

## Orthodontic Aligners

are Specialised Appliances designed by an Orthodontist, to move teeth and jaws for Smile Correction and rehabilitating Oral Health.

These Aligners are designed by high end softwares as per Orthodontist's Command and 3D printed by high end machinery

Indian Orthodontic Society advice common folks seeking Orthodontic Correction with aligners, to approach an IOS Member for the same

**DO IT YOURSELF ALIGNERS are plaguing the society. Common folks are falling a prey for its fancy marketing**

**Indian Orthodontic Society warns the general public of the inefficiency and serious health hazards posed by these DIY Aligners**

# President's Message

Respected IOS Members,

Greetings to all, hope you are keeping good and in fine spirits, healthy and vaccinated. Let us all continue to follow all appropriate stipulated norms by the government and together as responsible citizens help contain the predicted third wave. As our patients are trickling in kindly ensure personal and patient safety at all levels.

The month of July saw history being made in IOS as the trial for the online election was successfully completed, first for the Executive Committee Members then for the General Membership, to the satisfaction of all concerned. Members appreciated the convenience, ease of voting and the seamless process. Valuable feedbacks were taken and hope to address all issues raised by the members for the final elections during the 55th AGM.



Orthotrends, Masterclass conducted on 18th July, featured Dr Madhur Upadhyay from University of Connecticut, USA. Moderated by Dr Ritu Duggal, saw an excellent session of deliberation on the interesting topic of “Biomechanics in Clear Aligners”. Bombay Orthodontic Study Group hosted the Dr H S Shaikh memorial CDE program. Paying rich tribute to the founder member was Dr Keki Mistry, founder member and senior member Dr M K Prakash who enlightened us on his rich contributions to IOS and the profession, which was followed by a lecture series on Clear Aligners.

The organisers of the 55th IOC are working overtime to showcase an exciting array of scientific content featuring renowned international and national speakers and promises to be an exhilarating event worth waiting for. Meanwhile the physical visit to Pune, the venue for the 56th IOC was also fruitful with the organizers gearing up for the mega physical conference to be conducted in September 2023, with anticipated record participation from members.

Wishing all a great festive season ahead. Meanwhile get yourself and your loved ones vaccinated. We may have won few battles but the war against the pandemic is still not over.

Please take care,

Jai IOS

Jai Hind

**Dr Silju Mathew**

President IOS



## Hon. Secretary's Message

Respected members of the IOS,

I hope this issue of the IOS times finds you all well and in good cheer ! The month of July was a busy one for IOS office bearers and members.

The highlight was conducting the IOS trial elections on July 25th.

As they say , necessity is the mother of invention. For the first time in IOS history, a remote online voting was conducted which saw as many members as any conference exercising their vote. For the first time also, a trial election was conducted.

While there were some minor teething problems ,which we have addressed , most members were appreciative of the time effective and seamless process. We also got several valuable inputs from our members on how we can improve this even further.

This is a wonderful opportunity for maximum members to exercise their franchise from the comfort of their home . In order to enable you to do that please do the following.

**Kindly ensure that you update your contact details particularly your email id and phone number on [www.iosweb.net](http://www.iosweb.net) accurately.**

**This will help us reach out to you with the registration link for the main elections on September 25th 2021.**

**Prior registration is MANDATORY to vote in the final elections.**

**When you register for the main elections please ensure you enter your name, LM no. and email id CORRECTLY as it is on the IOS website. This will help the IOS office in verification and will also ensure your receive instructions for a seamless voting process.**

The President , President Elect and yours truly travelled to Pune on 21st July to check out the new proposed venue for the 56th IOC. The meeting with the 56th COC was instructive and enjoyable and preparations are on for a mega event in Pune in 2022.

Dr.Madhur Upadhyay presented an excellent lecture on biomechanics of aligners on 18th July which was moderated by Dr.Ritu Duggal as part of the IOS Master class series.

Another noteworthy event , was the program me organized by the Bombay Orthodontic Study group with the HS Sheikh Trust organized a program me in memory of our respected founder members Dr.HS Sheikh on 25th July.The event was marked by the presence of the founder members Dr.Keki Mistry and senior member Dr.MK Prakash who shared their memories about Dr.HS Sheikh.Several excellent clinicians and speakers shared their experiences with aligners .

The Patna Orthodontic Study group also had a program me on 18th July with speakers Dr.Puneet Batra and Dr.Vivek Patni sharing their experiences on cleft and bone screws respectively.

Stay Safe! ! Stay Healthy!

Yours in IOS service,

Jai IOS,Jai Hind

**Sridevi Padmanabhan**

Hon.Secretary,IOS

# Editor's Message

Hello Friends,

Greetings from IOSTIMES

Hope you, your family & friends are doing safe and well protected. We are glad to connect to you all through this July issue of IOS Times. This is 18th Issue of IOS Magazine brought to you during our tenure and I am glad and proud as the editor that all these issues had reached on time as the last day of Every month at the the stroke of 11:59 PM

We are glad to have covered the 7th episode of 'ORTHO trends' masterclass which was held on 18th July 2021. Dr. Madhur Upadhyay, USA enlightened the members on the topic 'BIOMECHANICS FOR MODERN ERA'. The webinar aired for an audience of more than 450 delegates nationwide. The motive of this webinar was to introduce the national fraternity to the Biomechanics at play with the use of Clear Aligners. Thanks to Dr Ritu Duggal, AIIMS for moderating the program and getting the audience engrossed in the lecture.



We covered the Pune visit on 21st July '21, of The President, President Elect and Honorary Secretary. They reported together, to review the venue and its facilities that was to host the next national conference. They were escorted to Bharati Vidyapeeth University, which was the proposed venue for 56th IOC 2022.

The issue covers interesting interview of Dr Nikhil Vashi & Dr Binnoy Kurian. They had made IOS proud at an International Platform with their Innovations & Patents. Dr Swaroop, was interviewed as a member who excelled "Beyond Orthodontics". He is a popular mental Conditioning coach & Film Maker.

Thanks and Respects to our founder member Dr Keki Mistry, for taking time to pen his column-"MUSINGS WITH KEKI". It's his 6th Episode under our Editorial tenure.

Hope you Enjoy this July 2021 issue.

Stay Strong, Stay Healthy, Stay Motivated

Jai Hind, Jai IOS

வாழ்க,வளமுடன்

**Dr Kannan Sabapathy**

Editor

IOSTIMES

Team IOSTIMES

**Dr M.S.Kannan, Editor, Dr Kavita Iyer Associate Editor  
Dr Ashish Garg , Dr Gaurav Gupta, Dr Swati Acharya, Dr Sandeep Singh**

IOS Master Class for the Month of July  
**Dr. Madhur Upadhyay, USA**  
Shared his Expertise On the Topic  
**“BIOMECHANICS FOR MODERN ERA”**  
18th July 2021

Reported by Section Editor **Dr AshishGarg,**

**ios** **ORTHO**  
*trends*  
**MasterClass**

18th July 2021, 7.00 pm IST

**BIOMECHANICS**  
FOR MODERN ERA

Speaker:  
**Dr Madhur Upadhyay**  
USA

Moderator:  
**Prof. (Dr.) Ritu Duggal**

Learning Never Stops @  
**INDIAN ORTHODONTIC SOCIETY**

The 7th episode of ‘ORTHO trends’ masterclass held on 18th July 2021 and organized under the aegis of Indian Orthodontic Society, left the audience at precipice with a webinar on ‘BIOMECHANICS FOR MODERN ERA’. The webinar aired for an audience of more than 450 delegates nationwide.

