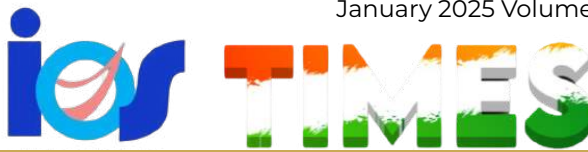


# ios TIMES

Official newsletter of Indian Orthodontic Society

Happy  
76<sup>th</sup>  
Republic Day





## Official newsletter of Indian Orthodontic Society

### T A B L E O F C O N T E N T S

**PRESIDENT'S MESSAGE**

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**SECRETARY'S MESSAGE**

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**EDITOR'S MESSAGE**

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**IOS TIMES COMMITTEE**

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**UPCOMING EVENTS**

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**NATIONAL AND STUDY GROUP EVENTS**

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**INDIAN BOARD OF ORTHODONTICS**

---

**PUBLIC AWARENESS PAGE BY DR. SUMITRA REDDY  
AND DR. NIVEDITA SAHOO**

---

**RESEARCH COLUMN AND RESEARCH ACHIEVEMENTS  
OF DR. ASHWIN MATHEW , DR. CHAITRA MASTUD  
AND DR. ANADHA GUJJAR**

---

**PRACTICE MANAGEMENT**

---

**ACHIEVEMENTS OF DR. PUNEET BATRA AND  
DR.DIVAKAR KARANTH**

---

**BEYOND ORTHODONTICS DR. JOSEPH VARGHESE DR.  
SUDHIR KAPOOR, DR. NEELIMA ANAND, DR.DIBYENDU  
DAM CHOWDHURY AND DR. CHANDRASEKAR HALLOLI**

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**CREATIVE SECTION**

## Official newsletter of Indian Orthodontic Society

# President's Message

Dear Fraternity,

Wishing you all a very Happy New Year 2025

As we step into 2025, I am delighted to reflect on our recent achievements and outline our exciting plans for the year ahead. Our 2nd Executive Committee Meeting last month enabled us to discuss vital strategic initiatives aimed at strengthening our association and enhancing our service to members. IOS's Amnesty Plan (Jan 1 – Feb 28, 2025) allows student life members to convert to life membership by paying only 50% of the late fee—promoting affordability and continued professional engagement. The "Find an Orthodontist" portal at [www.bracespecialists.com](http://www.bracespecialists.com) is now updated, allowing orthodontists to update or add their practice details for better visibility, increased patient reach, and a competitive edge.



The Clinical Photography Course by Dr. Matrisha Vyas at D.Y. Patil, Navi Mumbai and the Practice Management and Ethical Marketing Workshop led by Dr. Amish Mehta, demonstrated a strong commitment to professional growth and effective practice strategies. Additionally, the Interdisciplinary Symposium in Devengere on January 4th advanced dental knowledge through collaborative insights. A notable highlight was the Friday Rendezvous lecture featuring Dr. Mauricio Gonzalez Balut from Loma Linda University, USA, discussing "Definite Orthodontic Treatment for Patients with TMD," organized by the IOS Academic Council. These events reflect commendable efforts to foster continuous learning and interdisciplinary collaboration in dentistry.

Our IBO team lead by Chairman Dr Salil Nene, has successfully conducted the Pan-India IBO Phase 2 Examination 2025 online, facilitating nationwide participation across 35 centres and providing an opportunity for 376 candidates to demonstrate their knowledge and skills. As we move into 2025, we are proud to announce the re-launch of the Smiling Bharat National Orthodontic Diagnostic Drive set to take place on the occasion of 76th Republic Day in Amritsar. Together, we can continue to elevate our standards of practice, foster professional growth, and make a positive impact on our communities.

In line with our commitment to continuous education, we are launching first two out of five IOS Modular Courses. First one focusing on Research Methodology by Dr Kanan Sabapathy and Dr Vignesh Kailasam at Sree Balaji Dental College, Chennai and the other on Cleft Lip & Palate management by Dr S.P Singh and his team at PGIMER, Chandigarh. These IOS modular courses are intended to provide specialized training to enhance comprehension of these vital subjects, and elevate the educational opportunities available to our members.

Looking ahead, we are gearing up for the upcoming 28th IOS Postgraduate Convention at Manav Rachna Dental College, Faridabad, which promises to be a landmark event in our calendar. The convention will feature a series of engaging lectures, 13 pre-convention courses covering various specializations, and co-curricular activities including a trek in the picturesque Aravalli Hills, a cricket match and cultural evening, designed to foster camaraderie and sportsmanship, creating lasting memories and stronger connections among LM and SLM members. Let's utilize these opportunities to strengthen our skills, share knowledge, and collaborate effectively. Wishing you all a prosperous and fulfilling year ahead, filled with success, growth, and meaningful connections.

**Warm regards,  
Dr Puneet Batra  
President, IOS**



## Official newsletter of Indian Orthodontic Society

### Secretary's Message

Dear Members,

As we welcome the new year, the Indian Orthodontic Society continues to foster growth and innovation in the field of orthodontics.

January has been a vibrant month filled with academic pursuits and opportunities for skill enhancement. The Functional Appliance Workshop held at Karpaga Vinayaga Dental College, Chingalpet, was a resounding success, bringing together aspiring minds eager to learn and experts eager to share.

The workshop provided hands-on training and deep insights into the effective use of functional appliances in orthodontics. The Academic Council's Friday Rendezvous was another highlight this month.

We had the honor of hosting Dr. Mauricio Balut, a renowned authority in the management of temporomandibular disorders (TMD).

His definitive treatment approaches and interdisciplinary perspective provided attendees with invaluable knowledge and practical guidance on treating TMD patients effectively.

Further enriching the academic calendar, the Interdisciplinary Symposium at Bapuji Dental College bridged multiple specialties, encouraging collaboration to deliver comprehensive patient care.

The symposium showcased the power of teamwork in addressing complex orthodontic cases, leaving participants inspired to adopt interdisciplinary strategies in their practices. Finally, Phase 2 of the Indian Board of Orthodontics (IBO) examination commenced this month,

Marking another milestone for candidates aspiring to achieve board certification. The dedication and commitment of the examinees reflect the continuous pursuit of excellence in our specialty.

As we embark on this journey through 2025, let us continue to inspire and support one another in our shared mission to elevate orthodontics to new heights.

Wishing you all a year filled with learning, growth, and success.



*Warm regards,  
Dr. Sanjay Labh  
Hon. Secretary  
Indian Orthodontic Society*





## Official newsletter of Indian Orthodontic Society

### Editor's Message

It is with profound pleasure, humility and anticipation that we celebrate the current issue of 'The Official Newsletter' with this January issue. On behalf of the Editorial Team, I would like to extend a very warm welcome to the readership of this e-newsletter. I take this opportunity to thank our committee members and editorial team, all of whom have volunteered to contribute to the success of this issue. This Issue is primarily focused on various fresh research achievements, practice management, public awareness and creative contents.

I welcome future contributions that can demonstrate near-term usefulness, particularly contributions that take a multidisciplinary / convergent approach as a fresh section.

This newsletter will provide an ideal forum for exchange of information on all of the contents and more, in various formats: research grants, recent achievements, work-in-progress reports on events, best practice management articles on up-and-coming technological breakthroughs. The newsletter's editorial board is strongly convinced that this initiative will provide science-driven conforming to the strict editorial standards expected by the scientific committee. At this instance we are publishing every month. To ensure rapid dissemination of information, we aim at completing the review process of each content by the public relation editors every 20th of the month. I close this message by inviting everyone to submit their exciting contents to the official mail.

All contents receiving a high degree of enthusiasm in the process will find a home here. Therefore, we are committed to publishing all discoveries and reviews that significantly advance the field of orthodontics and beyond orthodontics. Once again I welcome you to this newsletter – your newsletter! With your support as committee members and editors, ultimately we will improve the standards more. We hope to hear from you soon, and we welcome your feedback! If you have any questions, suggestions, or concerns, please address them to [editoriostimes@iosweb.net](mailto:editoriostimes@iosweb.net).

Thank you. We hope you will find this venture an informative one.

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

**Editorial Office: Dr. Acharya's Multispeciality  
Dental and Orthodontic Centre, Rajendranagar,  
Madhupatna, Cuttack-753010, Odisha  
Phone: 9556515589**





Official newsletter of Indian Orthodontic Society

## PRINCIPAL OFFICE BEARER'S



**Dr. Puneet Batra**  
President



**Dr. Sanjay Labh**  
Hon. Secretary



**Dr. Jayesh Rahalkar**  
Past President



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Editor, JIOS



**Dr. Pritam Mohanty**  
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Editor, IOS Times



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DR. VIPUL KUMAR SHARMA



## Official newsletter of Indian Orthodontic Society

### ADVISORY BOARD



Dr. Swati Acharya  
(Editor IOS Times)



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(President Elect)



Dr. Gaurav Gupta  
(EC appointed)



Dr. Puneet Batra  
(President IOS)



Dr. Sanjay Labh  
(Hon. Secretary IOS)

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Dr. Shantanu Khattri  
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Kaur



Dr. Irfanul  
Haque



Dr. Sonam  
Sehrawat



Official newsletter of Indian Orthodontic Society

## FEBRUARY

**20-23** IOS PG CONVENTION  
FARIDABAD

**23** 3RD EC MEETING  
FARIDABAD

**23** EOGM  
FARIDABAD

## MARCH

**3-4** OPL ORTHODONTIC PREMIER LEAGUE  
KERALA OSC

**7-9** NATIONAL INTEGRATED ORTHODONTIC  
SKILL WORKSHOP WEST ZONE  
GOA

**21-23** NATIONAL INTEGRATED ORTHODONTIC  
SKILL WORKSHOP SOUTH ZONE  
SALEM

**28-30** NATIONAL INTEGRATED ORTHODONTIC  
SKILL WORKSHOP NORTH ZONE  
SUNDER NAGAR

# UPCOMING EVENTS

AAO PHILADELPHIA  
25-27 APRIL

AOSC SINGAPORE  
1-2 MARCH

## APRIL

**3-5** NATIONAL INTEGRATED ORTHODONTIC  
SKILL WORKSHOP EAST ZONE  
BHUBANESHWAR

**9-13** 21ST MID YEAR CONVENTION

**18** FRIDAY RENDEZVOUS  
VIRTUAL

**20** IBO AWARENESS  
HYDERABAD OSC

## MAY

**2-3** SLEEP APNEA SYMPOSIUM  
SARASWATI DENTAL COLLEGE  
LUCKNOW

**15** WORLD ORTHODONTIC  
HEALTH DAY / SMILING BHARAT  
CONCLAVE PAN INDIA

**18** 4TH EC MEETING  
BARODA

**23-25** ZONAL PG CONVENTION SOUTH ZONE  
SRM CHENNAI

**29-1** WILDLIFE PHOTOGRAPHY  
JUNE TADoba NATIONAL PARK  
MAHARASHTRA





# Official newsletter of Indian Orthodontic Society

**Ormco** Driving the Future  
of Orthodontics  
*Together*

**SPARK™**  
CLEAR ALIGNER SYSTEM

## MORE CONTROL & MORE FLEXIBILITY

Optimize your practice workflow with Spark Aligners powerful new features



CBCT Integration to import and visualize CBCT patient data (DICOM files).



