

The Official News Letter of Indian Orthodontic Society



President's Message



Dear Members,

As we welcome the new year, we pray for everyones good health and best wishes for all to do best in this beautiful journey of life. We had a great IBO awareness programme held at Jaipur in the month of November with a house full session having more than 75 participants. The urge to be even better a better clinician was the aim of this IBO awareness programme. Many congratulations to the Chairman IBO- Dr. Ashwin Mathew, Hon Secretary- Dr. Salil Nene.

Thanks to the able convenors of Rajasthan Orthodontic Study Group - Dr. Kapil Bansal, Dr. Shiva Gupta & Dr. Divyaroop for a smooth organisation. Continuing with the success of online lecture series, the academic council with Dr. Amesh Golwara chairing the committee has gone to a different level. We are trying to connect to the best of academician's for enriching the mass orthodontists of the country to enlighten as never before.

My deepest condolences to the families of few of our senior Orthodontists whom we lost in last month. We pray to almighty to give strength to the family to overcome this big a loss. In the coming year, As we take care of well being of our elders and ourselves in a family, let us look beyond and contribute towards the welfare of our society and our great nation.

I wish you and your families a Safe, Healthy, Happy & eventful new year 2023.

God Bless All..!!

Jai Hind, Jai IOS

Lots of Love & Regards,

Dr. Balvinder Singh Thakkar

President, Indian Orthodontic Society



Secretary's Message

Esteemed members of IOS

Greetings

Month of November was full of activities.

EC meeting was held in beautiful city of JAIPUR on 20 Nov 22

It was a Very fruitful meeting.

Head Office has initiated action against Misleading advertisements about aligners to Central government agencies.

New Program endorsement guidelines has been formulated

Following programs has been endorsed in this month

- 1. Passive Self Ligation SDM Dental College, Dharwad, 5 Dec 2022
- 2. Art and Science of Crafting Standout Research Jamia Milia Islamia 2-3 Dec 2022
- Clear Aligner OSGOD &NOSG
 Dr Ivan Pelaliz & Dr Chintan Valia 16/10/22
- 4 Friday Rendezvous28 Oct Dr Padhrang Flemming25 Nov- Dr Elsa Arango
- 5. Workshop on Orthognathic Surgery PGI Chandigarh 26-27 Nov
- Success With Aligners Bhuwaneshwar Orthodontic Study Group Speaker – Arun Nayak - 4 Dec 2022
- 7. Clinical Enrich, MOSG
 Speaker- Roberta Leone 13 Nov 2022
- 8. Skeletal Complexities Shree Banke Bihari Dental College 28-29 Nov 2022
- 9. MRB Oration-MOSG- Dr Shadashiv Shetty 25 Nov 2022
- 10. **Chandigarh SG 17 Dec 2022**
- 11. Orthognathic Digital Planning Dr Rengalaxmi Royal Dental College, Thrissur 4 Dec 2022
- Surgical Orthodontic Workshop- DR RATNA Gitam Dental College, Vizag - 6-8 Dec 2022
- 13 A Z of Orthodontics Shree Sankara Dental College TVM 16,17,18,19 Mrach 2023
- 14. Passive Self Ligation Guwahati OSG Dr C S Ramchandra 4 Dec 2022
- TMJ Orthodontics MP OSG 20 Nov 2022
 Dr Darpan Bhargav
- Passive Self Ligation- Dr Gurkeerat Singh & Dr Vadivel Kumar SW Tamilnadu OSG 18 Dec 2022
- Hubli Dharwad OSG
 Dr Gurkeerat Singh, Dr Abhishek Ghosh 21 Dec 2022

Sincerely,

Prof. (Dr.) Sanjay Labh

Hon. Secretary, IOS

Editor's Message



Once more, with immense pleasure I present the November issue.

As we all know, a newsletter mirrors a society-lts vision and mission. It also highlights events, activities and academic prowess and achievements.

In the October issue we came up with two issues so as to cover the nationwide orthodontic week celebrations. We are almost at the end of the year and December is already here, December has the clarity, the simplicity, and the silence you need for the best fresh start. It's time to finish off what you started and look forward.

Being the Editor it's a great pleasure to publish the programs which burst in different parts of the nation.

So I request all the IOS members, study group conveners and academicians to kindly get their programs endorsed by filling in the endorsement form and sending it to the Hon. Secretary, so we can publish the endorsed programs.

I would also request members to enroll for IOS PROTECT, which has been designed for the benefit of IOS members. We have three scheme options to choose the policy based on the coverage amount, you can choose whichever suits your needs.

With Christmas just round the corner, and before getting wrapped up in holiday celebrations take a moment to appreciate and show gratitude and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better then your current situation.

"Wishing you a season full of light and laughter for you and your family"

