



Spring : a lovely
reminder of how
beautiful change
can truly be ...



HAPPY
Mahashivratri

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As AI continues to enhance precision and outcomes across every industry, orthodontists face a different kind of question:

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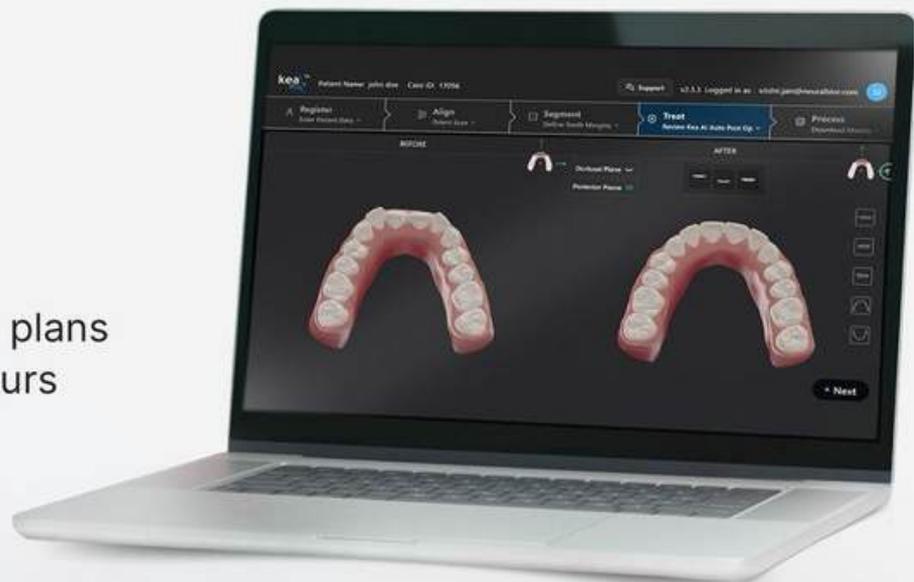
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Dear Colleagues and Friends,

It's a pleasure to connect as we dive into an exciting society year ahead.

February spotlighted the 29th IOS PG Convention, masterfully hosted by the GLS team headed by Dr. Ghanta Sunil and Dr. Raghuram Ravipati. Over 2,000 postgraduates enjoyed the smorgasbord of lectures, pre-convention courses, activities, and entertainment meticulously curated by the team.

The second EC meeting convened on February 7th at the venue. We deliberated key issues, reviewed committee reports and reviewed actions to be taken based on decisions taken in the last AGM. We also launched applications for the IOS International Observership Programme, and began evaluating the strong submissions.

The Academic Council launched the IOS Global Connect series on February 20th with Dr. Padhraig Fleming's insightful lecture on Twin blocks and their management—drawing over 500 attendees. The National Journal Club followed on February 27th, led by Dr. Mani Alikhani of Harvard School of Medicine.

"Biomechanics Unlocked," our modular program to master biomechanics and boost clinical outcomes, debuted online on February 22nd. Dr. Paola Merlo's comprehensive webinar set a solid foundation.

Study groups and other IOS endorsed programmes keep the energy high and the livewires buzzing. We look forward to many more programmes in the upcoming months. True to form: "Learning never stops in IOS!"

Follow our social media for the latest updates.

Jai Hind, Jai IOS!

Warm Regards
Sridevi Padmanabhan
IOS President
president@iosweb.net

President's Message



Dear Esteemed Members,

Greetings from the Indian Orthodontic Society.

February buzzed with academic vibrancy and professional engagement across our fraternity. As we advance our pursuit of orthodontic excellence, it's inspiring to see members diving into scientific discussions, educational initiatives, and collaborations that fuel our Society's vision and mission.

A standout event was the resounding success of the 29th IOS Postgraduate Student Convention at GSL Dental College & Hospital, Rajahmundry. It united postgraduate students from around 230 dental colleges nationwide, offering a premier platform for presenting research papers, clinical cases, and fresh ideas. Keynote lectures, scientific deliberations, and interactive sessions highlighted the remarkable talent and dedication of our emerging orthodontists. The organizers delivered academic excellence alongside exemplary hospitality—all on a bare-minimum budget.

I offer heartfelt congratulations to the organizing committee, faculty, and students of GSL Dental College & Hospital for an unforgettable, enriching event. Their teamwork proved conferences can thrive efficiently and effectively even without any sponsorships.

To our postgraduate students, the future pillars of IOS: Your enthusiasm and scholarly drive reinforce the vitality of our specialty. Let's keep championing top standards in education, ethics, and clinical practice.

Wishing you all continued professional success.

With warm regards,

Warm Regards

Dr. Shubhaker Rao Juvvadi

Hon. Secretary

Secretary's Message



In my journey as the Editorial Head of IOS Times, I have come across many classic stories from our members that have left me at a loss for words—albeit in a good way. I am constantly amazed by the zeal and enthusiasm of the committee members who tirelessly bring out magazine editions one after the other. While reviewing the articles, I am always awestruck by their fresh and unbiased perspectives, and I feel privileged to witness this journey and mentor them through the process.

The newsletter provides an excellent platform to unleash inner creativity and talent. Students contribute through their achievements in the “Students’ Section.” I believe these are essential life skills that shape an individual’s personality beyond the pages of orthodontics. Academics is only one part of life’s story; cultivating interests and hobbies is equally important and serves as a great stress buster.

Building on the concept of the official newsletter, my team and I initiated a yearly program. Over the years, we have undertaken several activities such as the “Public Awareness Page,” which promotes orthodontic treatment by orthodontists. The “Practice Management Column” discusses various aspects of practice significance and is both informative and engaging for members. Another important feature is the “Indian Board of Orthodontics,” where past chairmen share their vision for the board. Along with national and study group events, activities from the creative section highlight the diverse qualities of our members. We ensure that every issue released creates a cherished memory.

I would like to thank the editorial team, who work round the clock with dedication and proactiveness to format and edit the content.

Lastly, always remember: “There are no limits to what you can accomplish, except the limits you place on your own thinking.”

Warm Regards
Dr. Swati Acharya
Editor IOS Times

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Editor's Message

29th IOS NATIONAL PG CONVENTION



Between the riverbanks of Godavari and the landbanks of Rajahmundry, nestled the Grand Seat of Learning (GSL), rooted in its profound and invincible originality. GSL Dental College has been the host of the 29th IOS National Postgraduate Convention, wherein over 2200 delegates across 29 states, involving 255 postgraduate dental colleges, have experienced a blend of curricular, co-curricular, and extracurricular extravaganza, exchanging commonalities in culture, cuisine and cult, across communities.

The convention unfolded as a landmark four-day scientific event themed “Aligning with the Future,” a title that proved less of a theme and more of a promise fulfilled. The inaugural ceremony was presided over by Dr. Sridevi Padmanabhan, President of the Indian Orthodontic Society, alongside Dr. Subhakar Rao Juvvadi, Honorary Secretary of the Indian Orthodontic Society. The occasion was graced by the Chief Guest, Dr. Ganni Bhaskara Rao, Chairman of GSL Institutions, and the Guest of Honour, Dr. Revathi, Member of the Dental Council of India. Dr. Ghanta Sunil, Organizing Chairman, delivered the welcome address, setting the tone for the four-day academic celebration, while Dr. R.V.S.M. Raghu Ram, Organizing Secretary, proposed the vote of thanks.

The first two days witnessed an extraordinary academic showcase—922 scientific paper presentations, 830 poster presentations, and 125 table clinic presentations by postgraduate students. The sheer scale of participation reflected not merely impressive numbers but also the high quality of research, underscoring the growing academic strength of orthodontics in India. A postgraduate quiz competition with 72 teams was also conducted, which created a lively and competitive atmosphere among participants.

The convention also featured an impressive series of nine workshops, each designed to provide practical insights and clinical skill enhancement. These included workshops on Condylology –





A Precision Diagnostic Tool in Orthodontics, Masterclass in Orthodontic Clear Aligner Therapy, Virtual Surgical Planning of Facial Deformities, Precision Anchored: Advances in TADs for Contemporary Orthodontics, Removable and Fixed Functional Appliances: Protocols, Clinical Management, and Focused Training on Twin Block and Herbst Appliances, Maxillary Expansion Across Age Groups: From Slow Expansion to MARPE – Evidence - Based Clinical Protocols, Nasoalveolar Molding Simplified – From Fundamentals to Technique, Hybrid Approach in Orthodontics: Integrating Digital Precision with Clinical Expertise and Orthodontic-Surgical Management of Impacted Canine.

The academic programme across Days 3 and 4 featured 15 keynote lectures, covering contemporary topics such as growth modification, aligner therapy, skeletal anchorage systems, interdisciplinary orthodontics, orthognathic surgery, cleft care, artificial intelligence, and digital workflows. The Dr. H.S. Shaikh Oration was delivered by Dr. Jayesh S. Rahalkar, who highlighted ethical and rational orthodontic practice drawn from three decades of clinical experience.

A major academic highlight was the release of two landmark orthodontic textbooks—Diagnosis and Management of Malocclusion and Dentofacial Deformities by Dr. O. P. Kharbanda and the Handbook of Cephalometric Indian Norms by Dr. Elbe Peter.



Beyond the lecture halls, the convention embraced culture with equal enthusiasm. Two evenings were dedicated to Sanathana Dharma-based cultural programmes, celebrating India's rich artistic traditions through music, dance, and devotional performances. The energy continued with themed DJ nights—Day 1: “Bollywood Blast with Rain Dance,” Day 2: “Simply South,” and Day 3: “English Vinglish”—each evening offering its own regional rhythm and cinematic flair. After all, even the most disciplined clinician appreciates a well-timed dance break.

A thoughtful culinary experience complemented the convention, with fresh fruits served during breaks in place of junk food, reflecting the event's emphasis on wellness. Delegates relished authentic Dawat delicacies, traditional Banthi Bojanalu, and wholesome Andhra thalis, offering a true taste of the region's cultural and culinary diversity.

The valedictory ceremony marked the successful conclusion of the four-day event, with awards announcements for outstanding postgraduate scientific papers and posters. Dr. Ghanta Sunil, Organizing Chairman, presented the convention highlights, while Dr. Ranganayakulu Inuganti, Scientific Chairman, proposed the vote of thanks.

The launch and formal unveil of the resplendent fourth edition of Prof. Dr. Om P Kharbanda's magnum opus, a towering two-volume tome at the 29th IOS PG Student Convention in Rajamundry.

"Kharbanda's Orthodontics " - Diagnosis and management of malocclusion and Dentofacial deformities is a masterpiece that radiates the author's luminous legacy as a sage teacher, masterful clinician, erudite academic, and visionary author. With contributions from several esteemed orthodontists, its intellectual profundity matches its substantial heft!



INDIAN ORTHODONTIC SOCIETY

2nd EC MEETING 2025-26

7th February 2026 | GSL Dental College & Hospital, Rajahmundry, Andhra Pradesh

The 2nd Executive Committee Meeting of the Indian Orthodontic Society (2025–26) was successfully convened on 7th February 2026, from 9:00 am to 5:00 pm, at the Council Hall of GSL Dental College & Hospital, Rajahmundry.

The Executive Committee members were accorded a warm and gracious welcome by Dr. Ganni Bhaskara Rao, Chairman, GSL Institutions, who felicitated the EC with a ceremonial presentation of a traditional stole and memento, reflecting the esteemed institution's hospitality and respect for the Society's leadership. This was followed by a commemorative group photograph.