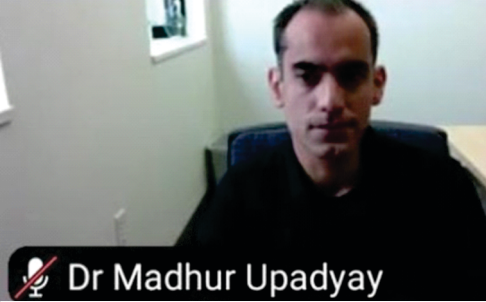
The motive of this webinar was to introduce the national fraternity to the Biomechanics at play with the use of Clear Aligners. The webinar brought something new to the table and gave the audience a chance to ruminate on the emerging trends and perhaps adapt the trend and have a take on it in their own clinical practice. The new insight is bound to move the clinicians and urge them on the ‘Path less known’.

The program started at 7pm with the play of IOS logo video, followed by the introductory remark by our ingenious MOC, Dr. M S Kannan. Following which, the cheerful, optimistic, dashing and dynamic President of IOS, Dr. Silju Mathew delivered his welcome address and shared his thoughts about this master class. Then the gracious and zestful Hon. Secretary of IOS, Dr. Sridevi Padmanabhan introduced the keynote speaker Dr. Madhur Upadhyay. After this our Brilliant and industrious chairman of academic council of IOS and editor of JIOS, Dr. Puneet Batra introduced the iconic moderator of the event Dr. Ritu Duggal.

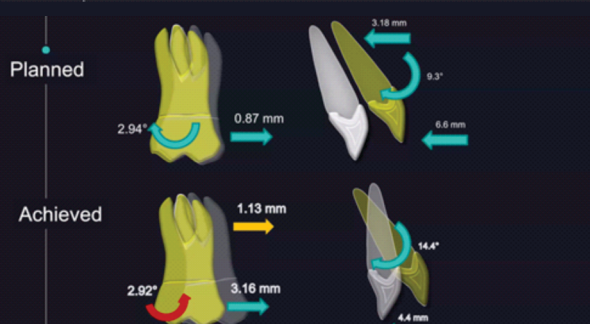
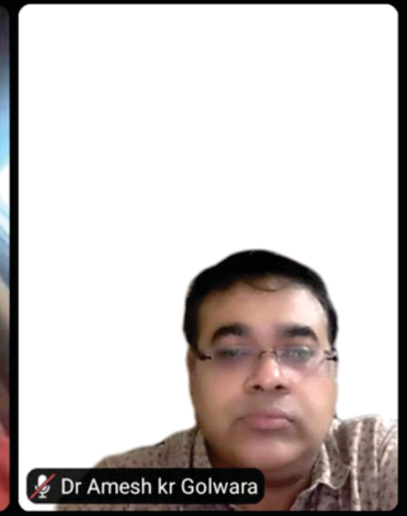
In this masterclass, the dextorous speaker Dr. Madhur Upadhyay shared his expert knowledge and practiced appraisal on the topic ‘BIOMECHANICS FOR MODERN ERA’ and took the audience on a journey of his past struggles, experience and clinical revelations regarding the use of Clear Aligners to treat various patients in day to day clinical practice. A Question/Answer session was held after the completion of presentation which was again brilliantly moderated by Dr. Ritu Duggal.

At the end of program Dr. Ritu Duggal shared her thoughts about this program and appreciated our keynote speaker for such a wonderful compilation and delivery of clinical experience and knowledge. Then, President elect of IOS Dr. Sri Krishna Chalsani handed over the Certificate of Appreciation to Dr. Madhur Upadhyay. The enigmatic MOC, Dr. M S Kannan delivered vote of thanks at the end of program.

All the delegates and faculties appreciated the vision of this master class and were grateful for the knowledge they received via this webinar.

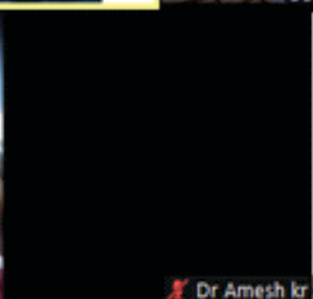
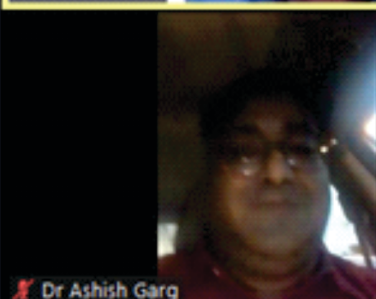
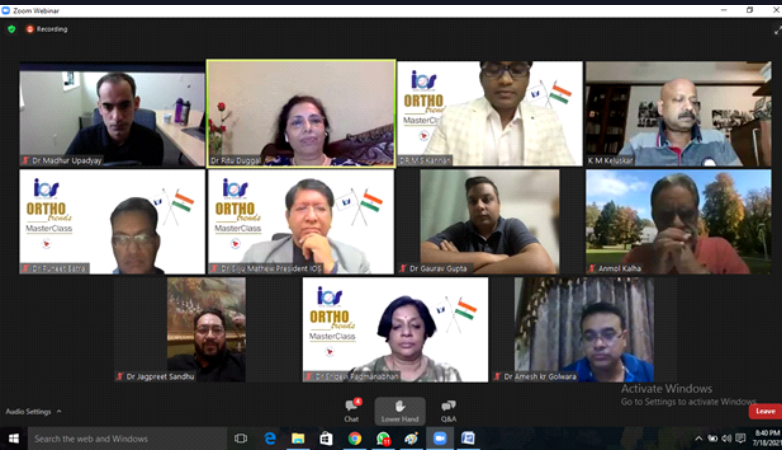


**ALIGNER**  
**BIOMECHANICS:**  
The Hidden Truths





# ALIGNER BIOMECHANICS: The Hidden Truths



# Principal office Bearers Visit Pune

to review

## 56th IOC Preparations

21st July 2021

Reported by **Dr Gaurav Gupta**



The President of Indian Orthodontic Society Dr. Silju Mathew, President Elect Dr. Srikrishna Chalasani and Honorary Secretary Dr. Sridevi Padmanabhan visited Pune, on 21/07/2021, to review the venue and its facilities that was to host the next national conference. They were escorted to Bharati Vidyapeeth University, which was the proposed venue for 56th IOC 2022. The entire conference organizing committee (COC) of 56th IOC was present at the venue in full strength displaying their unity and assurance to organize a memorable conference. A guided tour of the venue along with a detailed presentation and proposed plan for the conference was presented to the principal office bearers, who also gave their valuable inputs and

suggestions to improve conference experience for the delegates. The COC of 56th IOC thanked the Principal Office Bearers for sparing their valuable time and travelling all the way to Pune from different parts of the country in these testing times of the COVID pandemic.