Regards

Dr Santosh Ramegowda

Editor

IOS Times

Reaches us at : editoriostimes@iosweb.net

EDITORIAL TEAM



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Dr Jas Kirat Singh ADVISORS



Dr Reji Abhraham



Dr Silju Mathew



Dr Sarabjeet Singh



Dr Kannan Sabapathy



IOS CALENDAR OF EVENTS 2022-23



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

| PRACTICE MANAGEMENT SERIES | 5 th FEB 2023 | Sunday | VIRTUAL | DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA | 9824122642 9980044933 9860467872 | kubavatajay@gmail.com drsidshetty@gmail.com drgauravg@gmail.com |
|--|---|--|---------------------------------------|--|--|--|
| IOS PG CONVENTION | 16 th – 19 th FEB 2023 | Thursday - Friday - Saturday - Sunday | LUCKNOW | DR SUDHIR KAPOOR | 9415022735 | kapoorclan@hotmail.com |
| 3 RD EC MEETING | 19 th FEB 2023 | Sunday | LUCKNOW | DR SUDHIR KAPOOR / DR RAJ KUMAR JAISWAL | 9415022735 9415023934 | kapoorclan@hotmail.com drrajkumarjaiswal@yahoo.co.i n |
| IOS FRIDAY RENDEZVOUS | 24 th FEB 2023 | Friday | VIRTUAL | DR REJI ABHRAAM | 9947357788 | rejiabm@gmail.com |
| NATIONAL INTEGRATED TYPHODONT WORKSHOP - ADVANCED COURSE | 9 th – 11 th Mar 2023 | Thursday - Friday - Saturday | INDORE | DR ASHISH GARG DR AMIT BHARDWAJ DR SURYANSH DILLIWAL | 9826340056 9826550696 9893064911 | drgargs 1@yhoo.com dramit2211@yahoo.in |
| IOS PG ORIENTATION PROGRAM | 17 th – 18 th MAR 2023 | Friday - Saturday | JAIPUR | DR SEEMA CHOUDHARY DR SAURABH CHATURVEDI | 9829125999 9468869266 | drseemaortho@gmail.com drsaurabh84@yahoo.com |
| INTERNATIONAL ORTHODONTIC SYMPOSIUM | 24 th – 27 th MAR 2023 | Friday - Saturday - Sunday - Monday | COORG | DR SUNIL MUDDAIAH DR ANMOL KALHA DR GOUTHAM B | 9448113013 9910017111 9900620536 | drsunilmuddaiah@gmail.com anmolkalha@gmail.com. drgouthamreddy2000@gmail. com |
| WILD LIFE PHOTOGRAPHY | 31 st Mar- 2 nd Apr 2023 | Friday - Saturday - Sunday | RANTHAMBOR E | DR RAGHUNANDAN CHANDURI/ DR ARIHANT JAIN | 9845187614. 7417670908 | drraghucvl@yahoo.com arihantjainortho@gmail.com |
| ROAR (RAMACHANDRA ORTHODONTIC ACCELARATED REVIEW) | 3 rd – 5 th Apr 2023 | Monday - Tuesday - Wednesday | VITUAL | DR. VIGNESH KAILASAM DR SRIDEVI P | 9840237177 9600077428 | theorthodontist@gmail.com sridevipadu@gmail.com |
| NATIONAL INTEGRATED TYPHODONT WORKSHOP | 6 th – 8 th Apr 2023 | Thursday - Friday - Saturday | GHAZIABAD | DR PAYAL SHARMA /. DR PIUSH KUMAR | 9212708451 9811307935 | drpsharma25@yahoo.com piushkumardf@its.edu.in |
| MID-YEAR CONVENTION | 12 th APR – 19 th APR 2023 | Wednesday - to Next Wednesday | ITALY (ROME, FLORENCE, VENICE) | DR BALVINDER SINGH THAKKAR DR DIVYAROOP RAI | 9829213700 8233625656 | doctorbalvinder@gmail.com dr.divyaroop@gmail.com |
| NATIONAL TYPHODONT WORKSHOP(SOUTH ZONE) | 20 th – 22 nd APR 2023 | Thursday - Friday - Satursay | CHENNAI | DR C DEEPAK | 9840060745 | drcdeepak1307@gmail.com |
| PRACTICE MANAGEMENT SERIES | 7 th MAY 2023 | Sunday | VIRTUAL | DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA | 9824122642 9980044933 9860467872 | kubavatajay@gmail.com drsidshetty@gmail.com drgauravg@gmail.com |
| WORLD ORTHODONTIC HEALTH DAY | 15 th MAY 2023 | Monday | PAN INDIA | IOS HO / HON. SECRETARY | 9829213700 9313483570 | president@iosweb.net. secretary@iosweb.net |
| INTERDICIPLINARY ORTHODONTICS SYMPOSIUM | 20 th MAY 2023 | Saturday | HYDERABAD | DR SHUBHAKAR RAO | 9949095427 | shubhaker@gmail.com |
| 4 TH EC MEETING | 21 st MAY 2023 | Sunday | HYDERABAD | DR SHUBHAKAR RAO | 9949095427 | shubhaker@gmail.com |
| IOS FRIDAY RENDEZVOUS | 26 th MAY 2023 | Friday | VIRTUAL | Dr A EDEINTON ARUMUGAM | 9841121575 | edeinton@gmail.com |
| IOS SYMPOSIUM ON CLINICAL CASE REPORTS (GRANDEUR II) | 5 th – 6 th JUN 2023 | Monday - Tuesday | VIRTUAL | DR SURYAKANTA DAS | 9861099237 | orthosuryakantadas@gmail.co m |

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

TERNA DENTAL COLLEGE, MUMBAI

DEPARTMENT OF ORTHODONTICS

ORTHODONTIC WEEK CELEBRATION





It's never too late to get your smile straight







Thanking each and every Orthodontist for bringing back lost smiles...



near by residential societies. The rally was organised under Dr. Ram Autar, (Prof and Head), Dr. Rakesh koul, Dr. Shantanu Khattri, (Professor), Dr. Madhvi Bharadwaj, (Professor), Dr. Ankit Mishra (Professor).







BEST DECORATED DEPARTMENT COMPETITION

Dept of Orthodontics and Dentofacial Orthopedics, Santosh Dental College with a lot of fanfare.

Multiple events were organised which decorated the department throughout the week

- 1) Rang De (Rangoli Competition)
- 2) Slogan competition
- 3) Wire bending competition
- 4) Dancing
- 5) Singing
- 6) Reels
- 7) Tug of war
- 8) Dumb charades

It was a fun filled event and students all across different years participated in the event with wholesome enthusiasm and showcased their skills and talent.









