate giants), have seized the opportunity & have taken away the control from the Orthodontist's hands, making them as mere sales persons for the companies.

The aim of the workshop was to explore the lost interest in lingual Orthodontics, the appliance which requires lots of hard work & hours of back bending & of course wire bending dentistry.

Dr Dharmadeep's latest innovation, The Selfy , self ligating Lingual bracket system, caught our eye and to explore the product, we invited him to deliver a talk and conduct a hands on for our students. Dr Dharmadeep's cases were nicely treated cases with lingual appliances. His lecture was the inspiration that we all were looking forward to restart our lingual practice. There was a small online interaction with Dr Surya Kant Das, as well. Over all it was a great learning experience for all of us at Mahatma Gandhi Dental College.

We wish the Speciality of Orthodontics is run by Orthodontists and not by some aligner making Corporate, and this workshop was an effort in that direction.



Reported by  
Managing Editor  
Dr. Mayank Gupta



Ludhiana Orthodontic Study Group (LOSG) conducted a CDE titled "THE GURU SPEAKS" at Hotel Radisson Blu, Ludhiana on 27th April 2025. We had the privilege of having one of the greatest teachers Dr Sadashiva Shetty along with Dr Pradeep Raghav and Dr Dhruv Yadav as the speakers. 84 LM and SLM attended the full day lecture series. The lectures were well appreciated by the delegates. LOSG convenors and members made great efforts in making this programme a success.

## Ludhiana Orthodontic Study Group



Reported by Dr Rajan Jairath Convenor LOSG and Managing Editor, Dr. Mayank Gupta



## Meerut Orthodontic Study Group

MEERUT ORTHODONTICS STUDY GROUP conducted a highly successful guest lecture on “MULTIVERSE IN ALIGNERS THERAPY by Dr. DHRUV YADAV (MDS,PHd) on 19.03.2025. This educational extravaganza was attended by 56 Orthodontist. This guest lecture stated that the management of different malocclusion with aligners. The prime object of this CDE program was to upgrade our knowledge regularly with latest technology. This CDE highlights the different types of aligner materials and biomechanics of aligners.



Certificate Of Appreciation Given to the Guest Speaker Dr. Dhruv Yadav by Dr.Amit Khera (Present Convenor Of MOSG), Dr. Ankit Garg and Dr. Pankaj Wadhwa (Co-Convenor Of MOSG), Dr. Pradeep Raghav (Past Convenor Of MOSG) And Dr. Munish Reddy (Past Co-Convenor Of MOSG)



Lecture delivery by the Guest speaker Dr. Dhruv Yadav



Welcoming the guest speaker by Dr. Munish Reddy



MOSG Convenor Dr. Amit khera and Co-Convenor Dr.Ankit Garg & Dr. Pankaj Wadhwa with Saturn Aligner Team.



# REPORT


## Meerut Orthodontic Study Group




### WORKSHOP ON: CLINICAL DEMONSTRATION OF IZC AND BUCCAL SELF

MEERUT ORTHODONTICS STUDY GROUP in association of Subharti Dental College conducted a highly successful workshop on : Clinical demonstration of IZC and buccal self by Dr. AJIT KALIA (MDS) on 23.04.2025. This educational extravaganza was attended by 40 Orthodontist. This workshop was conducted to upgrade the knowledge on this latest treatment modality. With the help of IZC and Buccal Self-screws we can convert many borderline surgical cases to non surgical.

Certificate Of Appreciation Given to the Guest Speaker Dr. Ajit Kalia by Dr.Amit Khera (Present Convenor Of MOSG), and Dr. Pankaj Wadhwa (Co-Convenor Of MOSG), Dr. Pradeep Raghav (Past Convenor Of MOSG) And Dr. Munish Reddy (Past Co-Convenor Of MOSG).





**SUBHARTI DENTAL COLLEGE AND HOSPITAL  
& MEERUT ORTHODONTIC STUDY GROUP  
WELCOME**



**Dr. AJIT KALIA**  
MDS, M. Ortho RCS(Glasgow,  
England)  
(GUEST SPEAKER)

**TOPIC: CLINICAL DEMONSTRATION  
OF IZC AND BUCCAL SHELF**

**Venue:-** Orthodontic Department, Subharti Dental College  
**Date:-** 23<sup>rd</sup> April 2025 (Wednesday)  
**Timings:-** 10am-4pm