# Study Group Events

Reported by **Dr Sandeep Singh**

## Bombay Orthodontic Study Group



**Bombay Orthodontic Study Group**  
Is Proud To Host The First Ever C D E  
Program In Memory Of  
**Dr. H.S.Shaikh**

**Dealing with challenging cases with aligners**

**HOW DID THEY DO IT ?**

We at BOSG are paying tribute to founding father of Indian orthodontic society in form of a learning initiative befitting this great man ,teacher mentor and a good human being

25 TH JULY 2021      11.00 hrs to 13.30 hrs

Bombay Orthodontic Study Group with HS Shaikh Trust in association with Indian orthodontic Society organised its inaugural event on the topic “DEALING WITH COMPLEX CASES-THE ALIGNER WAY” on 25th of July at 11 am. This event is going to be an annual event in order to commemorate the contributions of our founder member Dr.HS Shaikh. The event got an overwhelming registration of 340 participants. The event started with a brief introduction from the conveners Dr.Gajanan Shanbhag, Dr.Kyumi Shethiya and Dr.Sandeep Singh which was followed by words of encouragement from our beloved President Dr.Silju Matthew and secretary madam Dr.Sreedevi Padmanabhan. A brief sneak peek into the life of Dr.HS Shaikh was given by Dr.Keki Mistry .A walk down the memory lane with photos from history were presented by Dr.MK Prakash. Then few cases were presented by excellent line up of speakers Dr.Divyashree Rajendra ,Dr.Amit Sachdeva, Dr. Vishal Dhanjani and Dr.Arun Nayak. The unique concept was that they presented one of their global Invisalign gallery cases and one case of their choice. Participants got a lot to learn from this presentation and there were a lot of take away points from this excellent presentation.

**DEALING WITH COMPLEX CASES**

**THE ALIGNER WAY**  
*The Chosen Speakers Will Display As To How They Deal With Complex Cases*

**DR VISHAL DHANJANI**      **DR AMIT SACHDEVA**

Case Mentoring  
Live Case Discussion

Purely Clinical Strategies With Details .



BOMBAY ORTHODONTIC STUDY GROUP  
IN ITS INAUGURAL LEARNING INITIATIVE  
WITH DR HS SHAIKH TRUST

Dealing with  
Complex cases

The Aligner Way

Dr Arun Nayak

arunnayakortho@gmail.com

Open Bite Case Presentation  
Dr Amit Sachdeva

2 Open bite

Extrusion, Intrusion

Courtesy of Dr A. Sachdeva, 2021

Share this treatment      Add to favorites

### Dr Hafizuddin Saifuddin Shaikh



Hafiz as he was popularly known, was second born of the four siblings to Doctor couple in Nasik.

Both his parents were Surgeons by training- in fact his mom was one of the first Muslim women to be sent to UK for further training.

His early childhood was spent in Nasik where he attended the Peswa's school. He then went to Dharwad for his college to do his Inter-science exam.

Later he comes back to then-Bombay to join his L.D.Sc. course in Dentistry in 1950 and ended finishing his B.D.S. too in 1954-55, in Sir C.E.M Dental College (now known as Govt. Dental College) which was a part of the J.J. Hosp. medical campus. After a brief stint in the army for short time he joined CEM dental as a Dental Surgeon – in Govt. service. Then he was first Orthodontic PG to be enrolled in Sir CEM and was under the tutelage of DR V.V. Iyer. He got his M.D.S. Degree in year 1959 and with 'Distinction' of the University of Bombay. He is still the only person with 'Distinction' in MDS examination in Dental Faculty of the Bombay University!

He continued in the Dept of Orthodontics as a Professor and HOD, and became a PG guide in 1964 and continued to remain in that post till 1979, when he relocated as Prof of Orthodontics to Libyan University at Benghazi for a short period till 1982. Later he took over as the Prof and HOD of King Fahd University at Riyadh, Saudi Arabia. He stayed in this position till his death in 1996.

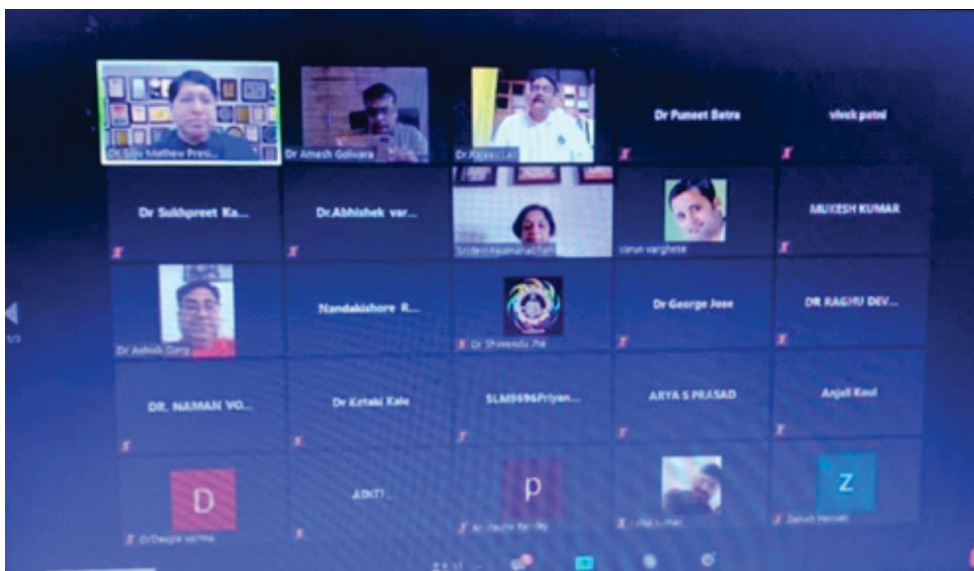
Dr Shaikh's wife Ayesha, lives in Mumbai, his first born daughter Sahar, who is a trained Dental Implantologist, is married to a IT professional, they live in Taipei, Taiwan, son Sameer is an Orthodontist in busy practice in Dubai, UAE and second son Shams is a Management executive in Mumbai.



# Study Group Events

## Patna Orthodontic Study Group

In these pandemic and difficult times continuing the trend of conducting good webinar, the Patna Orthodontic Study Group is pleased to report that a webinar was organized on 18th July 2021 on Bridging the gap: Rejuvenating smile in cleft cases by Dr. (Prof) Puneet Batra and In and Out in Implants: Skeletal anchorage in routine practice- issues which no one talk about by Dr. (Prof) Vivek Patni. Both the speakers delivered very concise and excellent presentation.



The webinar was well attended with around 150 registration from all over the country.

The webinar began with a welcome speech by Dr. Rajeev Lall who welcomed all the delegates including Dr. Silju Mathew, President IOS, Dr. Sridevi Padmanabhan, Hon Secretary IOS, Dr. Srikrishna Chalasani, President Elect IOS. Patna Orthodontic Study Group is really thankful to all for making the webinar successful.

At the end of the webinar, Question and Answer session was moderated by Dr. Sovendu Jha and then the program ended by Vote of Thanks by Dr. Sukhpreet Kaur.

