

Official Newsletter of Indian Orthodontic Society

2026

Merry
Christmas



Official Newsletter of Indian Orthodontic Society



M E R R Y
CHRISTMAS



HAPPY NEW YEAR

2025

A golden, ribbon-like graphic that curves upwards from the bottom right, partially overlapping the year '2025'.

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Respected members of the IOS,

It is with deep gratitude and humility that I write to you as the President of the Indian Orthodontic Society for the society year 2025-26.. I am acutely aware of the great honour bestowed upon me and I thank you all for your affection, support and trust over the years. I will continue to work in the best interests of the IOS and I know that I stand on the shoulders of Giants who have preceded me.

This year holds special significance for our society. In 1965, this society was founded by 7 visionary founder members, completing 60 glorious years on October 5th, 2025. This year we proudly celebrate our Diamond Jubilee- six decades of excellence and unity marked with dedication and service to our patients and the nation.

We have long taken pride in being the "Smile keepers to the nation" but our work goes far beyond creating beautiful smiles. Orthodontics enhances not only oral health but also mental well being and overall quality of life and this is the message we wish to carry to our patients, our dental colleagues, policy makers and other stakeholders.

In honor of this milestone, this year's Insignia has been designed in the shape of a diamond carrying the number 60 years to symbolize tradition, strength and enduring value. We are a specialty which prides ourselves on our expertise, our common passion and aspiration to strengthen our community and safeguard the future for upcoming generations and the Insignia carries the theme for this year –Uniting expertise and aligning futures.

"Tradition inspires transformation"- Over 60 years, we have embraced major paradigm shifts keeping pace with evolving trends and the font on this Insignia reflects the digital age that is reflective of current times.

As we prepare for the next society year, I am aware that we are an aspirational society and our emphasis will be on quality programs on current trends, yet focusing on basic science, and skill development to improve clinical care. We hope to create more platforms for showcasing upcoming talent and we also hope to support and reward our members who are contributing to quality research. The orthodontic society also faces several challenges and I hope to build on the excellent work done by my predecessors & continue with our public awareness programmes. We also hope that we would be able to engage with our counterparts internationally in pursuit of knowledge and collaboration.

The calendar of this year's events has been planned and shared with the esteemed membership and I hope to meet many of you personally over the next year.

I am sure the IOS times team will be documenting the various activities of the Headoffice, the study groups and members activities.

"No one can whistle a symphony. It takes a whole orchestra to play it." I hope to stand not in front but beside my team, sharing the vision, sharing the work and hopefully sharing the victory with all your support.

Jai Hind, Jai IOS

Warm Regards
Sridevi Padmanabhan
IOS President





Dear Esteemed Members of the Indian Orthodontic Society,
Warm greetings.

As we conclude the month of December, it gives me great pleasure to reflect on a truly significant milestone for IOS—the successful completion of the *59th Indian Orthodontic Conference* held at Visakhapatnam. The conference was an outstanding academic and professional success, featuring an excellent scientific program, distinguished national and international speakers, engaging workshops, and enthusiastic participation from both postgraduate students and senior members. I extend my heartfelt congratulations and gratitude to the Organizing Committee for their dedication and impeccable execution.

December has also been a month of pride and progress for the Society. Under the visionary leadership of our President, *Dr. Sridevi Padmanabhan*, and with the continued support of our esteemed members, IOS continues to expand its academic, professional, and global footprint.

As we step into the new year, IOS reaffirms its commitment to advancing orthodontic education, advocacy, and engagement—with special emphasis on nurturing our younger colleagues and fostering collaborative growth within our fraternity.

Thank you for your trust, participation, and continued support. Let us move forward with renewed enthusiasm, unity, and purpose.

Wishing you and your families a *healthy, peaceful, and prosperous New Year.*

Warm Regards
Dr. Shubhaker Rao Juvvadi
Hon. Secretary





It is with profound pleasure, humility, and anticipation that we celebrate the launch of the 'New Year Issue' under the leadership of President Dr. Sridevi Padmanabhan. On behalf of the Editorial Team, I would like to extend a very warm welcome to the readership of this e-magazine. I take this opportunity to thank our authors and editors, all of whom have volunteered to contribute to the success of this issue. The New Year's Issue is one such expression of love. My comrades (my committee members), the wonderful writers, whose work you will find in these pages because they love contributing. We believe you are here because you recognize this love and find it utterly interesting to read all the issues crafted each month.

This issue marks a point of starting everything fresh again, with the national conference in Vizag. We have all the issues of 2025 on the website. Starting with the first issue of 2026, we will offer our contributors an honorarium. We have expanded our team, launched initiatives in new genres, and have better ideas of our members. In this issue, fresh contributions in all sections have made this even more interesting.

We are indeed delighted that in this issue we have established the contributors whose work has been justly and amply celebrated. We leave it to the members to send their feedback, browse the sections, and savour. I will simply add that it is precisely the existence of our members' works, through their manifestations, that makes our work worthwhile.

I close this message by inviting everyone to submit their exciting articles to our official email id. Therefore, we are committed to publishing all discoveries in beyond orthodontics and public awareness pages that significantly enhance our newsletter.

Once again I welcome you to this newsletter—your newsletter!

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.

Warm Regards
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Dr. Irfanul Haque



UPCOMING EVENTS

NOV

30

1st EC MEETING Vishakapatnam

DEC

10-11

PG orientation programme
Online Malla Reddy Dental college

JAN

9

First session of Modular programme on cleft starts
Balaji Dental college , Chennai Hybrid

JAN

12-14

Typodont workshop
Hitech Dental college , Bhubaneswar

JAN

17-19

Typodont workshop
Govt Dental College, Central (Jaipur)

JAN

19-21

Typodont workshop
KMCT dental college, Kerala

FEB

5-8

All India PG convention
GSL Dental college , Rajamundry



UPCOMING EVENTS

FEB

8

2nd EC Meeting
Rajamundry

MAR

27-29

Aligners-A to Z
IDST Dental college, Modinagar

APR

8-9

OPL
AJ Institute of Dental Sciences, Mangalore

APR

19

3rd EC meeting
Virtual

MAY

1-3

AAO
ORLANDO

MAY

9-15

MYC 2026
SYDNEY, Australia

MAY

15

World Orthodontic Health day
WOHD Week celebrations



UPCOMING EVENTS

JUN

12-13

Zonal PG convention
BVP Navi Mumbai

JUL

3-5

Ramachandra Orthodontic Accelerated Review
Sri Ramachandra Dental College, Chennai

JUL

26

4thEC Meeting
Chennai

JUL & AUG

31-1

Innovation conclave
ITS/Online

AUG

7-9

Zonal PG Convention
KIDS, Bhubaneswar

AUG

16-17

Digital Orthodontics workshop
SDM Dharwad

AUG

20-21

TADs-3D applications
CDSH Rau, Indore (MP)



UPCOMING EVENTS

SEP

4-6

International workshop on Biomechanics
St Johns, Bangalore

SEP

11-12

Clinical Grandeur
DYP Pune

SEP

20

5th EC meeting
Hyderabad

OCT

3-5

Zonal PG convention
Seema Dental college Rishikesh

OCT

5

IOS Foundation Day
Week long celebrations

OCT

25-26

Orthognathic Surgery workshop
PGI Chandigarh

OCT

30-31

JIOS /JCO-IOS Symposium
Subharti dental college, Meerut



UPCOMING EVENTS

NOV

6-8

APOS
Singapore

NOV

13-14

Bridging the Transverse
SGRD Institute of dental sciences, Amritsar

DEC

4-6

60th IOC
Delhi

DEC

4

6th EC meeting
Delhi

DEC

5

60th AGM
Delhi

Other regular events

National Journal Club – Monthly
Practice management workshops
;Seminar on Intelligent finance Online
webinars

Certificate & Fellowship Modular programmes
Cleft and craniofacial programme
Research methodology workshops
Biomechanics workshop

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This year , the IOS completes 60 glorious years and to commemorate this milestone, this year's Insignia has been designed in the shape of a diamond carrying the number 60 years to symbolize tradition , strength and enduring value. We have long prided ourselves on being the smile keepers to the nation but our work goes beyond that since orthodontics enhances both physical and mental welfare. As a speciality which prides ourselves on our expertise, our common passion and aspiration to strengthen our community and safeguard the future for upcoming generations , the Insignia carries the theme for this year –Uniting expertise and aligning futures .

Tradition inspires transformation! Over 60 years , we have embraced major paradigm shifts keeping pace with evolving trends and the font on this logo reflects the digital age that is reflective of current times.

Breaking News

The Indian Orthodontic Society has made comprehensive new guidelines for IOS Study Groups, standardizing their formation, governance, and financial independence nationwide. A minimum of 50 Life Members is required to form a Study Group, which must be approved and officially recognized by the IOS Head Office. Members may belong to only one Study Group, with voting and convener eligibility restricted to Life Members in good standing. Convener tenure is capped at three years through a rotational system, and Annual General Meetings with audited accounts are mandatory by August 31st each year. Study Groups will function as IOS branches, remain financially independent with their own PAN and bank accounts, and must regularly report activities and updates to the Head Office, marking a significant step toward transparent, uniform, and accountable IOS Study Group governance.

In a major boost to collaborative scientific inquiry, the Indian Orthodontic Society (IOS) has approved a ₹10 lakh grant initiative to promote multicentric controlled clinical trials, selecting 10 Life Members to form collaborative research teams, with ₹1 lakh allocated to each member and support for two multicentric trials at ₹2.5 lakhs per trial, each involving five Student Life Members to ensure mentorship, standardization, and robust execution; this landmark move underscores IOS's commitment to team-based research, methodological rigor, inter-institutional collaboration, and the generation of high-impact clinical evidence for orthodontic practice, with detailed application guidelines, eligibility criteria, and timelines to be announced soon.



INDIAN ORTHODONTIC SOCIETY 7th EC MEETING 2025-26

The 7th and final Executive Committee Meeting of the Indian Orthodontic Society (2024–25) was held on 28 November 2025, from 9:00 AM to 5:00 PM at Radisson Blu Resort, Visakhapatnam.

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

The President extended a warm welcome to all Office Bearers and Executive Committee members. The scheduled agendas for the day were thoroughly discussed, and appropriate recommendations were finalized.

Both the President, Dr. Puneet Batra, and the Honorary Secretary, Dr. Sanjay Labh, expressed heartfelt gratitude to all Office Bearers and EC members for their presence, contributions, and active participation. The committee acknowledged the members' dedicated efforts throughout the year toward the welfare and growth of the Indian Orthodontic Society. Certificates of appreciation were presented to each member in recognition of their service for the year.

The meeting concluded with a group photograph.



