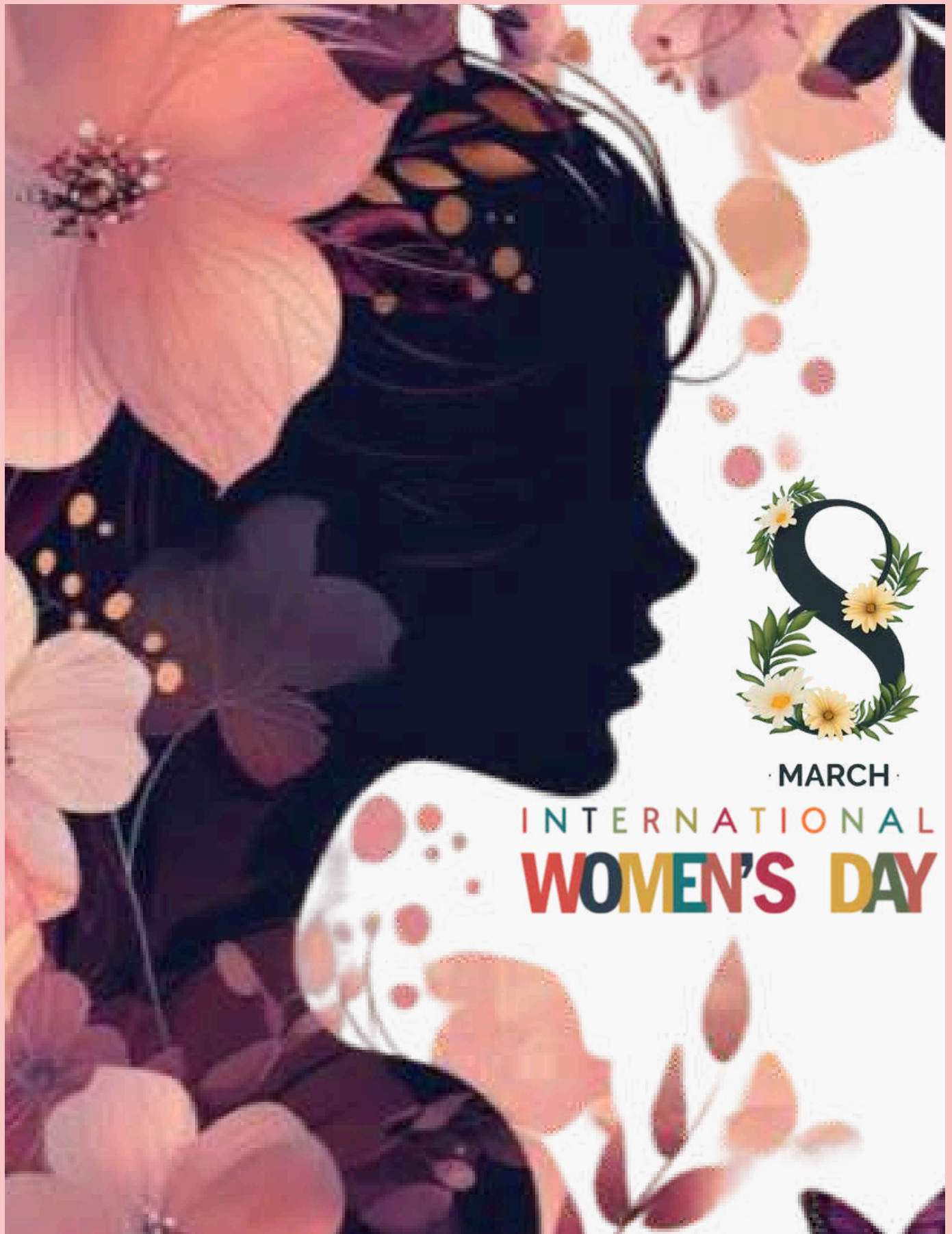


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President's Message



Dear Indian Orthodontic Society Members,

I would like to extend my heartfelt gratitude to the entire IOS fraternity—both teachers and students—for making the 28th Indian Orthodontic Society Post Graduate Convention a phenomenal success! This was the first-ever convention with participation from over 2200 students and about 2000 scientific papers, posters, and table clinics.

The convention featured 13 pre-conference courses with 500+ postgraduate attendees, including the introduction of the PCC on "Bridging Ethical Practices and Clinical Excellence in Orthodontics," emphasizing the need for uniform quality standards in orthodontic practice, panel discussions "What after MDS" along with keynote lectures from academicians across the country, speaking on sustainable orthodontic practices.

From academic excellence, including the Inter-college Quiz won by GDC Bangalore, to sports tournaments, the Straight Drive Cricket tournament, Marathon and Aravalli Trek, and the cultural night "Qala Sandhya," the convention was an unforgettable combination of knowledge-sharing, networking, and festivities.

A major highlight was the launch of "Smiling Bharat 2.0"—an initiative to enhance orthodontic awareness and accessibility across India. We express our gratitude to our Past President Dr. Akhter Hussain for designing the new logo and artwork for this outreach activity.

I am pleased to announce that, as decided during the 3rd Executive Committee (EC) meeting, there will now be a dedicated column in IOS Times highlighting key initiatives and decisions taken by the Head Office. I encourage all members to stay informed and engaged by following these updates.

Additionally, I extend my congratulations to Dr. Mitali Bohra for the successful 2nd Northeast Symposium and Wildlife Photography event, which featured insightful scientific lectures by Dr. Abhishek Ghosh, Dr. Sanjay Labh, and myself.

I once again thank each and every one of you for your dedication and contributions to IOS. I look forward to another year of growth, innovation, and excellence in orthodontics!

Jai Hind Jai IOS
Warm regards,
Dr Puneet Batra

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Secretary's Message

Dear Members,

February is an exciting month for both dental and orthodontic care, as it marks the observance of National Children's Dental Health Month. This month serves as a reminder of the importance of early oral health education, and it's the perfect time to highlight the significance of orthodontic care in the development of a healthy smile.



Orthodontists and dental professionals often work together to educate families about the benefits of starting care early. By focusing on good oral hygiene and timely treatments, children can enjoy better long-term oral health, and parents can feel more confident knowing they are setting their children up for a lifetime of beautiful, functional smiles. Early intervention can prevent future issues and ensure that orthodontic treatments are as effective as possible. Thus, orthodontics plays a vital role in ensuring the future of our smiles. Whether you're a parent or an adult looking to improve your own smile, February is a great time to schedule that first consultation or visit the orthodontist to keep your smile healthy and bright!

February also saw some remarkable events organized by the Indian Orthodontic Society (IOS). The second month of the year kicked off with the 2nd North-East Orthodontic Symposium, organized by the Guwahati Orthodontic Study Group. The symposium saw the participation of around 50 senior orthodontists and postgraduate students from India's far eastern region. Esteemed speakers graced the event, followed by a session on wildlife photography, blending professional learning with a creative touch.

Another monumental event in the history of the IOS was the grand 28th IOS PG Convention. Held at Manav Rachna Dental College under the leadership of Dr. Puneet Batra (President, IOS), the convention was a spectacular affair. It featured numerous pre-conference courses, lectures, presentations, cultural activities, and sports events, attracting delegates from all over India. One of the highlights of the convention was the relaunch of Smiling Bharat 2.0, marking the second phase of this nationwide initiative. The logo for the campaign was unveiled during the event, symbolizing a fresh commitment to improving dental health across India.

This year, sustainability is at the forefront of many industries, and orthodontics is no exception. The theme for the convention, "Digital Revolution with Sustainable Orthodontics," highlighted the importance of making choices that benefit not only the patient's oral health but also the environment. As the field evolves, many orthodontic practices are embracing eco-friendly approaches that reduce waste, conserve resources, and promote better environmental health, all while delivering exceptional care.

From eco-friendly materials and energy-efficient practices to digital innovations that reduce waste, sustainable orthodontics is becoming a cornerstone of modern orthodontic care. Practices are now adopting digital imaging, 3D technology, and recyclable materials to reduce their environmental footprint while still achieving the best results for patients. February truly serves as a celebration of both oral health and environmental responsibility, with orthodontics leading the charge toward a sustainable future.

With my kindest regards,
Dr. Sanjay Labh
(Honorary Secretary, IOS)

Official Newsletter of Indian Orthodontic Society

Editorial Office:

Dr. Acharya's Multispeciality Dental
& Orthodontic Centre,
Rajendranagar, Madhupatna, Cuttack-753010,
Odisha Phone: 9556515589



Editor's Message

"Remember that you will find your treasure wherever your heart is". Some opportunities make us feel alive, engaged, connected, and fulfilled. Being the Editor, one of the most important values I learned was maintaining individuality while working in a team. We all are the same but at the same time, we all are unique. When we were able to collaborate on the uniqueness of every team member, it was the moment when we brought out the most astonishing results of each issue. This opportunity made me respect the tremendous hard work and dedication every member has put forward. With constant efforts, we are able to bring the most unique and worth-reading piece of articles to the newsletter. I can proudly say, I have learned something new. And I believe all the readers will definitely get inspired by these columns and will be able to follow their heart to find the most beautiful treasure, the "IOS Times".

[25/02, 10:46 am] Swati Junior: Working in a team towards a common goal was a refreshing experience for me. I took notes of the different perspectives, work ethics and motivations in a group setting and how I can fine tune the way I work and perceive productivity in order to maximize output, maintain quality and keep harmony with the members. This issue is exclusively about International Women's Day celebrating the achievements of women orthodontists of the country. Being a part of this newsletter has taught me a plethora of things and I would like to congratulate everyone involved in making this awesome issue of the month.

With my kindest regards,
Dr. Swati Acharya
Editor , IOS Times

Official Newsletter of Indian Orthodontic Society

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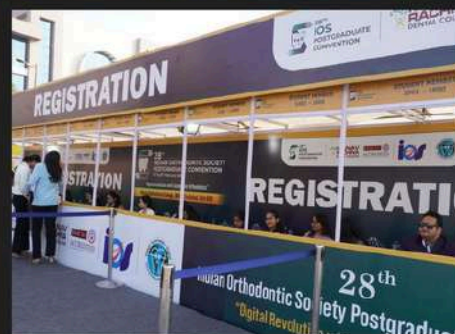


Dr. Kasturi Mukherjee



Dr. Irfanul Haque

28th IOS PG STUDENT CONVENTION





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The 28th Indian Orthodontic Society Post Graduate Convention, Manav Rachna Dental College, Faridabad, was a phenomenal success, thanks to the entire IOS fraternity—both teachers and students. It was the first-ever convention to witness participation from over 2200 students, with about 2000 scientific papers, posters, and table clinics.

The inauguration ceremony was graced by Chief Guest Dr. Amit Bhalla, Vice President, Manav Rachna Educational Institutions, and Guest of Honour Dr. Sanjay Srivastava, Vice Chancellor, MRIIRS.

During the event, IOS President and Organizing Chairman Dr. Puneet Batra announced the launch of "Smiling Bharat 2.0", an initiative aimed at enhancing orthodontic awareness and accessibility across India. The dignitaries also unveiled the new logo for this outreach activity, designed by Dr. Akhter Hussain, Past-president, IOS.

The event was supported by more than 40 sponsors, further highlighting its significance in the orthodontic community. Additionally, the organization of the convention was highly appreciated in messages from Mr. Prataprao Ganpatrao Jadhav, Union Minister of State in the Ministry of Health & Family Welfare and Mr. Raj Bhushan Chaudhary, Minister of State for Jal Shakti.

The convention featured 13 pre-conference courses and Hands-on workshop on the latest digital tools and techniques including Artificial Intelligence, 3D Planning in Orthognathic Surgeries and Skeletal Anchorage s, including the introduction of the PCC on "Bridging Ethical Practices and Clinical Excellence in Orthodontics," which emphasized the need for uniform quality standards in orthodontic practice. Panel Discussions on timely topics such as "What after MDS" all happened for the first time along with Keynote sessions by pioneers in our field and experts in sustainable practices were also part of the event. Academic excellence was further showcased through events like the Inter-college Quiz anchored by Dr Sridhar Kanan, Dr Pranav Kapoor, Dr Panchali Batra and Dr Vipul Sharma, that was won by GDC Bangalore.

Beyond academics, importance was given to extra-curricular activities. Pool table and Table- tennis were organized in the waiting arenas for leisure. The convention offered sports tournaments Straight Drive- Cricket tournament with Chief Guest renowned cricketer Mr Gursharan Singh was organized between the 4 zones- North (lead by Dr Shishir Singh), South (lead by Dr Goutham Reddy), East (lead by Dr Stephen Chain) and West zones (lead Dr Sheetal Patani), the Marathon and Aravalli Trek conducted by Dr Sunanda Roy Choudhury, and the cultural night "Qala Sandhya," with Chief guest Padamshree Prof Ashok Chakradhar and anchored by Dr Sridhar Kanan and Dr Harneet Kaur making it an unforgettable blend of learning, networking, and celebrations.