Regards

Dr. Amesh Golwara, Convener POSG

Dr. Sovendu Jha, Convener POSG

Dr. Sukhpreet Kaur, Convener POSG

# SRM University organises webinar by Prof Mauricio Gonzalez Balut , Past President of the Mexican Association of Orthodontists with the endorsement by the Indian Orthodontic society July 14th 2021



**SRM KATTANKULATHUR DENTAL COLLEGE & HOSPITAL**  
DEPARTMENT OF ORTHODONTICS AND DENTOFACIAL  
ORTHOPAEDICS  
&  
**INDIAN ORTHODONTIC SOCIETY**



*Cordially Invite You to the Webinar on*

**Topic: "DEFINITIVE ORTHODONTIC TREATMENT FOR PATIENTS WITH TMD"**

Speaker	Chief Guest	Moderator
		
<b>Dr. Mauricio Gonzalez Balut, D.D.S, MS-ORTH</b> Past President, Mexican Association of Orthodontists.	<b>Dr. U.S. Krishna Nayak, M.D.S</b> Dean A.B. Shetty Memorial Institute of Dental Sciences, Karnataka. Past President, Indian Orthodontic Society	<b>Dr. C. Deepak, M.D.S, Ph.D.</b> Past Hon. Secretary, IOS Professor & Head Department of orthodontics, SRM Kattankulathur Dental College and Hospital.

**About Speaker :** Dr. Mauricio Gonzalez Balut did Doctor in Dental Surgery from Intercontinental University, Mexico City 1990- 1994. Master of Science in Orthodontics: Loma Linda University 1996-1998. Facial and Reconstruction Course: Orthodontics and Orthognathic Surgery, Member of the International College of Dentists, October 2007. Fellow Member of the American College of Dentists, November 5, 2015. Fellow Member of the International Academy for Dental and Facial Aesthetics, November 30, 2015 American Association of Orthodontists "Ambassador" in Mexico, 2015. "Invisalign (Align Technologies) First Mexican Orthodontist, Certified since March of 2000, in Irvine CA, USA, "Ambassador" of the Be Active Dentist Association of Poland, Wroclaw, Poland 2015. Founder and Editor of the Official Journal of The Mexican Association of Orthodontists, "Revista Ortodoncia Actual". Past President of the Mexican Association of Orthodontics for the period 2013-2017.

**TO REGISTER  
SCAN HERE**



**WEDNESDAY  
14<sup>th</sup> JULY 09:30 A.M IST**

Department of Orthodontics & Dentofacial Orthopaedics , SRM Kattankulatur Dental College & Hospital organised a webinar by Prof Mauricio Gonzalez Balut Past President of the Mexican Association of Orthodontists with the endorsement by the Indian Orthodontic society on July 14th 2021 .

The topic of the webinar was ‘ Definitive Orthodontic treatment for patients with TMD ‘ . The webinar was well attended by over 452 registrations from IOS members .

The Chief Guest for the Webinar was Prof US Krishna Nayak MDS , Dean, AB Shetty Memorial Institute of Dental sciences , Mangalore . Guests of honour were the President of IOS Dr. Silju Mathew MDS, Hon secretary Dr Sridevi Padmanabhan MDS , Vice President Dr Surya Kanta Das MDS, President Elect Dr. Srikrishna Chalasani MDS , Immediate past President Dr Pradeep Jain MDS and Past President Dr G Chandrasekhar MDS .

Several senior members of the IOS Dr Pradeep Raghav MDS, Dr Puneet Batra MDS , Dr Anup Belludi MDS , Dr Usha Malkani MDS, Dr Mandava Prasad MDS, Dr Ankit Sikri MDS, Dr Arjun Nayak MDS, Dr Virag Bhatia MDS, Dr Sidhharth Shetty MDS, Dr Ajit Pillai

MDS and others attended the program .

Dr Deena Dayalan P MDS was the MC for the program . Dr Krithika Asokan MDS ,sang the invocation song and Dr Dhivya Dilip Kumar MDS gave the vote of thanks .

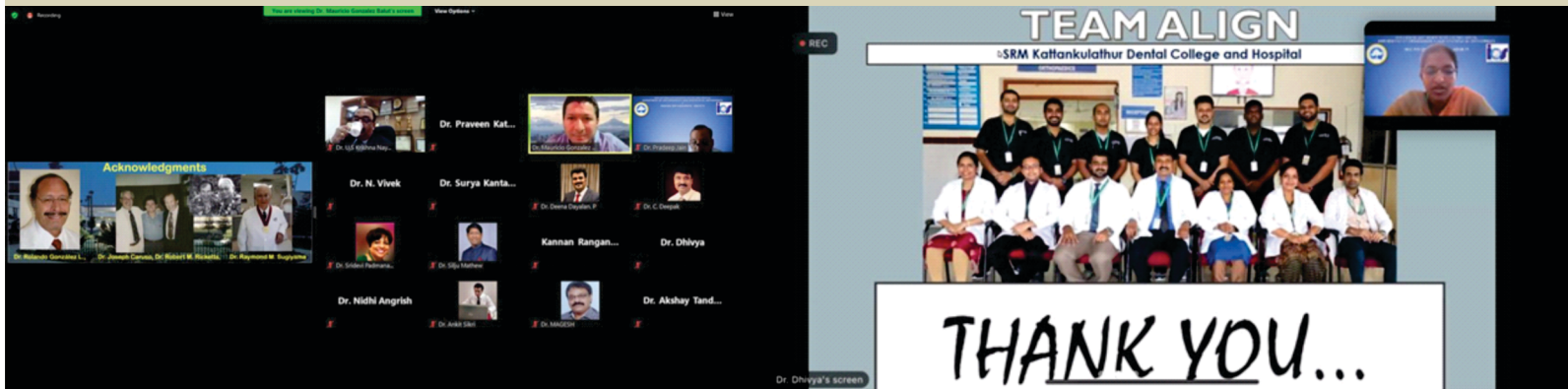
I would be glad to share a copy of the recording of the webinar to any member who wishes to listen to it . Please do mail me at [drcdeepak1307@gmail.com](mailto:drcdeepak1307@gmail.com)

Dean Dr N Vivek MDS , welcomed the esteemed speaker and members of the IOS on behalf of The Dental College .

Team Orthodontics SRM KDC , Dr Deepak Chandrasekharan MDS , PhD , Dr Dhivya Dilip Kumar MDS , Dr Deena Dyalan P MDS , Dr Akshay Tandon MDS , Dr Nidhi Angrish MDS, Dr Kritika Asokan MDS and Dr Praveen Katepogu MDS.



**Dr. C. Deepak,**  
Professor &  
Department of orthodontics  
SRM Kattankulathur Dental  
College and Hospital.



**TEAM ALIGN**  
SRM Kattankulathur Dental College and Hospital  
**THANK YOU...**



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# IOSTIMES Interviews Our Members

## Dr Nikhil Vashi & Dr. Binnoy Kurian

Who had made IOS proud at an  
International Platform with their Innovations & Patents

Interviewed By **Dr Kavitha Iyer**, Associate Editor

### Dr Nikhil Vashi



**Dr Nikhil Vashi Passed** B.D.S. in 1981 and MDS in 1985 from Nair Hospital Dental College, Mumbai. He has an exclusive private practice of Orthodontics since 1985 at Mumbai.