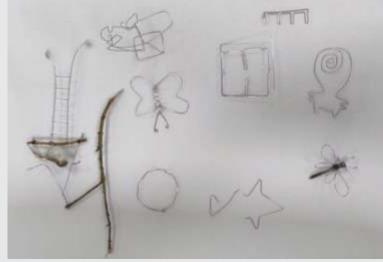












RANG DE: RANGOLI COMPETITION

Dept. of Orthodontics and Dentofacial Orthopedics, Santosh Dental College, organised a Rangoli making competition to celebrate Orthodontic Day. Rangoli making is an integral part of Indian traditional culture and heritage and embellishes the festivities.

The competition was open for all the students for all years. Participants made creative and colourful rangolis keeping orthodontic day as theme. They used eco-friendly colours, coloured sawdust, flowers, etc keeping the art form and tradition alive. Students participated with great vigour and enthusiasm.







Arunoday, Sachin, Lippika, Wasim, Harshita

Harshit, Mitrata, Buddhadev, Priyanshi, Garima

Shivani, Satakshi, Shruti, Bhavesh, Satish

SLOGAN WRITING COMPETITION

Dept. of Orthodontics and Dentofacial Orthopedics, Santosh Dental College, organised a Slogan Writing Competition on the occasion of Orthodontic Day. The event saw participants across different years. The topic of Slogan was "Importance of an Orthodontist".

The participants were asked to write in their preferred language, either Hindi or English. The participants were asked to highlight the topic and turn their thoughts/views into words. The participants submitted their entries to the department.

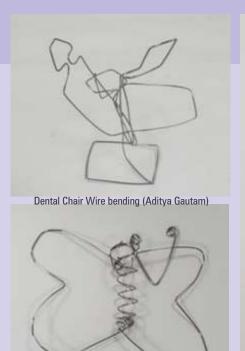
We would like to submit the following entries for the IOS slogan competition:

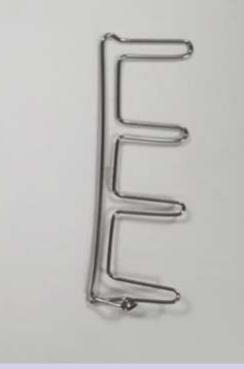
- 1. Brace yourself with orthodontist (Dr. Mayank Gupta, Associate Prof. Santosh Dental College)
- 2. Aligners Without an Orthodontist is like driving a car without license. (Dr. Anamika Sharma MDS Batch 2021-22)
- 3. If your smile is not becoming to you, then you should be coming to me. (Dr. Palak MDS Batch 2021-22)
- 4. I can be visible, I can be invisible, I am the one what makes people say, "mirror mirror" on the wall, Who is the prettiest of them all. (Dr. Shreyash Gupta MDS Batch 2020-21)
- 5. Life Without braces is like life without a spine. (Dr. Shikha Singh MDS Batch 2021-22)
- 6. Braces make Pretty faces. (Dr. Hemlata MDS Batch 2021-22)
- 7. All is Well when it aligns well (Dr. Mohit Patil MDS Batch 2020-21)
- 8. Smile with braces (Dr. Satakshi Shukla BDS Batch 2017-18)
- 9. The weather outside is frightful but my smile is delightful. (Dr. Shivani BDS Bath 2017-18)
- 10. Listen to your doctor they know things that you don't. (Dr. Shivangi Shukla MDS Batch 2021-22)
- 11. If Gap between your teeth ruining your smile, Don't worry we fix it. (Dr.Satish Singh BDS Batch 2017-18)

WIRE BENDING COMEPTITION

Students were asked to employ their creative skills and bend wires into different shapes.

Students came up with various figurines using various wires.







Butterfly (Harshita Rexwal)

Comb (Dr. Shreyash Gupta)

Bird (Lipika Sharma)



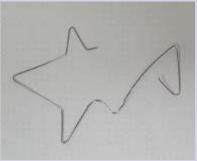
Cat (Palak Kulshrestha)



Dragon Fly (Lipika Sharma)



Twin Bracket (Dr. Shivangi Shukla)



Mouse (Dr. Hemlata Bajaj)

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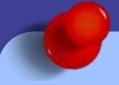


Member Achievements DR NR KRISHNASWAMY

Dr NR Krishnaswamy presented a plaque on behalf of the IOS to the president of the Korean Association of Orthodontist, Dr. Seung-Hak Baek at the 55th KAO and 13th Apoc held in Seoul Korea on 28th Oct, 2022



Member Achievements DR.OPKHARBANDA





Dr O.P. Kharbanda, an internationally recognized personality in the Orthodontic world added another feather to his cap recently. He was appointed as the Pro Vice Chancellor, Ramaiah University of Applied Sciences (Health Sciences), Bangalore

Prof. Om Prakash Kharbanda is Dr CG Pandit National Chair conferred by the Indian Council of Medical Research, positioned at All India Institute of Medical Sciences, New Delhi.

He is the former Chief of Centre for Dental Education and Research, Prof and Head, Division of Orthodontics and

Dentofacial Deformities, AIIMS, New Delhi.

Dr. O.P. Kharbanda served with many additional roles as Director of the WHO Collaborative Centre on Oral Health, Centre of Excellence for implementing the National Oral Health Program, Chief of the Centre for Medical Education Technology and Innovation (CMET-i) and advisory to Ministry of Health Government of India.

He has been a Visiting Professor at the Displicine of Orthodontics, University of Sydney, University of Western Australia, Australia and La Trobe University, Victoria, Australia and Connecticut, USA.

Prof. Kharbanda contributed significantly to community dental health during his tenure as the Director of WHO-Collaborating Centre on Oral Health Promotion. At AIIMS, he steered the National Oral Health Programme (NOHP) of the Government of India and founded the first exclusive dedicated national facility for dental research (NARRIHDS).

We on behalf of Indian Orthodontic Society congratulate him for the recent achievement and for representing our fraternity on National and International platforms.