TruRoot Collision Alert System.



Approver Web: Free access to your cases anytime, anywhere and seamlessly between computers.



Posterior  
Bite Turbos



Cutouts can be placed on lingual and labial tooth surfaces

Allows full control of button and hook placement on each arch

CBCT  
Integration

**NEW**  
TruRoot™ Root collision warning

**NEW**  
Real Time Approval

**NEW**  
Integrated Hooks

**NEW**  
DEXIS  
Integration



Direct comparison of case planning



Available for both MAC and PC

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## ORTHOFX™

Official Knowledge  
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treatments more predictable with  
**OrthoFX NiTime™ Aligners**

Visit [orthofx.in](http://orthofx.in) to learn more about NiTime™



### Powered by patented Airshell™ Technology

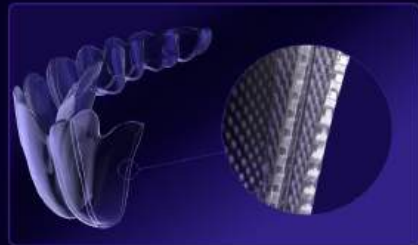
An innovative polymer structure shaped into separate shells, creating the only FDA-cleared aligners to straighten teeth with 9-12 hours of continuous daily wear.

#### ✦ Flexible Inner Shell

Accommodates up to 4 weeks of random teeth movement, addressing relapse and eliminating the need for refinements due to unseating issues.

#### ✦ Firmer Outer Shell

Compresses air, gently guiding teeth toward their intended position with consistent and gentle movement, ensuring predictable outcomes.



#### Convenient

Fewer wear hours mean patients can maintain their routine with zero disruption.

#### Comfortable

With optimal force delivery, NiTime significantly reduces the pain often associated with traditional systems.

#### Predictable

With 78% of cases finishing in one or fewer refinements, NiTime sets a new standard for treatment accuracy.



# Official newsletter of Indian Orthodontic Society

## Preconference courses

**MANAV RACHNA DENTAL COLLEGE** ACCREDITED

**IOS POSTGRADUATE CONVENTION**

*PG Convention Course*

### Clinical & Research Applications of Artificial Intelligence for the Post Graduate

20<sup>th</sup> Feb, 2025  
9:00 AM to 1:00 PM

**Course Fee: INR 3000 including GST**

**Course Faculty**



**Dr. Ameet Vaman Revankar**  
Professor of orthodontics and maxillofacial orthopedics at the SDM college of dental sciences



**Dr. Sayeeda Laeqe Bangi**  
Professor and PG guide working at AI-Rajar Dental college and hospital, Raigarh



**Dr. Harsh Mishra**  
Associate Professor and PG-guide in Maxillofacial Surgery (Dentist to be University) Dental College and Hospital



**Dr. Abhay Kumar Jain**  
Assistant Professor in Dept of Orthodontics and Maxillofacial Orthopedics, Dental Institute, IISU

**Chief Course Coordinator**

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**MANAV RACHNA DENTAL COLLEGE** ACCREDITED

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*PG Convention Course*

### Practical Bio Mechanics of wire bending in Contemporary Orthodontics

20<sup>th</sup> Feb, 2025  
1:00 PM to 5:00 PM

**Course Fee: INR 3000 including GST**

**Course Faculty**



**Dr. Kiran Kumar**  
Professor and Head of the Department of Orthodontics, SDM College of Dental Sciences, Dharwad



**Dr. G. K. Singh**  
Professor and PG Guide, Department of Orthodontics, SDM College of Dental Sciences, Dharwad



**Dr. Sanjay Singh**  
Asst. Professor and PG Guide, Department of Orthodontics, SDM College of Dental Sciences, Dharwad



**Dr. Akhilesh Agarwal**  
Professor of Orthodontics, SDM College of Dental Sciences, Dharwad



**Dr. Jibender Singh**  
Asst. Prof. and PG Guide, Department of Orthodontics, SDM College of Dental Sciences, Dharwad



**Dr. Ajit Parthasarathy**  
Professor of Orthodontics, SDM College of Dental Sciences, Dharwad

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**MANAV RACHNA DENTAL COLLEGE** ACCREDITED

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*PG Convention Course*

### Navigating the Research Process: A Workshop on Scientific Writing and Literature Search

20<sup>th</sup> Feb, 2025  
9:00 AM to 1:00 PM

**Course Fee: INR 3000 including GST**

**Course Faculty**



**Prof. Priyanka Kapoor**



**Prof. Aman Chowdhury**



**Dr. Jibender Sharan**



**Prof. Harneet Kaur**



**Dr. Manis Raza**

**Chief Course Coordinator**

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*PG Convention Course*

## 3d Planning And Execution In Orthognathic Surgery

20<sup>th</sup> Feb, 2025  
1:00 PM to 5:00 PM

**Course Fee: INR 3500 including GST**

**Course Faculty**






**Dr. Srirangalaxmi**  
Assistant Head, Department of Orthodontics, Ramesh Dental College, Chennai

**Dr. Sanjeev Verma**  
BDS, MSc, Diplomate in Indian Board of Orthodontics, Associate Prof, Unit of Orthodontics, Oral Health Science Centre, PDMCH Chandigarh

**Dr. Arvind Sivakumar**  
Diplomate Orthodontist & Certified Board Implantologist, Refractive, Bariatric Center at Jwalakrishna Chennai

**Dr. S P Singh**

**Chief Course Coordinator**

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**MANAV RACHNA DENTAL COLLEGE** **IOS POSTGRADUATE CONVENTION**

*PG Convention Course*

## Skeletal Anchorage

20<sup>th</sup> Feb, 2025  
9:00 AM to 1:00 PM

**Course Fee: INR 3500 including GST**

**Course Faculty**






**Prof Dr. Angshuman Bhattacharya**

**Prof. Dr. Neal Bharat Kedia**  
Prof and PG Guide, Department of Orthodontics, Rachna Institute of Dental Sciences, Patna

**Prof Dr. Amesh Golwara**

**Prof. Dr. Priyank Rai**  
Senior Prof. and Head, Post graduate department of Orthodontics and Dentofacial Orthopedics, Maulana Azad Institute of Dental Sciences, New Delhi, India

**Chief Course Coordinator**

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**MANAV RACHNA DENTAL COLLEGE** **IOS POSTGRADUATE CONVENTION**

*PG Convention Course*

## Graphy Shape Memory Aligners: Pioneering the future of orthodontics

20<sup>th</sup> Feb, 2025  
9:00 AM to 5:00 PM

**Course Fee: INR 4500 including GST**

**Course Faculty**







**Dr. (Prof) K. S. Krishnaswamy**

**Dr. (Prof) Anup Kumar**

**Dr. Dhruv Yadav**

**Dr. (Prof) K. Rajaji**

**Dr. (Prof) Gurkeerat Singh**

**Chief Course Coordinator**

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**MANAV RACHNA DENTAL COLLEGE** **IOS POSTGRADUATE CONVENTION**

*PG Convention Course*

## "Non-Surgical Management Of Transverse Discrepancies In Adults" - (Mse, Marpe, Dento-Alveolar Expansion)

21<sup>st</sup> Feb, 2025  
9:00 AM to 1:00 PM

**Course Fee: INR 3500 including GST**

**Course Faculty**





**Dr. Abhishek Ghosh**

**Dr. M. S. Kannan**

**Dr. Rajaganesh Gautam**

**Chief Course Coordinator**

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Course Faculty

**PG Convention Course**  
**TMJ Considerations in functional orthodontics**

21<sup>st</sup> Feb, 2025  
1:00 PM to 5:00 PM

**Course Fee: INR 3000 including GST**

**Dr. K. Gnana Shanmugham**  
Professor, Tamil Nadu Dental College, Vice President, IOS, Research Director, Tamil Nadu Institute of Higher Education and Research

**Dr. T. Faisal Tajir**  
Orthodontist and Functional occlusal expert, Faisal's Dentistry, Chennai

**Dr. Girish PV**  
Academic Orthodontist, The Right Side, Smile & TMJ Pain Care, India, Dubai, Nepal

**Chief Course Coordinator**

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Course Faculty

**PG Convention Course**  
**Lingual Appliance and Applications**

21<sup>st</sup> Feb, 2025  
9:00 AM to 1:00 PM

**Course Fee: INR 3500 including GST**

**Prof. Surya Kanta Das**  
Professor and Head, Post Graduate Department of Orthodontics, KJ Somaiya Institute of Dental Sciences, Mumbai

**Dr. Gurkeerat Singh**  
Prof. & Head of the Department of Orthodontics & Dental Radiology, College of Dental Sciences & Research, Chandigarh

