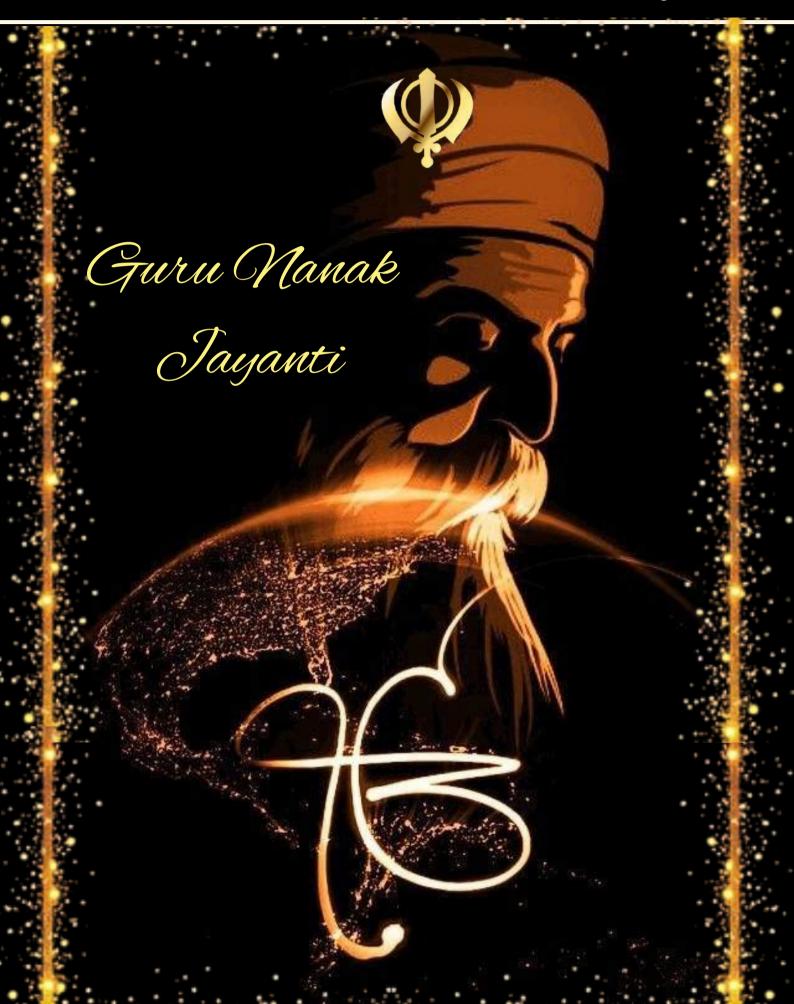


#### Official Newsletter of Indian Orthodontic Society





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Dr. Shendre Shrikanth, Dr. Prakash,

Dr. Ekta, Dr. Nivedita



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President's Message



Thank you, dear Indian Orthodontic Society.

From the 59th Indian Orthodontic Conference in Vizag—which marks the culmination of my tenure as President—it is with deep gratitude and pride that I extend my greetings to all members of the Indian Orthodontic Society. The past fourteen months have been a period of purposeful advancement across policy reform, academic enrichment, global collaboration, digital modernisation, and public outreach. Every accomplishment during this term has been made possible only through the unwavering support and collective strength of our esteemed fraternity.

A major institutional achievement this year was the CGHS approval of a fourfold increase in orthodontic treatment rates, significantly strengthening public access and reinforcing the value of orthodontics in the national healthcare framework. Academic growth continued through the IOS Innovation Conclave, IOS Clinical Grandeur, National Journal Club, postgraduate mentoring initiatives, and five IOS Modular Courses conducted across 5 eminent institutions across India. Undergraduate engagement expanded across conventions in Mumbai, Ghaziabad, Chennai, Visnagar, and Lucknow, supported by the EC's decision to honour UG toppers annually. Regional enrichment progressed with the 1st Bihar—Jharkhand Summit, the North-East Symposium, the launch of the Ranchi Study Group, and robust scientific activities nationwide.