59th Indian Orthodontic Conference (IOC), Visakhapatnam

The Pre-Conference Course of the 59th Indian Orthodontic Conference (IOC) was inaugurated with great enthusiasm and academic fervor in Visakhapatnam, marking an intellectually enriching prelude to this prestigious national event. The inaugural ceremony was graced by the Chief Guest, Dr. Johny Liaw, and was presided over by Dr. Puneet Batra, President, Indian Orthodontic Society. The occasion witnessed the presence of eminent academicians, senior clinicians, postgraduate students, and delegates from across the country.

The ceremony commenced with the traditional lighting of the lamp by the dignitaries, symbolizing the illumination of knowledge, professional unity, and the pursuit of academic excellence. This was followed by a formal welcome address outlining the vision, theme, and academic significance of the pre-conference course.

The Organizing Chairman, Dr. Srikrishna Chalasani, and Organizing Secretary, Dr. N. Sleeva Raju, highlighted the meticulous planning, collaborative effort, and commitment involved in curating a high-quality pre-conference academic program. They emphasized the relevance of innovation, evidence-based orthodontic practice, and continuous professional development in meeting contemporary clinical challenges.



Inauguration Ceremony of the Pre-Conference Course

In their addresses, the Chief Guest, Dr. Johny Liaw and the President of IOS, Dr. Puneet Batra, shared valuable insights into recent advancements in orthodontics, global perspectives, and the ethical responsibility of orthodontists toward patient-centered care and lifelong learning. In addition, senior faculty members, Heads of Departments, and other dignitaries shared their insights, highlighting the academic relevance of the pre-conference course and its role in enhancing clinical acumen, research orientation, and professional growth among participants. Their inspirational messages particularly resonated with postgraduate students and young clinicians, motivating them to strive for clinical excellence and academic rigor. The inaugural ceremony concluded with a formal vote of thanks, acknowledging the contributions of the organizing committee, faculty, sponsors, and delegates. The successful inauguration of the Pre-Conference Course effectively set a positive, scholarly, and intellectually stimulating tone for the academic sessions that followed as part of the 59th Indian Orthodontic Conference.



Scientific Report: 59th Indian Orthodontic Conference (IOC)

The scientific program of the 59th Indian Orthodontic Conference (IOC), held in Vizag, was meticulously structured to reflect contemporary advances, emerging technologies, and evidence-based practices in orthodontics. The program provided a comprehensive academic platform for knowledge exchange, critical discussion, and professional enrichment.



The conference was enriched by distinguished international keynote speakers who provided global perspectives on cutting-edge orthodontic advancements. Notable international speakers included Dr. Ravindra Nanda, who delivered an evidence-based discourse on biomechanics and material advances in shape-memory aligners; Dr. Sercan Akyalcin, who highlighted emerging smart technologies in orthodontic practice; Dr. Noriaki Yoshida, who addressed biomechanical considerations in torque control using labial, lingual, and aligner systems; Dr. Vandana Kumar, who discussed clinical applications of cone beam computed tomography; and Dr. Somchai Satravaha, who elaborated on the complexities of Class III malocclusion management. Further international contributions from Dr. Johnny Liaw, Dr. Daniela Garbo, Dr. Sathpurush Allareddy, Dr. Prasad Nalabothu, and Dr. Nandakumar Janakiraman emphasized advancements in digital orthodontics, artificial intelligence, big data, periodontal considerations, and regenerative approaches, reinforcing the global relevance of the scientific deliberations.



The national keynote sessions were equally impactful, showcasing the depth and diversity of orthodontic expertise within the country. Eminent speakers such as Dr. S. P. Singh, Dr. Rajan K. Mahindra, Dr. Kalyani Trivedi, Dr. Priyank Rai, Dr. Puneet Batra, Dr. Sridevi Padmanabhan, Dr. Tulika Tripathi, Dr. Ashish Garg, Dr. Murukesan Subramanian, and Dr. Keluskar K. M. delivered scholarly presentations encompassing cleft orthodontics, aligner biomechanics, skeletal malocclusions, digital workflows, biomaterials, and interdisciplinary management strategies. These lectures seamlessly integrated clinical experience with scientific evidence, benefiting both postgraduate students and practicing orthodontists.

The scientific program was further strengthened by IOS Orations, memorial orations, panel discussions, rising star sessions, and multidisciplinary lectures, ensuring balanced representation of foundational principles, contemporary innovations, and future trends in orthodontics.

Overall, the scientific sessions of the 59th IOC successfully fostered academic excellence, critical thinking, and clinical innovation, reaffirming the Indian Orthodontic Society's commitment to advancing orthodontic education, research, and patient-centered care on both national and international platforms.



Reported by Associate Editor , Dr. Shantanu Khattri

59th Indian Orthodontic Conference (IOC), Visakhapatnam Valedictory Function

The Valedictory Function of the 59th Indian Orthodontic Conference (IOC) marked a significant administrative and professional milestone with the formal transition of the Indian Orthodontic Society (IOS) Executive Committee. The occasion symbolized the successful culmination of a landmark conference and the commencement of a new leadership phase within the Society.

The exemplary efforts of the 59th IOC Organizing Committee, Dr. Srikrishna Chalasani, Organizing Chairman, Dr. N Sleeva Raju, Organizing Secretary were formally acknowledged for their meticulous planning, academic vision, and seamless execution of the conference, which contributed significantly to its overall success and scholarly impact.

The services and contributions of the outgoing IOS Executive Committee were appreciatively recognized, with special mention of Dr. Puneet Batra, who demitted office after completing his term as President of the Indian Orthodontic Society.



His tenure was distinguished by a strong commitment to academic excellence, organizational growth, and the promotion of ethical, evidence-based orthodontic practice.

During the ceremony, Dr. Puneet Batra formally handed over the presidency to Dr. Sridevi Padmanabhan, who assumed charge as the President of the Indian Orthodontic Society 2026. The ceremonial transition reflected continuity in leadership, vision, and governance, reaffirming the Society's dedication to advancing orthodontic education, research, and clinical innovation.

The determining services of the outgoing Honorary Secretary, Dr. Sanjay Labh, were appreciatively acknowledged for his significant contributions to the administrative efficiency, academic initiatives, and organizational growth of the Society. Subsequently, Dr. Shubaker Rao Juvvadi formally assumed charge as the Honorary Secretary, Indian Orthodontic Society. This ceremonial handover reflected continuity in leadership and governance, reinforcing the Society's commitment to transparency, professionalism, and the sustained advancement of orthodontic education and practice.



The installation of the newly constituted IOS Executive Committee was conducted with due decorum, underscoring the core values of leadership, service, and collective responsibility. The Valedictory Function thus not only marked the successful conclusion of the 59th IOC but also reinforced the enduring strength and progressive outlook of the Indian Orthodontic Society.

The conference formally concluded with a cordial gathering and celebratory evening, providing an opportunity for delegates, faculty members, and dignitaries to engage in meaningful interaction in an atmosphere of collegiality, thereby strengthening professional fellowship and commemorating the successful culmination of the 59th Indian Orthodontic Conference.



INDIAN ORTHODONTIC SOCIETY 1st EC MEETING 2025-26

The 1st Executive Committee Meeting of the Indian Orthodontic Society (2025–26) was held on 30 November 2025, starting at 6:00 PM, at Radisson Blu Resort, Visakhapatnam.

The meeting commenced at 6:00 PM, following the valedictory function of the 59th Indian Orthodontic Conference. The newly elected Honorary Secretary, IOS, Dr. Shubhaker Rao Juvvadi, ceremonially adorned the presidential jewels on Dr. Sridevi Padmanabhan, marking her assumption of office as President, IOS.

The President warmly welcomed all newly elected Office Bearers and Executive Committee members for the 2025–26 term. The scheduled agendas for the meeting were discussed in detail, and a brief introduction of the newly elected Executive Committee members was conducted.

The President and the Honorary Secretary expressed sincere gratitude to all Office Bearers and EC members for their presence and active participation in the first meeting of the term.

The meeting concluded with a group photograph.



Reported by Managing Editor, Dr. Mayank Gupta

IOS – Life Time Achievement Award

Dr. S.S Siddhu

The Indian Orthodontic Society proudly honours Dr. S. S. Siddhu with the Life Time Achievement Award in recognition of his decades-long contribution to the specialty. As one of the senior-most members of the IOS, Dr. Siddhu has played a pivotal role in shaping orthodontic education, clinical standards, and professional ethics within the country. His sustained commitment to excellence, mentorship of generations of orthodontists, and unwavering service to the society have left a lasting legacy for the profession.

Dr. N.R. Krishnaswamy



A stalwart of the profession, Dr. N. R. Krishnaswamy is honoured with the Life Time Achievement Award for his distinguished service to orthodontics in India. His academic leadership, contributions to research, and passionate involvement in strengthening orthodontic training across institutions have set exemplary benchmarks for the current and future orthodontic community. His vision and commitment continue to inspire clinicians across the country.

Dr. Keki Mistry Scroll of Honour

Dr. Ashok Utreja

The Dr. Keki Mistry Scroll of Honour is conferred upon Dr. Ashok Utreja, an eminent teacher, researcher, and clinician whose name is synonymous with orthodontic excellence in India. His scholarly contributions, leadership roles, and dedication to advancing craniofacial orthodontics have greatly enriched the field. Generations of students and practitioners have benefitted from his guidance, making him one of the most respected figures in Indian orthodontics.



Dr. A. V. Arun's Outstanding Professor Award

This prestigious award recognises faculty who have demonstrated exceptional academic leadership and a deep commitment to educating future orthodontists.

Dr. S. P. Singh

Honoured for his exemplary teaching career, Dr. S.P. Singh has consistently fostered academic excellence and inspired countless postgraduate students through his commitment to high-quality orthodontic education.

Dr. Wasundhra Bhad

Dr. Wasundhara Bhad is celebrated for her outstanding contributions as a scholar and educator, shaping strong academic foundations and mentoring generations of residents with passion and dedication.

Dr. C. Deepak

Recognised for his innovative approach to teaching and his dedication to postgraduate training, Dr. C.Deepak has significantly influenced academic growth in his department and beyond.

Dr. Brig. S. S. Chopra

A distinguished academician, Dr. Brig. S.S.Chopra has combined clinical excellence with a structured, disciplined teaching methodology, contributing immensely to orthodontic training in institutional settings.

Dr. Ranjit H. Kamble

Dr. Ranjit H.Kamble is honoured for his sustained commitment to academic standards, impactful teaching, and the nurturing of young orthodontic talent across institutions.

Dr. S. Gowri Sankar

A dedicated educator, Dr. S.Gowri Sankar is appreciated for his academic leadership and outstanding student mentorship, fostering a culture of scientific learning and clinical refinement.