**Dr. Kavitha S Iyer**  
Professor in Regent Dental College and Hospital, Chennai

**Dr. Aravind M**  
Professor of Orthodontics, K J Somaiya Institute of Dental Sciences, Mumbai

**Dr. S. Dharmadeep**  
Associate Professor, S. P. Jeeva Reddy Dental College and Hospital, Hyderabad, India

**Chief Course Coordinator**

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Course Faculty

**PG Convention Course**  
**Presurgical Infant Orthopedics: Past, Present, and Future Insights**

21<sup>st</sup> Feb, 2025  
1:00 PM to 5:00 PM

**Course Fee: INR 3000 including GST**

**Dr. Ashish MV**  
Chief Course Coordinator

**Dr. Pallavi Dalgavane**

**Dr. Hemavathi Nanda**

**Dr. Shruti Bilgaur**

**Dr. Ashish Garg**

**Dr. Amit Nilgaur**

**Chief Course Coordinator**

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Course Faculty

**PG Convention Course**  
**Clear Aligners: Clinical Updates**

21<sup>st</sup> Feb, 2025  
9:00 AM to 1:00 PM

**Course Fee: INR 3500 including GST**

**Dr. Sarvraj Kohli**  
Professor in Orthodontics, Editor-in-Chief, Journal of Contemporary Orthodontics

**Dr. Divyaroop Rai**  
Professor, BDS, MSc, Jasper, Rajasthan

**Dr. Ajit Jaiswal**  
Professor in Orthodontics, (Head, Bhoj, Jabalpur Dental College, Madhya Pradesh)

**Dr. Dhruv Yadav**  
Founder, Samrat, Jaipur, New Delhi & HCR region

**Chief Course Coordinator**

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# Official newsletter of Indian Orthodontic Society

**PG Convention Course**  
**Photography**

21<sup>st</sup> Feb, 2025  
9:00 AM to 1:00 PM

**Course Fee:**  
INR 3000 including GST

**Course Faculty**

**Prof. Dr. Akhter Husain**  
Administrative Director of the Centre for Craniofacial Anomalies, Tatyasaheb Dental College, Mumbai

**Dr. A. V. Arun**  
In-charge Senior Dental College and Dr. V. Arun, Chennai

**Prof. Dr. Kuldeep D'Mello**  
Professor, Dept of Orthodontics, Ad Puro Sakral Dental College, Tamil Nadu

**Dr. Tarun Sharma**  
Professor, Dept of Orthodontics & Dentofacial Orthopedics of Sakra Dental College and Hospital, Raichur

**Chief Course Coordinator**

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**PG Convention Course**  
**Functional Therapy in Orthodontics Workshop Outline**

21<sup>st</sup> Feb, 2025  
1:00 PM to 5:00 PM

**Course Fee:**  
INR 3000 including GST

**Course Faculty**

**Dr. Amit Bhardwaj**  
Dean, Professor & Head, Dept of Orthodontics, Modern Dental College & Research Centre, Indore

**Dr. M.S. Siddhu**  
Orthodontist, Vignani Group, New Delhi

**Dr. Dilip Patel**  
BOL, MSc (Orthodontics & Craniofacial Orthopedics), Orthodontics, 101 City Square, Dr. Yagnik Road, Rajkot

**Dr. Vaibhav Misra**  
Professor & Head, Department of Orthodontics, D. J. College of Dental Sciences & Research, Meerut, UP

**Chief Course Coordinator**

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## Scientific Schedule

### DAY 1 – Thursday, 20<sup>th</sup> February 2025

- Pre-Convention Courses
- Post Graduate Papers, Posters and Table Clinic (Non Competitive and Competitive)
- Quiz

### DAY 2 – Friday, 21<sup>st</sup> February 2025

- Pre-Convention Courses
- Post Graduate Papers, Posters and Table Clinic (Non Competitive and Competitive)
- Sports and Cultural Event

### DAY 3 – Saturday, 22<sup>nd</sup> February 2025

- Guest Speakers
- Dr. HS Sheikh Oration
- Inaugural Ceremony
- Banquet

### DAY 4 – Sunday, 23<sup>rd</sup> February 2025

- Guest Speakers
- Valedictory Ceremony

# Events

**28<sup>TH</sup> IOS POSTGRADUATE CONVENTION** organizes

**Quiz Competition**

20<sup>th</sup> February 2025  
4PM - 5PM onwards  
Manav Rachna Dental College  
Written Round Followed by Final Round

Register Now

The top 4 teams from the written round will have to claim their piece in the Finale

QR Code

<https://bit.ly/iospgc2025>

**Chief: Dr. Sunanda Ray Choudhury**

**Coordinators:**  
Dr. Manish Bhargava (987673117)  
Dr. Nalin Bhagat (9852784371)  
Dr. Dhruv Aruja (8722123484)

**Aravalli Trek !!!**  
Explore Nature, Embrace the Adventure

20<sup>th</sup> February 2025, 06.00 AM onwards

QR Code

<https://bit.ly/iospgc2025>

Registration: <https://bit.ly/iospgc2025>

Last date for registration is **31st January 2025**

**"Qala Sandhya"**

21<sup>st</sup> February 2025 (Friday)  
6:30-8:30 PM onwards

**Chief: Dr. Anil Kumar**

**Coordinators:**  
Dr. Harish Kumar (987673117)  
Dr. Manish Bhargava (9852784371)  
Dr. Dhruv Aruja (8722123484)

Registration: <https://bit.ly/iospgc2025>

QR Code

Last date for registration is **31st January 2025**

**CUSTOMER CATEGORIES**

**Vocals (Singing)**

**Dance**

**Instrumental**

**DIRECTORATE SPORTS MANAV RACHNA DENTAL COLLEGE**  
**UNDER THE AEGIS OF 28<sup>TH</sup> IOS PG CONVENTION**

Presents

**"Straight Drive" T20 Cricket Tournament**

20<sup>th</sup> February 2025 (Thursday) 12:00 PM onwards

**Chief: Dr. A.V. Arun**

**Co-ordinator:** Dr. Manish Bhargava 987673117, Dr. Nalin Bhagat: 9852784371, Dr. Dhruv Aruja 8722123484, Dr. Pranav Kapoor 981370363, Dr. Garima Arora 9802884902

**Team Names:**  
Dr. Anil Kumar Dymore  
Dr. Shikhar Singh  
Dr. Nalin Bhagat  
Dr. Goutham Reddy Budipalli  
Dr. Manish Bhargava  
Dr. Stephen Chan

QR Codes

<https://bit.ly/iospgc2025>

Last date for registration is **30th January 2025**

**\*\* CASH PRIZE FOR WINNING TEAM, BEST PLAYER AWARD, BEST BATSMAN, BEST BOWLER**

**"Embrace" The Sports Event**

20<sup>th</sup> & 21<sup>st</sup> February 2025 12:00 PM onwards

**Chief: Dr. A.V. Arun**

**Coordinators:**  
Dr. Manish Bhargava (987673117) — Dr. Nalin Bhagat (9852784371) — Dr. Dhruv Aruja (8722123484)

**21<sup>st</sup> February 2025 — Mini-Marathon: 8 AM onwards**

Registration: <https://bit.ly/iospgc2025>

QR Code

Last date for registration is **31st January 2025**

**SPORTS CATEGORIES**

Table Tennis, Badminton, Chess, Carrom, Snooker, Billiards, Pool, Darts, Table Tennis, Badminton, Chess, Carrom, Snooker, Billiards, Pool, Darts



# Official newsletter of Indian Orthodontic Society


**Modular Course on Cleft Lip and Palate**


Master the Art of Cleft Lip and Palate Management – Transforming Lives with Advanced Skills and Knowledge

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**Course Overview**  
Master cleft management with certification from the Indian Orthodontic Society (IOS)

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**Online Modules**

**Module 1** (18<sup>th</sup> & 19<sup>th</sup> March)  
Cleft Orthodontics from Birth to 6 years

**Module 2** (9<sup>th</sup> & 10<sup>th</sup> May)  
Cleft Orthodontics in the Mixed Dentition (6-12 years)

**Module 3** (7<sup>th</sup> & 8<sup>th</sup> July)  
Cleft Orthodontics in Permanent Dentition (12 years onwards)

**Coordinators for Online Modules:**  
Dr Sanjeev Verma  
Dr Vinay Kumar  
Dr Raj Kumar Verma

**Registration link-** <https://shorturl.at/aHx7U>

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**Offline Module**  
**Venue:** PGI Chandigarh  
**Dates:** 5th–6th September 2025  
**Chief Coordinator : Dr. S P Singh**  
 Professor and Head, Oral Health Sciences Centre  
 PGIMER Chandigarh

Complete all modules of this free online course and enroll in the paid offline course, clear the exam, and earn an exclusive Indian Orthodontic Society certification—open to Student and Life Members of IOS!

For More Information Contact  
 Dr Sanjeev Verma - 9872172628  
 Dr Vinay Kumar - 9855618982  
 Dr Raj Kumar Verma - 9568953816

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Modular  
Courses**

**IOS  
Modular  
Courses**


**Modular Course on Research Methodology**


Master the Art of Research & Publication – Your Path to Advanced Scholarly Excellence

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**Course Overview**  
A unique program to enhance your research skills and publication expertise, culminating in certification by the Indian Orthodontic Society.

