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# Times

The Official News Letter of Indian Orthodontic Society



$$n = \left( \frac{(z_{\alpha/2})(\sigma)}{E} \right)^2$$

$$= \left( \frac{(1.96)(100)}{1} \right)^2 = 96.04$$



## Smile with Science Celebrating the wonders of ORTHODONTICS!



Issued in public interest by the Indian Orthodontic Society

Reach us @ [editoriostimes@iosweb.net](mailto:editoriostimes@iosweb.net)



## *President's Message*

Dear Members of Indian Orthodontic Society,

IOS continues with powerpacked calendar of event

The webinar on Practice management was held on 5th Feb by the best in the feilds - Dr. Rajesh Patil on Brand Building & Dr. Gaurav Gupta on Digital Marketing. The lectures were attended by 450 delegates online. The entire IOS Practice Management Subcommittee along with members of EC did a phenomenal job hosting the same. These one of a kind lectures series are a not only a boon to the new generation of practising Orthodontists. The tips & tricks that were shared are of great importance to the post graduates who would implement the same once they are done with the PG training.

The IOS PG Convention was Valiantly held from 16th -19th February 2023 at Sardar Patel Dental College, Lucknow. The Chief Guest of the event was Sh. BRIJESH PATHAK, Dy. Chief Minister Govt of UP. Glad to see the overwhelming response from over 2200 post graduates across the country attended the convention. All the 15 Pre Conference Courses were full house. Sincere appreciation to the Dr. Sudhir Kapoor - Org. Chairman, Dr. Gaurav Singh - Principal SPDC Dr. Raj Kumar Jaiswal - Org. Secretary, Dr. Jitendra Bhagchandani Scientific Chairman along with enire team of SPDC for an unimpaired organization.

We are happy to announce that after the Covid Pandemic, the Indian Orthodontic Society has restarted the International Observership Program for the benefit of life members. We have received favourable response from Universities at Australia and Japan, and are constantly in touch with orthodontic departments of repute in Europe, South America, and Asia. This program helps our members learn from the some of the best educators in the world and transfer knowledge to patient care and teaching in India. The application call for these Observership positions shall be announced shortly for which keep following the IOS website and social media pages.

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

Stay Tuned!!

Wishing you & your families a Very Happy & Prosperous Holi.

Jai Hind, Jai IOS

Best Wishes & Lots of Love,

**Dr. Balvinder Singh Thakkar**

President, Indian Orthodontic Society



## *Secretary's Message*

Esteemed Members of IOS

Hope you all are enjoying Best of your health and spirit.

Month of February was full of activities. 26th PG Convention held at Sardar Patel Institute of Dental Sciences, Lucknow. Post graduates has showcased their best of creativity and research work during convention. All four days were filled with lots of enjoyment and happiness after long gap. It witnessed presence of 2000+ postgraduates in wonderfully decorated city of Lucknow. Hospitality and arrangement by organising committee lead by Dr Sudhir Kapoor, Dr Raj Kumar Jaiswal and Dr Jitendra Bhagchandani, was superb and memorable.

We at Head office made our maiden effort to represent IOS at Ministry of Health in partnering in formulating oral health policy and registered our view to recognise and consider Malocclusion as disease. We received very positive response from Govt. We have also taken Legal steps to stop illegal business of online aligners.

Many programs are lined up for march and April month, like National Typodont workshop at Ghaziabad AND Chennai.

Wishing everyone a very Happy and Prosperous HOLI.

Jai IOS, Jai HIND

Sincerely

**Prof. (Dr.) Sanjay Labh**

Hon. Secretary, IOS



## *Editor's Message*

“Only those with tenacity can march forward in march “.

As March arrives, it's time to look back to the first two months of the year, January and February, and reflect on your goals and approaches. What month of March tells us is that old ways don't open new doors. So if you have different goals this year, it's important to break old patterns and find new ways. Learn from the past but don't dwell on it. March is a new season ,and it can be the start of a new you, too.

After the grand hit of OPL season VI ,at Coorg Karnataka we tasted the hospitality of the nawabs at the city of lucknow during the 26th National IOS PG convention, 2023 we had a remarkable time spent there, the experience was overwhelming and worth appreciating. After the huge success of the well organized convention we are all set and delighted for embracing different activities and programs which are marshalled for the coming months.

Once again we are set to assimilate some inspiration from our interview section, and wonder from our Orthotainment section .

This is a month we celebrate all women ,in all their diversities on International women's day . We celebrate those who came before us ,those who stand beside us now, and those who will come after .It's a time to celebrate the achievements of women, whether social, political, economic or cultural .

We are all set to celebrate the festival of colors .Its time to forget about all worries and getting drenched in colors of this festival .

We wish all the members a vibrant and beautiful Holi ..

Regards

**Dr Santosh Ramegowda**

Editor

IOS Times

Reach us @ [editoriostimes@iosweb.net](mailto:editoriostimes@iosweb.net)

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**Dr Sarabjeet Singh**



**Dr Kannan Sabapathy**

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

PRACTICE MANAGEMENT SERIES	5 <sup>th</sup> FEB 2023	Sunday	VIRTUAL	DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA	9824122642 9980044933 9860467872	kubavatajay@gmail.com drsidshtetty@gmail.com drgauravg@gmail.com
IOS PG CONVENTION	16 <sup>th</sup> – 19 <sup>th</sup> FEB 2023	Thursday - Friday - Saturday - Sunday	LUCKNOW	DR SUDHIR KAPOOR	9415022735	kapoorclan@hotmail.com
<b>3<sup>RD</sup> EC MEETING</b>	<b>19<sup>th</sup> FEB 2023</b>	<b>Sunday</b>	<b>LUCKNOW</b>	<b>DR SUDHIR KAPOOR / DR RAJ KUMAR JAISWAL</b>	<b>9415022735 9415023934</b>	<b>kapoorclan@hotmail.com drrajkumarjaiswal@yahoo.co.in</b>
IOS FRIDAY RENDEZVOUS	3 <sup>rd</sup> MAR 2023	Friday	VIRTUAL	DR REJI ABHRAAM	9947357788	rejiabm@gmail.com
IOS PG ORIENTATION PROGRAM	17 <sup>th</sup> – 18 <sup>th</sup> MAR 2023	Friday - Saturday	JAIPUR	DR SEEMA CHOUDHARY DR SAURABH CHATURVEDI	9829125999 9468869266	drseemaortho@gmail.com drsaurabh84@yahoo.com
INTERNATIONAL ORTHODONTIC SYMPOSIUM	24 <sup>th</sup> – 27 <sup>th</sup> 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 <sup>st</sup> Mar- 2 <sup>nd</sup> 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 <sup>rd</sup> – 5 <sup>th</sup> 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 <sup>th</sup> – 8 <sup>th</sup> 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 <sup>th</sup> APR – 15 <sup>th</sup> 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 <sup>th</sup> MAY 2023	Sunday	VIRTUAL	DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA	9824122642 9980044933 9860467872	kubavatajay@gmail.com drsidshtetty@gmail.com drgauravg@gmail.com
NATIONAL TYPHODONT WORKSHOP( SOUTH ZONE)	11 <sup>th</sup> – 13 <sup>rd</sup> MAY 2023	Thursday - Friday - Saturdays	CHENNAI	DR C DEEPAK	9840060745	drcdeepak1307@gmail.com
WORLD ORTHODONTIC HEALTH DAY	15 <sup>th</sup> MAY 2023	Monday	PAN INDIA	IOS HO / HON. SECRETARY	9829213700 9313483570	president@iosweb.net. secretary@iosweb.net
NATIONAL INTEGRATED TYPHODONT WORKSHOP	15 <sup>th</sup> – 17 <sup>th</sup> MAY 2023		MALLAPURAM, KERALA	DR SAM PAUL	8921406622	<a href="mailto:info@exodusdental.com">info@exodusdental.com</a>
INTERDISCIPLINARY ORTHODONTICS SYMPOSIUM	20 <sup>th</sup> MAY 2023	Saturday	HYDERABAD	DR SHUBHAKAR RAO	9949095427	shubhaker@gmail.com
<b>4<sup>TH</sup> EC MEETING</b>	<b>21<sup>st</sup> MAY 2023</b>	<b>Sunday</b>	<b>HYDERABAD</b>	<b>DR SHUBHAKAR RAO</b>	<b>9949095427</b>	<b>shubhaker@gmail.com</b>
IOS FRIDAY RENDEZVOUS	26 <sup>th</sup> MAY 2023	Friday	VIRTUAL	Dr A EDEINTON ARUMUGAM	9841121575	edeinton@gmail.com
NATIONAL INTEGRATED TYPHODONT WORKSHOP - ADVANCED COURSE	29 <sup>th</sup> – 30 <sup>th</sup> May 2023	Monday- Tuesday	INDORE	DR ASHISH GARG DR AMIT BHARDWAJ DR SURYANSH DILLIWAL	9826340056 9826550696 9893064911	<a href="mailto:drgargs_1@yhoo.com">drgargs_1@yhoo.com</a> <a href="mailto:dramit2211@yahoo.in">dramit2211@yahoo.in</a>

