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# Times

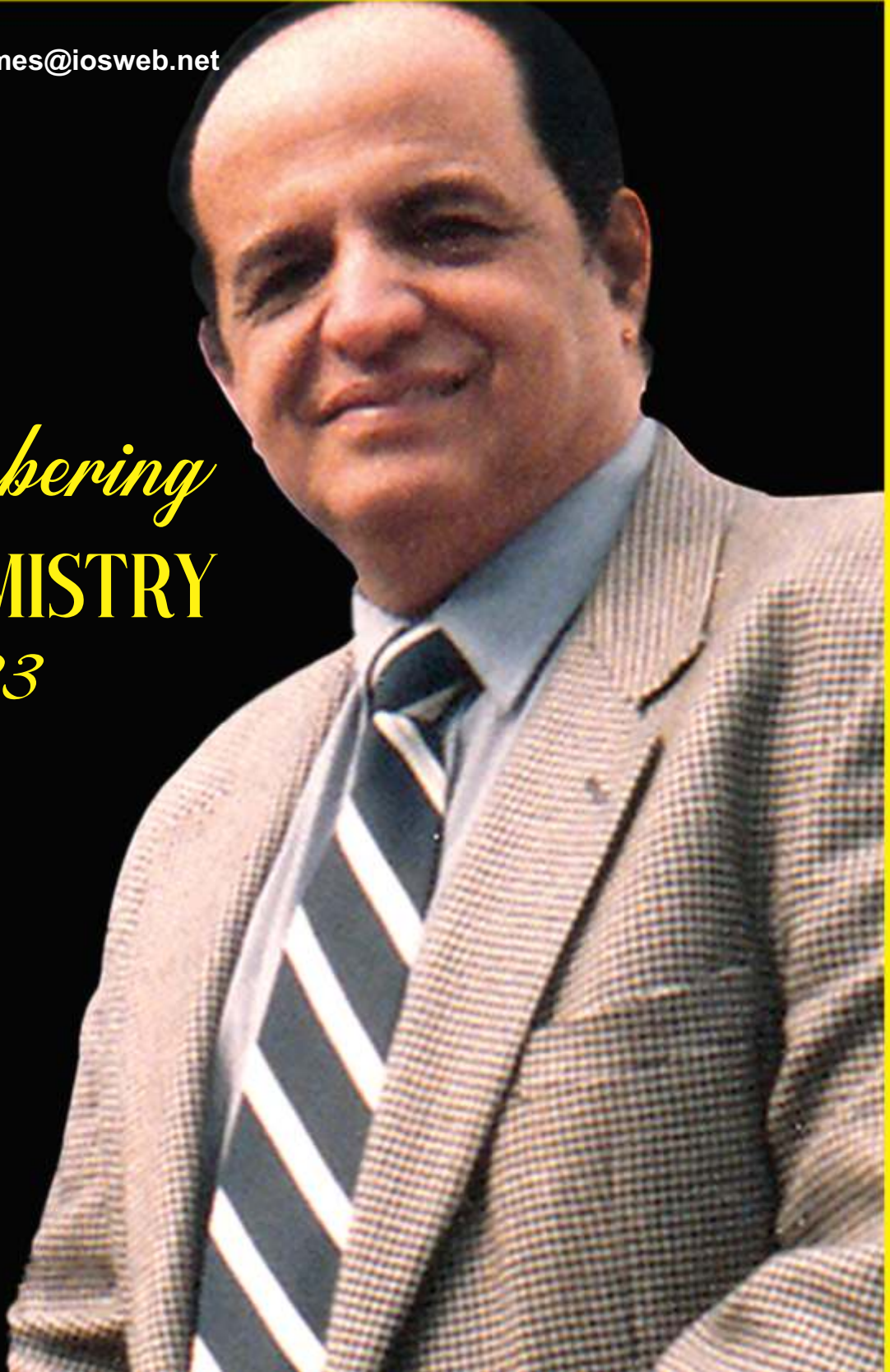
The Official News Letter of Indian Orthodontic Society

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

*Remembering*  
**DR KEKI MISTRY**  
*1935 – 2023*



For more details about  
Dr. Keki Mistry,  
kindly scan this QR Code



# President's Message



My Dear Friends in IOS fraternity,

As I humbly accept the responsibility of the highest and most coveted post of President of Indian Orthodontic Society (IOS) I thank each and every one of you for your wonderful wishes and unflinching support! It is said that you see the world by standing on the shoulders of giants; so true, that what benefits we reap as the members of IOS are all due to the efforts taken by previous presidents, office bearers and executive committee members.

At this important juncture I fondly remember my teacher, Founder Member of IOS, Professor Emeritus Late Dr. Keki M. Mistry Sir, who recently left us for heavenly abode, used to quote a very famous line, which says

“To move forward with vision, it is wise to glance backward with perception; not to blame ourselves or our predecessors, but to learn lessons from history as a springboard for the future”

The theme and the slogan of the year 2023-'24 is planned as “Rational Ethical Clinical Excellence”

I have planned the activities of IOS in this year which will focus on the academic enrichment, translational research and clinical excellence of our life members and student life members with a combination of curricular and beyond curricular activities. Emphasis on Public Awareness to promote Orthodontists as Specialists in every household will be key strategy. Strengthening the international relations and promoting visibility of our Indian Orthodontic Society at global platform will be strived for.

The first important activity this year is the celebration of National Orthodontist Day on 5th October 2023 and National Orthodontic Week from 5th to 12th October 2023. We all should make maximum use of this opportunity to popularise our beloved fraternity of Orthodontics to general public at various platforms. So I urge all of you to participate with full enthusiasm in the activities planned by the Public Awareness Committee and the Executive Committee.

I assure and promise you all that me and my Team EC will put in our best efforts to uphold our revered society.

We started with an innovative tradition of taking pledge by the Principal Office Bearers and Executive Committee Members at the Valedictory Function, so as to heighten the sanctity of the installation ceremony.

I urge the members of IOS to render support and co-operation to Team EC for yet another fruitful year towards ever improving and dynamic FIRST Society of the FIRST specialty of dentistry!

Jai Hind! Jai IOS!!

Warm regards

**Dr. Jayesh S. Rahalkar**  
President, Indian Orthodontic Society

# Secretary's Message



Dear esteemed members and readers,

As we usher in the beautiful month of September, it brings with it a fresh wave of energy, new beginnings, and the promise of exciting developments in the field of orthodontics. In this edition of the IOS Times, we have the pleasure of highlighting some remarkable events that have unfolded in recent weeks, events that showcase the incredible growth and potential of our community.

One of the most significant highlights of this month was the 57th Indian Orthodontic Conference in Meerut. It was heartening to witness a sea of enthusiastic members and students coming together to quench their thirst for knowledge and to immerse themselves in cutting-edge research. The conference was a testament to our collective commitment to advancing orthodontics and fostering a spirit of learning and collaboration.

This conference also marked the occasion for the elections where we witnessed the selection of our new President-elect, Vice President, and Executive Committee members. This changing of the guard brings with it fresh perspectives and renewed dedication, ensuring that our society continues to evolve and thrive.

In another milestone for the Indian Orthodontic Society, the first-ever Convenors Conclave was held, bringing together the dedicated convenors of study groups from across India. This unique platform allowed them to share their invaluable feedback and experiences from the past year. The Convenors Conclave is a testament to the sense of community and support that the IOS family provides to its members.

As we move forward into the coming month, I urge all members to participate wholeheartedly in the upcoming National Orthodontic Day on 5th October. This day is a celebration of our commitment to orthodontics, and we have some exciting activities planned. We encourage you to take part in the competition for the best decorated dental clinic, share your best patient smile story, and conduct awareness lectures in your local communities. Let us come together to raise awareness and create a positive impact.

I'm truly inspired by the dedication and passion exhibited by our members. As we navigate through the ever-evolving landscape of orthodontics, our collective efforts and commitment to learning, collaboration, and growth continue to make the Indian Orthodontic Society a beacon of excellence.

I look forward to your continued support and participation in all our endeavors. Together, we can make a significant difference in the world of orthodontics.

Wishing you all a wonderful September and a fantastic National Orthodontic Day ahead.

Jai Hind Jai IOS

Fraternally yours

**Dr Sanjay Labh**

Hon Secretary  
Indian Orthodontic Society

# Editor's Message



"October's beauty lies in the colors of change, a gentle reminder that life is in constant motion..."

Once more, with immense pleasure I present the September issue .As we all know , a newsletter reflects a society -Its foresight and mission. It also emphasizes on different activities, events and various academic enrichment programs and achievements In the month of september we had some amazing programs ,and one of them was our most awaited annual 57th Indian Orthodontic Conference @ Meerut. Were we had an enriching and fantabulous time altogether. We had the last executive meeting during this time and we also had the first meeting of the next presidential calender. We also had a fruitful Convenor's conclave during the conference . We had an startling Friday Rendezvous program as usual .

We deeply remember our founder member late Dr.K.K Mistry, his contribution and love to the society was immense and we would strive hard to see IOS at it's zenith. It's a great pleasure to announce the programs which were baked and browned in different parts of the nation in September , now we eagerly and enthusiastically look ahead for the programs and events for the rest of the year . Yet again we are motivated and inspired from our interview section and Orthotainment section .

May you have a Magnificent October ! Let this remaining few months of this year your days become more happier ,fulfilling ,purposeful ,satisfying & joyful .

Let's Get Going

Regards

**Dr Santosh Ramegowda**

Editor , IOS Times

# EDITORIAL TEAM



**Dr Gaurav Gupta**  
Associate Editor



**Dr Sonahita Agarwal**  
Managing Editor



**Dr Anand Tripathi**  
Managing Editor



**Dr Pritam Mohanty**



**Dr. Goutham Reddy**



**Dr Ankit Sikri**  
Section Editor, North Zone



**Dr Jitendra Bhagchandani**



**Dr Vijayta Singh**  
Section Editor, Central Zone

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**Dr Uday Digumurti**



**Dr Deena Dayalan**



**Dr Pratik Chandra**



**Dr Jas Kirat Singh**



**Dr Madhav Chandran**

## ADVISORS



**Dr Anurag Rai**



**Dr Sarabjeet Singh**



**Dr Ajay Kubavat**

# “Rational Ethical Clinical Excellence!!” 2023-‘24



## Calendar of Events from September 2023 to September 2024



S. No	Event	Date	Day	Venue / Place	Contact Person	Phone. No	Email id
1.	1 <sup>st</sup> EC Meeting	17 <sup>th</sup> September 2023	Sunday	Meerut	Dr. Pradeep Raghav Dr. Vaibhav Mishra	9837175914 9897146669	drpradeepaghav@gmail.com vaibhavmisra@gmail.com
2.	National Orthodontic Week	5 <sup>th</sup> to 12 <sup>th</sup> October 2023	One week	All over India			
3.	National Orthodontist Day	5 <sup>th</sup> October 2023	Thursday	Virtual	Dr. Sanjay Labh	9313483570	sanjaylabh@gmail.com
4.	IOS Friday Rendezvous	20 <sup>th</sup> October 2023	Friday	Virtual	Academic Council Dr. Ajay Kubavat	9824122642	kubavatajay@gmail.com
5.	Practice Management & Ethical Marketing	28 <sup>th</sup> , 29 <sup>th</sup> October 2023	Saturday, Sunday	Hyderabad	Dr. Shubhaker Juvvadi	9949095427	shubhaker@gmail.com
6.	1 <sup>st</sup> North East Orthodontic Symposium	5 <sup>th</sup> November 2023	Sunday	Guwahati	Dr. Mitali Bora	9864032051	mitalibora65@gmail.com
7.	Aligner Master Class	17 <sup>th</sup> November 2023	Friday	Virtual	Academic Council Dr. Sonahita Agarwal	8948254744	drsonahita@gmail.com
8.	Functional Appliance Workshop	23 <sup>rd</sup> , 24 <sup>th</sup> November 2023	Thursday, Friday	Lucknow	Dr. Jitendra Bhagchandani	9893289804	jitendrabhagchandani@rocke tmail.com
9.	1 <sup>st</sup> J&K Orthodontic Symposium	25 <sup>th</sup> , 26 <sup>th</sup> November 2023	Saturday, Sunday	Jammu	Dr. Akshay Gupta	9419191628	akshayshivalli@gmail.com
10.	2 <sup>nd</sup> EC Meeting	3 <sup>rd</sup> December 2023	Sunday	Virtual	Dr. Sanjay Labh	9313483570	sanjaylabh@gmail.com
11.	JIOS Chronicles Webinar	8 <sup>th</sup> December 2023	Friday	Virtual	JIOS Committee Academic Council	9840237177	theorthodontist@gmail.com
12.	IBO Awareness Program	11 <sup>th</sup> December 2023	Monday	Trivandrum	Directors of Indian Board of Orthodontics Dr. Mala Ram Manohar	9895105683	ibosecretary@iosweb.net
13.	Interdisciplinary Symposium	15 <sup>th</sup> , 16 <sup>th</sup> December 2023	Friday, Saturday	Bengaluru	Dr. O.P.Karbanda Dr. Silju Mathew	9899062144 9886500333	dr.opk15@gmail.com drsmathew@gmail.com
14.	“Pragya” PG Orientation Program	27 <sup>th</sup> , 28 <sup>th</sup> December 2023	Wednesday , Thursday	Amritsar	Dr. Sukhdeep Singh Kahlon	9888897473	singhkahlon@yahoo.com
15.	Orthodontic Symposium	6 <sup>th</sup> , 7 <sup>th</sup> January 2024	Saturday, Sunday	Modinagar	Dr. Vaibhav Mishra	9897146669	vaibhavmisra@gmail.com
16.	IBO Awareness Program	7 <sup>th</sup> January 2024	Sunday	Chandigarh	Directors of Indian Board of Orthodontics Dr. Mala Ram Manohar	9895105683	ibosecretary@iosweb.net
17.	IOS Golf Tournament	8 <sup>th</sup> , 9 <sup>th</sup> January 2024	Monday, Tuesday	Coorg	Dr. Gautham Reddy	9900620536	drgouthamreddy2000@gmail .com
18.	“Pragya” PG Orientation Program	12 <sup>th</sup> and 13 <sup>th</sup> January 2024	Friday, Saturday	Indore	Dr. Ashish Garg	9826340056	drgargs_1@yahoo.com
19.	IOS Friday Rendezvous	19 <sup>th</sup> January 2024	Friday	Virtual	Academic Council Dr. Jitendra Bhagchandani	9839289804	jitendrabhagchandani@rocke tmail.com
20.	Practice Management & Ethical Marketing Symposium	20 <sup>th</sup> , 21 <sup>st</sup> January 2024	Saturday, Sunday	Ahmedabad	Dr. Ajay Kubavat	9824122642	kubavatajay@gmail.com
21.	Republic Day Celebration	26 <sup>th</sup> January 2024	Friday	Virtual	Dr. Sanjay Labh	9313483570	sanjaylabh@gmail.com