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**Online Modules**

**Module 1** (31st January)  
 •Selecting Topics for Publication – Dr. Goweri Shankar  
 •Basics of Title and Abstract Writing – Dr. Sanghamitra Jena

**Module 2** (17th April)  
 •Sample Size Calculation – Dr. Suryakanta Das  
 •Software for Manuscript Writing/Editing – Dr. Yashvinder Pulla

**Module 3** (20th June)  
 •Role of Reviewer and Writing a Response to Reviewer Comments – Dr. Sangeetha Duraisamy  
 •How to Avoid Rejection – Dr. Suresh Kohli

**Chief Coordinators for Online Modules:**  
 •Dr. Vignesh Kailasam  
 •Dr. Pritham Mohanty

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**Offline Module**  
**Venue:** Sree Balaji Dental College, Chennai  
**Dates:** 17th–18th October 2025  
**In charge:** Dr. Kannan Sabapathy  
 Dean, Sree Balaji Dental College, Chennai

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For More Information Contact  
 • Dr Kannan Sabapathy: 9840453666  
 • Dr Vignesh Kailasam: 9840237177  
 • Dr Pritham Mohanty: 9777453388



## Official newsletter of Indian Orthodontic Society

### *The Interdisciplinary Orthodontic Symposium*

The Interdisciplinary Orthodontic Symposium conducted by Department of Orthodontics and Dentofacial Orthopedics, Bapuji Dental College in collaboration with the Indian Orthodontic Society on January 4th & 5th under the leadership of Dr. Vishwanath Kedilaya B. (Organizing Secretary) & Dr. Kiran Kumar H. C. (Organizing Chairman) brought together a distinguished assembly of dental professionals, showcasing an exemplary blend of knowledge sharing and collaboration. The two-day symposium showcased lectures covering advancements in orthodontics and interdisciplinary approaches.



## Official newsletter of Indian Orthodontic Society

Day 1 began with Dr. Sanjay Ganeshkar, a renowned academician and clinician emphasizing the transformative impact of integrating specialties periodontics, prosthodontics, and oral surgery to achieve comprehensive and patient-centric orthodontic outcomes. Dr. Shivashankar, a renowned prosthodontist and 3D CAD-CAM specialist, captivated the audience with his presentation on the integration of digital dentistry in interdisciplinary orthodontics.

Dr. Rucha Shah, a renowned periodontist, detailed the intricate relationship between orthodontics and periodontics. Her presentation emphasized the importance of periodontal health in achieving long-term orthodontic stability. The symposium's formal inauguration ceremony began with an invocation song by Dr. Radhika followed by traditional lighting of the lamp by Dr. D. B. Nandeeshwar (Principal, BDCH), Dr. I. M. Ali (Special Guest of Honor), Dr. Ashok L. (Vice Principal, BDCH), Dr. Puneet Batra (President, IOS), and Dr. Sanjay Labh (Honorary Secretary, IOS). Tokens of appreciation were presented to the dignitaries, guest speakers, and organizing committee members for their invaluable contributions.

The inauguration concluded with a rousing national anthem, setting a respectful and patriotic tone for the event. The stage for the post-lunch sessions, where Dr. Sanjay Labh, an expert in lingual orthodontics, discussed the management of borderline surgical cases using TAD-assisted treatment mechanics followed by Dr. Puneet Batra, an authority in cleft orthodontics and craniofacial anomalies, presented on digital workflows in cleft management.

He demonstrated how digital tools like 3D imaging and virtual planning streamline cleft care, emphasizing their role in achieving predictable outcomes. In the concluding session of the day, Dr. Siddheswaran, an esteemed endodontist, explored the interrelationship of orthodontics and endodontics emphasizing the importance of endodontic considerations in orthodontic treatment, ensuring the preservation of pulp vitality and addressing pre-existing conditions.

The second day commenced with Dr. Amit Nilgar, an expert in cleft orthodontics and 3D imaging, exploring the multidisciplinary approach to cleft lip and palate management. His case series underscored the essential role of collaborative care involving orthodontists, surgeons, and speech therapists. Maj. Gen. Balakrishnan Jayan addressed obstructive sleep apnea, emphasizing the orthodontist's role in diagnosing and managing this condition. His insights into the use of mandibular advancement devices demonstrated how orthodontics contributes to improving airway function and overall health.



## Official newsletter of Indian Orthodontic Society

Following a tea break, Dr. Prashatha G.S and Dr. Kiran Kumar H.C. jointly presented on surgical prediction and 3D virtual surgical planning. Their session highlighted the role of advanced imaging and planning tools in enhancing surgical outcomes for craniofacial deformities. Dr. Rohit Madan, a renowned overseas orthodontist and US patent holder, provided a comprehensive view of interdisciplinary orthodontics.

He discussed the spectrum of collaboration required, ranging from minimal interventions to extensive multidisciplinary efforts, in managing complex cases. Post-lunch, Dr. Sudhindra S. Kulkarni, a periodontist and implantologist, elaborated on the role of implantology in interdisciplinary orthodontics. Dr. Sandeep Kumar, a pediatric craniofacial surgeon, shared insights through his presentation on orthognathic and esthetic surgeries.

He illustrated case studies demonstrating how surgical and orthodontic collaboration results in functional and aesthetic transformations for patients with craniofacial anomalies.

The final lecture was delivered by Dr. Kiran Kumar H.C., focusing on the management of craniofacial deformities through an interdisciplinary approach. His expertise in craniofacial orthopedics and orthodontics provided a roadmap for effective collaboration in addressing these complex conditions.

The symposium concluded with a panel discussion and case presentations, followed by a valedictory function. This event underscored the transformative power of interdisciplinary orthodontics in contemporary dental practice, leaving attendees inspired and equipped with new strategies for integrated patient care.





## Official newsletter of Indian Orthodontic Society

### KIDS COLLOQUY 2025 - FUNCTIONAL APPLIANCE WORKSHOP

The “KIDS COLLOQUY 2025 - FUNCTIONAL APPLIANCE WORKSHOP” held on January 17th and 18th at Karpaga Vinayaga Institute of Dental Science was a resounding success. This event aimed to enhance the understanding of postgraduate students regarding Functional Appliances in orthodontics. With 25 dental colleges participating and around 150 registered attendees including private practitioners, the workshop featured engaging lectures and presentations from highly regarded experts in the field.



KIDS COLLOQUY 2025 A FUNCTIONAL APPLIANCE WORKSHOP PROGRAM SCHEDULE		
DAY 1 (17.01.2025)		
TIME	PROGRAM	SPEAKER
09:00 AM - 10:00 AM	INSTRUCTIONS OF GROWTH AND DEVELOPMENT IN RELATION TO FUNCTIONAL APPLIANCE	DR. SRIDEVI PADMANABAN
10:00 AM - 11:00 AM	PAEDIATRIC STOMATOGNATHIC SYSTEM AND FUNCTIONAL ANALYSIS	DR. VINOD KRISHNAN
11:00 AM - 12:45 PM	CEPHALOMETRIC ANALYSIS FOR FUNCTIONAL APPLIANCE	DR. GNANA SHANMUGAM
12:45 PM - 1:30 PM	INAGURATION / TEA BREAK	
1:30 PM - 3:00 PM	CONSTRUCTION BITE FOR FUNCTIONAL APPLIANCE	DR. PUNEET BATRA
3:00 PM - 4:45 PM	NEUROPHYSIOLOGICAL BASIS OF FUNCTIONAL APPLIANCE	DR. SANJAY LABH
4:45 PM - 5:30 PM	LUNCH BREAK	
5:30 PM - 7:00 PM	SPECIFIC INDICATION TO VARIOUS TYPES TONGUE APPLIANCE	DR. RATNA PARAMESWARAN
7:00 PM - 8:30 PM	DIGITAL FUNCTIONAL APPLIANCE AND VIDEO DEMONSTRATION	DR. RENGALAKSHMI



KIDS COLLOQUY 2025 A FUNCTIONAL APPLIANCE WORKSHOP PROGRAM SCHEDULE		
DAY 2 (18.01.2025)		
TIME	PROGRAM	SPEAKER
09:00 AM - 10:00 AM	TWIN BLOCK APPLIANCE	DR. DILIP PATEL
10:00 AM - 11:00 AM	BIOMECHANICS OF HEADGEAR THERAPY	DR. P. K. BISWAS
11:00 AM - 12:45 PM	TEA BREAK	
12:45 PM - 1:30 PM	MANAGEMENT OF NON-COMPLIANT PATIENTS (UPPER FUNCTIONAL APPLIANCE)	DR. VADIVEL KUMAR
1:30 PM - 3:00 PM	ONE PHASE vs TWO PHASE TREATMENT	DR. GNANA SHANMUGAM
3:00 PM - 4:00 PM	LUNCH BREAK	
4:00 PM - 4:30 PM	CASE DEMONSTRATION & SITE REGISTRATION	

The first day was commenced with welcome speech by Dr.Thirunavukarasu R (Professor and HOD of orthodontics and dentofacial orthopedics) followed by Dr.Puneet Batra (IOS President) and Dr.Sanjay Labh (Hon. Secretary) addressing the gathering. Dr. N. R. Krishnasamy (The Guest of Honour), was felicitated by Dr.A.Mathan Mohan, Dean (Karpaga Vinayaga Institute of Dental Science). Distinguished speakers then delivered insightful talks on various topics. Dr.Sridevi Padmanaban explained how growth and development occur in functional appliances. Dr. Vijay Adith listed the various cephalometric analyses that are taken into consideration for functional appliances. Dr. Puneet Batra gave a detailed lecture on how the construction bite varies for each functional appliance. Dr. Sanjay Labh provided insight into the neurophysiological aspect of functional appliances. Dr. Vinod Krishnan gave a detailed discussion on the pathophysiology of the Stomatognathic System and Functional Analysis. Dr. Ratna Parameswaran listed the various indications and contraindications for functional appliances, and Dr. Rengalakshmi gave a lecture on digital functional appliances and a video demonstration. The second day focused on practical aspects with lectures by Dr. Dilip Patel on the Twin Block Appliance, Dr. P. K. Biswas on Biomechanics of Headgear Therapy, Dr. Vadivel Kumar on Management of Non-Compliant Patients, and Dr. Gnana Shanmugam on One-Phase vs. Two-Phase Treatment in Functional Appliances.



## Official newsletter of Indian Orthodontic Society

Following each lecture, the students received multiple-choice questions (MCQs) to assess their understanding of each subject. Participants were also divided into four groups for a hands-on live demonstration on how to take a construction bite for functional appliances, led by renowned orthodontists. The event offered valuable networking opportunities and fostered collaboration among dental professionals. The feedback was overwhelmingly positive, with participants praising the quality of the presentations and the opportunity to interact with leading experts. This successful workshop not only met but exceeded expectations, and we look forward to hosting similar events in the future participating.