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Reported by Section Editors
Dr. Harneet Kaur & Dr. Stuti Mohan

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3rd IOS Executive Committee Meeting 2024-2025

The 3rd Executive Committee Meeting was held physically on 23rd December 2025 from 9:00 AM to 6:00 PM at Manav Rachna Dental College, Faridabad.

The meeting commenced at 9:00 AM with Dr. Sanjay Labh (Honorary Secretary, IOS) adorning the jewels onto Dr. Puneet Batra (President, IOS).

The President then welcomed all office bearers and executive committee members in attendance. The various agendas for the day were discussed in detail, including key issues, updates on ongoing initiatives, and proposals for future projects. After thorough deliberation, the committee made several recommendations to improve operations, enhance member engagement, and align with organizational goals.

Both the President and Honorary Secretary expressed their deep gratitude to all the office bearers and executive committee members for traveling to Faridabad and actively participating in the meeting.

The meeting concluded with a group photograph, capturing the moment of collaboration and commitment.



Reported by Section Editor Dr. Stuti Mohan

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Smiling Bharat



Our aim is to reach 1% of Indian population i.e. 1.5 lakh survey.

We need to join hands to achieve this goal.

We intend to present this data to ministry of health, GoI.

Our intention is to include Malocclusion in national health policy as a disease.

We have relaunched the most ambitious project of IOS-

THE SMILING BHARAT 2.0 - National Orthodontic Diagnostic Drive

Requesting you to participate for the same and support the Society in this noble cause.

For all details visit:

www.indianorthodonticsociety.org

For Ethical committee clearance, Letter to dean/Principal, banners, consent forms

- download the handbook on the website

Smiling Bharat 2.0 New Surveyor Registration Form

https://docs.google.com/forms/d/e/1FAIpQLSfRhXJqR9SqIOjyRIzo32nXm-CiD00e7qsB0Ac4w5Q_uSazaQ/viewform

NOTE- Old surveyors can continue with their old id and password

Orientation for new surveyors to follow soon.

Reported by Section Editor Dr. Harneet Kaur



TIMES

Members ' Section



Official Newsletter of Indian Orthodontic Society

WOMEN IN LEADERSHIP

Dr. Asha Verma is a graduate with honours and was awarded the SURGEON Generals trophy and merit certificate from Bombay University along with the Nariyalwala Prize and Trophy from the IDA. She has completed her Residency and Post graduation in ORTHODONTICS for which she has received the Government of India Merit scholarship from Govt. Dental College and Hospital, Bombay, under the tutelage of Dr. H S Shaikh, Dr. Prem Prakash, Dr. A B Modi and other founder members of the Society.

She was the first lady President of IOS for the year 1997-1998 along with Dr. Samraj, secretary of the IOS.

She was also the First lady to become the Vice President of the IOS and Chairperson of the first International Orthodontic Conference held in Delhi.



With Dr. Samraj, Secretary of IOS, they set up the following activities of IOS :-

1. Created the constitution of the Indian Board of Orthodontics. She convinced the AGM to pass the names of the examiners for the 1st exam to be held in BANGALORE in 1999. The examiners PREM PRAKASH and DR. RANGACHARI for the clinical exam and DR. SAMRAJ for the Primary exam.
2. She became the first lady member to become a diplomate of the IBO, and was conferred with the FELLOWSHIP of the INDIAN BOARD OF ORTHODONTICS at the first convocation of IBO in Bangalore, 1999.
3. She along with other Orthodontists setup an informal study group in the late 80's which was later formalized with the creation of the OSGOD during her tenure as the president.
4. She is a Fellow of World Federation of Orthodontists (WFO), Fellow of International College of Dentists (FICD) and Fellow of Academy of Dentistry International (FADI).
5. She is also the Past Chairperson of Pierre Fauchard Academy (PFA), Past President of Rotary Club of Delhi, Safdarjung and an active Rotarian currently.

Reported by Section Editor. Stuti Mohan

She was very happy that more and more women are participating in the activities in the IOS.

She was also delighted when Dr. Gauri Vichare became the first lady Chairperson of IBO and Dr. Sridevi Padmanabhan as the first lady Secretary, and now president elect of the IOS.

She has sent out a beautiful message to all the fellow ladies, that as the ceiling has been broken and the sky is the limit she wishes more and more women to participate and raise IOS to the next level.



TIMES

Members ' Section



Official Newsletter of Indian Orthodontic Society



WOMEN IN LEADERSHIP

Dr. Sridevi Padmanabhan

Professor & Associate Dean (Research), SRIHER

President Elect, Indian Orthodontic Society

Council Member, World Federation of Orthodontists

Reported by
Dr. Swati Acharya
Editor, IOS Times

On the occasion of International Women's Day that is celebrated on March 8th, I bring warm wishes to all women members of the Indian Orthodontic Society.

While women these days take many rights and privileges for granted, let us take a minute to celebrate those women who fought for those basic rights. Today the United Nations has helped make International Women's Day a global day to promote women's right and participation. The theme for this year's Women's Day is "Accelerate Action" and is a good occasion to reflect on progress made and call for change to address persistent systemic barriers and biases that challenge gender equity. "Empowering women is empowering humanity".

Almost 1/3rd of the members of the Indian Orthodontic Society are now women and at least 50% if not more of residents in PG courses are women. While women have achieved parity in entrance to this prestigious discipline and have distinguished themselves in practice, teaching and research, better parity might be reflected if more women can actively participate in academic events, organization and leadership.

"Feminism advocates for equality, not superiority".

Happy International Women's Day!

Dr. Sridevi Padmanabhan graduated from the College of Dental Surgery Manipal in 1991. Having won several awards for academic prowess during her BDS days, she completed her masters in Orthodontics in Govt. Dental College, Chennai during the years 1993-1995 after securing 4th rank in the All India Medical entrance. She is a diplomate, Indian Board of Orthodontics. Dr. Sridevi has served the IOS as an ex member since 2009 and has also been the convenor of the Madras Orthodontic study group. She served as editor of the Journal of the Indian Orthodontic Society (2014-18) and has contributed significantly to orthodontic research.

https://www.researchgate.net/profile/Sridevi_Padmanabhan/publications

Her recent article in seminars in orthodontics on women in Indian Orthodontics makes an interesting read with several valuable insights from women members of the IOS.

[https://www.semortho.com/article/S1073-8746\(24\)00153-1/abstract](https://www.semortho.com/article/S1073-8746(24)00153-1/abstract)

She enjoys the distinction of being the first lady Hon. Secretary of the IOS between 2018-22. IOS honoured her with the Dr. A.V. Arun Best Professor Award in 2023. She is the second lady to be elected as the President of the IOS and her tenure of President will be from 2025-2026.

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2nd NORTH EAST SYMPOSIUM



Lamp lighting ceremony



With esteemed Chief guest, IOS president, IOS Hon secretary, keynote speaker, GOSG members

The 2nd Northeast Orthodontic symposium organized by the Guwahati Orthodontic Study Group endorsed by the Indian Orthodontic Society was held on 9th February 2025 at the Rohika hotel in Guwahati. It was a landmark event that brought together the brightest minds in the field of orthodontics to share knowledge, ideas, and innovations. As the Organizing Chairperson Dr. Amarnath, Organising co-chairperson Prof(Dr.) Mitali Bora, Organizing Secretary Prof(Dr.) Nabanita Baruah, Joint secretary Dr. Neelutpal Bora and Dr. Arunima talukdar, Chairperson Cultural Dr. Dipika Das are thrilled to share the highlights of this extraordinary symposium. The symposium started with the vibrant and culturally immersive opening ceremony that showcased the rich traditions and art forms of Assam.

Inauguration Ceremony

The symposium was inaugurated by Chief Guest Smt. Jyotshna Medhi Patgiri, Additional secretary, Medical Education and Research Department, Govt of Assam.

A Gathering of Global Experts

The symposium featured an impressive lineup of keynote speakers including

- Guest of Honour and keynote speaker- Dr. Puneet Batra, Honorary President Indian Orthodontic Society
- Guest of Honour and keynote speaker- Dr. Sanjay Labh-Honorary Secretary Indian Orthodontic Society
- Keynote speaker- Dr. Abhisek Ghosh



Cultural programme

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Felicitations of the Guest and esteemed keynote speakers



Dignitaries on the dais



Lamp lighting

Our technical sessions and panel discussions were led by renowned experts in the field of Orthodontics, sparking lively debates and discussions among participants.

Cutting-Edge Research showcased the latest advancements in the field of orthodontics, including digital orthodontics, Cleft orthodontics, Skeletal malocclusions, Re-treatment & solutions of iatrogenic problems, current trends and advancements. Our participants, comprising researchers, academics, and industry professionals, engaged in intense discussions and networking, forging new collaborations and partnership. Our experts deliberated on the latest trends, challenges, and opportunities in the field of orthodontics, providing valuable insights and recommendations.

The symposium also featured an exhibition showcasing the latest orthodontic products, technologies, and innovations. The evening banquet provided attendees with an enjoyable and memorable experience which included live music, cultural performances, and interactive activities.

Outcomes and Future Directions

The symposium culminated in a comprehensive report outlining key takeaways, recommendations, and future research directions.

A Vote of Thanks

Organising committee like to extend our sincerest gratitude to our keynote speakers, scientific session chairperson, and participants for their invaluable contributions. We also thank our sponsors, partners, and volunteers for their unwavering support. As we look to the future, we are excited to build on the momentum generated by this symposium. We invite you to join us on this journey, as we continue to advance in the field of orthodontics.

**Reported by Associate Editor,
Dr. Shantanu Khattri**

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Mangalore Orthodontic Study Group

On 21st January 2025, the Mangalore Orthodontic Study Group, in collaboration with Srinivas Dental College, organized a highly informative and engaging Continuing Dental Education program titled "Make it Simple – An Art of Taming Complex Malocclusions."

Dr. Praveen Shetty, Head of the department at Srinivas dental college highlighted the importance of adopting new approaches in orthodontics, emphasizing that even the most complex dental malocclusions can be addressed using accessible and straightforward methods that benefit both dental practitioners and patients alike.

The seminar was inaugurated by Dr. K. Reshma Pai, Principal of Srinivas Dental College, who graced the event as the Chief Guest.

Dr. Mithun K. Naik, the Chief Convenor, delivered the vote of thanks and extended his appreciation for Srinivas Dental College's efforts in organizing the successful event.

Dr. Rohan Mascernhas delivered an insightful lecture titled "The Uncommon Sense," which stressed the significance of thinking beyond traditional methods in orthodontics.

Dr. Harshvardhn. S's lecture, "Reimagining Orthodontic Excellence," explored various innovative techniques and strategies for addressing complex skeletal and dental malocclusions.



Reported by Managing Editor Dr. Mayank Gupta

Official Newsletter of Indian Orthodontic Society

Hubli Dharwad Orthodontic Study Group

Hubli Dharwad Orthodontic Study Group conducted a Hands-on Workshop on 3D VSP on 4th February 2025. The Event started with invoking the blessings of the almighty and lighting of the lamp by the Convenors of the HDOSG – Dr Anupama V, Dr Sangamesh, Dr Shantesh and Speakers Dr Ganeshkar and Mr. Manish Sharma.

In Orthodontics and dentofacial Orthopedics, treatment of Skeletal Malocclusions esp in adults requires orthognathic surgery. Orthognathic surgery is a type of corrective jaw surgery that can improve jaw and facial structure, airway, bite, and aesthetics. 3D Virtual Surgical Planning (VSP) provides preoperative insight into the surgical intervention and the fabrication of cutting jigs/guides and templates can help decrease intraoperative surgical inaccuracies. VSP is rapidly becoming the standard of care for surgical treatment planning of dentofacial deformities.

Dr Sanjay Ganeshkar gave a lecture on Traditional Surgical Planing VS Virtual Surgical Planning and showcased various cases treated by him. Following this Mr Manish Sharma gave a talk on the Nemotech software – its features and uses. 3D VSP on a Unilateral Cleft lip palate Case with Class III Skeletal Malocclusion and reverse jet of 8mm was demonstrated on the software. Maxillary advancement surgery by 7 mm and Mandibular set back by 5mm was demonstrated.



Reported by Managing Editor, Dr. Mayank Gupta



Official Newsletter of Indian Orthodontic Society

Report of CDE Program in association with Indian Orthodontic Society (IOS)

Name of the Institute: Bharati Vidyapeeth
(Deemed to be University) Dental College and
Hospital, Navi Mumbai
Date of CDE: 29TH JANUARY, 2025
Time: 9:00 am- 2:00 pm
Venue: Lecture Hall 1, Second Floor



Type of Activity:

CDE (Lecture on 3- Dimensional considerations in Treatment Planning by Guest speaker Dr. Sridevi Padmanabhan)

Content of the Activity: Agenda of Activity:

Interactive lecture on "3- Dimensional considerations in Treatment Planning" for Staff, Postgraduates and Interns.



Participant Details:

Number of Registrations: 85

Attendees: Heads of the Department, faculty members, Private Practitioners and Postgraduate students.



