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Times

The Official News Letter of Indian Orthodontic Society



Reach us @ editoriostimes@iosweb.net





PRESIDENT'S MESSAGE

Dear Members of Indian Orthodontic Society,

Hope you are doing great in your health & daily life.

This years logo "Fostering Smiles Globally" was the highlight of the march calendar of events.

This month there were two IOS friday Rendezvous programme one on 10th March by Dr. Jean-Marc Retrouvey Professor and Chair Kensas USA on 3D+AI+Opensource software: when Mathematics transcends Orthodontics which was an eyeopener.

The other Friday Rendezvous on 24 th March by Legendry Speaker Dr. Rohit Sachdeva Professor from USA. Dr. Sachdeva shared his experience on Clear aligner Mandibular advancement in growing Class II patients. It was a lecture with a different interactive concept. The lectures were attended by more than 450 delegates online.

The vibrant Executive Committee especially the Academic Council did a phenomenal job hosting the same.

The IOS PG orientation programme was successfully hosted by RUHS Dental College (Government Dental College), Jaipur on 17th & 18th April under the able leadership of Dr. Seema Chaudhary, Dr. Saurabh Chaturvedi, Dr. Vandana Kararia & Dr. Deepak Goyal. The lectures conducted made the students glued to their seats for long.

The India International Orthodontic Symposium hosted by Coorg Institute of Dental Sciences, co-hosted by Eurasian Society of Orthodontists between 24th-26th April saw a strong representation from more than 45 foreign delegates & speakers. The Organising Chairman- Dr. Sunil Subbiah, Programme Coordinator -Dr. Anmol Kalha along with the team made all possible to give the best to delegates. The implementation of 3D imaging in daily orthodontic practices was the highlight.

Looking forward to much more of Academic Learning in months to come.

Stay Tuned!!

Jai Hind, Jai IOS

Dr. Balvinder Singh Thakkar

President, Indian Orthodontic Society



SECRETARY'S MESSAGE

Esteemed members of the society,

Hope you all are enjoying the best of your health and spirit!

This month of April saw many enriching programs conducted in the form of Rendezvous events by Dr Jean Marc Retrouvey and Dr Rohit Sachdeva hosted by the Executive Committee and the Academic Council.

The Mid year convention held at Vietnam proved to be an opportunity for rejuvenation and relaxation with academic deliberations for the members.

This month also saw a host of programs conducted by study groups all over the country which was very encouraging for all.

The IOS Pg Orientation program held by RUHS Dental College, Jaipur and the National Typodont Workshop held at ITS, Ghaziabad was an eye opener for our postgraduate students.

The coming month of May is going to be a happening one with lot of activities lined up for the World Orthodontic Health Day. We expect full participation from all our esteemed members.

Jai IOS, Jai Hind

Sincerely

Prof. (Dr.) Sanjay Labh

Hon. Secretary, IOS



EDITOR'S MESSAGE

"April showers bring forth May flowers"

"There is no glory in star or blossom till looked upon by a loving eye. There is no fragrance in April breezes till breathed with joy as they wander by."

Of all the things we wear, our expression is most noticeable...with enjoyment and pleasure, we put forward the next dynamic piece of creativity, freedom, self expression, enthusiasm of our next issue.

IOS Times is more than just a newsletter where the potentials, talents, achievements and vision of our society get reflected.

Last month we all celebrated Holi, the festival of Colours, Love and Spring. So after the most vibrant festival, with all the power packed and colourful activities in the last month we are ready for the upcoming activities with full zeal and enthusiasm. So all the members who already packed their bags for Ranthambore for the Wild life photography event we wish you a lovely experience. We also wish our members a fantabulous trip to Vietnam for the most awaited event of the year, the Mid year convention. And we are all set to imbibe some more knowledge from all the events which are scheduled for this month.

There is always some inspiration to imbibe from our interview section and some inspiration, enthusiasm, courage and wonder from our Orthotainment section as always.

Whatever changes 2023 may hold, one thing remains constant: our commitment to our profession we share.

Let's get to work.

Thanks,

Dr Santosh Ramegowda

Editor, IOS Times

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Dr Kannan Sabapathy

Event	Date	Day	Venue	Contact Person	Phone No	Email ID
1ST EC MEETING	18th SEPT 2022	Sunday	PUNE	DR. JAYESH RAHALKAR	9822056681	jayeshrahalkar@gmail.com
NATIONAL ORTHODONTIC WEEK / ORTHODONTIST DAY	1 th -7 th OCT 2022 5 th OCT 2022	Saturday - Friday	PAN INDIA	IOS HO / HON. SECRETARY	9829213700 9313483570	president@iosweb.net. secretary@iosweb.net
PRACTICE MANAGEMENT SERIES	16 th OCT 2022	Sunday	VIRTUAL	DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA	9824122642 9980044933 9860467872	kubavatajay@gmail.com drsidssetty@gmail.com drgauravg@gmail.com
IOS FRIDAY RENDEZVOUS	28 th OCT 2022	Friday	VIRTUAL	DR AJAY KUBAVAT	9824122642	kubavatajay@gmail.com
IBO AWARENESS PROGRAM	19 th NOV 2022	Saturday	JAIPUR	DR ASHWIN MATHEW DR SALIL NENE	9840032771. 9822871387	ibochairman@iosweb.net ibosecretary@iosweb.net
2ND EC MEETING	20th NOV 2022	Sunday	JAIPUR	DR BALVINDER SINGH THAKKAR	9829213700	president@iosweb.net
IOS FRIDAY RENDEZVOUS	25 th NOV 2022	Friday	VIRTUAL	DR AJAY KUBAVAT	9824122642	kubavatajay@gmail.com
ART AND SCIENCE OF CRAFTING STANDOUT RESEARCH	2 nd - 3 rd Dec 2022	Friday - Saturday	NEW DELHI	DR HARNEET KAUR	9817467002	dr.harneetkaur@gmail.com
PRACTICE MANAGEMENT SERIES	11 th DEC 2022	Sunday	VIRTUAL	DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA	9824122642 9980044933 9860467872	kubavatajay@gmail.com drsidssetty@gmail.com drgauravg@gmail.com
IOS FRIDAY RENDEZVOUS	23 rd DEC 2022	Friday	VIRTUAL	DR DEENA DAYALAN	9840895100	dheena.mds@gmail.com
PG ORIENTATION	5 th - 6 th JAN 2023	Thursday-Friday	BELGAUM	DR K M KELUSKAR	9448136832	drkeluskar@gmail.com
ORTHODONTIC PREMIER LEAGUE	18 th - 19 th JAN 2023	Wednesday-Thursday	COORG	DR SANTOSH RAMEGOWDA DR GOUTHAM B	9845428008 9900620536	ramegowdasantosh@gmail.com m drgouthamreddy2000@gmail.com
PHASE II IBO ONLINE EXAMINATION	23 th JAN 2023	Monday	VIRTUAL	DR ASHWIN MATHEW DR SALIL NENE	9840032771. 9822871387	ibochairman@iosweb.net ibosecretary@iosweb.net
REPUBLIC DAY	26 th JAN 2023	Thursday	VIRTUAL	IOS HO / HON. SECRETARY	9829213700 9313483570	president@iosweb.net. secretary@iosweb.net
NATIONAL INTEGRATED TYPHODONT WORKSHOP(EAST ZONE)	27 th - 29 th Jan 2023	Friday - Saturday-Sunday	KOLKATA	DR PARTHA PRATAM	9163239583	doctorpartha@gmail.com