**Reported by Dr. Harneet Kaur**



# Official newsletter of Indian Orthodontic Society

## Rendezvous

The first IOS Friday Rendezvous, titled "Definite Orthodontic treatment for patients with TMD", was conducted on 10th January 2025 with Dr. Mauricio Gonzalez Balut, DDS, MS, as our resource person. He is a full time faculty at Advanced Education in Orthodontics and Dentofacial Orthopedics, Loma Linda University, California, USA.

This program was meticulously planned by the Academic Council of IOS under the guidance of Principal office bearers and Executive committee members. President Dr. Puneet Batra and Honorary Secretary Dr. Sanjay Labh addressed the online gathering and briefed them about the webinar. The online webinar was systematically conducted by Academic Council members Dr Uma Revathi and Dr Vipul Kumar Sharma. It was well attended by Student and Life members of the IOS across the country. The speaker was honoured on behalf of Indian Orthodontic society with a Certificate of Appreciation by the Immediate Past President Dr Jayesh S Rahalkar.



Reported by Section Editor, Dr. Stuti Mohan

## Official newsletter of Indian Orthodontic Society

The inaugural program of 2025 under the convenorship of \*Dr Bhagabati\* \*P Dash\* , \*Dr Mitali\* \*Mishra\* and \*Dr Subrat Sahani\* was held with great success on January 12th at the prestigious Presidency Hotel in Bhubaneswar.

The event witnessed an impressive gathering, including postgraduate students from all dental colleges, distinguished faculty members, and eminent orthodontists from across the state.

We were privileged to have Prof. Dr. P.C. Das, the most senior orthodontist in the state, as the chief guest for the opening ceremony. The program featured notable guest speakers, such as Prof. Dr. Ashok Kumar Jena, Head of the Department at AIIMS Bhubaneswar, who delivered an in-depth lecture and practical training on functional jaw orthopaedics. His session concluded with a written test for participants, with the winners set to be honored at the forthcoming BOSG event.

Another highlight of the program was an insightful lecture by Dr. Binu Punose, Consultant Orthodontist at Dentcare Aligners, who presented the latest advancements in clear aligner technology, offering attendees a deeper understanding of this cutting-edge field.

A thought-provoking panel discussion on the Indian Board of Orthodontics (IBO) was also conducted, featuring the esteemed IBO laureates of the state. These accomplished professionals shared their invaluable experiences and encouraged participants to strive for the prestigious IBO fellowship, further inspiring the orthodontic community.

## Bhubaneswar Orthodontic Study Group



## Official newsletter of Indian Orthodontic Society

The event culminated in the felicitation of all guest speakers, panelists, and senior founder members, including Dr. Sanjeeb Kumar Sahoo, Dr. Ashok Kumar Jena, Dr. Suryakant Das, Dr. Tusar Kanti Nayak, Dr. Swati Acharya, and Dr. Pavithra Bai M. The honors were presented by the esteemed chief guest, Prof. Dr. P.C. Das, in recognition of their exceptional contributions to the field of orthodontics.

We extend our heartfelt gratitude to everyone who contributed to making this event a resounding success. Special thanks go to our esteemed chief guest, Prof. Dr. P.C. Das, for gracing the occasion with his presence and inspiring words.

We are deeply grateful to our guest speakers, Prof. Dr. Ashok Kumar Jena and Dr. Binu Punose, for their insightful lectures and valuable training sessions, as well as to the esteemed IBO panelists, Dr. Sanjeeb Kumar Sahoo, Dr. Ashok Kumar Jena, Dr. Suryakant Das, Dr. Tusar Kanti Nayak, Dr. Swati Acharya, and Dr. Pavithra Bai M, for sharing their expertise and encouraging the community to aim for excellence.

Our sincere thanks go to the organizing committee, volunteers, and participants whose dedication and efforts ensured the seamless execution of the program. We also appreciate the support of the faculty members, postgraduates, and orthodontists who attended and actively participated, making the event both engaging and meaningful.

Together, your collective contributions turned this gathering into a memorable and impactful experience. Thank you for your unwavering support and enthusiasm!



Reported by Managing Editor  
Dr. Mayank Gupta





Official newsletter of Indian Orthodontic Society

## ***Pune Orthodontic Study Group***

The Pune Orthodontic Study Group (POSG) conducted its first CDE program of the year on 15th January 2025. The speaker for the program was Dr Tapasya Kapoor who kept the members spell bound by her clinical presentation. The CDE was titled "FROM SCAN TO SMILE...Are Clear Aligners an effective treatment option for all?" It was a three hours lecture series comprising of two presentations. The first half focussed on "Preteens, Teens and Adults treated with aligners" and the second half about the "Tips and tricks for trouble shooting with aligner treatments". The program was well appreciated by everyone present and had more than 75 attendees. It surely had a lot of take-home points!



Reported by Managing Director Dr. Mayank Gupta

## Official newsletter of Indian Orthodontic Society

### Skill enhancement workshop Thrissur

Government Dental College Thrissur in Association with Indian Orthodontic Society conducted a 2-day wire bending skill enhancement workshop for postgraduate students on 14th and 15th January 2025. Fifty participants from various dental colleges in Kerala and Karnataka attended the intensive hands-on training workshop. A list of exercises including 3 orders of bends, T loop, T spring, Tear drop loop, Foot loop, KSIR, Utility arch, Uprighting & derotation spring, Torquing auxiliary, etc were demonstrated and made to be fabricated by the participants. One of the highlights of the workshop was the introduction of a segment titled "situational wire bending" where participants were trained to bend the wire in certain clinical scenarios. Their works were graded and a comprehensive postgraduate handbook was provided to them with certification of the works. A wire bending test was conducted and the winner of it was Dr Mayuri Suhas Desai first year junior resident from MCODS, Mangalore and was gifted by the autographed text book of Biomechanics edited by Dr V P Jayade.



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The course was led by Dr Manjunath Hegde, Professor and HOD, BIDS, Bangalore and Dr Elbe Peter, Professor and HOD, GDC, Thrissur. Dr Ravisankar Vijayan, Dr Lakshmi G Vijayan, Dr Monisha J, Dr Poojasree V and Dr Ashmitha K B assisted the participants. The workshop began at 9 AM and went up to 7 PM on day one and 6 PM on day two.

The inaugural function of the workshop was on 14th January at 10.30 AM and was presided by the Principal, GDC Thrissur, Dr Shameena P M and the chief guest Dr S Anilkumar, Controller of Examination, Kerala University of Health Sciences inaugurated the workshop and released the PG handbook.

The guest of honor Dr Ashokan N spoke on the occasion. The organizing chairman Dr Elbe Peter welcomed the delegates.

Reported by Associate Editor  
Dr. Shantanu Khattri





## Report on Clinical Program

Dr. Himija Karia and Dr. Edeinton Aramugum conducted a workshop on Mandibular Advancement Devices at the 10th IASSACON, held from 13th to 15th December in Chennai. The event was attended by ENT surgeons, pedodontists, orthodontists, and oral surgeons from across India. The conference highlighted the importance of interdisciplinary collaboration in managing Obstructive Sleep Apnea (OSA) and emphasized the need for effective communication between ENT and dental surgeons to establish a strong referral system.

Dr. Edeinton addressed the critical aspects of screening for sleep apnea and appliance selection, while Dr. Karia provided detailed insights into the fabrication and delivery of mandibular advancement devices. The hands-on session, attended by over 60 participants, offered practical training in device customization and patient management. Additionally, Dr. Karia delivered a lecture on pediatric sleep apnea, stressing the importance of early intervention and timely orthodontic referrals for suspected OSA cases in children.

The workshop offered valuable insights into the design, application, and clinical protocols of mandibular advancement devices and fostered meaningful discussions on advancements in treatment methodologies. It reinforced the significance of interdisciplinary efforts in improving patient outcomes and showcased the dedication of the speakers to advancing knowledge in orthodontics and sleep medicine.



## Official newsletter of Indian Orthodontic Society



## CLEAR CORRECT ACADEMIC PROGRAM

### NARSINHBHAI PATEL DENTAL COLLEGE AND HOSPITAL , SPU , VISNAGAR

The Department of Orthodontics and Dentofacial Orthopaedics, NPDCH, SPU, had the honor of hosting the Clear Correct Academic Program and welcoming the esteemed Dr. Rajesh Patil as the guest speaker. Widely acclaimed for his insightful lectures delivered across India and internationally, as well as his expertise in conducting specialized courses on mini-implants, Dr. Patil brought immense value to the event.



Dr. Rajesh Patil delivered an exceptionally clear and highly interactive lecture. His presentation helped postgraduate students view aligners as an accessible and versatile treatment option suitable for a wide range of patients.

## Official newsletter of Indian Orthodontic Society



The program concluded with an engaging discussion of multiple clinical cases, allowing participants to apply and reinforce the concepts learned during the sessions. The event was a resounding success, leaving attendees inspired and confident in implementing aligner therapy.



Organizing chairman: Dr. Ajay Kubavat

Organizing Committee: Dr. Khyati Patel Dr. Alpesh Vaghela Dr. Priyal Bhavsar

Reported by Associate Editor, Dr. Shantanu Khattri



## Official newsletter of Indian Orthodontic Society

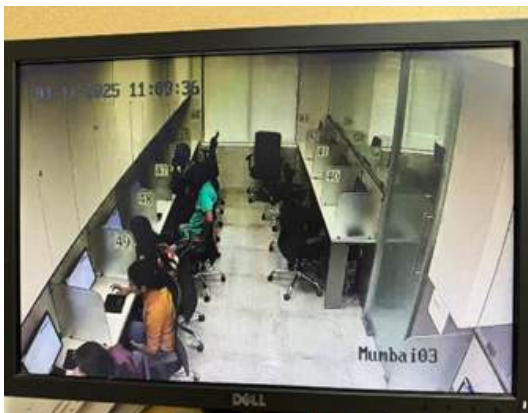
### IBO PHASE II EXAMINATION 2024-25 (ONLINE)

The Indian Board of Orthodontics is very happy to share that the IBO Phase – II online theory examination 2025 was conducted very swimmingly as an online exam at 35 centres pan India on 11th January 2025 and with remote proctoring facility overseas.