IOS's global presence was further strengthened through representation at the International Orthodontic Conference – Rio de Janeiro, the International Cleft & Craniofacial Conference – Kyoto, the AOSC Congress, Singapore, and the 21st IOS Mid-Year Convention conducted as a scientific voyage from Singapore to Kuala Lumpur. A key highlight was the IOS International Observership Program in Thailand (23–26 June 2025), which deepened Indo-Thai academic cooperation. We gratefully acknowledge Prof. Dr. Somchai Satravaha and Dr. Saran Worsakwutiphong for their invaluable support. International leadership accomplishments included the completion of Dr. Nikhilesh Vaid's term as President of WFO, recognised by a formal WFO Council resolution, and continued representation through Dr. Vinod Krishnan (Editor, JWFO), Dr. Sridevi Padmanabhan (Regional Membership Chair, Central & East Asia) and Dr. Joe Varghese (WFO Executive Committee).

Major digital reforms were accomplished through the launch of the IOS Job Portal, strengthening verified employment communication for the profession, supported by the Website Committee. The Amnesty Scheme and upgraded membership management systems further streamlined enrolment and verification processes, with IOS now proudly comprising over 7,200 members. The Society also continued its commitment to legal and ethical governance through actions against unethical orthodontic practices and ongoing arbitration proceedings with Toothsi, along with advancing a National Policy Framework for Clear Aligners.

Community engagement remained a central focus, with the Smiling Bharat campaign and the IOS Smile Drive significantly expanding early-diagnosis screenings, preventive-care initiatives, and school-based awareness across India. The National Orthodontic White Paper, based on Smiling Bharat data, is progressing steadily and will contribute meaningfully to national oral-health discourse. Notably, two National Orthodontist Days were celebrated nationwide under the theme "Gift a Smile this Diwali," marking the first time in IOS history that this observance occurred twice within a single presidential tenure. This month's issue also celebrates the IOS Annual Awards 2025, including the Special Awardees:

IOS Lifetime Achievement Award – Dr. S. S. Siddhu, Dr. N. R. Krishnaswamy

Dr. Keki Mistry Scroll of Honour - Dr. Ashok Utreja

Dr. A.V. Arun's Outstanding Professor Award – Dr. S.P. Singh, Dr. Wasundhra Bhad, Dr. C. Deepak, Brig. S. S. Chopra, Dr. Ranjit H. Kamble, Dr. S. Gowri Sankar

Along with all dissertation, research, innovation, preventive orthodontics, Student Life Member and Life Member Research Award winners, as published officially.

As we gather in Vizag, I extend my sincere appreciation to the 59th IOC Organising Committee, including the Conference Chairperson Dr Srikrishna Chalasani, Organising Secretary Dr N Sleeva Raju, Scientific Convener Dr C Padmapriya, and all supporting teams for their exemplary efforts in presenting a conference of the highest academic and organisational standards. My heartfelt thanks also go to the IOS Times Editorial Team for their consistent dedication in bringing the Society's activities to every member throughout the year.

As I conclude my responsibilities, I extend my heartfelt appreciation to every IOS member, Study Group, institution, and volunteer who contributed to the Society's collective achievements. It has been an honour to serve, and I remain deeply grateful for your trust and support.

Thank you for a successful and memorable tenure.

Jai Hind. Jai IOS.

Warm Regards
Dr. Puneet Batra
IOS President



## Secretary's Message



Esteemed Members,

It is my honour to present this Message, reflecting a year in which the Indian Orthodontic Society continued to function with unity, purpose, and unwavering dedication to strengthening our specialty. The UG Convention held at Sardar Patel Post Graduate Institute of Dental & Medical Sciences, Lucknow, was a significant academic milestone, offering structured learning, hands-on training, and meaningful engagement for undergraduate students who represent the future of orthodontics.