IOS SYMPOSIUM ON CLINICAL CASE REPORTS (GRANDEUR II)	5 <sup>th</sup> – 6 <sup>th</sup> JUN 2023	Monday - Tuesday	VIRTUAL	DR SURYAKANTA DAS	9861099237	orthosuryakantadas@gmail.com
SOUTH ZONE PG CONVENTION	8 <sup>th</sup> – 10 <sup>th</sup> JUN 2023	Thursday - Friday - Saturday	SALEM	DR SABRINATHAN. DR PRABHAKAR KRISHNAN DR R RANGANATHAN	9843190022 9843688271 8489988999	<a href="mailto:orthosat@gmail.com">orthosat@gmail.com</a>
NATIONAL TYPHODONT WORKSHOP( WEST ZONE)	16 <sup>th</sup> – 17 <sup>th</sup> JUN 2023	Friday - Saturday	Ahmedabad	Dr Alap Shah	8347914866	<a href="mailto:alap@ksd.ac.in">alap@ksd.ac.in</a>
ORTHO GEDI	23 <sup>rd</sup> – 24 <sup>th</sup> 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 <sup>th</sup> JUN 2023	Friday	VIRTUAL	DR UDAY KUMAR DIGUMARTHI	9949818001	drsaiuday@gmail.com
PRACTICE MANAGEMENT SERIES	9 <sup>th</sup> 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 <sup>th</sup> – 16 <sup>th</sup> JUL 2023	Saturday - Sunday	VIRTUAL	DR JAYESH RAHALKAR DR RAJAGANESH GAUTAM	9822056681 9890389945	jayeshrahalkar@gmail.com rajaganeshgautam@yahoo.com
2 <sup>ND</sup> INVISIBLE ORTHODONTICS SYMPOSIUM	21 <sup>st</sup> – 22 <sup>nd</sup> JUL 2023	Friday - Saturday	VIZAG	DR SRIKRISHNA CHALASANI	9849477777	orthodontist7@gmail.com
IOS FRIDAY RENDEZVOUS	28 <sup>th</sup> JUL 2023	Friday	VIRTUAL	DR ANAND TRIPATHI	9422560650	anand.tripathi86@gmail.com
NATIONAL CLEFT AND CRANIOFACIAL ORTHODONTICS PROGRAM	4 <sup>th</sup> – 5 <sup>th</sup> 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 <sup>th</sup> – 13 <sup>th</sup> AUG 2023	Saturday - Sunday	AIIMS NEW DELHI	DR RITU DUGGAL / DR PUNEET BATRA	7838390003/ 9810335961	ritudug@gmail.com / drpuneetbatra@gmail.com
INDEPENDENCE DAY	15 <sup>th</sup> AUG 2023	Tuesday	VIRTUAL	IOS HO / HON. SECRETARY	9829213700 9313483570	president@iosweb.net. secretary@iosweb.net
IOS CHRONICLES (IOS JOURNALS SYMPOSIUM)	18 <sup>th</sup> – 19 <sup>th</sup> AUG 2023	Friday - Saturday	VIRTUAL	DR VIGNESH KALAISAM DR SARVARAJ KOHLI	9451570848 9425152568	theorthodontist@gmail.com sarvraj.kohli@gmail.com
EOGM	14 <sup>th</sup> SEP 2023	Thursday	MEERUT	HON. SECRETARY- DR SANJAY LABH	9313483570	sanjaylabh@gmail.com
<b>5<sup>TH</sup> EC MEETING</b>	<b>15<sup>th</sup> SEP 2023</b>	<b>Friday</b>	<b>MEERUT</b>	<b>DR PRADEEP RAGHAV DR VAIBHAV MISHRA</b>	<b>9837175914 9897146669</b>	<b>drpradeepraghav@gmail.com vaibhavmisra@gmail.com</b>
57TH INDIAN ORTHODONTIC CONFERENCE	15 <sup>th</sup> – 17 <sup>th</sup> SEP 2023	Friday - Saturday - Sunday	MEERUT	DR PRADEEP RAGHAV DR VAIBHAV MISHRA	9837175914 9897146669	drpradeepraghav@gmail.com vaibhavmisra@gmail.com
AGM	16 <sup>th</sup> SEP 2023	Saturday	MEERUT	DR PRADEEP RAGHAV/ DR VAIBHAV MISHRA	9837175914 9897146669	drpradeepraghav@gmail.com vaibhavmisra@gmail.com





## *Dr. Ashok Kumar Jena*

Professor & Head. Dept. of Dentistry  
All India Institute of Medical Sciences  
Bhubaneswar

## *Dr. Ashok Jena Interview*

### **What inspired you to become an Orthodontist?**

I would say destiny is the ultimate factor in all the aspects of one's life and my life is no different. I had enrolled in and studied MBBS for 6 months before I had to join BDS again back in the year 1993 because of administrative reasons. After BDS, the prospect of gaining the ability to beautify smiles always amazed me and touched my heart. That was the reason I chose orthodontics. That said, I believe all the specialties of dentistry are special in their own ways. The change in patients' quality of life, confidence levels and the freedom to smile and laugh without hesitation are priceless things for a patient and it is a pleasure to be the one to make that change for them.

### **What fascinates you the most about Orthodontics?**

I believe the art of wire-bending and the treatment-planning process are the most fascinating things for me in orthodontics. Wire bending is a craft that needs mastery with practice and once mastered, has infinite possibilities of treatment objectives or tooth movements that can be achieved. Although technological advancements are gradually phasing out the necessary skill of manual manipulation, I believe that wire-bending is the key to attaining perfection in treatment goals and reducing treatment duration effectively.

Similarly, despite advancements in diagnostic methods and treatment planning developments like artificial intelligence and other modern sciences, the role of human mind can never be replaced in diagnosis and treatment planning. It's a very interesting, dynamic and challenging art.

### **How has been your academic journey?**

In my personal opinion, I have been amongst the luckiest people in the world to have been educated and worked in Institutes of National Importance from Day 1 of my orthodontic journey to the present. I did my MDS and senior residency at AIIMS, New Delhi followed by working as faculty in PGI, Chandigarh for nearly 5½ years. Both the institutions were temples of learning with one of the best work cultures. I feel fortunate to be a part of them and to have imbibed the best work values there. Throughout the time, I have been able to nurture my passion of research and teaching and I wish to continue doing so with undying zeal.

### **What are your hobbies?**

I find immense pleasure in indulging in charity, and social service. I also like listening to music, and reading books on philosophy, life and mythology. One of my favourite authors is Robin Sharma.

### **Who is your life's inspiration?**

I can't pin point to a single source of inspiration but I would say that time itself and the various challenges life threw at me were my biggest inspirations. I will always be indebted to my teachers as well as my patients for giving me the opportunity to learn and grow professionally and personally at every stage. I am grateful to my family for all the support they have provided throughout my journey.

What is your work philosophy?

My work philosophy is centred on serving others, contributing to the world and re-paying the field of orthodontics for all that it has given me- be it in the form of literature contributions or grooming orthodontic candidates. I see teaching as one of the most

rewarding professions and it is my passion. In the clinics, I try to ensure that the patient leaves with full satisfaction and I leave no stone unturned when it comes to patient care.

### **What is your go to mantra of life?**

My go-to mantra in life is to prioritize moral values like honesty, diligence at work, and ethics. We must always chase knowledge and excellence rather than money. As life is, we may not always be able to find a friend in everyone but we must never make enemies.

### **Where do you see today in your life?**

I see myself at a stage where I am yet to work and contribute much more than I already have. As Robert Frost has put it 'Miles to go before I sleep..'.

### **What did you learn from your life's experience?**

Life teaches you multiple lessons depending on the stage of life you're in. At each stage, life gives you an opportunity to learn something new, achieve new goals. I have learned that it is important to seize those opportunities whenever they knock at our doors. I have learned that working hard, especially by going beyond one's comfort zone has rewards that are incomparable to the ones gained from a laidback attitude where one does not push his or her boundaries.

### **What will be your message for the upcoming young budding orthodontist?**

My message to the budding orthodontists would be to value the gift of time. Never waste it. Pursue knowledge and excellence rather than materialistic pleasures. The energy that had made this earth, moon, sun and the universe, the same energy has also made us. Thus there is tremendous energy or potential within ourselves to give our best in this world. And lastly, try your best to re-pay your profession, your society and the world because it is they who have made you who you are!

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## Dr. Bhupendra Arya Interview

in  
**2021**  
**17065**  
**kms**  
**at 79+**  
**yrs**



### Q 1- I Welcome You On Behalf Of Ios Sir, Can You Tell Us About Your Journey In Dentistry?

Finished BDS At Nair Hosp. Dental College, Univ. Of Bombay With Gold Medal and Dinshaw Vaacha Prize in 1966. Grade and Quota System of NHDC made sure that every student got unparalleled clinical experience. I was also active in NCC and achieved rank of senior under officer.

MDS (Ortho) 1969, Bombay Univ. under task masters like Naishadh Parekh, HS Shaikh and Stalwarts like KL Shouri, AB Modi, Prem Prakash and Ram Nanda. In those days techniques like third degree bends on rectangular wires and christmas tree soldering were nightmares. Library thesis and review of literature made us spend hours in libraries. Now things are easy with internet and search engines.



Taught at GDC Nagpur, in fact set up Ortho. Dept. At Univ. of Oregon, USA. Under Ernest Hixon and Dr. Savara. Had interactions with Eminent Orthodontist like Ricketts, Horowitz, Melvin Moss, Roth and also Implantologist Linkow. Published over 2 Doz articles in Journals like Ajo, Angle Orthodont. Amer J Ped Dent, J I O S, J Ind Dental Association and many others. Over a dozen scientific presentations including best prizes by IOS and IDA and state associations.

Served atomic energy dept at their hospitals including at tarapur atomic power station. Retd as chief of

**fitness in general. What motivated you to pursue the same?**

I have always maintained a routine for health and fitness. During initial stages of setting up the practice, i found a cycle to be a faster and more convenient option as compared to two and four wheelers due to traffic and parking problems. Also for senior citizens cycling is a better option than jogging and running as it is non-impact exercise. Also, i was convinced that cycling is not only good for individual but also for family, society, environment, and nation. Began with

With Dr. APJ Abdul Kalam and Dr. A Kakodkar (then Chariman, Atomic Energy Commission).



medical services of nuclear power of India. During this period, i interacted with many eminent scientists - Mr Srinivasan, Dr a Kakodkar and most importantly Dr APJ Abdul kalam.

Started clinical practice after retirement at age of 60. Practiced edgewise, Jarabak light wire. Straight wire, functional and removable technics through my Ortho career. In short was lucky to get an opportunity to teach, do research and clinical practice.

**Q2- We are in awe of your interest in cycling and**

cycling 25-30 kms initially. Started serious cycling at age of 73 yrs with 100 kms rides.

**Q3- Such achievements surely require a strong support system. Can you tell us something about yours.**

Cycling not only requires effort and time but also the support of a family. I am extremely lucky to have full support of family. Initially the Newbee cyclist requires support of seniors and friends on the road. From selection of the bike, riding skill And Safety Aspects

need inputs from other experienced riders. I have been fortunate to get all the needed support. I bicycled over 17050 kms in 2021. Finished over 15000 kms in 2022. At the age of 80 years i am senior most randonneur of india, having finished 200 and 300 kms certified (by audax club paris) rides several times.

**Q4: At a time when 30 year old are facing severe health issues you are an epitome of fitness at 80. What motivates you to keep going and how has your journey been so far.**

Any sensible professional shouldn't need any motivation to invest in health and fitness. Any health hazard and mishap seriously dents all other plans including financial one. This realisation dawned upon me early in middle age. Since then, i have made efforts to maintain health and fitness. These included healthy eating, avoiding harmful habits and moderate exercising. These efforts have kept me out of health troubles.

**Q 5: Can you give us an insight into your daily routine and diet?**

I have always tried a healthy approach. I am an early riser. Always arise before 5 am. After routine ablutions i do a core strengthening workout. These are my own weight / gravity-based exercises. I do traditional indian exercises for muscular strength. After a cup of tea, put on cycling gear and go far a 2.5 to 3 hrs ride on weekdays and 4hrs or more for longer rides on weekends. Back home for breakfast and a little rest. Then time for my granddaughters and family. An hour or more of family chores before an hour of siesta. Later visit to clinic for guidance to associates on clinical matters, financial and administrative supervision is usual. Evening is recreation time - reading, listening to music watching tv and friends' visits. Bed not later than 10.30 pm. Routine is a little different when i plan a longer than 200 km ride. Earlier wakeup, a heavy breakfast. Carb. Loading and more rest on preceding days is required.

Nutritionwise i like to mention that i have been a strict vegetarian after i turned 50. So adequate protein intake is a little problem which i compensate by taking lentils, pulses, soya and paneer. I avoid fats as much as possible. Always check calorie expenditure by cycling app and try to keep calorie intake within it. The result is my weight is within desirable limit.

**Q6: Your journey is truly inspiring can you please give us some tips to motivate people who Are**

**willing to embark on this journey of health and fitness?**

I ask those readers, who have become professionals but have kept ignoring health and fitness, what happens if unfortunately, you meet with a health mishap or tragedy, to your family and financial plans. Having spent so much effort, time, and money to achieve your present status, is not desirable that you reap and enjoy the fruits by living a healthy, fit and consequently long life? Nothing is more unwise than ignoring the health and fitness aspects. I have some suggestions towards health and fitness.