PRACTICE MANAGEMENT SERIES	5 th FEB 2023	Sunday	VIRTUAL	DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA	9824122642 9980044933 9860467872	kubavatajay@gmail.com drsidssetty@gmail.com drgauravg@gmail.com
IOS PG CONVENTION	16 th – 19 th FEB 2023	Thursday - Friday - Saturday - Sunday	LUCKNOW	DR SUDHIR KAPOOR	9415022735	kapoorclan@hotmail.com
3RD EC MEETING	19th FEB 2023	Sunday	LUCKNOW	DR SUDHIR KAPOOR / DR RAJ KUMAR JAISWAL	9415022735 9415023934	kapoorclan@hotmail.com drrajkumarjaiswal@yahoo.co.in
IOS FRIDAY RENDEZVOUS	3 rd MAR 2023	Friday	VIRTUAL	DR REJI ABHRAAM	9947357788	rejiabm@gmail.com
IOS PG ORIENTATION PROGRAM	17 th – 18 th MAR 2023	Friday - Saturday	JAIPUR	DR SEEMA CHOUDHARY DR SAURABH CHATURVEDI	9829125999 9468869266	drseemaortho@gmail.com drsaurabh84@yahoo.com
INTERNATIONAL ORTHODONTIC SYMPOSIUM	24 th – 27 th MAR 2023	Friday - Saturday - Sunday - Monday	COORG	DR SUNIL MUDDAIAH DR ANMOL KALHA DR GOUTHAM B	9448113013 9910017111 9900620536	drsunilmuddaiah@gmail.com anmolkalha@gmail.com. drgouthamreddy2000@gmail.com
WILD LIFE PHOTOGRAPHY	31 st Mar- 2 nd Apr 2023	Friday - Saturday - Sunday	RANTHAMBOR E	DR RAGHUNANDAN CHANDURI/ DR ARIHANT JAIN	9845187614. 7417670908	drraghucvl@yahoo.com arihantjainortho@gmail.com
ROAR (RAMACHANDRA ORTHODONTIC ACCELERATED REVIEW)	3 rd – 5 th Apr 2023	Monday - Tuesday - Wednesday	HYBRID	DR. VIGNESH KAILASAM DR SRIDEVI P	9840237177 9600077428	theorthodontist@gmail.com sridevipadu@gmail.com
NATIONAL INTEGRATED TYPHODONT WORKSHOP	6 th – 8 th Apr 2023	Thursday - Friday - Saturday	GHAZIABAD	DR PAYAL SHARMA / DR PIUSH KUMAR	9212708451 9811307935	drpsharma25@yahoo.com piushkumardf@its.edu.in
MID-YEAR CONVENTION	8 th APR – 15 th APR 2023	Saturday - to Next Saturdat	VIETNAM	DR SARABJEET SINGH DR ANSHU KALRA	9876061283. 9355627398	sarabjeet3400@yahoo.co.in dranshuortho@gmail.com
PRACTICE MANAGEMENT SERIES	7 th MAY 2023	Sunday	VIRTUAL	DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA	9824122642 9980044933 9860467872	kubavatajay@gmail.com drsidssetty@gmail.com drgauravg@gmail.com
NATIONAL TYPHODONT WORKSHOP(SOUTH ZONE)	11 th – 13 nd MAY 2023	Thursday - Friday - Saturdays	CHENNAI	DR C DEEPAK	9840060745	drcdeepak1307@gmail.com
WORLD ORTHODONTIC HEALTH DAY	15 th MAY 2023	Monday	PAN INDIA	IOS HO / HON. SECRETARY	9829213700 9313483570	president@iosweb.net. secretary@iosweb.net
NATIONAL INTEGRATED TYPHODONT WORKSHOP	15 th – 17 th MAY 2023		MALLAPURAM, KERALA	DR SAM PAUL	8921406622	info@exodusdental.com
INTERDISCIPLINARY ORTHODONTICS SYMPOSIUM	20 th MAY 2023	Saturday	HYDERABAD	DR SHUBHAKAR RAO	9949095427	shubhaker@gmail.com
4TH EC MEETING	21st MAY 2023	Sunday	NEW DELHI	DR SANJAY LABH	9313483570	secretary@iosweb.net
IOS FRIDAY RENDEZVOUS	26 th MAY 2023	Friday	VIRTUAL	Dr A EDEINTON ARUMUGAM	9841121575	edeinton@gmail.com
NATIONAL INTEGRATED TYPHODONT WORKSHOP - ADVANCED COURSE	29 th – 30 th May 2023	Monday- Tuesday	MODERN DENTAL COLLEGE, INDORE	DR ASHISH GARG DR AMIT BHARDWAJ DR SURYANSH DILLIWAL	9826340056 9826550696 9893064911	drgargs_1@yhoo.com dramit2211@yahoo.in

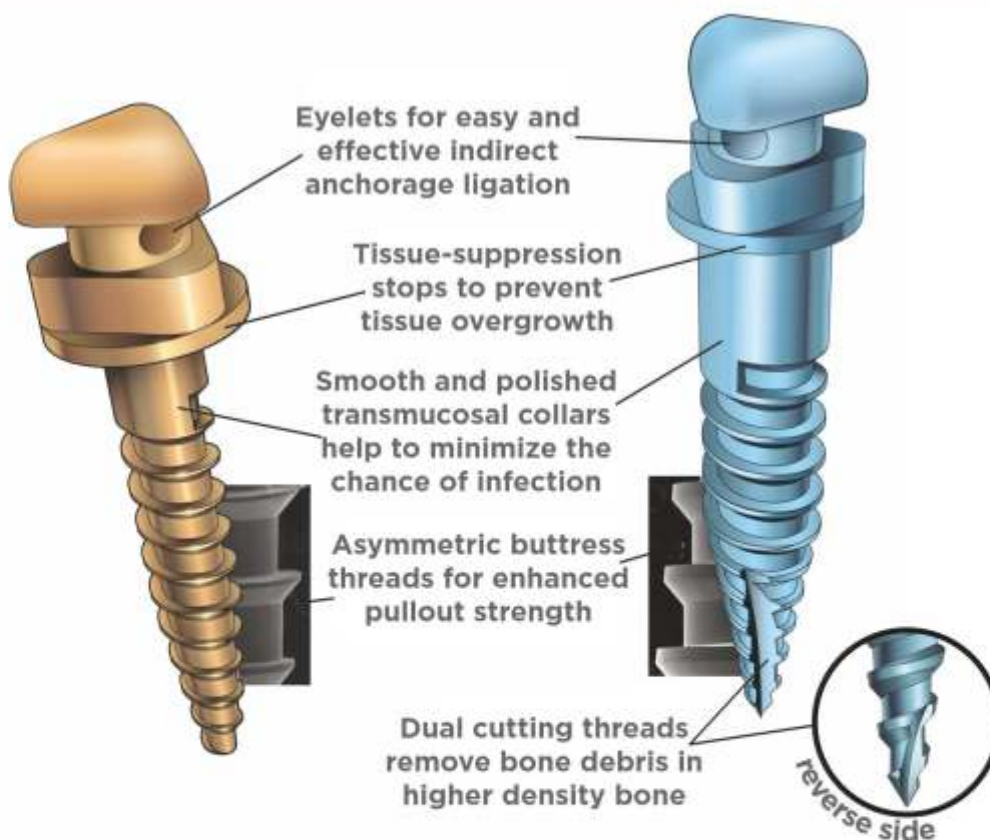
IOS SYMPOSIUM ON CLINICAL CASE REPORTS (GRANDEUR II)	5 th – 6 th JUN 2023	Monday - Tuesday	VIRTUAL	DR SURYAKANTA DAS	9861099237	orthosuryakantadas@gmail.com
SOUTH ZONE PG CONVENTION	8 th – 10 th JUN 2023	Thursday-Friday - Saturday	SALEM	DR SABRINATHAN. DR PRABHAKAR KRISHNAN DR R RANGANATHAN	9843190022 9843688271 8489988999	orthosat@gmail.com
NATIONAL TYPHODONT WORKSHOP(WEST ZONE)	16 th – 17 th JUN 2023	Friday-Saturday	Ahmedabad	Dr Alap Shah	8347914866	alap@ksd.ac.in
ORTHO GEDI	23 rd – 24 th JUN 2023	Friday - Saturday	AMRITSAR	DR SARABJEET SINGH DR SUKHDEEP SINGH KAHLON DR CHETAN DEV BOPARAI	9876061283 9888897473 8566031983	sarabjeet3400@yahoo.com singhkahlon@yahoo.com drchetandevsingh@yahoo.co.in
IOS FRIDAY RENDEZVOUS	30 th JUN 2023	Friday	VIRTUAL	DR UDAY KUMAR DIGUMARTHI	9949818001	drsaiuday@gmail.com
PRACTICE MANAGEMENT SERIES	9 th JUL 2023	Sunday	VIRTUAL	DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA	9824122642 9980044933 9860467872	kubavatajay@gmail.com drsidssetty@gmail.com drgauravg@gmail.com
INNOVATION CONCLAVE	15 th – 16 th JUL 2023	Saturday - Sunday	VIRTUAL	DR JAYESH RAHALKAR DR RAJAGANESH GAUTAM	9822056681 9890389945	jayeshrahalkar@gmail.com rajaganeshgautam@yahoo.com
2 ND INVISIBLE ORTHODONTICS SYMPOSIUM	21 st – 22 nd JUL 2023	Friday - Saturday	VIZAG	DR SRIKRISHNA CHALASANI	9849477777	orthodontist7@gmail.com
IOS FRIDAY RENDEZVOUS	28 th JUL 2023	Friday	VIRTUAL	DR ANAND TRIPATHI	9422560650	anand.tripathi86@gmail.com
NATIONAL CLEFT AND CRANIOFACIAL ORTHODONTICS PROGRAM	4 th – 5 th Aug 2023	Friday - Saturday	BANGALORE	Dr HEMANTH M DR VIRAG BHATIA	9845459666 9826021997	hemanth984545@gmail.com viragbhatia@yahoo.co.in
DIGITAL ORTHODONTIC-THE FUTURE	12 th – 13 th AUG 2023	Saturday - Sunday	AIIMS NEW DELHI	DR RITU DUGGAL / DR PUNEET BATRA	7838390003/ 9810335961	ritudug@gmail.com / drpuneetbatra@gmail.com
INDEPENDENCE DAY	15 th AUG 2023	Tuesday	VIRTUAL	IOS HO / HON. SECRETARY	9829213700 9313483570	president@iosweb.net. secretary@iosweb.net
IOS CHRONICLES (IOS JOURNALS SYMPOSIUM)	18 th – 19 th AUG 2023	Friday - Saturday	VIRTUAL	DR VIGNESH KALAIAM DR SARVARAJ KOHLI	9451570848 9425152568	theorthodontist@gmail.com sarvraj.kohli@gmail.com
EOGM	14 th SEP 2023	Thursday	MEERUT	HON. SECRETARY- DR SANJAY LABH	9313483570	sanjaylabh@gmail.com
5TH EC MEETING	15th SEP 2023	Friday	MEERUT	DR PRADEEP RAGHAV DR VAIBHAV MISHRA	9837175914 9897146669	drpradeepraghav@gmail.com vaibhavmisra@gmail.com
57TH INDIAN ORTHODONTIC CONFERENCE	15 th – 17 th SEP 2023	Friday - Saturday - Sunday	MEERUT	DR PRADEEP RAGHAV DR VAIBHAV MISHRA	9837175914 9897146669	drpradeepraghav@gmail.com vaibhavmisra@gmail.com
AGM	16 th SEP 2023	Saturday	MEERUT	DR PRADEEP RAGHAV/ DR VAIBHAV MISHRA	9837175914 9897146669	drpradeepraghav@gmail.com vaibhavmisra@gmail.com