Dr. Puneet Batra  
President

Dr. Sanjay Labh  
Hon. Secretary

Dr. AMIT KHERA  
Convener. MOSG

Dr. ANKIT GARG  
Co-Convenor. MOSG

Dr. PANKAJ WADHWA  
Co-Convenor. MOSG





# South West Tamil Nadu Orthodontic Study Group

South West Tamil Nadu Orthodontic Study Group, in collaboration with OrthoFX, successfully conducted a Continuing Dental Education (CDE) programme on 11t May 2025 at Rathna Residency, Salem. The event was aimed at enhancing the knowledge and practical competencies of postgraduate students, faculty members, and practicing orthodontists. The CDE programme featured two outstanding and insightful guest lectures by renowned experts:

- Dr. Shendre Shrikant delivered a comprehensive session on "Class II Non-Extraction Cases Using the Damon Appliance" emphasizing the power of transverse development for achieving effective treatment outcomes without extractions.
- Dr. Syed Khalid Altaf presented on "Predictable Practice of Clear Aligners"

, focusing on the importance of patient compliance and the enhanced performance of hyper- elastic aligner polymers in achieving predictable clinical results. The event witnessed enthusiastic participation from orthodontic professionals across the region and received highly positive feedback from attendees. The sessions provided valuable clinical insights, promoted evidence-based practice, and fostered professional dialogue among participants.

Reported by Managing Editor, Dr. Mayank Gupta







# WORLD ORTHODONTIC HEALTH DAY



Dept. of Orthodontics, Dr. R. Ahmed Dental College & Hospital, Kolkata celebrated World Orthodontic Health Day (15th May) on 14th and 15th May 2025.

Dr. Rupa Ghosh (Professor & Head, Dept. of Orthodontics, Dr. R. Ahmed Dental College & Hospital) was the organising secretary and Dr. Amal Kumar Chakrabarti (Professor, Dept. of Orthodontics, Dr. R. Ahmed Dental College & Hospital) was the organising chairman of the program.

A scientific session was arranged on 14th May at college auditorium. Our resource person and invited guest speaker, Dr. K. Gnana Shanmugham (Professor, Sree Balaji Dental College, Chennai and Vice President, Indian Orthodontic Society) conducted a CDE program on 'Temporomandibular joint considerations in Orthodontics'.

An absorbing session of more than four hours, the lecture was attended by more than 160 participants including all the Head of the Departments of the institute. It was a great learning experience for the audience and a good interactive session with the speaker who was extremely careful to explain and justify every aspect of his presentation.

Cake cutting ceremony was done in presence of Principal of the institution Prof. (Dr.) Tapan Kumar Giri, a Prosthodontist, who also shared his valuable words and thoughts regarding World Orthodontic Health Day. All the faculties of the department namely Dr. Rupa Ghosh, Dr. Amal Kumar Chakrabarti, Dr. Srikrishna Chattaraj, Dr. Partha Pratim Choudhury, Dr. Amit Shaw, Dr. Subhasish Sheet, Dr. Ekta Lahoti, Dr. Snigdha Mondal Chowdhury, Dr. Sutanu Modak and Dr. Sreetama Bhattacharya shared their orthodontic journey so far with the PG students. The event was coordinated and moderated by Dr. Partha Pratim Choudhury, Associate Professor, Dept. of Orthodontics, Dr. R. Ahmed Dental College & Hospital.