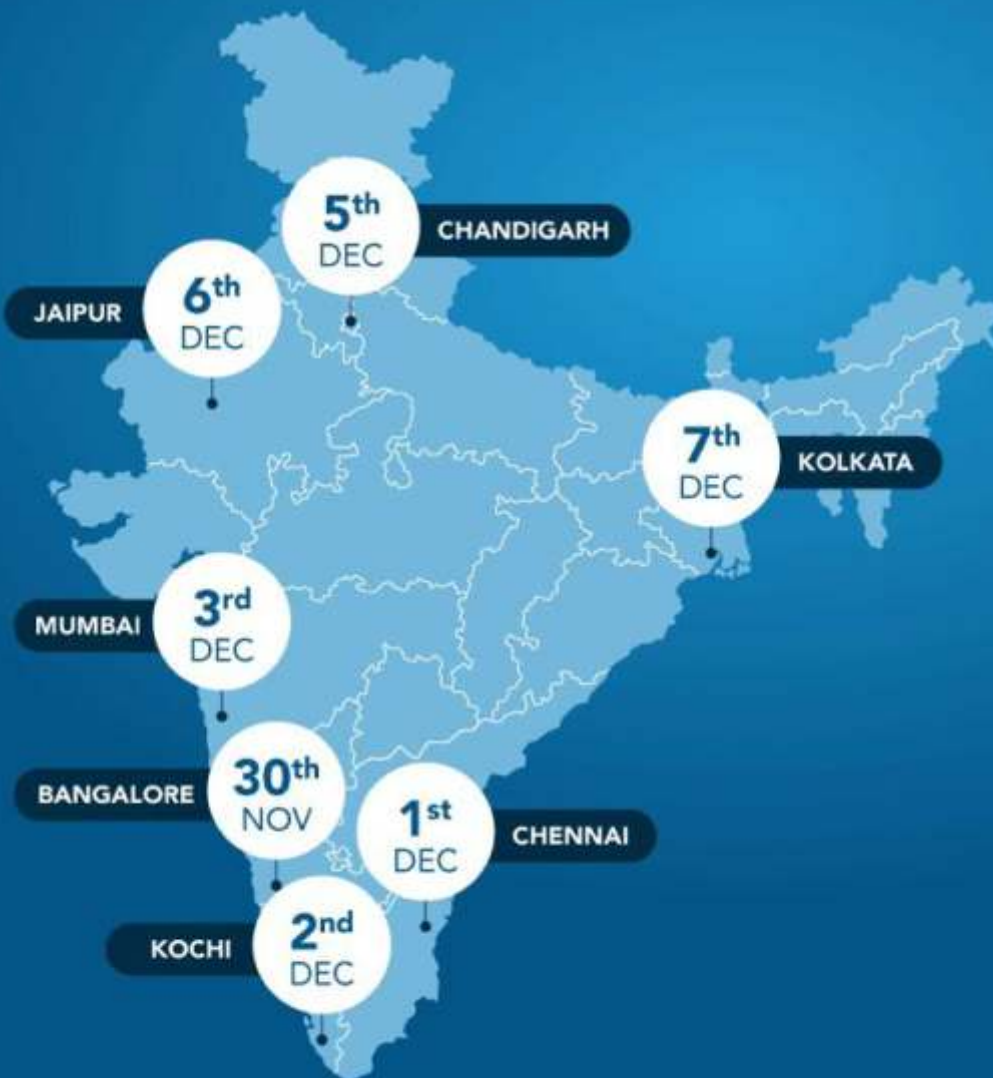
22.	IBO Phase II (Written Examination)	28 <sup>th</sup> January 2024	Sunday	Virtual	Dr. Rajaganesh Gautam Dr. Mala Ram Manohar	9890389945 9895105683	ibosecretary@iosweb.net
23.	IOS PG convention	8 <sup>th</sup> to 11 <sup>th</sup> February 2024	Thursday to Sunday	Mumbai	Dr. Shaillesh Shenava	9820211581	drsailshes@yahoo.co.in
24.	3 <sup>rd</sup> EC Meeting	11 <sup>th</sup> February 2024	Sunday	Mumbai	Dr. Shaillesh Shenava	9820211581	drsailshes@yahoo.co.in
25.	Aligner Master Class	16 <sup>th</sup> February 2024	Friday	Virtual	Academic Council Dr. Ajay Kubavat	98241	kubavatajay@gmail.com
26.	Digital Orthodontics Symposium	29 <sup>th</sup> February, 1 <sup>st</sup> March 2024	Thursday, Friday	Kolhapur	Dr. Amir Shaikh	9422613939	amirshaikhortho@gmail.com
27.	Orthodontic Premier League	8 <sup>th</sup> , 9 <sup>th</sup> March 2024	Friday, Saturday	Dharwad	Dr. Roopak Naik	9449028869	roopakorthod@gmail.com
28.	JIOS Chronicles Webinar	15 <sup>th</sup> March 2024	Friday	Virtual	JIOS Committee Academic Council	9840237177	theorthodontist@gmail.com
29.	Third Invisible Orthodontic Symposium	16 <sup>th</sup> , 17 <sup>th</sup> March 2024	Saturday, Sunday	Chennai	Dr. Kannan Sabapathy	9840453666	kannanace@gmail.com
30.	IOS Wild life and Clinical photography Workshop – National	22 <sup>nd</sup> , 23 <sup>rd</sup> , 24 <sup>th</sup> March 2024	Friday to Sunday	Kabini	Dr. Raghunandan Chundri	9845187614	draghucvl@yahoo.com
31.	Clinical Grandeur - IOS Symposium on Clinical Case Report and online IBO Awareness Program	28 <sup>th</sup> , 29 <sup>th</sup> March 2024	Thursday, Friday	Virtual	Dr. Suryakant Das Dr. Rajaganesh Gautam	9861099237 9890389945	orthosuryakantadas@gmail.com rajaganeshgautam@yahoo.co.in
32.	20 <sup>th</sup> Mid-Year Convention	7 <sup>th</sup> April to 14 <sup>th</sup> April 2024	Sunday to Sunday	Destination will be soon disclosed	Dr. Gaurav Gupta	9860467872	drguravg@gmail.com
33.	Bond with Best – Clinical Enrich	19 <sup>th</sup> , 20 <sup>th</sup> April 2024	Friday, Saturday	Pune	Dr. Rajaganesh Gautam	9890389945	rajaganeshgautam@yahoo.co.in
34.	4 <sup>th</sup> EC Meeting	21 <sup>st</sup> April 2024	Sunday	Pune	Dr. Anand Tripathi Dr. Gaurav Gupta	9422560650 9860467872	anand.tripathi86@gmail.com drguravg@gmail.com
35.	IOS Friday Rendezvous	26 <sup>th</sup> April 2024	Friday	Virtual	Academic Council Dr. Sonahita Agarwal	8948254744	drsonahita@gmail.com
36.	IOS contingent at AAO 2024 Global Indian Orthodontists Get Together	3 <sup>rd</sup> to 6 <sup>th</sup> May 2024		New Orleans, Louisiana	Dr. Jayesh S Rahalkar Dr. NikhileshVaid	9822056681 9820644222	jayeshrahalkar@gmail.com orthonik@gmail.com
37.	World Orthodontic Health Day National Orthodontic Diagnostic Drive	15 <sup>th</sup> May 2024	Wednesday	Pan India	Head Office Study Groups Orthodontic departments in Dental Colleges all over the country Pan India		
38.	Aligner Masterclass	17 <sup>th</sup> May 2024	Friday	Virtual	Academic Council Dr. Jitendra Bhagchandani	9839289804	jitendrabhagchandani@rockemail.com
39.	National Integrated Typodont Workshop – North Zone	29 <sup>th</sup> , 30 <sup>th</sup> , 31 <sup>st</sup> May 2024	Wednesday, Thursday, Friday	Noida	Dr. Anshul Singla	9871455802	dr.anshul@yahoo.co.in
40.	Zonal PG Convention – South Zone	3 <sup>rd</sup> , 4 <sup>th</sup> and 5 <sup>th</sup> June 2024	Monday, Tuesday, Wednesday	Malappuram, Kerala	Dr. Sam Paul	8921406622	info@exodusdental.com
41.	JIOS Chronicles Webinar	14 <sup>th</sup> June 2024	Friday	Virtual	JIOS Committee Academic Council	9840237177	theorthodontist@gmail.com
42.	Zonal PG Convention – North Zone	21 <sup>st</sup> , 22 <sup>nd</sup> , 23 <sup>rd</sup> June 2024	Friday, Saturday, Sunday	Muradnagar, Ghaziabad	Dr. Payal Sharma	9212708451	drpsharma25@yahoo.com
43.	National Integrated Typodont Workshop – South Zone	27 <sup>th</sup> to 29 <sup>th</sup> June 2024	Thursday to Saturday	Davangere	Dr. Kiran Kumar	9886040122	kiranortho77@gmail.com

44.	ROAR	3 <sup>rd</sup> July 2024	Wednesday	Virtual	Dr. Vignesh Kailasam	9840237177	theorthodontist@gmail.com
45.	IOS National Cleft Workshop	5 <sup>th</sup> , 6 <sup>th</sup> July 2024	Friday, Saturday	Patna	Dr. Amesh Golwara	9931633001	drameshgolwara@yahoo.com
46.	National Integrated Typodont Workshop – East Zone	10 <sup>th</sup> , 11 <sup>th</sup> , 12 <sup>th</sup> July 2024	Wednesday, Thursday, Friday	Vizag	Dr. Srikrishna Chalasani	9849477777	orthodontist7@gmail.com
47.	5 <sup>th</sup> EC Meeting	14 <sup>th</sup> July 2024	Sunday	Delhi	Dr. Sanjay Labh	9313483570	sanjaylabh@gmail.com
48.	IOS Friday Rendezvous	19 <sup>th</sup> July 2024	Friday	Virtual	Academic Council Dr. Sanjeev Verma	9872172628	drsanjuverma@yahoo.com
49.	National Integrated Typodont Workshop – West Zone	24 <sup>th</sup> , 25 <sup>th</sup> , 26 <sup>th</sup> July 2024	Wednesday, Thursday, Friday	Baroda	Dr. Kalpesh Patel Dr. Pranav Chandarana	9898107502 8866204757	drchandarana@gmail.com
50.	4 <sup>th</sup> Innovation Conclave & Crafting Research Symposium	8 <sup>th</sup> , 9 <sup>th</sup> August 2024	Friday, Saturday	Hybrid	Dr. Hameet Kaur Dr. Priyanka Kapoor	9871467002 9891914997	dr.harneetkaur@gmail.com pkapoor@jmi.ac.in
51.	IOS Wild life and Clinical photography Workshop – International	11 <sup>th</sup> to 17 <sup>th</sup> August 2024	Sunday to Saturday	Madikwe, South Africa	Dr. Matrishwa Vyas	9890220648	matrishva@gmail.com
52.	Independence Day	15 <sup>th</sup> August 2024	Online	Virtual			
53.	Aligner Master Class	16 <sup>th</sup> August 2024	Friday	Virtual	Academic Council Dr. Sanjeev Verma	9872172628	drsanjuverma@yahoo.com
54.	IOS Chronicles – JIOS Symposium	22 <sup>nd</sup> , 23 <sup>rd</sup> August 2024	Thursday, Friday	Chennai	JIOS Committee Dr. Vignesh Kailasam	9840237177	theorthodontist@gmail.com
55.	Pre – Conference Courses	18 <sup>th</sup> September 2024	Wednesday	Bengaluru	Dr. Silju Mathew Dr. Anup Belludi	9886500333 9632629555	drsmathew@gmail.com dranupbelludi@gmail.com
56.	CDIBO	19 <sup>th</sup> September 2024	Thursday	Bengaluru	Dr. Mala Ram Manohar	9895105683	ibosecretary@iosweb.net
57.	EOGM	19 <sup>th</sup> September 2024	Thursday	Bengaluru	Dr. Sanjay Labh Dr. Amit Bhardwaj	9313483570 9826550696	sanjaylabh@gmail.com jointsecretary@iosweb.net
58.	6 <sup>th</sup> EC Meeting	20 <sup>th</sup> September 2024	Friday	Bengaluru	Dr. Silju Mathew Dr. Anup Beludi	9886500333 9632629555	drsmathew@gmail.com dranupbelludi@gmail.com
59.	Study Group Conveners' Conclave	20 <sup>th</sup> September 2024	Friday	Bengaluru	Dr. Silju Mathew Dr. Anup Beludi	9886500333 9632629555	drsmathew@gmail.com dranupbelludi@gmail.com
60.	58 <sup>th</sup> IOC	20 <sup>th</sup> to 22 <sup>nd</sup> September 2024		Bengaluru	Dr. Silju Mathew Dr. Anup Beludi	9886500333 9632629555	drsmathew@gmail.com dranupbelludi@gmail.com
61.	AGM	21 <sup>st</sup> September 2024	Saturday	Bengaluru	Dr. Sanjay Labh Dr. Amit Bhardwaj	9313483570	sanjaylabh@gmail.com
62.	Valedictory Function	22 <sup>nd</sup> September 2024	Saturday	Bengaluru	Dr. Silju Mathew Dr. Anup Beludi	9886500333 9632629555	drsmathew@gmail.com dranupbelludi@gmail.com



## Save the date

for an event that promises to revolutionize  
your dental practice!



**SPEAKER:**  
**Dr. Andres Felipe Perdomo**  
(D.D.S MSc)  
Colombia

International Speaker & Author of  
"Current Principles of the  
Self-Ligation Systems".



( Scan QR code for registration )

Follow us on :   

# THE PLEDGE TAKEN BY THE NEWLY ELECTED EXECUTIVE COMMITTEE OF THE INDIAN ORTHODONTIC SOCIETY

I, Dr. Jayesh S. Rahalkar, hereby and hereon pledge myself to carry out important responsibility I am undertaking in serving as elected member of the Executive Committee of the Indian Orthodontic Society in a trustworthy and diligent manner.

I promise to consistently strive to give my best in carrying out the duties and obligations inherent in my role, as entrusted to me by the general membership of our esteemed society.