Dr. Rajalakshmi SJ of Bangalore is a dental specialist and an Orthodontist by profession. It was in 2014 that she was declared the winner of the Miss Wheelchair India pageant. Fast forward to 2017, Rajalakshmi has grabbed the title of Miss Popularity at the Miss Wheelchair World pageant that was held in Poland.

She gives motivational talks, regularly gives free-of-cost dental check-ups and works for the employment and education rights of the disabled.

She is the chairperson of the SJ Foundation, which works for the cause of persons with disability. After winning Miss Wheelchair India 2014, she organised the pageant the following year in Bengaluru through her foundation.

Her work has been appreciated, awarded and felicitated at various forums. She has earned titles like A Bold Woman in India, A Positive Hero & A Woman of Substance.

She also won a National award presented by the President of India in 2017.

We sat down with her to talk about her life, struggles and how she managed to overcome it all.

Dr SA: Mam, welcome to IOS Times, can you tell us a bit about your dental education background?

Dr RSJ: I completed my graduation in Oxford Dental College in 2008 and post graduation In Orthodontics from Government Dental College, Bengaluru in 2013 where I was a Gold medallist too.

Dr SA: Why did you choose Orthodontics?

Dr RSJ: I had braces treatment when I was young. My orthodontist used to spend 15-20 minutes on my treatment and somehow I felt it was an easy job. That thought stuck with me and had me interested in orthodontics. However once you get into post graduation you realise it's a different game

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altogether! This knowledge in this subject is so vast that each chapter in Orthodontics has a whole textbook dedicated to it!!

Dr SA: What are your Interests?

Dr RSJ: I love travelling and so far I have travelled to 15 countries. I am looking forward to exploring more countries.

Dr SA: What was the life changing moment for you?

Dr RSJ: When I was 21, during my internship I met with a road accident that led to a major spinal cord injury. That set a new course for my life altogether. I realised this was going to be a tough thing to overcome.

Dr SA: What gave you the strength to overcome this tough time and not give up?

Dr RSJ: Well, I would say firstly it's all about your willpower and inner strength. Another thing was that there was no option left. I had to accept it and move ahead in life.

Dr SA: I feel nowadays youngsters give up so easily...then how do choose life rather than other options like depression and giving up totally on life?

Dr RSJ: I have a good supportive family but more than that it's you who has to support yourself. But even when you have a good support system, unless you work on yourself from within, its going to work against you. Motivation has to come from inside.

Dr SA: So how did Miss India happen for you and how did you take it from there to Miss World?

Dr RSJ: I participated in Miss Wheelchair India Pageant in 2014 and went from there to represent India in the Miss Wheelchair World Pageant in Poland, winning the Miss Popularity title. What I believe in is that I has been blessed to have lived two different lives, one of the abled and one is the differently abled in the same lifetime. This was also actually the winning answer for the coveted Miss Wheelchair India title.

Dr SA: What an amazing way of thinking!! So doc, what is your daily routine?

Dr SA: So how did Miss India happen for you and how did you take it from there to Miss World?

Dr RSJ: I work as an Assistant Professor in department of Orthodontics in Government Dental College Bengaluru and am due for promotion to Associate Professor. In the evenings, I work in my dental clinic at SJ Square in Srinagar, Bengaluru. I am also the chairperson of the SJ Foundation, which works for the cause of persons with disability.

Dr SA: Wow, you are a Multitasker!! So Inspiring! What's your message for others, specially searching for motivation in difficult times?

Dr RSJ: I would say that the first step to overcoming difficulties is acceptance. That's where the problem lies when we fail to accept our situation. Once we accept the reality, we are on the track to finding solutions and ways to overcome it.

Dr SA: How did you feel about the outside world s acceptance regarding your situation . Do you think the acceptance should come from them also?

Dr RSJ: For me, it has been 15 years of my future life now and I think there was a change in the way people treat me in the way they are aware of the differently abled. We definitely are moving ahead in that direction. Secondly I just don't care about what people think. I feel if I am doing the right thing, I don't need people to validate me.

Dr SA: That's the Strength you were talking about. Today s generation is all about social media and the outer world validating you. Any message for the youngsters regarding that?

Dr RSJ: Nowadays, it's all about Facebook, Instagram, Likes and dislikes. What I believe is "Success is when we don't seek Acknowledgement from outside" I am not a social media person and a lot of people have told me to increase my visibility on media. But I feel we as a generation are seeking validation from others through social media and somewhere that makes us vulnerable. We should focus on accepting ourselves the way we are and start working on ourselves rather than seeking validation from others. That way we can be stronger individuals ready to overcome any obstacle.

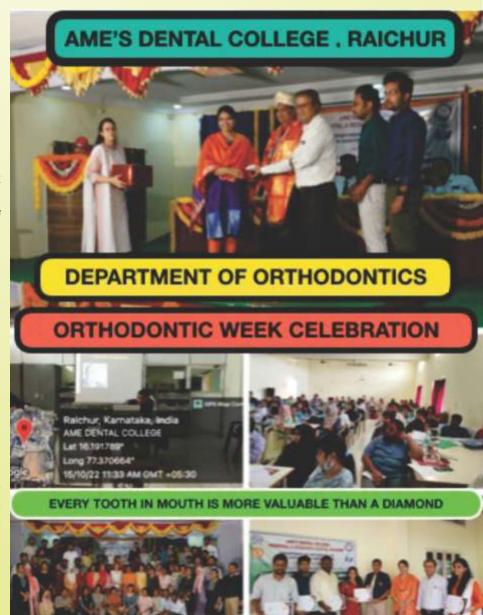
REPORT OF RAICHUR DENTAL COLLEGE

On the 14th and 15th of October 2022, a continuing dental education programme and hands-on typodont workshop on contemporary Edgewise and segmental arch mechanics at AME'S dental college and hospital, Bijingera Road, Raichur, Karnataka.