Following summary recommendations were developed:

1. 3-Dimensional considerations in Treatment planning is of prime importance in overall patient care and treatment outcome.
2. Good clinical diagnosis and sound treatment plan is the key to a successful treatment.

Reported by Managing Editor
Dr. Mayank Gupta

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Thai Moogambigai Dental College and Hospital, Madras Orthodontic study group

The program was organised by the staffs of orthodontics department of Thai Moogambigai Dental College, Dr. Karthikeyan, head of Department.

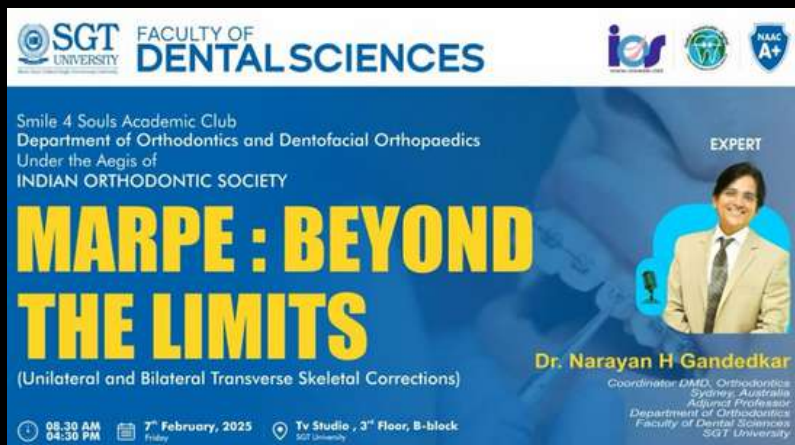
Dr. Saravanan, Dr. Raj vikram, Dr. Poorna, Dr. Rajakumar professors, Dr. Anbu, Reader, Dr. Sagayamary, Dr. Jeevana, Dr. Saranya senior lecturers, Vice principal Dr. Uma sudhakar and ex dean Dr. Ramachandra prabhakar. Dr. Swati, being an expert, showcased her 10 different cases of expansion and shared her knowledge to nearly 100 postgraduate students of various dental colleges from Chennai at the CDE program held at Thai Moogambigai Dental College, Chennai on 29th Jan 2024. Her cases were enlightening to the students and gained more knowledge on the theoretical and practical parts of expansion and about functionality of each method.

Dr. Vijay Adithy, conveyor of MOSG was the chief guest for the program. He was felicitated by Principal, Dr. Hari Haran. Speaker was felicitated by Dr. Karthikeyan and as a token of appreciation the certificate and the memento was handed to the speaker by Dr. Saravanan and Dr. Raj Vikram.



Reported by Dr. Hasini Gopal

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SGT UNIVERSITY FACULTY OF DENTAL SCIENCES

Smile 4 Souls Academic Club
Department of Orthodontics and Dentofacial Orthopaedics
Under the Aegis of
INDIAN ORTHODONTIC SOCIETY

MARPE : BEYOND THE LIMITS
(Unilateral and Bilateral Transverse Skeletal Corrections)

Dr. Narayan H Gandedkar
Coordinator DMD, Orthodontics
Sydney, Australia
Adjunct Professor
Department of Orthodontics
Faculty of Dental Sciences
SGT University

08:30 AM
04:30 PM
7th February, 2025
TV Studio, 3rd Floor, B-block
SGT University

EVENT REPORT



On the 07th of February, the Department of Orthodontics and Dentofacial Orthopedics organized a lecture on the topic, "MARPE: Beyond The Limits" in TV Studio, 3rd floor, B Block, Faculty of Dental Sciences, SGT University. The guest speaker was Dr. Narayan Gandedkar, who is currently the Coordinator of Doctor of Dental Medicine (DMD) (Orthodontics) at the University of Sydney School of Dentistry, Australia. He is also a Professor (adjunct) at the Department of Orthodontics, SGT University, Haryana. The lecture was open to all the postgraduate students. The lecture began with a brief about the educational journey and career path of Dr. Narayan Gandedkar. He is an Australian Orthodontic Board certified member and the Associate Editor of Seminars in Orthodontics, APOS-Journal and Editorial Board Member of Thai Orthodontic Journal and JIOS. This was followed by an introduction to MARPE. In addition to that, he discussed the evolution of Temporary Anchorage Devices and also the Types of Expanders. This was followed by references to his own cases treated using different types of expanders. The comparison between conventional expansion methods and MARPE was also highlighted. The armamentarium required for said procedure was enumerated with a brief about them. This included LOMAS screws, Pilot drill, T-zone, Parts of PSM screw and the Insertion procedure. A discussion about MARPE along-with distalization was also held by him. Advancements like MARPE through 3D fabrication and Cantilever mechanics for canine retraction too, were talked about. Furthermore, the lecture continued to explore the complications with references to his own cases. Later, the session concluded with a doubt clearing round where the students enquired about their ongoing cases.

Reported by Managing Editor, Dr. Mayank Gupta



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As per the UNESCO Institute for Statistics (UIS), less than 30% of the world's researchers are women. The gender gap in research continues to remain even in the 21st century. The UIS is currently working on identifying the qualitative factors that deters the women worldwide from participating in STEM research (Science, Technology, Engineering and Mathematics) to help improve these statistics and increase women participation in research.

When it comes to women in orthodontics, there are a handful of trailblazers since the 19th century who serve as our role models including Carrie Gertrude Locke, Anna Hopkins Angle, Nan Wickwire, Carla A. Evans, Katherine Vig, E. Vann Greer, Gayle Glenn, Nahid Maleki, and Valmy Pangrazio-Kulbersh to name a few¹. A recent bibliometric work² titled "The Impact of Female Orthodontists in 21st Century Research: A Bibliometric Analysis of the 1000 Most Cited Articles (2000-2023)" gives a vivid information on female orthodontic researchers' contributions worldwide. Country-wise, female orthodontists from USA have contributed more followed by Brazil and Italy. The woman with the greatest number of research publications is Anne Marie Kuijpers-Jagtman (Netherlands) with a h-index of 73. When it comes to orthodontic women researchers in India, we have quite a few of our senior members who have paved the way, Dr Ritu Duggal, Dr Sridevi Padmanabhan, Dr Ashima Valiathan, Dr Tulika Tripathi, Dr Shantha Sundari, Dr Priyanka Kapoor and Dr Shobha Sundareswaran as to name a few. A recent article³ discusses about the challenges faced by women orthodontists in India in their academic and research career.

India has the second highest number of dentists in the world. It is heartening to know that about 75% of the dental admissions all over Indian Dental Institutions have been enrolled by women in the recent years. An interesting survey⁴ revealed that almost 60% of the enrolment into post graduate dental courses happens to be women. The number game has already started changing but converting them to clinical practitioners and researchers is where the challenge hinges. As far as research is concerned, the Indian Government is funding various women specific research grants to encourage women participation in research like the SERB-POWER program, Women Scientist scheme and WISE post-doctoral fellowship by DST, women specific grants by UGC and so on.

The women academicians and researchers should make the best use of these provisions by the government.

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2. Çağla Şar et al. The impact of female orthodontists in 21st century research: A bibliometric analysis of the 1000 most cited articles (2000–2023). Seminars in Orthodontics; Articles in Press. Feb 07, 2025
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4. Supraja et al. Empowering female dentists in India: A modern perspective. International Dental Journal of Student's Research. 2024

Reported by Associate Editor Dr. Uma Revathi



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Dr. Wasundhara Bhad

*Dr. Wasundhara Bhad's
Impact on Orthodontics*

Honouring Excellence

As we celebrate Women's Day, it is an opportune moment to recognize the contributions of women who have made an indelible mark in the field of orthodontics. Among them stands Dr. Wasundhara A. Bhad (Patil), a stalwart whose dedication, research, and academic excellence have significantly advanced orthodontic science and education.

A Legacy of Academic and Clinical Excellence

Dr. Bhad's journey in Orthodontics began with her Bachelor of Dental Surgery from Government Dental College & Hospital, Nagpur, followed by a Master's in Orthodontics & Dentofacial Orthopedics in 1989. Over the last three decades, she has become a respected name in Indian orthodontics, mentoring countless students and spearheading research that has influenced modern Orthodontic practices.

With over 34 years of teaching experience, Dr. Bhad has served as a guide for postgraduates and PhD scholars, shaping the next generation of orthodontists. Her tenure as the Head of the Department at GDCH Nagpur and later as the Dean at Government Dental College and Hospital, Mumbai, speaks volumes of her leadership and commitment to academic excellence.



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Pioneering Research and Innovations

Dr. Bhad's research contributions have been groundbreaking, particularly in areas such as diagnostic aids, genetic studies, myofunctional appliances, biomarkers, orthodontic materials, accelerated orthodontics, and sleep apnea management. Her studies on orthodontic pain, molecular biology, and dental education have been widely published in international and national journals, earning her global recognition. The W angle given by her is widely used by students & researchers alike to measure the sagittal jaw discrepancy. A prolific researcher, Dr. Bhad has authored multiple books, including 'Treatment of Skeletal Openbite' and 'Orofacial Habits.' She has also contributed to various book chapters on applied mathematics in dentistry and orthodontic pain management.

Patents and Intellectual Contributions

Her contributions extend beyond academia into innovation, holding three patents, including the Magnetic Bite Blocks and a 3D Titrable Apnea Device. Additionally, she has secured 23 copyrights, covering a range of orthodontic advancements, patient education tools, and novel research methodologies. She recently received a patent for "sensor for measuring wear time of removable appliances"

Accolades and Recognitions

Dr. Bhads expertise has been widely recognized with numerous prestigious awards. She received the Best Teacher Award from Maharashtra University of Health Sciences and the distinguished âB.F. and Helen E. Dewel Award by the American Journal of Orthodontics for Best Original Clinical Research. Her contributions have been further honored through the monogram Dr. Bhad's Contribution to Orthodontics, released by PIMS University, Loni.

She was also the recipient of the prestigious Dr. P.P. Jacob Award for Best Scientific Paper Published in JIOS, 2021, recognizing her outstanding contribution to orthodontic research.

In addition, she has sponsored two awards, the Dr. Pramila Shivhari Kakde-Patil Awards and the Dean Dr. Wasundhara Ashok Bhad-Patil Gold Medal, to encourage academic excellence in orthodontics.

Leadership and Influence

Beyond her research and teaching, Dr. Bhad has held several significant positions in professional organizations, including the Indian Orthodontic Society, the Sleep Apnea Association of India, and multiple academic boards. Her role as a journal reviewer for esteemed publications like the American Journal of Orthodontics and the Journal of Indian Orthodontic Society further cements her position as a thought leader in the field.

Dr. Wasundhara Bhad's contributions have shaped the future of orthodontic education, research, and clinical excellence. Her passion, perseverance, and dedication serve as an inspiration for women in Orthodontics. She is revered by her students & on this Women's Day, we salute her remarkable journey and enduring impact on orthodontics.

Reported by Section Editor Dr. Himija Karia



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Dr. Niharika Bhatia, has done her MDS in Orthodontics and Dentofacial Orthopedics from Saveetha Dental College and Hospital, Chennai

Her professional journey is a true testament to her unwavering dedication, hard work, and passion for making a difference in the field of orthodontics. Recently, she made history by achieving a groundbreaking milestone—completing 100 debondings and establishing a new world record, a feat that not only highlights her skills but also marks her as an outstanding achiever in the dental community.

Early Life and Education

Dr. Bhatia's journey toward becoming a prominent orthodontist began with her strong educational foundation. She graduated with a Bachelor of Dental Surgery (BDS) degree, from Dr D.Y Dental college and hospital, Pimpri, Pune, but her innate curiosity about facial aesthetics and dental alignment steered her toward the specialized field of orthodontics. Her quest for excellence led her to pursue a Master's degree in Orthodontics and Dentofacial Orthopedics from Saveetha Dental College and Hospital, Chennai, one of the premier dental institutions in India.

It was during her time at Saveetha that Dr. Bhatia's passion for orthodontics truly flourished. She was inspired by the intricate blend of science and artistry in aligning teeth and improving smiles. Her academic excellence, combined with her relentless pursuit of knowledge, quickly set her apart as a promising young dentist, driven by a desire to create lasting changes in her patients' lives.

One of the most significant milestones in Dr. Bhatia's career came when she achieved a world record for completing 100 debondings. Debonding, the process of removing braces after a patient's teeth have successfully aligned, is a critical part of the orthodontic treatment process. By reaching the milestone of 100 debondings, Dr. Bhatia not only demonstrated her outstanding technical skills but also set a new benchmark for excellence in orthodontics. This accomplishment has not only garnered attention within the dental community but has also positioned Dr. Bhatia as a role model for young women aspiring to make their mark in the field of medicine and healthcare.





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Quality in Orthodontics



It was an absolute privilege and honour for the team IBO to be part of the Special session on " Quality in Orthodontics" at the 28th IOS PG convention ,Faridabad.

The whole idea of the session was conceptualised by the President Dr.Puneet Batra .