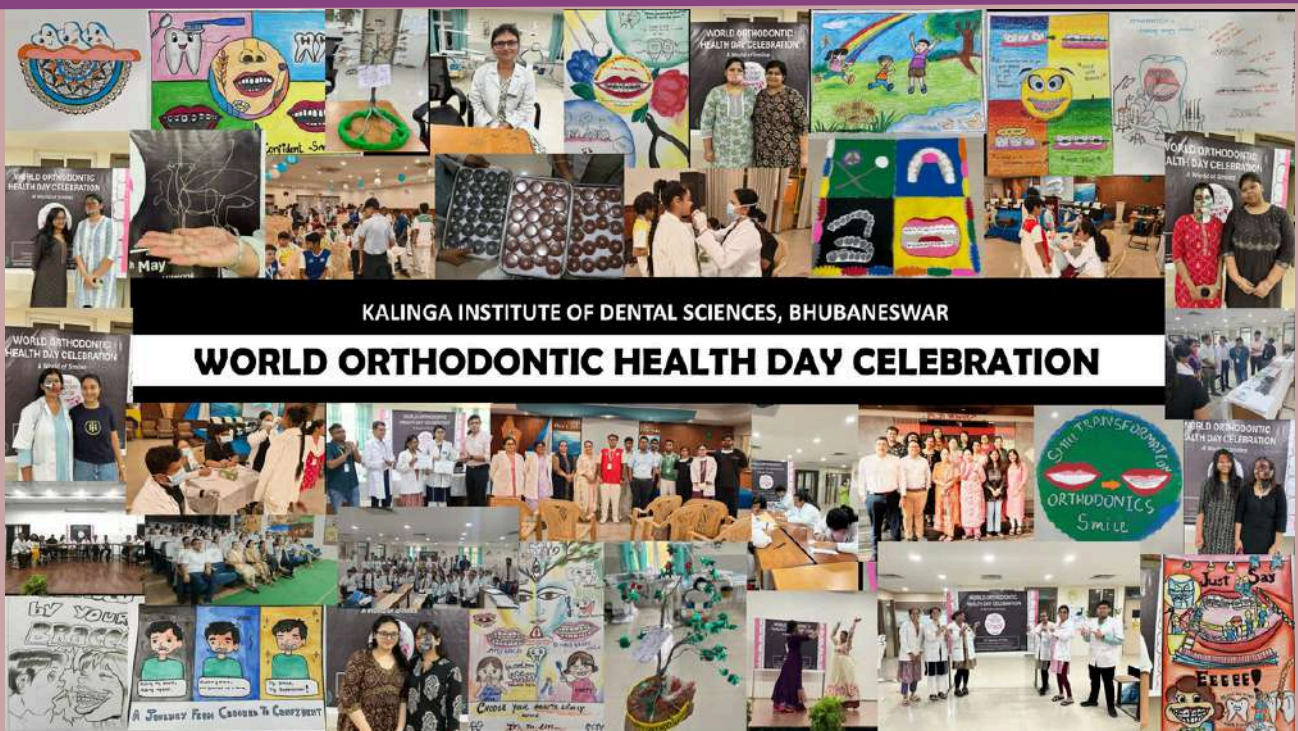
# WORLD ORTHODONTIC HEALTH DAY



World Orthodontic Health Day, unites orthodontic professionals, patients, public to highlight the importance of proper alignment and oral health. It was celebrated at Institute of Dental Sciences, SOA University Bhubaneswar with the gracious presence of Dean , Dr. Ruchi Bhuyan and other faculties . The chief guest of the event was Dr. Ashish K Barik, Associate Professor , Dept . Of Orthodontics , SCB Dental College and Hospital. There were many on stage events and also a lecture on Aligners by Dr. Pritam Mohanty, HOD, Dept. Of Orthodontics.



## Institute of Dental Sciences , Bhubaneswar



As part of our extended celebration for World Orthodontic Health Day, our department undertook a series of impactful initiatives combining both health awareness and cultural engagement.

A few months prior to the event, we conducted a comprehensive screening program for school and college students, focusing on the early detection of malocclusions and other orthodontic issues.

In the weeks leading up to the main celebration day, we organized a vibrant array of cultural competitions to encourage creativity and participation from students of Kalinga Institute Of Dental Sciences, KIIT University, Bhubaneswar.





# WORLD ORTHODONTIC HEALTH DAY



## Aadhiparasakthi Dental college Melmaruvathur

A variety of competitions like Innovative wire bending (TWIST THE BEST), Painting (ORTHOCANVAS), Craft making (ORTHOKRAFT), Profile poetry (PHOTOGRAPHY CONTEST), and Quiz Competition were organized with the theme “A World full of smiles” to promote active student engagement while nurturing a culture of constructive competition, intellectual growth, and creative expression



## BABU BANARSI DAS COLLEGE OF DENTAL SCIENCES,LUCKNOW

The Department of Orthodontics at BBDCODS, Lucknow, proudly celebrated World Orthodontic Health Day with great enthusiasm and active participation from both postgraduate and undergraduate students. The event featured a range of awareness and competitive activities designed to highlight the importance of orthodontic care.

Activities included essay writing competitions, wire bending contests, awareness camps, and a Best Decorated PG Cabin competition. These initiatives not only fostered creativity and professional skills among students but also helped spread awareness about oral and orthodontic health in the community. Under the guidance of the Head of Department, Dr. Shantanu Khattri, the faculties, Dr. Tripti Tikku, Dr. Kamna, Dr. Srishti, Dr. Prateek, Dr. Anjali, Dr. Sparsh, Dr. Rashi and Dr. Priyanka, took initiative in making the World Orthodontic Health Day, a day full of enthusiasm, knowledge, community engagement and fun.







# WORLD ORTHODONTIC HEALTH DAY



On the occasion of world orthodontic health day , Hon. secretary Sanjay Labh sir as chief guest for various functions held at D J Dental College with the first charitable orthodontic clinic .