It was spear-headed by Dr Madhan Balasubramanian, Professor and Head at JIPMER Pondicherry and was under the guidance of Dr CH Lalitha Head of Department, Department of Orthodontics and Dentofacial Orthopaedics and esteemed principal of AME's dental college, Dr DNSV Ramesh.

An estimated of 70 delegates attended the programme from all across India including institutions Navodaya Dental College, Raichur, Albadar Dental College Gulbarga, HKE'S SLN Dental College Gulbarga, SB Patil Dental College Bidar, Al Ameen Dental College Bijapur, Srinivas Dental College Mangalore, Vishnu Dental College Bhimavaram, SVS Dental College, Mahabubnagar, G.Pullareddy Dental College Kurnool, Mallareddy Dental College Hyderabad, Mallareddy Womens Dental College, Nizamabad, Thirumala Dental College, Nizamabad, Bharti Vidyapeeth Dental College Sangli.

The programme started with the inaugural ceremony consisting of felicitating the dignitaries on the dais, lamp lighting and concluded with a vote of thanks.



The workshop kick-started with a lecture on Edgewise appliance systems - Evolution and contemporary scenario. The speaker ensured that there was one-on-one interaction and all the queries were clarified.

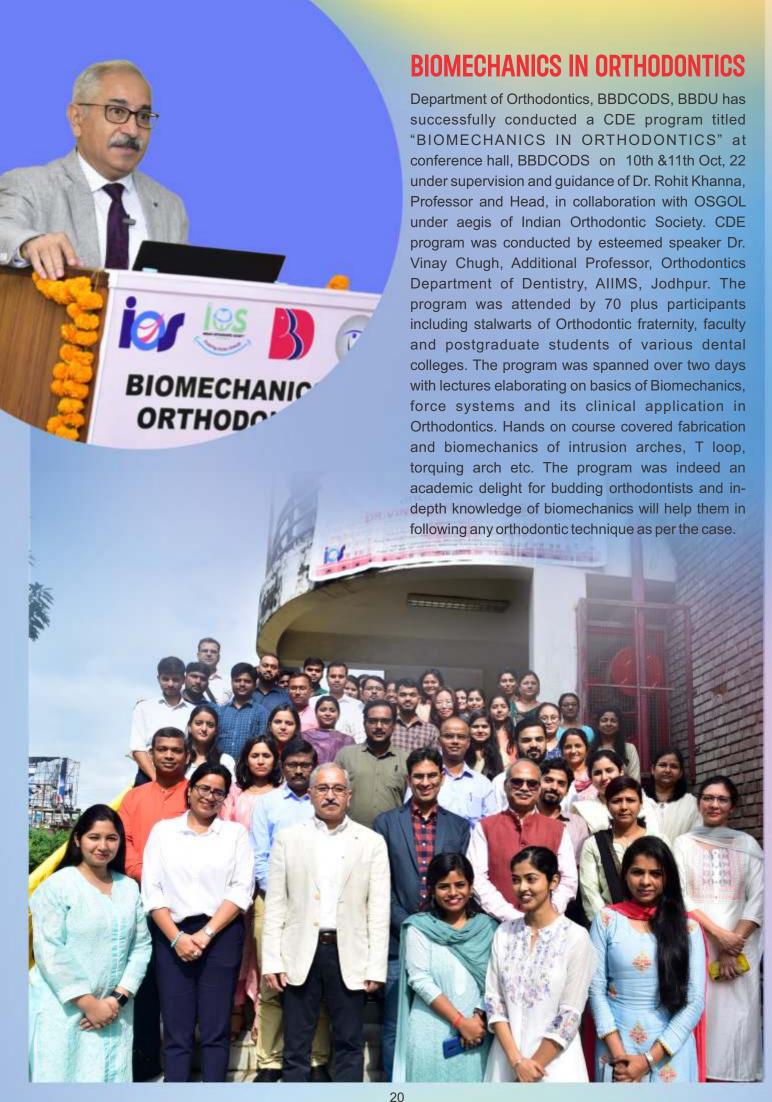
The hands on workshop was a huge success with different types of wire bending including Arch forming with Turret, I, II and III order bends, Burstone Intrusion Arch, 3 Piece Intrusion Arch, Utility arches.

The session was followed by a gala banquet dinner at 8 pm.

On the second day, there was a lecture on Fundamentals of Orthodontic Biomechanics followed by demonstration of Popular Orthodontic loops and Canine retraction springs -- T spring, PG spring, Ricketts K-SIR arch wire T loop Retraction Arch wire (Continuous).

The session concluded with a lecture on orthodontic finishing and detailing.

The students were fully satisfied at the end of the course and carried many take-home messages.













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Armed Forces Orthodontic Study Group (AFOSG) CDE Programme

"Passive Self Ligation: Damon System & its Efficiency"

Army Dental Centre Research & Referral,

17 Nov 2022

The AFOSG, Delhi Cantt conducted half day CDE programme on the topic "Passive Self ligation: Damon system and its Efficiency" on 17 Nov 2022 in hybrid mode. The aim of this CDE programme was to keep orthodontic professionals of Indian Armed Forces abreast with this contemporary treatment approach amidst the current evidence. The eminent speaker for the CDE was Dr Sunanda Roy Choudhury, Dean and Principal Shree Bankey Bihari Dental College & Research Centre, Ghaziabad, UP, a distinguished academician, clinician, orator and key opinion leader on the topic.