If you can't take care of yourself how can you take care of others (in family).

It's never too late to start paying attention to health and fitness. You can start today, and you will reap benefits soon.

Any activity is better than no activity. Even a walk to corner shop is better than warming a sofa in front of tv.

Weight control is important part of health and fitness. No number of exercises will succeed in weight reduction without diet regulation

All activities consume calories, but large muscles consume much more. Largest group of muscles can be exercised by jogging, running, cycling and swimming. All these are aerobic regimes to improve heart and lung health.

Cycling is recommended as non-impact exercises for seniors. It's also more enjoyable as you make new friends, visit new scenery, and also contributes to environmental protection. When you ride solo, it's meditation on wheels. It's exclusive time with your own self. But seniors should take a medical check-up before embarking on strenuous physical exercise. In fact, annual medical examination must be an annual routine for everybody. One just before your birthday is good practice.

Moderation is key to success. Start with moderate activity and work gradually to desired levels.

I do hope that these suggestions motivate my young peers towards beter health and fitness. Please feel free to contact me.

Email - drbsarya@gmail.com

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**Contact: Dr. Xavier - 9176834789, Joseph - 949628 9543**  
E-mail: welcareortho2017@gmail.com





The Indian Orthodontic Society in association with Coorg Institute of Dental Sciences, Virajpet, and the newly formed Mysore-Coorg Orthodontic Study Group organized the sixth edition of Orthodontist Premier League on January 18th and 19th, 2023.

The tournament was held at Coorg, also known as Kodagu, a picturesque district located in the state of Karnataka in South India. Known for its rolling hills, verdant forests, and sprawling coffee plantations, Coorg is a nature lover's paradise.

OPL- Orthodontist Premier League is a Flagship event of the Indian Orthodontic Society. We express our Heartfelt Thanks to our President Dr. Balvinder Singh Thakkar, our Hon. Secretary Dr. Sanjay Labh and the entire Executive Committee of the Indian Orthodontic Society for bestowing their confidence in us to organize this wonderful event.

We are proud to say that OPL Season VI is the biggest such tournament to date with 22 teams participating who were eager to showcase their skills and compete for the coveted ORMCO CUP. Enthusiastic participation from the following great teams made the event a Big Hit





AJ AVENGERS - AJ Institute of Dental Sciences, Mangalore  
 BALLISTA BENGALURU - VS Dental College, Bengaluru  
 BIDS ALIGNERS - Bangalore Institute of Dental Sciences  
 CHENNAI SUPER KINGS - Madras Orthodontic Study Group  
 CODS ORTHODONZ - College of Dental Sciences, Davangere  
 COORG HUSTLERS - Coorg Institute of Dental Sciences  
 COORG WARRIORS - Coorg Institute of Dental Sciences  
 GREGORIAN STRIKERS - St.Gregorios Dental College, Kothamangalam  
 HASSAN KNIGHTS - Sri Hasanamba Dental College, Hassan  
 HYDERABAD SULTANS - Hyderabad Orthodontic Study Group  
 LINGUAL LIONS - Sharavathi Dental College, Shimoga  
 MCODS MBT - Manipal College of Dental Sciences, Mangalore  
 MYSORE ROYALS - JSS Dental College, Mysore  
 ORTHO MAESTROS - Krishnadevaraya College of Dental Sciences, Bengaluru  
 RAMAIAH CHALLENGERS BANGALORE - Faculty of Dental Sciences, MSRUIAS, Bengaluru  
 ROYAL MAARUTI EXPANDERS - AECS Maaruti College of Dental Sciences, Bengaluru  
 RRDC SUPERBONDS - Rajarajeswari Dental College, Bengaluru  
 RV FALCONS - D.A. Pandu Memorial RV Dental College, Bengaluru  
 SALEM SUPER KINGS - VMS Dental College, Salem  
 SDM TORQUERS - SDM College of Dental Sciences, Dharwad  
 SIDS LIGATORS - Srinivas Institute of Dental Sciences, Mangalore  
 YEN ANGLES - Yenepoya Dental College, Mangalore



Bat code for OPL 6

This year, OPL was conducted during midweek on Wednesday and Thursday contrary to the normally conducted weekends so that more Private practitioners were also able to participate in the tournament.





**COORG WARRIORS**  
Coorg Institute of Dental Sciences



**BALLISTA BENGALURU**  
VS Dental College, Bengaluru

OPL Season VI was held at Tata Coffee Ground, Polibetta and we thank the management of Tata Coffee Limited for permitting us to use the ground for the tournament and lending us their ground maintenance staff for preparing the pitches and grounds.

IOS - OPL has some interesting modifications like

- Only 8 players per team - With 3 Women Players and 5 Men players
- Inner Circle is the Boundary for 4 runs
- No Sixes- if you hit one you are out
- The opening pair should be a Boy Girl Combo
- Two overs should be bowled by Girls
- When a girl is batting- the bowler should throw and not bowl
- Girls can throw or bowl
- Men have to bowl to men
- Format is 2 innings- 5+3 overs
- 3 girls should be there on field

The modified rules of the game make it more intriguing and challenging but at the same time more fun. The Indian Orthodontic Society always

spoke for Gender equality and the mandatory inclusion of Female players in the teams makes sure that the female members of the orthodontic fraternity are also involved in the activities.

On Day 1 morning, the tournament was declared open by Dr. K.C Ponnappa, Principal, and Dr. Jithesh Jain, Vice Principal, of Coorg Institute of Dental Sciences. There was a formal inaugural function on Day 1 evening in the picturesque green campus of Coorg Institute of Dental Sciences which was followed by Banquet Dinner. Special thanks to Vice President, IOS. Dr. Shailesh Shenava who came from Mumbai and presided as the Chief Guest for the inaugural function.

A huge congratulations to Dr. Goutham Reddy, Organizing Secretary who put his heart and soul into organizing the tournament. This tournament would never have been possible if not for his initiative and drive. The success of the tournament is a testament to his hard work and commitment. We thank Dr. Sunil Muddaiah, Dean – of Coorg Institute of Dental Sciences for all the support and for lending the college resources for the smooth conduct of the event. We thank Dr. Santosh Ramegowda, Organizing Chairman for the support and it was him, who convinced the EC to offer us the OPL. Dear colleague and friend Dr. Sanju Somaiah was our guiding star from every perspective. As ever, he opted to stay backstage and support us.

Special thanks to Dr. Raghunath N, the Convenor of Mysore-Coorg Orthodontic Study Group who offered great support from his end as well as participating as part of the JSS team.

We thank Dr. Akthar Hussain, Former Dean, of Yenepoya Dental College for his presence at the inaugural function. We thank dear friends from EC, Dr. Deena Dayalan P, Dr. Reji Abraham, and Dr. C. Vijayadith who came to the event to make it a success I dedicate all the success and glory to my Organising Committee, who did a phenomenal and selfless job in organizing the event.

## Organizing Committee members

**Dr. Sunil Muddaiah** - Organizing Chairman  
**Dr. Santosh Ramegowda** - Organizing Chairman  
**Dr. Sanju Somaiah** - Organizing Co-chairman  
**Dr. Goutham Reddy** - Organizing Secretary  
**Dr. Akshatha Rai** - Treasurer  
**Dr. Sujith Mathew** - Joint Secretary

We thank all the volunteers who were part of the organizing team. We also thank our Principal Sponsor ORMCO who has always been a massive supporter of OPL. We also thank our associate sponsors Garmy, V-Clear Aligners, Pitts21, Dental Matrix, and John Distilleries for their support.

The 22 teams were divided into 4 groups and the group stage was played in Round Robin format, followed by knockout stages. After strenuous 56 matches over the period of two days, Ballista Bengaluru and Coorg Warriors made it to the Finals.

## The OPL CLASSIC FINAL

Ballista Bengaluru vs Coorg Warriors



It was the opportunity both teams were looking for to one-up the other.

Sadly, it was not to be. The match had to be abandoned due to low light. By mutual agreement, Ballista Bengaluru and Coorg Warriors were crowned Joint Winners of Orthodontist Premier League Season VI – Coorg 2023.

The prize distribution ceremony was done at the ground in the gracious presence of Dr. Shailesh Shenava and Dr. Sunil Muddaiah.

Best Batsman – Dr. Shashanka P Kumar (Ballista Bengaluru)

Best Batswoman – Dr. Pooja Sharma (Coorg Warriors)

Best Bowler (Male) - Dr. Nischal CG (Ballista Bengaluru)

Best Bowler (Female) – Dr. Samantha Ganapathy (Coorg Hustlers)

Man of the Tournament – Dr. Faheem Mohamed Arif (Coorg Warriors)  
 – Dr. S V Paramesh Gowda (Ballista Bengaluru)

Woman of the Tournament – Dr. Sanchavi Alamengada (Coorg Warriors)  
 – Dr. Anuradha Gupta (Ballista Bengaluru)

The tournament was a resounding success, with many exciting moments and nail-biting finishes. The players displayed exceptional skills, and the spectators were entertained throughout the tournament. The organizers deserve special mention for the smooth and efficient conduct of the tournament, and the players for their sportsmanship and competitive spirit.

## OPL Season VI – Coorg 2023 - INITIATIVES

1. The highest number of participating teams till date
2. Formal Inaugural function for the first time
3. For the first time, OPL has been played on a green turf
4. Midweek Tournament
5. Live Score Mobile App usage

In conclusion, the OPL Season VI was a memorable event, and it is hoped that more and more teams participate in future editions of the tournament. The players and organizers are already looking forward to the next tournament, and it is expected to be even bigger and better. It is already confirmed that OPL Season VII will be hosted by Dharwad and Belgaum together at Dharwad in January 2024.



## INNOVATIONS AT FLASH ALIGNERS

### Bite Bumpers

We have recently integrated Bite Bumpers as a more comfortable equivalent for the traditionally bonded posterior bite turbos. Bite Bumpers can now be added during treatment planning for more complex cases. They are aesthetic, comfortable and don't require any clinical bonding as they are incorporated in the aligners.

#### Virtual and Clinical view of the Bite Bumper



#### Clinical Case Application



Bite Bumpers are designed to assist any clinical condition which requires disocclusion of teeth during treatment. This includes tooth movements like distalization / mesialization and correction of crossbites.