The proceedings commenced at 9:00 am with a solemn and symbolic moment as the Honorary Secretary, IOS, Dr. Shubhaker Rao Juvvadi, ceremonially adorned the presidential jewels on Dr. Sridevi Padmanabhan, formally marking her assumption of office as the President of the Indian Orthodontic Society for the term 2025–26.

The President extended a warm welcome to all Office Bearers and Executive Committee members and appreciated their commitment to the Society's vision. The meeting witnessed detailed deliberations on the scheduled agenda items, encompassing governance matters, academic initiatives, policy decisions, and strategic planning for the forthcoming activities of the term. The discussions were marked by thoughtful contributions and constructive participation from all members.

The President and the Honorary Secretary expressed heartfelt gratitude to the Executive Committee for their active involvement and collective dedication toward strengthening the Society's objectives.

The meeting concluded on a positive and forward-looking note, capturing the spirit of unity and leadership that defines IOS.



Reported by Managing Editor , Dr. Mayank Gupta

Event Report - Global Dialogues: IOS Connect Series

Topic: Twin Block: Clinical Management

The Indian Orthodontic Society (IOS) successfully conducted the Global Dialogues – IOS Connect Series webinar on “Twin Block: Clinical Management” on 20th February 2026. The keynote lecture delivered by Dr Padhraig Fleming, Chair of Orthodontics at Trinity College Dublin presented a comprehensive, evidence-based overview of Twin Block therapy, discussing growth modification principles, case selection, timing of intervention, appliance design considerations, treatment efficiency, and long-term stability. His lecture integrated contemporary research insights with practical clinical protocols, offering valuable guidance for everyday orthodontic practice.

The webinar was presided over by Dr. Sridevi Padmanabhan, President IOS, and Dr. Shubhaker Rao Juvvadi, Honorary Secretary, in the presence of IOS Executive Committee members. The session was moderated by Dr. Badri Thiruvengkatachari and Dr. Sarvraj Kohli, who facilitated an engaging academic discussion and interactive Q&A session. The webinar witnessed enthusiastic participation from more than 520 orthodontists and postgraduate students across the country. The program reinforced IOS’s commitment to fostering global academic collaboration and promoting evidence-based orthodontic practice. The “Global Dialogues- IOS Connect series” aspires to bring together eminent international and national experts in orthodontics to deliberate on contemporary perspectives in Orthodontics.

**Reported by Managing Editor
Dr. Akhil Agarwal**



DIGITAL TWIN BLOCK: Removable



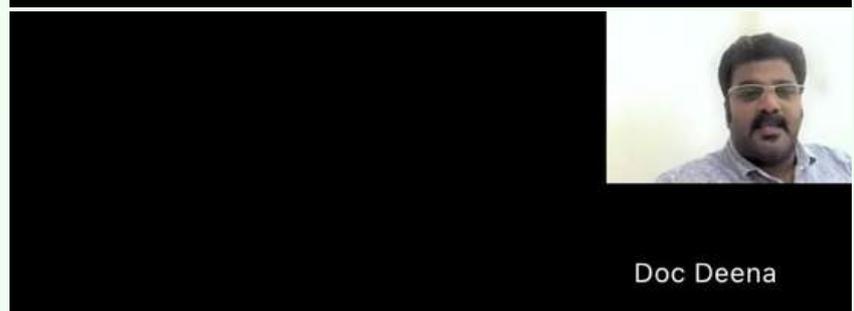
1. 3D Print (Asiga 3D Printer & KeySplint Hard material)
2. Soak in 90% Alcohol for (30 minutes)
3. Remove Holders
4. Ultrasonic Wash (10 minutes with 90% alcohol)
5. Drying (30 minutes)
6. Post-Curing (Otoflash G171- 2 runs of 3000 Flashes)
7. Boiling in Fresh Drinking Water (60 minutes)
8. Quality Control & Packaging

With thanks to Dr: Finn Geoghegan and Dr: Christian Uri

Twin Block Design: Special Situations



- Early Premolar Extraction:**
 - Augment Lower Incisor Retention (x 4 ball-ended clasps)
 - Southend Clasp: Upper Is
- 6s Extraction:**
 - Augment Lower Incisor Retention (x 4 ball-ended clasps)
 - Southend Clasp: Upper Is
- Mixed Dentition:**
 - Augment Lower Incisor Retention (x 4 ball-ended clasps)
 - Southend Clasp: Upper Is
- Proclined Lower Incisors:**
 - Lower Labial Bow or Sectional FA



1st Module of Biomechanics Unlocked Online Programme

Basics in Biomechanics-Lecture by Dr.Paola Merlo PhD in Orthodontic Biomechanics, trainer at the European Biomedicine biomechanics programme.

In an astounding session beginning with the drawbacks of relying only on the straight wire practice and showing with supporting cases the benefit of blending segmented arch technique with straight wire we were taken to the Basics of Biomechanics.

Senior teachers and practitioners in the audience sent their testimonials and IOS officials endorsed that this was the most intensive course on Biomechanics explaining basic terms like centre of mass and centre of resistance, Centre of rotation, M/F ratio, equivalent systems, vector calculations,

Force systems, Law of transmissibility of forces and Types of tooth movement in recent times.

This course is brought to you to strengthen concepts and improve clinical practice.

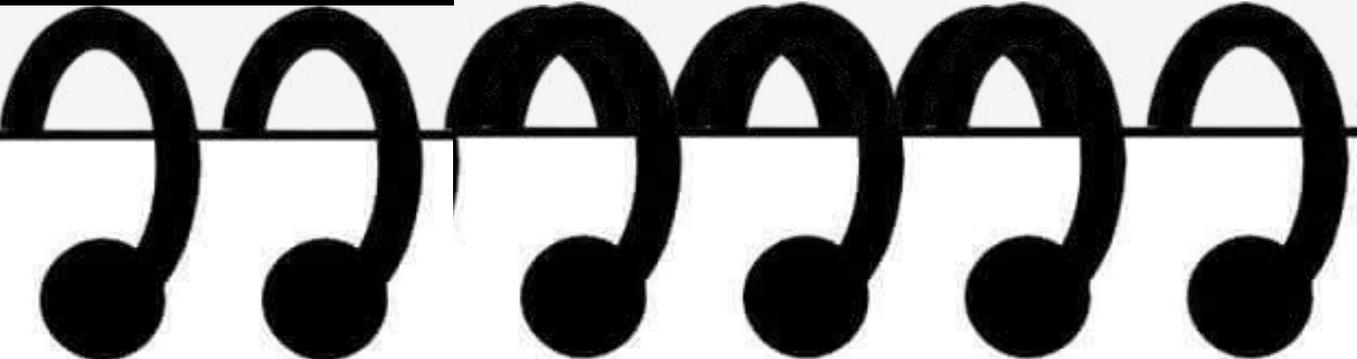
The forthcoming online courses attendance is linked to the physical session with Biomechanics stalwarts Dr.Kwangchul Choy, covering Asymmetry Management, Dr.Paola covering Six geometries application in alignment and Dr.Vinzenzo D'Antonio covering Aligner Biomechanics and difficult cases with aligners.

100 seats are taken and 200 seats remain for the remaining webinars and physical sessions.

This is a non profit academic session aimed at improving orthodontic concepts for the country with IOS, Bangalore Orthodontic study group and Orthodontic division, Department of oral and facial rehabilitation, St.Johns National Academy of Health Sciences.



Reported by Section Editor, Dr. Stuti Mohan



**IBO CERTIFICATION
ONLINE EXAM 2026**



**8th March
2026,
Sunday**



**Portal Closure
1st MARCH
2026**

Register at the earliest



Online form available on
www.indianboardorthodontics.com

**Start Date 9th Jan 2026
End Date 23rd Feb 2026**

Dr. Ashok Karad

The Indian Board of Orthodontics (IBO): Vision Beyond the First Twenty-Five Years

The completion of twenty-five years of the Indian Board of Orthodontics is not merely an anniversary; it is a defining institutional milestone. What began as a vision—to establish an objective, peer-validated standard of orthodontic excellence—has matured into a respected credential, certifying numerous orthodontists as Diplomates. Over the years, the Board has served as a guardian of clinical rigor, ethical responsibility, and professional distinction. Anniversaries, however, are not endpoints; they are vantage points from which the future must be viewed with clarity and resolve. The first quarter century was dedicated to building credibility: establishing examination standards, fostering a culture of voluntary excellence, and earning the profession's trust. The next quarter century must focus on expanding influence. The Board should evolve from being primarily a certifying authority to becoming the intellectual and ethical compass of orthodontics in our country.

Encouragingly, the foundations for this future are already in place. The Board's Mentorship Program reflects its belief that certification is not a destination, but a journey of structured learning and professional growth. By guiding candidates through preparation, critical reflection, and case refinement, the Board reinforces that excellence is developed through disciplined mentorship and collegial support. Similarly, the annual two-day Diplomate Conclave has grown into a meaningful forum for scientific exchange, peer review, and shared learning.

Diplomates gather not only to present treated cases, but to analyze outcomes, debate treatment philosophies, and collectively elevate standards of practice. Orthodontics today stands at the intersection of biology, biomechanics, digital technology, and artificial intelligence.

The challenge is to ensure that technological advancement does not outpace biological understanding. The Board's future vision must therefore emphasize precision not only in immediate outcomes, but also in long-term stability; not only digital proficiency, but scientific accountability; not only clinical competence, but reflective maturity. Certification must represent more than success in an examination—it must signify a sustained commitment to excellence over time.

In the decades ahead, the Board should promote long-term outcome documentation, develop national benchmarks for stability, and encourage structured clinical audit among its Diplomates. The Diplomate Conclave can further evolve to include open discussion of complex cases, treatment challenges, re-treatments, and critical evaluation of emerging technologies with ethical vigilance. Through consensus statements, academic collaboration, expanded mentorship, and structured scientific dialogue, the Board can meaningfully shape the standards by which orthodontics is practiced and taught. Equally important is the Board's responsibility to society. A Board-certified orthodontist should be recognized not only for technical skill, but also for integrity, accountability, and commitment to patient-centered care. As healthcare evolves, the Board must clearly define what constitutes validated specialty excellence in a changing orthodontic landscape. Its standards must be periodically re-calibrated to remain aligned with advancing science and evolving clinical realities.

As founding Vice-Chairman and Past Chairman, I reflect with gratitude on the founder members who believed in this mission when it was only an idea. Today, that idea stands as a respected institution—strengthened by mentorship, enriched by scientific fellowship, and sustained by the collective commitment of its Diplomates. The Indian Board of Orthodontics has completed its first twenty-five years with honor. The years ahead must be defined not only by continuity, but by courage—the courage to refine standards, embrace innovation without compromising biological principles, and ensure that board certification remains synonymous with the highest level of orthodontic care.

Ultimately, the Board's future should not be measured by the number of certificates it grants, but by the quality of thinking it inspires, the standards it safeguards, and the trust it strengthens within the profession and the community it serves.