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1-Can you tell us about your Family background?

Dr Bhagwan Das, my great grandfather, was a person with a healing touch to the emerging Patliputra region. People came from far and near to be healed by him. He understood and gave relief to one and all with his passion to heal. It was not medicine but his positive and well directed thoughts, a love, a dedication towards the upliftment of a life from misery and pain.



Dr Prof Rajeev Lall Interview

Dr. Amesh Kumar Golwara got the opportunity to arrange for an intriguing interview with Dr. Rajeev Lall in which he beautifully brought out the crux of the various prospects of his professional life, right from challenges in the early days & through his journey as an orthodontist to his goals as an ICD president. The interview concluded with a message for the young & upcoming Orthodontists.

When his son Late Dr RP Lall, my grandfather, went to Vienna to learn a course named Licentiate of Dental Surgery, he carried on this same compassion.

A visionary with such farsightedness, which only he knew at that time, he was the Pioneer of dentistry-of erstwhile Bihar He and his like minded visionary personalities established the first dental college of Bihar. He had the honour of being an ICD member.

His eldest son, Late Prof Dr Nand Lall, my father went on to become the First Orthodontist of Bihar and retired as Principal of Patna Govt Dental College. He was the second-generation ICD Fellow & one who made sure that we stand up to our commitment. He has the honour of having his both sons Fellow of ICD.

I Prof Dr Rajeev Lall was awarded MDS from Ragas Dental College under the acclaimed faculties like Prof Dr NR Krishnaswamy & Prof Dr Lodd Mahendra in the year 1999 Thereafter I was conferred with fellowship of ICD section VI. I bow in gratitude to our respected Board to bestow their trust & blessing on me.

2- How does ICD work and what is an ICD fellowship?

The International College of Dentists (ICD) has been



honoring the world's leading dentists since 1920™. The College currently has only selected 12,000 members in 127 countries, who have been awarded the prestigious title of Fellow in the ICD. The Fellowship in the College is extended by invitation only.

The International College of Dentists is a leading honorary dental organization dedicated to the recognition of outstanding professional achievement, meritorious service, and the continued progress of the profession of dentistry for the benefit of all humankind.

3 – What will be your GOAL as ICD President?

‘Smile for everyone!’ by recognizing the Service of Dentists & our Opportunity to serve.

Contributing to the public, society and to the profession Sharing repository of knowledge and helping out in times of need

Some examples include distribution of Oxygen cylinders, Supply of food, clothing, medication in times of need , conducting camps in school , college, social organizations , etc .

4- How would you describe your JOURNEY of ORTHO?

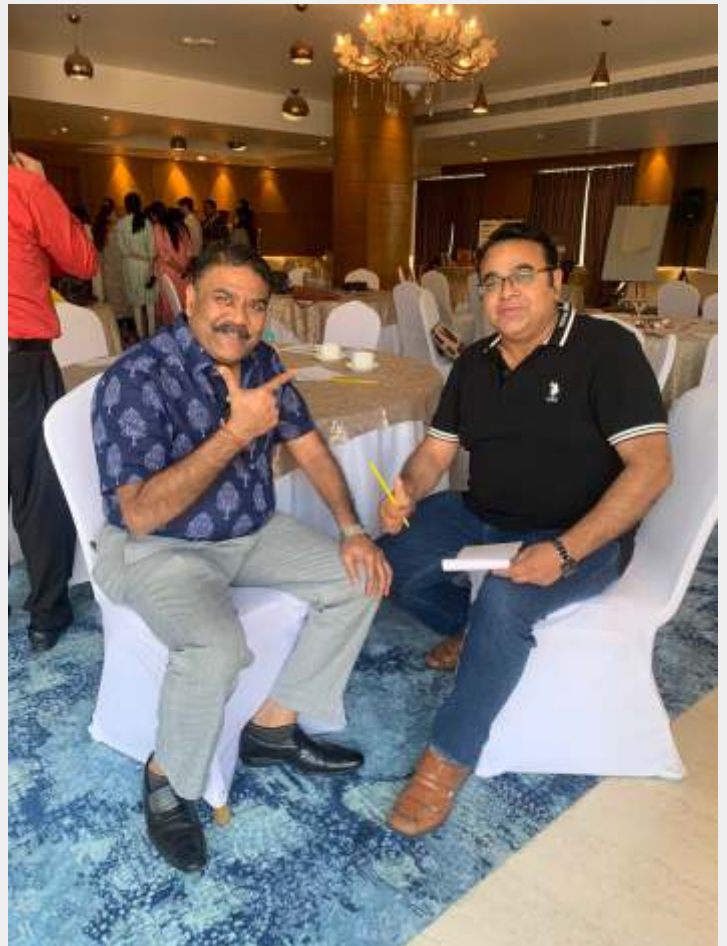
I was guided by my parents to pursue this specialized field. I learnt the specialty under the experienced Masters. Days and night were toiled to become an Orthodontist. The hardship and dedication towards the learning that I received has made me what I am today. I owe it to my family and teachers.

I have been in the teaching profession for the past 24 years.... fortunate to serve at great institutions and interact with learned faculties & enthusiastic students. Having travelled extensively as an examiner & speaker, as a delegate to conferences & conventions , I honed my skills with each passing day .

5- Can you share your experience with young Orthodontists?

The world is getting better, from banding to bonding to aligners, from physical to digital models, from multiple discussions to data backed, machine based AI, from reference books to digital world , I see a tremendous opportunity for a Orthodontist who is willing to learn and deliver world class treatment outcomes. The experience which I have is due to the toil that I was guided by my respected seniors.

I strongly urge you to be Energetic and proactive which would instill Fresh ideas into research & thereby development of Orthodontics. The day is not far when your hard working passionate senior stalwarts will be happy to see you blossom into a distinguished personality. You have a bright future in hand, make your country and parents proud. "Dedicate yourself today to Deciding the future tomorrow!"



6- How did you face the INITIAL CHALLENGES in your career?

Life tests you, not to make you disheartened, but to make you better. I keep facing challenges each day and I am grateful that I learn and become better. The challenges of this intricate specialty, among others in dentistry , made me even more enriched as I got to meet diverse clients & treat multifaceted cases . Each challenge, however small or large, should be faced with responsibility, that’s what I learnt early in life. ‘A winner is a dreamer who never gives up’

7- What is your take on DIY?

I have, since childhood, seen the development of dentistry - how much it has evolved and the way it is growing. Times have come when I embrace the emerging trends in all specialties of dentistry when it is researched based theory or a treatment.