Dr.Rajiv Ahluwalia and Dr.Naren Ahuja spoke about the importance of Bioethics in Orthodontics and Quality control in Orthodontic practice respectively. Dr.Salil Nene , Dr.Ajit Kalia and Dr. Ashish Garg explained the importance of the IBO certification and different aspects of the certification process.

Team IBO would like to thank Dr.Puneet Batra and his organising team of the 28th IOS PG convention for providing the platform to generate awareness about the IBO certification.

The presence ,support and guidance of the founder director of the IBO , Dr.Girish Karandikar for the program was invaluable.





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Reported by Section Editor , Dr. Pavithra M Bai



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Dr. Gauri Shekhar Vichare

I take pleasure in addressing all orthodontic colleagues as the first lady Chairman of the Indian Board of Orthodontics. I served the tenure in 2003-2008, and I was privileged to also be the only lady chairman across all the Boards in the world at the time. The board certification is much like a personification of your clinical excellence, which becomes your most prized possession once you achieve it. The term 'personification' is what sets you apart from community and allows you to set your own platform to practice the art of orthodontia. We seek customisation in every aspect of our lives today, be it a birthday cake order, clothes, or the new all-time favourite 'aligners'. Then why doesn't everyone take up this opportunity to have a certification in customising your clinical practice to perfection and maintaining that standard, or seeking those 5-star reviews? Even if the world is steering towards digital marketing, online patient review, social media presence, artificial intelligence and what not, I strongly believe that nothing can replace your handwork and your intellect. Only this can fetch the reviews you seek and the presence the society demands without any marketing.

What sets a board-certified clinician apart from others? First, board-certified orthodontists prepare for hundreds of hours to undergo an exhaustive evaluation to prove their professional judgement in application of knowledge, their competence, and expertise to provide excellent patient care.

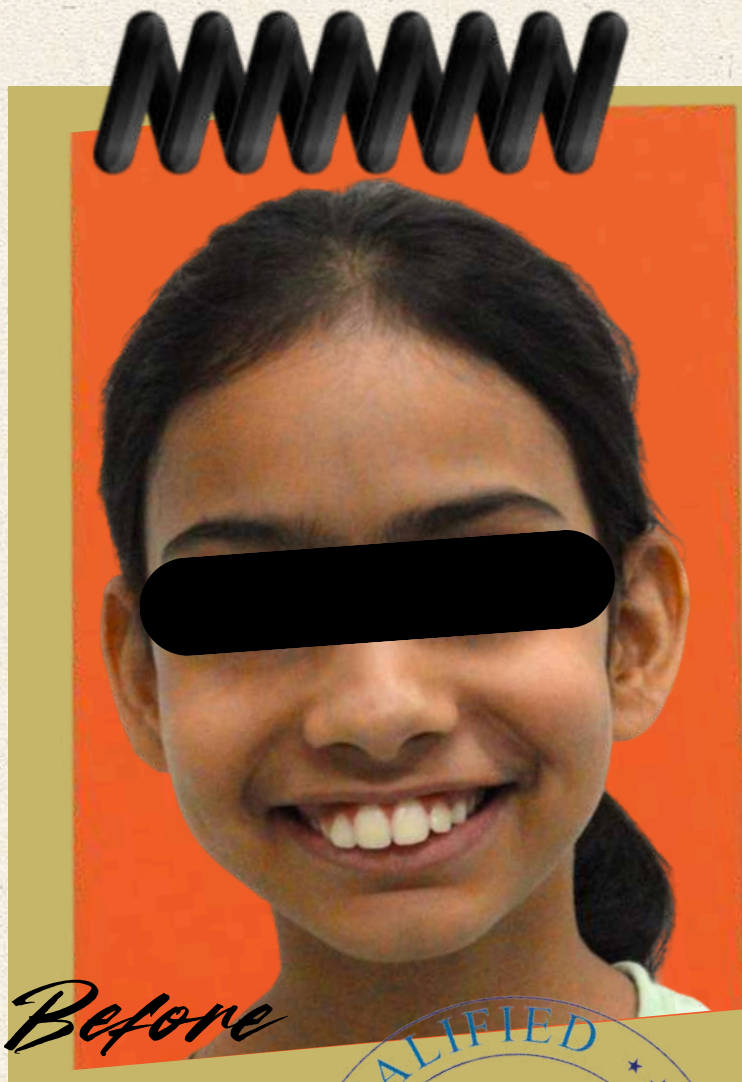
Secondly, obtaining a board certification demonstrates enthusiasm for improvement in the orthodontic field to meet the highest professional standards. This strive itself brings out your best self and serves as a constant reminder to seek betterment.

The certification also frees you from the competition with your peers, but at the same time commits you to competing with yourself, to be better tomorrow than today, and to be better in the next case than the previous. Once we identify that the real competition is with ourselves and not our peers, we can grow tremendously as a professional society which no marketing gimmick can beat.

We guide our patients what is best for them based on our scientific knowledge, evidence and our clinical experience. We become role model to our patients. Accountability is very critical. I feel 'Doctor –Patient relationship' is affected by this. We all need a clear set of objectives in our sincere efforts, and board certification teaches us this. We require inner motivation to be board certified and become role model for our students, academic and clinic staff and other orthodontists, and this is how we all grow together. There are so many orthodontists who are doing excellent clinical work and serving our patients but are not board certified. I would like to appeal them to become board certified and be role models in the betterment of our patients.

**IS YOUR BRACES
DOCTOR
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<https://findanorthodontist.bracespecialists.com/>



IOS Times acknowledges
Dr. Sunanda Roy Choudhury
for her contribution towards
the Public Awareness Page





Before



After

For a lifetime of healthy beautiful smile, ensure that it is made better by an Orthodontist endorsed by Indian Orthodontic Society.

Does your braces doctor have an MDS degree in Orthodontics ?

<https://findanorthodontist.bracespecialists.com/>



IOS Times acknowledges Dr. Alka Banker for her contribution towards the public awareness page.

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<https://findanorthodontist.bracespecialists.com/>



**IS YOUR BRACES DOCTOR
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IOS Times acknowledges Dr. M S Rani for her contribution towards the public awareness page.

SMILE TRANSFORMATION

My Smile gave me wings to fly....

1Q. Why you decided to get orthodontic treatment.. Or what made u to get your treatment...

Gupta Sunaina Indigo: I always wanted to be a flight attendant where both personality and looks matter the most.

And as you know the face is the most important asset when it comes to look and so is smile .

But due to unsymmetrical teeth alignment. My smile was not at its best. So i opted for orthodontic treatment.

2Q. What was your biggest fear when you visited your orthodontist for ur treatment...

Gupta Sunaina Indigo: There was no such fear frankly speaking, however i just hoped for the best smile,i can wear.

3Q. What was the main difficulty you faced while getting the treatment...

Gupta Sunaina Indigo : Although With braces, most difficult challenge was to have food(as I'm a foodie),I was always conscious whenever I was eating, which should be soft so it doesn't harm the wire and lead to breakage.

4Q. At what age you got ur treatment started... N why u waited till this age...

Gupta Sunaina Indigo: I was 21 when I went for the treatment ,I did not wait till this age however I wasn't getting time to go for the treatment because of my studies and stuffs however when I came to know about aviation industry my mind struck that I should visit orthodontist now as it was high time for me

5Q. At what point of treatment you started believing that ur smile transformation is on its way...

Gupta Sunaina Indigo : I guess after 4 to 6 months most probably

6Q. What was the reaction of ur family members, friends and colleagues when ur smile started transforming. Gupta Sunaina Indigo : The reaction cannot be defined in words my parents were so happy for me and even myself .

7Q. Who suggested you to visit the orthodontist for ur smile correction...

Gupta Sunaina Indigo : No one suggested it's very crystal clear that orthodontist are the specialists for teeth's so I visited



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*Before
≡ and ≡
After*



8Q. Now you are a flight attendant, do you get compliment for ur smile from your friends and colleagues for your smile... Can you share the best compliment u get for ur smile.

Gupta Sunaina Indigo : I got a hell lots of compliments the best one I got I was from captain he told ur smile tells a story and how can someone's smile be so captivating and heart touching

9Q. What's ur recommendations/suggestions to people around you with uneven or crooked teeth...

Gupta Sunaina Indigo : The only suggestion I would have is to trust your instincts and go blindly for orthodontic treatment, you will see a change in yourself it might take some time but the wait will be worth it.

10Q. What would you say about your smile transformation in single sentences or two.

Gupta Sunaina Indigo : Smile adds beauty and so is me. It gave me wings to fly.

11Q. Words for treating orthodontist...

Gupta Sunaina Indigo : I huge respect to Dr Irfanul Haque u treated me and made me believe that I would get the best smile one could wish for – thank you so much for the smile you gave me.



Reported by Dr. Irfanul Haque



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Dr. Neha Khanna

*The lamp of knowledge shines bright..
but when the lamp is embellished by
hues of TALENT
its grace is multiplied !!!*



Dr Neha is truly blessed in this regard and has not only been bestowed by an illustrious academic carrier but also has been recognized for her zeal for music, dance, sports, creative writing, poetry and artistic skills. She did her BDS from the Maulana Azad Institute of Dental Sciences, Delhi in 2005 and completed her Masters from the Manipal College of Dental Sciences, Mangalore in 2010. After working for nearly a decade at her alma mater MAIDS, she joined University College of Medical Sciences, Delhi where she is currently working as an Associate Professor.

She has made tremendous contribution in working for the newborns with cleft lip and palate in last 10 years and has undertaken two funded projects granted by Council of Scientific & Industrial Research and Department of Health Research as Co-PI and PI respectively. She has showcased her work at various National and International platforms and published papers in various coveted journals of national and international repute.

Her academic brilliance is evident from the fact that she has to her credit the first prizes in all three competitive categories of presentations at the annual National Conferences under the Indian Orthodontic Society namely, Best Scientific Paper (Oral) in 2015, Best Poster presentation in 2021, Best Table clinic in 2023. She has also won the best Clinical Innovation award twice at the IOS Orthodontic Innovation conclave in 2020 & 2022



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**REPORTED BY
SECTION EDITOR
DR. HARNEET KAUR**

She is the winner of Heroic Dentistry Award at FAMDENT Excellence in Dentistry awards, 2021 which is an international award for clinicians who walk the extra mile and make a difference not just to the outcome of treatment but also to the patient & themselves. She also earned the nomination in the Best Orthodontist category at the same FAMDENT awards which are hailed as the Oscars in Dentistry. She has been elected as a Member of National Academy of Medical Sciences (MAMS) conferred at NAMSCON-2024 at AIIMS, Jodhpur. She received the International Travel Grant by CSIR for presenting her work at the 10th European Craniofacial Congress, Gothenburg, Sweden in June 2015.

Since her school days, besides her academic excellence, Dr. Neha has been an achiever in the field of singing, dancing, poetry, debates, playwriting, athletics, yoga, basketball etc. and was awarded the Best allrounder gold medal as the most meritorious outgoing student. She has great spiritual inclination and has been reciting shabad kirtan since the tender age of 8 years. She is pursuing her Diploma in classical music from Prayag sangeet Samiti Allahabad. She also won prize for Best Radio Jingle as a part of Orthodontists Day celebration in 2022 by Indian Orthodontic Society. Her Dance performances at annual celebrations at MAIDS used to be admired by one and all.

Her creative ability is also evident from her award for Best Mascot (2nd place) won by her in a contest organised by the Indian Orthodontic society in 2020. Her poetic skills and literary abilities fetched her awards in the Hindi Pakhwada celebrated every year at UCMS in various categories like Kavita path, vaad vivaad and nibandh lekhan pratiyogita. She received the prizes for best self-composed poems at Utsav, the annual fest of the entire Manipal University during her post graduate days. She has been into athletics since the school days and played basketball for her college both at UG and PG levels.