Dr. J. G. Kannappan Award for Best Dissertation

Dr. Vishal Kumar Sharma

Dr. Vishal Sharma's dissertation presents a meticulous comparative evaluation of the effects of 10% papain on the shear bond strength of widely used orthodontic bonding materials, including resin-modified glass ionomer cement, single-step composite, and conventional composite. His rigorously designed double-blinded, split-mouth randomized controlled trial provides meaningful insights into improving bonding efficiency in clinical orthodontics.



Dr. Vishnupriya T. R.

• Dr. Vishnupriya's in-vitro research explores the accuracy of dental measurements obtained from plaster models—the gold standard—versus modern 3D-printed models. Her work contributes essential evidence to the ongoing transition toward digital orthodontics and enhances understanding of the reliability of emerging technologies.



Dr. P. P. Jacob Award for Best Scientific Research Paper

Dr. Rupesh Sharma

Dr. Rupesh Sharma is recognised for his publication on hard- and soft-tissue profile changes in skeletal Class III deformities following maxillary advancement and mandibular setback orthognathic surgery. His work offers valuable clinical insight into facial aesthetics and treatment planning for complex dentofacial deformities.

Dr. George Jacob Award for Best Innovation in Clinical Orthodontics

Dr. Koya S

Awarded for his innovative "Yen Implant Map," Dr. Koya introduces a novel method to record orthodontic TAD site selection, improving precision, predictability, and safety in clinical anchorage planning. His contribution strengthens contemporary orthodontic biomechanics and enhances clinician confidence in TAD placement.



IOS Student Life Member Research Award

Dr. Manjiri Bhate

Dr. Manjiri Bhate's research on synthesizing a novel dentifrice containing 4-HCA and evaluating its potential for preventing white-spot lesions in orthodontic patients addresses one of the most common challenges in fixed appliance therapy. Her study adds valuable preventive insights for clinical practice.

Dr. Varshitha P

Her work assesses agreement levels between orthodontists and automated orthodontic treatment-planning software regarding therapeutic extractions and anchorage decisions. This research contributes meaningfully to the discourse on AI-assisted orthodontic diagnostics.

Dr. M. Lakshmi Rajyam

Dr. Lakshmi Rajyam's comparative in-vitro study on frictional forces in two types of self-ligation bracket systems enriches the existing biomechanical literature and has relevance for optimizing sliding mechanics in clinical practice.



Dr. H. D. Merchant Award for Original Preventive Orthodontics Research

Dr. Vikas Thakur

Dr. Vikas Thakur's in-vitro work analyses the antimicrobial activity of probiotics against oral pathogens on clear aligners using confocal laser scanning microscopy. His findings have important implications for improving oral hygiene strategies for aligner patients and enhancing preventive care.



IOS Life Member Research Award

Dr. Remmiya Mary Varghese

Dr. Remmiya's research on assessing condylar and glenoid fossa dimensions in different sagittal skeletal malocclusions provides essential anatomical insights significant for diagnosis, growth assessment, and treatment planning in orthodontics.



IOS Life Member Research Award

Dr. Juhi Yadav

Her study on TGFA polymorphism and its association with cleft lip and palate in the North Indian population contributes meaningfully to craniofacial genetics literature and may influence future screening and prevention strategies.

Dr. Monis Raza

Dr. Monis work examines the interaction between patients and artificial intelligence in orthodontics, specifically analysing AI responses relating to obstructive sleep apnoea. This research supports the responsible integration of AI into patient communication and clinical screening.



Dr. Mrs. Savita Ramesh Vaid Memorial Award for Best Overall

Mangalore Orthodontic Study Group

This award recognizes the Mangalore Orthodontic Study Group for its exemplary academic activities, collaborative learning environment, and consistent contribution to professional development. Their dedication to maintaining high scientific standards and fostering a strong orthodontic community sets them apart as a model study group within the IOS.



Paper Research



Dr. Dilshad Umar



Dr. Seerab Hussain



Dr. Jyothi.M

Paper - Clinical



Dr. Arnav Munjal



**Dr. Harshavardhan
Dr. Swati Acharya**



**Dr. Abhiram Cherukuri
Dr. Praveen Kumar Neela
Dr. Mayank Malik**

Paper - Clinical Innovation



**Dr. Pavan Kumar
Dr. Priyanka Kapoor**



**Dr. Vinay Kumar Chugh
Dr. Gyan Prakash Singh**



Dr. Haneesh Kiran P

Table Clinic



Dr. Vidhya



Dr. Prathik Chandra

Poster Research



Dr. S. Badrinath



Dr. Yatish Kumar Joshi



Dr. Namkesh Raj. B

Poster Clinical



Dr. Rinkle



Dr. Anushka Mesquita

IOS 2025-26 EC committees

President and Hon. Secretary will be ex-officio members of every committee

Chairman: Dr.Deenadayalan
Co-Chairman: Dr. Stuti Mohan
Practice management committee
Co-Chair: Dr.Stephen Chain

Members:
Dr.Gautham Reddy
Dr.Chetan Kumar
Dr.Anupama V
Dr.Tushar Kanti Nayak
Dr.Partha Prathim Chowdhury
Dr.Madhav Chandran
Ext member: Dr.Praveen Katepogu
Dr. Swati Sharma

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Website and App development
Dr Gaurav Gupta, Dr Prateek Chandra, Dr Dhruv Yadav, Dr Sandeep Singh, Dr Stephen Chain
Job Portal -Dr.Madhav Chandran ;Dr.Harneet

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Dr.Silju Mathew
Dr.Gnanashanmugam

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Dr.Elbe Peter
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Dr.Edinton Armugam
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Indian Board of Orthodontics Convocation





The 26th Indian board of ORTHODONTICS (IBO) convocation was held on 28th November 2025 during the 59th IOC Vishakapatnam . The convocation was chaired by the IBO chairman Dr Salil nene , Vice chairman Dr Mala Ram Manohar , secretary Dr Ajit Kalia , and Board of directors Dr Kiran Kumar Hc, Dr Ashish Garg ,President IOS Dr Puneet Batra and Hon Secretary Dr Sanjay labh . The chief guest for this ceremonious event was Dr Johnny liaw .The Newly inducted Diplomates were Dr Ravishankar Vijayan, Dr Tapas shah .

The prestigious Prem Prakash award was honoured towards the best case to Dr Ravishankar Vijayan .



Reported by Section Editor , Dr. Pavithra M Bai



Dr. Mala Ram Manohar

Warm Greetings to all my fellow IOS members from the Board of Directors of the Indian Board of Orthodontics.

It is with a great sense of privilege and humility that I took over the mantle of Chairmanship of the IBO at the recently concluded 59th IOC at Vishakapatnam. I have great responsibility on my shoulders as I stand in a position held previously by then stalwarts of our society starting with Dr. Vijay P Jayede who was our Founding Chairman.

During my 4 years as Director, I have had the opportunity to work with Dr. Vadivel Kumar, Dr. Ashwin Mathew George, Dr. Rajaganesh Gautam & Dr. Salil Nene as Past Chairman.

Their dedication and selfless service to the Board has prepared me for the task ahead and I am very optimistic of taking the Board to greater heights with my exemplary team of Directors: Vice Chairman, Dr. Ajit Kalia; Secretary & Treasurer, Dr. Kiran Kumar; Senior Director, Dr. Ashish Garg & Freshman Director, Dr. Sunanda Roy Chowdhury.

We are committed to upholding the level of excellence in Orthodontics. These are times of great change with our specialty leaning heavily towards digital technology. We are looking forward to incorporating newer technologies and assessment strategies into our program that will immensely benefit the younger technosavvy aspirants.

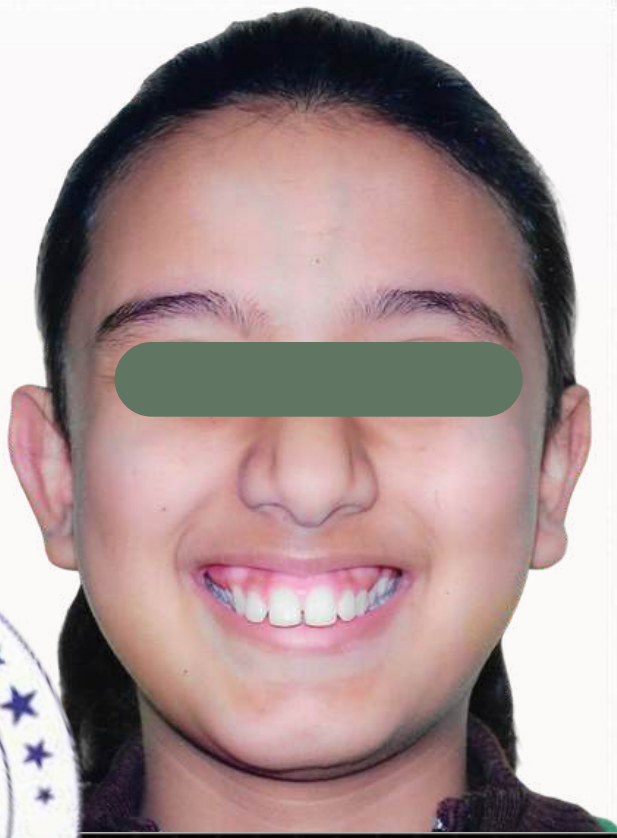
From this platform I would like to appeal to all our members of the Indian Orthodontic Society to take up Board Certification and enrich their contribution to the society as a whole. Board Certification is a huge step towards self gratification and upliftment as a professional. Only an individual who challenges oneself walks on the path of perfection.

I urge our members to attend the Awareness programs we conduct as they are structured to give a clear view of the Certification process and encourage them to start the process. I am looking forward to many more participants in our upcoming Phase II & III exams.

Our membership is small at 133 diplomates but I am confident we will grow at a steady pace slowly but surely as we stay focused on perfection.