**Reported by Section Editor
Dr. Pavithra M Bai**



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

Before



**Is your braces
doctor IOS
Endorsed ?**



**IOS Times
acknowledges
Dr. Dolly Patel for
her contribution in
the public
awareness page**



After



MAGIC OF BRACES



Before

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**IOS Times acknowledges
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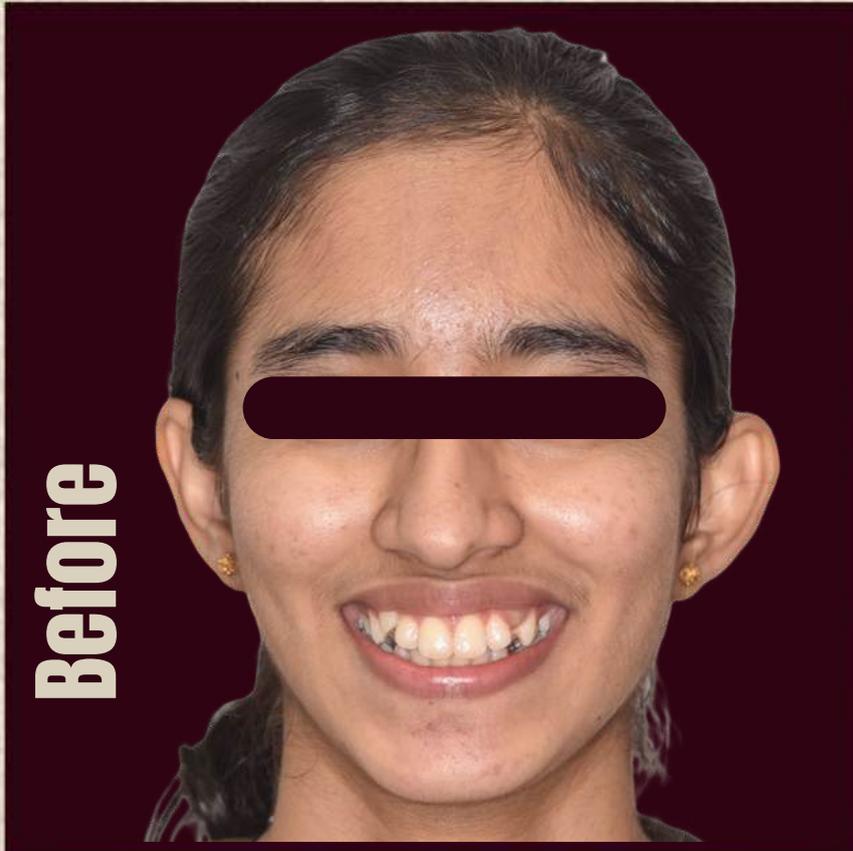


After





Before



**Is your braces
doctor a
member of
Indian
Orthodontic
Society ?**

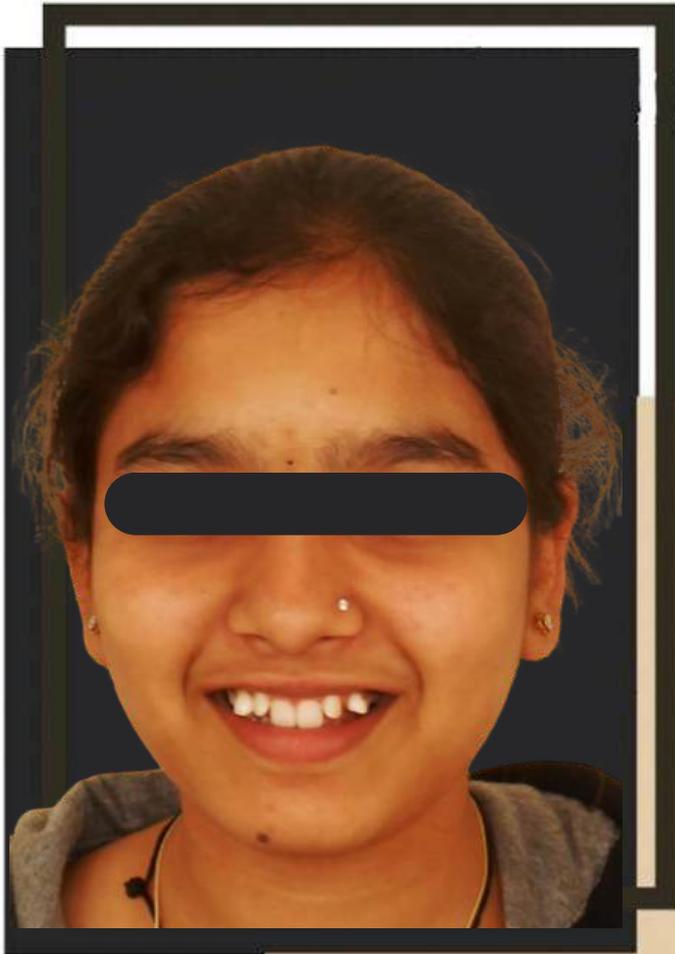
**IOS Times acknowledges Dr. George Jose for
his contribution in the public awareness page .**

After





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Before

Is your braces specialist a member of Indian Orthodontic Society ?

IOS Times acknowledges
Dr. Abhishek Jain for this
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After





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Magic of braces

IOS Times acknowledges Dr. Siddharth Mehta for this contribution in the public awareness page .

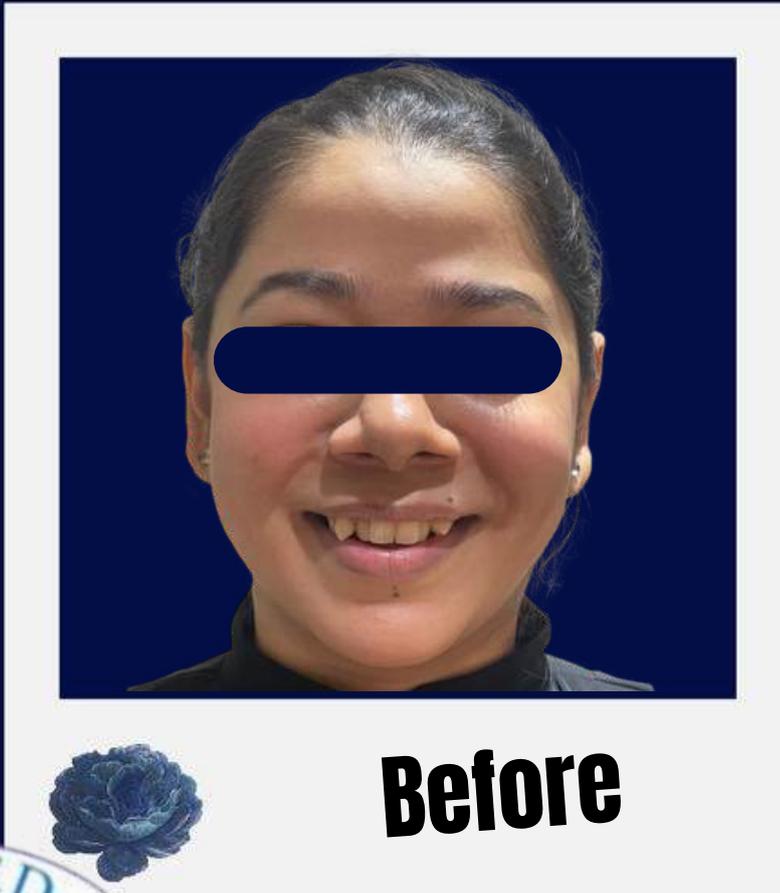


Before



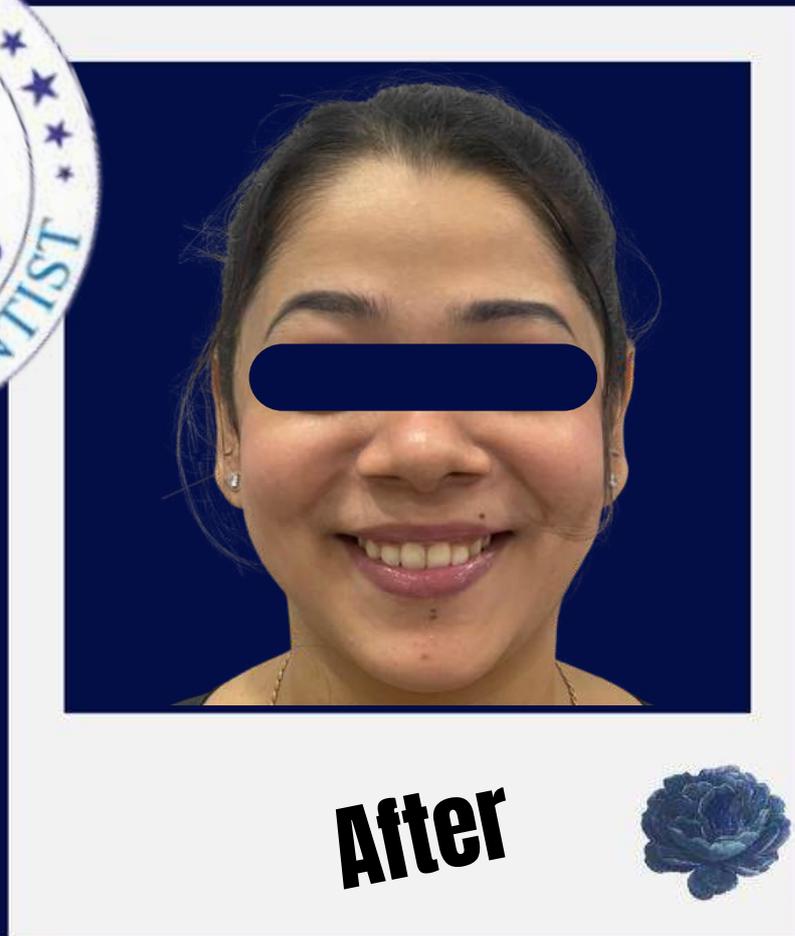
After





Before

Magic of Braces



After



IOS Times acknowledges Dr. Pallavi Rai for her contribution in the public awareness page

CONGRATULATIONS



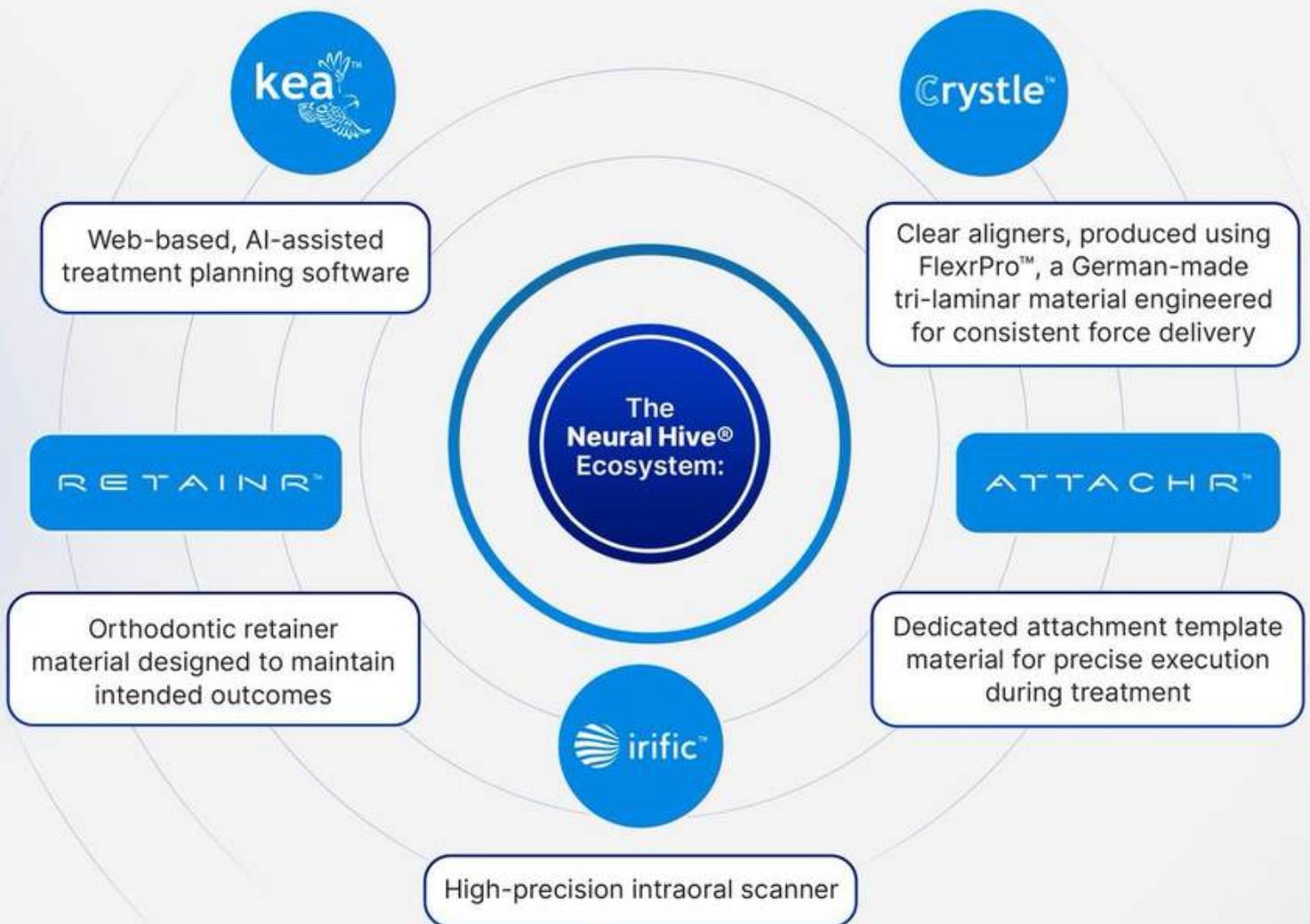
Heartiest Congratulations to
Prof. Dr. Munish Reddy on
his promotion to Additional
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Aligned outcomes begin with an aligned workflow.