I shall actively contribute to defining the mission of the Indian Orthodontic Society and oversee the fulfilment of that mission, in accordance with the Bylaws of the IOS Constitution that govern the functions of the Executive Committee.

I pledge to work collaboratively with and respect the opinions of my peers serving on this Executive Committee. I vow to leave my personal prejudices out of all official discussions.

At all times and in all places, I shall act in the best interests of the Indian Orthodontic Society, representing this organization positively and supportively.

I solemnly swear not to exploit my position as an Executive Committee Member of the Indian Orthodontic Society in any manner contrary to the interests of the specialty, my professional fraternity, my patients, and my colleagues.

May God help me in this noble endeavour.

Jai Hind, Jai IOS !!



# Erkodur AL

## ALIGNER SHEET



### **Erkodur-al PET-C (Copolyester) is-**

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- viscoelastic-hard
- Break-resistant
- Comes with insulating foil
- Excellent dimensional stability.

### **Erkodur-al (PET-C) is a foil material optimized for the production of aligners. Compared to the proven Erkodur (PET-G), the material is**

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- Lower initial force and feeling of tension during insertion
- Due to the very flat memory loss curve, the effective force lasts comparatively longer

## IOS Subcommittees for the year 2023-2024

The President shall chair all the meetings of the subcommittees appointed by him and any other committee of which he may be a member for which no Chairman has been appointed. [24 (a)(i), 24(c) (viii, x)]

### 1. EC APPOINTED CONSTITUTION COMMITTEE:

- a. Dr. C. Vijay Adhit – Chairman
- b. Dr. Anand Tripathi – Member
- c. Dr. Sukhdeep Singh Kahlon – Member
- d. Dr. Mayank Gupta – Member
- e. Dr. Sarvaraj Kohli – Member
- f. Dr. Yudhishthir Palla – External Member
- g. Dr. Balvinder Singh Thakkar – Advisor and Ex-Officio Member (Chairman of AGM Appointed Constitution Committee)

### 2. IOS RESEARCH FOUNDATION:

- a. Dr. Sukhdeep Singh Kahlon – Chairman
- b. Dr. Harneet Kaur – Member
- c. Dr. Path Pratim Choudhury – Member
- d. Dr. P. Harikrishnan – Member
- e. Dr. Vignesh Kailasam – Member
- f. Dr. Amanish Sing Shinh – External Member
- g. Dr. Vinod Krishnan – Advisor

### 3. ACADEMIC COUNCIL:

- a. Dr. Ajay Kubavat – Chairman
- b. Dr. Jitendra Bhagchandani – Member
- c. Dr. Sonahita Agarwal – Member
- d. Dr. Sanjeev Verma – Member
- e. Dr. Puneet Batra – Advisor
- f. Dr. Rajaganesh – Advisor

### 4. PUBLIC AWARENESS & SOCIAL MEDIA COMMITTEE:

- a. Dr. Gaurav Gupta – Chairman
- b. Dr. Arjun Nayak – Member
- c. Dr. Jas Kirat Singh – Member
- d. Dr. Mayank Gupta – Member
- e. Dr. Vijayta Yadav – Member
- f. Dr. Siddharth Shetty – External Member
- g. Dr. Biju Abraham – External Member

### 5. INTERNATIONAL EXCHANGE PROGRAMME COMMITTEE:

- a. Dr. Sarvaraj Kohli – Chairman
- b. Dr. Ajay Kubavat – Member
- c. Dr. Shantanu Khattri – Member
- d. Dr. Neal Bharat Kedia – Member
- e. Dr. Harneet Kaur – Member
- f. Dr. Sanjeev Verma – Member

## **6. STUDY GROUPS COORDINATION COMMITTEE:**

- a. Dr. Anand Tripathi – Chairman
- b. Dr. Vijay Adhith – Member
- c. Dr. Shantanu Khattri – Member
- d. Dr. Amir Shaikh – Member
- e. Dr. Harupinder Singh Jaj – Member
- f. Dr. Pritam Mohanty – External Member
- g. Dr. Edeinton Arumugam – Advisor

## **7. MEMBER BENEFIT PROGRAMME COMMITTEE:**

- a. Dr. Shishir Singh – Chairman
- b. Dr. Vijayadhit – Member
- c. Dr. P. Harikrishnan – Member
- d. Dr. Jas Kirat Singh – Member
- e. Dr. Gnana Shanmugam – External Member
- f. Dr. Shailesh Shenava - Advisor

## **8. ETHICS & DISCIPLINARY COMMITTEE**

- a. Dr. Edeinton Arumugam – Chairman
- b. Dr. Sukhdeep Singh Kahlon – Member
- c. Dr. Vipul Sharma – Member
- d. Dr. Parth Pratiim Choudhary – Member
- e. Dr. Salil Nene – External Member

## **9. DIRECTORY & MEMBERSHIP COMMITTEE**

- a. Dr. Sonahita Agarwal – Chairman
- b. Dr. Goutham Reddy – Member
- c. Dr. Manjunath Hegde – Member
- d. Dr. Amir Shaikh – Member
- e. Dr. Akhil Agarwal – Member
- f. Dr. Shishir Singh – Member
- g. Dr. Amit Bhardwaj – Advisor

## **10. IOS PROGRAMME ENDORSEMENT COMMITTEE**

- a. Dr. Edeinton Arumugam – Chairman
- b. Dr. Anand Tripathi – Member
- c. Dr. Shantanu Khattri – Member
- d. Dr. Vijayta Yadav – Member
- e. Dr. Pratik Chandra – Member
- f. Dr. Harupinder Singh Jaj - Member

## **11. PRACTICE MANAGEMENT PROGRAM COMMITTEE**

- a. Dr. Amir Shaikh – Chairman
- b. Dr. Gaurav Gupta – Member
- c. Dr. Ajay Kubavat – Member
- d. Dr. Neal Kedia – Member
- e. Dr. Akhil Agarwal – Member
- f. Dr. Jas Kirat Singh – Member

## **12. SOCIETY REGISTRATION COMMITTEE**

- a. Dr. C. Vijayadhit – Chairman
- b. Dr. Goutham Reddy – Member
- c. Dr. Harikrishnan – Member
- d. Dr. Amit Bhardwaj – Member
- e. Dr. Dheena Dayalan – External Member

### **13. STUDENT WELFARE & EXCHANGE COMMITTEE**

- a. Dr. Vijayata Yadav – Chairman
- b. Dr. Manjunath Hegde - Member
- c. Dr. Vipul Sharma – Member
- d. Dr. Akhil Agarwal – Member
- e. Dr. Reji Abraham – External Member

### **14. WEBITE & IOS APP COMMITTEE**

- a. Dr. Arjun Nayak – Chairman
- b. Dr. Gaurav Gupta – Member
- c. Dr. Jitendra Bhagchandani – Member
- d. Dr. Pratik Chandra – Member
- e. Dr. Mayank Gupta – Member
- f. Dr. Divyaroop Rai - Advisor

### **15. INTERNATIONAL LIAISON COMMITTEE**

- a. Dr. Jayesh S. Rahalkar – Chairman
- b. Dr. Sanjay Labh - Member
- c. Dr. Sarvaraj Kohli – Member
- d. Dr. Edeinton Arumugam – Member
- e. Dr. Puneet Batra – Member
- f. Dr. N. R. Krishnaswami– Advisor

### **16. WORLD ORTHODONTIC HEALTH DAY (15TH MAY) PLANNING & EXECUTION**

- a. Dr. Puneet Batra – Chairman
- b. Dr. Sonahita Agarwal – Member
- c. Dr. Goutham Reddy – Member
- d. Dr. Jitendra Bhagchandani – Member
- e. Dr. ParthPratim Choudhury – Member
- f. Dr. Arjun Nayak – Member
- g. Dr. Sheetal Patani – External Member
- h. Dr. Balvinder Singh Thakkar – Advisor

### **17. FINANCE & AUDIT COMMITTEE**

- a. Dr. Munish Reddy – Chairman
- b. Dr. Shishir Singh – Member
- c. Dr. Neal Bharat Kedia– Member
- d. Dr. Anand Tripathi – Member
- e. Dr. Vipul Sharma - Member

### **18. CURRICULUM REVISION & LIASONING COMMITTEE**

- a. Dr. Pratik Chandra – Chairman
- b. Dr. Ajay Kubavat – Member
- c. Dr. Sanjeev Verma – Member
- d. Dr. Vijayta Yadav – Member
- e. Dr. ParthPratim Choudhury – Member
- f. Dr. Puneet Batra– Advisor

### **19. SECRETARIAL SUPPORT COMMITTEE**

- a. Dr. Sanjay Labh – Chairman
- b. Dr. Amit Bharadwaj – Member
- c. Dr. Mayank Gupta – Member
- d. Dr. Vipul Kumar Sharma – Member
- e. Dr. Harupinder Singh Jaj – Member
- f. Dr. Harneet Kaur – Member

## 20. IOS TIMES COMMITTEE

- a. Dr. Santosh Ramegowda – Editor
- b. Dr. Puneet Batra – President Elect
- c. Dr. Gaurav Gupta – EC appointed Member & Associate Editor

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- i. Dr. Sonahita Agarwal – Associate Editor
- ii. Dr. Pritam – Section Editor East Zone
- iii. Dr. Chiranjeev Saini – Section Editor West Zone
- iv. Dr. Ankit Sikri – Section Editor North Zone
- v. Dr. Goutham Reddy – Section Editor South Zone
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## 22. CONFERENCE ACTIVITIES CO-ORDINATION COMMITTEE

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- b. Dr. Edeionton Arumugam – Member

## 23. AGM APPOINTED CONSTITUTION COMMITTEE

- a. Dr. Balvinder Singh Thakkar – Chairman
- b. Dr. Sridevi Padmanabhan – Member
- c. Dr. Gurkeerat Singh– Member

## 24. INTERNAL ARBITRATION COMMITTEE

- a. Dr. K. Jyothindra Kumar
- b. Dr. Shailesh Deshmukh
- c. Dr. Mala Ram Manohar

## 25. SPEAKER SELECTION COMMITTEE

- a. Dr. Gauri Vichare

## 26. INTERNAL COMPLAINTS COMMITTEE

- a. Dr. Asha Verma
- b. Dr. Vimla
- c. Dr. Anmol Kalha
- d. Dr. Suryakant Das
- e. External Lady Member

## 27. COUNCIL OF PAST PRESIDENTS

- a. Dr. Silju Mathew
- b. Dr. Girish Karandikar
- c. Dr. O.P. Kharbanda



## ORTHODONTICS BY ORTHODONTISTS ONLY



Screening of **Orthodontic Awareness IOS Video** in various cinema halls

**Best Patient Smile Story** competition



Award for **Best Decorated Orthodontic Department** and Private Clinic

Award for **Best Patient Smile Transformation** (photograph)



Award for Most **Innovative Public Awareness Activity**

**Orthodontic Awareness Lecture** in nearby schools



Award for most **Impactful Public Awareness Activity** (will be assessed based upon the reach)

Submit your entries before 15 OCT 2023 to [iospac2023@gmail.com](mailto:iospac2023@gmail.com)

For further details, contact

**Dr. Gaurav Gupta**  
9860460872



A SMILE CAN  
CHANGE YOUR  
WORLD



Picture courtesy - Dr. Karan Sabapathy



### Guidelines for Smile transformation Contest-2023

- 1.All Participants must be registered Member of the Indian Orthodontic Society. (SLM, LM Affiliate members)
- 2.All Participants may submit a frontal smiling Pre and post photograph with a caption about orthodontic awareness like A smile can change your world
- 3.The photo should have a clear non distracting background with the braces of the patient clearly visible.
- 4.The smiling photograph submitted should be of high resolution and in JPEG format (at least 300 dpi or 5 Megapixels)
- 5.There should be a written consent taken from the patient stating that they have no objection to circulate their selfie images on social media for public awareness. Images without consent will not be accepted.
6. The winning smiling photograph of the patients will be published in the one of the upcoming editions of IOS Times along with the name of the treating orthodontists.
- 7.Images sent should not have the name of the clinic or the orthodontist.It should have only the caption.
- 8.The image will become the property of the Indian Orthodontic Society and will be subjected to use by the IOS for public awareness activities.
- 10.Please mail your entries to **[iospac2023@gmail.com](mailto:iospac2023@gmail.com)** with subject of the

Email as Smile transformation contest - Name of treating orthodontist

Images are used for representation purposes only.

# Rx **Toothmin**<sup>TM</sup>

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

Remineralising enamel<sup>1</sup>. Restoring smiles.



Restores colour of WSLs to normal enamel<sup>2</sup>



Increases hardness of intact enamel<sup>3</sup>



Re-hardens softened demineralized enamel<sup>4</sup>



Actively neutralizes plaque acid<sup>5</sup>

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# The 6th Indian Orthodontic Society Executive Committee Meeting (2022-2023)



By: **Dr. Ankit Sikri** (Section Editor)

The 6th Indian Orthodontic Society Executive Committee meeting (2022 – 2023) was held at the Board Room, Subharti Medical College, Meerut (Uttar Pradesh) on 15th September, 2023. The meeting was called to order by the President Dr. Balvinder Singh Thakkar and he welcomed all the office bearers and executive committee members for the final meeting of the year 2022 – 2023.

The briefing of the meeting was:

- Honorary Secretary's report for the year 2022 – 2023 along with the holistic compilation of all the activities; the report was of 192 pages
- Agenda for the 57th AGM (Meerut) was finalized and key discussion points for the meeting were discussed
- Nine constitutional amendments and sixteen proposed resolutions were approved and tabled for discussion in AGM
- There were two ongoing cases against IOS at Madras High Court CS 204/2922 and WP 8158/2019. The status of both the cases are now disposed in favour of Indian Orthodontic Society.
- Bids for 60th IOC, 2026 and 29th IOS PG Convention, 2026 were presented and thoroughly discussed in detail amongst the executive committee. As per the Article 34 and 36 of IOS Constitution and on the basis of secret voting, a collective and consensus based recommendation was made to the General Body for its approval.



All other pre circulated agendas were also discussed and appropriate recommendations were made.

The President, Dr. Balvinder Singh Thakkar and Honorary Secretary, Dr. Sanjay Labh profoundly and personally thanked all the members of EC for their support & cooperation throughout the year. The certificates and memorabilia of appreciation were presented to all the EC members. It was followed by a group photograph. The President then adjourned the meeting and extended his good wishes to all the members present there.



# 57TH INDIAN ORTHODONTIC CONFERENCE



## Subharti University, Meerut (Uttar Pradesh)

"From brackets to wires, in this shared experience, we etch our hearts with memories, a rare opulence."