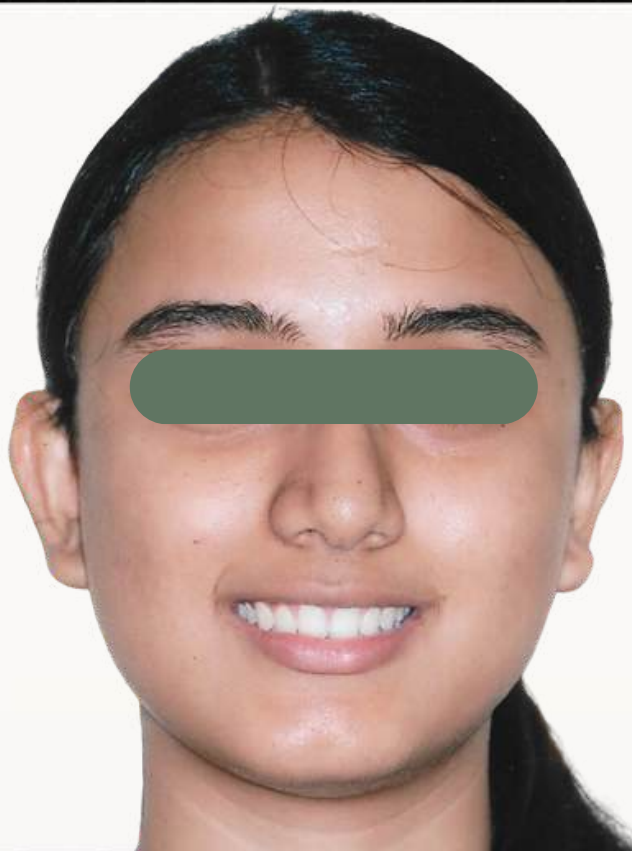
I am looking forward to working with our IOS President Dr. Sridevi, Vice President Dr. Sarvaraj Kohli & Honorary Secretary Dr. Subhaker and their impressive team of office bearers. Wishing all a great year ahead. Stay blessed & safe till we meet again at New Delhi.

Magic Of Braces



Before

After



IOS Times acknowledges Dr. Rajib Seal for his contribution in the public awareness page .

Before

**IOS Times
acknowledges
Dr. Pavithra M
Bai for her
contribution in
the public
awareness page**

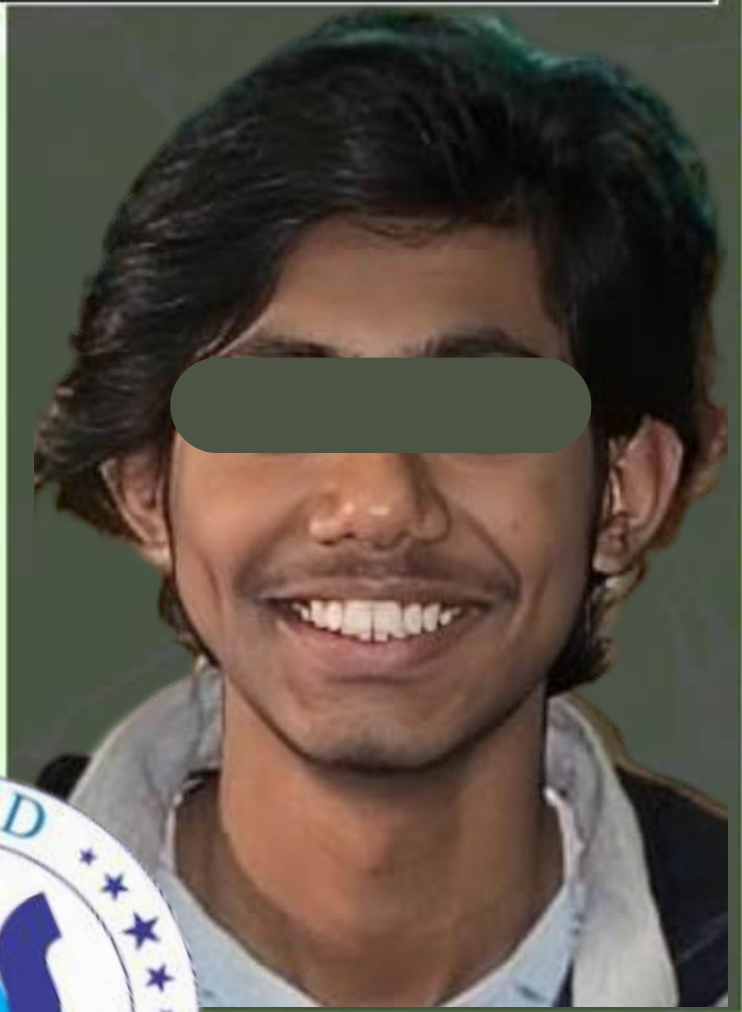


After

Magic of Braces

Is your braces doctor IOS Endorsed ?

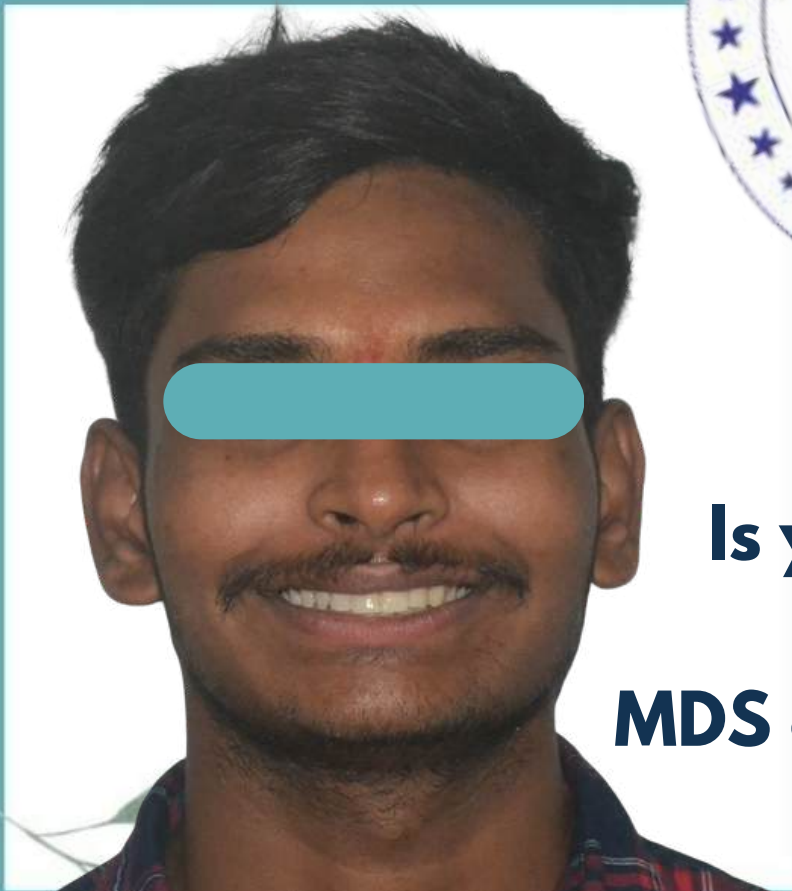
Before & After



IOS Times acknowledges Dr. Kasturi Mukherjee for her contribution in the public awareness page .



Before



After

**IOS Times acknowledges
Dr. Praveen Kumar Neela
for his contribution in the
public awareness page**



**Is your braces
doctor
MDS orthodontics ?**

Before



**Magic
of
braces**



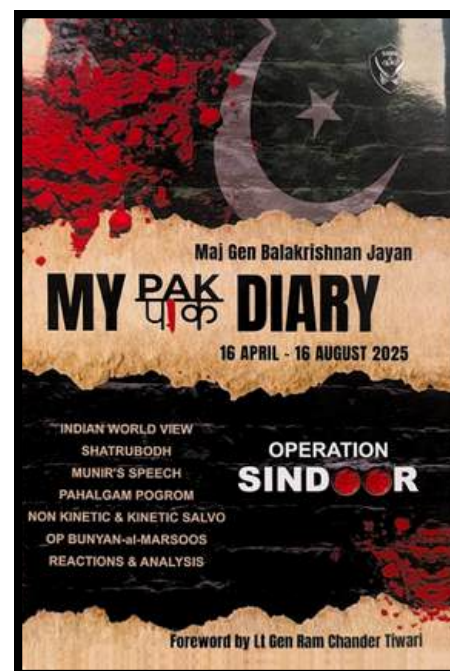
After



**IOS Times
acknowledges
Dr. Jainav
Thakkar for her
contribution in
the public
awareness page.**



Maj Gen Balakrishnan Jayan



Maj Gen Balakrishnan Jayan stands as one of the most distinguished leaders in the history of the Army Dental Corps—an accomplished clinician, researcher, administrator, teacher, and pioneer whose contributions have shaped military dentistry and dental sleep medicine in India. His career reflects an exceptional blend of clinical excellence, academic brilliance, scientific innovation, and visionary leadership.

A graduate of Government Dental College (1989 batch), Maj Gen Jayan was commissioned into the Army Dental Corps in April 1991. His academic journey has been one of relentless pursuit of knowledge and expertise. He completed his MDS in Orthodontics & Dentofacial Orthopaedics from the Armed Forces Medical College (AFMC), Pune in 1998, and went on to build a legacy in this specialty within the Armed Forces and beyond. His passion for interdisciplinary healthcare culminated in honorary fellowships in Sleep Medicine (2009) and Dental Sleep Medicine (2024) awarded by the Indian Sleep Disorders Association—recognition of his pivotal role in advancing airway and sleep-related research.

Maj Gen Jayan has always embraced a multidisciplinary approach to healthcare. He pursued a fellowship in Clinical Research and completed the prestigious Senior Defence Management Course from the College of Defence Management, Secunderabad, further strengthening his managerial, strategic, and research acumen.

His contributions to scientific research are extraordinary. A recognized postgraduate teacher under the Maharashtra University of Health Sciences and Delhi University, he has guided numerous budding specialists. He has been associated with 16 research projects, many focusing on upper airway management—a domain in which he is considered a national authority. He has delivered 95 presentations at national and international conferences and published 98 scientific papers across high-impact dental and medical journals. His scholarly influence is reflected in over 508 citations of his work. He has also authored 12 chapters in reputed international reference books on Orthodontics and Sleep Medicine.

A prolific writer, Maj Gen Jayan has enriched military literature with books showcasing clinical insight, service ethos, and national security perspectives. His notable works include Care During COVID-19 Pandemic: A Military Dental Hospital Commandant's Diary, Atlas of Posters for Armed Forces Dental Services, and the widely appreciated Coffee Table Book on the Army Dental Corps – Trails and Triumphs.



His latest book, *My Pak Diary*, based on the recent Indo-Pak conflict, has added a fresh dimension to military writing. The book is a powerful blend of patriotic narrative, personal reflection, and sharp strategic insight. Beginning with the loss of his father, Maj General Jayan channels grief into a meticulously documented account of events from April to August 2025—examining Gen Asim Munir’s rhetoric, the Pahalgam pogrom, and India’s decisive execution of Operation Sindoor.

The book stands out for its fusion of military detail with civilizational perspective. Maj Gen Jayan’s exploration of *Shatrubodh*—enemy recognition—offers a rare understanding of Pakistan’s military-political mindset and its destabilizing ideology.

Both visceral and analytical, the narrative reads as a soldier’s field report, a scholar’s reflection, and a patriot’s tribute. Rich in historical context and contemporary analysis, *My Pak Diary* becomes more than a chronicle of an operation—it is a compelling lesson in geopolitics, ideology, and national resilience. and is already available on Amazon.