**World health Orthodontic day celebrations ,  
Department of Orthodontics,  
Narayana dental college .**







# WORLD ORTHODONTIC HEALTH DAY



H S Judge institute of Dental Sciences, Punjab Celebrated World Orthodontic Health Day ( 15 May) by distributing oral hygiene kits to Orthodontic Patients.



## CYCLOTHON on the occasion of World Orthodontic Health Day by Santosh Dental College and Hospital .

On the occasion of World Orthodontic Day, the Department of Orthodontics and Dentofacial Orthopaedics at Santosh Dental College, Ghaziabad, in collaboration with the Indian Orthodontic Society and Noida Orthodontic Study Group, organized an enthusiastic and high-energy Cyclothon at the Noida Sports Stadium. This event was conducted under the inspiring banner of the Fit India Movement, with the powerful slogan “Fitness ki Dose, Adha Ghanta Roz”, emphasizing the importance of incorporating daily exercise for a healthier lifestyle.







# WORLD ORTHODONTIC HEALTH DAY



**World Orthodontic Health Day celebrated at Guru Nanak Dev Dental College, Sunam (Punjab)**



KMCT Dental College, Calicut , Kerala had creative wire bending contest,best smile , dumb sharades, dance by all inmates of ortho and singing by Dr. Binu and Dr. Shobha for the world orthodontic health day celebrations.



youtube.com

**Pallunthi 'A boy's dream to smile'. Captured, edited and dubbed entirely using just an I Phone.**



A short film exclusively made and acted by Orthodontists KMCT Dental College aiming to spread public awareness about Orthodontists.





# WORLD ORTHODONTIC HEALTH DAY



On 15th May, World Orthodontic Health Day was organised at Dr RMLIMS by Dr Shally Mahajan, MDS Orthodontics, Prof and Head, Department of Dentistry Dr RMLIMS Lucknow.

We did a skit about the awareness of Orthodontic treatment at our Department OPD premises and Hospital block.

1. Awareness talk
2. Distribution of Pamphlets
3. Media coverage both electronic as well as print media
4. Radio talk on Orthodontic day
5. Promotion on facebook and social media in the form of videos



## दैनिक भास्कर

epaper.dainikbhaskarup.com  
16 May 2025 - DB Lucknow 16 May 202518

**ऑर्थोडॉन्टिक उपचार संपूर्ण मुख स्वास्थ्य के लिए आवश्यक**  
लखनऊ, ब्यूरो। डॉ. राम मनोहर लोहिया आयुर्विज्ञान संस्थान (Dr. RMLIMS), लखनऊ के दंत विभाग द्वारा विश्व ऑर्थोडॉन्टिस्ट दिवस को बड़े उत्साह और जनजागरूकता के साथ मनाया गया। कार्यक्रम का आयोजन संस्थान के निदेशक प्रो. डॉ. सीएम सिंह के मार्गदर्शन में हुआ। विभागाध्यक्ष डेंटल एवं ऑर्थोडॉन्टिक्स विशेषज्ञ, डॉ. शैली महाजन ने बताया, ऑर्थोडॉन्टिक उपचार केवल सुंदर मुस्कान ही नहीं, बल्कि संपूर्ण मुख स्वास्थ्य और आत्मविश्वास के लिए आवश्यक है। बच्चों की पहली जांच 7 वर्ष की आयु तक हो जानी चाहिए, जिससे कई समस्याएं समय रहते रोकी जा सकती हैं। इस अवसर पर दंत विभाग की टीम द्वारा नुककड़ नाटक, पोस्टर प्रदर्शनी, और जागरूकता कार्यक्रम का आयोजन किया गया, जो विभाग और अस्पताल की ओपीडी परिसर में आयोजित हुआ। कार्यक्रम का उद्देश्य आम लोगों को ऑर्थोडॉन्टिक समस्याओं की समय रहते पहचान और समय पर विशेषज्ञ से उपचार करवाने के महत्व के बारे में जागरूक करना था। नुककड़ नाटक के माध्यम से जनता को आकर्षक और प्रभावशाली तरीके से जागरूक किया गया, जिसमें डॉ. शैली महाजन, डॉ. ऋषभ, डॉ. दीक्षा, डॉ. कार्तिक और डॉ. रागिनी ने अपनी शानदार प्रस्तुति दी। उनकी टीम ने ऑर्थोडॉन्टिक अनदेखी के परिणामों को सहज भाषा में पेश कर लोगों को सोचने पर मजबूर कर दिया।



**World orthodontic celebrations at Dept . of orthodontics , BCDS Bhopal headed by Dr. Purva Joneja .**







# WORLD ORTHODONTIC HEALTH DAY



Department of Orthodontics and Dentofacial Orthopaedics in the Government dental college and hospital, Gujarat, commemorated World Orthodontic Health Day on 15th May, 2025 by organizing an insightful awareness program aimed at educating the public about orthodontic health and the importance of timely treatment.