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# **PRACTICE MANAGEMENT WEBINAR SERIES - 3**

05.02.23

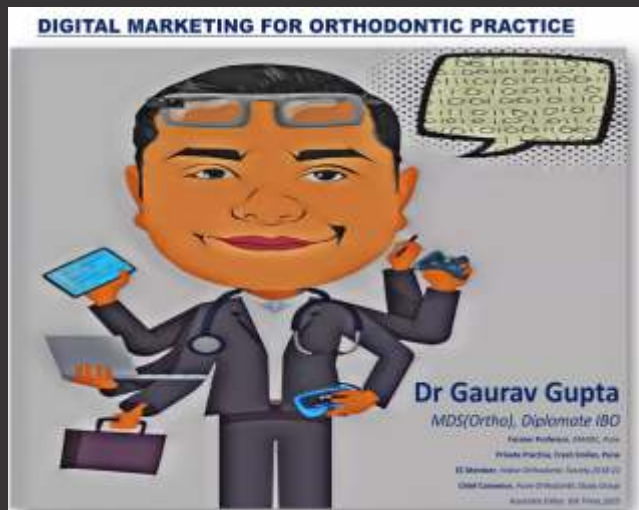


The poster for the IOS Practice Management Webinar Series features the IOS logo at the top left and right. The main title is "THE IOS PRACTICE MANAGEMENT webinar series" in white and yellow text. Below the title, it specifies the date and time: "Sunday, 5th February 2023, 7.00 PM (2 hour session)". The platform is listed as "On the IOS zoom Platform". Two speakers are featured in circular frames: Dr. Gaurav Gupta on the left and Dr. Rajesh Patil on the right. Their respective topics are "DIGITAL MARKETING FOR ORTHODONTIC PRACTICE" and "BRAND BUILDING IN ORTHODONTIC PRACTICE". At the bottom, three organizers are listed: Dr. Balvinder Singh Thakkar (President, Indian Orthodontic Society), Dr. Sanjay Labh (Hon. Secretary, Indian Orthodontic Society), and Dr. A. Jay Kubavat (Chairman, Practice Management Committee, IOS). The event is presented by the Practice Management Committee, IOS.

The third edition of the practice management webinar series 2022-23 was held on 05.02.23 on the IOS Zoom platform. The speakers were Dr. Rajesh Patil from Mumbai whose lecture was on 'Brand building in orthodontics' and Dr. Gaurav Gupta from Pune speaking on 'Digital marketing in orthodontic practice'. The program commenced with the digital lighting of the ceremonial lamp. Hon. Sec. IOS, Dr. Sanjay Labh welcomed the online audience. President IOS, Dr. Balvinder Singh Thakkar delivered the Presidential address.

The first speaker of the day, renowned orthodontic entrepreneur and clinician, Dr. Rajesh Patil, was introduced by Dr. Amit Bharadwaj, Hon. Joint secretary IOS. Dr. Rajesh Patil then went on to deliver a masterclass on all aspects of brand building. He emphasised the importance of being aware of one's practice environment and clientele. He showed case studies of branding to make his point. He touched on many golden rules for successful brand building. After his lecture he was presented with an E-certificate by Dr. Vignesh Kailasam, Editor, JIOS.

The second lecture of the day was by renowned practitioner and clinician from Pune Dr. Gaurav Gupta, who was introduced by Dr. Sarvaraj Kohli, Editor JCO-IOS. Dr. Gaurav Gupta spoke on the gamut of social media outlets and how it influences decisions of prospective patients. He elucidated strategies using online advertisement services and boosting options on various social media platforms. Also the need for a web presence was discussed in details. The design, layout, content of website and social media was stressed upon and need for informed consent obtained prior to sharing information on social media. An E-certificate was handed over to Dr. Gaurav Gupta by Dr. Ashwin George, Chairman IBO. The Q&A session with the speakers conducted by EC member, Dr. Amir Sheikh. The vote of thanks for the program was rendered by EC member, Dr. Deena Dayalan.



The entire program was expertly compered by Dr. Ajay Kubavat, Chairman of the IOS practice management committee, Dr. Kubavat delivered the closing remarks and concluded the program.

THE IOS Practice Management WEBINAR SERIES

Dr. GAURAV GUPTA

Dr. Jaakirat Singh

Dr. Ajay Shah

Balvinder S Thakur, President, IOS

Raesh Patel

Dr. Sarav Kohli

Ajay Kulkarni

Sanjay Lalji

Dr. AMIT BHARADWAJ

Dr. Sridevi Padmanabhan

Dr. Deenadayalan

SUKHDEEP KAHLON

SUKHDEEP KAH...

**YOUR BRAND  
YOU AS BRAND  
YOU THE BRAND**

- Don't be enthusiastic endorser of some brands which others can offer at better price
- Jim Hendrix never had to say he is good because he uses Fender guitar

**SUMMARY**

- Decide your brand
  - Clinic (product) or Doctor (service)
- Know your customer
  - Specific is Terrific
- Purpose
- Perspective
- Position
- Reinvent, if what you have been doing is not yielding same results
- Finally, decide your strategy!

Zoom Webinar | You are viewing Dr. GAURAV GUPTA's screen | View Options

DR. GAURAV GUPTA

**Tweet patient testimonials**

**Promote scope of your clinic**

**Tweet patient Instructions**

**Announce clinic upgradation**

Dr. GAURAV GUPTA

Dr. Jaakirat Singh

Dr. Ajay Shah

Balvinder S Thakur, Pr...

SUKHDEEP KAH...

SUKHDEEP KAHLON

Ajay Kulkarni



## THE III INDIAN ORTHODONTIC SOCIETY EXECUTIVE COMMITTEE MEETING 2022 -2023

The 3rd Executive Committee meeting of the Indian Orthodontic Society was held at Academic Block (First Floor), Sardar Patel Post Graduate Institute of Dental and Medical Sciences, Lucknow, on February 19, 2022 amidst the presence of the principal office bearers and the EC members. The Meeting was started with the Honorary Secretary Dr Sanjay Labh adorning the jewels of the office on the President – IOS, Dr. Balvinder Singh Thakkar.

The meeting was called to order by the President and various agenda's were discussed. All the matters pertaining to each and every agenda were discussed and deliberated upon by all the members. Hon Secretary Dr Sanjay Labh briefed all the members with the work done and the achievement of Head Office.



The Chairmen of various sub committees presented their quarterly report during the meeting. President Dr Balvinder Singh Thakkar appreciated the work done by all the committee and encouraged everyone to continue to work more for betterment for the society and its member. The detailed minutes of the EC meeting may soon be found on [www.iosweb.net](http://www.iosweb.net).





# 26TH INDIAN ORTHODONTIC SOCIETY NATIONAL STUDENTS PG CONVENTION, LUCKNOW, 16TH- 19TH FEBRUARY 2023



Historic!! Stellar!! Monumental!!

These are some apt words to describe the 26th Indian Orthodontic Society National Students PG Convention, Lucknow, 16th- 19th February 2023 which was organized under the aegis of the Indian Orthodontic Society.



A crown jewel in the legacy of Sardar Patel Post Graduate Institute of Dental and Medical Sciences, Lucknow, the 26th IOS National Students PG Convention, 2023 left an indelible mark and put the Institution onto a pedestal of national fame. With the unflinching support and guidance from the Management, Chairman Shri Anurag Singh, Secretary, Dr. Snehlata Singh, Mr. Shlok Singh, Principal Dr. Gaurav Singh, Managing Director, Dr. Arohan Singh, Advisor, Dr. Hanuman Singh, C.E.O. Shri C.P. Verma, the Department of Orthodontics conducted a 4-day mega scientific Extravaganza which was organized

from the 16th- 19th February 2023.

## DAY 1 : (16TH FEB, 2023)

Over 2265 Life Members and Student Life Members from all over the country and the neighbouring countries visited SPPGIDMS, Lucknow to be a part of the 26th IOS National Students PG Convention, 16th- 19th February, 2023. The Convention featured lively presentations by postgraduate students in the form of scientific papers, posters, and table clinics, highlighting various innovations in Orthodontics in the clinical and research field. Hon'ble President, Indian Orthodontic Society, Dr. Balwinder Singh Thakkar felicitated the Judges presiding over the Paper, Poster and Table Clinic Presentations.



Esteemed clinicians from all corners of the country led informative Pre-Convention Workshops on relevant topics, adding to the delegates' learning experience. Hon'ble Secretary, Indian Orthodontic Society, Dr. Sanjay Labh felicitated all the Course Mentors of the Pre Convention Workshops.

COURSES/PRESENTATIONS	COURSES NAME
DR. MS KANNAN (ORMCO)	A COMPREHENSIVE WORKSHOP ON EFFICIENT INTEGRATION OF DAMON SYSTEM WITH TADS
DR. PANCHALI BATRA AND DR. ARVIND SIVAKUMAR	PROBLEM BASED LEARNING
DR. PRATEEK DAGA	DIGITAL ORTHODONTICS AND ITS APPLICATION TO ENHANCE THE PREDICTABILITY OF ALIGNER TREATMENT
DR. S.P. SINGH, DR. SANJEEV VERMA, DR. VINAY KUMAR, DR. RAJ KUMAR VERMA	3D DIGITAL ORTHOGNATHIC TREATMENT PLANNING DEMONSTRATION AND HANS-ON
DR. MILIND DARDA DR. VISHAL DHANJANI	SIMPLIFIED BIOMECHANICS AN EVIDENCE BASED APPROACH IN ALIGNER ORTHODONTICS
DR. DHARMADEEP	SIMPLIFIED LINGUAL ORTHODONTICS WITH LINGUAL SELF-LIGATING SYSTEM
DR. GURKEERAT SINGH DR. AJIT JAISWAL	IN HOUSE ALIGNERS – THE NEED OF HOUR
DR. PRIYANKA KAPOOR, DR. HARNEET KAUR AND DR. AMAN CHOWDHARY	NUTS AND BOLTS OF SYSTEMATIC REVIEWS

**Table 1: Pre Convention Workshops (DAY 1)**

The last event of the first day was the much-awaited and coveted Quiz Competition which had a staggering number of 140 teams. The enthusiasm and the zest in the ambience was palpable and the Audience participation was unprecedented. Dr. Sridhar Kannan along with Dr. Panchali Batra, Dr. Ashish Kumar Singh, and Dr. Vipul Sharma were exceptionally wonderful as vibrant and energetic Quizmasters. Additionally, a vast Trade Exhibition was inaugurated, providing multiple brands and companies with a platform to showcase their equipments and products to the vast gathering of delegates.



### DAY 2 : (17TH FEB, 2023)

The second day of the convention kicked off with an early morning Marathon Event, which saw enthusiastic participation from all the attendees. The day was packed with numerous Scientific Sessions And Pre-Convention Workshops conducted by esteemed orthodontists from all corners of the country. The 'A To Z Of Biomechanics In MBT Workshop' and 'Functional Appliances Workshop' got an overwhelming response and had the maximum number of registrations.

Hon'ble President Elect, Dr. Jayesh Rahalkar felicitated the Mentors of Pre- Convention Workshops while the Hon'ble President Dr. Balwinder Singh Thakkar and Hon'ble Secretary Dr. Sanjay Labh felicitated the Judges of Poster Competition.



SCAN QR CODE FOR MORE PICS

COURSES/PRESENTATIONS	COURSES NAME
DR. TULIKA TRIPATHI AND DR. PRIYANK RAI	SKELETAL ANCHORAGE DEVICES: BASIC AND BEYOND
DR. PRADEEP TANDON DR. RAGNI TANDON DR. PRADEEP RAGHAV DR. AJIT PARIHAR DR. VINAY CHUGH DR. UDAY DIGUMURTHI DR. AMIT KHERA DR. DIPTI SHASTRI	FUNCTIONAL APPLIANCES- LECTURES CUM HANDS ON COURSE: AN INTERACTIVE SESSION
DR. AMIT BHARDWAJ, DR. NEAL KEDIA, DR. ABHAY JAIN, DR. SONAHITA AGARWAL	A TO Z OF BIOMECHANICS IN MBT
DR. TAPASYA JUNEJA	The A to Z of Align Digital Experience
DR. PUNEET BATRA, DR. SUKHDEEP SINGH KAHLON, DR. VIRAG BHATIA, DR. PARTHA PRATIM CHOUDHARY	COMPREHENSIVE MANAGEMENT OF CLEFT LIP AND PALATE: HANDS ON WORKSHOP ON NASO-ALVEOLAR MOULDING
DR. AMESH GOLWARA, DR. KIRAN KUMAR, DR. AFTAB AZAM, DR. PRATIK CHANDRA AND DR. ANAND TRIPATHI	INTRUSION ARCH MECHANICS IN CONTEMPORARY ORTHODONTICS
DR. MADHUR NAVLANI, DR. ABHISHEK GUPTA	ORTHODONTIC PHOTOGRAPHY: BASICS AND BEYOND

The students delivered eloquent presentations of their papers and posters with great enthusiasm, showcasing their best efforts.