Modern clear aligner therapy demands more than isolated tools.

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Dr. Shantha Sundari

PhD Topic : Dynamics of oral microbial populations during fixed orthodontic treatment, with special reference to biofilm formation and its regulation

White spot lesions remain a major challenge to aesthetic orthodontics. While several microbial studies exist, most have focused on selective microbial populations and employed non-uniform sampling techniques, resulting in weak evidence. Advances in molecular techniques have revealed a broader spectrum of uncultivable organisms, emphasizing the need for comprehensive and longitudinal data during orthodontic treatment.

The present thesis aimed to investigate the dynamics of oral microbial populations during various phases of fixed orthodontic therapy and post treatment, with emphasis on biofilm formation and its regulation.

In- silico homology modelling of LuxS structure for *Fusobacterium* sp. have not been previously studied. The high throughput virtual screening resulted in identifying an inhibitor for LuxS in *Fusobacterium* sp.

Further validation of the screened inhibitors and its analogues for potential LuxS inhibitory activity can be carried out through in- silico structure activity relationship (SAR) studies and in- vitro assays to authenticate its biological activity

In summary, the results of the study suggest that metallic fixed Orthodontic appliances, was found to have a profound effect on the microbial diversity. Furthermore, the leaching of metal ions in the oral cavity, in addition to dietary and hygiene habits could be an issue of concern. Also, the results of in silico pharmacophore-based screening of autoinducer-2 inhibitor in bacteria for prevention of oral biofilm formation demonstrate the potential for further in-depth studies.



Reported by Associate Editor, Dr. Uma Revathi

Dr. Mukesh Kumar

Dr. Mukesh Kumar is a senior Professor of Orthodontics with more than 24 years of experience as a postgraduate teacher and clinician. He hails from Muzaffarpur and completed his schooling at Modern School, Barakhamba Road, New Delhi. He undertook both his undergraduate and postgraduate orthodontic training at Bapuji Dental College, Davangere, under the mentorship of the legendary Dr. K. Sadashiva Shetty, and was honored as the Best Outgoing Postgraduate Student for his academic excellence. His wife, Dr. Lilly Singh, is a well-established dental practitioner in Vasant Kunj, South Delhi.

Dr. Mukesh has been associated with Teerthanker Mahaveer Dental College for the past 17 years, where he has made significant contributions to postgraduate teaching, clinical training, and academic development. Over the last six years, he has actively focused on meaningful scientific dissemination, publishing extensively in national and international orthodontic journals with a strong commitment to ethical, evidence-based research.

His scholarly contributions include original research and high-quality clinical case reports published in some of the most prestigious and selective international journals, notably the Journal of Clinical Orthodontics (JCO) and the American Journal of Orthodontics and Dentofacial Orthopedics (AJODO)—journals widely regarded as global benchmarks of clinical excellence and academic credibility in orthodontics. His work has also appeared in elite Q1 journals such as International Orthodontics and the Dental Press Journal of Orthodontics (official journal of the Brazilian Orthodontic Society), including publications on biomarkers and artificial intelligence in orthodontics, earning formal recognition from his university. In addition, he also has publications in the Journal of Indian Orthodontic Society (JIOS), JCO-IOS, and the AMU Journal. He publishes exclusively in unpaid, rigorously peer-reviewed journals, reflecting academic integrity, perseverance, and adherence to high scientific standards.

Dr. Mukesh is the author of the two-volume textbook Clinical Orthodontics, featuring hundreds of completed clinical cases and reflecting his extensive clinical experience and evidence-based treatment philosophy. He is also a national-level award winner of the Best Smile Transformation competition organized by the Indian Orthodontic Society (IOS). A strong advocate of structured mentorship, he emphasizes comprehensive postgraduate training that equips students with advanced academic, clinical, and research skills during their formal education itself. His training program incorporates contemporary orthodontic technologies, including in-house aligner therapy, with multiple successfully completed cases. Under his mentorship, students have progressed to M.Orth programs, government services, senior positions in leading dental chains such as Clove, successful private practices, and careers as researchers and peer reviewers in Q1 journals.

A respected academician and clinician, Dr. Mukesh is a frequent guest speaker at national forums and has conducted numerous master classes and webinars for postgraduate students and practicing clinicians. He has also been invited twice as a guest speaker at the Bapuji Dental College Alumni Meet, acknowledging his contributions to the profession and his alma mater. Additionally, he actively mentors faculty members, enabling them to serve as national-level speakers, judges, and chairpersons at conferences, with academic engagements focusing on aligner therapy and macro, mini, and micro-esthetics.



Reported by
Section
Editor
Dr. Stuti
Mohan

Dr. Roopa Siddegowda



✦ A Pioneer. A Scholar. An Inspiration. ✦

Dr. Roopa Siddegowda's journey in orthodontics reflects academic excellence, perseverance, and a deep commitment to community health. She holds the distinction of being the "First PhD holder from Rajiv Gandhi University of Health Sciences in Orthodontics", and notably, the first lady in India to be awarded a PhD in 2015 in our Faculty—a milestone that continues to inspire many young academicians.

Her doctoral research, titled "Mapping the Malocclusion – its severity, evaluation of psychological concern and assessing awareness of orthodontic treatment in Karnataka State children: A descriptive study," was a landmark epidemiological survey covering 9,505 school children across all 30 district headquarters of Karnataka. The study not only mapped the prevalence and severity of malocclusion but also highlighted psychological concerns and awareness levels regarding orthodontic care. The findings provided valuable insights for community programs, dental professionals, and NGOs to strategize preventive and interceptive orthodontic initiatives.

Currently serving as a Professor at Coorg Institute of Dental Sciences, Dr. Roopa continues to blend clinical expertise with academic mentorship, shaping the next generation of orthodontists with dedication and humility.

In her own words:

"I take this opportunity to thank my guide Dr. M.S. Rani for her unwavering support and invaluable advice. I am truly fortunate to have her as my guide. Thank you, ma'am, for being such an inspiring and dedicated mentor. Your guidance has shaped my journey in a much better way."

Dr. Roopa's journey reflects resilience, vision, and gratitude. Beyond research papers and clinical statistics lies a professional dedicated to empowering children, advancing orthodontic awareness, and mentoring the next generation of clinicians.

Her story is not just about earning a PhD—it is about creating pathways for others to dream bigger.



Dr. Milind

**The New-Age Orthodontic Practice:
Where Technology, Teamwork, and
Patient Experience Converge**

1. The Changing Orthodontic Patient

Orthodontics is no longer viewed as purely functional treatment. Today's patients actively seek aesthetic, comfortable, and technology-driven solutions. The rise of clear aligners, 3D intraoral scanners, CBCT imaging, and facial scanning has elevated expectations. Patients now research extensively online before choosing a provider and often prioritize quality and advanced technology over cost when they perceive genuine value.

For modern practices, this means that staying updated with visible technology is essential. It not only improves treatment precision but also builds patient confidence from the very first consultation.

2. Technology as a Practice Differentiator

Adopting advanced clinical tools has become a key differentiator in a competitive market. When patients see digital scans and virtual treatment simulations, they better understand their treatment journey. This transparency improves trust and significantly enhances case acceptance.

Visible technology signals that a practice is progressive, detail-oriented, and committed to delivering high-quality care qualities that today's patients actively look for.

3. Operational Efficiency Through Smart Systems

Technology should also extend into practice management. Modern software, online appointment scheduling, and automated reminders streamline daily operations. These systems reduce administrative errors and improve convenience for patients.

A smooth, well-organized experience from the first phone call to treatment completion leaves a lasting impression. Such positive experiences naturally lead to referrals, which remain the most powerful growth channel in orthodontics.

4. The Importance of a Strong Digital Presence

Before patients visit a clinic, they often evaluate it online. Google reviews, websites, and AI-driven information platforms strongly influence their decisions. Encouraging satisfied patients to share genuine reviews enhances credibility and visibility.

A professional, informative digital presence positions the practice as modern, trustworthy, and patient-focused key factors in attracting today's tech-savvy audience.



5. Communication: Turning Interest into Commitment

While technology attracts patients, communication converts them. Modern patients ask more questions and expect clear explanations. Strong communication skills, especially during phone interactions and consultations, are essential for building confidence.

Training team members to explain procedures simply and empathetically helps patients feel understood and reassured, increasing the likelihood of treatment acceptance.

6. Empowering the Team

No system succeeds without a well-trained team. Introducing new technologies requires continuous staff training and retraining. When team members understand both how to use tools and why they matter, they work more confidently and efficiently.

An empowered team reduces errors, maintains consistency, and delivers a better overall patient experience.

7. Building a Unified, Tech-Forward Culture

Successful orthodontic practices cultivate a culture aligned with quality care and innovation. Regular team meetings, reinforcement of workflows, and open internal communication ensure that everyone works toward the same goal: exceptional patient outcomes.

When technology, systems, and people are aligned, the practice runs smoothly, patients feel well cared for, and long-term growth follows naturally.

Conclusion

Modern orthodontic practice management is about balance combining advanced technology with compassionate communication and efficient systems. Patients are ready to invest in practices that demonstrate innovation, professionalism, and genuine care.

Great smiles begin with great systems and vision to deliver best treatment outcome to patients and a thoughtful leader can build a team to deliver them .

Reported by Section Editor , Dr. Himija Karia

Dr. Navya

An orthodontic practice can be strikingly compared to the classic triad of orthodontics that we are all familiar with from our introduction to the subject: Structural Balance, Functional Efficiency, and Esthetic Harmony. While the proportions of this triad may be adjusted according to personal requirements and practice environment, the fundamental principles remain universal. This framework helps clinicians create practices that are not only clinically sound but also operationally efficient and aesthetically pleasing.