The event featured Free distribution of Oral health care products to the patients, Interactive educational sessions with students & patients, Artistic wire bending competition among students, Rangoli Making, Reel making competition among students about awareness of Orthodontic treatment and Cake cutting.



Department of Orthodontics & Dentofacial Orthopaedics, Sri Aurobindo College of Dentistry, Indore in association with Indian Orthodontic Society organized a program on the occasion of World Orthodontic Health Day in our esteemed institution on 15th May 2025.



On 15th May 2025, there was Artistic Wire Bending competition for students trying to build interest in activity. Students made very creative and unique things with orthodontic wires. This contest was judged by Dr. Kanteshwari I.K. (Principal SACD), Dr. Ashish Garg (Prof. & Head, Department of Orthodontics and Dentofacial Orthopaedics), Dr. Kamalshikha Baheti (Professor, Department of Orthodontics and Dentofacial Orthopaedics).







# WORLD ORTHODONTIC HEALTH DAY



Burdwan Dental College and Hospital celebrated World Orthodontic Health Day with much enthusiasm and vigor.

The main focus was on patient education and spreading awareness about Orthodontic Treatment.

The programme was unique in its entirety as the main focus was on patients and their guardians.



CDE PROGRAMME on Self-Ligating Lingual Appliance at Malabar Dental College & Research Centre, Vattamkulam, Kerala on occasion of World Orthodontic Health Day and create interest in the young brains of budding postgraduates and orthodontists on Truly Invisible Orthodontics by Dr. Dharma Deep.

Heartfelt thanks to Head of the Department Dr. Nizaro Siyo, Dr. Mala Ram Manohar, Dr. Bijoy and team Orthodontics, Malabar Dental College and Research Centre for conducting such a wonderful Programme.





# WORLD ORTHODONTIC HEALTH DAY



Venue: MES Dental College, Perinthalmanna, Kerala

SUBJECT: Celebrating World Orthodontic Health Day 2025: A Week of Smiles and Learning at MES Dental College to mark the global observance of World Orthodontic Health Day on May 15, 2025, the Department of Orthodontics at MES Dental College organized a vibrant and engaging week-long celebration under the inspiring theme “A World of Smiles.” The aim was to raise awareness about orthodontic health while encouraging creativity, clinical insight, and community among students and faculty alike.

One of the key highlights of the week was a Continuing Dental Education (CDE) program for interns titled “The Face Says a Lot – Reading Faces in Orthodontics.” This interactive session focused on the importance of facial analysis in orthodontic diagnosis and treatment planning, encouraging future clinicians to view orthodontics through the lens of holistic facial harmony and patient perception.



World Orthodontic Health Day 2025 was celebrated with enthusiasm and purpose by the Mangalore Orthodontic Study Group, highlighting the importance of orthodontic care in promoting lifelong oral health. On this significant day, observed globally on May 15th, MOSG undertook a series of outreach initiatives aimed at educating the public about the benefits of orthodontic treatment. The campaign effectively spread awareness about modern orthodontic solutions and preventive care, reinforcing the message that a healthy smile is a vital part of general well-being.







# WORLD ORTHODONTIC HEALTH DAY



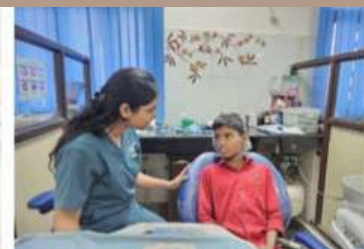
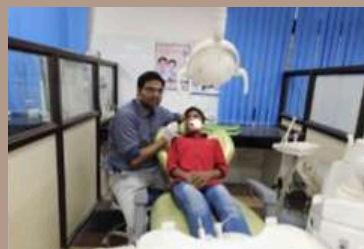
On World Orthodontic Health Day 15th of May, celebrated at Department of Orthodontics and DentofacialOrthopedics, Rishiraj College of Dental Sciences and Research Centre, Bhopal.

“To our dedicated orthodontists – today is a celebration of your precision, patience, and the science-backed artistry that turns every alignment into a life-changing transformation. Your work is often invisible to the world, but never to the ones whose smiles you’ve reshaped forever.”