The 57th IOC, Indian Orthodontic Conference, was organised at Mangalaya Convention Centre by Team MOSG (Meerut Orthodontic Study Group) from 14th - 17th September, 2023 at Subharti University, Meerut. The conference organising team led by Organising Chairman - Dr. Pradeep Raghav, Organising Secretary - Dr. Vaibhav Mishra, Scientific Chairperson – Dr. Munish Reddy, Treasurer - Dr. Shishir Singh and Trade Chairperson - Dr. Amit Khera.

The conference commenced with a grand inauguration ceremony led by welcome of various dignitaries. The ceremony was graced by Dr. Balwinder S. Thakkar (President IOS), Dr. Sanjay Labh (Hony. Secretary IOS), Dr. Jayesh S. Rahalkar (President Elect IOS), Dr. Nikhilesh Vaid (President WFO), Maj Gen G.K.Thapaliyal (Vice - Chancellor SVSU) and Dr. Shalya Raj (CEO, SVSU). The programme was graced by esteemed chief guest, Dr. Rajendra Aggarwal (Member of Parliament & Deputy Speaker of Lok Sabha)

This conference was attended by around 1500 life members and student life members. The event included various pre conference courses at Subharti Dental College complex that featured an extensive program consisting of sixteen different courses that are paramount and notable in true sense. These courses was organised that included -





1. Comprehensive Workshop on In-Office Aligners, Hands On Course By Dr. Balaji Krishnan, Dr. Sunil Chandy, Dr. Parameswaran TM, Dr. Shanthini Priya and Dr. Deepak P
2. A to Z on Tads, IZC BSS and MARPE-Hands-on Course by Dr. Vivek Patni and Dr. Sheetal Potnis
3. Seamless Workflow For In Office Aligners- Hands on Course by Dr. Samar M Adel, Dr. Nikhilesh R Vaid and Dr. Srirengalakshmi M,
4. Fundamental Concepts of Biomechanics- Hands on Course by Dr. Vinay Kumar Chugh
5. Myofunctional Therapy Workshop By Prof. (Dr.) Somchai Satravaha and Prof. (Dr.) Amit Bhardwaj

6. Problem Based Learning -Hands on Course By Dr. Panchali Batra, Dr. Arvind Sivakumar And Dr. Vipul
7. Hands-On Workshop on Presurgical Naso-Alveolar Molding With Comprehensive Lecture Series on Orthodontic Management Of Cleft Lip and Palate From Birth to Adulthood By Dr. Renu Parmar, Dr. Heemanshu Dave, Dr. Krishnendu Chatterjee, Dr. Virag Bhatia And Dr. Partha Pratim Choudhury.
8. Diagnosis, Treatment Strategies & Trouble Shooting In Surgical Orthodontics- Hands on Course By Dr. Kiran Kumar HC And Dr. Prashantha GS
9. TMJ Considerations in Functional Orthodontics - lecture and demonstration With Hands on course- By Dr. K. Gnana Shanmugham and Dr. Faisal Tajir
10. Ortho-Gnathic Surgery: Conventional and Digital Workflow- Hands On Course by Dr. S P Singh, Dr. Sanjeev Verma, Dr. Vinay Kumar and Dr. Raj Kumar Verma
11. Biophilic Philosophy & BATR Bracket System-Hands on Course By Dr. Alka Banker and Dr. Neena Malik Moitra
12. Contemporary Myofunctional Appliances: An Integrative Approach with Digital Technology - Hands On Course by Dr Kalyani Trivedi and Dr. Dilip Patel
13. Basic Wire Bending in the Straight Wire Appliance Including Loop Mechanics- Hands On Course by Dr Ameet Revankar, Dr Roopak Naik, Dr. Anusha Hegde and Dr. Harshvardhan Kidiyoor
14. The Art of Orthodontic Wire Bending and Clinical Applications - A Hands-On Course by Dr G.K. Singh, Dr. Gyan Prakash, Dr Akhil Agarwal, Dr Ajit Parihar, Dr Sarvraj Kohli And Dr Neal Kedia
15. A to Z of TAD supported Lingual Orthodontics by Dr. Dharmadeep and Dr. Prathamesh Jalindre
16. Mastering Biomechanics - Unveiling Orthodontic Trouble Shooting Tips by Dr. Ajay Kubawat, Dr. Srikrishna Chalasani, Dr. Abhay Jain and Dr. Sonahita Aggarwal.



This conference was an extravagant affair, with attendees ranging from esteemed international delegates to our very own national dignitaries. Renowned guest speakers graced the occasion with their presence, offering insights that left the audience in awe. Distinguished speakers from diverse nations like Germany, USA and Japan contribute their insights and wisdom. Also a plethora of national speechmakers deliver lectures with brilliance. The rising stars of the field also had their moment to shine, passionately sharing their thoughts and experiences in various categories. They not only participated with enthusiasm but emerged victorious in their respective competitions like paper presentations, poster presentations, table clinic etc. IOS oration given by legends including Dr. Gurkeerat Singh on the Vacillating Face. Dr. N R Krishnaswamy delivered

the Vasavi Memorial Oration addressing the topic of 'Clear Aligner Therapy – Do expectations align with reality and Dr. Surendra Shetty Oration by Dr. Mandava Prasad on “An Untrodden Paradigm: Orthodontic Stress and Burnout.”

Furthermore; the trade encompassed close to 40 companies, illustrating its size. The culmination of the previous year's Annual General Meeting (AGM) and the inaugural AGM of the new year transpired, featuring pivotal



deliberations and resolutions of paramount significance, all centred around advancing the prosperity and benefit of both the esteemed International Orthodontic Society (IOS) and the dedicated community of orthodontists. The Indian Board of Orthodontics (IBO) also orchestrated a convocation, an event graced with the dignified felicitation of accomplished orthodontists. The culinary experience was no less spectacular, with sumptuous lunches and exquisite dinners and that left attendees raving. This event transitioned into the mesmerizing IOS talent night, band performance night and musical gala night setting the stage for unforgettable evenings. Students hailing from every corner of India flocked to partake in this conference, enhancing their expertise and finesse in the realm of orthodontics. And finally, the conference concluded with a valedictory function, where results of various competitions were announced, leaving everyone with cherished memories. "In the world of smiles, we found our resonance, With memories of this great Indian Orthodontic Conference."

First day of conference - An illuminating morning commences with the inaugural day of the conference, graced by a multitude of eager delegates, thirsting for knowledge. The day starts with International keynote by Dr. Ricardo Machado Cruz on The Challenging Class III Cases: 'How to Choose the Best Approach' and Dr. Juan Carlos Perez Varela on 'Has 3-D Technology And Artificial Intelligence changed our clinics'.

National keynote by Dr. Keluskar on 'Surgical Orthodontics', Dr. Silju Mathew on 'Finite Element Analysis and Orthodontics', Dr. Jayesh Rahalkar on 'Asymmetries due to Yaw and Roll - Clinical Tips for



Management', Maj. Gen. B Jayan on 'Orthodontic Surgical Treatment of Dentofacial Deformities; A Holistic Approach', Dr. Sunjay Suri on 'Optimizing Everyday Mechanics in the Orthodontic Treatment of Cleft Lip and Palate', Dr. M Vadivel Kumar on 'Temporary Anchorage Devices: The Game Changer', Dr. Ajit Kalia on 'Conquering the Demons of Class III Malocclusion using Skeletal Anchorage & Damon Appliance', Dr. Shailesh Deshmukh on 'Aligners: A Bane or A Boon', Dr. Gauri Vichare on 'Evidence Based Treatment Planning in Orthodontics', Dr. Sudhir Kapoor on 'TAD's , A Biomechanical aid in different clinical situations', Dr. Dilip S. on 'Torque control -The root of the problem', Dr. Abhisek Ghosh on 'Orthodontic Retreatment ; Changing Concepts, Complications And Clinical Solution', Dr. Sarabjeet Singh on 'Orthodontics and Beyond'. Guest lectures were also there by Dr. S D Miling Tania on



'Footing Outside The Alveolus - Extra Alveolar Anchorage for Extra Benefits', Dr. G. Sriram on 'Treatment Outcome with ADVANSYNC -2 Appliance - Facts And Fictions', Dr. Rekha Bharadwaj on 'Direct Printed Aligners-Align with the Future', Dr. M K Anand on 'Accuracy in Detecting the Fitness of Aligners using Artificial Intelligence', Dr. Roopa Siddegowda on 'Facial Esthetics Changes In Orthodontic Treatment - A Comprehensive Approach', Dr. Sunanda Roy Choudhary on 'Why Does Orthodontic Treatment With Clear Aligners Lack Predictability', Dr. S Aravind Kumar on 'Addressing The Vertical Malocclusion', Dr. Pandurangan Harikrishnan on 'Mechanical Behaviour Of Orthodontic Brackets Under Torque', Dr. Kavitha S. Iyer on 'Management Of Class III Malocclusion With Aligners', Dr. Aakash Shah on 'Adult Transverse Diagnosis And Treatment With Two Case Reports Of MARPE', Dr. Rajan K Mahindra on 'Class III - Diagnosis and Non Surgical Management', Dr. Rajaganesh Gautam on 'The Nuts And Bolts Of Skeletally Anchored Maxillary Expansion -A Clinical Analysis', Dr. Rohan Mascarenhas on Clinical Orthodontics Ethical Principles and Practices', Dr. Umarevathi Gopalkrishnan on 'Facial Asymmetry And Occlusion: Finding The Link Is The Key

To Proper Treatment', Dr. Brig. Sukhbir Singh Chopra on 'Management Of Class III Malocclusion- Different Strokes', Dr. Vinod Krishnan on 'Revisiting The Biologic Determinants of Tooth Movement', Dr. Madhav Manoj on 'Skeletal Expansion...Right Left And Centre', Dr. Sumitra Reddy on 'Distraction Like Protraction of Maxilla In Adults : A Contemporary Non Surgical Alternative To LeFort Advancement', Dr. Sanjeeb Kumar Sahu on 'Interagency Collaboration And Shared Responsibility', Dr. Sunil Abraham on 'Malampatti, OSA And The Orthodontist', Dr. J Sabarinathan on 'Competency Based Dental Curriculum-Orthodontic Perspective', Dr. Sunita Srivastav on 'Care Protocol For Diagnosis And Management of TMD In Orthodontic Practice'.

Second day of conference - International Keynote by Dr. Josh Rowley on 'Predictable Results With Clear Aligner Orthodontics', Dr. Letizia Perillo on 'Early Treatment Of Class III Malocclusion: Rationale And Long- Term Stability', Lee W. Graber on 'Clinical Orthodontics Today, Getting To Tomorrow', Dr. Waddah Sabouni on 'Clear Aligner Treatment: Possibilities And Considerations'.



Guest lecture by Dr. Mahesh Jain on 'Distraction ;The Way Forward In Treating Hypoplastic Maxilla In Cleft Patient', Dr. Salil Nene on 'Expanding The Envelope Of Treatment Possibilities: Miniscrew and Bone Screw Way', Dr. Samir Patil on 'Navigating Aerosols: An Innovative Infection Control Method in Orthodontics', Dr. Tradip Jaipal on New Techniques, New Challenges -old Basic Solutions', Dr. Rajib Kumar Seal on 'Extraction - Nonextraction Decision Making: An Evidence Based Review', Dr. Dinesh Kumar Bagga on 'Information Mastery: An Approach to Improving Patient Care', Dr. Prashant Dhole on 'Cubing The Orthodontic Rubik - Retreatment of Old Cases', Dr. Vinay Dua on 'The FEM Bullet- Should We Bite It: Orthodontic Perspective', Dr. Amit Nagar on 'Management of Impacted, Malposed and Transposed Teeth- Case Series, Dr. Sangeetha Duraisamy on 'Non Surgical Management of Skeletal Malocclusion -Predictors of Favourable Outcome', Dr. Haritha Pottipalli on 'Mandibular Canine Impaction-Road Less Travelled', Dr. N Kurunji Kumaran on 'Accelerated Tooth Movement- The Realm of Factuality



and the Road Ahead', Dr. Mukundan Vijayan on 'Splints In Orthognathic Surgery: Surgery First Vs Conventional', Dr. M Sainath on 'Speech Sequelae In Class III Malocclusion- A Spectroscopic Study, Dr. Amrita Puri on 'Accuracy And Reliability of Intraoral Root Positioning Device For Assessment Of Tooth Parallelism In Patients Undergoing Orthodontic Treatment', Dr. Anshu Sahu on 'Obstructive Sleep Apnoea -The Prerogative Of An Orthodontist', Dr. Manu Krishnan on 'Stem Cells From Orthodontic Premolars And Craniofacial Applications', Dr. J. Mohamed Iqbal on 'Management Of Cleft Lip And Palate : An Institution Experience', Dr. Bhadrinath Srinivasan on 'Orthodontic Treatment Using Bone Screw-Widening the Horizon', Dr. Tusar Kanti Nayak on 'Interdisciplinary Treatment, Integrating Orthodontic With Restorative And Periodontics'.

Third day of conference - National Keynote by Dr. Anand Patil on 'Acceleration Of Orthodontic Tooth Movement, Did We Reach The Capstone', Dr. Sridevi Padmanabhan on 'Airway And Orthodontics-Facts Vs Fiction', Dr. Surya Kanta Das on 'Risk Factors And Success Of Mini Implant', Dr. Sanjay Labh on 'Extraction Decision Making-Revisited', Dr. O P Kharbanda on 'Secrets And Evidence To Successful Non Extraction Treatment Utilizing Molar Distalisation, With Or Without TADS Supported Buccal Anchorage', Dr. Ajay Kubavat on 'Unveiling The Impact Of Material Engineering And Gingival Trimline On The Biomechanics of Aligner Therapy: A Ground Breaking Perspective', Dr. Tulika Tripathi on 'Artificial Intelligence ; is it Asli Intelligence', Dr. Goutam Munjal on 'Decoding Biomechanics : Exploring new vistas'.