His exemplary service has earned him a rich array of accolades:

Chief of Army Staff Commendation Cards (2007, 2014)

Vice Chief of Army Staff Commendation Cards (2007, 2008)

Army Commanders Commendation Cards (2000, 2008, 2011)

IOS Research Award (2009)

IOS Outstanding Professor Award (2024)

These honours reflect his sustained excellence across clinical care, academics, research, and military leadership.

Maj Gen Jayan’s contributions extend beyond dentistry. He pioneered the introduction, practice, and training of Dental Sleep Medicine in India and played an instrumental role in training Air Force Dental Officers in Aerospace Dentistry through a dedicated two-week programme. He was also a key contributor in framing dental fitness standards for Gaganyaan, India’s Human Spaceflight Programme—an achievement that places him among the few dental professionals in the country to have contributed directly to space medicine.

Across his illustrious career, he has held several critical appointments:

Commanding Officer & Corps Dental Adviser, 3 Corps Dental Unit

Professor of Orthodontics, AFMC Pune

Consultant, Army Dental Corps (R&R)

Commandant & Dental Adviser (Air), AFIDS Bangalore

Commandant, Army Dental Centre (Research & Referral), New Delhi

Commandant & Command Dental Adviser (Central Command), Lucknow

Currently: Commandant & Command Dental

Adviser (Eastern Command), Kolkata

With his selection for the coveted rank of Lieutenant General, he is set to take charge as Director General Dental Services on 01 June 2026—a fitting culmination to a career marked by excellence, innovation, and service to the nation.

Maj Gen Balakrishnan Jayan epitomizes the finest traditions of the Indian Armed Forces. His leadership continues to inspire generations of dental surgeons, healthcare professionals, and military officers. A thinker, teacher, clinician, researcher, and administrator par excellence, he remains a torchbearer for progress within military healthcare and a true national asset.



Congratulations

Dr. Dilshad Umar (LM 2979), a PhD candidate at Yenepoya University and an alumnus of A.B. Shetty Memorial Institute of Dental Sciences (BDS) and Yenepoya University (MDS, 2013), has been awarded the prestigious Cleft 2025 Scholarship by the International Confederation of Cleft Palate and Craniofacial Anomalies (ICCPA).



This distinguished quadrennial award, which includes a grant of ₹250,000, recognizes outstanding contributions and potential in the field. Dr. Umar was selected as one of only ten recipients worldwide. The scholarship was formally presented during the 15th International Congress on Cleft Lip/Palate and Craniofacial Anomalies, held in Kyoto, Japan, on October 20, 2025, where he also had the opportunity to present his research.

Congratulations

Reported by Section Editor , Dr. Stuti Mohan

POTENTIAL OPPURTUNITIES FOR GRANTS TO LOOK FOR IN THE COMING YEAR

For 2026 research grants, look for opportunities from major bodies like SERB/DST (India) for science, ICMR, DBT (Department of Biotechnology), CSIR (Council of Scientific & Industrial Research), DHR (Department of Health Research), NCBS-TIFR (National Centre for Biological Sciences-Tata Institute of Fundamental Research), NIH (National Institutes of Health), DBT/ Wellcome Trust India Alliance/ India Research Management Initiative, UGC (institutional and individual), etc. many government grants follow annual or bi annual cycles. October to January is a common window.

ICMR grants

In addition to the STS grants, ICMR provides financial assistance for Indian scientists working in ICMR institutes (intramural) and outside ICMR institutes (Extramural) to conduct research in medicine, and public health. It also offers fellowships (Junior Research Fellowship), research support to biomedical scientists for paper presentations, workshops, and other research-related opportunities.

Currently open grants

Call for Expression of Interest under ICMR-Center for Collaborative Research (CCR) Scheme: Year 2025-2026 (Last Date: January 15, 2026)

·Biomedical Research Eligibility Test (DHR-BRET) for pursuit of doctoral degree in ICMR/UGC/research institutions/ or Institutes of National Importance in India.

Watch the research column for the available grants in the next approaching year.



Heartiest
Congratulations
To Dr. Khadeer
Riyaz for
successfully
completing his
PhD.





The present research aimed to assess the impact of intraoral Photobiomodulation on the rate of accelerated orthodontic tooth movement (OTM) and the levels of Interleukin-6 (IL-6).

Our work used a FEM to investigate the impacts of three different wavelengths of LED light application with various parameters to determine the acceleration and heating effects of these lights on soft tissues. Later, we created a new intraoral photobiomodulator based on our FEM study wavelengths and parameters, which is unique in its type by design, as most appliances in the literature only use light from the outside. Our design is unique in that it allows us to apply light from both the inner and outer surfaces intraorally (Buccal/Palatal side), resulting in more consistency in photobiomodulation and acceleration. I am proud to mention that it was made in India.

This study is the first clinical research conducted in vivo to evaluate accelerated orthodontic tooth movement via the application of three distinct wavelengths, employing a customized photobiomodulator appliance with varying parameters. Parameters were assessed in conjunction with the evaluation of IL-6 at their respective levels.

Given the complexity and diversity of PBM, we set out to compare and assess three separate wavelengths with varying characteristics in order to discover the best wavelength of irradiation for accelerating tooth movement. The majority of the literature discusses 850nm as an effective wavelength; nevertheless, our investigation demonstrated that 740 was superior and more effective than the specified wavelength by adjusting the parameters, as evidenced by the findings obtained in our clinical study. In vivo studies only justify a single wavelength; in our work, we justified three wavelengths utilising our photobiomodulator.

Our photobiomodulator will be available soon, benefiting all orthodontic patients and the orthodontic fraternity, and it can also be employed in the research process. We have already received numerous emails from worldwide sources applauding the study and potential developments in the accelerated protocol.

Reported by Associate Editor , Dr. Uma Revathi

Dr. Preeti Kulkarni

Management of an orthodontic practice - a practical, modern framework

Running an Orthodontic practice today requires far more than clinical proficiency. The most successful practices are those built on streamlined systems, empowered teams and an experience-driven approach to patient care. A structured progression helps clinicians gradually transform their practice without feeling overwhelmed.

The foundation begins with standardising workflows. Clear protocols for consultations, records, case presentations, appliance placement, review visits and retention ensure consistency. When every stage of treatment follows a predictable path, the practice becomes more efficient, less stressful and easier to scale.

This naturally leads to the importance of digital integration. Transitioning to digital records, practice management software and intraoral scanning not only enhances accuracy but also elevates the perception of the practice. Remote monitoring, digital treatment simulations and automated reminders further improve patient engagement while reducing unnecessary chair time. Equally crucial is team structure and communication. A well-organised orthodontic practice thrives on clarity. Each team member should understand their responsibilities, expected outcomes and how their role supports the larger mission of the practice. Regular training sessions, morning hurdles and open channels for feedback help to create a motivated team that communicates confidently and consistently with patients.

Improving patient experience is the next transformative layer. From the first phone call to the final retainer check, every interaction influences trust and case acceptance. Patients appreciate transparency in treatment planning, visual demonstrations, flexible payment options and proactive communication. These seemingly small touches create a premium experience that strengthens the practice's reputation and reduces the focus on price comparison.

A modern practice must also be data-aware. Tracking key performance indicators, such as new consultations, conversion percentages, case strap ups and chair utilisation allows orthodontists to identify gaps and refine systems. What gets measured, truly gets improved.

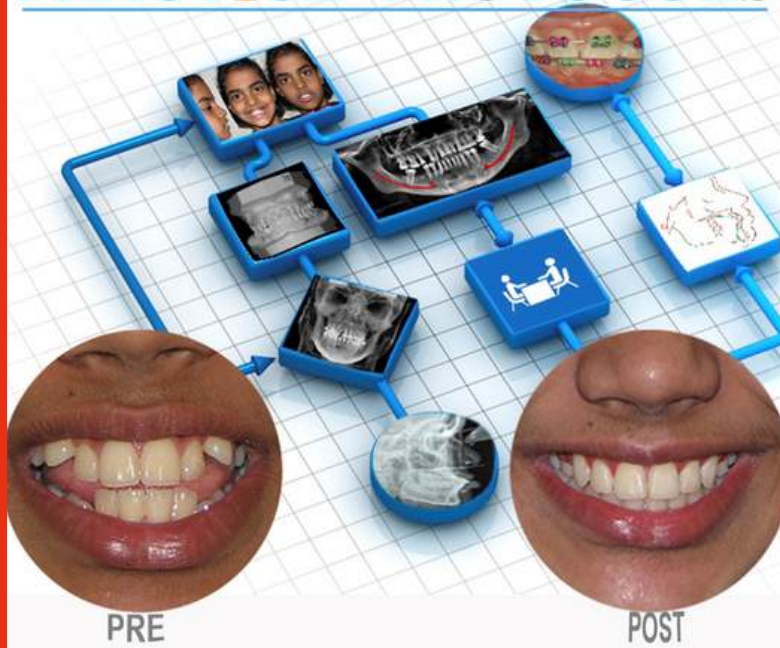
Finally, brand presence and community engagement play a decisive role in practice growth. Whether through social media, educational content, school awareness drives or collaborations with general dentists, a visible and trustworthy orthodontist attracts patients who value expertise over discounts. When these elements come together like systemised workflows, digital tools, cohesive teams, thoughtful patient experience, data-driven decisions and strong branding, the orthodontic practice evolves into a smooth, scalable and resilient ecosystem ready for the future.

PRACTICE PROTOCOLS 2.0

[Click here for Part 1](#)

WHAT CHANGED IN 10 YEARS ?!

PRACTICE PROTOCOLS



TREATMENT DETAILS & CONSENT

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While most cases may be "standard," some require multi-stage or complex treatment. Patients and guardians often forget what was explained at the start. Hence, it is advisable to email patient-specific treatment details (Fig. 4) to the address given in the registration form so they can revisit the information whenever needed. Ensure the treatment objectives in the email align with what the patient seeks.

The appliance, fee, duration, inclusions, exclusions, caution notes, and payment schedule must be clearly mentioned. It is essential for the patient/guardian to sign the physical or digital treatment card, confirming the crucial parts of the consent (Fig.5 & 6).

Tt Plan: Step 1 – Remove the tooth 55 & hold space with Trans pal Sp
Mntr Step 2 – Treatment with fixed appliance, with extraction of teeth 25, 35, 45. Active treatment to be followed by retention.