And to our patients – your journey isn’t just about straight teeth. It’s about confidence. Comfort. Function. And the trust you place in us every step of the way. Your “Health” is deeply integrated with orthodontic treatment.



Banaras Orthodontic Study Group and Department of Orthodontics and Dentofacial Orthopaedics, Banaras Hindu University (IMS-BHU) proudly celebrated World Orthodontics Health Day 2025 with great enthusiasm and active participation from faculty members, IOS members, residents, and patients. The theme of the celebration emphasized "Healthy Smiles, Harmonious Faces: The Role of Early Detection and Prevention in Orthodontics." The event was graced by the esteemed presence of Senior Professor Dr. T. P. Chaturvedi, Head of the Unit, and Professor Dr. Vipul K. Sharma, Executive Committee Member of the Indian Orthodontic Society (IOS). Their leadership, insights, and encouragement greatly enriched the event. On the occasion, IOS members of Banaras Orthodontic Study Group also shared their views and ideas. A central highlight of the celebration was an extensive Patient Education and Sensitisation Drive aimed at raising awareness about the significance of orthodontic health among patients and attendants at the outpatient department. The residents of the department curated interactive and informative sessions on understanding malocclusion and its long-term implications,







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We mourn the loss of

**Dr. CS Ramachandra**

Ormco India's Senior Most Key Opinion Leader

His wisdom and dedication will be deeply missed, but his legacy will continue to guide and inspire young orthodontists across India





www.iosweb.net



## INDIAN ORTHODONTIC SOCIETY

Presents



Topic:

**Leveraging  
HyperElastic Aligner  
Systems  
to Enhance Patient  
Compliance and  
Improve Predictability.**

**May 25th 2025,  
8:00PM onwards**

Organized by:

**IOS ACADEMIC COUNCIL**



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Scan the Qr code or visit the link  
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## "Where the mind is without fear and the head is held high....."

Dr. Partha Pratim Choudhary

Associate Professor

Dept of Orthodontics and Dentofacial Orthopaedics

Dr. R. Ahmed Dental College and Hospital

Rabindranath Tagore, also known as 'Gurudev', was a multifaceted and prominent figure in the history of India. Born on May 7, 1861, in Calcutta, he was a poet, writer, artist, philosopher, educator and musician. His contributions to literature, music and arts have left an indelible mark on Indian culture and society.

Tagore's patriotism was deeply intertwined with his literary works and his philosophy. He was a fervent advocate for Indian independence and believed in the power of literature and art in instilling nationalistic sentiments among the Indians. As a poet, Tagore used his verses to convey messages of love for his country, for freedom from British colonial rule, and strongly advocated the importance of cultural and intellectual sovereignty. His poems, such as "Where The Mind Is Without Fear" and "Ekla Chalo Re," have become anthems of the Indian independence movement.

In addition to his poetry, Tagore's other works, including his novels, plays and essays, also reflect his dedication to the cause of nationalism. His novel "Gora" is a powerful exploration of the complexities of Indian identity and the struggle for self-realization in a colonized society. Similarly, his play "Dakghar" (written in 1911) addresses themes of oppression and liberation, drawing parallels to the Indian struggle for freedom. Dakghar (The Post Office) was translated and performed in multiple languages throughout Europe during the second World War. It was staged 105 times during World War II in Nazi concentration camps; perhaps one of the most noteworthy was its staging by Janusz Korczak, a Polish-Jewish educator who ran a Jewish orphanage in a ghetto in Warsaw. It was there that the play was organised for children just a few weeks before they, as well as Korczak, were deported to the concentration camps of Treblinka and ultimately killed.

Tagore's role as an educator and cultural reformer also contributed to his patriotic ethos. He founded the Visva-Bharati University in Santiniketan, which aimed to cultivate a holistic education system that celebrated Indian traditions and values. Through his educational initiatives, Tagore sought to instill in the youth a sense of pride in their heritage and a commitment to the nation's progress.

As a musician and composer, Tagore's contributions to Indian classical music have also reflected his patriotic fervor. He composed the national anthems of both India, "Jana Gana Mana," and Bangladesh, "Amar Shonar Bangla," which have become symbols of national pride for the respective countries.

In 1913, Tagore was awarded the Nobel Prize in Literature, making him the first non-European to receive this prestigious honor.