Lt Col Vivek Thakur welcomed the speaker and the audience. Dr Sunanda Roy Choudhury comprehensively covered the topic from basics of self ligation, Damon philosophy in particular, to management of complex cases of malocclusion. All the Armed Forces Orthodontists spread across the length and breadth of the country and post graduate residents of ADC R&R and Dept of Dental Surgery & Oral Health Sciences, AFMC, Pune came together on this platform and made it a success. Few civilian counterparts were also in attendance. Total attendance of the event was approx 100 delegates. This was followed by question and answer session where Armed Forces delegates interacted with our speaker and exchanged their views on the topic. The day with enriching experience concluded with the vote of thanks by Lt Col Dinesh Chaudhary at 1700hrs. The special gratitude was expressed for the office of DGAFMS and DGDS for granting permission and support to conduct this CDE programme. All the participants were given e-certificates with 03 CDE points and the guest speaker was presented with a memento.

The CDE was organised under the aegis of AFOSG by Brig SS Chopra, Commandant ADC R&R and HoD, Dept of Orthodontics and Dentofacial Orthopaedics. Lt Col Vivek Thakur and Maj Dhruv Jain provided the technical support. The event was supported by Ormco and Jajal Medicals.









Aligning with the future — A workshop on Aligners

Report of the programme

A two-day hands on workshop on aligners was conducted at GSL Dental college & Hospital, Rajahmundry, Andhra Pradesh on 11th & 12th November 2022. Prof. (Dr). Balvinder Singh Thakkar, President, Indian Orthodontic Society honoured the programme as chief guest. Prof. (Dr). Anup Kanase, Member - DCI, Malulana Azad Institute of Dental Sciences graced the programme as guest of honour.

Dr. Dhiraj Kumar Shetty, Director, Dr. Dhirajs Health Tech Pvt.Ltd, Dr. Shravan Shetty, Reader, Dept of Orthodontics, Manipal college of Dental Sciences were the resource persons for the course. The workshop was attended by Four faculty members, Six Post graduates and Three practicioners (alumni) of GSL Dental college and Hospital.

A two-day extensive workshop was conducted which included the overview of aligner mechanotheraphy along with treatment workflow from scanning to delivery of the appliance. A detailed hands on was conducted on the software aspect and planning of various cases in aligner approach.



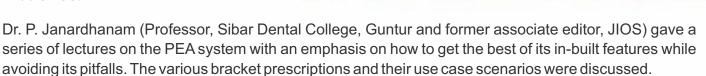






Orthodontic Conscientia II: Footsteps to P.E.A. Mechanics was a hands-on course held at Azeezia College of Dental Sciences and Research, Kollam on the 21st and 22nd of November 2022.

The program was attended by 64 delegates including PGs from various colleges from Kerala and Tamil Nadu as well as a few private practitioners from the Middle East.



He also showcased several of his clinical cases and discussed when extractions were to be considered. A special session was there for cases treated with atypical extractions. Cases where implants were used to reinforce anchorage were also discussed. For each clinical case, Dr. Janardhanam talked about the setbacks faced and how they were overcome.

The basics of friction mechanics was explained. The finer points on how torque is expressed and how to deal with torque loss was expounded upon. Frictionless mechanics was also discussed.

Recommend readings for each topic was given including citations of key articles.

The afternoon sessions consisted of hands-on wire bending demonstrations of various loops, activation bends, incorporating torque into an archwire, detorquing an archwire, incorporating a reverse curve of Spee into an archwire, etc.





Each delegate was provided a typhodont as well as archwires. The hands-on helped the postgraduates to enhance their wire-bending skills.

After the completion of lectures and hands-on sessions, there was a Question and Answer session. During the Q and A session, several queries were addressed such as how moment to force ratios were calculated, localising the centre of rotation, etc.

Delegates were also invited do discuss any difficulties they were facing with their own clinical cases.

At the end of the program the HOD Dr. Jayanth Jayarajan thanked the delegates for their support and cooperation throughout the programme. A memento was presented to Dr. P. Janardhanam in appreciation of his outstanding efforts.

Certificates of participation were presented to all the delegates. This was followed by a group photograph and a cake cutting ceremony.

Feedback was collected from the delegates after the program via Google forms. The feedback was overwhelming positive and several helpful suggestions were put forward which will be used to make Orthodontic Conscientia III a greater success.





























Madras Orthodontic Study Group Events (October 2022)

Clinical Enrich program

Madras Orthodontic Study Group organized a Clinical Enrich program on 9th October 2022 with lectures by Dr. Eser Tufekci and Dr. Binnaz Leblebicioglu from Ohio State University, USA. Their lecture topic was on ortho Perio-Ortho relationship. The online program was well received by practitioners and orthodontic postgraduate students from all over India. For the first time, certificates were given to all the attendees.







GUESTS OF HONOUR:



TOPIC: Periodontics-Orthodontics: **An Interdisciplinary Approach**

SPEAKERS:

DDS, MS, Ph.D. MSHA

DR.ESER TUFEKCI DR.BINNAZ LEBLEBICIOGLU DDS, MS, Ph.D

OHIO STATE UNIVERSITY, USA



9TH OCTOBER 2022 TIME: 6-8PM THROUGH ZOOM PLATFORM

DR. SHANTHA SUNDARI MDS DR. SRIDEVI PADMANABHAN MDS PROFESSOR PROFESSOR, SDCH, CHENAI SRMC, PORUR, CHENNAI





MODERATORS DR. GOWRI SHANKAR MDS PROFESSOR. NARAYANA DENTAL COLLEGE, NELLORE

DR.GOPALAKRISHNAN MDS DEAN. D.Y.PATIL DENTAL COLLEGE, PUNE

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

> Dr. Shahul Hameed Co-Convenor MOSG

Dr.Vijayadhith Co-convenor MOSG

Well organised and presented webinar on practical considerations in Perio-Ortho interdisciplinary approach. Informative and interactive session with about 200 participants. Congratulations to Speakers, Moderators,



Dr. Dilip and team for taking MOSG to greater heights.