Tt explained and I give my consent for the treatment. **The payment schedule & treatment instructions explained, are acceptable to me.** **I give my consent for use of records for promotions, presentations & publications.**

NO INITIALS. YOUR COMPLETE SIGNATURE PLEASE

Full Name of Signatory : A

Fig. 5 - Consent signatures on physical treatment card



Dr. Biju Abraham
Orthodontist & Dento-facial Orthopedician
M.D.S. (Orthodontics & Dento-facial Orthopedics)

Braces for adults & children • Clear Aligners • Dental Implants • Full mouth rehabilitation

Dear Aarav Nair

Pl note the following - your orthodontic treatment details

The treatment
The orthodontic treatment is to be done with Custom-prescription self-ligating system - which can be Ceramic - Damon Clear (Image 1) or, Metal - Damon Ultima (Image 2). Milk tooth in upper jaw will be retained for the time being. Certain Jaw Repositioning Device (JRD) will be used to guide the lower jaw, in the desired direction.

At the end of active treatment, you will be getting retainers to maintain the corrected position of teeth.

Treatment objective

1. Move upper front teeth back.
2. Move the lower jaw forward
3. Level, align & develop the dental arches
4. Relate upper & lower front teeth optimally
5. Settle the side teeth into correct relation

The treatment time
Approx 18 months of active treatment time is expected. After the initial 1-2 visits (within the first few weeks of treatment), follow up visits at 6 to 10 weeks interval is expected. Please note that the EXACT duration of treatment depends on many factors beyond the doctor's control and may be significantly longer or shorter than the estimated duration. The duration of wear of retainer, is beyond the time period mentioned above, and will be communicated to you towards the end of active orthodontic treatment.

The treatment charges
Depends on the type of braces you decide upon.
A - Approx INR 2,25,000 (Two lac twenty five thou only)
D - Approx INR 2,05,000 (Two lac five thou only)

The amount includes charges towards

1. Payment to vendor towards consumables
2. Fitting of braces & wires
3. Jaw Repositioning Device (Non - conjoined JRD)
4. The follow up visits during active treatment.
5. Cleaning & polishing teeth after braces removal
6. The retainers (Removable - 2, Fixed - 2)
7. Follow up with retainers - upto 2 visits or 1 year (whichever is earlier)

IMPORTANT

- Only if the non-conjoined JRD does not provide the result sought, as expected, the conjoined JRD may have to be used.
- The status of the milk tooth will be re-assessed mid treatment, to decide upon its role within the upper dental arch.
- In case of any untoward or unexpected development during the course of treatment - you will be explained the same, along with its ramifications, if any, financial, or otherwise.

Dr Biju Abraham October 24, 2025

WORK BY APPOINTMENT ONLY

Centre for Advanced Dentistry, 8th floor, Dr H Hirvrandani Hospital, Hillside Avenue, Powai, Mumbai - 400076 +91 22 73023807
Monday, Wednesday & Thursday 5 pm to 8 pm

Former Associate Professor, YCM MRD Dental College & Hospital, Ahmednagar, Maharashtra Follow: World Federation of Orthodontists
smilewithdrbiju.dih3@gmail.com +91 9821129228

Fig.4 - Patient specific treatment details sent over email

Treatment Plan: Tt with Spark Clear Aligner system with extraction of tooth 41. Active Tt to be folld by retention.

Have understood the treatment plan explained / received over email and I give my consent for the treatment. **The payment schedule & treatment instructions explained are acceptable to me.** **I give my consent for use of records for promotions, presentations & publications.**

Signature **Signature** **Signature**

Full Name of Signatory: Pragati Kumar

Fig. 6 - Consent signatures on a digital treatment card



ORTHODONTIC TREATMENT FEE

14

One thing NOT taught in dental school is how to value the services we provide. What is considered the pinnacle of expertise for a dental surgeon is merely the first step for an orthodontist. Orthodontists are the hard-working, Full Mouth Rehabilitation specialists, repositioning every tooth physically to achieve functional occlusion. If a position seems off, we adjust the bracket or wire and wait another month to verify. A dentist simply instructs the lab to modify the design - easier still, today, with digital workflows. Considering the time and effort involved in orthodontic Full Mouth Rehabilitation, what should one charge?

When you deliver a healthy, beautiful smile without artificial add-ons, it usually lasts a lifetime if retention & maintenance protocols are followed. Compare this to the cost a patient would incur if they opted for restorative dentistry - with recurring future expenses.

Put a number to it.

Your belief, conviction, resolve, and commitment in delivering what you promise is the first step. irrespective of market forces. Whatever your fee, it must reflect the treatment experience you deliver.

15 PAYMENT SCHEDULE



Collecting payment has always been an Achilles heel because mindsets vary. The recommended guideline is The entire agreed-upon payment must be collected BEFORE the chief complaint is fully resolved.

Payment may be collected as:

- All in one - on bonding day, at aligner delivery, or anytime between DTP and bonding
- 2 by 4 - at 0 and 4 months
- 3 by 6 - at 0, 3, and 6 months

The practice of collecting money at every appointment MUST STOP. AN ORTHODONTIST IS NOT A DAILY WAGE LABOURER. Human psychology respects a practitioner who commands a five- or six-digit fee even twice. rather than someone collecting small sums each visit. Implant dentistry has changed the landscape; orthodontics can no longer cling to outdated fee-collection habits.

Such collection protocols also help in accounting separately for breakages, mid-treatment issues, or course corrections. Good staff can track due dates and inform patients: in visiting practices. this depends on the dentist's support. Digital apps and patient-management software help streamline this.

When the full amount is collected early, the orthodontist can focus solely on delivering the promised result-without worrying about financial default.

Always issue a receipt and send it via message or email. This can later be compiled for final billing. Tally remains the gold standard for billing, payments, and inventory management - your CA will thank you. Patient-management software may also include this feature, but free software is NOT advised for financial records.



WORK BY APPOINTMENT

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Most orthodontists know the work planned for the next appointment and can schedule appropriately. Once an appointment is given, it is up to us to respect the slot. Patients, in turn, must respect it as well. Occasional "glitches in the Matrix" may be excused.

There will always be black sheep; they usually fall in line once cautioned. For persistent offenders, rescheduling after they arrive late - without examining them - is effective. If nothing works, deferred scheduling may be used: patient is asked to come at 3 pm but is scheduled for 3:30 pm.

The author follows a system of NO reminders. The logic is simple: If you value something, you don't need to be reminded. If a patient values the orthodontist and the care provided, they will ensure they are on time every time.



About the author
DR. BIJU ABRAHAM

Private practitioner in Mumbai, since 1997, has two offices of his own & is attached to Dr LH Hiranandani Hospital, Powai, Mumbai. A graduate of King George's Medical College, Lucknow (1995) is the past Editor of IOS TIMES (2017-19) & former Chairman of the Public Awareness Committee of Indian Orthodontic Society (2012-16, 2017-19). Beside his YouTube channel - Braces Takes U Places, he continues to disseminate orthodontic awareness amongst the general populace via his social media handle #smilewithdrbiju.



Optimizing an orthodontic practice is essential for ensuring efficiency, patient satisfaction, clinical excellence and long-term sustainability. As dentistry in India and worldwide becomes increasingly competitive and digitally-driven, orthodontists must possess not only technical proficiency but also strong managerial skills to ensure the sustainability and growth of their practices. As orthodontic care becomes increasingly competitive and technologically advanced, practitioners must adopt strategies that enhance workflow, improve communication, streamline finances and strengthen the overall patient experience. Orthodontic practice optimization is therefore a holistic process that involves refining clinical procedures, leveraging technology, empowering staff and establishing robust management systems.

EFFICIENT PRACTICE OPERATIONS AND WORKFLOW EXCELLENCE

A smooth, predictable clinical workflow forms the foundation of an optimized practice. Standardized procedures for diagnosis, appliance placement, follow-up appointments and emergency visits help to reduce chair time and increase productivity. Time-motion studies can be used to restructure clinical layouts, ensuring easy access to instruments and minimizing unnecessary movement. Delegation of appropriate procedures to well-trained auxiliaries is a key component, enabling the orthodontist to focus on treatment planning and complex adjustments. An organized workflow not only improves efficiency but also enhances the quality and consistency of care.

EXCEPTIONAL PATIENT CARE

Since orthodontic treatment often spans months or years, patient satisfaction is central to the success of the practice. Optimization involves designing a patient-centric environment that is clean, welcoming and comfortable. Clear communication of treatment plans, expected outcomes and financial options helps in building trust. Reducing waiting times, offering convenient appointment slots and using digital reminders improve patient convenience. Collecting patient feedback through surveys or digital rating platforms provides insights that can be used to refine services further. A positive patient experience encourages compliance, reduces dropout rates and boosts referrals.

EMPOWERING TEAM EXCELLENCE

A well-trained, motivated team contributes significantly to practice optimization. Regular staff training programs in customer service, clinical techniques, sterilization protocols and software use ensure the team remains competent and confident. Clear role definitions and communication channels prevent overlap and confusion. Weekly or monthly team meetings allow discussion of challenges, review of performance indicators and alignment with the practice's goals. A supportive workplace culture encourages staff retention, boosts morale and promotes consistent high-quality service.

FINANCIAL STEWARDSHIP AND RESOURCE ALLOCATION

Optimizing an orthodontic practice also requires sound financial planning and resource control. This includes transparent treatment pricing, flexible payment options and efficient billing practices. Regular financial reviews help to identify unnecessary expenses, areas of wastage or potential revenue improvements. Optimized inventory management prevents shortages and reduces overstocking, balancing cost with availability. Investing in high-value technologies and training yields long-term financial benefits by improving productivity and patient volume.

PRACTICE QUALITY ENHANCEMENT AND DATA DRIVEN CARE

A truly optimized orthodontic practice focuses on clinical excellence grounded in evidence-based protocols. Regular audits of case records, treatment outcomes and patient compliance help in maintaining quality. Adherence to strict sterilization and infection-control standards ensures patient safety. Implementing clinical pathways for common malocclusions improves predictability and reduces treatment time. Commitment to continuous education allows practitioners to adopt new techniques and ensure that care remains current and effective.

INTEGRATED MARKETING AND OUTREACH PROGRAMS

An optimized practice maintains a strong presence in its community. Digital marketing through websites, social media platforms, patient testimonials and educational content helps to attract and retain patients. Networking with general dentists and paediatricians encourages referrals. Community outreach through dental camps, school awareness programs and public health initiatives enhances the practice's reputation and visibility. Strategic marketing, when aligned with ethical standards, supports sustainable growth.

TECHNOLOGY DRIVEN INNOVATIONS

Modern orthodontic practices benefit greatly from technology-driven optimization. Digital tools such as CBCT imaging, intraoral scanners, digital model analysis and cloud-based record systems improve accuracy and save time. Implementing practice management software helps in appointment scheduling, billing, documentation and patient tracking. Additional technological tools such as tele-consultations, digital orthodontic monitoring and automated recall systems enhance patient engagement and reduce unnecessary clinic visits. Technology improves precision, reduces human error and supports evidence-based decision making.