Tagore's impact on India's cultural and intellectual landscape cannot be overstated. His legacy as a poet, writer, artist, and thinker continues to inspire generations of Indians to uphold the values of unity, freedom, and cultural strength. His commitment to the cause of nationalism, his dedication to the upliftment of Indian society, and his belief in the transformative power of literature and art have solidified his place as one of India's greatest patriots and cultural icons. Rabindranath Tagore's words and deeds have underscored the importance of preserving and promoting a sense of national identity and pride, making him a beacon of inspiration for all who seek to honour and uphold their country's legacy.



Today in this crucial juncture of Indian history, where the terrorists and our neighbouring countries are trying to break India into fragments, we have emerged as a stronger and powerful nation. The Indian Army successfully accomplished 'Operation Sindoor' on 7th May and sent a strong message to the world that no one can humiliate us and no other nation can challenge our unity in diversity. As we are celebrating Gurudev's birthday, today on 9th May 2025, we are holding our head high. Our minds are without fear and with heartfelt passion for our country, proudly we sing together in bold voice....

"Jana gana mana adhinayaka jaya hey,  
Bharatha-bhagya-vidhata....."



## “Mentoring Orthodontic Skills with Guidance” (MOSG 2025)



The Mangalore Orthodontic Study Group (MOSG), in association with the Indian Orthodontic Society, organized a event titled “Mentoring Orthodontic Skills with Guidance” (MOSG 2025) on the 14th and 15th of May 2025. The event took place at Hotel Maya International, Mangalore, and was scheduled from 8:30 AM to 6:00 PM on both days. This initiative aimed to enhance clinical skills and expand the practical knowledge of orthodontic professionals through an immersive two-day workshop filled with hands-on training, expert talks, and interactive sessions.

The event brought together a dynamic panel of speakers and resource persons, catering to both experienced orthodontists and new professionals. It offered a unique blend of emerging trends, technological advancements, and skill development sessions. The event’s comprehensive agenda covered everything from aligner biomechanics and orthognathic surgery to financial planning and global practice licensing. It was meticulously planned by Mangalore Orthodontic study group convenors Dr. Mithun K, Dr. Shravan Shetty and Dr. Chaitra Laxmi . The advisory committee comprised Dr. Akther Hussain, Dr. Rohan Mascarenhas, Dr. Sharath Shetty, Dr. M.S Ravi, Dr. Rohan Rai, Dr. Kishore kumar, Dr. Gautham Hegde, Dr. Vivek Amin, Dr. K. Saidath, Dr. Arjun Nayak, Dr. Nandish Shetty, and Dr. Praveen Shetty, while coordination efforts were led by Dr. Ranjan Bhat, Dr. Haneesh Kiran P T, and Dr. Chaitra Laxmi.

The welcome address was given by Dr. Mithun K, Convenor, Mangalore Orthodontic Study group. Lighting the lamp was done by all the faculty. The first day of the event featured various hands-on and lecture-based sessions. Dr. Akhil Shetty kicked off with a digital hands-on workshop on virtual surgical planning for orthognathic surgery. Dr. Nillan Shetty conducted a comprehensive session on the placement of the Maxillary Skeletal Expander (MSE). After lunch, Dr. Dhiraj Shetty and Dr. Shravan Shetty led a hands-on software-based workshop on aligner biomechanics and planning. The day concluded with a session by Dr. Nidhin Philip on personal finance for orthodontists, followed by an interactive workshop on communication in healthcare by Dr. Pooja Harish.

The second day continued with equally impactful sessions. Dr. Siddarth Shetty began with insights into bone-anchored maxillary protraction, including a hands-on demonstration. After a short high tea break, Dr. Sandeep Shetty guided attendees through the steps of transforming ideas into patents. Dr. Rithesh Bangera followed with a session on international licensing and a mock exam. The afternoon segment featured Dr. Ashith M V, who conducted a practical guide on naso-alveolar molding for cleft correction. Finally, Dr. Mithun K wrapped up the technical sessions with a mock exam-based preparation workshop for the M.Ortho examination. The event concluded with a closing ceremony. MOSG 2025 succeeded in delivering a high-impact educational experience that empowered orthodontic professionals with enhanced clinical capabilities, digital acumen, and global perspectives. The event exemplified the synergy between theoretical knowledge and practical application, preparing attendees to take their orthodontic practice to the next level.



# Management of Impacted Canine

## Multidisciplinary Perspective

Mangalore Orthodontic Study Group (MOSG) in association with The Department of Orthodontics and Dentofacial Orthopaedics, AB Shetty Memorial Institute of Dental Sciences successfully conducted a workshop titled "Management of Impacted Canine – Multidisciplinary Perspective" on Monday, 5th May 2025 at Vimshathi Bhavan, 7th Floor, AB Shetty Memorial Institute of Dental Sciences (ABSMIDS).