He has made scientific presentations regularly since 1989 at various conferences and scientific meetings of different orthodontic and dental associations in India and abroad. He has a number of publications to his credit. He received a number of awards in National level. He has many national and International patents to his credit. He is an Orthodontist, Inventor, Entrepreneur, Spiritual Seeker, Facilitator and Trainer. On behalf of IOS times, I thank you for sharing your time and expertise in innovative field.

**Dr Kavitha Iyer:** How did your journey into Inventing and Innovating begin?

**Dr Nikhil Vashi:** Hmm.. Since childhood I was quite curious about knowing how things worked. I used to open up toys, especially the spring loaded self-propelled cars and watches and clocks to see what mechanism was inside and how it worked. I

also loved playing with building sets where different metal pieces were joined with nuts and bolts to make different structures like aeroplanes, and trucks and buildings etc. So the seeds were already there.

When I joined Dentistry I was very happy as it involved working with different materials and tools. Right since I was in 2nd BDS I wanted to be an Orthodontist as I loved wire bending. However, Dentistry involves a lot more than just developing manual skills. There is a lot of knowledge and experience that has to be gained to be able to provide standard healthcare services to patients.

After I joined Orthodontics, the learnings of the speciality continued. Once we started seeing patients as post-graduate students, I also observed how different brackets and appliances helped in moving teeth and what were their plus and minus points. After starting private practice I continued finding my own solutions to different clinical challenges. Over the years I came up with a number of inventions and innovations and it has been a very satisfying journey. Distal-entry Lower Lingual Arch and modifications, Multi-Purpose Attachments, Universal Ribbon-Arch Appliance, Self-ligating brackets, V-Distalizer, Buccal Expander, new methods of ligation, indirect bonding method, different springs etc. are some of the developments I could come up with.

**Dr Kavitha Iyer:** What is the difference between Invention and Innovation?

**Dr Nikhil Vashi:** Any new article, machine, composition, or process or new use developed by a human for the first time is an Invention.

Innovation is improvement or significant change to an existing product, process or service.

**Dr Kavitha Iyer:** Why to Invent / Innovate?

**Dr Nikhil Vashi:** Inventions and innovations lead to progress in any field. In Orthodontics, they help in delivering quality healthcare services with better efficiency and effectiveness.

Innovative ideas that help to find solutions to challenges, to create something that makes life better in some ways by reducing difficulty, reducing time and/or expenses, increasing comfort, making it easier to carry out the treatment are worth implementing and sharing with others.

### **Dr Kavitha Iyer: How to Innovate?**

**Dr Nikhil Vashi:** When one wants to innovate in a specialized field it is important to understand the field. Have substantial knowledge about the subject. Understand how things work. With respect to Orthodontics it would be understanding of anatomy, physiology, biochemistry, pathology, cell biology, mechanics, metallurgy, radiology and so many such related fields. One needs to become aware of the challenges that come up and one needs to have a mind-set to find solutions. Usually in a well-developed field a lot of people have contributed in finding solutions. In other words, a lot of inventions and innovations have led to the development of the field. But there is always a scope for improving upon what is already there. Or, something totally new can be developed to change the paradigms.

When one seriously wants to innovate or invent one can start with the following steps:

- 1) List the deficiencies in the existing appliance or method.
- 2) List ideal requirements of the desired outcome.
- 3) Generate Ideas.
- 4) Evaluate critically.
- 5) Identify and overcome objections to these ideas and
- 6) Actively search for better alternatives.

### **Dr Kavitha Iyer: What do you need to be a successful Inventor/innovator?**

**Dr Nikhil Vashi:** Success in any field depends on Knowledge, Skill and Aptitude. In routine life we live habitually doing the same things most of the times. But often we come across situations where we are forced to find a way out. Our creative ideas start flowing when we start looking for solutions. So one important characteristic needed is the willingness to find solutions. Many people give up soon but those who persist often come up with great inventions. Passion, determination, persistence, patience and “never give up” attitude help one to come up with valuable inventions and innovations consistently. Even those who believe that they don't have creative abilities can develop them with a strong desire to do so and consistent efforts.

Creative solutions many a times come up as insights when one is not actively thinking about them. The subconscious mind keeps looking for answers in the background once you have desired and focussed enough on the issues. Creativity is associated with the right brain activity and logical, critical, analytical thinking is associated with the left brain. Most of the times when we are awake we are having Beta brain waves that are associated with left brain activity. When we are relaxed and not working mentally we can be having alpha brain waves. New ideas flow when we are in relaxed states. So learning methods to relax physically and mentally can help. Meditation not only reduces stress but also helps access the subconscious where creative ideas come up. I have personal experiences of this as I have been meditating regularly for many years. Apart from that, positive affirmations, self-talk and self-motivation help a lot to have the right mind set. One also needs to put in consistent, intelligent efforts to achieve what one sets out to achieve. Evaluate what resources one has. Intelligence, energy, tools, time, money, people who can guide etc. are great resources to have. Fear of failure is the biggest hurdle to success. Know that there is no successful person in the world who has not failed. Work on overcoming this fear within. Then sky is the limit. We human beings have humongous potential that needs to be fulfilled.

### **Dr Kavitha Iyer: What is a patent?**

**Dr Nikhil Vashi:** A patent is granted by the patent office of a country. It is a right given by the government of that country to make, sell and use the invention or license it to someone to do so for some license fees or royalty. One may also sell the patent outright to someone to pass-on the rights to the buyer. A patent excludes others from making, selling or using the patented invention for a specific period of time. Usually it is 20 years in India. There are different kinds of patents like utility patent, design patent or plant patent. Patents on Orthodontic appliances usually come under utility patent since there would be a specific function or use of the invention.

### **Dr Kavitha Iyer: How can one get a Patent?**

**Dr Nikhil Vashi:** There is a laid out procedure to get a patent for an invention. An application has to be filed in the patent office in a specific format giving details of the invention with drawings, description and claims. It would be better to take services of a patent attorney for the filing process. It is a lengthy procedure to get a patent granted. After filing, the application is examined by an examiner in the patent office. He may raise some objections on different grounds and may convey that the invention is not original and it is infringing on earlier patents. An appeal can be filed against it answering to the objections raised, explaining why the invention is different from any other existing patented invention or prior art. If the examiner accepts these then a patent is issued.

### **Dr Kavitha Iyer: When should one think of patenting an idea?**

**Dr Nikhil Vashi:** One may come up with many innovative ideas. But not every idea is worth patenting or fit to get a patent issued for it.

It is important to evaluate every idea for its worth. I have been sharing with others in my workshops about how to evaluate new appliance and methods/ techniques. The same would be applicable to new ideas as well.

## Evaluation of New Idea / Appliance / Method / Auxiliary

Result – Does it help in delivering quality results?

Limiting conditions – Are there certain limiting conditions like some malocclusions, need for patient cooperation or some technical limitations where it is not effective?