As the evening approached, the Embrace, 2023 cultural extravaganza commenced with a bang, featuring singing, dancing, reels, and selfie competitions that highlighted the participants' impeccable skills. The singers mesmerized the audience with their lilting voices, while the dancers impressed with their upbeat energy and precise synchronization. The event culminated in a prize distribution ceremony, where esteemed dignitaries from the Indian Orthodontic Society presented the awards.



### DAY 3 : (18TH FEB, 2023)

The Grand opening ceremony was the highlight of the third day of the conference, graced by the presence of many distinguished dignitaries. The Hon'ble Deputy Chief Minister of Uttar Pradesh, Mr. Brajesh Pathak Ji, was the Chief Guest of the day, while the Hon'ble Chairman, SPPGIDMS Shri Anurag Singh, and Secretary, SPPGIDMS Dr.

Snehlata Singh Ma'am, were the Guests of Honour. During the event, the Chief Minister of the state commended the premises and the organization of the Institution, and expressed his commitment to enhancing the dental landscape in the state. Shri Anurag Singh extended a warm welcome to all the dignitaries and guests arriving from various parts of the country, while also affirming his willingness to continuously support such educational programs and events providing the much-needed impetus towards Research and Innovation in Dentistry.

The President, IOS Dr. Balwinder Singh Thakkar conveyed his profound appreciation to the Organizing Committee and highlighted that this was, by far, the most intricate and meticulously arranged convention he had witnessed in recent times. Hon'ble Secretary Dr. Sanjay Labh convened the Award Ceremony where PG students who won First

Second and Third Prizes in Paper, Poster and Table Clinic at the 25th IOS PG Convention were felicitated. The other esteemed Dignitaries on the dais included Vice- President , IOS , Dr. Shailesh Shenava, President Elect, IOS, Dr.



Jayesh Rahalkar, Organizing Chairman, Dr. Sudhir Kapoor who delivered the Welcome Address, Organizing Secretary, Dr. Raj Kumar Jaiswal who delivered the Vote of Thanks and Scientific Convenor, Dr. Jitendra Bhagchandani who delivered the Scientific Update. The program was attended by a plethora of stalwarts of the Dental Fraternity and by many luminaries from The Indian Orthodontic Society.

The Inaugural ceremony was followed by the prestigious Dr. H.S. Shaikh Oration delivered by Dr. Nandlal Toshniwal.

Numerous scientific presentations by the students and keynote lectures from renowned national and international experts were also conducted throughout the day.



Table 3. List of Guest Speakers

SPEAKER NAME	TITLE OF PRESENTATION
DR. RAJIV GUPTA	WIRE TO WIRELESS ORTHODONTICS: IS THE TRANSITION GOING TO BE SMOOTH?
DR. TRADIB JAYAPAL	TREATMENT RESPONSES IN FUNCTIONAL APPLIANCE THERAPY IN CLEFT PATIENTS, ARE ALL FACTORS ACCOUNTED FOR.
DR. SIDDARTH SHETTY	EXTRACTION SPACE CLOSURE WITH TAD'S
DR. SRIDEVI PADMANABHAN	GENETICS AND MALOCCLUSION
DR. VADIVEL MARIMUTHU	FIXED FUNCTIONAL APPLIANCES AND CLASS 2 CORRECTION
DR. O.P. KHARBANDA	CLASS II CORRECTION WITH MOLAR DISTALISATION
DR. H.S. SHAIKH ORATION DR. NANDLAL TOSHNIWAL	ENHANCE THE SUCCESS INDEX BY RESPECTING THE THIRD PHASE OF TREATMENT: A CLINICAL MANTRA
DR. SANJAY LABH	BIOMECHANICS IN CLINICAL ORTHODONTICS
DR. JAYESH RAHALKAR	RAISING THE CURTAIN: MANAGEMENT OF DEEP BITE
DR. DHIRAJ SHETTY	DEMYSTIFYING COMPLEX CLEAR ALIGNER CASES
DR. NILLAN SHETTY	CLASS III MALOCCLUSION-A JIG SAW PUZZLE
DR. MANJUNATH REDDY	TREATING COMPLEX CASES WITH ALIGNERS: THE ROAD AHEAD
DR. ASHISH GUPTA	ALIGNERS - THE LOVE N HATE RELATIONSHIP
DR. GAURAV GUPTA	CHECKLIST TO START AN ORTHODONTIC PRACTICE.
DR. ANKIT SIKRI	BRIDGING THE GAP BETWEEN DELUSION AND REALITY: AN ORTHODONTIST'S ONUS

The day drew to a close with a splendid Gala Banquet hosted at “The Palms Resort”, where both students and faculty relished in the joyful ambience to the fullest extent.



### DAY 4: (19TH FEB, 2023)

The grand four-day event reached its conclusion with eminent guest speakers captivating the audience with their informative lectures and sharing their vast knowledge and expertise with all the delegates.

SPEAKER NAME	TITLE OF PRESENTATION
DR. AMEET REVANKAR	ARTIFICIAL INTELLIGENCE IN ORTHODONTICS – USHERING IN THE AGE OF PREDICTION
DR. ROHIT KULSHRESTHA	CLEAR ALIGNER THERAPY IN ORTHODONTICS – WHERE ARE WE NOW? ”
DR. T.P. CHATURVEDI	EVIDENCE BASED ORTHODONTICS
DR. SURYA KANTA DAS	CCB - COMPARATIVE CONTEMPORARY BIOMECHANICS (LABIAL VS LINGUAL VS ALIGNERS).
DR. SHAILESH DESH MUKH	ALIGNERS – “A CORNUCOPIA OF OPPORTUNITIES”
DR. SARABJEET SINGH	MR PERFECT BONDING-THE 007 OF ORTHODONTICS THE MANTRAS AND CLINICAL TIPS OF BONDING
DR. P. HARIKRISHNAN	ORTHODONTIC MATERIAL RESEARCH - NEED & HOPE
DR. JIGNESH KOTHARI	CLASS II TREATMENTS WITH CLEAR ALIGNER THERAPY BIOMECHANICS, PROTOCOLS & RESULTS
DR. ASHISH GARG	COMPREHENSIVE ORTHODONTIC, AND SURGICAL REHABILITATION OF CLEFT LIP & CLEFT PALATE PATIENTS (A BIRD’S EYE VIEW)
DR. GNANA SHANMUGHAM	TEMPOROMANDIBULAR JOINT CONSIDERATIONS IN ORTHODONTICS'
DR. VAIBHAV MISHRA	3D PRINTING: THE BUILDING BLOCK OF FUTURISTIC ORTHODONTICS
DR. AVARUN	PRACTICAL BIOMECHANICS
DR. RAJIV AHLUWALIA	ALIGNERS – WHY NOT
DR. SUBASH CHANDRA NAYAK W-	ANALYSIS: A NEW METHOD FOR ASSESSMENT OF MALOCCLUSION

The 3rd Executive Committee Meeting , IOS was also held in the Auditorium and presided over by the Hon'ble President, IOS and Hon'ble Secretary, IOS and attended by all Principal Office Bearers and EC Members.

The day's activities included a series of engaging lectures followed by the Valedictory Ceremony, during which the staff members, volunteers, and unsung heroes who contributed to the event's success were honoured by the Management of SPPGIDMS and the Dignitaries of the Indian Orthodontic Society.

Additionally, the Organizing Committee members, postgraduates, and undergraduates, who worked tirelessly day and night to ensure a successful event, were also recognized and felicitated by the distinguished IOS dignitaries. The event concluded with a joyous Dance Celebration, leaving the delegates with pleasant memories of the city and the hospitality provided by the institution.

In the end we would like to thank everyone from the bottom of our hearts for contributing and making the 26th IOS National Students PG Convention, Lucknow, 2023 a truly remarkable event, to be remembered in IOS for times to come.











## CDE PROGRAM ON “BONE SCREWS & INTRARADICULAR IMPLANT PLACEMENT”

CDE program on “Bone Screws & Intraradicular Implant Placement” was conducted by Patna Orthodontic Study Group. Chief Guest honorable secretary, IOS Dr. Sanjay Labh. Organising Chairman of the event Dr. Amesh Kumar Golwara, Dr. Sovendu Jha, Dr. Sukhpreet Kaur. Lecture with detailed demonstration and hands-on were held at Hotel Maurya Patna on 12<sup>th</sup> January 2023. The program included demonstration of Bone Screws placement at different sites. The lectures were attended by more than 50 delegates. The event was a grand success. The delegates were satisfied and gave positive feedback and suggested making it a yearly event would be very beneficial. The efforts of all the Conveners, POSG senior members Dr. Rajeev Lall, Dr. Anurag Rai, Dr. Neal Bharat Kedia, Dr. Rashi Chauhan, Dr. Richashree, Dr. Jyotirmay, Dr. Amit in planning and organising the event were highly appreciated.





# MOSG Cycle Rally



The MOSG cycle Rally was conducted on 29th Jan 2023. It was bigger, better and more enthusiastic because of the 120 participants consisting of MOSG members and pg students. The event was flagged off by Chief guests Dr.Manjula mam and Dr.Sainath sir at 5.30 am in ECR, a very scenic route till Mahabalipuram. There were two categories of 20 and 50 kms. All had participated with gusto.





# Clinical Enrich program

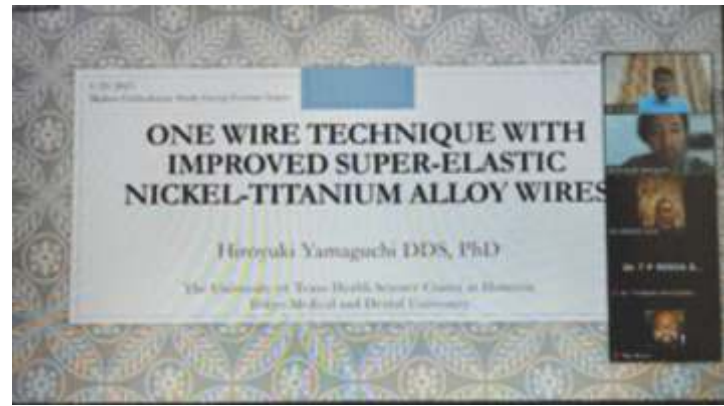
**TOPIC: One wire technique with improved super-elastic nickel-titanium alloy wires**

**SPEAKER: DR. HIROYUKI YAMAGUCHI**

Department of Pediatrics McGovern Medical School The University of Texas Health Science Center at Houston

29TH JANUARY 2023  
TIME: 6-8PM  
THROUGH ZOOM PLATFORM

This month's Clinical enrich speaker Dr. Hiroyuki Yamaguchi was trained in Tokyo, Japan and presently working in the research centre in



Texas. He specialises in treatment using a single type of NiTi alloy even for extraction cases using an innovative technique. His team has multiple publications in AJODO. A total of 176 members and students attended the program. A welcome speech was given by our President Dr. Balvinder Singh.