Structural Balance

Structural balance reflects in the minimum physical space and layout required for efficient, safe, and inclusive functioning of an orthodontic practice. Architects generally recommend 100–150 sq. ft. for each treatment room, in addition to approximately 100 sq. ft. for reception and 50 sq. ft. each for sterilization, consultation, X-ray, and washroom areas.

Beyond square footage, true structural balance also means accessibility and comfort. Practices may have large open treatment rooms with multiple chairs or semi-private and private treatment rooms depending on the space available. Clinics should be wheelchair-friendly, with wide doorways, unobstructed circulation pathways, and accessible washrooms. A comfortable waiting area with adequate seating, refreshments, space for attendants, and consideration for children and elderly patients and some entertainment in the form of print as well as visual media is essential to cover long waiting times typical for dental procedures.

Equally important is good ventilation. Natural airflow, supported by efficient mechanical ventilation or air purification systems, ensures a healthy, pleasant, and safe environment for both patients and staff. Sterilization protocols must go beyond the basics. A Class B autoclave should be considered the minimum standard. Orthodontic practices may also require additional space for clinical photography, ideally with a dedicated, well-lit wall to standardize records.

Esthetic Harmony

The esthetic harmony of an orthodontic office depends heavily on individual preferences and evolving trends. Just as facial profiles once favoured straight, flat contours and now lean toward fuller profiles and lips, office design also reflects changing patient expectations.

Key principles include:

- Avoid overcrowding the available space
- Prevent overwhelming visual stimuli
- Use ambient lighting that is gentle on the eyes
- Ensure focused dental lighting for clinical precision

Music in the background, calming visuals, and appropriate use of multimedia content contribute to a personalized and reassuring patient experience. Structural balance and esthetic harmony together form the components of office design, while functional efficiency forms the core of practice management.

Functional Efficiency

Functional efficiency depends largely on two factors: physical resources and human resources.

Physical resources include the equipment and materials that make orthodontic treatment more accurate, efficient, and profitable, such as:

- Intraoral scanners
- Digital planning and simulation software
- Advances in appliances, from self-ligating systems to aligners

These innovations have elevated orthodontic practice to new heights, and the incorporation of Artificial Intelligence (AI) is the next major step forward.

However, irrespective of technology, the most irreplaceable resource in any practice is human resources. This begins with the orthodontist and extends to the entire team—front-office personnel, assistants, waste-management staff, and technicians who maintain and service equipment.

Effective communication among the team and with patients is vital and is now easily facilitated through digital platforms and practice-management software.

Digital Presence, Google Reviews, and Social Media in Modern Practice

In today's digital era, an orthodontic practice is also shaped by its online reputation. Building a brand is the key to draw patients to us. Platforms such as Google Reviews strongly influence how prospective patients perceive a clinic even before their first visit. Positive, authentic reviews build trust, enhance credibility, and function as a powerful form of modern word-of-mouth marketing.

Likewise, social media has become an important tool for promoting contemporary orthodontic practices. Sharing educational content, treatment outcomes (with informed consent), patient testimonials, and practice updates fosters transparency, engagement, and a sense of connection with the community. A professional and ethical digital presence allows orthodontists to communicate their philosophy, values, and expertise beyond the clinic walls.

However, while digital visibility and marketing play an increasing role in attracting patients, they can never replace the core foundations of practice. Clinical skill, professional competence, ethical behavior, and functional efficiency remain primary. Online promotion may open the door, but it is the quality of care and patient experience that sustain long-term success.

Self Evaluation and Setting Goals

Evaluating our own practice is essential by making a checklist to ensure success in the following:

- Engagement: building a positive influence with new patients.
- Conversion: moving new patient examinations to “strap-ups”.
- Delivery: creating systems for profitable orthodontic services and new-patient referrals.

Evaluation should follow a regular pattern and simple prompts to available AI tools such as Chat GPT can provide an understanding of our net income, expenses, profits, margins and likely areas of improvements. They can be carried out as follows:

Daily actions: team and doctor duties, roles, responsibilities, and tasks.

Weekly actions: team meeting, key performance indicators, and goals.

Monthly actions: goal achievement and review.

Annual actions: planning for the year ahead and beyond.

Conclusion: The ABC of Practice Success

Apart from the foundational triad of Structural Balance, Functional Efficiency, and Esthetic Harmony, there exists another personal triad—the ABC of practice success:

- Availability (of the Orthodontist)
- Behavior (with patients and the team)
- Competence (of the Orthodontist in particular and the team, in general)

These attributes ultimately determine the reputation, growth, and sustainability of an orthodontic practice. When combined with sound structural planning, efficient workflows, esthetic harmony, and a strong yet ethical digital presence, they form a comprehensive model for excellence in contemporary orthodontics.

Reported by Dr. Nitu Gautam



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Dr. Samprita Sahu

Practical Tips in Practice Management of a Dental Clinic

Abstract

Effective practice management in dentistry has evolved beyond clinical excellence to encompass technology adoption, structured team communication, strategic planning, and robust digital marketing. This article discusses practical, evidence-based tips for optimizing dental clinic operations, enhancing patient experience, and driving sustainable growth in the digital era.

Introduction

In a competitive healthcare environment, dental practices must operate not only as clinical service providers but also as efficiently managed small businesses. Good practice management influences clinical outcomes, patient satisfaction, team productivity, and long-term viability. This article highlights key practical strategies that address modern operational challenges—focusing on technological adoption, team communication, strategic planning, and marketing.

1. Leverage Technology: Intraoral Scanners as an Essential Tool

Intraoral scanners have transitioned from a “nice-to-have” innovation to an essential clinical and managerial asset for contemporary dental practices. Unlike traditional impression methods, scanners provide high-accuracy 3D digital impressions, eliminating many errors associated with physical materials and improving overall treatment quality.

Clinical and management advantages include:

- **Precision and patient comfort:** Digital scanning reduces discomfort associated with conventional impressions and delivers detailed digital records.
- **Treatment planning and simulation:** Digital models facilitate visual treatment simulations and enable clinicians and patients to track progress throughout multi-stage procedures. The ability to simulate expected outcomes significantly improves patient understanding and acceptance of proposed treatments, making case presentation and counselling more effective. This enhanced communication supports greater treatment acceptance, improved continuity of care, and contributes to increased patient inflow and overall practice sustainability.
- **Records and documentation:** Digital scans offer secure, retrievable records—beneficial for medico-legal documentation, longitudinal tracking of treatment outcomes, and case presentations.

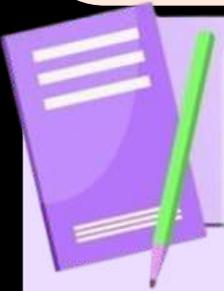
Although the initial capital outlay for intraoral scanners can be significant, long-term cost savings through reduced material use, faster workflows, and higher case acceptance make it a sound investment for forward-thinking practices.



2. Strengthen Team Communication: Daily Standups and Review Meetings

Effective team communication is foundational to smooth operations in any dental clinic. Daily standups—short, focused meetings at the start of each day—ensure that all staff are aligned on patient flow, equipment needs, and potential bottlenecks. These brief sessions improve coordination between administrative and clinical teams and help address issues before they escalate.

In addition to daily standups, weekly review meetings provide space for deeper discussion on performance metrics such as appointment timeliness, patient feedback, inventory levels, and financial targets. Together, these routines promote transparency, accountability, and continuous improvement.



3. Strategic Planning: Monthly, Quarterly, and Annual Goals

Modern dental practice management requires both responsive operations and forward-looking strategies:

- Monthly planning focuses on scheduling, staffing rotas, and immediate marketing campaigns.
- Quarterly reviews allow clinics to assess financial performance, patient retention, and treatment portfolios—adjusting course where necessary.
- Yearly goals should include technology upgrades, budget forecasting, and growth initiatives such as adding new services or expanding chair capacity.

Structured planning cycles help clinics anticipate trends, allocate resources more effectively, and remain resilient in the face of external challenges (e.g., regulatory changes or economic shifts).



4. Marketing in the Digital Era: Why It Matters

In today's digital landscape, marketing is no longer optional for dental clinics; it is essential for growth and sustainability. A compelling online presence influences patient decisions long before they walk through the clinic doors.

Digital behavior of dental patients:

- Around 71% of prospective patients search online before scheduling a dental appointment, and 86% of those who search ultimately contact a practice.
- Over 80% of new dental patients conduct online research before booking, underscoring how critical digital visibility is to patient acquisition.
- A majority of patients consult reviews and clinic websites as part of this process, making reputation management an integral part of practice marketing.

Key digital marketing strategies for dental practices include:

- Local SEO and Practice Listings – Optimizing Google Business Profiles and local search presence ensures visibility when patients search for “dentist near me.”



- Search Engine Optimization (SEO) – Targeting relevant keywords and maintaining fresh website content boost organic rankings and drive traffic.
- Social Media and Content Marketing – Engaging patients with educational content, before/after galleries, and patient testimonials increases trust and conversion.
- Online Reviews and Reputation Management – With a high percentage of patients influenced by online reviews, actively encouraging positive feedback and responding to queries improves credibility.

In essence, digital marketing connects dental practices with patients where they are already looking—online—thereby enhancing brand presence, increasing patient inquiries, and growing the practice effectively.



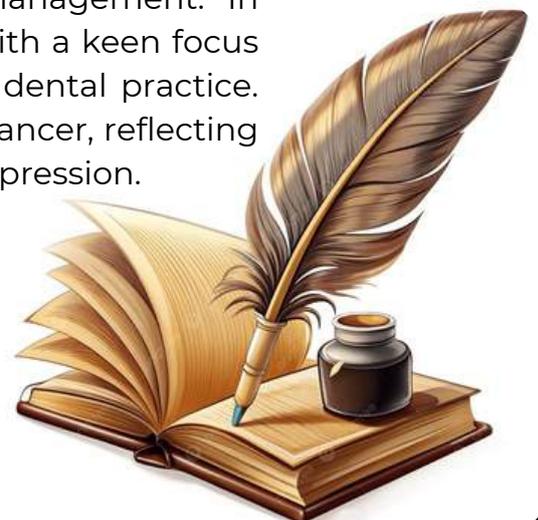
Conclusion

Modern dental practice management blends clinical excellence with smart business practices. Incorporating advanced technologies like intraoral scanners, establishing disciplined team communication routines, engaging in structured short- and long-term planning, and executing effective digital marketing are key drivers of sustainable success.

By focusing on these practical, actionable strategies, dental clinics can improve operational efficiency, elevate patient experience, and thrive in a competitive and increasingly digital healthcare landscape.

About the Author

Dr. Samprita Sahu is a Senior Consultant Orthodontist associated with Apollo Dental. She is an experienced clinician with a strong interest in contemporary orthodontic practice and practice management. In addition to her clinical work, she is an entrepreneur with a keen focus on integrating technology and efficient systems into dental practice. Beyond dentistry, Dr. Samprita is a passionate Odissi dancer, reflecting her commitment to discipline, precision, and artistic expression.



Dr. Saravanan

Orthodontic Practice Management

Orthodontic practice management involves the effective planning, organization, administration and control of an orthodontic clinic to deliver high-quality patient care while ensuring professional ethics and financial sustainability. Successful practice management balances clinical excellence with efficient administrative systems.

Planning and Organization

Proper planning is essential for establishing an orthodontic practice. The clinic should be located in an accessible area with good visibility and adequate parking. The layout must include a reception and waiting area, consultation room, treatment operatory, sterilization area, laboratory space, and record storage. Adequate planning ensures smooth workflow and patient comfort.