Ease of manipulation – It is easy to manipulate in the patient's mouth?

Time – Does it help reduce treatment time and/ clinical time?

Comfort – Is it comfortable for the doctor to use it?

Comfort – Does it increase patient comfort?

Lab back-up – Is it required?

Lab time – How much time required?

Hygiene – Is it easy for the patient to maintain oral hygiene?

Breakage – Does it break repeatedly?

Financial aspects – How expensive is it?

Alternatives - What are existing alternatives? No alternatives is better.

3 points can be given for the first four on the list as they are the most important ones and one point for the rest. Add up and see the score. If after a detailed evaluation, it seems to be an idea that is worth pursuing then one can think of getting a patent for it. It is not necessary to have a prototype for patenting an invention. Don't share it in public domain before applying for a patent.

One can use this objective evaluation to compare the new invention with the existing ones or two existing appliances e.g. fixed v/s removable/ aligners or methods e.g. direct v/s indirect bonding, to decide what would be more appropriate to use for a patient.

### **Dr Kavitha Iyer: Is it always necessary to patent an invention?**

**Dr Nikhil Vashi:** Patenting an idea requires some amount of money, time and efforts to prepare an application and then follow it up. Even after grant of a patent renewal fees have to be paid periodically. I personally believe that one should think of patenting an idea when there is a substantial potential of making money from it. The idea has to come out as a product or a method that can be sold or licensed. Otherwise it is a loss-making proposition financially. However, one may get the satisfaction that one has come up with a patentable invention.

It may also happen that one can come up with a number of patented inventions and one of them may become commercially successful and recover all the money invested. So I think it is a personal decision depending on how strongly one feels like getting a patent.

One should also keep in mind that if someone else makes a product that infringes on your patent, it is your responsibility to go to the courts and prove that your patent is being infringed upon and to ask for a royalty or to stop the other party from making and selling that product.

### **Dr Kavitha Iyer: What if an idea is not patentable?**

**Dr Nikhil Vashi:** If one decides that the new idea is worth pursuing and bringing it out as a product or a new method as it will benefit the users, but is not patentable or it is not worth the investment needed for patenting, one can still go ahead and start a business to monetize the idea or share with others who are willing to take up the project because it is a good idea and has a great potential to succeed in the market.

### **Dr Kavitha Iyer: What is the scope for Innovation in Orthodontics?**

**Dr Nikhil Vashi:** There are so many different areas in the field of Orthodontics where new inventions and innovations can add value to the orthodontists and to their patients. Right from first consultation to records collection, record keeping, diagnosis, appliances, auxiliaries, methods of treatment, bonding and other procedures etc. are available for improvements. One can also work on reducing treatment time, chair-side time, increasing patients' and doctors' comfort, and on increasing awareness about Orthodontics in public, dentists and other medical specialists.



# IOSTIMES Interviews Our Members

## Dr Nikhil Vashi & Dr. Binnoy Kurian

Who had made IOS proud at an  
International Platform with their Innovations & Patents

Interviewed By **Dr Kavitha Iyer**, Associate Editor



### Dr. Binnoy Kurian

Dr. Binnoy Kurian Passed B.D.S in 1992 and MDS in 1995 from KMC, Mangalore. He also did his PG.Diploma in clinical research from Annamalai University in 2010.

He is an academician with a clinical experience of 26 years. He is an exceptional teacher starting out as a lecturer in the year 1996 and rose to Professor and HOD of orthodontics in the year 2004 and has been serving as HOD till date with a total teaching experience of 23 years. He has made many scientific innovations which includes Multi-Mixpencer, Supercusp and Aligator. He has contributed to various invaluable publications adding to his credit. He is an

Orthodontist, Inventor, Educator, Entrepreneur and Trainer. IOS times would like to extend their gratitude for your knowledge and thoughts in the academic and innovation field.

**Dr Kavitha Iyer:** Let's start with a brief of your family background?

**Dr. Binnoy Kurian:** Both my parents are doctors, had their own nursing home at a place called Adimaly, just 30 kilometres from Munnar. The high ranges of Kerala at that time, 40-50 years back, had minimal medical facilities and service was the motto which kept them going. Frankly speaking, I am yet to find a person as hardworking and dedicated as my dad. I have a younger sister who is a physician.

**Dr Kavitha Iyer:** What about your wife and kids?

**Dr. Binnoy Kurian:** My wife, Dr. Amitha is a dental surgeon who takes care of our practice. That's a great help - I don't have to investigate the daily chores of our clinic, home and so on... she takes care of all those headaches, giving me the flexibility to involve in my passion-innovations. Also, we are blessed with 2 children - elder one, Adithya just completed his graduation in economics and younger one, Aishwarya, is in her 10th grade.

**Dr Kavitha Iyer:** Tell us about your education?

**Dr. Binnoy Kurian:** I consider myself very lucky to be a CODS - Mangalore alumni and got lucky once again when I could do my post-graduation also from the same institution.

Those were memorable days with a team of awesome teachers - Dr Surendra Shetty, our boss, with all his grace, Dr Subraya Mogra, the ortho encyclopaedia we seldom understood till our PG days, Dr Kennet F H Tan, a teacher cum clinician par excellence, Dr. Rohan Mascharenas, a person who will never brush you aside when you come up with a new idea... And then there was my dear batchmate, Dr Bhalaji - the textbook man; without his help PG would have been an uphill task for me...

My college life at Mangalore is something I would cherish a lifetime ...

**Dr Kavitha Iyer:** Now coming to the topic- Innovations in orthodontic field. With all the talents in our profession, do u think we have enough innovations?

**Dr. Binnoy Kurian:** Well, I think we are a well refined crowd. if u think logically, it's the cream of the profession who usually land up in our speciality, yet the innovation level is very low which should not be the case.

**Dr Kavitha Iyer:** Why is that so?

**Dr. Binnoy Kurian:** I feel, we as a speciality sincerely and diligently follow the unwritten rules of academics which has taken a negative turn. We believe in religiously following the classical textbooks and study materials. Thinking out of the box or even thinking loud was always considered a taboo in the society and I believe it had its influence in our profession too... thinking beyond textbooks and classical protocols were not always well received nor was it appreciated. But I am happy they are changing now, and orthodontists have started appreciating and finding value in innovations.

**Dr Kavitha Iyer:** As an orthodontist with 25 years of professional experience, how would you see innovation in orthodontics?

**Dr. Binnoy Kurian:** That's a vast area but I will try to condense it this way. We can broadly classify innovations in orthodontics into three categories.

The first one will be product innovations. Again, it may or may not have commercial value.

Then comes design and application innovations which we do in our daily practise. For example, we may design a special accessory for a clinical situation or sometimes we may use an existing spring for different application.

The third one is management innovations, it could be in the area of clinical practice or patient management.

These innovations are actually happening in our daily practice but nobody has christened it as an innovation because the clinician is not aware of it. In yet another scenario, the clinician is fully aware of his innovation but do not have a forum to present it. He knows he has a valuable innovation but has not stage to recognise his efforts. Clubbed with it comes his fear of someone snatching it away from him. All these keeps him from coming out in open and showcasing his innovation and finally, the beautiful concept or the innovative product dies off with him- a big loss to the profession.