As I said earlier, our world has a bright future and society is becoming more responsive to our scientific developments and treatment protocols. I applaud each one dentist among us and wish you a Smiling life ahead.

Thank you

Dr. Rajeev Lall

President

International College of Dentist Section VI

The Department of Orthodontics, Faculty of Dental Sciences, SGT University, Gurugram in collaboration with Smile 4 Souls Academic Association conducted the 1st Annual Orthodontic Debate in the country endorsed by IOS. The event was efficiently organised by Dr.Pandurangan Harikrishnan, head of the department and his team of staff and postgraduate students.

Around 80 postgraduate students attended the programme enthusiastically from ten different colleges divided into ten teams from four states (Haryana , Delhi, Rajasthan and U.P.). The programme began with an introductory speech by Dr. P. Harikrishnan highlighting the various topics of controversy right from the historic "Case controversy" debate of 1911, which was followed by the welcome speech by Dr. Santosh Kumar. The chief guest Dr.Rajesh Kumar Sinha, Dean



Various topics for the debate were Extraction Vs Non-Extraction, Fixed appliances Vs Aligners, Labial Vs Lingual appliances, Early Vs Late Orthodontics and Orthodontic Vs Surgical treatment. 1st Session of the debate was between team Maulana Azad Dental College and team CDER-AIIMS. After a short tea break, 2nd Session of debate was between team Bankey Bihari Dental College and team Sudha Rastogi Dental College, 3rd Session was between team PDM, Bahadurgarh and team ITS, Greater Noida. After a lunch break and group photograph, 4th Session went between team PGI, Rohtak and team Aligarh Muslim University, and the last 5th session was between team Manav Rachna Dental College and team NIMS, Jaipur. The participants energetically debated the topics with lots of scientific evidence and case samples from the orthodontic literature.

The debate results were announced by Dr. Sanjay Labh with his inspirational speech. Team CDER-AIIMS won the 1st prize followed by 2nd prize by Maulana Azad Dental College and 3rd prize by ITS, Greater Noida, whom received the trophies. The event ended with Certificate distribution to all participants, felicitation of the judge, vote of thanks and all participants received a takeaway snack pack with a small memorable gold colored key-tag memento.

Dr.Sanjay Labh announced that he will take the debate concept, an interesting learning method for students to various regions in the country under IOS banner. We as organisers of the 1st Annual Orthodontic Debate feel happy and take pride in putting the starting point for Orthodontic debate programs in our country.

Orthodontic Debate

academics, SGT university was welcomed with a memento and sapling followed by his words of wisdom. The Dean, Faculty of Dental Sciences, Dr.Omkar Shetty also welcomed the guests with a speech. Lighting of the lamp was done by the Chief guest, Dr. Sanjay Labh, Dr. Omkar Shetty, Dr. P. Harikrishnan and Dr. Santosh Kumar along with three participants. Dr.Sanjay Labh, Hon.secretary of IOS graced the event as an esteemed Judge for the Debate.





I.T.S- Centre for Dental Studies & Research, Ghaziabad

Department of Orthodontics and Dentofacial Orthopedics
A Report on National Integrated Typhodont workshop
6th – 8th April 2023



National Integrated Typhodont workshop was held from 6th – 8th April in association with the Indian Orthodontic Society. The program had the participation of more than 100 delegates from more than 30 different colleges across India. The program lectures were held in R Ahmed hall and the hands on exercises were demonstrated and performed in the Artificial simulation lab. The course participants were provided with course material and a video manual for future reference.

The objective of this three day comprehensive program was to teach various fixed and removable orthodontic techniques and basic wire bending to the post graduate students.

The program saw an array of reputed speakers from different parts of the country coming together to impart their knowledge and skills.

Around 116 participants attended the program

Lecture Content

DAY-1

Dr M.S. Sidhu and Dr Sunanda Roy Choudhary took lecture on Standard Edgewise technique followed by demonstration of different wire bending exercises.

Dr Poonam Sharma, Dr Payal Sharma and Dr Piush Kumar conducted a lecture on Begg's technique followed by demonstration of different Begg's wire bending exercises.

Dr Gurkeerat Singh and Dr Rajkumar Singh gave an overview of Myofunctional and orthopedic appliances followed by demonstration of construction bite technique.

DAY-2

Dr Vinay Chugh and Dr Priyank Rai gave an overview of Pre adjusted edgewise technique, Roth philosophy, MBT technique followed by MBT technique bracket placement.

DAY-3

Dr Sanjay Labh conducted a lecture of lingual orthodontics followed by demonstration and hands on of fabrication of individualized arch form

He also conducted a lecture on self ligation in Orthodontics

Dr Puneet Batra took a lecture on Cleft Orthodontics followed by a demonstration of lip taping and Nasoalveolar molding.

The students were familiarized with different basic orthodontic techniques. They had an opportunity to get a hands on experience of different types of wire bendings in different techniques. Students attained a better understanding of the basics of orthodontic biomechanics.

The lectures were concluded with a felicitation by presenting a memento to the respective speakers and to delegates on the final day of the program





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MYC REPORT

Vietnam

Day 1 – Saigon arrival and city tour

It was 7 AM on 9th April when Tan son Nhat international airport in Ho Chi Minh City of Vietnam witnessed the warm hugs and bright smiles of _____ delegates coming from different ports for 19th mid year convention organised by Indian orthodontic Society under the guidance of Dr Balvinder Singh Thakkar, president IOS, and a very promising team led by Dr Sarabjeet Singh Dr Anshu Kalra and Dr Sukhdeep Singh Kahlon. After providing all the delegates with the Sim card so that the connectivity does not suffer at any cost, two luxurious buses took the delegates to Hotel Pullman, Saigon centre, where the guests were welcomed with a traditional welcome drink – Honey ginger tea. Post



check in the delegates had the breakfast and soon after assembled in the lobby for beginning the Saigon city tour. The first stop was Reunification Palace, which is a historical monument. The guides took everyone for a very informative tour around the palace and explained the history behind every thing very diligently. After an informative session, it was time for seeing yet, another architecture marvel of the city so the next stop was Saigon post office and Notre Dame cathedral . The delegates were left free to explore the place and click photograph of this

picturesque location. The building of Saigon Post office served a beautiful backdrop for so many photographs. The delegates enjoyed exploring the handmade postcard and crafts inside the post office. After finishing this it was time for lunch and we all went to an Indian restaurant called Dal Cheeni .The food there made up for the exhaustion because of the long journey. Everyone had their stomach and mind full of food. Later in the evening we went to War Remenant museum. The museum had three floors and everyone was free to explore it by themselves. It had partially exposed the brutal truth about the Vietnam war and its long-standing traumatic consequences. After this the bus headed towards a very famous local market – Ben Thah market. The delegates went and happily explored, bargain and bought products of their choice. By this time, most of us were tired and all we needed was a bed to lie on, but the organising team had a better place in mind it was Renaissance Riverside hotel, The, the view of high-rise buildings, decorated with pretty lights in bright colours on one side, Saigon River lit with gorgeous lights on another, and the cool breeze with local folklore, took all the tiredness away. The dinner venue was as much treat to the eyes and soul as much the food was for the palate. After enjoying drinks, dinner and music, everyone headed back to hotel to conclude a mesmerising day one of this ultra luxurious tour and looking forward for the coming ones.