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Practice Management for Female Orthodontists

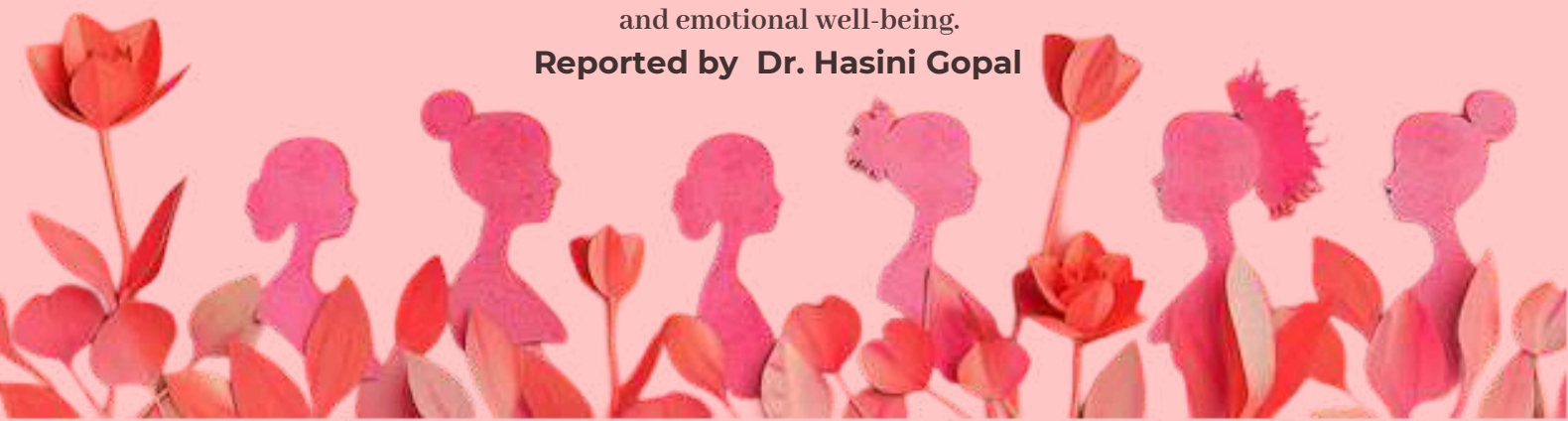
Dr. Kavitha Iyer

Few decades back Orthodontic community was dominated by male orthodontists. But from past few years this trend has been changed and more and more females started taking up orthodontics as their specialty. Like any working woman, every female Orthodontist should have a concrete plan for work - family balance in order to have an excellent career planning and job satisfaction. I strongly believe that multitasking is a powerful ability, and it can really be an asset when used effectively. I would like to pen down few key points which helped me in managing the work- family balance.

1. **Prioritize and plan:** - A young orthodontist should have a clear picture of her professional and personal goals. Most of the female Orthodontists will get married and plan for having a child as they will be already on their late twenties when they finish the post graduate training. In such cases Partnership/associate Practice will be better than Ownership Practice as your responsibilities will be less. Later on when you have ample time you can have your own practice.
2. **Appointment scheduling and time management:** - Allocate specific time for appointments with duration of each appointment so that you can plan your session in the stipulated time and get back to family and kids.
3. **Upgrading /Technology Change:** - Embracing new technologies like digital Practice management software and digital orthodontic planning are a must learn to keep you at par with your successful colleagues.
4. **Delegate tasks whenever needed:** - Multitasking does not mean doing everything by yourself. But you should know when and whom to give work with out affecting your reputation. Also look out for a replacement for your visiting practices during the initial stage of pregnancy itself so that you can retain the practice after your delivery.
5. **Positive attitude:** - Multitasking drains your energy but approaching it with confidence and optimism will take you a long way ahead placing you between the successful practitioners. Since its very stressful you need to take planned breaks once in a while to unwind yourself either by spending time with family and friends or by taking time for your hobby and passion.
6. **Know your limitations:** - Whether in practice or in family, understand your shortcomings and primary commitments so that you can compensate for the same by hard work or focusing on what's more important to you like spending quality time with kids for their education or taking care of them when they are sick. At these circumstances you may need to do compromises in your professional career but can always get back once situations are favorable.

To conclude, every female Orthodontist must prioritize clear boundaries between work and family life, leverage flexible work arrangements, build a strong support system, communicate openly with both your employer/employee and family, actively seek help when needed, and prioritize self-care to maintain your mental and emotional well-being.

Reported by Dr. Hasini Gopal





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Dr. Kalyani Trivedi

Dr. Kalyani Trivedi from Ahmedabad is married to Col Deepak Mahamunkar. Her Son Vyom Mahamunkar is a talented young Writer & Director & also Editor, Author of a book- Novel 'The eternity Saga'

Dr Kalyani is a distinguished senior orthodontist and educator. Her commitment to the precision of orthodontics mirrors the meticulous strokes of her brush, embodying a harmonious blend of science and art. As an educator, she imparts not only the technical expertise of orthodontics but also shares the transformative power of creative expression with her students. she is trained classical vocal musician . She received her training with Pandit Neeraj parikh for several years and then from Pandit Jasraj ji briefly . Owing to her compassionate nature, In addition to her artistic prowess She is contributing in betterment of society by working as Vice Chair-person of Red cross Ahmedabad . She mainly works for voluntary blood donation and Thalassaemia care ,awareness and irradiation.

Primarily working with acrylics, Kalyani thrives on the versatility of the medium. However, her artistic spirit finds joy in embracing various techniques, allowing her to craft a mesmerizing symphony of vibrant hues. Each artwork becomes a manifestation of her journey, a visual manifestation of the interplay between her brush and the boundless creativity that resides within her.





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Kalyanis art serves as a captivating canvas for the vivid tapestry of her emotions, experiences, and contemplations. With an innate passion for experimentation, she delves into the realm of colors and textures, skillfully weaving them together to narrate a unique story with each stroke. Her artistic expression is a fluid and moody dance, where she consciously aligns herself with the rhythm of the universe, translating its cosmic cadence onto the canvas.



Reported by Dr. Sonam Sehrawat

IOS Times acknowledges Dr. Anup Belludi for his contribution towards this page.

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Dr. Reena Kumar

Beyond Orthodontics: A Journey of Innovation and Inclusion

Born into an Air Force officer's family and later married to an Air Force officer, my life has been shaped by adaptability, resilience, and an innate ability to connect with diverse people. Moving every two years during my formative years due to my father's postings taught me to think laterally, be proactive, and embrace change with confidence. These experiences heightened my awareness of the challenges faced by different population groups and instilled in me a deep sense of responsibility toward creating solutions.

With a childhood dream of becoming a doctor, I pursued BDS (1976-1980) and MDS in Orthodontics (1983-1985) from GDC Bangalore. My mentors in college encouraged me to think beyond conventional boundaries, shaping my perspective toward innovation. With an immensely supportive family, I was inspired to think independently, take risks, and challenge the status quo.

Orthodontics: A Foundation of Growth and Change

Orthodontics has been my first love, and my journey in the field has evolved from traditional band pinching to adapting and adopting modern customization of brackets and appliances. A constant desire for innovation and growth has defined my professional path. Teaching for 42 years has been both a privilege and a source of continuous learning, motivating me to stay at the forefront of advancements in orthodontics and dentistry. I have always encouraged my students to think beyond technical expertise—to aim for a broader vision that prioritizes holistic patient health and human values. My belief is simple: be a good human first, and everything else will follow.



Pioneering Dental Sleep Medicine in India

In 2007, a pivotal moment redirected my path when I noticed one of my students experiencing excessive daytime sleepiness. This sparked my interest in Dental Sleep Medicine (DSM) and led me to explore the role of dentistry in sleep-related breathing disorders. Since 2008, I have been actively involved in scientific presentations and awareness-building initiatives for orthodontists and dental surgeons. I recognized the need for dentistry to integrate with the medical model in addressing sleep disorders.

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Collaborating with sleep physicians and interdisciplinary teams, I deepened my expertise in Obstructive Sleep Apnoea (OSA) and airway-centric dentistry. My contributions were recognized internationally when I represented Indian dental schools at the American Academy of Dental Sleep Medicine's Dental Educators Conference in 2013 at the University of North Carolina, Chapel Hill. In 2024, I have organized a full day workshop in Dental Sleep Medicine in SLEEPCON 2016, 2017, 2018 and 2019 under the aegis of ISDA. I had the privilege of organizing the first-ever post graduate symposium at the ISDA National Conference (SleepCon 2024), further strengthened India's position in DSM. My efforts have positioned me as a key advocate for early screening, prevention, and management of sleep-related disorders through dentistry. I am humbled to be awarded Fellow status of ISDA in Dental Sleep Medicine.

Championing Special Care Dentistry & Inclusion

In 2010, I was given the opportunity to train and serve as a Clinical Director for Special Smiles in the Special Olympics Bharat (India) Healthy Athlete Program—a turning point in my career. Witnessing firsthand the challenges faced by individuals with intellectual and developmental disabilities (IDD), I felt compelled to act.

This led to the establishment of Suneedhi, a Centre of Excellence for Special Care Dentistry at Divya Jyoti College of Dental Sciences & Research. With immense support from my late chairman and CEO, this initiative became a beacon of inclusion in India. Over 1,000 students and faculty participated in unification programs, culminating in the college receiving the first-ever Champion School of Inclusion Award from Dr. Timothy Shriver, Chairman of Special Olympics International.

My advocacy extended beyond my institution. In 2015, I was appointed Regional Clinical Adviser on Oral Health for Special Olympics Asia Pacific (SOAP). Through collaborations with the Dental Council of India (DCI) and the Indian Dental Association (IDA), we secured free dental care for Special Olympics athletes across 319 dental colleges and 75,000 private practices. Significant collaborations were established with professional associations such as IAPHD, ISPPD, IOS, ICD, and PFA, as well as universities like Ramaiah University, Yenepoya University, and NITTE. These partnerships ensured that even during the global pandemic, our athletes and their families had access to teleconsultation and healthcare support.

Over the years, my dedication to this cause has been recognized with prestigious awards, including the Golisano Health Leadership Award from Special Olympics Asia Pacific and Special Olympics International in 2018 and 2024. I was the founding Secretary of International Association of Disability & Oral Health (India Chapter) from 2015 till 2020. In the year 2015, I introduced the first-ever student resident chapter of the American Academy of Developmental Medicine and Dentistry (AADMD) outside the USA, engaging dental and nursing students in understanding the healthcare challenges of individuals with IDD. In 2016, I was honoured with the Excellence in Leadership in Education Award from AADMD in Chicago. As Regional Clinical Director for Special Smiles, I have trained 35 clinical directors and over 2,500 clinical volunteers, helping build a healthcare system that is more inclusive and accessible.

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Innovating in EdTech & Digital Health Initiatives

In 2020, after retiring from active dental school teaching, I was given the opportunity to work with a Made-in-India EdTech company to develop a teaching-learning platform during the pandemic. This experience opened new dimensions in my career, allowing me to contribute to education and healthcare in unprecedented ways. Under my leadership, the Igesia Academy platform was pledged free of cost to the IDA, IOS, multiple schools, and dental colleges for virtual learning and collaboration. It was also provided to rural health setups, connecting three panchayat villages to their health centres. The first Digital Oral Health program of IDA was launched, impacting 2,500 CBSE and 150 special schools. Teachers were trained to conduct oral health sessions and promote safe sports practices at home, ensuring continuous education even during lockdowns.



Tobacco Cessation: A Nationwide Impact

Recognizing the direct link between tobacco use and sleep disorders such as OSA, I extended my expertise to tobacco cessation. As the Academic Director of ICanCaRe Academy we took virtual learning to a new level by propagating the Certified Tobacco Cessation Specialist (CTCS) Course, accredited by Gujarat University. I have trained over 250 healthcare professionals, including dentists, pulmonologists, psychiatrists and allied health professionals to be certified tobacco cessation specialists.

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Additionally, through the Tobacco Marshals program, more than 2,500 social workers, students, and community members were trained to engage with tobacco users, motivate them to quit, and encourage non-users to stay away. This initiative has contributed significantly to India's fight against tobacco, aligning efforts with governmental and non-governmental organizations to work toward a tobacco-free future.



Pioneering Sports Dentistry in India

Post-retirement, I spearheaded the introduction of Sports Dentistry in India as Academic Director of the Indian Academy of Sports Dentistry (IDA HO). My efforts led to the development of a robust curriculum recognized by the European Association of Sports Dentistry, ensuring that professionals are well-equipped to work with athletes on and off the field.

I launched the Fellowship in Sports Dentistry, a comprehensive program that trains professionals in athlete dental care and injury prevention. Large-scale initiatives such as "Krida Danta Suraksha" were introduced to provide optimal dental protection to athletes. Collaborations with ISDA, government bodies, and sports science experts are paving the way for the integration of Sports Dentistry into mainstream sports sciences. With India preparing for future Olympic participation, I envision a nationwide network of sports dental centres and enhanced oral care infrastructure for athletes.

A Life of Passion, Innovation, Advocacy and Responsibility

My journey—from orthodontics to dental sleep medicine, special care dentistry, edtech, tobacco cessation, and sports dentistry—has been driven by an unwavering passion for innovation and inclusion. Every challenge has been an opportunity to push boundaries, transform healthcare, and create lasting impact. As I continue this journey, my mission remains the same: to ensure healthcare is holistic, inclusive, and ever evolving, meeting the needs of all individuals, regardless of their circumstances.

Retirement is a choice only you can make. For me, it has been a chance to 'ReAttire'—to return with renewed purpose and give back in an even greater way.

Reported by Section Editor, Dr. Stuti Mohan



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The World Federation of Orthodontists recently launched the **Future Leaders in Orthodontics Society (FLOS)**, A groundbreaking initiative dedicated to empowering the next generation of orthodontic leaders.

What is FLOS? This society is designed to foster a dynamic global network of young orthodontists, promote collaboration on research, clinical techniques, and best practices, and prepare emerging professionals to lead the future of orthodontics. IOS student representative to FLOS presented this initiative in the 28th IOS Pg student convention held at Manav Rachna .