**Dr Kavitha Iyer:** How do you think we can prevent this?

**Dr. Binnoy Kurian:** I think the professional associations can do a lot towards it. The Indian Orthodontics society with Dr. Silju mathew at its helm has already taken the initial steps in this direction. We have already seen the 'Orthodontic Innovation Conclave' which has created a stage for our innovators. Much more needs to be done towards this terms of incubation centres, funding supports and so on... I'm sure the new office bearers of IOS under Dr. Srikrishna Chalasani will take this forward in the right direction.

**Dr Kavitha Iyer:** Can you explain how innovations happen in our profession?

**Dr. Binnoy Kurian:** In a profession like ours, most of the innovations are need based. That means the goal is very clear and the boundaries are well defined. I will try to explain this with a simple example. Let us say we are designing a new spring to pull out a palatally placed canine. We know the goal here is it get the canine out to its correct position and the design of the spring should facilitate that. At the same time, we know it has to work in conjunction with a fixed appliance. So, the boundaries or the limitation of the spring is also set. Keeping these goals and boundaries in mind we design the new spring.

**Dr Kavitha Iyer:** Can you explain the whole process of innovation?

**Dr. Binnoy Kurian:** The process of innovation is quite structured and knowingly or unknowingly most of the innovators follow these steps.

The first step is Ideation. This could either be a “eureka “ moment or the result of months or even years of a thought process towards solving a problem. The innovator will have a clear picture of the product and its application. But then he is not sure whether this is doable.

The second step is to do a “ proof of concept”. It’s a way to find out if the idea works. Here a crude working setup is made which will give you the confidence to go the next level.

The third step is to make a Prototype. It usually will be a completely working model, although it may not be great in terms of size, aesthetics etc. Once you are convinced, then move on to refining the product. So there can be Prototype-2, 3 and more depending on the sophistication of the product, till we reach the final prototype or Industrial prototype, which will need only minimal changes for industrial production.

The final step is to go in for Industrial Production. This phase is important when we have a product which will be commercially viable and can be marketed at scale or in huge numbers.

But many the design and protocol innovations in our profession usually skip this phase and the novel data is disseminated in scientific gatherings, publications, textbooks etc where the innovators is often rewarded by professional and social recognitions rather than monetary benefits.

**Dr Kavitha Iyer: What will be your take on this?**

**Dr. Binnoy Kurian:** (laughing) I would prefer one with professional recognition and substantial monetary benefits.

**Dr Kavitha Iyer: Said that, how would you go forward, once you have an idea.**

**Dr. Binnoy Kurian:** The first thing you do, once you have an idea, is to apply for a provisional patent. We can apply for a provisional patent through a patent attorney to the Indian Patent Office. The patent office will do a “ prior art search” - a process of searching the international database for similar innovations. Once they are convinced that no similar products exists, they will grant you a Provisional patent. This will give you a one-year window to complete your product and submit the final patent application.

**Dr Kavitha Iyer: How about patenting an innovation in foreign countries ..**

**Dr. Binnoy Kurian:** Okay, that’s a very relevant point. Protecting your innovation with a patent is the most important thing, if you are looking at commercialising the product. Obviously, it will give you the legal rights to fight against copy-cats in the same market.

To start off, you need to file a PCT application. The Patent Cooperation Treaty, that is the PCT, is an agreement between its member countries and regions regarding patent rights. There are about 152 countries who are part of this. A PCT application will give you a window of 36 months to identify your potential markets and apply separately to each of them.

**Dr Kavitha Iyer: Does that mean we need to apply separately to each country?**

**Dr. Binnoy Kurian:** Yes, that’s right. Before your PCT application expires in 36 months, decide where all you are going to sell your product and apply individually to each of them.

**Dr Kavitha Iyer: Are there any riders?**

**Dr. Binnoy Kurian:** Well, these country specific patents need to be renewed yearly by paying a fee, which again varies from country to country.

**Dr Kavitha Iyer: Is there any criteria for getting a product patent?**

**Dr. Binnoy Kurian:** Yes, to get a patent, your product should fulfil 3 criteria.

- 1) It should be a novel idea
- 2) It should have an innovative step and
- 3) It should be commercially viable.

**Dr Kavitha Iyer: Do you get financial support for innovations...**

**Dr. Binnoy Kurian:** Yes there are quite a few governments and public organisations who support innovations. The Central and several State govt agencies have various schemes and start-up incubation centres which support innovations financially. Other help comes in the form of free work-spaces, technical and managerial support etc. Certain agencies have structured it in such a way that the innovator is given a financial support as early as ideation stage and then further assistance during prototyping and commercialising stages.

**Dr Kavitha Iyer: Suppose we don't get those funds, how will we take it forward?**

**Dr. Binnoy Kurian:** Okay, that's a sensible point again. Luck may not always come your way, especially when you are in dire need of money to take your project forward. At this point a more prudent way and a path many successful innovators have taken is to bank on your "Friends and Family circle". These are the people who know you, believe in you and know how serious you are about the whole project. Once convinced, they are the people who are most likely to invest in the early phase of your venture. It may not be in big numbers but will keep you going till you reach the next phase.

Once you reach the early Prototyping phase, you can approach the "Angel Investors" who typically invest in early stage start-up companies for an exchange of equity of your company, that is a small percentage of shares. They do that after evaluating the commercial viability of the product.

**Dr Kavitha Iyer: And beyond that, how will we proceed...**

**Dr. Binnoy Kurian:** Beyond that you must take a call, either you can sell-off or licence it to a bigger firm for a compensation or royalty or sometimes both. Or else you can go your own, that is to market the product your own way. For that you need huge financial back-up, managerial and logistical support, hell a lot of compliance activities pertaining govt and regulatory agencies and so on...

That is when "Venture Capital Funds" come to the picture. They are typically financial establishments with huge pockets, looking to invest in start-up companies for substantial returns- to the tune of 10X, 20X, 100X etc. Convincing them depends on the scale and viability of your business. Always keep in mind that these agencies are looking at exiting the venture with huge returns and you should be ready to go along with them.

**Dr Kavitha Iyer: Do Orthodontic products companies support innovations...**

**Dr. Binnoy Kurian:** Many a times, some established orthodontic product companies have expressed their willingness to work with the clinicians to support innovations in the orthodontic space. But, frankly speaking I haven't seen much action there. Said that I believe these kinds of collaborations can be mutually beneficial for both orthodontists and the companies as nobody else understands the needs and fancies of our daily work better.

**Dr Kavitha Iyer: Tell us about your journey as an innovator?**

**Dr. Binnoy Kurian:** Innovation, I feel, is a mindset. You try to find solutions most of the times. And sometime you think of ideas which will make life easier. Mind you, that's not an easy path. The ups and downs can be quite challenging- especially in a society where it's not readily accepted. But a clear goal and persistence will sure take you there.