Day 2 – Cu chi tunnels



On 10th April, the day started with a wonderful yoga session conducted by Dr Jyoti Rahalkar. The stretches done in the beginning of the day did take away a lot of tiredness of the journey from previous day. After this everyone got ready, had their breakfast and we all headed for Cu Chi tunnels. It was almost an hour long journey but the activities like singing old Bollywood numbers and Antakshari made it seem like a small one. The snacks and local delicacies brought by delegates from their respective home towns made sure we always had something to munch on. On our way to Cu Chi tunnels, we stopped at a small handicraft workshop which had artists who were physically handicapped, but the art made by them using eggshell powder was remarkable. After having a look at the beautiful creations, we reached Cu Chi tunnels. The first activity there was getting inside a

small tunnel covered with lid later on to get all the feels. Many delegates excitedly used this opportunity to get inside this small dark dungeon however, some choose not to. Later on after walking for some distance, there was a representation of how the military training was done and weapons were made. Few delegates even tried their hands on gun shooting at the



tunnel. Post this tour and witnessing how difficult life the Vietnamese soldiers lived, we now headed towards our lunch venue which was an Indian restaurant at Saigon. We relished pani puris and buttermilk along with a delicious main course. However, the highlight remained the cakecutting and birthday celebration done for Dr. Mona Lisa Kahlon. We got to gobble some delicious chocolate cake that day. With our stomachs full and we now headed towards Saigon Centre which is yet another local market. Post an hour and a half of shopping we all headed back to hotel. For dinner, the delegates got divided into vegetarian and non-vegetarian groups. The vegetarians went to Buddha restaurant where they witnessed a customary way of having dinner with seats spread on the floor and enjoyed traditional veg. Vietnamese food. It included fresh vegetable spring roll, soup, salad (which was a favourite), fried noodles, and tofu. The non-vegetarians on the other hand had a street walking tour where they enjoyed calms, oysters, prawns, octopus and some soup. It was a very delightful and delicious experience for the non-vegetarians as well. Both the gangs later on enjoyed fresh sweet coconut ice cream and headed back towards the hotel after a satisfying Day 2



Day 3



The day of scientific session started at around 8:30 AM in the presence of all the senior delegates. After the first few scientific presentations were done, delegates were served tea and breakfast at the hotel. Soon after breakfast there was a presentation by Dr Phan Nu Hai which was followed by a presentation on the history of IOS by our honourable President Dr Balvinder Singh Thakkar. At 11 AM the inaugural function started with the lighting of a lamp by Dr Balvinder Singh Thakkar, President IOS, Professor Dong Khac Than, President VAO, Dr Jayesh Rahalkar - President-elect IOS, Dr Sarabjeet Singh, Dr Anshu Kalra, Dr Sukhdeep Singh Kahlon. This was followed by 'Saraswati Vandana' melodiously sung by Dr Jyoti Rahalkar and gracefully performed by Aruja Rahalkar. Dr Shiva conducted the event.



and it began by presenting a token of appreciation by MYC committee to the President IOS- Dr Balvinder Singh Thakkar, to Professor Dong khac Than - President VAO, Dr Anand Marya, our delegate from Cambodia, Dr PHAM Nu Hai, Dr Nguen Thi Hai Quenh & Dr Hoang Viet who were the delegates from Vietnam. Dr Balvinder Singh Thakkar also presented an appreciation token to the organising team of MYC and the



delegates who participated in scientific presentations. The MYC committee presented a vote of thanks to every delegate starting from the most senior to the most junior for their enthusiastic participation and appreciated the efforts of everyone to make this event a huge success. The scientific session continued till evening after lunch. Post gaining knowledge it was time for some more fun in the evening. The delegates dressed up in the shirts given by IOS, headed towards the luxurious Indochina Queen Cruise. The crew is standing on Saigon river lived up to its name, and was indeed looking like a queen dressed up in pretty jewels. The other fact which made the excitement levels go up was the luscious menu. From pakoras to Gulab Jamuns we had it all. The delegates grooving to the beats of DJ, Dr Vaibhav Vashishta danced, their hearts out. Dr Bhavana, Dr Himija, Dr Pinky, Dr Anshu, Dr Balvinder and our two little girls- Shanaya and Angel were just a few Star performers of the of the day. There were also some delegates who were enjoying a different kind of air at the deck of the cruise. It was a cool windy evening and the city lights being reflected on the dark water was just adding to the aura. It was peaceful as well as gratifying. That night we saw Dr Ashwini and Dr Sahu making everyone groove on the melodious voice and Dr Vyas touching our soul with a beautiful piece of poem from his collection. The night ended with a broad, beautiful and bright smile on everyone's face. Thanks to the magnificent views, groovy moves, and of course the delicious food.





Day 4 – Mekong Delta Tour



Day four began with breakfast at Hotel Pullman and heading towards the Mekong Delta. This is Vietnam's most productive agricultural area producing half of nations food crop. Upon reaching the site we took a motor boat and headed for lunch. Here we had scrumptious vegetarian and non-vegetarian food .the tables were laid beautifully with vegetarians, taking one side and the non-vegetarians another. Elephant ear fish and dinosaur egg were a few specialties' of this region. After lunch, the group headed towards a coconut island where we saw the manufacturing of coconut candies,



wafers and some snake wine. Everyone got these candies packed for relishing it back at home. After enjoying the sweet candies, it was time for some adventure for which we headed towards unicorn Island. We first had some honey tea tasting planned for us and later on move to take a boat ride along the Mekong river. It was a small horse carriage which took us to our destination. The "Tanga Wala" was kind enough to let a few delegates like Dr Kanika have their own "Basanti and Dhanno moment". After reaching there, we savored some fresh fruits and appreciated local Vietnamese music. Post this, all of us headed towards a boat and enjoyed the ride as the boat swiftly glided across the river. The serenity of the ride and scenic beauty around left everyone spellbound. It was after the boat ride. We headed towards a bus, enjoying the coconut water and admiring the sunset and sounds of chirping birds. On the way back to hotel, we stopped at one of the most beautiful and magnificent pagoda. The place was an architecture marvel along with being exceptionally picturesque. The tall Buddha statue, the beautiful bonsai, the old paintings, the whole thing was enthralling. The delegates tried their best to capture every thing in the camera but certainly we were not able to capture what we saw. An hour later we reached the hotel, enjoying the bus ride. This evening was kept free for the delegates to explore the city on their own, for which local currency was also given to all of them in traditional envelopes. The suggestions proved to be extremely helpful for choosing the venue for dinner. It was our last night in Ho Chi Minh City, a city with splendid views, amazing locals and delicious food. It was informed to us that we have to leave early the next day, but this did not come in the way of people making the last night a memorable one in the city.



Day 5– Da Nang arrival



“A beautiful morning”, makes sure that the rest of the day continues to be beautiful and a similar thing happened on the morning of April 13, 2023 – the day for the delegates to leave the city for a new destination. The morning rain transformed the weather to pleasant and the mood to happy. After an early breakfast we all headed towards the airport to catch a flight to next destination- Da Nang. After spending four days together, it was already feeling like a family travelling together. The warmth and love which everyone carried with them made the long distance journey seem so small, be it taking care of the fact that everyone is having enough to

eat and drink while on the wheels, or the words of wisdom and college experiences, shared by seniors on board or fun and trolling by children – the whole journey part of this trip was always so lively. Around 11:30 am we landed at Da Nang airport and from there we straightaway headed to see the wonders which the city held for us. Our first stop was Love Lock bridge. It was from the bridge that the delegates enjoyed the view of magnificent dragon bridge over river Han. The bus stopped there for some time and delegates captured the beauty of this place. Next up we headed to monkey Hills. The drive to monkey hills was a splendid one with mountains on one side and beach on another. It actually became very difficult to decide where to focus. Monkey hills had a very scenic view to offer. The first thing we saw was Ling Unh pagoda. The inspiration of this came from a mysterious Buddha statue that washed up on the beach below one day. In all the villages built the shrine in its honour, believing it would protect them from harsh weather. Next we



saw the tallest Buddha statue in Vietnam of Lady Buddha, also known as goddess of mercy. Beyond crowds and city lights, this place casted a magical spell on all the spectators. After exploring this mountain for over an hour, we headed towards a venue for lunch and then later on towards the hotel. Add the hotel we had delegates from Vietnam tourism department who came to welcome the IOS team and thank them for choosing Vietnam as destination of choice for MYC. After checking in rooms, and after some rest, we all assembled to visit the ancient town town of Hoi An.– The city of lanterns. To describe this city is not possible because even the best combination of 26 alphabets won't do justice to the beauty of this place. As we walked through the town, there were lantern boats on one side and small cafes smelling of fresh coffee and pretty flowers on another, it almost fell like walking in the wonderland. It is indeed a world cultural heritage site. We saw Phuc Kien assembly hall and Tan Ky old house. When left free, many delegates enjoyed boat ride on Hoai River and got drenched in the beauty of that view. The beauty of the small town left everyone spellbound. After exploring the street and still not getting enough of it, we forcibly took us steps towards the venue for dinner. The dinner had both vegetarian as well as non-vegetarian dishes which were relished by everyone. The ice cream served at the end was like a cherry on top. After the dinner, we proceeded towards a bus still in awe of this beautiful place. The day was a really long one but the journey was worth it