This initiative is driven by an enthusiastic group of residents from across the globe, including:

- Julian Woolley
- Eliza Panagiotidou
- Carolina Faber
- Ankita Labh
- Eylul Ogüt
- John Lorenz
- Antonella de Simone
- Hanyi Li
- Lamar Zahran



WHO ARE FLOS?

FLOS consists of representatives who are WFO student members from the 6 WFO regions (Africa & Middle East, Central and East Asia, Central and South America, Europe, South East Asia and Oceania, North America).



ELIZA PANAGIOTIDOU GREECE	JULIAN WOOLLEY UNITED KINGDOM	ANTONELLA DE SIMONE ITALY
CAROLINA FABER BRAZIL	EYLÜL OGUT TURKEY	HANYI LI SINGAPORE
ANKITA LABH INDIA	JOHN LORENZ USA	LAMAR ZAHARAN SAUDI ARABIA





Creative Section



Official Newsletter of Indian Orthodontic Society

Women's Oral Health: What Every Orthodontist Should Know

Understanding the Unique Needs of Female Patients in Orthodontics

Women's oral health is influenced by hormonal changes that occur throughout different life stages. As orthodontists, understanding these physiological changes can help us provide better treatment plans, manage potential complications, and ensure optimal long-term outcomes.

1. Puberty and Orthodontic Treatment

During puberty, rising estrogen and progesterone levels increase blood flow to the gums, making them more sensitive and prone to gingival inflammation and swelling. This is particularly important for orthodontists, as:

Patients may experience exaggerated gingival responses to appliances, even with good oral hygiene.

Gingival hyperplasia can occur around brackets, making oral hygiene maintenance critical.

Orthodontic extractions should be planned carefully, considering bone density and healing capacity in growing patients.

Tip: Reinforce oral hygiene measures and recommend antimicrobial mouthwashes to manage gum sensitivity.

2. Pregnancy and Orthodontic Considerations

Pregnancy-related hormonal fluctuations can lead to pregnancy gingivitis, increased tooth mobility, and xerostomia. If a patient becomes pregnant during orthodontic treatment:

Gingival inflammation and bleeding may increase, requiring more frequent periodontal monitoring.

Increased relaxin hormone levels can temporarily affect tooth mobility and periodontal ligament elasticity.

Morning sickness and acid reflux may contribute to enamel erosion, requiring preventive fluoride application.

Some women may prefer to pause orthodontic treatment due to discomfort, nausea, or concerns about X-rays and medications.

Tip: Schedule regular hygiene visits and provide dietary recommendations to minimize acid exposure.

3. Menstrual Cycle and Orthodontic Sensitivity

Many women report increased tooth sensitivity and gum discomfort at different points in their menstrual cycle, particularly in the luteal phase (before menstruation).

Pain perception may be heightened, making orthodontic adjustments more uncomfortable.

Mild gingival swelling can occur due to hormone-induced fluid retention.

Tip: Schedule orthodontic appointments after menstruation when pain tolerance is higher.



Official Newsletter of Indian Orthodontic Society

4. Oral Health Challenges with Birth Control & Hormonal Therapies

Women using oral contraceptives or undergoing hormone therapy (e.g., for PCOS or menopause management) may experience:

Altered healing responses after extractions or surgeries due to synthetic hormones.

Increased risk of dry socket if extractions are needed.

Higher susceptibility to gum inflammation in some cases.

Tip: If a patient is on long-term hormonal therapy, consider a consultation with their physician before planning surgical procedures.

5. Menopause and Postmenopausal Oral Health

Menopause brings a decline in estrogen, affecting both oral and bone health:

Osteoporosis & Bone Density Loss: Reduced bone density may impact orthodontic treatment stability and increase the risk of root resorption and delayed tooth movement.

Xerostomia (Dry Mouth): Reduced saliva production can lead to higher cavity risk and discomfort with aligners or retainers.

Burning Mouth Syndrome & Taste Changes: Some women experience altered taste perception and a burning sensation, impacting their experience with orthodontic appliances.

Tip: Postmenopausal patients may benefit with salivary substitutes and dietary modifications for dry mouth symptoms.

6. Osteoporosis & Bisphosphonate Therapy – Key Considerations

Many postmenopausal women take bisphosphonates for osteoporosis, which can affect orthodontic treatment.

These medications reduce bone turnover, potentially leading to delayed tooth movement and complications in extractions or implant placement (osteonecrosis risk).

Orthodontic treatment may take longer due to reduced bone remodeling capacity.

Tip: Obtain a detailed medical history and consult with the patient's physician if they are on long-term bisphosphonate therapy before planning tooth movements or extractions.



Official Newsletter of Indian Orthodontic Society

Conclusion: A Personalized Approach to Women's Orthodontic Care

Women's oral health is closely linked to hormonal changes at different life stages. As orthodontists, adapting our treatment plans and patient management strategies can enhance treatment success and patient satisfaction.

By recognizing these unique challenges and educating our female patients, we can ensure their orthodontic journeys are both effective and comfortable—helping them achieve healthier, more confident smiles at every stage of life.

Supporting References:

1. Puberty & Gingival Changes

o Soares, R. V., et al. (2015). Hormonal Changes During Puberty and Their Impact on Periodontal Health: A Review. *Journal of Clinical Periodontology*, 42(6), 541-549.

o Findings: Estrogen and progesterone influence gingival vascularity, leading to increased inflammation during puberty, especially with orthodontic appliances.

2. Pregnancy & Orthodontic Considerations

o Mealey, B. L., & Moritz, A. J. (2003). Hormonal Influences: Effects on Periodontal Tissues and Orthodontic Implications. *The Journal of the American Dental Association*, 134(6), 725-734.

o Findings: Pregnancy-induced gingivitis and increased tooth mobility are common, requiring careful orthodontic treatment planning.

3. Menstrual Cycle & Orthodontic Sensitivity

o Krishnan, V., & Davidovitch, Z. (2006). Cellular, Molecular, and Tissue-Level Reactions to Orthodontic Force Application. *American Journal of Orthodontics and Dentofacial Orthopedics*, 129(4), 469.e1-469.e32.

o Findings: Pain perception varies with hormonal fluctuations, with some women experiencing heightened discomfort before menstruation.

4. Oral Contraceptives & Periodontal Health

o Tilakaratne, A., et al. (2000). Effects of Long-Term Use of Oral Contraceptives on Periodontal Tissues. *Journal of Clinical Periodontology*, 27(8), 568-572.

o Findings: Long-term use of contraceptives may lead to increased gingival inflammation and altered healing responses.

5. Menopause, Bone Health & Orthodontics

o Wactawski-Wende, J. (2001). Periodontal Disease and Osteoporosis: Association and Mechanisms. *Annals of Periodontology*, 6(1), 197-208.

o Findings: Estrogen deficiency contributes to alveolar bone loss, affecting orthodontic stability and increasing the risk of root resorption.

6. Bisphosphonate Therapy & Orthodontics

o Fleisch, H. (2000). Bisphosphonates: Mechanisms of Action. *Endocrine Reviews*, 21(6), 586-602.

o Findings: Bisphosphonates reduce bone remodeling, slowing down orthodontic tooth movement and increasing the risk of complications like osteonecrosis.

Reported by Niha Naveed



Official Newsletter of Indian Orthodontic Society

Behind every great woman, is another great woman!

What a beautiful saying to live by, right?

In an era where everyone believes women can achieve it all, we also have come to terms with the fact that women supporting women also does exist. I see aged mothers and mother in laws supporting the younger females in attaining their goals because they themselves couldn't do so back then in their age. While female staff at universities help their lady students in achieving quality education and best dental care providing skills.

Women entrepreneurs are a next level set of humans for whom superheroes is an understated word. Some juggle between homefront and work, others balance it all with motherhood. Single or married, work for them is always on priority.

Women worldwide are proud owners of their medical/dental setups where they are bosses and sole runners of the practice. Women that take up challenges everyday and plan on soaring the highest.

They take the highs as bonus points and the lows as motivation to get going! Immense respect for those women too that work tirelessly at home and stay at home mothers, for it is because of them that the family is held together!

And then, we celebrate women everyday!

Reported by . Honey Gurbaxani



Official Newsletter of Indian Orthodontic Society

RESULTS of PG Convention

Results of Competitive Papers/ Posters/ Table Clinics and Quiz 28th IOS PG Convention 2025, Faridabad

Paper Presentation-Research

Reg No	Prize	Category	Name	College	Topic
341	I	PAPCR077	Dr. Shradha Suman Mishra (SLM13173)	Modern Dental College, Indore	Evaluation of stresses in periodontal ligaments of maxillary canine and first molar during en-masse distalization using Infra Zygomatic Crest bone screws and Clear Aligners with bonded buttons and precision cuts: A Finite Element Study
1585	II	PAPCR285	Dr. Akhilesh Singhal (SLM13799)	PGIMER, Chandigarh	The Effect of Systemic Administration of Cholecalciferol on Maxillary Canine Retraction among Subject with Vitamin D Deficiency- A Randomized Control Clinical Trial
1021	III	PAPCR192	Dr. Ruchi Mhatre (SLM13691)	MGV's KBH Dental College, Nashik	Three-dimensional assessment and comparison of the dimensions of maxillary tuberosity in the presence and absence of third molar in adults- An Analytical CBCT study.

Reg No	Prize	Category	Name	College	Topic
506	I	PAPCR103	Dr. Sharvari Mairal (SLM14559)	FDS, BHU	Can AI predict your orthodontic extraction destiny? A systematic review
371	II	PAPCR082	Dr. Keerthana C (SLM13461)	BIDS, Bangalore	Key to midfacial hypoplasia : an objective assessment
521	III	PAPCR106	Dr. Sejal Naikwadi (SLM14447)	GDC, MUMBAI	" Analyzing diversity of facial morphology through 3d optical scanning"



TIMES



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Quiz Result

Sr. No.	Team Members	Registration Number	College Name	Position
1	Dr. Niharika(SLM13289) Dr. Deeksha (SLM13290) Dr. Ravi (SLM13285)	0472 0535 2017	GDC, BANGALORE	First
2	Dr. Virraja(SLM14996) Dr. Peemit (SLM14998) Dr. Janani (SLM14997)	0714 0729 0709	Maulana Azad Institute Of Dental Sciences, Delhi	Second
3	Dr. Anandan(SLM14781) Dr. Vishal(SLM13869) Dr.Prashanth (SLM12971)	0164 0181 0272	Army Dental centre (R&R) , Delhi.	Third
4	Dr. Revathi G (SLM14679) Dr.Dhivyadharshini (SLM14682) Dr. Amna	1662 1658 2116	Tamilnadu government dental college and hospital	Fourth

Reg No	Prize	Category	Name	College	Topic
879 and 878	I	TABCI025	Dr. Annie Shirley Priyanka (SLM14491) Dr. Rahul George Mathew(SLM14504)	Tagore Dental College, Tamil Nadu	Revolutionizing Orthodontic Designs: The Clear Choice
556 and 555	II	TABCI018	Dr. Gracia Karen(SLM15145) Dr Kiruppashini(SLM15049)	JKNN Dental College, TN	AEQUITAS ASTRA®- AI empowered app to unveil soft tissue facial asymmetry
560 and 559	III	TABCI019	Dr. Nisha Meena (SLM14603) Dr. Aswathy CA (SLM14604)	AIIMS Jodhpur	Optimizing molar uprighting: spectrum of treatment techniques
838		TABCI024	Dr. Siddhant Ramesh Jadhav (SLM13556)	MIDSR Dental College	Anguloguide: One stop solution for Mini implant placement

Reg No	Prize	Category	Name	College	Topic
1702 and 1397	I	TABCI040	Dr. Sanjay R (SLM14416), Dr. Pranay Mishra (SLM14391)	George Medical University, FDS, Lucknow	A novel Maxillary Intraoral Protraction Appliance (MIPA)
1446 and 1993	II	TABCI042	Dr. Sagar (SLM14169) Dr. Sambu Dinesh (SLM13588)	Krishna Devaraya College, Bangalore	A quartet of inventions for synergistic diagnosis and treatment
1249 and 1245	III	TABCI036	Dr. Minakshi Tibrewal (SLM13862) Dr. Toni Lego(SLM12823)	Manav Rachna Dental College, Faridabad	Recycling Aligners: Crafting a Sustainable Orthodontic Future



TIMES



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TABLE CLINIC GENERAL

Reg No	Prize	Category	Name	College	Topic
1616 and 1193	I	TABCI051	DR. CHINMAYEE CHAULWAR (SLM13300) & DR. SRISHTI JAIN(SLM15066)	Chattisgarh Dental College	Casted Modified C Palatal Plate: Affordable and Accessible Solution
1763	II	TABCI057	DR. SHAHLA SHARIN P (SLM15696)	AIIMS Delhi	Revolutionizing Functional Appliance Fabrication: Direct 3D printed Twin Block From Concept to Care
1648 and 1901	III	TABCI053	DR. ATHIRA V (SLM12804) & DR. AMEERA (SLM12803)	MCODS, Mangalore	The Customized Bracket Positioning Using Artificial Intelligence