# EMERGE

## APAC ORTHODONTIC POST-GRADUATE FORUM

August 28<sup>th</sup>, 2021 (Saturday)

### KEY MODERATORS



**Dr. John Lin**  
(Taiwan)



**Prof. Dr. Anmol Kalha**  
(India)

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**Dr. John Ling**  
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### Program Registration

Click here: <https://bit.ly/3gltIE5> or scan the QR code



# “MUSINGS WITH KEKI”

In Conversation With Dr Keki Mistry,  
Founder Member of IOS  
Episode 6



Dear Friends,

It is great to be having loving conversations with you all, again.

Since this is the month of Guru Purnima, I thought of sharing with you some good words on the value of friendship that I have received, extracts of which will greatly serve us in building a robust, healthy and ever forward looking IOS.

## THE BEAUTY OF FRIENDSHIP!

Why do I have a variety of friends who are all so different in character? How is it possible that I can get along with them all? I think that each one helps to bring out a "different" part of me.

With one of them I am polite.

With another I joke.

With another I can be a bit naughty.

I can sit down and talk about serious matters

with one.  
*Some of our former Post Graduate students who are now accomplished Orthodontists in their own right.*  
be on the same wavelength with another.

With another I laugh a lot.

I listen to one friend's problems.

Then I listen to another one's advice for me.

My friends are like pieces of a jigsaw puzzle. When completed, they form a treasure box. A treasure of friends! They are my friends who understand me better than I understand myself. They're friends who support me through good days and bad.

Real Age doctors tell us that friends are good for our health. Dr. Oz calls them Vitamin F (for Friends) and counts the benefits of friends as essential to our well being. Research shows that people in strong social circles have less risk of depression and terminal strokes. If you enjoy Vitamin F constantly you can be up to 30 years younger than your real age.

The warmth of friendship stops stress and even in your most intense moments, it decreases the chance of a cardiac arrest or stroke by 50%. In summary, we should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together and pray for each other in the tough moments.

With love and good wishes to you and your family.

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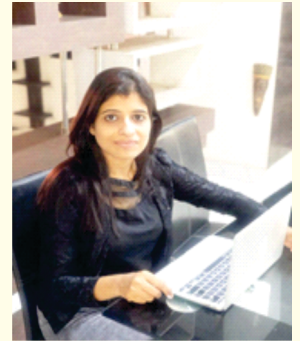
# Beyond Orthodontics

Dr Swaroop, who excelled as a mental Conditioning coach & Film Maker as he practices Serious Orthodontics

Interviewed By **Dr Swati Acharya**



**1. Our Fraternity are curious to know many things about you from you. The first thing I want ask for the readers is when did you actually feel you wanted to become a mental conditioning coach ?**



Ans. In the 1990's and early 2000..

India was known as a country that did not have a killer instinct. The Kargil war had just happened, the Sydney Olympics was a debacle and although I had started my Orthodontic practice, my mind was also on these things. Then, in 2002, there was a quote by the then Chief of Army Staff, Gen Padmanabhan, who said "If we can't win at sports, we can't win wars!".

That became my inspiration and I started my journey into Brain Science and it's application in Elite sports.

**2. Did you find any challenges initially when you are also practicing orthodontics ?**

Ans :-Not much. I had a smooth growing practice in Pune, which I started in exclusive orthodontics in 1998, had a visiting faculty at a college. The only challenge for me was within me - I could see my life sitting in a 20\*20 sq ft clinic doing the same work. I did find Orthodontics monotonous and that was a clear challenge for me.



### 3. What is the secret behind your success and achieving so many things in life ?

Ans:- I don't think I have achieved so many things, but I can surely say that I have achieved and experienced the joy of exploring my inner passion and making it my career. Transitioning from one profession to a completely new profession has not been a smooth ride, but the sense of completing the transition successfully has been very satisfying. I have earned a lot of amazing experiences, which I otherwise would not, as. Mental Conditioning Coach and also as a Film maker. If I have to think of a secret, which actually it is not, I can say, I was lucky that I felt inspired enough to actually do the things that I thought I had a talent and interest for.



### 4. What is according to you and in your opinion is the most important quality of a film maker ?

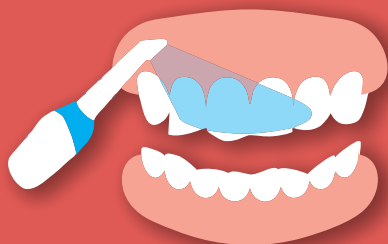
Ans - :The most important quality of a filmmaker is teamwork. The beauty and challenge of making a film is that each and every small aspect of creating a film has to be near perfect, if you want the film to connect with the audience. I personally find this aspect of film making most appealing, enthralling and satisfying. And this is only possible with team work and the ability to transfer your pasioa fn vision of that story to your trram members so that they give their very best, inspite of so many budget constraints, in short film making.





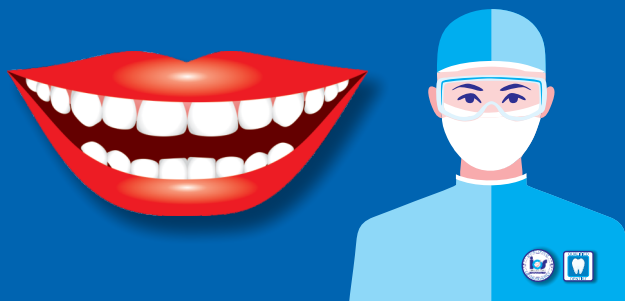
# YOUR BRACES JOURNEY

## 1 Initial appointment



A thorough examination and record taking (X-Rays, photographs & models).

## 2 Choosing the right treatment option



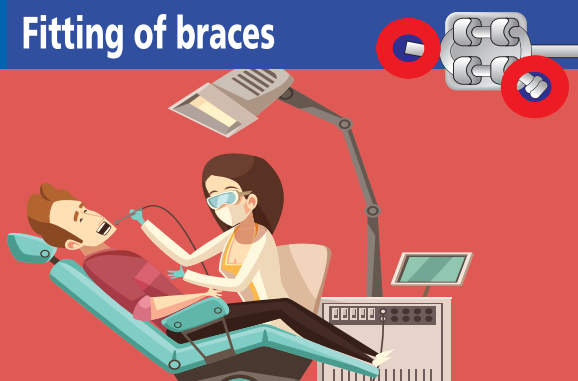
Selecting a modality that best suits the case

## 3 Additional treatment



Filling up of cavities, cleaning of teeth, placing spacers, if required.

## 4 Fitting of braces



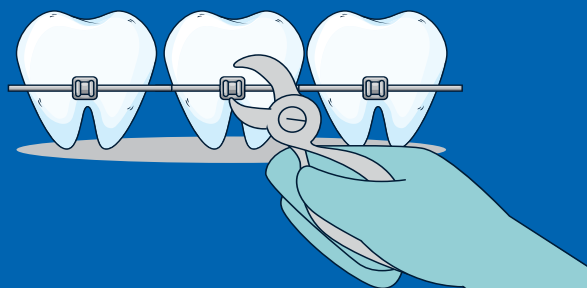
Decided type of braces are fitted and necessary instructions are given.

## 5 Scheduling regular appointments



A regular recall schedule to be planned and followed.

## 6 Removal & Retainer use



Upon completion, braces are removed & Retainers are given to be worn religiously.



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