Cultural Nite Program

Madras Orthodontic Study Group organised a cultural nite on 30th October 2022. The program included prize distribution for the academic events conducted as part of Orthodontic Month Celebrations. It was followed by singing, dumb charades, antakshri and dance competitions for its members. It was a fun filled event to finish the month long Celebrations











MRB ORATION



The Madras Orthodontic Study Group conducted the annual Dr. MRB Sir Oration on 25th November, 2022 with great pomp and fervour. This Oration is held in honour of Dr. M. R. Balasubramaniam who the first Convenor of the Madras Orthodontic Study Group founded in 1994. Dr. MRB was an Assistant Professor in Madras Dental College and later was the Dean of SRM Dental College, Chennai.

Words are not enough to describe the emotions which ran high that day after the excellent lecture by the most apt person for Dr. MRB sir's Oration, Dr. Sadashiva Shetty sir. Dr. Shetty Sir was a student of Dr. MRB sir.

Every single participant was amazed at the thought-provoking lecture and the amazing case records with spanned more than two decades which shows the sheer perseverance of his follow up.

Even more apt was the presence of the guest of honour Dr. Rangachari sir, who is the teacher of teachers and is the senior most orthodontist in Tamil Nadu. He is a retired Dean from Madras Dental College. His speech on that day about Shetty sir was a classic and brought wonderful memories to all the teachers present.

A whopping total of 312 participants were present for the lecture from each and every college in Chennai and its outskirts, making it the biggest event in the history of Madras Orthodontic Study Group. This program was endorsed by the IOS.













INDIAN ORTHODONTIC SOCIETY

regrets to inform that **Dr. Ravi Narayan Reddy**passed away peacefully on 11-11-22



He was a senior member of our society,
he graduated from Davengere and Post graduated from
Manipal, he is fondly remembered
by his students and colleagues.
He is survived by his wife, son and daughter



IOS PROGRAM ENDORSEMENT

- 1.IOS endorsement will be given to program organized by study groups and institutions after scrutiny of event details by the EC.
- 2.IOS endorsement brings head office and organizing study group/institute together to work better for the fraternity and establishing cohesive relationship and work atmosphere.
- 3.IOS endorsement will allow organizers to add the IOS logo to the brochure and signature of office bearers to the certificates.
- 4.IOS endorsed program will feature in IOS times IOS annual report.
- 5.For promotion of IOS endorsed programs, advertisement in the IOS times, posts on the official IOS facebook page will be permitted. Mail from HO on actual payment basis can be done.

INSTRUCTIONS

- 1.Indian Orthodontic Society name and logo should be on top and first in the brochure and certificate, below that department name or institution name or study group name should come.
- <u>2. Prominence should be given to Indian Orthodontic Society and office bearers in brochure and certificates.</u>
- 3. Draft brochure and draft Certificates should be sent alongwith endorsement form 15 days before proposed date of program.

Note: The organizers are requested to send a report (approx. 500 words) within a week of completion with three or four official photographs to secretary@iosweb.net with cc to editoriostimes@iosweb.net for annual report and IOS times.

Mail the completely filled form to Dr Sanjay Labh,

Hon Secretary IOS on secretary@iosweb.net

Application Form for IOS Endorsement of CDE Programs

Part I (Categories Of Programs)

| | Categories of programs | Response (Mark "Yes" to applicable category) |
|-------|---|--|
| CAT 1 | Program Conducted by Study Group/Institute at their own. | |
| | (whole program design,conduction,speaker selection and finances managed by organisers) | |
| CAT 2 | Program Conducted by Study Group/Institute and supported by local trader/vendor/dealer/company. | |
| | (whole program design,conduction,speaker selection and finances managed by organisers and supported financially by local traders/dealers) | |
| CAT 3 | Program Conducted and managed by company in association with Study Group/Institute. | |
| | (whole program design,conduction,speaker selection and finances managed by company) | |
| CAT 4 | Program Conducted and managed by company /or any Association at their own. | |
| | (whole program design,conduction,speaker selection and finances managed by company/Association) | |

Part II (Details Of Programs)

| Serial | Format | Details |
|--------|--|---|
| No. | Name of the Ctudy | (all details to be filled by applicant) |
| 1 | Name of the Study Group/Institution | |
| 2 | Nature of CDE Program (Lecture/hands- on/virtual or specify any other category) | |
| 3 | Venue for the CDE Program | |
| 4 | Target Audience (specify IOS LM,SLM or Interdisciplinary) | |
| 5 | Details of Speaker and Topics | |
| 6 | Schedule of program (Date and Duration) / Brochure in detail (Please note that dates should not be within 2 weeks of IOS conference/PG convention) | |

| 7 | Proposed Registration Fees | |
|----|---|---|
| 8 | Account Name of Study Group/Institute | |
| 9 | Pan Card No. of Study Group/Institutions to be used for CDE (No personal Pan card details to be used) | |
| 10 | Name and signature and declaration by the applicant with date. (Please note that application should reach the Hon. Secretary before 15 days of conduction of program) | I, do here by declare to abide by the IOS constitution (clause number 46-a,b,c,d,e,f,g). Date: Place: Name & Signature (Applicant) |

Note: CAT 3 & CAT 4 Programs will be endorsed as IOS being knowledge partner to the event, which should be mentioned in brochure by organisers. Indian Orthodontic Society Doesn't endorse any product, brand or company.

Indian Orthodontic Society and its affiliated study groups and institutions don't have any commercial interest in any product, material or company.

These programs are solely for educational purpose for its members and to have information about new technologies and advancement in biomaterials, brought for the use in treatment by different companies.