Day 6



The day started a little early for many delegates on April 14' 23 in hope of witnessing the sunrise at the My khey beach situated around hundred metres away from the hotel, but alas clouds played the bad cop that day as sunrise couldn't be witnessed due to the cloudy weather. Yet there were a good number of delegates who had the luck to witness a variety of fishes being caught by the fishermen, they and enjoy the cool breeze at the beach. After a refreshing morning at the beach and early breakfast we started our journey towards Ba Na Hills, there also called as the green lung of Da Nang and were one hour drive from a hotel to reach the top of Ba Na Hills. We took a cable car. This cable car ride is said to be one of the longest in the world. The ride was approximately 15 to 17 minutes long and made the delegates witness, extremely splendid views. the beautifully carved mountains, lush green trees, a small water fall, and to add to the beauty there were clouds on the way- it was indeed feeling a ride to heaven. Upon arrival on the second phase, we saw a magical world unfold before our eyes. the French village were nothing less than a Disney World. There were beautiful buildings and castles, which had some amazing rollercoaster rides. Wonderful section for the kids to play, beer world, Jurassic park with the magnanimous sized dinosaurs Harry Potter world and what not. Every delegate free to explore on their own, tried covering and enjoying as much as they could. After a fun filled and adventurous tour, we had a lunch and started a journey downhill. Our next top was Golden Bridge. it was a treat to the eyes and a great place to take photographs and enjoy the view. We walked our way through the bridge, enjoying the breeze and feeling all refreshed for the evening. upon reaching hotel a few delegates enjoyed swimming on the 36th floor with a magnificent view of the city and the beach. After this everybody got busy with the preparation of gala night which was supposed to start within an hour. the last stop for the tour was Naman resort where a presidential dinner was arranged. Dressed in all black everyone looked entrancing. There was a delightful arrangement of drinks, dance and food. Everyone was having a gala time sitting and eating until the birthday celebration of Dr Sarabjeet began. There was cake cutting ceremony ,belly dance by some very fine females, group dance by all the delegates , and what not. The Vietnamese dancers dance to the beats of Punjabi Gidda as well as Bollywood music. it was an altogether different vibe and then the process of distribution of certificates started. Dr Balvinder, Dr Sarabjeet, Dr Anshu, Dr Jayesh, Dr Amit, Dr Sukriti, Dr ANAND TRIPATHI and DR Shishir made sure that all the delegates received their certificates only after grooving a little on the beats of Bollywood numbers. There are a few nights which we wish last forever, and the last night was one such night. There was nothing which could have been better than this. The ambiance

was seamless, the food was delicious, the vibe was startling and everyone was enjoying, dancing and smiling. By this time all the delegates who were unknown to each other in the beginning became one big happy family. It was the last night of MYC , the emotions were mixed and it was time for wrapping up this wonderful trip and bid good bye to everyone. But we know, "goodbyes are not forever, goodbyes are not the end. They simply mean stay in touch until we meet again." And with this we concluded 6 days full of love and laughter . The entire organizing team of MYC along with the travel partners made sure that every delegate carry home with them a box full of memories which will be cherished for lifetime.





ROAR- 2023

The 8th edition of Ramachandra Orthodontic Accelerated Review was conducted on April 3rd to 5th 2023.

ROAR which has been a part of the IOS calendar for some years now, is a program specially designed to be a rapid review on topics of academic and clinical interest and is intended to be a finishing school experience for exam going PGs and an eye opener for the younger batches. Several distinguished faculty across the country shared their experience and expertise. The unique feature of this 8th edition was a special module on functional appliances with case presentations by students, discussions and demonstrations by faculty of SRIHER. Another interesting aspect was the quiz that the delegates participated in with much gusto with several teams winning prizes.

The programme was inaugurated in the August presence of the President and Hon. Secretary of the IOS, Vice Chancellor and Dean of SRIHER.



IOS FRIDAY RENDEZVOUS (March 10, 2023)

“3D + AI + Open Source Software: When Mathematics Transcends Orthodontics” Dr. Jean Marc Retrouvey (Missouri)

By: Dr. Ankit Sikri (Section Editor)




The banner features the IOS logo at the top left and right. The main text reads: "THE IOS FRIDAY RENDEZVOUS" and "TOPIC : 3D + AI + OPENSOURCE SOFTWARE : WHEN MATHEMATICS TRANSCENDS ORTHODONTICS !". Below this is a section titled "ABOUT SPEAKER" with a portrait of Dr. Jean-Marc Retrouvey and a list of his credentials and achievements. At the bottom, it states "Date : 10th March 2023 7:00 pm IST" and "Speaker Dr. Jean-Marc Retrouvey".

THE IOS FRIDAY RENDEZVOUS

**TOPIC : 3D + AI + OPENSOURCE SOFTWARE :
WHEN MATHEMATICS TRANSCENDS ORTHODONTICS !**

ABOUT SPEAKER



Dr. Jean-Marc Retrouvey
Professor and Chair
University of Missouri.

- Leo Rogers Endowed Chair and Professor, Department of Orthodontics Interim Program Director, University of Missouri Kansas City
- Honorary Professor Faculty of Odontostomatology Ho Chi Minh City, Vietnam
- Principal Investigator: Brittle Bone Disease Consortium, RCDRN, NIH President International Foundation for Dental Education.
- Jean-Marc Retrouvey received his DMD from the universit  de Montr al in 1978. He completed his orthodontic certificate and master's in science at Boston University.
- He is a RCDC (Royal College of Dentists of Canada) examiner; an NDEB advisor and member of the AAO, the American College of Dentists, The Angle East Society of Orthodontist, a Fellow in the Acad mie Dentaire du Qu bec and the past president of the Canadian Association of Orthodontists.
- As a teacher, he has received the McGill Dental Society, the Wood, Katz and Silverstone awards for excellence in teaching. Dr. Retrouvey also received the Bravo award for his implication at McGill in teaching and research at McGill University. Dr. Retrouvey is also involved with HVO (Health Volunteer Overseas) in the development of blended teaching program for emerging countries and is president of the International Foundation for Dental Education, a nonprofit organization offering orthodontic course.

THE IOS FRIDAY RENDEZVOUS

**TOPIC : 3D + AI + OPENSOURCE SOFTWARE :
WHEN MATHEMATICS TRANSCENDS ORTHODONTICS !**



Speaker
Dr. Jean-Marc Retrouvey

**Date : 10th March 2023
7:00 pm IST**

The lecture series “IOS Friday Rendezvous” entered the month of March with double dose of knowledge and learning. This month was scheduled to have two lectures in a span of fortnight. The lecture, an online webinar, was on the topic – 3D + AI + Open Source Software: When Mathematics Transcends Orthodontics and was held on March 10th, 2023. As many as 400 virtual attendees were eagerly waiting to listen to Dr. Retrouvey’s lecture on another busy Friday.

The entire idea behind this webinar was to help us understand the role of Artificial Intelligence in the field of Orthodontics. How artificial intelligence can be imbibed in our day to day academic and research works to make it an assisted intelligence, was the main crux of this webinar.

The inaugural ceremony was started sharp at 7 pm by Dr. Amesh Golwara where he welcomed the guest speaker, all the principal office bearers and the Executive Committee Members along with the other life members and student delegates.

The Welcome address was delivered by Dr. Balvinder Singh Thakkar (President, IOS) and it was followed by introductory remarks on the IOS Friday Rendezvous Lecture Series.

Dr. Sanjay Labh (Honorary Secretary, IOS) delivered his welcome speech to the keynote speaker, Dr. Jean Marc Retrouvey and also threw some light on the role and significance of AI and 3D soft wares in Orthodontics.

The speaker, Dr. Retrouvey, shared his expert in depth knowledge on the importance and significance of 3D open soft wares and how viz-a-

viz Artificial Intelligence is becoming the need of the hour. He thoroughly justified whether AI is beneficial or detrimental to Orthodontic research, practice and academia.

Towards the conclusion, a Q&A session was conducted by Dr. Ajay Kubavat and Dr. Sheetal Patni where Dr. Retrouvey answered all the queries and clarified the doubts of the delegates. It was quite an extensive and exhaustive Q&A session, to say the least.

The concluding remarks along with the vote of thanks were delivered by Dr. Jitendra Bhagchandani. It was followed by a virtual sharing of the certificate of appreciation which was displayed on the screen by Dr. Uday Kumar and it was virtually handed over to the guest speaker by Dr. Shailesh Shenava (Vice President, IOS).



WHAT'S NEW AT FLASH?

We recently completed the 7th Online Flash Certification Program and welcomed newly certified Orthodontists to the Flash Family. The program was led by Dr. Dhaval Fadia, Head of Orthodontic Design & Technology at Flash Aligners, and Dr. Neil Andrade, KOL and Platinum Provider for Flash Aligners. We are happy to partner with Orthodontists across India for their Clear Aligners Practice.



The entire Flash team got together in Mumbai for 2 days of exciting knowledge sharing sessions. While the days were packed with training, role plays, insight sessions etc., the evenings were about getting to know each other better and having a good time. With renewed energy, the team is ready to serve the Orthodontic community better than ever before.