A total of 376 candidates appeared for the exam, out of which one candidate was an Overseas IOS member who took the examination from United States of America. The triumph of examination process was the combined efforts of Team IBO, Team NSEIT (company that conducts the exam) and the support & co-ordination from the Indian Orthodontic Society head office. This year which also marks our Silver jubilee year has been even more overwhelming; as the board received the record registrations with a total of 376 candidates appearing for the exam. We extend heartfelt thanks to all esteemed IOS life members, Head of the departments, faculty members and clinicians across India for encouraging and motivating candidates to take the examination.



EXAM CENTRE AT DAVENGERE



EXAM CENTRE AT MUMBAI

## Official newsletter of Indian Orthodontic Society



DR ASHISH GARG  
AT INDORE CENTRE



SECRETARY & TREASURER , IBO  
Dr. AJIT KALIA AT PUNE CENTRE



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*Before*

IOS Times acknowledges  
Dr. Sumitra Reddy  
for her contribution towards  
the Public Awareness Page



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*After*

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*IOS Times acknowledges Dr. Nivedita Sahoo for her  
contribution towards the Public Awareness Page.*

# Official newsletter of Indian Orthodontic Society

## IOS RESEARCH COLUMN

1. The Indian Council of Medical Research (ICMR) has opened its annual grant for investigator-initiated research proposals for small extramural grants 2025. Four types of proposals will be accepted viz., discovery research, development research, delivery research and description research. The grant amount is up to a limit of 2 crores. Please visit [icmr.gov.in](http://icmr.gov.in) for further details.
2. The Department of Health Research, govt of India has various grants for biomedical research. The interesting aspect is dental specific grants are also available including MDS thesis support. Please visit [schemes.dhr.gov.in](http://schemes.dhr.gov.in) for further information.

In this research column, we seek to highlight prominent and clinically significant research (especially funded projects) and patents by our IOS members. IOS members are encouraged to share contributions to [iosresearchcolumn@gmail.com](mailto:iosresearchcolumn@gmail.com).

We are planning to cover some of the articles published by IOS members in Q1 orthodontic journals in IOS research column.

For this issue,

1. A wonderful article on women orthodontists in India by Dr Sridevi Padmanaban and her team in January issue of Seminars in Orthodontics 2025. Does fortune favour the bold? Tracking the trail of women orthodontists in India Sridevi Padmanbhan, Nandita Krishnaswamy, Haritha pottipalli sathyanarayana
2. An interesting article on disposal of clear aligners by Dr Elbe peter and his team has been published in January issue of AJODO.

How environmentally friendly is the disposal of clear aligners? A gas chromatography-mass spectrometry study

Elbe Peter • J. Monisha • V.P. Sylas • Suja Ani George

Reported by Associate Editor Dr. Uma Revathi

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## Dr Ashwin George

### Can we alter the growth of the Jaws by Functional Appliances: Does Genetics play a significant role?

The genetic component influencing the success of functional appliances has always intrigued me and driven my quest for deeper understanding. Over the years, I have clinically observed that despite wearing functional appliances diligently, some patients exhibit no signs of mandibular growth. This observation sparked my journey to pursue a PhD, focusing on the genes that influence jaw growth. Through a systematic review, I identified several genes—FGFR2, MSX1, MATN1, MYO11, ACTN3, GHR, KAT6B, HDAC4, and AJUBA—that are positively linked to skeletal class II malocclusion.

Among these, I chose to study ACTN3 and GHR in detail. The ACTN3 gene, which affects muscular activity, has an indirect impact on skeletal growth, whereas the GHR gene directly influences skeletal tissues, both of which are responsible for Class II malocclusion in growing individuals. The findings of the study revealed that polymorphisms in both ACTN3 and GHR genes contribute to mandibular retrognathism in the sagittal dimension. In the vertical dimension, ACTN3 polymorphism was associated with skeletal open bite, while the GHR gene did not appear to influence the vertical growth of the ramus in the Dravidian population.

The age-old debate of nature versus nurture continues to be a challenging and fascinating discourse. Determining whether an individual's development is primarily dictated by genetics or shaped by environmental factors is a complex task. Nevertheless, Genetics has proved to take the dominating side in most cases but with many exceptions. I extend my heartfelt gratitude to the staff, students, and management of Saveetha Dental College for their unwavering support and for providing the infrastructure and facilities necessary to complete my study. The moral of my journey, culminating in the completion of my PhD at the age of 55, is this: "Age is no barrier." I have only begun to uncover the vast and intricate field of genetics in malocclusion—a mere tip of the iceberg.

*Reported by Associate Editor Dr. Uma Revathi*



## Dr. Chaitra Mastud



Dr. Chaitra completed Bachelor of Dental Surgery (BDS) and Master of Dental Surgery (MDS) from Rajiv Gandhi University of Health Sciences, Bangalore, followed by a Ph.D. from Dr. D.Y. Patil Dental College and Hospital, Pimpri Pune. Her journey has been a series of milestones, driven by encouragement, hard work, and trust. Her Ph.D. research, titled "Diagnosis and Evaluation of Treatment Outcomes of Obstructive Sleep Apnea in Pediatric Patients with Class II Malocclusion," led to the patenting of a device and the development of a prototype, with Central government grant support from the Department of Science and Technology from Government of India.



This interdisciplinary work involved collaboration with the Departments of Respiratory Medicine and Pediatrics, focusing on pediatric patients with Class II malocclusion, a condition that contributes to developing obstructive sleep apnea. Addressing this issue early in life, can prevent life-threatening conditions in adulthood and enhance sleep quality. She has several publications in both national and international indexed journals as Part I and Part II at Korean sleep medicine society which is being cited. She received 3rd prize for presenting her Research work at the conference organized by Department of Pulmonary medicine, sleep medicine & critical care at Safdarjung hospital New Delhi.

She presented her research at the 58th Indian Orthodontic Conference, where she was awarded first prize for table clinic presentation. Additionally, she was invited to present her work at the 4th International Otorhinolaryngology Medical Conference- Bangkok, where she delivered a lecture at an esteemed international forum.



**Reported by  
Section Editor  
Dr. Himija Karia**

# Official newsletter of Indian Orthodontic Society



## Dr. Anadha N Gujar

Life as a researcher is filled with a blend of purpose and passion, driven by the desire to shape young minds in the orthodontic world. Being a Professor of Orthodontics at Sri Rajiv Gandhi College of Dental Sciences Bangalore, she believed that every day is a journey of growth, continuous learning, and meaningful impact. As the saying goes "A teacher does not choose her destiny, destiny chooses her", her journey resonates with pure love for the subject which guided her to the divine design to complete her PhD.

The purpose of her research was to focus on innovative thinking and meticulous planning in the void of accelerated orthodontics and biomarkers in this specialty. She believed each day was a bloom of possibilities. Her various research works have been published in high-impact journals such as AJODO, KJO,...etc., and have been extensively cited. Being a dedicated researcher and scholar, she was conferred the "Doctor of Philosophy" degree by M. S. Ramaiah University of Applied Sciences Bangalore, on the 3rd of January 2025. She was guided and motivated at each step of her journey by her guide and supervisor Dr. G. S. Prashantha Sir (Professor of Orthodontics, MS Ramaiah Dental College, Bangalore). Her gratitude towards her guide knows no bounds and will last forever. She is also extremely thankful to her family who stood firmly behind her.

With her deep aspiration for pursuing innovative solutions, her journey carries on investigating newer avenues..... !!!

*Reported by Section Editor Dr. Arjun Nayak*





## Official newsletter of Indian Orthodontic Society

# PRACTICE MANAGEMENT

## Management of Orthodontic Practice The Past, Present and Future

Orthodontics, indeed a combination of art and science, has changed dramatically in the last two decades. With an experience of 22 years working in academia, private practice and consultancy as an orthodontist, I have experienced changes in the approach to practice management first hand with changing technology, changing patient expectations and changes in economic factors. The purpose of this paper is to highlight the evolution in managing an orthodontic practice, offering perspectives for experienced clinicians and newcomers in orthodontics alike.

### Modern Orthodontic Practice Challenges

Advancements in this field brought efficiency and improved outcomes but created new challenges for the orthodontists.

1. Patient expectations and awareness : Patients today are the most informed ever, as the internet and social media keep feeding them information. This can be a strength but also presents orthodontists with unrealistic expectations and misinformation. Patients often arrive with a preference for a particular brand or treatment modality and do not know that little about it.
2. Competition and market dynamics : The increased number of dental professionals along with the expansion of multi-specialty chains has increased competition. Corporate dentistry with its aggressive marketing strategies can be overwhelming for solo practitioners. In addition, direct-to-consumer aligner companies threaten to commoditize orthodontics, thereby reducing the value of professional expertise.
3. Technology adoption and costs : The shift to digital practice requires significant investment. High costs for equipment such as intraoral scanners, 3D printers and advanced softwares can be unaffordable for young practitioners. In addition, updating with the latest technological advancements calls for continuous training and adaptation.

### The Future of Orthodontic Practice

The future is bright yet uncertain. Knowing the trends allows orthodontists to prepare for what the future brings in store.

1. Artificial Intelligence (AI) in Orthodontics : AI-powered tools are set to transform treatment planning, case simulations and patient monitoring. Automated systems will reduce manual work, enhancing efficiency and precision. For example, AI-driven aligner treatment plans could become more sophisticated, making them a competitive edge for practitioners.
2. Tele-orthodontics : The COVID-19 pandemic normalized remote consultations. Virtual treatment monitoring and tele-orthodontics will likely continue to grow, allowing orthodontists to manage cases more flexibly and reach underserved areas.
3. Personalized treatments : Advances in biomaterials and 3D printing will allow for highly customized appliances tailored to individual patient anatomy. This will lead to improved treatment outcomes and patient satisfaction.
4. Sustainability in practice : With the increasing environmental concerns, practices that adopt sustainable materials, reduce waste and implement energy-efficient operations will appeal to eco-conscious patients.
5. Interdisciplinary collaboration : Integration with other dental and medical specialties will increase in prominence. Orthodontists will have to extend their knowledge and networks in the context of collaborative care models, especially for complex cases like cleft lip and palate or sleep apnoea.