Guest Lectures By Dr. Ankit Sikri on 'Primary Eruption Failure: An Orthodontic Juggernaut', Dr. Priyank Rai on 'Skeletally Anchored Fixed Functional Appliance (In Late Adolescence): Unravelled', Dr. Vignesh Kailasam on 'Andrew's Fifth Key- A Radiological And Clinical Evaluation', Dr. Jitendra Bhagchandani on 'Unusual Extraction Combinations: The New Normal', Dr. Jojo Joseph Vallamattam on 'Management Of Paediatric And Adult Sleep Disordered Breathing With MSE, Dr. Subramanya Shetty on 'Autorotation: A Truth Or A Myth', Dr. Sridhar Kannan on 'Painless Orthodontics - A Definite Possibility', Dr. Rajiv Gupta on

'Orthodontic Expedition: It's Time To Accelerate', Dr. Sapna Singla on 'Clinical Considerations During Orthodontic Management Of Impacted Teeth', Dr. Neetu Dabla on TADS', Dr. Zarina Bali on 'Vertical Dysplasias: Journey From Planning To Execution', Dr. Subhash Seth on 'Self Ligating Brackets : Are All The Glitters Really Gold!', Dr. Anshul Singla on 'Correlation Between Skeletal Jaw Relationship With Cervical Spine Inclination And Cervical Vertebral Morphometry', Dr. M. Sunil Kumar on 'Role Of Different Facial Patterns To The Infra Zygomatic Crest Thickness Using TADS', Dr. Sunil Kumar Nagmode on 'Use Of TAD's For Treating Different Malocclusions In Orthodontics', Dr. Anand Tripathi on 'Biomedical Ethics : Success Mantras For Clinicians', Dr. K M Shahul Hameed Faizee on 'Touching New Heights , With Feet Grounded. - "New Age Orthodontics', Dr. Smruti Bhusan Nanda on 'Begg's Wrap Around Vs Vacuum Formed Retainers', Dr. Uday Kumar Digumarthi on 'Functional Appliances Revisited; Do They Deliver On Their Promise', Dr. Padma Priya on 'Direct Printed Aligners : Demystified With A Case Series', Dr. Arvind Mengi on 'The Art Of Multidisciplinary Orthodontics', Dr. Sonal Chowdhary on 'Maxillary Full Arch Distalisation', Dr. Amesh Golwara on 'Conventional To Digital Functional Orthopaedics: Are We Moving On The Right Path', Dr. Gaurav Gupta on 'Kaleidoscope of Cases With PSL System', Dr. Sarvraj Kohli on 'Extra Radicular (Bone Screws)', Dr. Jitendra Sharan on 'A Novel Way To Enhance the Biomimetic Properties Of GaN For Orthodontic Miniscrew Implant (OMSI): A Futuristic Concept', Dr. Dhaval Somani on 'Case Selection And Optimization Of Aligner Number' and Dr. Sumita Mishra on 'Probiotic Mouthwash For Combating Oral Diseases in Patients Undergoing Orthodontic Treatment'

In this way, Meerut was elated to have been instrumental in organizing this magnificent national conference, which undoubtedly left a lasting impression on all who attended. This conference had played a vital role in keeping dental professionals updated on the latest developments in their field. It facilitated international collaboration and fostered the exchange of ideas and techniques among experts.

As the final curtain descended on the Indian Orthodontic Conference, we have celebrated its resounding success. The conference's pages are now closed, but the knowledge shared and connections made will always continue to flourish. We depart with hearts full of gratitude and anticipation for the continued growth and excellence in the field of orthodontics."

Jai Hind, Jai IOS!



scan for more photos





# The 1st EC meeting of Indian Orthodontic Society



The 1st EC meeting of Indian Orthodontic Society was held at the Maangalya Convention Centre, Subharti Dental College, Meerut (Uttar Pradesh) on September 17th, 2023 immediately after the Valedictory Function of the 57th IOC amidst the august presence of all the Principal office bearers & EC Members. The meeting started with the Honorary Secretary, Dr. Sanjay Labh adorning the jewels of the office on the President – IOS, Dr. Jayesh Rahalkar. The President welcomed the newly elected office bearers; Dr. Sanjay Labh (Honorary Secretary), Dr. Puneet Batra (President Elect), Dr. Edeinton Arumugam (Vice President), Dr. Amit Bhardawaj (Joint Secretary), Dr. Munish Reddy (Treasurer), Dr. Vignesh Kailasam (Editor JIOS) & Dr. Santosh Ramegowda (Editor IOS TIMES).



The President congratulated the newly elected executive committee members and an official pledge/swear was taken by each office bearer that they will give their best in carrying out the duties and obligations inherent in their role, as entrusted on them by the general membership of the esteemed Indian Orthodontic Society.

Hon. President Dr. Jayesh Rahalkar said “We started with an innovative tradition of taking Pledge by the Principal Office Bearers and Executive Committee Members at the Valedictory Function so as to heighten the sanctity of the installation”



A delightful installation ceremony was convened by the Hon President for all his Principal Office Bearers and team of newly elected EC Members which included adorning of the Cravat Scarf and a Breast Jewel.



After the formal installation ceremony, President Dr. Jayesh Rahalkar apprised the Principal Office Bearers and EC members about his goals and focus for the upliftment of the Indian Orthodontic Society and its members. He said that the special focus will be on academic and Clinical enrichment of our members with a combination of curricular and beyond curricular activities. He emphasized that IOS will aggressively promote Public Awareness for Orthodontists as Specialists to masses and general public.



Hon. President Dr. Jayesh Rahalkar focused on strengthening the international relations and promoting visibility of Indian Orthodontic Society at Global Platform which he emphasized as need of the hour. He also urged the esteemed life members of IOS to render support and cooperation to Team EC for yet another fruitful year towards the ever improving and dynamic FIRST society of the FIRST specialty of dentistry...INDIAN ORTHODONTIC SOCIETY!!!

The President declared the annual calendar for the year 2023-24 along with the list of various committees for smooth functioning of the Indian Orthodontic Society. The tentative dates for the next EC meetings were also announced.

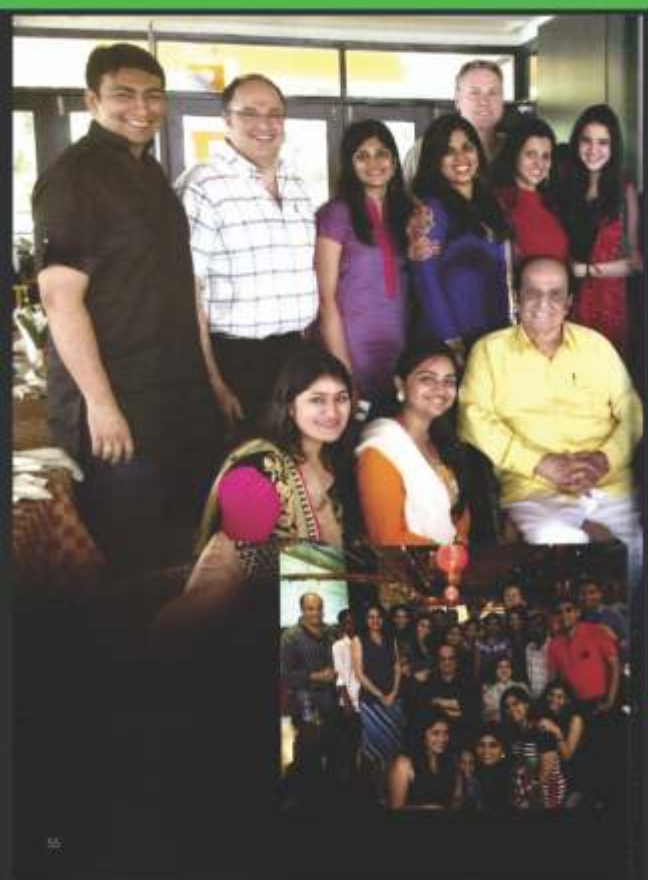
The matters pertaining to all agendas were taken up, discussed and deliberated upon by during the 1st EC Meeting. The minutes of the same will be uploaded on [www.iosweb.net](http://www.iosweb.net) very soon.

Jai Hind!!! Jai IOS!!!



# REMEMBERING THE LEGEND

DR. KEKI MINOCHER MISTRY (1935-2023)



Awards

## “OUR GENTLE GIANT”

A Tribute to the Man who made Giants out of Men

It is with profound respect and deep reverence that the world of Orthodontics bids farewell to an extraordinary visionary, a revered founding Father of the Indian Orthodontic Society and a towering luminary who left an indelible footprint on the landscape of dentistry in India and beyond.

On September 8, 2023, Dr Keki Minocher Mistry, affectionately known as “Our Gentle Giant,” departed from this world. Today, we honour a legacy of boundless compassion, relentless hard work and an unwavering dedication to the highest levels of excellence.

## THE BEGINNING



Born on December 25, 1935 in the vibrant city of Mumbai, Dr Mistry took immense pride in his identity as an Indian Zoroastrian Parsi. He had the deepest affection for his motherland and often said, "India is truly our motherland as she has sheltered and nurtured us Parsis as only a mother would."

Ever since he embarked on his journey in dentistry, Dr Mistry was deeply captivated by the intricate world of Orthodontics and the profound health benefits it could offer. To him Orthodontics transcended mere wire-bending; it represented a profound biological science. Dr Mistry was renowned for his emphatic proclamation, "I am a doctor, not a mere technician."

He passionately believed that in any profession what matters most is one's attitude and a sense of pride in the work one undertakes. When asked what time he leaves for work, he would tongue in cheek reply, "I don't ever go to work ... whatever I do I enjoy thoroughly and I do it because I love it!"

## AN ACADEMIC ODYSSEY

Dr Keki Mistry's academic journey began at Bombay University where he graduated in Dental Surgery in 1957 at the top of his class with distinction in four out of seven subjects, exhibiting early signs of the brilliance that would come to define his illustrious career.

His thirst for knowledge led him to obtain his Masters in Orthodontics from the University of Illinois, USA (with 2 major distinctions) under the

mentorship of Dr Allan G Brodie.

Recognizing the paramount importance of enhancing oral health in India, he nurtured a strong aspiration to pursue a Master's in public health. However, the demands of his thriving practice rendered full-time study unfeasible. Remarkably, his invaluable contributions in the realm of public health garnered recognition from the University of London, which granted him a special concession on attendance, enabling him to attain another Master's degree (MSc.D) from the University of London.

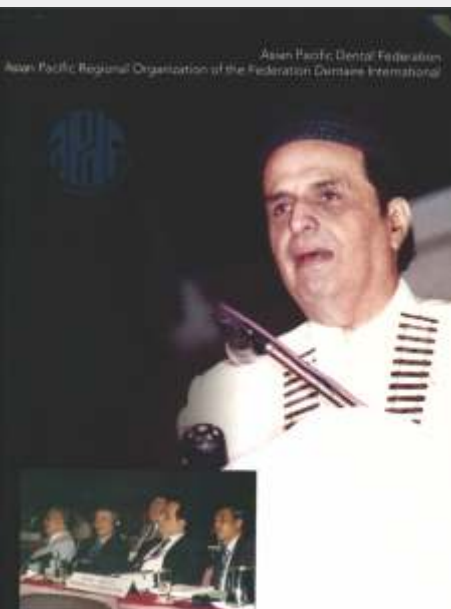
His unwavering dedication to excellence continued as he went on to achieve a D.D.P.H. in Public Health from the Royal College of Surgeons, UK and Doctor of Medicine (M.D.) from the International Open University at Copenhagen, Denmark.

## INDIAN ORTHODONTIC SOCIETY: GENESIS AND JOURNEY

Reflecting upon the genesis of the IOS, Dr Mistry fondly recalls, "One day, Dr Ashok Modi, Dr Naishadh Parikh and myself decided to have coffee at the Kwaliti Restaurant which was situated in the ground floor of my clinic building. We had come from a meeting of the Bombay Orthodontic Study Group which we had formed earlier. Over steaming cups of coffee, our discussion on showcasing our treated and unfinished cases through various modalities led to a considerable exchange of views. We resolved we must meet more often to discuss ideas and have a meeting of minds. We decided to expand the study group which had been formed earlier with myself as the convener and Dr Sanghvi as the co-convener, into a more if not fully representative society. Thus was born the idea of the Indian Orthodontic Society."

## FROM 7 TO 7000: AN ENDURING LEGACY

Dr Mistry, Dr Modi and Dr Parikh then approached Dr H. D. Merchant, who at the time served as the Dean and Head of the Department of Orthodontics at Nair Hospital Dental College, and Dr H. S. Sheikh, Head of Orthodontics at Government Dental College in Bombay. They responded enthusiastically and in 1965 along with Dr Prem Prakash





and Dr Mohandas Bhat, this collaborative union marked the birth of the Indian Orthodontic Society.

As more and more esteemed practitioners aligned themselves with the Indian Orthodontic Society (IOS), the organization's reputation and influence grew significantly. Today it stands as the 2nd largest specialised health society in the world with over 7000 members transforming it into a vibrant and enthusiastic community.

An interesting fact is that the founders decided that for the initial decade,

the President of the society would be selected based on seniority of age. At that time, the term of the president of the Indian Orthodontic Society (IOS) was for two years. Dr Mistry, due to his junior age ranking would be sixth on the list. Thus this twist of fate led Dr Mistry to become the First elected president of the IOS.

Today, the prestigious Professor Keki Mistry Scroll of Honour for outstanding contributions in the field of Orthodontics is the most coveted award of the Indian orthodontic Society.

## ILLUSTRIOUS CAREER

To describe Dr Keki Mistry as a pioneer in Orthodontics would be an understatement. He was a trailblazer, constantly pushing the boundaries of innovation and embracing new technologies that benefited patients worldwide. At the age of 85, with his legendary farsightedness he grasped the immense potential of

Digital Dentistry and the promising future it represented. He immediately acquired an Itero scanner at the Mistry Centre for Advanced Dentistry, becoming one of the pioneers in India to adopt this cutting-edge technology.



As a Consultant Orthodontist, Dr Mistry held esteemed positions at several distinguished institutions including the Parsee General Hospital, the Jaslok Hospital & Research Centre, the Railway Head Quarters Hospital, and the Bhabha Atomic Energy Commission in Mumbai.

His expertise was also sought after by the Indian Railways, Airlines and the Indian military medical services throughout his illustrious career.

## TRANSFORMATIVE LEADERSHIP

In addition to his impressive awards and accolades, Dr Mistry assumed numerous leadership roles in Dentistry and other fields too.

In 1984, Dr Mistry served as the President of the Indian Dental Association (IDA). During his tenure, he had the unique opportunity to introduce and involve the Federation Dentaire International (FDI) and the World Health Organization (WHO) for the first time in India through a pioneering workshop with the IDA.



Furthermore, in 1984, with support from the Indian Medical Council, Indian Dental Council and the Ministry of Health and Family Welfare of the Government of India, Dr Mistry successfully advocated for the declaration of Dental Science posts as Medical Posts instead of non-medical. This significant event had a profound impact on the status of the dental profession in India, the financial compensation of salaried professionals, and the administrative structure within the Ministry of Health and Family Welfare in New Delhi (Office Memorandum No. V12025/17/84-PMS).