The event witnessed the enthusiastic participation of 60 delegates, comprising postgraduate students, faculty members, and dental professionals from various institutions. The convenors of Mangalore Orthodontic Study group Dr. Mithun K Naik, Dr. Shravan Shetty and Dr. Chaitra Lakshmi were present for the event. The workshop commenced at 9:00 a.m. with an invocation followed by the lighting of the lamp. The welcome address was delivered by Prof. (Dr) M. S. Ravi, Vice Principal and Head of the Department of Orthodontics, ABSMIDS who extended a warm welcome to all attendees and dignitaries.

Dr. Crystal efficiently compered the entire program, ensuring smooth transitions between sessions and maintaining the event's schedule. Prof. (Dr) Mithra N. Hegde, Principal of ABSMIDS, presided over the function and emphasized the importance of interdisciplinary approaches in dental education and clinical practice.

The scientific sessions included the following lectures by eminent resource persons. Prof. Dr. P. G. Francis (Mar Baselios Dental College, Kothamangalam) on "Versatile Ways of Managing Impacted Canine". Prof. Dr. Biju Thomas (ABSMIDS) on "Periodontal Considerations" Prof. Dr. Arvind Karikal (ABSMIDS) on "Surgical Considerations" A special session on "Facial Esthetic Centered Diagnosis and Treatment Planning in Orthognathic Cases" The final scientific session and an engaging Q&A session from 3:00 p.m. to 3:30 p.m., where participants interacted actively with the speakers.

The event concluded with the vote of thanks proposed by Dr. Saidath, who expressed gratitude to all speakers, participants, organizing committee members, and support staff for their valuable contributions to the success of the event.

The workshop was highly appreciated for its comprehensive coverage of the topic and interdisciplinary insight, leaving participants enriched with enhanced knowledge and practical approaches to managing impacted canines.





# Obituary

**Dr. Jagdish Nainani**  
(1950 – 2025)



*With deep sorrow, we remember Dr. Jagdish Nainani, a respected senior orthodontist and beloved mentor, who passed away on 7th May 2025 following complications related to a brain tumor.*

*Dr. Nainani was an integral part of the orthodontic fraternity in central India. He began his dental journey as a part of the 1968 BDS batch at Government Dental College & Hospital (GDCH), Nagpur, and proudly belonged to the first graduating batch in 1972. With an unwavering commitment to the field, he completed his Master's in Orthodontics from GDCH Nagpur in 1992, under the esteemed mentorship of Dr. Pushpa Hazarey.*

*His academic career was marked by distinction and dedication. He served as a Professor and Postgraduate Guide at USPM Dental College & Research Centre, Nagpur, where he mentored numerous students who continue to carry forward his legacy. Known for his jovial spirit, infectious enthusiasm, and deep commitment to both academic and extracurricular pursuits, Dr. Nainani was a cherished figure among colleagues and students alike.*

*One of his most significant contributions to the profession was his instrumental role in the successful organization of the 42nd Indian Orthodontic Conference in Nagpur, a feat fondly remembered by the fraternity for its excellence and warmth.*

*Beyond his professional life, Dr. Nainani was a devoted family man. He is survived by his wife, two sons and daughters-in-law, a daughter and son-in-law, and loving grandchildren, all of whom carry his values, humor, and zest for life.*

*Dr. Jagdish Nainani's absence leaves a deep void in our hearts and in the orthodontic community. His legacy as a mentor, clinician, and spirited academician will continue to inspire generations to come.*

*May his soul attain eternal peace.*



# Obituary



## Dr. C.S Ramachandra

*It is with deep sorrow that we mourn the passing of Prof. Dr. C.S. Ramachandra, a distinguished orthodontist, respected educator, and inspiring mentor.*

*With over three decades of dedicated teaching, he shaped the careers of countless orthodontists and significantly advanced the practice of self-ligation in India through his work in orthodontics.*

*Dr C S Ramachandra completed his MDS - Orthodontics in year 1988 from Govt. Dental College, Bengaluru. He is now in teaching profession for more than 25 years. As a clinician, he has treated large number of patients with varying types of malocclusion and dentofacial deformities. A former Chairman of the Indian Board of Orthodontics (2013-2014), his contributions, including the widely recognized "Damon System-An Indian Experience", have left a lasting impact on our profession.*

*We extend our heartfelt condolences to his family, friends, and the orthodontic community.*

*May his legacy continue to inspire us, and may his soul rest in peace.*

Contributed by Dr. Ajit Kalia and Dr. Manjunath Hegde