**Dr.B.S.Chandrashekar, Professor,  
Krishnadevaraya Dental College, Bengaluru  
Director-Brace Station**

**Reported by Dr. Hasini Gopal**



## Official newsletter of Indian Orthodontic Society



### Dr. Puneet Batra

The IOS is proud to celebrate the remarkable achievements of President, Prof. (Dr.) Puneet Batra, who has been appointed as the Pro-Vice Chancellor (Health Sciences) of the prestigious Manav Rachna International Institute of Research and Studies (MRIIRS), a NAAC A++ accredited university. In addition to this illustrious role, Dr. Batra continues to serve as the Dean of Manav Rachna Dental College, Faridabad, a constituent institution of MRIIRS. His appointment as Pro-Vice Chancellor marks a significant milestone, not only for the recognition of dental professionals in multidisciplinary leadership but also for the elevation of health sciences as a core pillar of interdisciplinary education at Manav Rachna.

**Reported by Section Editor Dr. Stuti Mohan**

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**Precision. Speed.  
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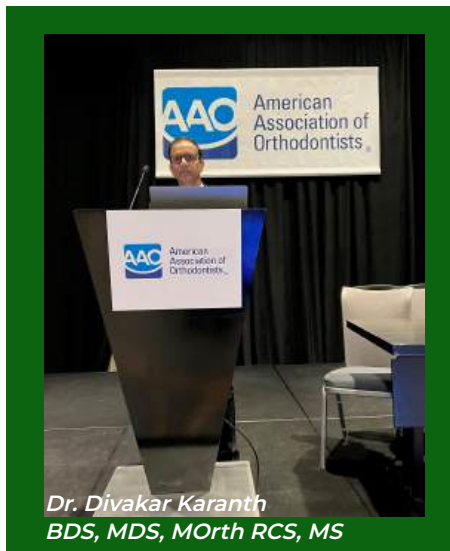
### Dr. Divakar Karanth

Dr. Karanth received his dental degree in 1992 and his master's in Orthodontics in 1995, both from SDM College of Dental Sciences & Hospital, Karnatak University.

He was mentored by Dr. Vijay P. Jayade and Dr. Vinod Verma, who have both been his inspirations. In 1996, he earned an M. Orth RCS from the Royal College of Surgeons, Edinburgh, United Kingdom.

He worked at CODS Mangalore for two years with Dr. Surendra Shetty and at Bapauji Dental College and Hospital for seven years with Dr. Sadashiva Shetty, another inspirational mentor. He also taught at the University of West Indies in Trinidad and Al-Arab University in Libya.

Dr. Karanth moved to the United States in 2015. He obtained a certificate in Craniofacial Biology in 2017, a certificate in Orthodontics, and a Master of Science in May 2020 from the University of Kentucky.



**Dr. Divakar Karanth**  
**BDS, MDS, MOrth RCS, MS**

He was licensed to practice dentistry in the United States in 2020. He was appointed Clinical Associate Professor at the University of Florida Orthodontic Department in August 2020 and was promoted to Program Director of the Orthodontic Residency in 2021. With extensive clinical experience, he practiced for ten years in Goa and three years in Doha, Qatar. Since 2020, he has maintained a successful orthodontic practice at the UF Faculty Clinic in Florida and a private practice on weekends in Virginia. Dr. Karanth obtained board certification from the American Board of Orthodontics in 2021. Based on his research and clinical cases, he was accepted as a member of the prestigious Edward H. Angle Society of Orthodontists.

In 2023, Dr. Karanth was elected President of the Society of Educators, American Association of Orthodontists. He organized the 2024 Ravindra Nanda Educational Leadership Conference in New Orleans and has been nominated as Program Chair of the 46th Angle Biennial Meeting in Nashville, Tennessee, scheduled for September 2025. Dr. Karanth is a dedicated academician and clinician. Over his 30-year orthodontic career, he has published extensively, collaborated with biomedical engineers, reviewed manuscripts for over a dozen journals, presented papers at national and international meetings, and conducted CE courses. His research interests include orthodontic clinical techniques, bone regeneration, the biology of tooth movement, and the application of Artificial Intelligence in orthodontics.

He has received several awards for his research, including the Charlie Schulz Award in 2019 and the best research presentation award at the Southern Association of Orthodontists meeting in 2021. Additionally, in 2023, he was awarded \$30,000 by the American Association of Orthodontists Foundation for his research on Artificial Intelligence.

**Reported by Section Editor, Dr. Stuti Mohan**

## Official newsletter of Indian Orthodontic Society

Dr. Joseph Varghese, called Joe by his friends, is an American-trained, American-Board-Certified orthodontist practicing in Cochin for over 35 years. He's a Past President of Indian Orthodontic Society and a Past Chairman of the Indian Board of Orthodontics. Besides his passion for orthodontics, for the past 14 years he has been pursuing a hobby: wildlife photography, specialising in birds.

This passion has taken him all over India: from Kutch, Gujarat in the west to Walong, Arunachal Pradesh at the eastern tip of India, and many other wildlife and bird sanctuaries all over to capture stunning shots of unique birds. He travels abroad too: having visited Kenya, Tanzania, South Africa, Ethiopia and Madagascar in Africa, Costa Rica, Brazil and Colombia in South America and Sri Lanka, Malaysia, Indonesia and the Philippines in Asia. These trips are exclusive photography tours organized either by specialists in these countries or by himself with a few other enthusiasts. He has exhibited his photographs at exhibitions in Cochin, Thiruvananthapuram and Kozhikode in Kerala. You can find his photographs on Instagram @joebirdphotos and on Facebook: Joe Varghese Photography.

### *Dr. Joseph Varghese*



Red-and-green macaws - Brazil



Long-tailed sylph hummingbird - Colombia



Sparkling violetear hummingbird



White-booted racket-tail hummingbird - Colombia



Buff-tailed coronet hummingbirds - Colombia



## Official newsletter of Indian Orthodontic Society

Dr. Joe says his hobby has helped him relax and enjoy life besides making him a nicer, calmer person. Sitting for hours in the middle of the bush, hiding and not moving while waiting for some elusive exotic bird to make an appearance, that too, usually for just a few seconds, provides him the opportunity to ponder the perplexities of life from a detached perspective. The experience of being in the wild, capturing the photographs is what makes it all worthwhile, though sometimes the object of his pursuit may not even show up! Experiencing the people and culture in these places has changed his outlook on life.

Many of the birding lodges have very basic facilities, but the focus is always on being at the right place at the right time to hopefully capture the perfect image. The gear and equipment is expensive, and one has to be physically fit to trek uphill or downhill carrying it all, the camera, lens and tripod, for hours, if needed, to get to the spot to get the shot. It's all worth it to see the amazing pictures, which also require careful post-processing to bring out the beauty of the birds. Action in the wild can also happen unexpectedly: an endangered Sifaca Lemur he was photographing in Madagascar suddenly jumped towards him and hopped right past: a startling and phenomenal experience. Some hummingbirds he was shooting in Colombia unexpectedly started fighting and it was challenging to get the right shots in focus!

Dr. Joe encourages all orthodontists to explore a hobby or alternative interest for a a well-rounded, happier personality. Whether it's one of the many genres of photography, or writing poetry, painting, singing or physical activity like running marathons or "Iron Man" events, these are what will give you satisfaction at a different level.



**Jaguar - Brazil**



**Andean cock of the rock (male) - Colombia**



**Himalayan Monal (male) Uttarakhand**



**Rufous-necked hornbill - West Bengal**



**Sun bittern - Brazil**

## Official newsletter of Indian Orthodontic Society

Dr. Sudhir Kapoor is a distinguished clinician, academician, and mentor with over three decades of dedicated service in orthodontics. His exceptional expertise has shaped the careers of more than 75 postgraduate students, leaving a profound impact on the field.

Dr. Kapoor has held prestigious positions, including Member of the Dental Council of India, President of the UP State DCI, and Head of the Department of Orthodontics at SPPGIDMS. Currently, he serves as the Director of Orthodontics at SPPGIDMS, where he continues to inspire and guide future generations. Beyond his professional milestones, Dr. Kapoor is a passionate golfer and a former Captain of the Lucknow Golf Club.

He has played a key role in organizing esteemed tournaments and has earned accolades at both national and international levels. In 2024, his dedication to golf translated into notable achievements. In September, he secured the Runner-Up position in the Veterans category at the Monsoon Cup, held at Lucknow Golf Club. In November, during the Lucknow Golf Club Winter Golf Tournament, which saw participation from 70 golfers, he once again claimed the Runner-Up title in the Veterans category.

Similarly, at the Yes Bank Golf Cup held at Ansal Golf Course, Lucknow, with 68 golfers competing, Dr. Kapoor delivered yet another outstanding performance, earning the Runner-Up position in the Veterans category. Dr. Kapoor's journey exemplifies the power of passion and perseverance.

As Mahatma Gandhi said, "The best way to find yourself is to lose yourself in the service of others." Dr. Kapoor's commitment to excellence in his profession and his pursuits reflects this philosophy, inspiring all to dedicate themselves wholeheartedly to their endeavours.

## *Dr. Sudhir Kapoor*



## Official newsletter of Indian Orthodontic Society

# Dr. Neelima Anand

Dr. Neelima Anand is a seasoned Orthodontist with over 32 years of dedicated practice in her field. She holds MDS degree from prestigious KGMC, Lucknow and is proud to be the first full time Orthodontist from Meerut city. Beyond her professional accomplishments, She excels in multiple areas of interest. From an early age, she nurtured a deep love for music, which became a significant part of her life. Driven by her enthusiasm for vocal music, she pursued formal training with unwavering commitment. Her efforts were recognized with the esteemed title of Prabhakar from Prayag Sangeet Samiti and she went on to complete her Master's degree (MA) in Vocal Music, where her outstanding performance earned her a gold medal.