Dr Mistry was involved with The Asia Pacific Dental Federation (29 Countries) for over 3 decades. In the words of Dr Oliver Henedige, Secretary General APDF, "Dr Mistry was one of the most successful Presidents of the APDF and served well in various capacities from Treasurer, Commission Chairman, Organiser of successful dental workshops and then onto the highest post of President APDF/APRO."

B.D.S., 1957



Graduated with Distinction in Orthodontics, Periodontics, Dental Radiology and Oligoptics.

In the realm of community service, he held leadership positions with Rotary International including serving as the President of Rotary Club of Bombay North.

A devout Zoroastrian, he revered Sri Sathya Sai baba whose philosophy of 'see good, be good and do good' resonated with the Zoroastrian doctrine of good thoughts, good words and good deeds. Sathya Sai Baba appointed him

Trustee of the Sri Sathya Sai Trust Maharashtra looking after the medical, educational & service activities.

## AWARDS AND HONOURS

Dr Mistry was a cherished, esteemed, and widely acknowledged clinician which earned him significant recognition and several national and international awards.

Notable among them is the prestigious Dr B. C. Roy Gold Medal and National Award for his remarkable contributions to medical social work in India. This exalted honour was bestowed upon him by the Hon. Prime Minister of India at the time. His accolades continued to accumulate as he received several other acclaimed awards, such as the Bharat Udyog Award for his dedicated work among industrial workers, the National Hind Gaurav Award and the Mother India Award for his unwavering commitment to the well-being of children.



Dr. Mistry's influence extended beyond national borders. Internationally, he was the five time recipient of the Asian Pacific Dental Federation Merit Award, the International Distinguished Medical Professionals Award from Cambridge, UK and was honoured with the Doctorate of

Literature due to his extensive work on dental literature and research.

In 1994, he was appointed the expert advisor to the World Health Organization (WHO) in oral health and it was a proud moment for India when the WHO established the concept of Oral Health Day, a notion

conceptualised and fathered by Dr Mistry.

In recognition of his exceptional dedication and tireless efforts, he was honoured with the Lifetime Achievement Award from various prestigious organisation including Indian Orthodontic Society, the Indian Dental Association, the International Dental Students Association and the Fandent Dental Association. In 2019 he was awarded the lifetime achievement award by the World Federation of Orthodontics, the only Indian to be thus honoured!

Along the way, Dr Mistry published 6 professional books, guided independent graduate research and has been the national and international editor of many professional journals with 97 professional and public health publications.

## INSPIRATIONAL IDEALOGY

Dr Mistry believed in the potency of resilience and unwavering self-confidence, frequently citing the aphorism, "When the mind is clear and the heart is pure, then there is no fear. March on."



His favourite story at his many orations revolved around the Italian violinist Don Giovanni Paganini, who in the face of adversity with all but one string of his violin broken declared, "Paganini and one string!" He then proceeded to weave one of the most enchanting musical compositions.

"The first string that broke symbolizes our tendency to assign blame to our family members when things go awry. Similarly, the second string represents our friends and colleagues, who may occasionally let us down. The third string signifies our support system – our secretary, technician, and subordinates – which, too, can falter. However, the final string, the one that remained unbroken, symbolizes our indomitable self-confidence."

In the words of Past President of IOS Dr Vijay Jayade,, "Dr Mistry was an excellent orator. It was a treat to listen to his speeches and everyone would listen in rapt attention when he opined on any contentious issue in the annual general body meetings. His command over the English language, measured views and persuasive arguments would win the debate in most instances."



## MENTOR PAR EXCELLENCE

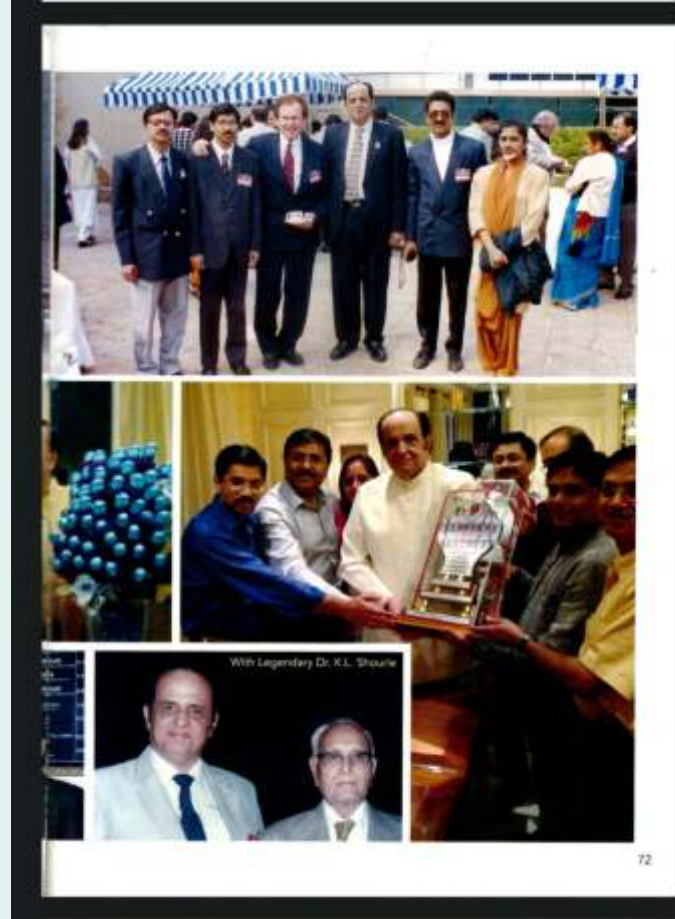
Dr Mistry was a much loved professor and mentor. He possessed the unique ability to put his students at ease, alleviating fears and doubts while guiding them towards a confident career in dentistry.

Dr Mistry's passion for teaching was evident when he held the position of Professor and Head of Department of Orthodontics at Government Dental College and Hospital, Mumbai.

In a letter to Dr Mistry, Dr P. Wadkar, Professor, Nair Hospital who was conducting the BDS exams of Mumbai University noted, "You come across as an extremely kind hearted, passionate and hospitable person with tons of knowledge, truly the hallmark of a great man. Your persona is reflected in your Department which was absolutely high-class and the right environment to pursue Post Graduate training."

Subsequently he joined the D.Y. Patil University as Director and Dean. He took great joy in imparting to young Orthodontists knowledge coupled with wisdom, sharing his insights and experience with the next generation.

"There is so much to learn from him and his long active career remains an inspiration and encouragement for future generations. His contributions towards society are immense and extend beyond the field of dentistry," remarked Dr Vijay Patil, President DY Patil University.



## CELEBRATING A REMARKABLE JOURNEY

In honour of Professor Dr Keki M. Mistry's 80th birthday, a magnificent reception was organized by his students and family. The celebration took place atop the picturesque Trident hotel at Mumbai's Nariman Point. During this commemorative event, Dr Mistry's book titled "OUR GENTLE GIANT" was officially launched. This biographical work chronicles his remarkable 80-year journey and highlights his substantial contributions to the field of dentistry in India and worldwide, as well as his numerous noteworthy endeavours in social service. The book features a foreword penned by Mr Ratan Tata, Chairman of the Tata Group.

## A LEGACY CONTINUES

Dr Mistry is survived by Mrs Nargish Mistry, his beloved wife of 58 years. Throughout Dr Mistry's extraordinary journey, she has been his most dedicated and unwavering supporter, standing firmly by his side.

Today his legacy will be carried forward by his three devoted children, Dr. Rushitum, Orthodontist and Implantologist, Dr. Saiesha, Aesthetic and Restorative Dentist and Ms Kainaz Mistry, Clinic Coordinator at the Mistry Centre for Advanced Dentistry.

Alongside them will be the countless professionals who attribute their success to the invaluable guidance and inspiration provided by this extraordinary orthodontist. His indelible mark on the worlds of dentistry and public health, along with his wise sayings and quotes will continue to serve as a source of inspiration for years to come.

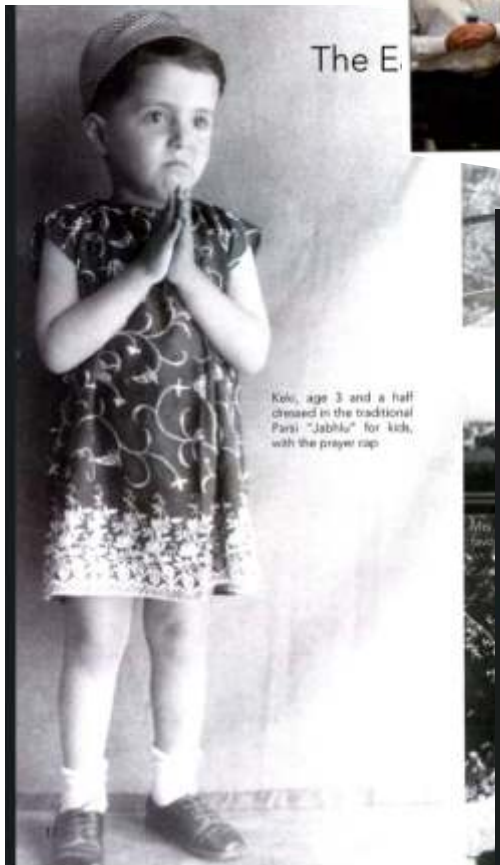
We end with the words of Dr Mistry, "When you rise in the morning, let your conviction be that today, you will achieve nothing less than the very best."

The entire Indian Orthodontic Society deeply mourns the passing away of Our Gentle Giant and we pray to the Almighty to let the Noble soul rest in eternal peace.

Shat Shat Naman...



With the family

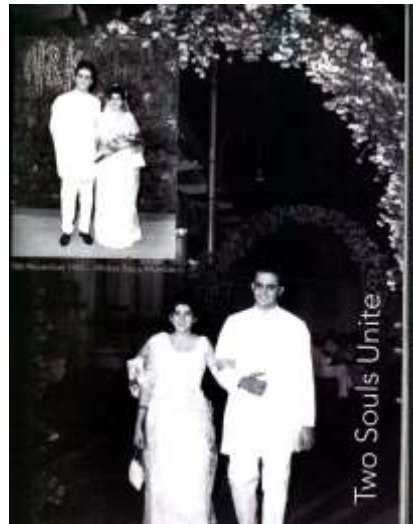


The E.

Kolu, age 3 and a half dressed in the traditional Pawai "Jabhu" for kids, with the prayer cap



The PG's Treat



Two Souls Unite





## The ‘Versatile’ Varun Kalra



Interviewed By:  
**Dr. Santosh Ramegowda**  
(Editor, IOS TIMES)



Written & Edited By:  
**Dr. Ankit Sikri**  
Section Editor, IOS TIMES

@ 30th Floor, Ultra High Lounge Rooftop, World Trade Centre, Bengaluru



### The Childhood Days...

Dr. Varun Kalra was born in New Delhi. His father was an officer (Doctor) in the Air Force and his postings used to get changed after few years, so while growing up he lived in different parts of India. His parents were fond of traveling and exploring the region of the country where they were posted and he was fortunate to travel along with them. This was at a time when travel for leisure and infra structure for travel was very limited in India. The family travelled to several remote areas and also visited many national parks/ game reserves in different parts of the country. That's how he developed interest for travel, exploration and adventure. When he was in school in New Delhi in the late 1960s, there was a huge influx of hippies in the city and in India, in general. He was enamoured of those hippies & their free lifestyle and wanted to experience some of that life for himself. At that time, the land route from London to Delhi was open and safe. At one point, he planned to hitch hike to Europe right after high school at age 16. However, his parents talked sense into him and asked him to wait until he completed his professional education.

## The 'Kalra' in making...

He graduated from Dr. R. Ahmed Dental College (Calcutta) in 1975 and completed his MDS in Orthodontics from KGMC (Lucknow) in the year 1978. Upon completion of MDS, his parents, true to their word and his father, who was very generous by nature, gave him \$1000 out of the \$5000 (which he had just received for his retirement). It was extremely generous of him to give his son 20% of his retirement funds to fulfill his son's whim and fancy to hitch hike & travel in Europe. \$500 was for a return flight to London by Afghan Airlines (cheapest at that time) and \$500 was for him to hitch hike, travel and do odd jobs in Europe until his money ran out completely. Still he was able to find a paid training position in dentistry in U.K. within that time. He flew to London in 1978 and hitchhiked around England & Scotland while he kept applying for positions in dentistry that were posted in the British Dental Journal after every two weeks. An anecdote that comes to his mind from that time – "I was hitch hiking through England towards Scotland and I had to wait overnight for traffic to start the next morning so I could try and get a ride further towards my destination. I spent the night sitting outside on some steps at the side of a restaurant/cafe because if I sat inside I would have to spend money on a coffee. Although it was late summer, it can get quite cold in the night out in the countryside in England. While I was nodding off on the steps, a group of teenagers decided to walk away with my backpack with all my belongings in it, fortunately I woke up just in time and they dropped it! Not having had much success for about two months in finding a position in England, and with money dwindling, I was planning to take a boat to France, hitch hike around Europe, pick grapes and do odd jobs to pay for my expenses while I was in Europe before returning to settle down in India. I was set to leave for France on a Monday, but as luck (and perseverance) would have it, I got called for an interview and offered a position as House Officer at the London Hospital Dental School on the Friday prior to it." (sighs happily)



Upon completion of his six month house job, he was fortunate to skip the rank of Senior House Officer and was offered a position as Registrar in Orthodontics at the Children's Hospital in Brighton. The position was recognized by the Royal College of Surgeons, England, for training towards D. Orth RCS. He trained/worked in this position at the hospital in Brighton for four years and obtained his D. Orth RCS in 1983. During this time, he also took the statutory exams and obtained a license to practice in the U.K. After completion of his D. Orth RCS in 1983, he was fortunate to be selected for the three year MSD program in orthodontics with a scholarship at the University of Connecticut, U.S.A.