Reg No	Prize	Category	Name	College	Topic
1915 and 1919	I	TABCI067	Dr. Prerana S (SLM13374) & Dr. Soorya KK(SLM13262)	Krishna Devaraya Dental College, Bangalore	Streamlining Orthodontic Procedures: Innovations for Better Outcomes
1852 and 1854	II	TABCI063	Dr. Akshata Awachat (SLM15724) & Dr. Bhakti (SLM15853)	RDDC, Nagpur	Revolutionary Orthodontics: The Role of Smart Brackets in Enhancing Treatment Precision and Patient Care
1970 and 0304	III	TABCI070	Dr. Kamala Vizhi(SLM13604), & Dr. Pranati T(SLM13305)	SRM Dental College, TN	Force Monitoring in aligners with MEMS technology - Align Kraft Sensor

TABLE CLINIC CLINICAL

Reg No	Prize	Category	Name	College	Topic
401 & 409	I	TABCC014	Dr. Hima Bindu (SLM13705) & Dr. Shree Vaishnavi (SLM14108)	St. Joseph Dental College, Vijay Wada	Art of mastering headgear biomechanics
88	II	TABCC004	Dr. Susan Mary Swarna (SLM14249)	College Of Dental Sciences, Davangree	Circle of Cleft lip and Palate; Multidisciplinary Management and role of Orthodontics
133 and 131	III	TABCC005	Dr. Nithya Ramesh(SLM14800) & Dr. Ananya Das (SLM14806)	Saveetha Dental College, Chennai	Greener Smiles: Evaluating the Impact of Aligners on the Environment
339 and 347		TABCC010	Dr. Dholvan Priyadarshini(SLM14161) & Dr. Sinta Elza Abraham (SLM14086)	Army College Of Dental SCI, Secunderabad	Management of Class II Malocclusion Using the Carriere Motion Appliance: A review of 2 cases

Reg No	Prize	Category	Name	College	Topic
678 and 685	I	TABCC025	Dr. Marutham G(SLM14303) & Dr. Kaaviyaa Sri K K(SLM14304)	JKKN Dental College, Tamil Nadu	Smile Renaissance - Unravelling The Beauty Of Scars And Difference - A Road Map To Cleft Care
813	II	TABCC028	Dr. Shrushtee Jagtap (SLM13953)	BVP, Pune	Management Of Maxillary Transverse Discrepancy: Expanding The Horizon
515 and 999	III	TABCC020	Dr. K Sandeep Kumar(SLM15223) & Dr. Pranvi Sharma (SLM14122)	Rishiraj Dental College Mp	" T- Scan And Occlusal Splints : A Digital Approach To Precision Bite "
736		TABCC026	Dr. Madhura Prakash Jadhav (SLM14296)	VPDC, Maharashtra	Digital Smile Designing



TIMES



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COMPETITIVE POSTER CLINICAL

Reg No	Prize	Category	Name	College	Topic
306	I	POSCC017	Dr Mrunali Kore (SLM14962)	Sardar Patel PGDIM, UP	Precision Perfected with 3D Canine Loop and S-TAR Loop
1515	II	POSCC062	Dr Neha Bansal (SLM13891)	MAIDS, New Delhi	"MARPE Redesigned: Pioneering Designs for Smarter Expansion"
983	III	POSCC037	Dr Nitin Sardana (SLM15434)	D J dental college	3-Dimensional Printing of NAM Appliances

Reg No	Prize	Category	Name	College	Topic
1261	I	POSCC051	Dr Novaira Khwaja (SLM14811)	Yennepoya dental college	MEAW Technique - A Boon or Bane in Class III Camouflage
517	II	POSCC022	Dr Rishika Vyas (SLM15146)	Vyas dental college, Rajasthan	Unilateral Extractions In Orthodontics.
1365	III	POSCC058	Dr Sujata Yadav (SLM13665)	PGIDS, Rohtak	CANINE CONUNDRUM: UNCOVERING PALATALLY IMPACTED MAXILLARY CANINE

Reg No	Prize	Category	Name	College	Topic
1378 and 1605	I	TABCC037	Dr. Poovizhi (SLM14675) & Dr. Sagarika Pillai (SLM14668)	Vinayaka Mission Dental College	"3D-Driven Surgery: Advancing Beyond Conventional Mock Surgery"
1731 and 1443	II	TABCC042	Dr. P Mahith Verma (SLM14332) & Dr. Amulya T (SLM14385)	Gitam Dental College, Vishakapatnam	A Simple Method of Integrating Root Data from CBCT to Aligner Software (Maestro 3d)
1497 and 1496	III	TABCC038	Dr. Rohit Tiwari (SLM14145) & Dr. Sanjeev Shokeen (SLM13990)	IP Dental College, UP	Optimization of a Photobiomodulation Protocol to Improve the Cell Viability, Proliferation and Protein Expression in Osteoblasts and Periodontal Ligament Fibroblasts for Accelerated Orthodontic Treatment

TABLE CLINIC CLINICAL INNOVATION

Reg No	Prize	Category	Name	College	Topic
12	I	TABCI002	Dr. Aditi Jain (SLM14695)	Santosh Dental College, UP	Smoke Exposure Chamber
425 and 421	II	TABCI013	Dr. Abhay Chaudhary (SLM14323), & Dr. Shweta Elizabeth Mathew (SLM14322)	DJ Dental College	3D NAM
7 and 273	III	TABCI001	Dr. Akash Adak (SLM14359) & Dr. Komal Singh (SLM14400)	BIDS, Karnataka	'FOG-OFF-TER'-Prototype Air Blowing Lip Retractor



TIMES



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POSTER RESEARCH

Reg No	Prize	Category	Name	College	Topic
906	I	POSCR023	Dr C R Aashik (SLM14177)	SRM Ramapuram	Influence of advertisements on public and general dental practitioners - Questionnaire study
654	II	POSCR018	Dr Esha Pandey (SLM13072)	Modern Dental College	Illuminating Insights, Simplifying Complexity
448	III	POSCR014	Dr Nataleya F (SLM14415)	Saveetha Dental College	Comparative Evaluation of Lower Incisor Intrusion Using Conventional vs. Frog Staging Intrusion Protocol in Clear Aligners: A Three-Dimensional Finite Element Analysis

Reg No	Prize	Category	Name	College	Topic
1189	I	POSCR040	Dr Kaamini E (SLM14027)	Sri Ramachandra dental college	Damon brackets vs. Damon arch wires: identifying the true contributor to mandibular arch expansion -a retrospective study
1238	II	POSCR041	Dr Kashmira Singh Solanki (SLM15536)	D J dental college	Estimation of growth with the help of artificial intelligence
1080	III	POSCR033	Dr Subhiksha Easwar (SLM15424)	A B Shetty	The MARPE effect: A study of soft tissue and airway changes

COMPETITIVE POSTER GENERAL

Reg No	Prize	Category	Name	College	Topic
1525	I	POSCG364	Dr Shahid Muneer P (SLM15674)	CDER Aiiims, New Delhi	DECODING AI RESEARCH : A GUIDE FOR ORTHODONTIC RESIDENTS
1502	II	POSCG359	Dr Seniorita Dsouza (SLM14793)	Goa Dental College	The Estrogen Equation: It's role in optimising Orthodontic treatment
1545	III	POSCG368	Dr Pankhuri Mehrotra (SLM15576)	KGMC Lukhnow	SENSORS IN ORTHODONTICS

Reg No	Prize	Category	Name	College	Topic
489	I	POSCG074	Dr Isha Bhardwaj (SLM15244)	MCODS, Mangalore	Digital Twins: Pioneering Personalized Orthodontics
2090	II	POSCG477	Dr Fathimma Marjanath (SLM15783)	GDC, Calicut	MANAGEMENT OF WHITE SCARS (WSLs)
605		POSCG117	Dr Christal Varghese (SLM15219)	MCODS, Mangalore	From Digital Planning to Clinical Results: The Effectiveness and Predictability of Orthodontic Clear Aligners: Review Poster
730	III	POSCG158	Dr Tejaswi Kamble (SLM15234)	Sharad Pawar dental college	Bridging The Gap: Orthodontic Perspective on Velopharyngeal Insufficiency in Cleft Lip and Palate

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Competitive Paper Clinical

Reg No	Prize	Category	Name	College	Topic
1158	I	PAPCC114	Dr. Kaviyarasu R (SLM13663)	GDC, Rohtak	"Tailored Treatment Modalities for Anterior open bite : Insights from Four Unique Cases"
936	II	PAPCC093	Dr Rahul Kolte (SLM13061)	SMBT dental college & hospital	Assessment of the accuracy of CAD/CAM based 3D printed surgical guides for posterior miniscrew placement- an in vivo study.
1034	III	PAPCC098	Dr Desu Venkata Naga Durga Harshini (SLM15106)	GSL dental college	Addressing Mandibular Prognathism: A Clinical Insight into BSSO Setback Surgery

Reg No	Prize	Category	Name	College	Topic
914	I	PAPCC092	Dr Dheepthi Shri P S (SLM12560)	Sharavathi dental college & hospital	The PITTS 21 approach: Enhancing orthodontic outcomes.
1088	II	PAPCC103	Dr Gattu Swetha (SLM13373)	Panineeya Mahavidyalaya institute of dental sciences and research center Hyderabad	One step at a time, building bridges for better smiles: bilateral cleft palate care"- case report
1275	III	PAPCC127	Dr Nagori Zaibabanu Javed Khan (SLM14096)	AMC dental college	Transforming smiles : orthodontics meets orthognathic

Paper Clinical Innovation

Reg No	Prize	Category	Name	College	Topic
142	I	PAPCI006	Dr. Kumar Yash (SLM13528)	Bids Bihar	From Casts to Code: Ameliorating Class II Malocclusion using a Novel 3D Printed Twin-Block Appliance
8	II	PAPCI001	Dr. Amulya Muralidhar (SLM14198)	College Of Dental Sciences, Davangere	Simplifying Orthodontic Elastic Measurement: A Digital Solution
9	III	PAPCI002	Dr. Resham Singhania (SLM14615)	College Of Dental Sciences Davangere	"Revolutionizing Etching: A Precision Tool for Enhanced Adhesive Dentistry"

Reg No	Prize	Category	Name	College	Topic
1751	I	PAPCI049	Dr. Aman Prasad Saha (SLM14344)	Dayanand Sagar Dental College Bangalore	CBCT and CAD/ CAM Assisted Surgical Guide For Infra-Zygomatic Crest And Buccal Shelf Screw Placement
986	II	PAPCI028	Dr. K N Anand Kumar (SLM13280)	Gdc, Rims Kadapa	An innovative adhesive to attach brackets on working casts in Indirect bonding
1698	III	PAPCI048	Dr. Shashank Jain (SLM14516)	People's Dental College, Bhopal	Comparative Clinical Efficacy Of Segmental T-loop And Geometry-X in the alignment Of malpositioned canines: A Prospective Clinical And Radiographic Analysis

Official Newsletter of Indian Orthodontic Society



MOSG Event Announcement



Combining Orthopedics and Orthodontics: The Role of Damon and AdvanSync

We are thrilled to invite you to an enlightening session focused on the Damon System, Advan Sync and the innovative Spark Aligners!

Join us on ***March 11, 2025,*** in Mangalore for a comprehensive experience led by renowned speakers Dr. Shendre Shrikant, Dr. Venkatesh Garla, Dr. Rohan Rai and Dr. Ranjan Bhat.

Requesting everyone to register at the earliest. It will help us in organising this event better.

Regards

Team MOSG

REGISTER NOW



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Together

in association with



**Mangalore
Orthodontics
Study Group**

Combining Orthopedics and Orthodontics: The Role of Damon and AdvanSync2

DAMON'SYSTEM
MORE THAN STRAIGHT TEETH™

AdvanSync2
CLASS II MOLAR-TO-MOLAR

March 11th, 2025 | TUESDAY | MANGALORE

Speakers:
Dr Shendre Shrikant & Dr Venkatesh Garla



Course Highlights



Theory



Treatment planning



Hands On

- The Damon System has been designed to apply low force & friction that does not overpower the patient's musculature thereby encouraging the stomatognathic system to present the patient a new neuromuscular balance. The power of transverse development encourages the patient to assume forward posture of the mandible thereby correcting class2 malocclusions especially in adolescent patients, highlighting the fact that self-ligation appliance has inbuilt class2 corrector. Transverse development not only helps in class2 correction but also helps in de-crowding the anterior and increasing posterior arch width thereby making non extraction treatment in moderate to severe crowding cases a possibility.
- The variable torque prescription allows the orthodontists to customize the brackets as per the presenting malocclusion so that we can get good finishing & detailing.
- Introducing the new innovation - The **Damon Ultima System** - the first true full-expression passive self-ligating orthodontic system designed for faster and more precise finishing. Completely **re-engineered** to virtually eliminate play for precise control of rotation, angulation, and torque.
- Introduction to the Spark Aligners - The cutting-edge solution revolutionizing clear aligner therapy. Learn how Spark can enhance your practice and deliver outstanding results for your patients.