CONCLUSION

Orthodontic practice optimization is a dynamic and ongoing process that integrates clinical efficiency, technological advancement, patient-centered care, strong teamwork, financial stability and ethical professionalism. When these elements work together, the practice not only functions smoothly but also delivers exceptional patient outcomes, fosters long-term growth and maintains a competitive edge. An optimized orthodontic practice not only meets the expectations of today's patients but also anticipates the evolving demands of future orthodontic care.

Reported by Dr Hasini Gopal

Beyond Orthodontics

Dr. Anusree Paul



When Anusree was a little girl, she used to hear her father singing, performing in programs. Then from her father's guidance, later from her present guruji, Monoj Majumder, she started singing, as well as performing in stages. Her first stage show of singing was at 8 years of age, where her father accompanied her in harmonium. Later, from the age of 10 she started performing alone with harmonium. She performed in school programs and competitions. Stage performances also continued. During her pg days, stage performances stopped due to study pressure. Later it was resumed and is continuing till date.



Beyond Orthodontics

Dr. Harneet Kaur

Grace, Grit, and Growth: In Pursuit of Art, Discipline, and Inner Harmony"

Written by Prof. Ragini Mehrotra, Former Dean, Faculty of Dentistry, Jamia Millia Islamia

In the many years that I have known Dr. Harneet Kaur, ever since she joined Jamia Millia Islamia as a young, dynamic faculty member in 2012, I have witnessed her evolve into an exceptional professional whose life extends far beyond the clinical and academic boundaries of orthodontics.

What truly distinguishes her is the extraordinary harmony she creates between her scientific excellence and her rich artistic, cultural, and spiritual pursuits—each dimension adding depth, compassion, and creativity to her persona.

Among her most cherished passions is Kathak, a classical dance form she practices with devotion and discipline. Under the tutelage of Mrs. Neelima Beri, founder of the Kalaleen Foundation for Performing Arts and a disciple of the legendary Pandit Birju Maharaj Ji, Harneet has embraced the intricacies of the Lucknow Gharana with remarkable dedication. Over the past 10 years, she has nurtured this art with the same sincerity with which she approaches orthodontics—immersing herself in its rhythm, abhinaya, and subtle nuance. Dr. Harneet earned her Pravesika Purna Diploma from Gandharva Mahavidyalaya in 2020, and is presently in the third year of her Kathak degree (Visharad) course, focusing on the intricate nuances of the Lucknow Gharana. Her dedication reflects not only artistic discipline but also an intellectual curiosity that seeks depth, structure, and mastery.

Her influence in the growth landscape of Jamia Miliia Islamia is profound. As the Convener of the Music Club, she mentors students in Kathak, semi-classical music, and folk traditions, curating performances that celebrate India's cultural vibrancy. Under her leadership, the Music Club has emerged as a thriving platform where students are nurtured not only as performers but as confident, expressive individuals. Her commitment to teamwork extends into sports as well, where she has served as Manager of the Women's Basketball Team—an example of her willingness to uplift student experiences beyond the classroom.

Her creative energy finds yet another expression in painting, particularly in bringing sculptures to life with intricate detail and aesthetic sensitivity. Whether colouring divine figurines or restoring artistic pieces, her work reflects a deep contemplative engagement with form, colour, and symbolism. The grace with which she paints is an extension of the discipline she brings to dance _ a dialogue between movement, stillness and devotion.



Her personal journey, too, bears moments of artistic celebration. She participated in the Mrs. World International 2025 competition, where her poise and warmth earned her the title of Mrs. Beautiful Smile—a beautiful acknowledgment of her charm and grace.

Deeply spiritual, she sings kirtan at the Gurudwara, accompanying herself on the harmonium with heartfelt sincerity. Her practice of meditation, fitness, and mindful living speaks to an inner discipline that complements both her professional excellence and artistic pursuits.

What makes Dr. Harneet truly exceptional is not the range of her accomplishments alone, but the wholeheartedness with which she embraces each role—educator, artist, mentor, leader, and seeker. She embodies the belief that a life enriched by art, culture, and spirituality only deepens one's commitment to science and service.

And...it continues to be a privilege for me to watch her flourish, evolve, and uplift those around her.



"She steps into the light not to be seen, but to illuminate the art that lives within her."



"She doesn't just lead performances, she creates experiences" – With Vice Chancellor, Registrar, and Dean Students' Welfare and Students of Music Club at the 105th Foundation Day Celebrations of Jamia Millia Islamia.



"She paints not what she sees, but what she feels."

Dr. Debashri Mohanty ✨

Meet Dr. Debashri Mohanty — a passionate smile-maker shaped by the prestigious halls of Government Dental College, Cuttack, where she completed both her BDS and MDS. Rooted in knowledge and refined by experience, she blends science with artistry to transform dental care into a comforting, confident journey for every patient.



Now practicing in the vibrant city of Bhubaneswar, Odisha, Dr. Mohanty is known for her gentle approach, meticulous hands, and dedication to bringing healthy, beautiful smiles to life. With every treatment, she aims not just to fix teeth—but to uplift confidence, inspire wellness, and make dentistry a positive experience.



From an early age, she felt an unmistakable pull toward the world of dance. Dance was not simply an activity for her—it was an instinct, a language she understood before she ever learned to express herself in words.

Her formal journey began when she was trained in Odishi, one of India's oldest and most expressive classical dance forms. The discipline, fluidity, and storytelling woven into Odishi resonated deeply with her, shaping not only her technique but her identity as a dancer. Despite being an introvert, the stage always felt like home. In daily life, she preferred to stay quiet, thoughtful, and observant. Yet the moment she stepped into the spotlight, something transformed. Confidence flowed through her movements, and the shy girl who avoided attention became a performer who commanded it with elegance. On stage, she never felt nervous—only liberated.

Every opportunity to dance became a chance she eagerly embraced. Whether it was a small school/college performance, a cultural program, or a classical recital, she never hesitated. Dance was more than a hobby; it was the space where she felt most alive, most authentic, and most connected to herself.

Over time, her love for dance only grew stronger. It became her anchor, her passion, and her way of expressing what words could never fully convey. To this day, she continues to enjoy dancing while passionately practising orthodontics.



INDIAN ORTHODONTIC SOCIETY



MID YEAR CONVENTION - 2026

in association with Australian Society of Orthodontists



Foundation for
Research and
Education

Breathtaking Australia Sydney

9TH TO 16TH MAY, 2026
5 NIGHTS / 6 DAYS



- Scientific celebrations and much more
- Free Paper/Poster presentations



Orthodontists' Year-End Get-Together

Orthodontists from across Rajasthan came together for a memorable Year-End Get-Together, marking the close of a productive year and celebrating the spirit of professional camaraderie. The event provided a relaxed and engaging platform for colleagues to reconnect, reflect on achievements, and strengthen bonds beyond the clinical setting.

The gathering featured meaningful interactions, light-hearted conversations, and an exchange of experiences from the year gone by. It served as an opportunity to acknowledge collective growth, discuss evolving trends in orthodontics, and share aspirations for the year ahead in an informal and friendly environment.

Adding to the evening's charm were moments of laughter, musical performances and appreciation for the dedication and commitment demonstrated by orthodontists throughout the year. The get-together reinforced the importance of unity, collaboration, and continuous learning within the orthodontic community.

As the year draws to a close, the event stood as a reminder that while professional excellence remains the foundation of orthodontic practice, shared experiences and strong relationships are what truly strengthen the community. The Year-End Get-Together concluded on a positive note, setting the tone for a successful and fulfilling year ahead.

Regards


Convenor

Rajasthan orthodontic study group

Dr Ridam jain

Dr Divyaroop Rai

Dr Piyush Bolya



RAJASTHAN Orthodontic Study Group





Orthodontic Study Group

14 December 2025 marked a landmark event for the Noida Ghaziabad Orthodontic Study Group, convened by Dr. Dhruv Yadav, Dr. Achint Juneja and Dr. Mayank Gupta, as they hosted a program at Gaur Sarovar Premiere, Delhi NCR, on the topic of Clear Aligners in Skeletal Malocclusion- Pushing the Limits, which truly expanded the audience's perspective, on the scope of clear aligner therapy.

The talk was rightfully owned and delivered by Dr. Siju George, a renowned speaker, kind enough to fly all the way from Muscat, to throw light on some of the finest cases amongst the ocean of aligner cases that he has successfully finished, was able to motivate budding orthodontists to take up entrepreneurship in Dentistry.

The 7 hours scientific session was meticulously structured, with carefully selected clinical tips and tricks, detailed case demonstrations and clear explanations of the underlying biomechanics.

The program concluded with a concise lecture by Dr. Sanjay Labh, who explained the fundamental principles of clear aligner mechanics.

It was an honour to have the immediate past president, Dr. Puneet Batra, in attendance, along with the kind presence of Executive Committee Member Dr Ashutosh Choudary. Overall, the program was a success, with more than sixty participants registering, actively engaging in interactive discussions and being awarded certificates of participation.

From
-Conveners (NGOSG)



Reported by Managing Editor, Dr. Akhil Agarwal

Reported by Dr. Mohit Chaturvedi



Orthodontic Study Group

The department of Orthodontics, Sri Venkateswara Dental college along with Indian Orthodontic Society and the Madras Orthodontic study Group conducted a financial awareness Program mainly for the interns and for the postgraduates. The program was planned and organized by the co convenor of the madras orthodontic study group, Dr Umarevathi Gopalakrishnan. The Program was conducted by the renowned speaker from Tamilnadu well known for his financial wisdom. The program was a huge success with 102 students and staff attending it. The program helped the participants gain clarity, confidence and control over their personal finances. It explained the importance of medical and term life insurance, systematic investment planning, retirement planning, etc.

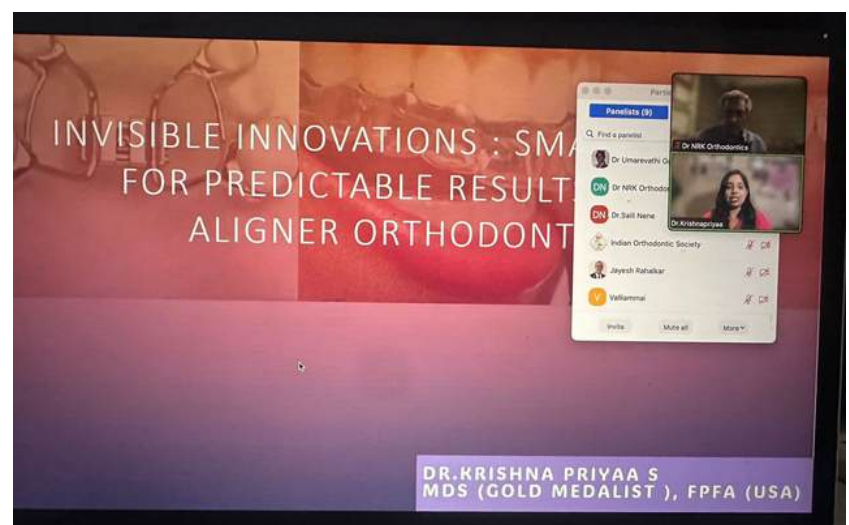




Orthodontic Study Group

CLINICIANS'S CORNER- An initiative of Madras orthodontic study group to provide a platform for all clinicians to showcase their interesting and challenging cases, clinical innovations done and failures encountered during Orthodontic treatment.