## And the Credit goes to...



The person he is indebted to for advising/steering him into Orthodontics after completing D.D.S. in Calcutta, was Dr. TN Chawla (Head of the Dental Department at KGMC - Lucknow). During post-graduation at KGMC, all of us used to get trained in the Tweed technique with Dr. V.P. Sharma and Dr. D.S. Gupta. In England, he learned the use of the pre adjusted Edgewise system with Dr. Ian Crossman who was his consultant in Brighton. In addition to treating patients with fixed appliances, he treated all types of malocclusions, extraction and non - extraction, with removable appliances including different types of Functional appliances. During his four years in Brighton, he would get one day per week to study towards his D Orth. RCS. By special arrangement, he was able to use that day to attend the orthodontic program on Fridays at the Royal Dental Hospital in London under Prof. W.J. Houston. There, amongst other techniques, he also learned the Begg technique and then brought it back to treat some patients with it in Brighton. Dr. Crossman, who also held an MBBS degree, had a special interest in treating early cleft babies born at the Children's Hospital, so he also gained experience in treating babies and children with cleft lip and palate. At the University of Connecticut, he trained with Dr. C.J. Burstone and Dr. Ravi Nanda. Dr. Burstone, is of course,



acclaimed for his pioneering work and contributions in the field of biomechanics and the Segmented Arch Technique. In Connecticut, he was able to assimilate his knowledge of biomechanics and the principles of appliance design. Apart from biomechanics, there was also big emphasis on diagnosis and treatment planning prioritizing the soft tissue facial profile. He used to perform occlusograms and cephalometric VTO's for each patient by hand. There was also a good focus on the study of materials such as the new TMA and NiTi wires.

After completion of MSD at Connecticut, he joined the faculty there as Assistant Professor from the year 1986 to 1988. Thereafter, he moved to Cleveland as Assistant Professor at Case Western Reserve University. While over there, he also earned his DDS. For the last 25 years, he has had a couple of practices and he teaches part time as Clinical Associate Professor at the University of Pittsburgh.

### **'India' Meri Jaan...**

During his stay in England and the first several years while he was in the US, he did not have much professional contact in India. He believes, about twenty five years ago, he reconnected with (Prof.) Dr. O.P. Kharbanda whom he knew from his days of togetherness at KGMC.

Through Dr. Kharbanda got more involved with the Indian Orthodontic Society and lecturing in India, he also has lectured several times in New Delhi and at the annual meetings of IOS - recent one in Bangalore where you are just taking my interview. (laughs out loud with a hand shake)

He has also interacted with graduate students over the years in various programmes in India who have conducted research on some of the appliances he has designed. Having got so much from India, he tries to give back in whatever way he can. He still pretty much visits India once a year.

### **'Orthodontics' – My soul & spine....**

His biggest achievements include being a mentor and role model for students & young orthodontists. He has been teaching at various universities in the U.S. for thirty five years. He also teaches internationally and has given about hundred lectures and courses in about thirty countries. As for appliances he has designed - K-SIR arch wire - This wire is designed to simultaneously intrude and retract the six anterior teeth in first premolar extraction cases while providing excellent molar anchorage. It is indicated for use in severe Class II Div 1 malocclusion with deep overbite or Class I malocclusion with severe bimaxillary protrusion. A controlled study by J. Prabhu in 2001 for his Master's thesis research verified the results achieved with the K-Sir arch wire. There have also been other publications on it.

K-Loop molar distalizing appliance: He primarily uses the K-Loop in a Class II case to distalize Class II molars into a Class I relationship in order to provide room for crowded premolars and/or canines. There have been several studies published on the effects of the K-Loop including a recent FEM study by PD Tekale et. al. in the Journal of the Indian Orthodontic Society in April, 2023.

K-9 spring: The K-9 spring is used to align high, palatally impacted canines. Activation of the spring results in a force on the canine that erupts, it moves it buccally and can also be activated to distalize it - all the movements that are needed initially to bring a high palatally impacted canine into the arch. A recent study by S Verma et. al. published in the Angle Orthodontist in January, 2023 bears out the effectiveness of the K-9 spring.

### **Some more 'Deep Diving' into Orthodontics...**

In deciding whether to extract or to simply expand and flare the teeth to alleviate crowding you have to take into account

1. The amount of crowding
2. Pre - treatment inclination of the teeth
3. Facial aesthetics
4. Periodontal/alveolar housing and health of the teeth - short and long term
5. Stability of the result

There are of course, situations where some compromise between these requirements is in the patient's best interest. The alveolar bone on the buccal aspect of the roots is generally very thin and there is no evidence that one can grow alveolar bone on the buccal surfaces of the roots by expansion and flaring. Therefore, excessive widening and flaring of the teeth will tend to move the roots out of the alveolar housing and lead to bone dehiscence or fenestration if one tries to torque the roots buccally/labially in order to mask the proclination. Not to mention lack of stability. Things have come full circle in the extraction debate. In the early days of orthodontics, Edward Angle ordained that all cases be treated non extraction (maybe due to limitations of his earlier appliances). Angle was a very strong personality and one would challenge the dogma of non - extraction at one's peril while he was alive. It was only after his death in 1930 that two of his students, Charles Tweed in the US and Raymond Begg in Australia, who were not happy with the results of non - extraction treatment in some patients, finally presented their rationale for extractions. They and other orthodontists then started treating patients with extractions. Unfortunately, their evaluation to extract or not was based on cephalometric measurements of skeletal and dental criteria without taking the soft tissue profile into consideration. So, even slight variation in incisor inclination was met with extractions and the pendulum swung too far to the side of extractions, leading to many dished in profiles in the 1940's and 1950's. Noting the detrimental effect of extractions on the face of many patients, pioneers such as Steiner, Burstone, Subtelny, Ricketts and others stressed the importance of also taking the soft tissue profile into account before deciding on extractions. I think the next 30-40 years were the golden age of diagnosis and treatment planning in orthodontics, arriving at the decision to extract or not on an individualized basis taking many hard and soft tissue considerations into account. TADs have been a great addition to the orthodontic armamentarium. Certain tooth movements such as intrusion of buccal segments with orthodontics to correct skeletal open bite were not possible prior to the advent of TADs. In other cases it can deliver better results by providing nearly absolute anchorage while eliminating or minimizing side effects. He uses both inter and extra radicular TADs for various clinical applications.



Clear Aligners: Well, whether one likes it or not, aligners are here to stay and their use is only going to increase because of the ever increasing demand by the public. Obviously, aligners cannot perform certain tooth movements as well as fixed appliances can. Therefore, not all cases are suitable for treatment with aligners. In his practice, aligners are rarely a treatment of first choice and he only uses them on patients that he feels are appropriate for their use. The efficacy of tooth movement and overall treatment with clear aligners has come a long way. One is now able to achieve results with aligners that were not imaginable when they were first introduced. Further advances in technology and concepts in the future are likely to improve their efficacy further. So, the bottom line is that orthodontists should develop skills and experience to treat patients with aligners so that they can use them in appropriate cases.

And to 'Conclude'...

I would say to young orthodontists that they have chosen an excellent profession. In fact, US News & World Report that ranks colleges, professions etc., has ranked Orthodontics as the 'Numero Uno' profession at several times. My best advice would be to use common sense and follow the science and to not blindly follow the so called gurus or brands without sound evidence. Do what is best for your patient. Follow your dream and persevere!

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Button



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Silver / Golden



Crimbable Hook Spiral  
Left / Right



Kobayashi Wire  
Short / Long



Cross Tube



Lingual Button  
Perforated



Lingual Button  
Rectangle



Lingual Sheath  
Hook / Without Hook



Close Coil Spring  
4MM/6MM/9MM/12MM



Sliding Stops  
Round / Rectangle



Headgear Tube



Lingual Button  
Ceramic



Lingual Cleat Without  
Base Weldable



Lingual Retainer &  
Lingual Retainer with  
Bonding Pads



Open Coil Spring



Tongue Tamers



Metal Separator



Lingual Button with  
Ring



Lingual Button with Cleats  
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# CONVENOR'S CONCLAVE

15TH SEPTEMBER, 2023

## REPORT

The First ever "Convenors Conclave" organized by the Study Group Co-ordination Committee by Indian Orthodontic Society on September 15, 2023, was a significant event that brought together all the convenors of study groups from across India. The event took place with the distinguished presence of the President, President Elect and Secretary of the Indian Orthodontic Society. The event commenced with an opening speech by Dr Edeinton Arumugam, the Chairperson of the Study Group Co-ordination Committee emphasizing on the work done by the different study groups all over the country in organising events and activities through out the year. This was followed by the speech by Dr. Balvinder Thakkar, President of the Indian Orthodontic Society, highlighting the importance of study groups in advancing the field of orthodontics. The Honorary Secretary, Dr Sanjay Labh also addressed the audience, emphasizing the collaborative efforts of the study groups in promoting and conducting awareness among public and dentists about the speciality of Orthodontics.

This year there were three awards presented to the

- a) **Best Study Group** : The Madras Orthodontic Study Group headed by Dr Dilip.S, Dr.K.M.Shahul, Dr C.Vijayadith
- b) **Most Promising Study**: The Patna Orthodontic Study group headed by Dr.Neal Kedia and Dr Rashi Chauhan and the Bhubhaneshwar Orthodontic Study group headed by Dr Subhas. C.Nayak, Dr Swati Acharya and Dr. Pavithra Bai M.

The Patna study group was recognized as the most promising study group, and all convenors received tokens of appreciation for their dedicated efforts.

As a token of appreciation, all convenors of 44 study groups from various regions across India were presented with certificates by the dignitaries. This gesture served to acknowledge and encourage their commitment to furthering orthodontic knowledge and awareness. The President Elect, Dr.Jayesh Rahalkar, concluded the event by sharing his visions and plans for the future and his expectations from the study groups for the coming year. The Convenors Conclave provided a unique platform for networking and knowledge sharing among the convenors. It was a successful event that celebrated the achievements of study groups and fostered collaboration among orthodontic convenors from all over India.



# Authors Amongst Us

## Hand Book of Preclinical Orthodontics



Dr. Muhammed Shibin. P  
Dr. Baby Jisha

Edited by  
Dr. SHOBHA SUNDARESWARAN

### Handbook of Preclinical Orthodontics

“A Book is a gift you can open again and again”

The book titled “Handbook of Preclinical Orthodontics” is designed to cater to the academic needs of dental students, both undergraduate as well as postgraduate students in Orthodontics. During our tenure as Assistant Professors in the Orthodontic department, we noted that teaching basics of Orthodontics, like different wire bending techniques for basic removable appliances, in a concise and accurate manner was a daunting task; chiefly due to the non-availability of accurate reference books. Hence we read most of the books related to removable appliances, their components, method of fabrication etc. and compiled the information obtained and designed the book in a question-answer format, which is easily comprehensible to students as well as faculty members.

Due to the detailed description of fabrication of removable appliances along with colored pictures, the book can be utilized by dental mechanic students and technicians as well. Our revered Professor, Dr. Shobha Sundareswaran, was instrumental in putting the book together and editing the book in a presentable manner. Her years of experience in academics as well as general practice and the immense knowledge, has greatly helped in the creation of this comprehensive book.

Dr. Muhammed Shibin.P  
Dr. Baby Jisha





While others bounce around, we remain true to our belief

# BY ORTHODONTISTS FOR ORTHODONTISTS

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**30%**  
Year-on-Year  
Growth

**38,000**  
Aligners  
Manufactured

**125**  
New Orthodontists  
Certified

**72%**  
increase in Loyalty  
Club members

**2700+**  
Orthodontists  
network

Flash Aligners data from April to Sept, 2023



**INDIAN ORTHODONTIC SOCIETY  
TERNA DENTAL COLLEGE, NERUL**

**27<sup>TH</sup> IOS POST GRADUATE CONVENTION  
MUMBAI**



Dear Colleagues,

This conference is an opportunity to gather and share common thoughts and concerns, to join forces in making positive change, to build and strengthen new partnerships, and take home new skills and ideas that can be used in our daily practice.

(Our theme is )"Together Towards Tomorrow."

Today, perhaps more than ever before, it is important for us as a network to work together to build a common identity and remain active and optimistic in these times of change. Here's why:

Health and innovation in long-term care has always been a strength of our profession. It is important that together we lead through these times of change so that we innovate , grow and succeed for the people we serve.

We change lives. Orthodontics rely on us to stay focused, active and strong in the services we deliver.

We serve as champions in real peoples lives delivering what people need to live long, healthy, quality lives.

Broadening our knowledge and partnerships allow us, as a profession , to serve a population better and for you, as professionals, to continue to change lives—one person at a time. On behalf of the Department of Terna Dental college and hospital , I welcome you to join us for the 2024 PG student convention.



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Dr. Uday Kumar Digumarthi

Dr. Vipul Kumar Sharma

th  
IOS  
PG  
STUDENTS  
CONVENTION

## REGISTRATION DETAILS:

For online registration please log on to: [27thiospgconvention.com](http://27thiospgconvention.com)

Registration Category	1 <sup>st</sup> June 2023 to 30 <sup>th</sup> September 2023	1 <sup>st</sup> October 2023 to 31 <sup>st</sup> Jan 2023	SPOT
SLM with Hospitality	8000+ 1440 (GST) Total = 9,440	9000 + 1620 (GST) Total= 10,620	10000 + 1800 (GST) Total= 11,800
LM with Hospitality	9000 + 1620 (GST) Total= 10,620	10000 + 1800 (GST) Total= 11,800	10500 + 1890 (GST) Total= 12,390
Accompanying person	5000 + 900 = 5900		



## 27<sup>TH</sup> IOS POST GRADUATE CONVENTION, MUMBAI

For any further query about registration, kindly call

**Dr. Prakash Mudaliar**

Mobile: 98206 44248

[27thiospgconvention@gmail.com](mailto:27thiospgconvention@gmail.com)

Dept of Orthodontics

310, TPCT's Terna Dental College, Sector 22, Plot No 12,  
Nerul-West, Navi-Mumbai - 400706.



58<sup>th</sup>

# IOC 2024

Indian Orthodontic Conference

*"Embracing Emerging Technologies"*



Clarks Exotica, Bengaluru

SEP

20-22

2024

[www.58iocabengaluru.com](http://www.58iocabengaluru.com)

# Invitation

Dear Friends,

On behalf of the organizing committee of the 58th Indian Orthodontic Conference, I take great pleasure in extending a warm welcome to you all. We will be truly delighted to have you join us in Bengaluru for our forthcoming important Conference, scheduled to take place at Clarks Exotica from 20 – 22 September 2024.

Our conference has earned a reputation for being a premier platform for clinicians, academicians and innovators to converge, share insights and explore new avenues for learning and collaboration. This year's event at Bengaluru promises to be even more exciting and informative, with a diverse range of topics on the agenda, including the latest research, learnings, trends, best practices and cutting-edge technologies that are shaping our professional future.

We have meticulously curated a program that promises to be both intellectually stimulating and professionally enriching. We hope that you will leave the conference with fresh perspectives, new connect, and a renewed enthusiasm for your work in orthodontics speciality.