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Driving the Future of Orthodontics
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Dr Shendre Shrikant

MDS SDM Dental College,
IM Orth RCPS London, M Orth RCS Edinburgh

Dr Shendre is currently a Professor in the Dept of Orthodontics at The Oxford Dental College, Bengaluru. He has done his MDS from SDM Dental College, IM Orth from RCPS London and M Orth from RCS Edinburgh.



Dr Venkatesh Garla

MOS - Orthodontics, M Orth - RCS, Edinburgh

Dr Garla has completed MDS Orthodontics from Rajiv Gandhi University of Health Sciences, Bengaluru in 2006. Dr has completed M Orth from Royal college of Surgeons, Edinburgh. He is Founder & Clinical director at Smyle Dental, Bengaluru since 2018. Dr is currently working as Faculty at Oxford Dental College, Bangalore. Dr has been lecturing on various topics with special interest in Damon philosophy.

MOSG Convenors

Dr Mithun K, Chief Convenor : 99023 55948
Dr Chaitra Laxmi, Convenor : 87625 26415
Dr Shravan Shetty, Convenor : 99729 96267

Registration Fee

PG Student (SLM) : Rs 1800/-
Private Practitioner (LM) : Rs 2500/-

Bank Details

A/c Name : Nobel Biocare India Private Limited
A/c No : 054405007483
Bank Name : ICICI Bank Ltd
Branch : Near HTNL, 6th Floor, Akurati Centre Point, MIDC Branch, Andheri (E), Mumbai 400093
IFSC Code : ICIC0000544
MICR Code : 400229087



For Registration

(Tap on the link or paste it in a browser to register.)

<https://forms.office.com/r/R3HWSaT84r>

Course Date

March 11th, 2025 (Tuesday)

Time

09:00 am to 05:30 pm

Venue

Vivanta Mangalore, Old Port Road
Old Port Rd, Bunder, Mangaluru, Karnataka 575001

Program Schedule

09:00 am - 09:30 am	• Welcome and Registration
09:30am - 11:00 am	• Dr Shendre - Session 1 • Introduction of the Damon System • Bio-mechanical Advantages of the Damon System • Application of Damon Philosophy • Appliance prescription, customization, and optimal use, to include bracket placement. • Variable torque prescription in different clinical situations • Which wire, when and where? • Extraction or Non-Extraction: resolving the controversy and managing space
11:00 am - 11:15 am	• Tea Break
11:15 am - 12:00 noon	• Dr Shendre - Session 2 • Class 2 non extraction treatment with Damon appliance with the power of transverse development • Adding anterior crowding to posterior arch width with the Damon appliance • The Sagittal dimension, addressing the non-surgical Class 2 situations • The Class 2 Dilemma - diagnosis, setup and case management in Class II molar to molar corrector
12:00 noon - 12:45 pm	• Dr Ranjan Bhat - Acknowledging beginners mistakes with the Damon system
12:45 pm - 01:30 pm	• Dr Rohan Rai - "Whose got the controls"- Orthodontists or the Appliances
01:30 pm - 02:30 pm	• Lunch Break
02:30 pm - 03:30 pm	• Dr Garla - Introduction to Damon Ultima • Expanded Diagnosis for excellent results • Simplified case management • Utilising the advantage of variable torque • Contemporary objectives to treat complex cases with PSL • Raising the bar with esthetics as a priority • Recognising trouble spots early to save time and frustration in finishing
03:30 pm - 04:30 pm	• Dr Garla - Introduction to Spark Aligners
04:30 pm - 05:30 pm	• Hand-on with AdvanSync2

Team Ormco

TSM (Bengaluru): Manish Jaiswal 90366 42347

ZSM (South India): Rajiv Joshi

98106 44592, rajiv.joshi@envistaco.com



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Official Newsletter of Indian Orthodontic Society

BREAKING NEWS

IOS

The Indian Orthodontic Society (IOS) is excited to share key updates for members:

1. 🌟 ****Smiling Bharat 2.0!**** 🌟

The launch of Smiling Bharat 2.0 took place at the 28th IOS PG Convention! We are initiating a survey for March-April 2025. The website and handbook have been revised to enhance your experience. For more information, connect with the IOS Executive Committee or visit our updated website: www.indianorthodonticsociety.org.

2. 🌟 ****IOS Amnesty Plan!**** 🌟

We are excited to announce that the Amnesty Scheme for converting SLM to LM has successfully enabled over 200 members to upgrade their status! This transition allows them to fully benefit from the exclusive IOS Member Benefit Programs. Thank you all for being part of our growing community.

3. 📊 ****IOS Financial Update!**** 📊

We are thrilled to announce that, due to our strong financial practices and effective representation to the government, as well as IOS services to the community, IOS secured a ₹40 lakh tax refund from the Government of India.

4. 🚫 ****IOS Update on Legal actions on unethical practices and unauthorized courses!**** 🚫

In response to unethical orthodontic courses offered by aligner companies and certain members, the Head Office issued 25 legal advisories last year. We are pleased to report that 21 recipients have withdrawn their courses and issued apologies. The remaining cases are currently underway. Thank you for supporting ethical standards in our profession!

5. 📣 ****Enhance your CLINIC'S VISIBILITY: Take Control of Your Listing Today!**** 📣

As a specialist orthodontist, your expertise deserves to be noticed. By claiming your listing on *Find an Orthodontist*, available on our IOS practice management website Bracesspecialists.com, you can ensure your practice details are accurate, attract more patients, and stand out from the competition.

Visit the IOS Website Now, Update Your Clinic Information and Enhance Your Visibility

<https://findanorthodontist.bracesspecialists.com/>

Stay tuned for more exciting updates from the Indian Orthodontic Society. Let's elevate our IOS together!

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VACANCIES

Subharti Dental College & Hospital Swami Vivekanand Subharti University , Meerut UP

Department	No. of posts	Vacancy
Oral and Maxillofacial Surgery	01	Reader / Associate Professor
Conservative Dentistry & Endodontics	01	Lecturer / Assistant Professor
Pediatric and Preventive Dentistry	01	Lecturer / Assistant Professor
Orthodontics and Dentofacial Orthopedics		Lecturer / Assistant Professor
General	02	Tutor/ Demonstrator

Eligibility:

1. Candidates who passed BDS & MDS in 1st attempt.
2. Have at least 1 Publication in any PubMed / Scopus indexed journal
3. Interested to work as full time

Please apply with a detailed CV at dental@subharti.org before 8th March 2025

WE'RE HIRING

Sr. Lecturer Orthodontics 🔍

Qualification: MDS - Orthodontics

➤ **Key Skill**

Teaching undergraduate Curriculum

➤ **Work hours**

8:30 AM to 3:30 PM

➤ **Workdays**

Monday to Saturday

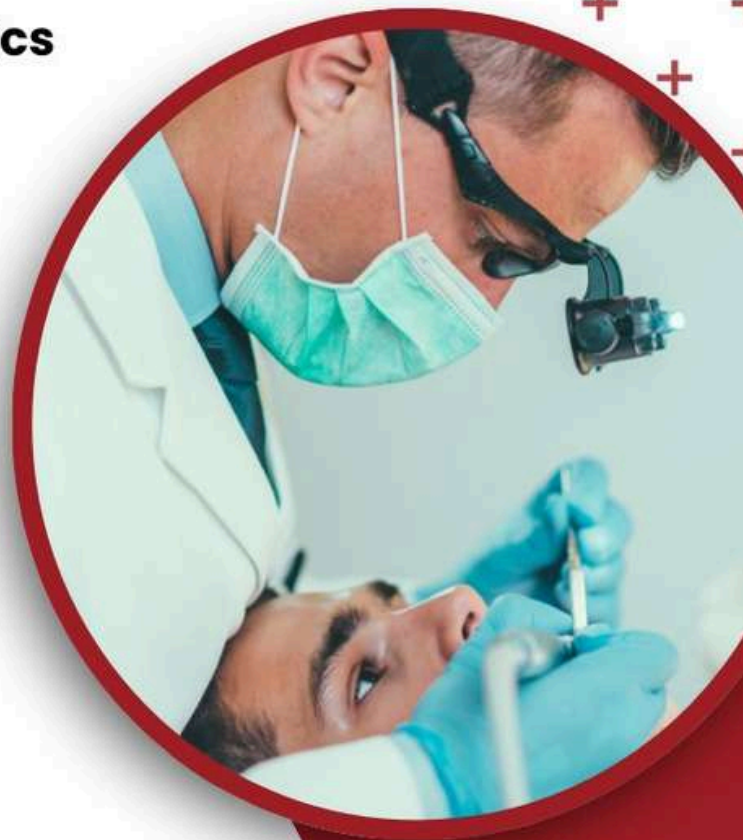
➤ **Location**

ITS Dental College, Greater Noida.

Mail your CV / Resume

career.dntlgn@its.edu.in

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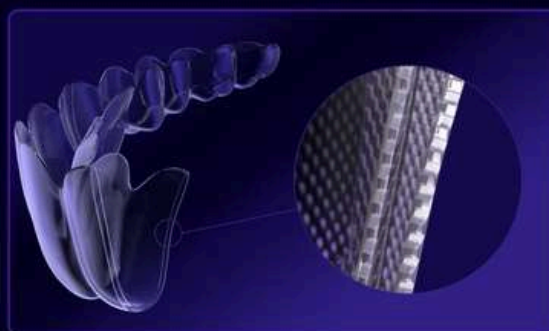
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✦ Firmer Outer Shell

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Elevate Your Practice with Spark™ Clear Aligners



Designed for Superior Treatment Planning

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Precision-Engineered for Predictability

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Optimized Attachments & Customization

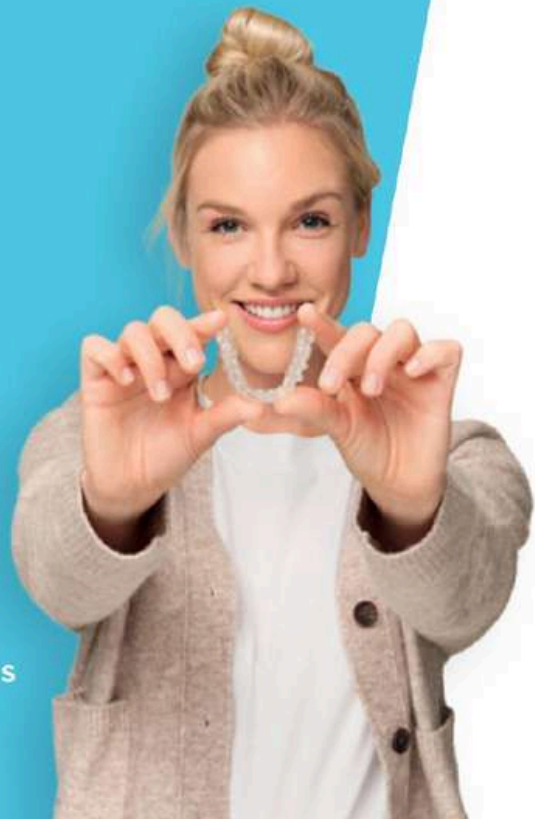
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UNIVERSITY COLLEGE OF MEDICAL SCIENCES
(University of Delhi)
DILSHAD GARDEN , DELHI - 110095

Advt. No. MC/CCS/T/2025-I

Date: 15.02.2025

Online applications are invited in the prescribed Application Form from eligible candidates for appointment to the post of Senior Demonstrator(s) / Senior Resident(s) in various Departments of the College for the period of 3 year tenure under The Residency Scheme approved by the Ministry of Health and Family Welfare, GOI. The last date for receipt of online application is 8.03.2025 or two weeks from the date of publication of the advertisement in the Employment News whichever is later. For details, please visit the website of the University of Delhi www.du.ac.in and click "Jobs and Opportunities" under the Head :Work with DU" and on the website of the College www.ucms.ac.in under "Career".

Any addendum / corrigendum shall be posted only on the website of the University of Delhi and College, as detailed above.

PRINCIPAL

Important Note:

The details regarding qualifications, general instruction and list of documents to be attached with the printed copy of the online submitted application form are available on the University and the College as detailed above along with this advertisement. The applicants are required to read these details carefully before filling up the Application Form.





**Dr Ram Manohar Lohia Institute of Medical Sciences
Vibhuti Khand , Gomti Nagar Lucknow 226010 UP India
Phones: + 91 - 522 – 6692190, 2192 Website : www.DRMLIMS.ac.in**

Advt. No. Dr RMLIMS/ER/Rect-F(R)/2025/284

Date: 19.02.2025

General Recruitment Advertisement for Appointment of Assistant Professors on Regular Basis

Dr Ram Manohar Lohia Institute of Medical Sciences an Autonomous Tertiary level Medical Teaching Institute under Government of UP, invites eligible candidates from ALL Categories for appointments on Regular Basis to the Assistant Professor posts in various Broad and Super Speciality Departments.

For detailed advertisement / information, Terms and Conditions, link to online application forms and subsequent updates, kindly visit the institute website : <https://drmlims.ac.in/recruitment> from 21 February 2025.