Personnel Management

Efficient personnel management enhances productivity. The orthodontist is responsible for diagnosis, treatment planning, appliance design and follow-up. Chairside assistants support clinical procedures, sterilization and patient handling. A receptionist manages appointments, patient communication, billing and records. In larger practices, a laboratory technician may assist in appliance fabrication and maintenance.

Patient Management

Patient management begins with the first visit, which includes detailed case history, clinical examination and diagnostic records such as photographs, study models and radiographs. Case presentation should clearly explain the diagnosis, treatment objectives, duration, cost, limitations and the importance of patient cooperation. Written informed consent must be obtained before initiating treatment.

Record Maintenance

Accurate record keeping is essential for treatment monitoring and medico-legal protection. Records include diagnostic data, treatment plans, progress notes, appliance adjustments and appointment details. Properly maintained and updated records improve communication and accountability.

Financial Management

Financial management involves establishing a fair fee structure based on the type and complexity of orthodontic treatment. Payment options may include lump sum or installment plans. Regular accounting, inventory management and cost control help to maintain financial stability and avoid unnecessary expenses.

Infection Control and Sterilization

Strict infection control protocols must be followed. These include the use of personal protective equipment, sterilization of instruments, surface disinfection and proper biomedical waste disposal in accordance with regulatory guidelines.

Ethics and Legal Considerations

Ethical practice is fundamental to orthodontic practice management. Honest diagnosis, avoidance of overtreatment, maintenance of patient confidentiality and adherence to dental council regulations are mandatory. Legal responsibilities include informed consent, proper documentation and prevention of negligence.

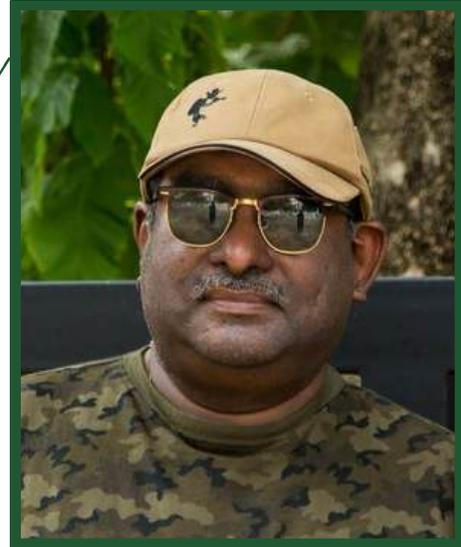
Conclusion

Effective orthodontic practice management integrates clinical skills with efficient administration, ethical conduct and patient-centered care. Proper management ensures high-quality treatment outcomes, patient satisfaction and long-term success of the orthodontic practice.

Dr. Udhayaraja

A Life Between the Clinic and the Wild

Dr. Udhayaraja is a senior orthodontist with nearly 42 years of clinical practice and over two decades of teaching experience at Ragas Dental College. While dentistry has been his lifelong profession, wildlife photography has been his enduring passion—one that began in childhood and matured into a defining part of his life.



His love for the jungle was sparked early. As a young boy, he accompanied his father on frequent visits to nearby forests. Growing up close to the Western Ghats, with the Vellingiri and Siruvani hills forming a familiar backdrop, nature was not a distant escape but an everyday presence. The towering trees, forest trails, wild animals, and the distinctive smell and silence of the jungle left a lasting impression that never faded.

Professional responsibilities took precedence as Dr. Raja pursued orthodontics and established a busy clinical and academic career. For over a decade, the demands of practice building limited his time in the wild. Yet, once life settled, his passion resurfaced—this time through photography. Equipped with professional cameras, he began exploring Indian jungles extensively, drawn particularly to their richness and diversity.



Indian forests remain his greatest inspiration. The thrill of tracking and photographing tigers—especially rare moments with cubs—has been among his most treasured experiences. Leopards soon followed as a major focus, and over time, his lens expanded to capture not just animals, but the soul of the jungle itself. Kabini, Bandhavgarh, Tadoba, Pench, Jim Corbett, Valparai, Topslip and several other forests have become familiar landscapes in his journey.



Seeking new perspectives, Dr. Raja also traveled to Kenya and Tanzania, experiencing the dramatic terrain and wildlife of East Africa. While unforgettable, these journeys deepened his appreciation for the unique beauty of Indian jungles, to which he continues to return year after year.

More recently, bird photography has become an important part of his work. Accessible and spontaneous, it allows him to stay connected with nature even amidst a busy schedule. A short drive to nearby water bodies often yields moments of quiet observation and creative satisfaction.

After decades in a demanding medical profession, wildlife photography has provided Dr. Raja with balance, relaxation, and renewed energy. It has also brought lasting friendships across professions, united by a shared love for nature. Though expensive, he considers it an investment in well-being.

Today, Dr. Uday Raja continues to practice dentistry while passionately pursuing wildlife and bird photography. He strongly encourages colleagues—young and senior alike—to cultivate meaningful hobbies. For him, the wild remains both a refuge and a reminder: that beyond the clinic lies a world of wonder waiting to be observed, respected, and preserved.





Dr. Henna Desai

Dr.Henna Desai,an alumni of GDCH AHMEDABAD practicing at Vadodra (Baroda) Gujarat.First lady to start exclusive orthodontic practice when woman was a rarity in dentistry.

Renowned clinician practicing since last 45 years,she also had opportunity to share her clinical knowledge being academican as well.

She served as DEAN DENTAL FACULTY ..Maharaja Krishnasinh Bhavnagar University .

Head and Professor Dept of Orthodontics and dentofacial orthopedics at Manubhai Patel Dental college and oral health research institute Vadodra. Now beyond 70 along with orthodontics she is looking at new beginnings of second inning of her life she is dabbling in to small pleasures of visual art exploring various mediums including digital art. She has 3 solo art exhibitions and few group shows to her credit. Also some of her work was selected for display at All India Art Exhibition,2023 Shimla,Himachal Pradesh. Going beyond the science of orthodontics,balancing science and art she is celebrating life as a woman;blossoming into beautiful flower that is colorful pure fragrant & memorable.



Moonlit Path - 6 Digital Print and Acrylic on Canvas 30"x 36" 2024 Henna Desai



Group helps professionals pursue their passion for art

Vadodra: She always wanted to pursue art and even got into the prestigious fine arts faculty at MS University decades ago. Destiny, though, had something else in store for Dr Heena Desai, who opted for a career in medicine in Vadodra. But the dream of pursuing art lived on within Desai despite a successful career as an orthodontist.

"Last year I decided to join in a group called Sarjak meant for art lovers in Vadodra. What a journey it has been since then. It's fantastic to meet art-loving people and travel with them for painting workshops," Desai told IOL.

The group, which consists of professionals, academicians, businessmen, and home-makers, often goes for outings to paint heritage buildings and nature. "We have been to Pavagadh and also visited a few heritage structures in the city for painting workshops. It's been a great learning experience and a kind of gateway for the professionals who spend long hours at their workplaces," Desai, 68, said. Thanks to her stint with Sarjak, Desai is planning to organize her first exhibition of acrylic paintings and digital art in the city in Oct.

An academican, Shilpa Kapadia, 52, seldom get time to pursue art seriously despite her love for painting since her childhood. "My work took up a lot of time so I couldn't take up painting. When I learnt about Sarjak a few months ago, I decided to join the group. It has been a wonderful experience with like-minded people who have common hobbies," said Kapadia, former assistant director, Centre for Lifelong Learning and Extension, MSU.

Hitesh Rana, founder of Sarjak in Vadodra, said: "I decided to start this group with a focus on creative expression and mastery of various art forms, including painting, sculpture, and innovative crafts. We nurture both emerging and experienced artists who seek to develop their skills. And, the group often goes on outings to paint nature and aesthetic as well as artistic structures. It's one of their best learning experiences."

Reported by Section Editor
Dr. Mohit Chaturvedi



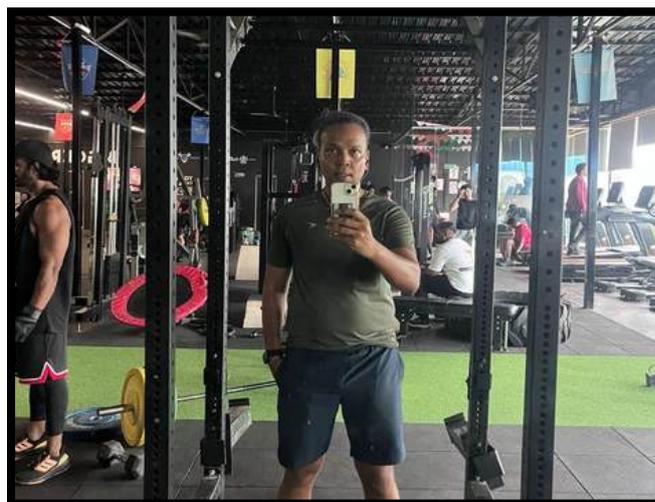
Dr. Henna Desai .BDS, M.DS, Consulting Orthodontist

Dr. Srinivas Nalla

Dr. Srinivas Nalla is a seasoned orthodontist and implantologist with over two decades of clinical experience, known for seamlessly blending clinical excellence, academic leadership, entrepreneurship, and personal discipline. Born and raised in Hyderabad, his foundational years of schooling were at St. Mary's, followed by his dental graduation from M.S. Ramaiah Dental College—an institution that shaped his early professional outlook.

Over the years, Dr. Nalla has worn many hats in Indian dentistry. He has served as a professor, postgraduate guide, and Head of the Department across multiple dental colleges in the country, contributing significantly to academic training and mentorship. While his academic journey has been impactful, his current focus is firmly rooted in private practice, where he now dedicates himself exclusively to orthodontics and implantology.

An entrepreneur at heart, Dr. Nalla is the founder of Siri Dental, a growing chain of dental clinics in Hyderabad, supported by a team of over twenty clinicians. He was previously a consultant to more than forty dental clinics across Telangana, Andhra Pradesh, and Maharashtra, a phase that added breadth to his clinical exposure. He now channels his entire professional energy toward strengthening and expanding his own practice and clinical network by establishment of additional centres.



Beyond dentistry, Dr. Nalla strongly believes in the parallel pursuit of physical and professional discipline. A committed fitness enthusiast, marathon participant, and regular gym-goer, he actively advocates fitness as a way of life—often sharing this philosophy through his social media presence. With a following of over 20,000 on Instagram, he uses digital platforms not just to create content, but to inspire balance, consistency, and long-term thinking.

Travel is another defining influence in his life. At 48, he has visited 48 countries, viewing travel as an extension of learning rather than leisure alone. Uniquely, he makes it a point to visit dental practices in every country he travels to, engaging with local clinicians to understand global perspectives on treatment planning, patient management, and practice culture—insights he often shares through his digital platforms.

Today, Dr. Srinivas Nalla represents a modern orthodontist—clinically focused, academically grounded, entrepreneurially driven, and personally disciplined—continuing to evolve while contributing meaningfully to the profession.



Reported by Section Editor , Dr. Stuti Mohan

Dr. Prasad Konda

Touching Hearts: A Decade of Compassion in Action

In a world where social inequalities continue to challenge human dignity, non-profit organizations play a crucial role in bridging gaps and restoring hope. One such inspiring initiative is Touching Hearts, a non-profitable organization founded on 6th November 2014 by Prof. Dr. Prasad Konda, on his elder daughter birthday with a vision to serve society with compassion, commitment, and purpose.