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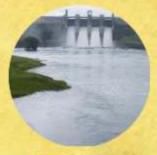
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(In case of tie both the names are mentioned in that particular category)

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1st Position Adhiparasakthi Dental College & Hospital, Melmaruvathur, Near Chennai. (Tamil Nadu)

2nd Position Narayana Dental College & Hospital, Nellore. (Andhra Pradesh)

3rd Position Bangalore Institute of Dental Sciences & Hospital, Bangalore. (Karnataka)

3rd Position Santosh Dental College & Hospital, Ghaziabad. (Uttar Pradesh)

Slogan Competition

1st Position Dr Vijayta Yadav, LM 3581, (Uttar Pradesh)

2nd Position Dr Farooq Ahmad (SLM 11120) Institute of Dental Studies & Technologies, Modinagar (Uttar Pradesh)

3rd Position Dr Rachna Rajani (SLM 11323) College of Dental Science and Hospital, Indore. (Madhya Pradesh)

School Lectures

1st Position Dr. Ajith. G V (LM 4929) Banglore. (Karnataka)

1st Position Dr Sayeeda Laeque (LM 2796) Bangi. (Karnataka)

2nd Position Dr Pankaj Kumar Pareek (LM 4644) Supported by Dr Ashish Kumar (LM 4488) Jaipur. (Rajasthan)

3rd Position VSPM'S Dental College and Research Centre, Nagpur. (Maharashtra)

Rang de Rangoli Competition

1st Position Dr. Farheen Arzoo(MDS 3rd Year) & Dr. Swarnim Attri (SLM11526) Himachal Institute Of Dental

Sciences, Poanta Sahib. (Himachal Pradesh)

2nd Position Adhiparasakthi Dental College & Hospital, Melmaruvathur, Near Chennai. (Tamil Nadu)

2nd Position Shubreet kaur, Palakjeet Kaur Rissam, Prabhmehar Kaur Walia, Sri Guru Ram Das Institute Of Dental

Sciences & Research Sri Amritsar. (Punjab)

3rd Position Al Badar Rural Dental College and Hospital, Gulbarga. (Karnataka)

3rd Position Dr. Akshataa Joshi,MDS 3rd year resident, Mahatma Gandhi Dental College and Hospital, Jaipur.

(Rajasthan)

Inspiring Wire Bending Competition (Orthodontics/ Dental)

1st Position Dr Meghana Manche (LM 5036) Khammam. (Telangana)

Ram Sable & Amrapali (4th yr BDS) Yashwantrao Chavan Dental College, Ahmednagar. (Maharashtra) 2nd Position Dr Sujit Navnath Zadake (LM5464) Lecturer at MIDSR Dental College Latur. (Maharashtra) 3rd Position Inspiring Wire Bending Competition (Creative-other than Dr Mohd Saeedul Jafar (SLM11339) Career Post Graduate Institute of Dental Sciences Lucknow (Uttar 1st Position Pradesh) 2nd Position Vels Dental college, Chennai (Tamil Nadu) 3rd Position Jegan (Finnal Year) Priyadarshini Dental College & Hospital, Tiruvallur (Chennai) Ortho Health Awareness Camps 1st Position Al Badar Rural Dental College and Hospital, Gulbarga (Karnataka) Rishiraj College of Dental Sciences, Bhopal (Madhya Pradesh) 2nd Position VSPM's dental college and research centre, Nagpur (Maharashtra) 3rd Position Ortho Reels Asha (CRRI) Dr.C.Vijayadhith, Priyadarshini Dental College & Hospital 1st Position Tiruvalur, (Chennai) Dr Anudeeksha S R, Dr Bhoomika B M, Dr Kajol Chopra, Dr Asna Azim, Dr Manideepa, Dr Mohammed 2nd Position Asif Ali -- Bangalore Institute of Dental Sciences & Hospital Bangalore (Karnataka) Dr Swati Kharb LM 3232 Faridabad, (Haryana) 3rd Position Ortho Got talent(Singing) 1st Position Dr Mathew K Vaidyan, ITS Dental College, Greater Noida (Uttar Pradesh) 1st Position Dr Vidisha Mundhra LM 4466 Chaibasa, (Jharkhand) 2nd Position Dr Anuradha Pandey (LM 5077) Patna, (Bihar) 2nd Position Dr. Neeral Barthunia (LM 1592) Kota, (Rajasthan) Dr. Vaibhav T D (SLM12625) Chennai Sathyabana Dental College, (Chennai) 3rd Position Ortho Got talent(Dance) 1st Position Ulupi Panat Rungta College of Dental Sciences, Bhilai. (Chattisgarh) Dr. Ashitha Aravind Shettiyar LM 9727 (Kerala) 2nd Position Tanzim Ahmed, Aayushi Surekha, Laldingngheti Ralte, Ayushi Nagar, Sheetal, Neel L Maurya, Mathew 3rd Position K Vaidyan -- ITS dental College, Greater Noida. (Uttar Pradesh) 3rd Position Dr Harneet Kaur (LM 2311) (New Delhi) Ortho Got talent(Misc) 1st Position Dr Alok Ranjan (4738) Mumbai (Maharashtra). (Stand Up Comdey) Dr. Neha (LM2488) (New Delhi). (Radio Jingle) 1st Position Rungta College of Dental Sciences, Bhilai (Chattisgarh). (Skit) 1st Position









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Day 3: 18-02-2023
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Guest Lectures
Inaugural Ceremony
Banquet
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DAY 4: 19-02-2023
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(Foreseeing Peak Wedding Season in February)







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Date: 15th to 17th September 2023

Venue

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| Accompanying person with Hospitality | Rs. 8,850 /- | Rs. 8,850 /- |
| Accompanying Kid (7-15) with Hospitality | Rs. 5,310 /- | Rs. 5,310 /- |
| International Delegate with Hospitality | 400 USD + GST | 450 USD + GST |
| International Accompanying Person with Hospitality | 350 USD + GST | 400 USD + GST |



For registration
visit on Link given below
or scan the QR CODE

https://57iocmeerut.com/registrationdetails.html



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INDIAN ORTHODONTIC SOCIETY ZONAL PG CONVENTION 2023



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DEPARTMENT OF ORTHODONTICS
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