Dr. Neelima's journey in music is both inspiring and impressive. Her melodious voice, honed through years of practice and dedication, is a reflection of her artistic soul. A natural performer, she has actively participated in numerous programs. Her passion for music is not just about personal achievement—it is also about sharing the joy of melodies and rhythms with others.





## Dr. Dibyendu Dam Chowdhury



Annual sports meet of Agartala Government Dental College and IGM Hospital held at NSRCC from 8th – 13th Dec, 2024. Dr. Dibyendu Dam Chowdhury (Assistant Professor) in Dept of Orthodontics and Dentofacial Orthopaedic, Convener (Tripura Orthodontic study group), received Champion Trophy in Table Tennis Single's and double's from Honorable chief Minister Prof. Dr. Manik Saha Sir on 2nd foundation day of Agartala Government Dental college and IGM Hospital at Town Hall, Agartala.

Honorable chief minister of Tripura Prof. Dr. Manik Saha sir has a unique personality who inspires not only in his profession but also in different activities, and himself is a national level badminton player.

Dr. Shalu Rai, Principal Madam of Agartala Government Dental College and IGM Hospital always has been a supportive for making the institution prosper in every aspect.

Dr. Dibyendu Dam Chowdhury along with Table Tennis, has won 2nd prize in Chess held at IDA TSB office on 23rd Annual Dental Conference 2024 IDA, Tripura State Branch, Agartala, Tripura.

# Dr. Chandrasekar Halloli



During his school days, he actively participated in various activities and earned recognition in class. His love for art and creativity flourished as he spent time watching inspiring movies and listening to soulful songs that left a lasting impression.

College brought a turning point in his life—he began singing on stage and quickly gained recognition as a talented singer. The applause and encouragement he received only deepened his passion for music.

In his postgraduate years, he took a bold step and approached the renowned music director, Hamsalekha, for classes. However, he explained that a playback singer's journey demands unwavering dedication to learning. Unfortunately, his growing responsibilities in orthodontics made it challenging to continue those lessons. Yet, music remained his sanctuary—he found solace in singing karaoke, which became a source of healing after long hours of work.



Music director Rajan Nagendra  
in Sydney



Australian news channel



Paper where my journey of learning music in the Times of India



With Ankitha Kundu

## Official newsletter of Indian Orthodontic Society



Platback singer Manjula Gururaj



With Janaki Amma

In 2014, he reignited my musical journey by joining Rajan Nagendra Music School to train in voice culture. This decision transformed his singing ability, and he began performing in numerous shows across the country. A major milestone came in September 2018 when he was selected for an Australia tour. Over 21 days, he performed in Sydney, Melbourne, and other cities across Australia, singing in four different languages under the guidance of Rajan Nagendra.

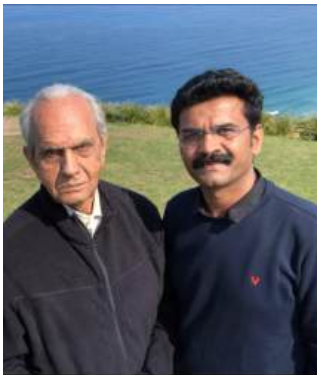


Shared stage with spb sir in 2015



With play back singer Rajesh Krishnan and Anuradha Bhat

His journey took a thrilling turn as he began singing on television channels, performing without any instrumental background. Sharing the stage with musical legends like S.P. Balasubrahmanyam (SPB), Rajesh Krishnan and Vani Jayaram was an honor beyond words. One of his cherished memories is spending time with Janaki Amma, who praised his voice and curiously asked how many movies he had sung for—a question that deeply humbled him, as singing was purely driven by passion and his training under Rajan Nagendra Music School.



Rajan Nagendra in Wollongong beach Sydney show



Devotional album released in 2017

Recently, he had the privilege of being selected for live shows on Sa Re Ga Ma Pa, a dream come true for any singer. Music has always been more than just a hobby for him, it's a healing force and an art that enhances every aspect of his life, including his skills in teaching and orthodontics. Music, truly, is the fine art that connects the heart, mind, and soul.

**Reported by  
Dr. Nitu Gautam**



## Official newsletter of Indian Orthodontic Society



### Dr. Prakash Banerjee

Republic Day or Prajatantra Divas- the day we the people of India adopted our own constitution. In the year 1930 on this very day of 26th January the Indian National Congress had proclaimed Purna Swaraj or Total Independence from British Raj. The constitution of India was thus adopted on 26th January to commemorate with the essence of Purna Swaraj as this date marked the end of Government of India Act 1935 as the governing document of British India and emergence of India from British Dominion as an Independent Republic.

Republic Day is celebrated every year with immense pride and patriotism throughout the country. The national celebrations start with the President addressing the nation on the eve of Republic Day, followed by the grand republic day parade at the Rajpath or the newly named Kartavya Path, with the festivities ending with the Beating Retreat on the 29th at Vijay Chowk. In this war-ravaged world of turmoil and trauma India still stands tall as the largest democracy of the world. Its unity along with its wide diversity is an exemplar for the world to look upon. As proud citizens of this country it is our duty on this republic day to strengthen the nation by simply following the golden words of the preamble of the constitution -Justice, Liberty, Equality and Fraternity.

This is the Day we should vow to protect the dignity, unity and integrity of the nation. We the people of India on 26th January 1950 had solemnly pledged to constitute India into a sovereign, socialist, secular democratic republic and it is now we the people of India can take the nation to the zenith of success and prosperity so that we all can proudly say : Sare Jahan Se Accha Hindustan Hamara.

*Reported by Dr. Kasturi Mukherjee*

## Official newsletter of Indian Orthodontic Society

### How much wisdom do your wisdom teeth hold in Orthodontics?

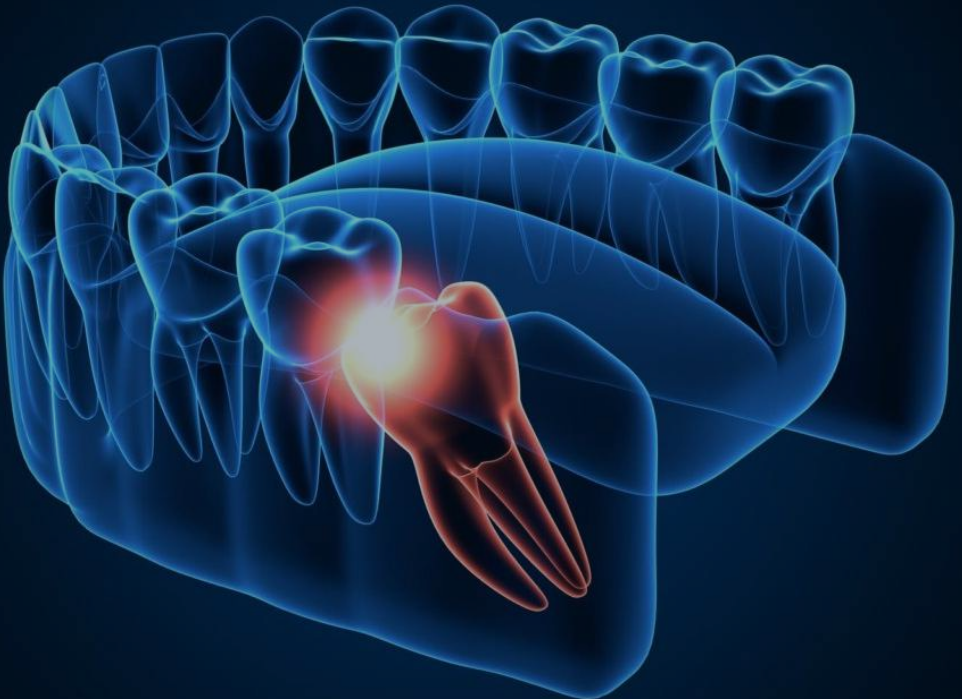
One of the most notorious teeth in your oral cavity are maxillary and mandibular third molars which often erupt in the age range of 18-25 years, maybe beyond!

A few signs and symptoms mentioned below to help you understand that they're about to trouble you...

1. Pain with or without swelling in the upper and lower back regions
2. Referred pain in the ear, neck or head
3. Soreness of gums, bleeding in the surrounding area
4. Reduced mouth opening
5. Difficulty in chewing food

Wisdom teeth are vestigial parts in the human body that do not serve any purpose. They're merely present as a part of human evolution and according to a few studies, may just vanish away in the generations to come. Earlier they were thought to be responsible for late mandibular crowding but various studies have confirmed of results otherwise. It is safe to get your wisdom tooth removed before, during or after Orthodontic treatment if it seems to be trouble some for you. Wisdom teeth do not contribute or complicate any Orthodontic tooth movement at all.

Hence, a wise man once said, wisdom teeth do not hold any wisdom!



## Official newsletter of Indian Orthodontic Society

# Low Level Laser Therapy in Orthodontics:

Dr. Sonam Sehrawat

Why Low level laser therapy( LLLT ) in Orthodontics ??

Lasers have become very popular these days in various specializations of dentistry, Orthodontics is no exception to this.

Lasers are composed of the three principal parts : an energy source, an active medium and a set of two or more mirrors that form a resonator.

The commonly used lasers in dentistry are argon, carbon dioxide, diode , Nd:YAG etc. But do you know why Low level laser therapy ( LLLT ) is an adjunct in orthodontic treatment....

1. Induces rapid and favorable bone formation.
2. Accelerates bone regeneration in mid palatine suture ( MPS ) during rapid palatal expansion especially beneficial in cases of hypoplastic maxilla such as in cleft patients.
3. Inhibits chances of relapse post treatment.
4. Reduces the period of retention.
5. Lasers have a positive effect on wound healing through acceleration of bone regeneration and stimulation of trabecular osteoid tissue.
6. Painless debonding using laser irradiation.
7. Reduction in pain and inflammation along with augmented tissue repair during orthodontic treatment.







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