DON'T MISS OUT ON THE UPCOMING FLASH SESSIONS

Flash Knowledge Forum

June 2023 - Ahmedabad | September 2023 - Bengaluru | December 2023 - Chennai

Flash Certification Program

August 2023 - 8th Online Flash Certification Program

With our focus on Science & Service, Flash Aligners is proud to present
Made in India Aligners.



**DEPARTMENT OF ORTHODONTICS AND DENTOFACIAL ORTHOPEDICS
MAR BASELIOS DENTAL COLLEGE
KOTHAMANGALAM**

**TAMING THE VAGRANT CANINES
LIVE DEMO AND HANDS-ON WORKSHOP
31ST MARCH AND 1ST APRIL 2023**

REPORT

In association with The Indian Orthodontic Society, the Department of Orthodontics and Dentofacial Orthopaedics, Mar Baselios Dental College, Kothamangalam, Kerala conducted a two-day workshop on "Impacted Canines: Diagnosis and Management" on March 31st and April 1st, 2023, and saw the participation of 83 delegates. Day 1 began with the registration of the delegates followed by the inaugural ceremony. The inaugural speech was delivered by Dr. P.G. Francis. Other dignitaries on the dais included Dr. Byju Paul Kurian, the Principal of Mar Baselios Dental College, Kothamangalam, and Vice President Mr. Binu Kaipillil. The vote of

thanks was given by Dr. Irin Sebastian and Dr. Arun Bosco J introduced the workshop.

The sessions for the day included presentations on the incidence, etiology, and diagnosis of impacted canines by Dr. Brijesh S, and treatment modalities for impacted canines by Dr. Joseph Sebastian. The morning sessions also covered the open eruption techniques by Dr. Biju Kalarikkal, closed eruption

Post-workshop assessments were conducted, followed by a panel discussion moderated by Dr. Joseph Sebastian and involving Dr. P.G. Francis and Dr. Biju Kalarikkal. The delegates were provided with certificates and a course manual and the workshop was concluded with a valedictory function.

The workshop provided valuable insights into the



techniques, and autogenous transplantation of impacted canines by Dr. P.G. Francis. After the lunch break, a live demonstration of surgical exposure techniques – Apically repositioned flap, tunnel traction and autogenous transplantation were conducted.

Day 2, on April 1st, started with hands-on exercises guided by Dr. P.G. Francis, Dr. Biju Kalarikkal, Dr. Joseph Sebastian, Dr. Brijesh S, Dr. Arun Bosco J, and Dr. Irin Sebastian, along with the cooperation of postgraduate students of our department Dr. Nivya Krishna U, Dr. Jupitha Grace Podimon, Dr. Thasnim Jawahar, Dr. Anagha Prasad, Dr. Maria Robin, Dr. Rachna Menon, Dr. Princymol, and Dr. Arjun Krishna. The hands-on exercises included wire bending techniques such as modified Ballista spring, multiloop, Kilroy spring, etc., and different surgical exposure techniques on simulated models.

diagnosis and management of impacted canines, with informative presentations, live demonstrations, and hands-on exercises. The active participation of delegates and the expertise of the faculty made the workshop a success, contributing to the knowledge and skill enhancement of the participants in the field of impacted canines management.

Prof. Dr. P. G. Francis

Head of the Dept of Orthodontics
Mar Baselios Dental College,
Kothamangalam





Madras Orthodontic Study Group The Clinical Enrich

30th April 2023

The Clinical enrich program was held on 30th April 2023.

Dr. Anil Ardeszna was the speaker of the day and he is the Head of Postgraduate studies at Rutgers University, New Jersey, USA, one of the largest universities in that country. He spoke on MARA appliance and how it is better than Herbst or other molar to molar fixed functional appliances.

The session had two guests, Dr. Kannan and Dr. Thiru ably moderated by Dr. Poornima and Dr. Rengalakshmi. Thanks to the President, sir, and president elect sir for gracing the occasion.

MOSG conducted an in person lecture by Dr. Murali sir's on the topic 'Financial Freedom for Doctors was an eye opener' for all the members. The question answer session was longer than the lecture itself Tremendous response with 75 participants.

It was highly beneficial for the purpose of planning investments.



TOPIC: MANDIBULAR ANTERIOR REPOSITIONING DEVICE

SPEAKER: DR. ANIL P. ARDESHNA
D.M.D., M.D.S.
ASSOC. PROFESSOR, RUTGERS SCHOOL OF DENTAL MEDICINE, NEWARK, NJ, USA



30TH APRIL 2023

TIME: 6-8PM
THROUGH ZOOM PLATFORM



DR. M.S.KANNAN
PROFESSOR & HEAD
SREE BALAJI DENTAL COLLEGE

DR THIRUNAVUKKARASU RAMANATHAN
PROFESSOR & HEAD,
KARPAGA VINAYAGA INSTITUTE OF SCIENCES



MODERATORS:

DR. POORNIMA
PROFESSOR
SRM DENTAL COLLEGE,
RAMAPURAM.

DR SRIRENGALAKSHMI
ASSOCIATE PROFESSOR
SAVEETHA DENTAL COLLEGE COLLEGE,
CHENNAI


Dr.Sanjay Labh Hon. secretary- IOS Dr.Balvinder Singh Thakkar President- IOS Dr.S.Dilip Convenor MOSG

Dr.Shahul Hameed Co-Convenor MOSG


Dr.Vijayadhith Co-convenor MOSG



Class II Correction in Orthodontic Patients Utilizing the Mandibular Anterior Repositioning Appliance (MARA)



Anil Ardeshra, DMD, MDS,
Associate Professor
Diplomat American Board of Orthodontics
Director of Postgraduate Orthodontics
Director of Orthodontic Research
Department of Orthodontics, Rutgers School of Dental Medicine
New Jersey, USA
ardeshag@sdm.rutgers.edu



Dr. POORNIMA... Dr. M S GANNAN



“Fundamentals of Aligners (Invisalign)”

(CDE) educational event, in association with Align Tech.

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police officer said. A statement issued by the East Champaran district administration said 20 people, "involved in illegal trade of liquor", have been arrested following searches in different localities of Motihari. Around 85.5 litres of country-made liquor and a huge quantity of Indian-made foreign liquor (IMFL) were recovered from their possession, it said.

allegedly consuming spurious liquor in Turkauliya, Harsiddhi, Suggauli and Paharpur areas of the district on the intervening night of Friday and Saturday. Police teams were immediately sent to different hospitals in the city," the statement said. Excise department officials are also probing the incident. Reacting to the suspected hooch tragedy, Bihar Chief Minister Nitish Kumar had on Saturday said: "I have been maintaining that liquor is bad and shouldn't be consumed. I have asked officials to take strict action against those who violate prohibition laws". The state government imposed a total ban on sale and consumption of alcohol on April 5, 2016. Scores of people had died in the last major hooch tragedy at Saran district in December 2022.

Meanw was or him an ously. The saved attack est def Acc a dee Sobayi Imam; Probab the for in sea reachi



Patna Orthodontic Study Group organises educational event

OUR CORRESPONDENT

PATNA: Patna Orthodontic Study Group, organised an educational event, in association with Align Tech (Invisalign) "Fundamentals of Aligners (Invisalign) and insight on Intraoral Scanner (Itero) on Sunday here in the state capital. The guest speaker was Dr.AneeshKatyal who has been at the forefront of Digital Orthodontic space. The convenors of POSG, Dr. Rajeev Lal, Dr. Neal Bharat Kedia and Dr.Rashi Chauhan conducted and organised this program.



will help doctors to treat patients more effectively and digitally. Dr. Neal Bharat Kedia said More than 11 million patients have been treated with this method of invisalign around the world. At this program, senior members Dr. Anurag Rai, Dr. Amesh Gollwara, Dr.Subhash from RIMS were also there

OUR

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Patna Orthodontic Study Group (registered) organised an (CDE) educational event, in association with Align Tech. The topic was "Fundamentals of Aligners (Invisalign) and insight on Intraoral Scanner (Itero) on 16th of April 2023 at Hotel Lemon Tree, Patna. The full day CDE program was endorsed by Indian Orthodontic Society and Bihar state Dental Council. The guest speaker was Dr.Aneesh Katyal who is in panelled speaker for Align Tech India who came from Gurgoan.

The convenors of POSG, Dr. Rajeev Lal, Dr. Neal Bharat Kedia and Dr. Rashi Chauhan conducted and organised this program.

Around 35 Orthodontists attended the program.