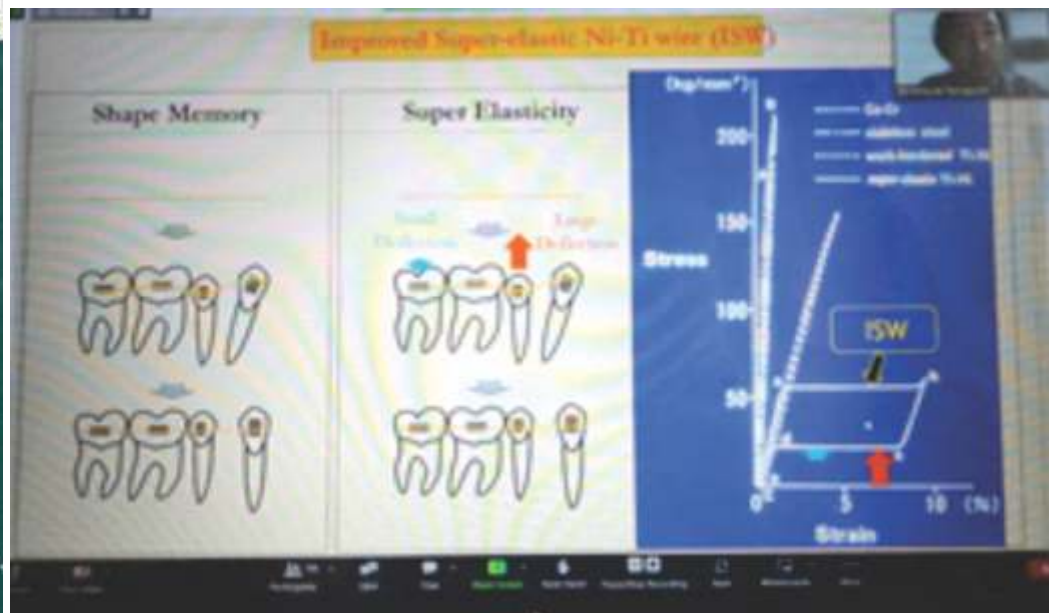
**GUESTS OF HONOUR:**

**DR. UDHAYARAJA** CHENNAI  
**DR. P. JANARDHANAM** CHENNAI

**MODERATORS:**

**DR. SANGEETHA DURAISAMY** PROFESSOR, SRM DENTAL COLLEGE, CHENNAI  
**DR. N. RAJ VIKRAM** PROFESSOR, THAI MOOGAMBIGAI DENTAL 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



**Development of Ni-Ti alloy wires**

- 1970s Traditional Ni-Ti alloy wire** (Johnson et al., 1973)
- 1980s Japanese Ni-Ti alloy wire** (Hirose et al., 1983, 1985)
- 1990s Improved super-elastic Ni-Ti alloy wire (ISW)** (Duck et al., 1996)

**Case reports from our group using ISW**



## Bangalore Orthodontic Study Group & Ramaiah University of Applied Sciences, CDE program " Efficient Orthodontic Mechanics & Techniques'

We are happy to share that KLE's society's Institute of Dental Sciences, Department of Orthodontics in association with Indian Orthodontic Society & Bangalore Orthodontic study group & Ramaiah University of applied sciences, successfully organised a blockbuster CDE program " Efficient Orthodontic mechanics & techniques' by Dr Varun Kalra, University of Pittsburgh USA, on February1st 2023, The program was a huge success with more than 350 delegates from all over India.It was an absolute treat of variety of clinical cases & hands on video demos captured by Drone cameras.We would like to thank Dr O P Kharbanda our Chief guest & Mentor for his esteemed presence throughout this magnum opus. Dr Anup Belludi ( Chief Convenor BOSG) was the Organising chairperson along with Dr Praveen MN as organising secretary & Dr Sujala GD as program coordinator did a wonderful job of organising this mega event at Bangalore







# Intelligent Orthodontics Orthodontics for the Future

March 24-26, 2023 Coorg | Karnataka | India



## The First India - International Orthodontic Symposium 2023

In association with







Dear colleagues,

The organizing committee of the First India International Orthodontic Symposium, IIOS 2023 extends a warm invitation to this first ever event being hosted in the verdant, unique surroundings of Coorg (Kodagu district) of Karnataka in South West India. The Coffee, plantations, the air redolent with the fragrance of pepper & cardamom and unique cultural and culinary heritage provide a rich setting for this gathering of intellect, experience and learning from around the world.

This symposium is brought to you by the Coorg Institute of Dental Sciences in association with the Eurasian Association of Orthodontists (EAO), The International Orthodontic Symposium, Hannover and the Indian Orthodontic Society. As we emerge from the shadows of the pandemic, most professions and specialties are transforming. Technological advances have accelerated this process of transformation. The Theme of the symposium is "Intelligent Orthodontics: Orthodontics of the future". The carefully curated content confronts issues of Craniofacial biology, Digital technology, Facial aesthetics, the Future of TADS, Aligners, Complex orthodontic issues, Artificial intelligence, and a host of questions for which you have always wanted answers. The scientific program is crafted on a participatory and critical thinking basis, bringing the speakers and participants to debate, comment and seek answers and solutions.

We also wish to immerse and spoil you with a plantation night, star studded clear night skies, Bonfires, live music and a culinary experience unique and distinct. Themed gala evenings will keep you anticipating the next one. The accompanying persons program will have a lot to look forward to, the elephant and wild game sanctuary at Nagarhole, who knows the tiger may shine bright! The Famous Mysore Silk Factory and Mysore Palace, cooking demonstrations and a host of programs to keep you engaged. The Coorg Golf links beckons you to a serious game of 18 holes of golf or a 9-hole challenge, with putting competition for all and a fun swig and swing event. See UNESCO heritage sites, visit the backwaters of Kerala also called Gods own country, The beaches of Goa, visit Delhi, Agra, Jaipur experience India and The Taj Mahal. Our travel partners are putting together customized packages for your Indian experience, Incredible India!

**Registration Fees:**

**International Delegates:** 400 Euros

Entitlements: Scientific sessions, Three days accommodation at Club Mahindra Virajpet Inclusive of hospitality on a twin sharing basis, airport pick up and drop, banquet, gala dinner, cultural events.

**IOS Members on a twin sharing basis :** Rs.22,000

Entitlements: Scientific sessions, Three days accommodation at Club Mahindra Virajpet Inclusive of hospitality banquet, gala dinner, cultural events.

**IOS Members without accommodation :** Rs.7,000

Entitlements: Scientific sessions, Three days Lunch



Mail To

[sunil@cids.edu.in](mailto:sunil@cids.edu.in) | [anmolkalha@hotmail.com](mailto:anmolkalha@hotmail.com) | [sanju somaiah@cids.edu.in](mailto:sanju somaiah@cids.edu.in) | [gouthamreddy@cids.edu.in](mailto:gouthamreddy@cids.edu.in)  
[shashidara\\_r@cids.edu.in](mailto:shashidara_r@cids.edu.in)

Organizing Chairman  
Dr. Sunil Muddaiah (Dean CIDS)

Co-Chair  
Prof. Ralf Radlanski (President EAO)

Principal National Co-ordinator  
Dr. Anil Kumar Chandna

Principal International Co-ordinator  
Dr. Peter Borbely

Scientific Committee  
Chair : Prof. Anmol S Kalha (Chairman IQAC CIDS)  
Co - Chair -Dr. Jan Raiman (Vice president EAO)

Organizing Secretaries  
Dr. Sanju Somaiah  
Dr. Goutham Reddy

Joint Sec : Dr. Heiko Sommer

## DISTINGUISHED PANEL OF SPEAKERS (IN ALPHABETICAL ORDER)



## SPEAKERS

### Dr. Aladin Sabbagh



Holder of three International patents (SUS, Aquasplint and SARA), Dr Aladin sabbagh currently is a board certified orthodontist/oral surgeon and lectures at various international universities as a honorary professor. Dr.Sabbagh will be speaking on his invention and "Fascination and limits of the noncompliance orthodontic TAD's / SARA" to demonstrate new innovated and traditional approved biomechanics of modern noncompliance orthodontics and their possibilities and limits.

### Maj.Gen Balakrishnan Jayan



Maj.Gen Balakrishnan Jayan, a graduate of Government Dental College (1989 batch), was commissioned in Army Dental Corps in April 1991. He is the first Dental professional in India to be awarded a Hony Fellowship in Sleep Medicine by the Indian Sleep Disorders Society. He pioneered the practice and training of dental sleep medicine in the country. He has been instrumental in training Air Force Dental Officers in Aerospace dentistry. He formulated the dental standards of fitness and dental screening protocol for Gaganyaan Program (Indian Human space program). He wrote extensive covid protocols which kept the clinical services running in a major covid facility with his staff in the national capital. He is Currently Commandant and Command Dental Advisor, Central Command, Lucknow. He is an accomplished clinician, teacher, researcher, leader and administrator.

### Prof.Dr. Chung H. Kau



Dr. Kau is Chairman and Professor of Orthodontics at the Department of Orthodontics, University of Alabama at Birmingham School of Dentistry, and Clinical Professor in Oral Maxillofacial Surgery at the University of Texas School of Dentistry at Houston. He serves as the Director of the Craniofacial Orthodontia Clinic and his research interests are clinical translational research focusing on clinical efficiency, accelerated tooth movement, alternative aligner therapy and 4D jaw tracking. He is a King James IV Professor by the Royal College of Surgeons.

### Prof.Dr.Dhirawat Jotikasthira



Currently the President of the Thai Association of Orthodontics Dr.Dhirawat is a Prof. and former Chairman, Dept of Orthodontics, Faculty of Dentistry, Chiang Mai University, Thailand., Dr.Dhirawat has published widely on the use of CBCT in orthodontics and on the biology of tooth movement.

### Dr. Ivana Dubovska



Currently a researcher at Palacky University Olomouc-Institute of Dentistry and Oral Sciences, Czechoslovakia, Dr.Ivana core work focuses on the emerging field of digital smile design and its integration into orthodontics.



## SPEAKERS

### Dr. Jan V. Raiman



Dr. Raiman is the Vice-President of the EurAsian Association of Orthodontists and the protagonist and initiator of the principle of '4 seasons orthodontics'. He has over 40 years of experience in the practice of Orthodontics and currently practices holistic treatment approach at the medical care center ZAHNSPANGENWELT GmbH

### Dr. Johan Karstén



A practitioner with over 30 years of clinical experience with specialization in Pedodontics and Orthodontics, Dr.Karsten has worked as a Clinical Instructor of repute in the prestigious Karolinska Institute and Eastman Institute.