Touching Hearts was established with the belief that even small acts of kindness can create lasting change. From its inception, the organization has focused on reaching out to underprivileged communities, addressing essential needs, and uplifting lives through meaningful social initiatives. Over the years, it has grown into a trusted platform for service, driven by volunteers and supporters who share the same humanitarian values.

The organization actively engages in various social activities aimed at improving health, education, and overall well-being. These include blood donation camps, support for children from disadvantaged backgrounds, community welfare drives, and assistance during times of crisis by paying school and college fee who are in need of it. By responding to real-world needs with empathy and action, Touching Hearts has made a visible impact on countless families and individuals.

What sets Touching Hearts apart is its people-centric approach. Rather than offering temporary relief alone, the organization strives to empower communities by creating opportunities for growth, awareness, and self-reliance. Each initiative is thoughtfully designed to bring sustainable benefits while preserving the dignity of those being served.

Under the leadership of the founder Dr. Prasad Konda, and his uncle Mr Anand Swarup (Retired SBI manager), Touching Hearts continues to expand its outreach with integrity and transparency. His dedication to social service has inspired many professionals and young volunteers to contribute their time and skills for the betterment of society. The organization stands as a reminder that social responsibility is not limited to institutions but begins with individuals who care.

As Touching Hearts moves forward, its mission remains rooted in compassion – to touch lives, heal hearts, and build a more inclusive society. In an era where humanity often feels divided, the organization serves as a beacon of hope, proving that kindness, when put into action, has the power to transform communities.

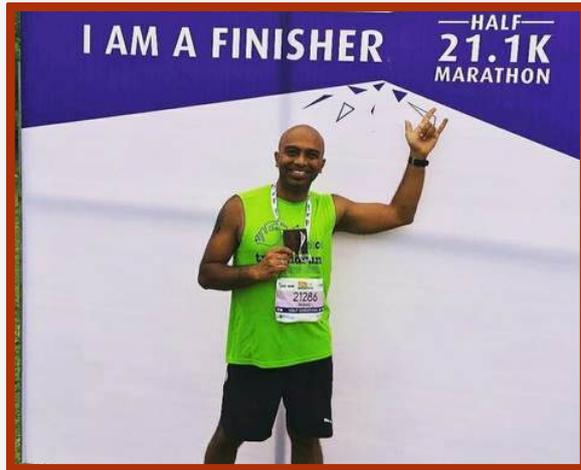


Dr. Madhav Manoj

Dr. Madhav Manoj K stands as a rare exemplar of balance—an academician of international repute who has consistently pushed the boundaries of personal endurance and sporting excellence. While his name is firmly etched in the field of Orthodontics through decades of teaching, research, and clinical leadership, it is his co-curricular pursuits that reveal the extraordinary breadth of his character.

An accomplished orthodontist with qualifications from the Royal College of Surgeons, Edinburgh, Dr. Madhav Manoj's academic journey spans over three decades. With more than 50 publications in national and international peer-reviewed journals, multiple prestigious awards—including the Indian Orthodontic Society Research Award—and a long tenure as Professor and Postgraduate Guide, he has significantly shaped orthodontic education in India and abroad. His teaching career, which began in 2003, continues to influence generations of undergraduate and postgraduate students.

Yet, beyond lecture halls and clinics, Dr. Madhav Manoj's life tells a compelling story of athletic discipline, resilience, and leadership.



A passionate endurance athlete, he achieved the remarkable feat of finishing the Ironman Triathlon at Langkawi, Malaysia in 2017, a challenge that demands exceptional physical conditioning and mental fortitude. His commitment to endurance sports extends to long-distance running, with participation in multiple marathon events since 2015. Notably, he emerged first in his age category at the Half Ironman distance Triathlon conducted by the Chennai Trekkers Club in 2016—an achievement that underscores his competitive spirit even amidst a demanding professional life.

His contribution to sports is not limited to personal achievement. As an organiser of the Trivandrum Marathon since 2016, Dr. Madhav Manoj has played a pivotal role in promoting fitness and endurance sports within the community, inspiring countless individuals to embrace an active lifestyle.

His sporting journey began early. A Gold Medalist at the Junior National Age Group Swimming Competition in 1988 and Silver Medalist at the All India Inter-University Swimming Championship in 1989, he demonstrated elite athletic ability from a young age. During his undergraduate years, he also captained the Government Dental College, Trivandrum Cricket Team, leading them to championship victories in the All-Kerala Inter-Dental Cricket Tournament from 1995 to 1997. Today, he continues to enjoy sport as a member of the Golf Club, Trivandrum, reflecting a lifelong association with athletic pursuits.

Dr. Madhav Manoj's journey illustrates that excellence is not confined to a single arena. His life seamlessly integrates academic rigor, clinical mastery, athletic endurance, and community leadership. Whether mentoring postgraduate students, addressing international conferences, completing a triathlon, or organising a city marathon, he exemplifies the philosophy that true success lies in holistic growth.

In an era where professional burnout is common, Dr. Madhav Manoj K stands as an inspiring reminder that intellectual achievement and physical vitality can—and should—coexist.



Dr. A. Venkateswaran

A Journey Shaped by Destiny, Discipline, and Distinction

A truly global upbringing laid the foundation for this orthodontist's adaptability and cultural sensitivity. His early schooling across multiple institutions in Chennai, followed by the latter half of his education in Uganda, Africa, allowed him to interact with peers from across India and beyond. This exposure to diverse cultures and languages—Tamil, Hindi, and French—moulded him into a versatile individual, comfortable in any environment and receptive to new perspectives. His professional journey in dentistry began at Ragas Dental College, Chennai. While the initial years were exploratory, it was during his final year that clarity struck—his true aptitude and passion lay in Orthodontics. His dedication and academic inclination soon made him one of the faculty's favourite students, reinforcing his resolve to pursue the specialty.

A strong believer in destiny, he considers his admission to Sri Ramachandra Dental College, Chennai, to pursue postgraduation in Orthodontics as a defining moment. Under the mentorship of eminent academicians, especially Dr. Sridevi Padmanabhan and Dr. Vignesh Kailasam, along with other accomplished faculty, he evolved into a clinician-academic who values excellence, humility, and gratitude—always grounded in respect for his teachers and parents. His innate love for teaching found its natural fulfilment when he returned to his alma mater, where he currently serves as a Reader, bringing with him 11 years of rich academic experience. Known for his commitment to students and academics, he continues to inspire young minds while contributing meaningfully to orthodontic education.

Professionally active and society-oriented, he takes pride in being an integral part of the Indian Orthodontic Society (IOS)—a platform he believes truly has something to offer every orthodontist. His association with IOS has been marked by notable achievements, including being the recipient of the IOS Research Foundation Grant (2022). Adding another feather to his cap, he will serve as the Quiz Master at the upcoming IOS PG Convention 2026 at Rajamahendravaram, under the esteemed mentorship of Dr. Gowri Shankar and Dr. P. V. Yudhister. Beyond academics, he is also known for his confident presence as an emcee at various institutional programs.

Beyond the clinic and classroom lies a jovial personality who firmly believes in work–life balance and living in the moment. Raised in a traditional Indian household, he received formal training in classical music. Though not an active performer, he keeps his musical sensibilities alive—most notably through his fondness for whistling melodies, a talent that has found appreciative audiences at a few college events. His pursuit of calm and continuous learning has recently led him to take up the violin.

An ardent admirer of Kamal Haasan, he enthusiastically follows and practices “Kamalisms” and rarely misses a first-day-first-show of his films—a passion that perfectly complements his vibrant personality. With a journey that seamlessly blends destiny, dedication, discipline, and diverse interests, he continues to stand out as an orthodontist who is as committed to the profession as he is to life beyond it.



Dr. Sunil Chandy Varghese

Strings 🎵 & Wires...

(An Orthodontist's Musical Journey 🎸🎵)

Music has been the quiet constant in his life—long before he became an orthodontist.

His musical journey began during his glorious childhood in Kuwait, where he was part of the Best Western Church choir. He sang four-part harmonies, beginning as a soprano and gradually transitioning through alto to tenor as his voice matured. Alongside singing, the guitar became his trusted companion—tuning him, shaping him, and guiding him toward becoming a better individual.

Chennai and college life opened new musical avenues for him. He discovered light music and performed his first Tamil duet, “Pudhu Vellai Mazhai,” followed by memorable renditions such as “Uyirin Uyire” from Kaakha Kaakha, and many more—across numerous intra- and inter-college cultural events.

During his postgraduate years, and later as a faculty member, he continued performing while mentoring students, ensuring that every talent found a stage. As the cultural in-charge, he proudly performed alongside his students at national-level Guru–Shishya programs, emerging victorious at several events.

Today, as a father, he still jams with his guitar—now joined by his daughters. As the three girls of his life—his lovely wife and beautiful daughters—dance around, he renders his music, strumming their lives together in harmony.

Orthodontics may be his profession, but music remains the soul of his life—soothing the mind and nurturing the spirit. As life's notes rise and fall, may music always find its way to calm hearts and render beautiful souls in all our lives.

Wishing everyone a melodious life...

Reported by
Dr. Honey Gurbaxani



Dr. Kshama Kudchadkar

An accomplished orthodontist, she exemplifies a rare blend of academic excellence and artistic dedication. Her professional journey is marked by outstanding scholastic achievement, having secured a Gold Medal at the Goa University Examination, a testament to her commitment, discipline, and mastery in the field of orthodontics. Currently, she is an Assistant Professor in the Department of Orthodontics and Dentofacial Orthopedics, Goa Dental College associated closely with Dr Nandini Kamat, Professor and Head of the department to support departmental goals. Through years of clinical practice and continued learning, she has built a reputation rooted in precision, ethics, and patient-centered care



Beyond her achievements in dentistry, her life reflects a deep belief in lifelong learning and personal growth. Amidst the stillness of the pandemic, she found her rhythm again. The lockdown offered a rare pause, allowing her to finally immerse herself in the profound discipline of classical dance. In her 40s, she embraced the classical Indian dance form Kathak, demonstrating that passion knows no age. Dancekatha, an online institute under the mentorship of Ms Riddhi Mapxencar became a beacon, seamlessly sustaining the classical dance spirit behind closed doors. They offered an uninterrupted sanctuary for artistic passion, ensuring that training continued, obstacles vanished, and the rhythm of traditional dance flourished in our homes without pause. With perseverance and devotion, she has successfully cleared two levels of Kathak examinations, balancing rigorous artistic training alongside her demanding professional responsibilities.

Her journey stands as an inspiring narrative of excellence without boundaries—where science and art coexist harmoniously.

As a healthcare professional and a classical dance student, she continues to motivate others to pursue their aspirations wholeheartedly, proving that intellectual achievement and creative expression can flourish together at any stage of life.





Greetings from the coast of Mangalore!