At this program, senior members Dr. Anurag Rai, Dr. Amesh, Dr. Subhash Chandra from RIMS were also present. The Co- Convenors were Dr. Shalini, Dr. Najibah, Dr. Anuradha, Dr. Anushka, Dr. Goldi Dr. Aditi and Dr. Adarsh.

Would extend our gratitude towards IOS Secy, IOS President and IOS EC for always supporting and encouraging such programs. Also special thanks to Editor IOS times and his team for reaching out to us and helping us publish our activities.

Around 35 highly qualified Orthodontists attended the program. These specialist dental surgeons are members of Indian Orthodontic Society who are specialist in treating patients with Aligners, braces and clips. This educational program

More than 21 lakh students across 13

OUR CORRESPONDENT

PATNA: Fourteen-years-old ChandaniParveen, a student of class VIII at Anarsh Madhya Vidyalaya, Dogachchhi, Kasba, Purnea had become self-conscious about her short height and was not able to focus on her studies. Instead of calling her by her name, Chandani's neighbours used to call her naati (short-heighted), which caused low self-esteem in her. Her schoolmate KomalKumari of std. VI too had to face similar problem. Just

household chores that badly affected her studies. Moreover, unlike her younger brother, she had to face several restrictions in terms of going out or getting things of her liking. "Girls can't compare themselves with the boys" was her mother's only advice whenever she complained. In fact, several other girls shared similar kind of gender discrimination meted out to them on daily basis.



Adolescence is a phase when children undergo several physical, emotional and behavioural changes that causes anxiety, low self-esteem and may

more and more adolescents are facing such problems. Acknowledging this prevalent problem, a comic book

program Arvind Officer "Our ai



Gujarat Orthodontic Study Group International Faculty Event

19th March 2023



GOSG had organized an International faculty event in association with Ormco under the aegis of IOS at Ahmedabad on 19th March 2023 at Hotel Double Tree. The Chief Convener Dr Pranav Chandarana welcomed the membership and the speaker Dr Perdomo and Team Ormco. Dr Dhaval Somani introduced the speaker and Dr Aakash Shah welcomed him. The audience was spell bound by Dr Perdomos down to earth humble attitude and his excellent finished cases. Dr Pranav thanked all the participants and appreciated the efforts of Team Ormco towards the cause of Orthodontic education. The participants shared a positive feedback for the event. The programme was well attended by more than 80 members including department heads various institutes.



Images are used for representation purposes only.

Rx **Toothmin**TM

85% w of Calcium Sucrose Phosphate + 15% w of Inorganic Calcium Orthophosphate

Remineralising enamel¹. Restoring smiles.



Restores colour of WSLs to normal enamel²



Increases hardness of intact enamel³



Re-hardens softened demineralized enamel⁴



Actively neutralizes plaque acid⁵

References:

1. Karad A et al. White spot lesions in orthodontic patients: An expert opinion. *J Int Oral Health* 2019;11:172-8.
2. Pamela Den Besten D, Giambro MN. Treatment of fluorosed and white-spot human enamel with calcium sucrose phosphate in vitro. *Pediatr Dent*. 1995;17:340-345.
3. Krishan S, Aggarwal A, Aggarwal N, Lathra V. Comparative Effect Of Different Remineralizing Agents On The Microhardness Of Bleached Enamel- An In Vitro Study. *J Adv Med Dent Scie Res* 2015;3(6):S66-S72.
4. Rogerson et al. Role of a calcium sucrose phosphate-calcium orthophosphate complex in the reduction of dental caries. *Aust Dent J*. 1973 Jun;18(3): 160-6.
5. Gangrade A, Gade V, Patil S, Gade J, Chandhok D, Thakur D. In vitro evaluation of remineralization efficacy of different calcium and fluoride-based delivery systems on artificially demineralized enamel surface. *J Conserv Dent* 2016;19:328-31.

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Ranthambore

IOS wildlife photography program

IOS wildlife photography program was conducted at Ranthambore from 30th March to 2nd April. It was conducted under the leadership of Dr Balwinder Thakkar President of IOS, Dr raghunandan, Dr Vaibhav Mishra, Dr Kuldeep Demello, Dr Shubhaker were the organizing team.

It was well attended by 24 orthodontists from all over India . The safaris were spread over a period of 2 days, 4 safaris. There was wide ranging sightings of tigers, birds and other wildlife.

IOS president hosted a dinner for all the participants at Jaipur on 29th March before the team proceeded to Ranthambore, the evening banquet Was well attended and was a great time for bonding at Ranthambore





AJO DO



IOS Times congratulates Dr. Tarulatha Shyagali and the team for the publication of their article entitled “Evaluation of stresses and displacement in the craniofacial region as a reaction to bone-anchored maxillary protraction in conjugation with posterior bite plane and rapid maxillary expansion in patients with Class III malocclusion: A finite element analysis study” in the prestigious journal of American Journal of Orthodontics and Dentofacial Orthopedics. This particular study was taken up with an intention to know the combined effects of BAMP with RME aided with posterior bite plane in patients with Class III malocclusion. Earlier studies had limited their objective to BAMP with face mask or BAMP with class III elastic, none of the researchers had ventured to take up the study on combined effect of BAMP, RME and Biteplane, thus the study was unique in its own way. It was an exciting journey for the whole team, the new dimensions which opened up after the peer reviewing were astonishing. It was rightly quoted by Dr.Tarulatha that “Addressing and readdressing of the quires posed by the reviewers took lot of research on the existing and the past literature, but it was worth an effort”. It was dream come true to most of us and we take a great pride to congratulate the team once again. Incidentally it happens to be the century article for Dr.Tarulatha Shyagali, which indeed is a commendable achievement.

ORIGINAL ARTICLE

AJO-DO

Evaluation of stresses and displacement in the craniofacial region as a reaction to bone-anchored maxillary protraction in conjugation with posterior bite plane and rapid maxillary expansion in patients with Class III malocclusion: A finite element analysis study

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Introduction: Treating a Class III malocclusion is often challenging for orthodontists. Bone-anchored maxillary protraction (BAMP) is known for achieving a significant maxillary protraction. The study aimed to evaluate the stress distribution and displacement of craniofacial bones as a reaction to the forces of BAMP, along with rapid maxillary expander and the posterior bite plane, in growing patients with skeletal Class III malocclusion using a finite element method. **Methods:** An finite element model was constructed from the spiral computed tomographic images of a skull from an 11-year-old growing patient with skeletal Class III malocclusion along with BAMP, rapid maxillary expander, and the posterior bite plane. The created model had 105,189 nodes and 481,066 elements. After assigning the appropriate material properties and the boundary condition, 800 g of transverse force per side and a Class III intraoral elastic 250 g of force per side were applied to the model, and after the postprocessing, the results were obtained in the form of color bands. **Results:** The maxilla and the attached structures were displaced and expanded transversely. The maxilla was displaced anteriorly by 0.692 mm, and the mandible was displaced backward by 0.204 mm in the sagittal direction. The anterior region of the maxilla and mandible, dentition, and nasal bone were rotated counterclockwise. Displacement in an upward direction was greatest at the symphysis region of the mandible. The stresses experienced by most of the bones were tensile, with the maxilla and maxillary dentition experiencing the maximum. **Conclusions:** Favorable changes were appreciated with maxillary forward and mandibular backward displacement, with appreciable tensile stresses in all the bones. (Am J Orthod Dentofacial Orthop 2023; ■: ■-■)

Patent grant No 422140 (India)

Title : Wing Bib Multihelix Maxillary Expander and the the method of it's fabrication thereof

Inventor: Dr Mugdha Mankar

Details: Wing Bib Multihelix Maxillary Expander is a maxillary expansion appliance with a unique area and direction of action at the cuspid- first bicuspid root area with an objective to produce a direct near perpendicular force at the anterior-lateral slopes of the palate adjacent to the these roots and thereby produce a bone remodeling effect which could resultantly create some room for accommodation of these roots during alignment of the arch carried out simultaneously with a fixed multibracket/ other appliance.



WING BIB MULTIHELIX MAXILLARY EXPANDER



PATENT GRANT NO. 422140
INDIA

Source: Dr Mugdha Mankar (orthojhep.com)

in Loving memory of
**Dr. Ranganathan
Rathinsamy**

Professor,
Department of Orthodontics,
VMSDC, Salem, TamilNadu

30th June
1977



1st April
2023



DEEPLY GRIEVED,

Its a great loss to our department, he was known for his willingness to help people in difficult situation,an animal lover and an offroading enthusiast and a great friend,quietly remembered everyday.

You will be missed forever

VMSDC ORTHO FAMILY