### Prof. Dr. OP Kharbanda



Dr.Kharbanda is the Director of WHO Collaborating Centre and National Centre of Excellence on Oral Health Promotion, Ministry of Health, Government of India. He also holds the position of Chief of the Centre for Dental Education and Research (CDER) at All India Institute of Medical Sciences (AIIMS), New Delhi which is a Global Partner with Cochrane Oral Health Group Manchester, England. Prof. Kharbanda has a particular interest in Minscrew implants, MSI and automation in 3D imaging, Cleft lip and palate and Functional appliances. He is a visiting Professor at the Universities of Sydney, Perth and La Trobe in Australia

### Dr. MK Prakash



Dr. Prakash was Hon. Editor Journal of Indian Orthodontic Society, from 1991 to 1997. He was awarded 'Honoris Causa' by the Indian Board of Orthodontics of Indian Orthodontic Society - Oct'1999. He was awarded the 'Diplomate' by the Indian Board of Orthodontics of Indian Orthodontics Society in Nov'2000. He was elected as the 'Director' of Indian Board of Orthodontics for a Five year term from 2005 to 2010 and was the Chairman, Indian Board of Orthodontics. 2009-10. He was awarded 'Life Time Achievement Award' by Indian Orthodontic Society in 2017 .. He presented Keynotes in every forum of International Orthodontics, like AAO, WFO, Moyer's Symposium, APOC, WIOC, WMIA to cite few, and published widely in all publications in Orthodontics.

### Prof. Dr. Nézar Wattéd



Dr.Wattéd teaches at the University of Würzburg . Germany and is a world figure in terms of his contributions to multidisciplinary orthodontic treatment of patients., particularly in preparation for orthognathic surgery. He has published more than 400 articles in peer reviewed journals, has published 16 book chapters. He has also been awarded with the prestigious Joseph Johnson award



## SPEAKERS



### Dr. Nimet Guiga



Dr. Guiga, currently practices at her own office in Cascais, Portugal, and is a Certified Damon Educator as well as the first Orthodontist in Portugal to provide Digital Orthodontics to her patients, through Insignia- Advanced Smile Design.



### Dr. HC. Peter Borbely



Inventor of the KFO-Laser (produced by Krupp, Essen, Germany) that is applied in orthodontic diagnostics all over the world Dr.Borbely is a founding member of the Hungarian Orthodontic Society and its current president . He is also the founding member and the co-organizer of the IOS (International Orthodontic Symposium) in Prague. Founder Member of EurAsian Association of Orthodontists (Prague), Honorary Founder Member at International Dental Educationists Association. Dr. Borbely is Ambassador for International Affairs (Coorg Institute of Dental Sciences, Virajpet, India) and lectures at various international universities as a honorary professor



### Prof. Dr. Ralf Johannes Radlanski



An anatomist, craniofacial biologist and an orthodontist, Prof.Radlanski is the President of the Eur Asian Association of Orthodontists (EAO). He is director of the Dept. of Craniofacial Developmental Biology at the Center for Dental and Craniofacial Sciences, Charite - University Medicine Berlin (Germany), a guest professor at the University of California at San Francisco (USA), at the University of Turku (Finland), and at the University of Basle (Switzerland). He works as an orthodontist in a private practice in Berlin Mitte. His scientific work is focused on the visualization of prenatal craniofacial developmental processes, as well as on microstructural research



### Dr.Shadi S.Samawi



Dr. Samawi is the Secretary General and Treasurer of the Jordanian Orthodontic Society and the Jordanian commission for Oro Facial Pain and Dysfunction QCOPD). He is also a former consultant Orthodontist in Manama, the Kingdom of Bahrain and runs the "Orthodontic Notefile" a blog dedicated to Orthodontics.



### Dr. Simona Dianiskova



Dr.Dianiskova is the President Elect of European Regional Organization of the FDI, Director of the Foreign affairs committee of the Slovak Chamber of Dentists , Director of the Revisory committee of the Slovak Orthodontic Society. Delegate for ERO and National Liaison Officer for FDI for the last 18 years and Head of Orthodontic Department, Medical Faculty, Slovak Medical University. Her talk will focus on digital Orthodontics.



## Prof. Dr. Sridevi Padmanabhan



Dr. Padmanabhan is the former Hon. Secretary of the Indian Orthodontic Society and is a professor in the Faculty of Dental Sciences, Sri Ramachandra University, Chennai. An astute researcher she has numerous publications and presentations to her credit.

## IOS OFFICE BEARERS



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**Vice President**  
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20. Dr. SWAPNA J. PURI
21. Dr. UDAY KUMAR DIGUMARTHI
22. Dr. VENKATA YUDHISTAR PALLA
23. Dr. VIJAYTA YADAV
24. Dr. VIPUL KUMAR SHARMA
25. Dr. VIRAG BHATIA

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**Dr. Sunil Muddaiah**  
**Organizing Chairman**  
Founding Dean, Chair Professor,  
Department of Orthodontics, C.I.D.S



**Prof. Dr. Ralf Johannes Radlanski**  
**Organizing Co- Chair**  
President of the EurAsian  
Association of Orthodontists (EAO)



**Prof. Dr. Anmol S Kalha**  
**Scientific Committee Chair**  
Professor Emeritus,  
Chairman IQAC, Advisor on  
Research and Policy, C.I.D.S



**Dr. Jan V. Raiman**  
**Scientific Committee Co-Chair**  
Vice-President of the EurAsian  
Association of Orthodontists (EAO)



**Dr. HC. Péter Borbély**  
**Principal International Co-Ordinator**  
Founder Member of Eurasian  
Association of Orthodontists



**Dr. Anil Kumar Chandana**  
**Principal National Coordinator**  
Director (P.G. Studies) & Professor  
Institute of Dental Sciences, Bareilly  
EC Member of DCI



**Prof. Dr. Goutham Reddy**  
**Organizing Secretary**  
Professor & Head, Department of  
Orthodontics, C.I.D.S



**Prof. Dr. Sanju Somaiah**  
**Organizing Secretary**  
Professor, Department of  
Orthodontics, C.I.D.S



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**Prof. Dr. Jithesh Jain**  
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**Prof. Dr. Shashidara R**  
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C.I.D.S



**Prof. Dr. Shantala BM**  
**Advisor**  
Assoc. Dean (International  
Networking and Collaboration),  
C.I.D.S

**Conference Secretariat**

**Department of Orthodontics**

**Coorg Institute Of Dental Sciences**

**K.K Campus, Maggula Village, Virajpet, Karnataka, India**

**E-Mail : [infoiios@cids.edu.in](mailto:infoiios@cids.edu.in)**

**[www.iioscoorg.in](http://www.iioscoorg.in)**

# Indian Orthodontic Society

**PRESIDENT**

Dr. BALVINDER SINGH THAKKAR

**HON SECRETARY**

Dr. SANJAY LABH

## 26<sup>th</sup> IOS PG Student Convention 2023

### Result's of Competitive Papers/ Posters / Table Clinic and Quiz

PAPER- RESEARCH				
POSITION	Reg No	IOS Reg No.	Name	College
1 <sup>st</sup>	1335	SLM11626	Dr. BHUMIKA	D.A.V CENTENARY DENTAL COLLEGE, YAMUNA NAGAR, HARYANA
2 <sup>nd</sup>	1191	SLM11904	Dr. ROOPA RACHEL THOMAS	A.B.SHETTY MEMORIAL INSTITUTE OF DENTAL SCIENCES, MANGLURU, KARNATAKA
3 <sup>rd</sup>	232	SLM12133	Dr. MEENAKSHI GOYAL AGGARWAL	INDEX INSTITUTE OF DENTAL SCIENCES, INDORE, M.P.

PAPER- CLINICAL				
POSITION	Reg No	IOS Reg No.	Name	College
1 <sup>st</sup>	782	SLM11276	Dr. SHRUTI MATHUR	MAULANA AZAD INSTITUTE OF DENTAL SCIENCES, NEW DELHI
2 <sup>nd</sup>	412	SLM11216	Dr. RIMSHA K P	S C B DENTAL COLLEGE AND HOSPITAL CUTTAK, ORISSA
3 <sup>rd</sup>	1046	SLM11985	Dr. STELA KAPOOR	A M C DENTAL COLLEGE, AHMEDABAD, GUJRAT

PAPER-CLINICAL INNOVATION				
POSITION	Reg No	IOS Reg No.	Name	College
1 <sup>st</sup>	960	SLM11008	Dr. VASHIST MYSORE DINESH	D A P M R V DENTAL COLLEGE AND HOSPITAL, BANGLORE, KARNATAKA
2 <sup>nd</sup>	985	SLM11694	Dr. AYUSH DIXIT	COLLEGE OF DENTAL SCIENCES, DAVANGERE, KARNATAKA
3 <sup>rd</sup>	674	SLM11232	Dr. AMRIN RIZWANA	MAULANA AZAD DENTAL COLLEGE AND HOSPITAL, NEW DELHI
	1578	SLM11020	Dr. SHREYA MADHUSUDAN	D A PANDU MEMORIAL R. V. DENTAL COLLEGE, BANGALURU, KARNATAKA

Correspondance to  
**Dr.Sanjay Labh**  
 Hon. Secretary IOS,  
 Centre for Advanced Dental Care,  
 Shipra Krishna Vista Plaza,  
 Indirapuram, Ghaziabad 201014.  
 Delhi NCR

**CONTACT**  
 Ph: 9313483570

Registered Office:  
**Indian Orthodontic Society**  
 97, Periya Kazhanikattu Street,  
 Velapadi, Vellore-632001.

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E-mail : secretary@iosweb.net | Web : www.iosweb.net

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POSTER- RESEARCH				
POSITION	Reg No	IOS Reg No.	Name	College
1 <sup>st</sup>	1611	SLM13065	Dr. MAFAZ BIN AHSAN	YENEPOYA DENTAL COLLEGE, MANGLURU, KARNATAKA
	1672	SLM12143	Dr. KAMBALA MEENA LAXMI REDDY	VISHNU DENTAL COLLEGE, BHIMAVARAM, A.P.
2 <sup>nd</sup>	1358	SLM11463	Dr. ZAINAB HASSAN	BUDDHA DENTAL COLLEGE, PATNA, BIHAR
3 <sup>rd</sup>	501	SLM12777	Dr. MONALISA GOSWAMI	HAZARIBAGH COLLEGE OF DENTAL SCIENCE

POSTER- CLINICAL				
POSITION	Reg No	IOS Reg No.	Name	College
1 <sup>st</sup>	319	SLM12491	Dr. MEGHANAA.S	KRISHNADEVARAYA COLLEGE OF DENTAL SCIENCE, BANGLORE, KARNATAKA
	1574	SLM13012	Dr. SHUBHANGINI KASHYAP	SARDAR PATEL INSTITUTE, LUCKNOW, U.P.
2 <sup>nd</sup>	293	SLM12481	Dr. UROOSA AYMEN	GOVT. DENTAL COLLEGE & RESEARCH, BANGULURU, KARNATAKA
3 <sup>rd</sup>	617	SLM12797	Dr. SILVY ALEX	PUSHPAGIRI COLLEGE OF DENTAL SCIENCE, TIRUVALLA, KERALA