The first program was held on 16 th December 2025 via IOS online platform. Dr. Krishnapriya spoke on Invisible innovations and smart tricks for successful treatment with aligners and was well appreciated. This was moderated by two astounding clinicians; a senior stalwart - Dr. N.R.Krishnaswamy and Dr. Salil Nene- our past chairman of Indian Board of Orthodontics and a fantastic clinician. The program was well attended by all senior and junior practitioners, academicians and post graduates. On behalf of MOSG, I thank Dr. Krishnapriya for the wonderful presentation. I thank the moderators Dr. N.R.Krishnaswamy and Dr. Salil Nene for the amazing moderation and interesting discussions. Heartfelt thanks to our IOS President of Dr. Sridevi Padmanabhan for all the appreciation and support towards this initiative and for joining us for the program. I thank our IOS Honorary Secretary Dr.Shubhakar Rao Juvvadi and Vice president Dr. Savraj Kohli for supporting all our endeavours amidst their busy schedule. I thank my co- conveners Dr. Uma Revathi and Dr. N. R Shrinivasan for being a pillar of strength. Finally thanks to Dr. Valliammai for the fantastic MC.



LIFE AFTER THE MDS ORTHODONTICS EXAM:

Charting Your Next Big Move

BY DR. MITALI MISHRA

Pursuing MDS Orthodontics is not just a qualification—it's an investment in a high-growth, future-proof specialty. Whether you're preparing for the exam or planning your career path, the field offers innovation, stability, and long-term success. As the final bell of the MDS Orthodontics examination rings, an entire generation of young specialists steps out of the exam hall with a single shared emotion—relief. Months of sleepless nights, wire-bending marathons, patient reviews, and viva anxiety culminate in a quiet moment of freedom. But very quickly, a big question takes its place:

"What now?"

For many fresh orthodontists, this transition period is exciting yet uncertain. The exam is over, the degree is almost in hand, and the world of dentistry suddenly feels wide open. This is exactly when your career takes shape. Here is a curated guide to help you navigate the journey ahead

Pause.Breathe.Reset

Before rushing into plans and decisions, give yourself a moment to be proud. Orthodontics is one of dentistry's most demanding specialties—three years of academic rigor, clinical precision, and relentless case management. A short break helps you reset your mind and recharge your creativity. A refreshed orthodontist is a better orthodontist.

Rediscover your career direction

Orthodontics today is more diverse than ever. Gone are the days when your only destination was a small consulting room. Ask yourself:

Do I see myself as a clinician, shaping smiles daily?

Am I drawn to the classroom, mentoring future dentists?

Do I enjoy research, innovation, and biomechanics?

Or does the digital wave of aligners and corporate dentistry excite me?

Your next decision depends on which path lights you up.

Strengthen Your Clinical Edge

Even after an MDS degree, the learning curve continues. The best orthodontists are the ones who never stop refining their craft.

Consider: Mini-implant mechanics workshops, Lingual orthodontics training, Aligner certification and digital planning courses, Finishing and detailing masterclasses. These not only build skill—but also enhance your value in a competitive market.

Craft a Portfolio That Speaks for You

Your portfolio is your professional identity.

A standout orthodontist maintains a well-curated collection of: Case photographs, Treatment plans, Research or publications, Conference certificates, Before-and-after transformations. Think of it as your visual résumé—it speaks louder than words.

Career Landscape

1. Private Practice

If independence motivates you, establishing your own clinic can be a rewarding path. With orthodontics being largely long-term treatment, patient relationships grow strong and meaningful.

2. Consultant Orthodontist

Many new specialists begin by consulting at multiple clinics. It's flexible, well-paid, and perfect for building hands-on experience.

3. Academic Teaching

Dental colleges are always on the lookout for passionate teachers. The perks? A stable job, research opportunities, and the joy of molding the next generation.

4. Corporate Dentistry & Aligner Industry

Digital orthodontics is booming. Aligner companies seek orthodontists for: Treatment planning, Clinical training, Conferences. Brand consulting.....It's futuristic, fast-paced, and global.

5. Government Sector

With notifications varying by state, government hospitals and public health departments also recruit MDS specialists.

Stay Connected, Stay Visible

In the age of social media, your online presence is your virtual clinic.

Create: Short educational videos, Patient-friendly smile transformation posts, Informative orthodontic tips, a clean, professional profile, networking with local dentists and attending conferences opens doors you never expected.

Keep the Spark of Learning Alive

Orthodontics evolves every year—new materials, new techniques, new technologies.

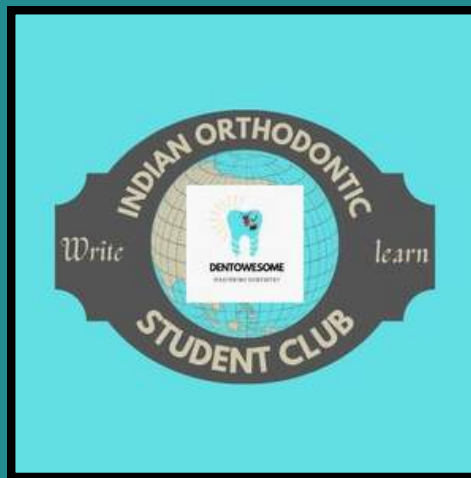
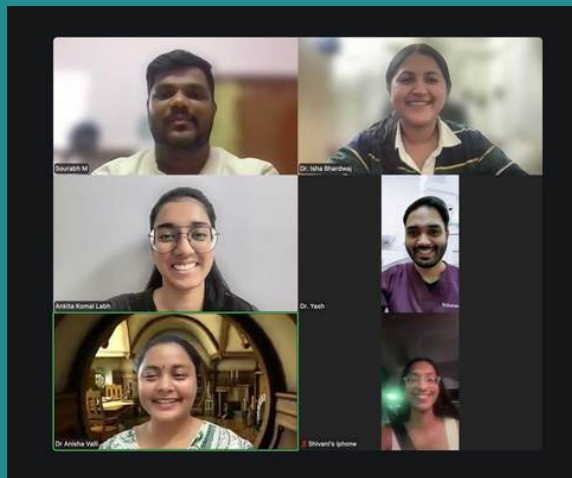
Subscribing to journals, attending conferences, and participating in continuing education programs keeps you at the forefront of your field.

The Road Ahead,,,,,,,,

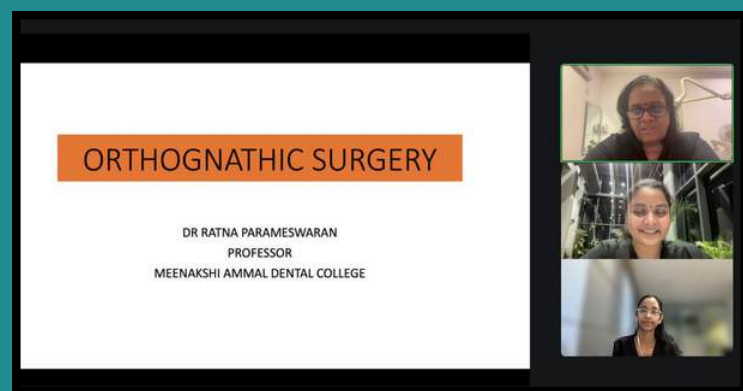
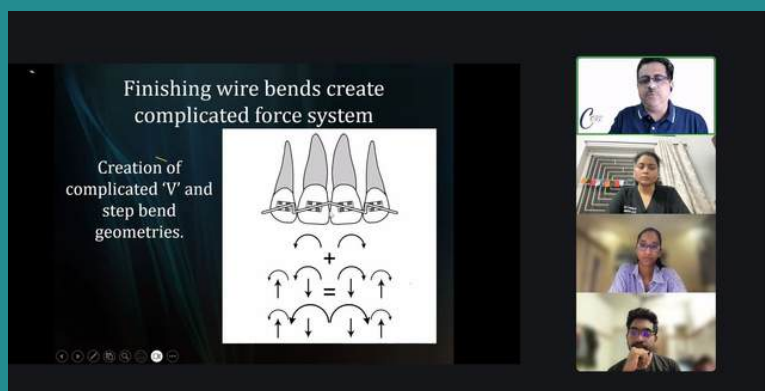
Life after the MDS Orthodontics exam isn't an ending—it's the beginning of your professional identity. Whether you choose clinical mastery, academic excellence, or digital dentistry, remember that success in orthodontics is a marathon, not a sprint.

You've already proven your capability.

Now it's time to design your future—one smile at a time.



Indian Orthodontic Student Club



What started as a small idea among a group of passionate orthodontic students has today evolved into a thriving national learning community. The Indian Orthodontic Student Club is now a family of 2,500+ orthodontic students from across the country, united by one common goal to learn, grow, and advance together.

Over the past one year, we have successfully conducted monthly expert-led webinars, giving students the opportunity to learn directly from the specialists they admire and aspire to become. To ensure that learning never stops we also run an academic blog and a student-led podcast, creating a continuous, year-round platform for education, discussion and inspiration.

At the heart of this initiative is the Founding Director, Dr. Anisha Valli, whose vision and leadership have shaped The Indian Orthodontic Student Club into a dynamic and inclusive academic ecosystem. Strengthening this foundation is a committed core team that works tirelessly behind the scenes:

Dr. Kumar Yash

Dr. Shivani N.

Dr. Ankita K. Labh

Dr. Isha Bhardwaj

Dr. Sourabh Madhale

Together, this team manages academic planning, speaker outreach, content creation, and community engagement, ensuring that every initiative maintains high educational value and student relevance. We also actively invite eminent orthodontists to join as guest speakers, offering them a platform to share not just their knowledge, but also their journeys, experiences, and inspirations with young orthodontists across the nation. Each session aims to go beyond theory, sparking motivation and shaping future leaders in the specialty. From a small student initiative to a nationwide academic family, the Indian Orthodontic Student Club stands as a testament to what passionate students can create - a space where learning meets leadership and knowledge meets community.

Reported by Dr. Ankita Labh