THE DEPARTMENT OF ORTHODONTICS
A J INSTITUTE OF DENTAL SCIENCES MANGALORE
IN ASSOCIATION WITH MOSG



8th & 9th APRIL 2026
A.J. Institute of Dental Sciences, Mangalore

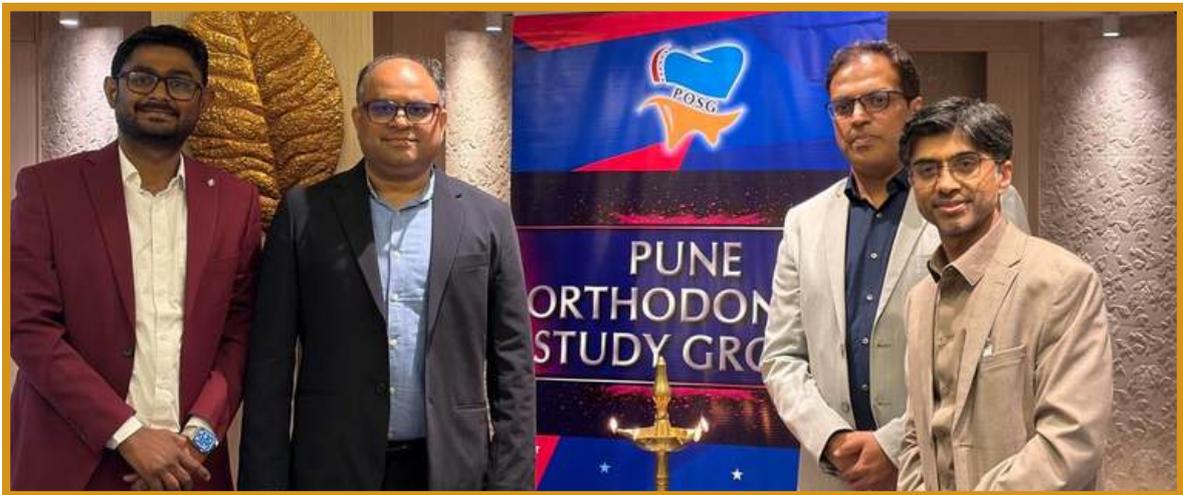
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We look forward to your enthusiastic participation!



Pune Orthodontic Study Group

The Pune Orthodontic Study Group conducted the first CDE program of the year on 28th January 2026. The speaker for the program was Dr Rajesh Patil. The CDE was titled "MINI IMPLANTS, MAXI IMPACT". The lecture incorporated in detail the insertion techniques, troubleshooting, clinical tips and suggestions to simplify the use of Orthodontic bone screws. The program was well appreciated by an audience of more than 70 members.



The Madras Orthodontic Study Group in association with Indian Orthodontic Society conducted CYCLATHON 2026, a calendar event of the study group on 22nd February 2026 at Kovalam, East Coast Road Chennai. The rally was focused on orthodontic public awareness with hoarding and placards displayed educating the public the importance of early and appropriate orthodontic care. There were video shoots of short interviews done by Hello FM RJ Mr. Logesh interviewing our members about the role of orthodontists in early orthodontic care, right age for a child to visit an orthodontist and highlighting the use of IOS website to search for the qualified orthodontists in their vicinity/area of living.

The cycle rally was well attended with 120 participants cycling starting from Kovalam to A2B Hotel Mahabalipuram, a ride covering 18 kms followed by breakfast and medal ceremony. The flag off was done by Captain Vikram Kumar, CEO of Rejove 32 Aligners, a retired gentleman from army. I would like to thank our IOS President Dr. Sridevi Padmanaban for joining us and awarding all the riders in the medal ceremony. I would also like to extend my heartfelt thanks to all the senior members of MOSG, senior practitioners, Head of the departments from various colleges, academicians, fellow colleagues and post graduates from over 12 colleges in Chennai who joined in making this event a memorable one. My heartfelt thanks to my co-conveners Dr.Uma Revathi and Dr.Srinivasan NR for being a big pillar of strength in this success.

Participants who secured top three positions in the rally are as follows:

First place- Dr. Prem Vishwa, Senior Lecturer, Saveetha Dental College & Hospitals

Second place- Dr. A.V.Arun- Former Professor, Saveetha Dental College& Hospitals

Third Place-Dr. Gokul, Private Practice.



MOSG CYCLATHON 2026



Between Braces and Bedtime Stories A Mother's Balancing Act

The day often begins before the sun rises. While most households are still asleep, my morning is already in motion, packing lunchboxes, planning meals, reviewing patient schedules, and making sure school uniforms are ironed and ready. By the time the clock strikes eight, I feel like I have already lived through half a day. This is the quiet, unseen rhythm of parenting, especially when combined with a professional life that requires precision, patience, and empathy.

I graduated from Dental College with an MDS in Orthodontics and was ready to face the world. I started as an assistant professor at a dental college and then moved to full-time clinical practice. I worked as a consultant orthodontist in various dental clinics in Faridabad, Delhi, and Agra. Then, a beautiful journey of pregnancy began, leading me to focus solely on my work in Agra.

As an orthodontist, my job revolves around creating smiles. As a wife and mother of two, my world centers on nurturing my children—emotionally, mentally, and physically. Balancing these roles is not always easy, but it is deeply fulfilling. Parenting, like orthodontics, is a long-term commitment. You don't see results overnight. Whether it's aligning teeth or shaping young minds, consistency, patience, and trust in the process are key.

In my clinic, I reassure anxious parents that braces take time. At home, I remind myself that raising children is also a journey measured in years, not days. My biggest support comes from my parents, my husband, and my in-laws. There are days when I go straight from the dental chair to the kitchen, trading gloves for ladles. Evenings blur into homework checks, dinner conversations, and bedtime stories, often squeezed between patient follow-ups and academic reading. I make sure my children have perfect morning routines and a pleasant bedtime experience. These two things help create great memories for the long term.

Multitasking becomes second nature, but it also teaches an important lesson: being present matters more than being perfect. One of the biggest challenges working parents face is guilt—the feeling that you are never doing enough, either at home or at work. Over time, I have learned to let go of that guilt. My children see a mother who is passionate about her profession and committed to her family. I hope that teaches them resilience, independence, and respect for hard work.



Support systems play a crucial role. A cooperative spouse, understanding colleagues, and reliable help at home make it possible to breathe amidst the chaos. Parenting is not meant to be a solo act, and acknowledging that is not a weakness but a strength. I took my babies to work until they reached school age and always packed everything they needed. After every two hours of patient appointments, I fed my baby and even changed dirty diapers. But I never compromised my work; I took them along with me everywhere.

Once my kids reached school age, I shifted to morning outpatient department hours and stopped evening OPDs. Interestingly, motherhood has made me a better doctor. Being a parent deepens empathy. When a young patient feels anxious in the dental chair, I don't just see a patient—I see a child who needs reassurance, much like my own. Parenthood sharpens patience and compassion, qualities that no textbook can truly teach.

Equally, my profession enriches my parenting. It has taught me discipline, time management, and the importance of leading by example. My children understand that responsibilities matter and that passion for one's work is something to be proud of. To parents who are juggling multiple roles, I say this: balance does not mean equal time for everything every day. Some days your children need you more; other days your work will. What matters is intention, love, and showing up—again and again.

At the end of the day, when the house finally quiets down and I look at my sleeping children, I realize that all the running, planning, and juggling is worth it. Because parenting, like creating a beautiful smile, is about shaping something meaningful for the future—one day at a time.

Five Golden Tips

- 1. Delegate your work if you are a working professional.**
- 2. Teach your kids good habits and moral values at home.**
- 3. Try to be peaceful and calm during their morning routines and bedtime.**
- 4. Let go of feelings of guilt. This will help you be a more relaxed person.**
- 5. Always give them quality time and listen to them carefully.**



By Dr. Shikha Rastogi

Dr. Nefla



Dr. Nefla K K, Postgraduate Student, Department of Orthodontics and Dentofacial Orthopedics, KMCT Dental College, Calicut, Kerala, has been awarded financial support under the DHR-ICMR PG Thesis Program by the Department of Health Research (DHR), Ministry of Health and Family Welfare, Government of India.

The grant, amounting to ₹1,00,000, is a one-time fellowship provided to support postgraduate thesis research. Her selected research project titled "Comparative evaluation of different thickness of clear aligner for maxillary full arch intrusion using temporary anchorage devices (TAD): 3D finite element study" is being conducted under the guidance of Dr. Binu Purushothaman, Professor, Department of Orthodontics and Dentofacial Orthopedics, KMCT Dental College, Calicut.

Her study underscores academic rigor, clinical relevance, and a strong contribution to evidence-based orthodontics, particularly in the area of clear aligner biomechanics and temporary anchorage device applications.

The fellowship is disbursed in two installments as per DHR-ICMR guidelines and recognises the academic merit and research contribution of postgraduate students in the field of orthodontics.



Dr. Aneesa Safiya

Dr. Aneesa Safiya, 3rd Year PG, GSL Dental College & Hospital, Rajahmundry, Andhra Pradesh, has been awarded financial support under the *DHR-ICMR PG Thesis Program by the Department of Health Research (DHR), Ministry of Health and Family Welfare, Government of India*.

The grant, amounting to *₹1,00,000*, is a one-time fellowship provided to support postgraduate thesis research. Her selected research project titled “*Validity of Indian Board of Orthodontics – Orthodontic Index in assessing complexity of treatment and standard of treatment outcome among various malocclusion groups*” is being conducted under the guidance of *Dr. S. V. M. Raghu Ram Ravipati*, Professor and Head of the Department.

Her study underscores academic rigor, clinical relevance, and a strong contribution to evidence-based orthodontics in the Indian context.

The fellowship is disbursed in two installments as per DHR-ICMR guidelines and recognises the academic merit and research contribution of postgraduate students in the field of orthodontics.

Reported by Dr. Anisha Valli

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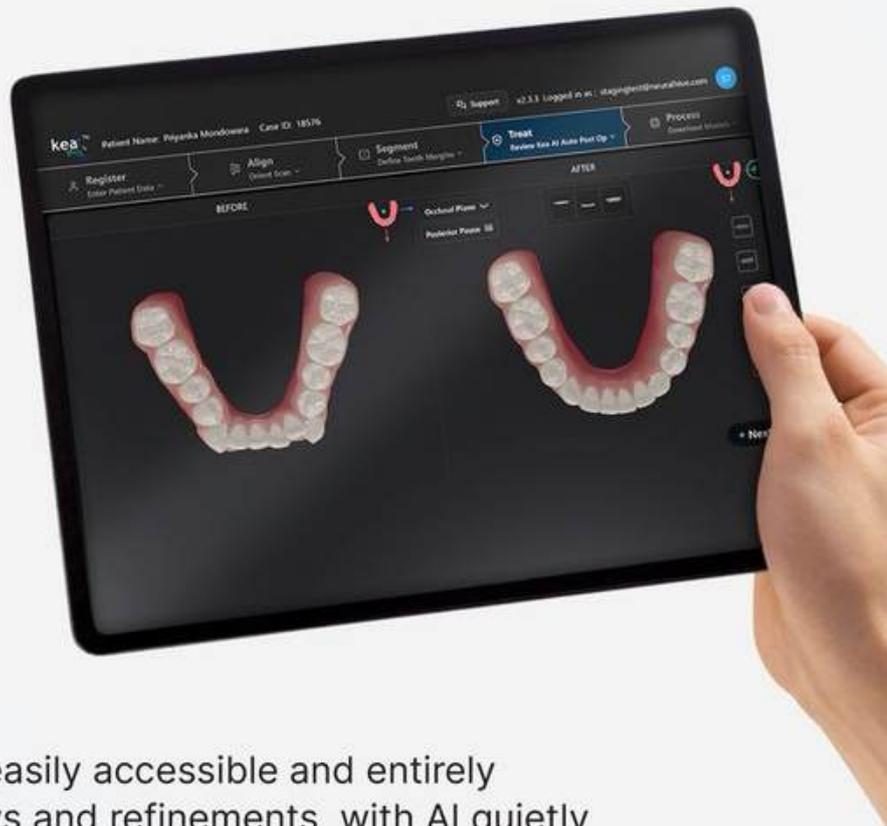
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