POSTER- GENERAL				
POSITION	Reg No	IOS Reg No.	Name	College
1 <sup>st</sup>	251	SLM12678	Dr. VARUNA BAKSHI	M S RAMAIAH DENTAL COLLEGE, BANGULURU, KARNATAKA
2 <sup>nd</sup>	1019	SLM12928	Dr. SHIVRANJINI. A	SATHYABAMA UNIVERSITY DENTAL COLLEGE, CHENNAI, TAMIL NADU
	1656	SLM13072	Dr. ESHA PANDEY	MODERN DENTAL COLLEGE AND RESEARCH CENTRE, INDORE, M P
3 <sup>rd</sup>	823	SLM12631	Dr. K RAJKAMAL MANIRATNAM	SRI RAJEEV GANDHI COLLEGE, BANGLORE, KARNATAKA
	313	SLM12084	Dr. GURMEET KAUR VIRDI	DESH BHAGAT DENTAL COLLEGE, MANDI, GOVINDNAGAR, PUNJAB

Correspondance to  
**Dr.Sanjay Labh**  
Hon. Secretary IOS,  
Centre for Advanced Dental Care,  
Shipra Krishna Vista Plaza,  
Indirapuram, Ghaziabad 201014.  
Delhi NCR

**CONTACT**  
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Dr. BALVINDER SINGH THAKKAR

**HON SECRETARY**

Dr. SANJAY LABH

**TABLE CLINIC - RESEARCH**

POSITION	Reg No	IOS Reg No.	Name	College
1 <sup>st</sup>	444	SLM12450	Dr. ZAINAB BINT SHAMS	KING GEORGE'S MEDICAL COLLEGE, LUCKNOW
	529	SLM12454	Dr. BALAJI R.	
2 <sup>nd</sup>	1466	SLM13505	Dr. PRERNA TODI	BUDDHA INSTITUTE OF DENTAL SCIENCES AND HOSPITAL, PATNA, BIHAR
	1469	SLM13521	Dr. ANMOL KEDIA	
3 <sup>rd</sup>	1708	SLM11467	Dr. NITI DHARMENDRA SHAH	K M SHAH DENTAL COLLEGE, VADODARA, GUJRAT
	1702	SLM12513	Dr. ARYA ABHAY DANDWATE	

**TABLE CLINIC- CLINICAL**

POSITION	Reg No	IOS Reg No.	Name	College
1 <sup>st</sup> (A)	884	SLM12223	Dr. MAMIDI KALYAN RAJ	GITAM DENTAL COLLEGE, VISAKHAPATNAM, A.P.
	770	SLM11997	Dr. BHARANI KAYATHA	
1 <sup>st</sup> (B)	1888	SLM12358	Dr. S. RAHUL RAJ	S R M DENTAL COLLEGE, CHENNAI, TAMIL NADU
	1886	SLM12354	Dr. THANISH AHAMED	
2 <sup>nd</sup> (A)	713	SLM11926	Dr. C BHAGYA	SRI VENKATESWARA DENTAL COLLEGE, CHENNAI, TAMIL NADU
	643	SLM11442	Dr. R BALA SUBRAMANIAN	
2 <sup>nd</sup> (B)	942	SLM11341	Dr. ANKITA JAYBHAYE	M I D S R DENTAL COLLEGE, LATUR, MAHARASHTRA
3 <sup>rd</sup>	343	SLM12207	Dr. SHIVAM SINGH	TERNA DENTAL COLLEGE, MAHARASHTRA

Correspondance to  
**Dr.Sanjay Labh**  
 Hon. Secretary IOS,  
 Centre for Advanced Dental Care,  
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# Indian Orthodontic Society

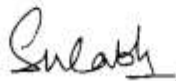
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**Dr. SANJAY LABH**

IOS QUIZ COMPETITION RESULTS			
POSITION		Name	College
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	B	DR. VEENITA GUPTA	
	C	DR. SHRUTI MATHUR	
2 <sup>nd</sup>	A	DR. P. ESHWAR	K L E SOCIETY'S INSTITUTE OF DENTAL SCIENCES, BENGALURU, KARNATAKA
	B	DR. APOORVA R. KADAM	
	C	DR. SIDDHANT ANGLE	
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	B	DR MAJ. AMIT	
	C	DR MAJ. MOHAMMAD SHARIF	



**Dr. Sanjay Labh**

**Hon. Secretary, IOS**

Correspondance to  
**Dr.Sanjay Labh**  
Hon. Secretary IOS,  
Centre for Advanced Dental Care,  
Shipra Krishna Vista Plaza,  
Indirapuram, Ghaziabad 201014.  
Delhi NCR

**CONTACT**  
Ph: 9313483570

Registered Office:  
**Indian Orthodontic Society**  
97, Periya Kazhanikattu Street,  
Velapadi, Vellore-632001.

Registered with registrar of societies act, Vellore vide no. 75 of 1992

E-mail : [secretary@iosweb.net](mailto:secretary@iosweb.net) | Web : [www.iosweb.net](http://www.iosweb.net)

**Indian Orthodontic Society**  
and  
**Department of Orthodontics and  
Dentofacial Orthopedics**  
present

# **NATIONAL INTEGRATED TYPHODONT WORKSHOP**



**I.T.S. Dental College, Muradnagar, Ghaziabad**

**6-8<sup>th</sup>**

**APRIL**

**2023**

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 Dr. Sunkara Venkata Padma Priya  
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 Dr. Uday Kumar Digumarthi  
 Dr. Venkata Yudhistar Palla  
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 Dr. Virag Bhatia

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<b>CHIEF PATRON</b>	<b>DR. R.P. CHADHA</b> Chairman, I.T.S -The Education Group	
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<b>ADVISOR</b>	<b>DR. DEVICHARAN SHETTY</b> Director-Principal, I.T.S Dental College, Ghaziabad	
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<b>ORGANIZING SECRETARY</b>	<b>DR. PIUSH KUMAR</b> Professor, Dept of Orthodontics	
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<b>TREASURER</b>	<b>DR. BHUPENDER SINGH</b> Senior Lecturer, Dept of Orthodontics	
<b>HOSPITALITY &amp; REGISTRATION</b>	<b>DR. PRAKASH VS</b> Senior Lecturer, Dept of Orthodontics	

# REGISTRATION FEES

	Till 10 <sup>th</sup> March	11 <sup>th</sup> - 25 <sup>th</sup> March	Spot registration**
<b>STUDENTS MEMBERS</b>	4000/-	4500/-	5000/-
<b>LIFE MEMBERS</b>	5000/-	5500/-	6000/-

\*Accommodation available in hostel @750/- per night

\*\* Spot registration charges will apply after 25<sup>th</sup> March

## MODE OF PAYMENT

<b>Account Name :</b>	<b>ITS Centre for Dental Studies &amp; Research</b>
<b>Bank Name :</b>	<b>Canara Bank</b>
<b>Branch :</b>	<b>Muradnagar</b>
<b>Current Account No. :</b>	<b>93133070000275</b>
<b>IFSC Code :</b>	<b>CNRB0012435</b>

*COPY THE LINK  
OR  
scan QR code to fill  
registration form*



<https://docs.google.com/forms/d/e/1FAIpQLSeUVQyNCP0CYBXoTShHgE4aqq6wTYfFM5NX2laWL-kcsamqRQ/viewform>

**DR. PAYAL SHARMA**  
**+91 9212708451**  
[payalsharma@its.edu.in](mailto:payalsharma@its.edu.in)  
**DR. PIUSH KUMAR**  
**+91 9811307935**  
[piushkumardf@its.edu.in](mailto:piushkumardf@its.edu.in)

**DR. BHUPENDER SINGH**  
**+91 787913953**  
[bhupendersingh@its.edu.in](mailto:bhupendersingh@its.edu.in)  
**DR. PRAKASH VS**  
**+918178708247**  
[prakashvs@its.edu.in](mailto:prakashvs@its.edu.in)

# NATIONAL INTEGRATED TYPHODONT WORKSHOP

Day – 1  
(06-04-23, Thursday)

08:30 AM – 09:00 AM	Registration & Breakfast	
09:00 AM – 09:45 AM	Standard Edgewise Philosophy, Basic principles & stages of treatment	
09:45 AM – 12:30 PM	Wire bending exercise (Demonstration and Hands on) i) Making arch forms with turret ii) 1st Order Bend iii) 2nd Order Bend iv) 3rd Order Bend v) Curve of spee vi) Incorporating V bends	Dr. M.S. Sidhu Dr. Sunanda Roy Choudhury
12:30 PM – 01:30 PM	Lecture- Overview of Begg's Technique	Dr. Poonam Sharma Dr. Payal Sharma Dr. Piush Kumar
01:30 PM – 02:00 PM	Lunch	
02:00 PM – 02:30 PM	INAUGURATION	
02:30 PM – 03:30 PM	Demonstration and Hands on i) Fabrication of stage 1 cuspid hook archwires in AJ Wilcock wire ii) Fabrication of Springs and auxillaries	
03:30 PM – 03:45 PM	Tea Break	
03:45 PM – 04:45 PM	Lecture – An overview of myofunctional and orthopedic appliances (Removable & fixed)	Dr Gurkeerat Singh Dr Rajkumar Singh
04:45 PM – 06:00 PM	Demonstration of construction bite	

## Day – 2 (07-04-23, Friday)

08:30 AM – 09:00 AM

Breakfast

09:00 AM – 09:30 AM

Lecture-Biomechanics of segmented arch mechanics

09:30 AM – 10:30 AM

Demonstration and Hands-on: Fabrication of T-loop

10:30 AM – 11:00 AM

Lecture – Intrusion arches

Dr. Vinay Chugh  
Dr. Divyaroop Rai

11:00 AM – 11:15 AM

Tea Break

11:15 AM – 02:00 PM

Demonstration and Hands -on  
i) K-SIR Arch  
ii) Burstone 3-piece intrusion arch  
iii) Utility arch

02:00 PM – 02:30 PM

Lunch

02:30 PM - 03:00 PM

An overview of PEA technique

03:00 PM – 03:30 PM

Roth philosophy & concept of functional occlusion

Dr. Priyank Rai  
Dr Vinay Chugh

03:30 PM- 04:00 PM

An overview of MBT philosophy

04:00 PM – 04:15 PM

Tea Break

04:15 PM- 06:00 PM

Demonstration and Hands on: MBT technique Bracket Placement



**Day – 3**  
**(08-04-23, Saturday)**

08:30 AM – 09:00 AM

Breakfast

09:00 AM – 09:30 AM

Lingual orthodontics and principles of bracket customization

Dr. Sanjay Labh

09:30 AM – 10:30 AM

Lingual Biomechanics and indirect technique of lingual bracket bonding

10:30 AM – 1:00 PM  
(tea break in between)

i) Making of individualized arch form template and fabrication of Lingual Initial archwire with NiTi  
ii) Lingual Final Archwire fabrication  
iii) Ligation ties and technique

01:00 PM – 01:30 PM

Lunch

01:30 PM – 03:00 PM

Cleft orthodontics (Lecture) and demonstration of lip taping & NAM

Dr. Puneet Batra

03:00 PM- 03:45 PM

Self-ligation in orthodontics

Dr. Sanjay labh

03:45PM – 04:30 PM

Distribution of certificates to registered delegates and Valedictory function

04:30 PM – 05:00 PM

Tea