In addition to the insightful sessions and networking opportunities, we are also having a concurrent trade exhibition, as an integral part of the conference. The exhibition provides an excellent world class platform to our trade partners to not only have their brand visibility, but also showcase their products and services and innovations to their target audience of 58th Indian Orthodontic Conference professionals, decision and policy makers.

Bengaluru, with its vibrant culture and rich history, serves as the perfect backdrop for this gathering of orthodontic professionals. We are confident that the city's dynamic atmosphere will provide a stimulating environment for fruitful discussions and rewarding experience.

We look forward to your participation and the privilege of welcoming you to Bengaluru in September 2024. Your presence and active engagement will contribute significantly to the success of our event.

Thank you for considering our invitation. See you in Bengaluru!

Warm regards,

Sincerely,

**Dr. Silju Mathew**  
Organising Chairperson

**Dr. Anup Belludi**  
Organising Secretary

**Dr. Prashantha G S**  
Treasurer

**Dr. Akshai Shetty**  
Scientific Convenor





## REGISTRATION

S.No.	Registration Category	Till 17 <sup>th</sup> Sept (57 <sup>th</sup> IOC)	Till 27 <sup>th</sup> PG	Till 31 <sup>st</sup> May 2024	Till 31 <sup>st</sup> Aug 2024	Spot Registration
1	Life Member and Delegates from SAARC Countries with Hospitality	INR 11,000	INR 13,000	INR 14,000	INR 15,000	INR 16,000
2	Life Member without Hospitality	INR 8,500	INR 10,000	INR 11,000	INR 12,000	INR 15,000
3	Student Member with Hospitality	INR 9,500	INR 10,500	INR 12,000	INR 13,000	INR 14,500
4	Student Member without Hospitality	INR 6,500	INR 8,000	INR 9,000	INR 10,000	INR 11,000
5	Accompanying Person with Hospitality, Kids (7-15 years)	INR 8,000	INR 9,000	INR 10,000	INR 11,000	INR 12,000
6	Accompanying Person without Hospitality	INR 6,000	INR 7,000	INR 8,000	INR 9,000	INR 10,000
7	Accompanying Kid (7-15 yrs) without Hospitality	INR 4,000	INR 5,000	INR 6,000	INR 7,000	INR 8,000
8	International Delegates	\$200	\$250	\$300	\$350	\$400
9	International Accompanying Person with Hospitality	\$120	\$130	\$140	\$150	\$160

**Note:** Registration fee is inclusive of GST

- Non-Hospitality members can avail dinner with additional charges mentioned below.

1	Gala Banquet	INR 3,000
2	Inaugural Dinner	INR 2,500

- All Charges are inclusive of GST
- For more details, please visit the conference website : [www.58iocbengaluru.com](http://www.58iocbengaluru.com)

## REGISTRATION FEE INCLUDES

For Delegates with Hospitality	For Accompanying Person with Hospitality
<ul style="list-style-type: none"> <li>Conference Kit</li> <li>Inaugural / Valedictory functions</li> <li>Conference Sessions</li> <li>Lunch on Conference days for those who register with hospitality</li> <li>Entry for Trade / Exhibition area</li> <li>Sessions Tea / Coffee</li> <li>Souvenir</li> </ul>	<ul style="list-style-type: none"> <li>Inaugural / Valedictory functions</li> <li>Tea / Coffee</li> <li>Lunch on Conference days</li> <li>Spouse Kit Bag</li> </ul>

## IOS OFFICE BEARERS

**Dr. Balvinder Singh Thakkar**  
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**Dr. Sanjay Labh**  
Hon. Secretary

**Dr. Shailesh Shenava**  
Vice President

**Dr. Jayesh S Rahalkar**  
President – Elect

**Dr. Srikrishna Chalasani**  
Past President

**Dr. Munish Reddy C**  
Hon. Treasurer

**Dr. Amit Bharadwaj**  
Hon Jt. Secretary

**Dr. Sridevi Padmanabhan**  
Imm Past Secretary

## ORGANISING COMMITTEE

**Dr. Silju Mathew**  
Chairman

**Dr. Anup Belludi**  
Organising Secretary

**Dr. Prashantha G S**  
Treasurer

☎ : +91 98865 00333  
✉ : chairman@58iocbengaluru.com

☎ : +91 96326 29555

☎ : +91 98862 42624

**Dr. Akshai Shetty**  
Convener Scientific

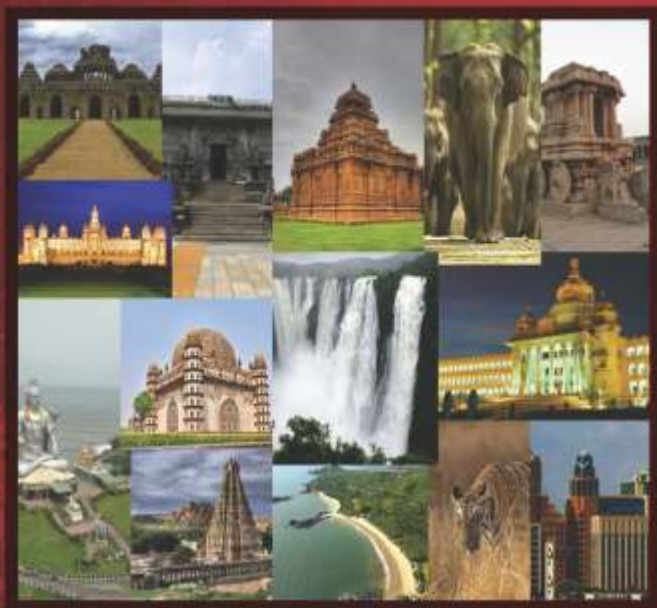
**Dr. Raghunandan C**  
Convener Trade

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☎ : +91 98451 87614

## EXECUTIVE COMMITTEE MEMBER, IOS

Dr. Vignesh Kailasam Editor, JIOS	Dr. Sarvraj Kohli Editor JIOS-IOS	Dr. Puneet Batra IMM Past Editor JIOS	Dr. Santosh Ramegowda Editor, IOS Times
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Dr. Uday Kumar Digumarthi	Dr. Venkata Yudhistar Palla	Dr. Vijayta Yadav	Dr. Vipul Kumar Sharma



## BENGALURU, THE HOST CITY

Nestled in the heart of India's Silicon Valley, Bengaluru, also known as Bangalore, is set to take center stage as the host city for the highly anticipated 2024 conference. This vibrant metropolis, renowned for its technological innovation, rich cultural heritage, and dynamic atmosphere, promises to be an ideal backdrop for a gathering of minds and ideas.

Beyond its tech prowess, Bengaluru boasts a diverse and cosmopolitan culture. The city's rich history and tradition blend seamlessly with its modern, fast-paced lifestyle. Conference attendees will have the opportunity to explore historic temples, colorful markets, and the bustling streets of the old city, all while enjoying the flavors of South Indian cuisine, which is renowned for its unique blend of spices and flavors.

Bengaluru is home to some of India's top educational institutions and research centers. It is a city where academia thrives, fostering a spirit of intellectual curiosity. This backdrop of intellectual curiosity provides an ideal environment for the exchange of ideas, research findings, and collaborative discussions at the 2024 conference.

The city's Kempegowda International Airport offers excellent connectivity to major international and domestic destinations, making it easily accessible for conference attendees from around the world. Additionally, Bengaluru's well-developed public transportation system ensures seamless travel within the city, allowing participants to explore its many attractions effortlessly.

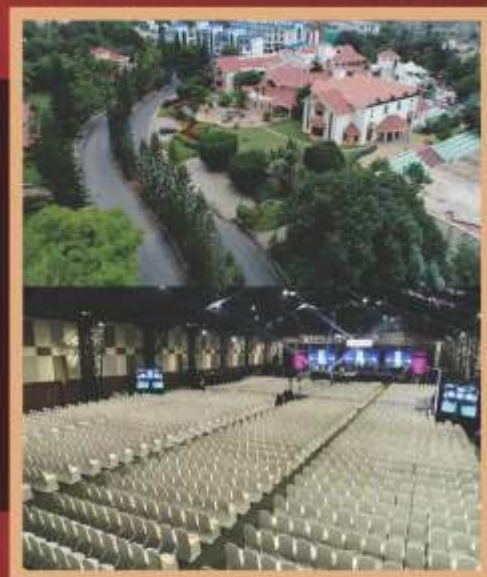
The city offers a wide range of accommodation options, from luxury hotels to budget-friendly stays, ensuring that attendees can find lodging that suits their preferences and budget. Bengaluru is known for its friendly and welcoming residents. Visitors often find themselves immersed in the warm hospitality of the locals, making their stay memorable and enjoyable.

## CLARKS EXOTICA - THE CONFERENCE VENUE

Away from the chaos that Bangalore can sometimes be, Clarks Exotica Resort & Spa is your haven of tranquility. Sprawled across 50 acres of lush green expanse, set against the magnificent backdrop of Nandi Hills, and close to the Bangalore International Airport, the resort ensures easy commute after a tiring journey.

Proximity to myriad historical monuments, children's parks and entertainment centers ensure you are not at a loss for things to do.

The venue has first class convention and exhibition facilities with large and small halls suitable for plenary key note sessions to breakout halls and trade area. The resort boasts of meticulously designed accommodations with world class amenities and breath-taking views of the Nandi Hills. Whether it is indulging in gourmet dining at their fine restaurants, rejuvenating at the spa, enjoying a round of golf, a game of tennis or a workout session at the gym, Clarks Exotica promises an unforgettable experience.



## CONFERENCE SECRETARIAT

**Dr. Silju Mathew**

Chairman, COC, 58th IOC

📍 : 27, 1st Main, 1st Block, BEL Layout,  
Vidyaranyapura, Bengaluru - 560 097

☎ : +91 98865 00333

✉ : chairman@58iocbengaluru.com

## PROFESSIONAL CONFERENCE ORGANIZER

**chime**  
CURATING SUCCESSFUL EVENTS

For any queries, please contact:

☎ : +91 98183 74745

✉ : chander@chime.travel

## Results of Competitive Presentation at 57<sup>th</sup> IOC Meerut 2023

Position	LM No.	Name
1 <sup>st</sup>	LM2664	Dr.Raj Kumar Verma
2 <sup>nd</sup>	LM5772	Dr. Abhinaya
3 <sup>rd</sup>	LM1392	Dr.Gyan Prasad Singh

### COMPETITIVE PAPER PRESENTATION RESEARCH PAPER

Position	LM No.	Name
1 <sup>st</sup>	LM1812	Dr.Veerendra Prasad
2 <sup>nd</sup>	LM2090	Dr.Vinay Kumar
3 <sup>rd</sup>	LM4626	Dr.Nandita Krishnaswamy

### CLINICAL INNOVATION PAPER

Position	LM No.	Name
1 <sup>st</sup>	LM4800	Dr. Sakshi
2 <sup>nd</sup>	LM4171	Dr.Mangesh Kakodker
3 <sup>rd</sup>	LM2429	Dr.Amit Khera

### COMPETITIVE POSTER PRESENTATION RESEARCH POSTER

Position	LM No.	Name
1 <sup>st</sup>	LM4365	Dr.Monis Raza
2 <sup>nd</sup>	LM1715	Dr.Ajit Vikram Parihar
3 <sup>rd</sup>	LM4182	Dr.Tabassum

### GENERAL POSTER

Position	LM No.	Name
1 <sup>st</sup>	LM4493	Dr.Pallavi Kusum

### CLINICAL POSTER

Position	LM No.	Name
1 <sup>st</sup>	LM1001	Dr.Poonam Sharma

### TABLE CLINIC

Position	LM No.	Name
1 <sup>st</sup>	LM2488	Dr Neha

*Sanjay Labh*

**Dr. Sanjay Labh**  
Hon. Secretary, IOS

## IOS ELECTION RESULTS-2023

**President Elect : Dr. Puneet Batra (LM0998)**

**Vice President : Dr. Edeinton Arumugam (LM1408)**

S. No	Post	Name
1	Executive Committee Member	Dr. Ajay Kantilal Kubavat (LM1277)
2	Executive Committee Member	Dr. Akhil Agarwal (LM1694)
3	Executive Committee Member	Dr. Amir S Shaikh (LM1406)
4	Executive Committee Member	Dr. Anand Awadhesh Tripathi (LM2261)
5	Executive Committee Member	Dr. Arjun Nayak U S (LM3333)
6	Executive Committee Member	Dr. C Vijay Adhith (LM1661)
7	Executive Committee Member	Dr. Gaurav Gupta (LM2030)
8	Executive Committee Member	Dr. Goutham Reddy Budipalli (LM1663)
9	Executive Committee Member	Dr. Harneet Kaur (LM2311)
10	Executive Committee Member	Dr. Harupinder Singh Jaj (LM1827)
11	Executive Committee Member	Dr. Jas Kirat Singh (LM3984)
12	Executive Committee Member	Dr. Jitendra Bhagchandani (LM2348)
13	Executive Committee Member	Dr. Manjunath Hegde (LM1509)

<b>14</b>	<b>Executive Committee Member</b>	<b>Dr. Mayank Gupta (LM3404)</b>
<b>15</b>	<b>Executive Committee Member</b>	<b>Dr. Neal Bharat Kedia (LM1950)</b>
<b>16</b>	<b>Executive Committee Member</b>	<b>Dr. P Harikrishnan (LM0533)</b>
<b>17</b>	<b>Executive Committee Member</b>	<b>Dr. Partha Pratim Choudhury (LM2412)</b>
<b>18</b>	<b>Executive Committee Member</b>	<b>Dr. Pratik Chandra (LM2358)</b>
<b>19</b>	<b>Executive Committee Member</b>	<b>Dr. Sanjeev Verma (LM2230)</b>
<b>20</b>	<b>Executive Committee Member</b>	<b>Dr. Shantanu Khattri (LM1560)</b>
<b>21</b>	<b>Executive Committee Member</b>	<b>Dr. Shishir Singh (LM1456)</b>
<b>22</b>	<b>Executive Committee Member</b>	<b>Dr. Sonahita Agarwal (LM2123)</b>
<b>23</b>	<b>Executive Committee Member</b>	<b>Dr. Sukhdeep Singh Kahlon (LM1359)</b>
<b>24</b>	<b>Executive Committee Member</b>	<b>Dr. Vijayta Yadav (LM3581)</b>
<b>25</b>	<b>Executive Committee Member</b>	<b>Dr. Vipul Kumar Sharma (LM2902)</b>

**Dr. Sanjay Labh**

**Hon. Secretary, IOS**