Over the past year, the IOS intensified its nationwide efforts to safeguard ethical orthodontic practice. Formal communications and legal notices were issued to the Maharashtra State Dental Council, Tamil Nadu State Dental Council, and other regulatory bodies regarding prolonged inaction and repeated violations involving unapproved orthodontic training programmes. Notices were also served to individuals conducting courses in contravention of the Dentists Act, DCI regulations, and Ministry of Health directives. These actions reaffirm our commitment to patient safety, regulatory compliance, and the prevention of unqualified clinical practice across India.

The IOS further submitted a detailed representation to the Commissioner of Commercial Taxes, Tamil Nadu, clarifying that aligner orthodontic treatment and orthodontic retainers are essential medical dental services, not cosmetic procedures. By underscoring their therapeutic significance and their role in addressing medically relevant conditions, the Society advocated for appropriate GST classification aligned with conventional orthodontic care.

Throughout the year, our Society worked cohesively as one team—academically, professionally, and organizationally. National workshops, research initiatives, online education modules, and faculty development programmes strengthened our academic footprint. Membership services were enhanced through streamlined processes and improved communication, while digital upgrades facilitated greater accessibility, engagement, and operational efficiency.

As we move forward, I extend my sincere gratitude to every member, committee, and office-bearer for their steadfast support and collective commitment.

Together, we remain dedicated to upholding academic excellence, ethical standards, and the continued advancement of orthodontics in India.

Warm Regards Dr. Sanjay Labh IOS Secretary





## Editor's Message



#### Dear Readers,

As the editor of the prestigious newsletter, I am thrilled to present to you the November edition. Our newsletter provides a great platform for these contents to unleash the inner creativity and talent of members. I believe that these all are life skills which shape an individual's personality. Academics is one part of life's story but having and cultivating these interests and hobbies is equally important and acts as a stress buster. Our team has worked tirelessly to bring you a diverse range of articles, features, and news that reflect the dynamic and vibrant society that we are proud to be a part of. This edition displays the achievements and perspectives of our members in the research column and beyond orthodontics pages. It provides insightful commentary on current events and trends as a sneak peek into various activities.

In my journey of being an Editor 'IOS Times' I have come across many contents which have left me at a loss of words, albeit in a good way. I am constantly amazed by seeing the zeal and enthusiasm of our members to put out these newsletter editions one after the other.

I hope that you find this edition both informative and engaging. Our goal is to provide a platform for the community to share their voices, ideas, and experiences and to foster a sense of connection and belonging. Thank you for being so supportive. I look forward to your feedback and contributions in future editions.

Warm Regards Dr. Swati Acharya Editor IOS Times

#### **Editorial Office:**

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

Odisha Phone: 9556515589



## ies TIMES

#### Official Newsletter of Indian Orthodontic Society



**Dr. Puneet Batra**President



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



**Dr. Sanjay Labh** Hon. Secretary



**Dr. Vignesh Kailasam** Editor, JIOS



**Dr. K Gnana Shanmugham** Vice-President



**Dr. Sridevi Padmanabhan**President Elect



**Dr. Pritam Mohanty** Editor JCO-IOS



**Dr. Jayesh Rahalkar**Past President



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



**Dr. Swati Acharya** Editor, IOS Times



**Dr. Salil Nene** Chairman IBO

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#### Official Newsletter of Indian Orthodontic Society

#### **IOS TIMES COMMITTEE**



Dr. Puneet Batra (President IOS) Ex - officio member



Dr. Sanjay Labh (Hon. Secretary IOS) Ex - officio member



Dr. Swati Acharya (Editor IOS Times)



Dr. Sridevi **Padmanabhan** (President Elect)



**Dr. Gaurav Gupta** (EC appointed)



Dr.Uma Revathi **Associate Editor** 



Dr.Shantanu Khattri **Associate Editor** 



**Dr.Mayank Gupta Managing Editor** 

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**Dr.Hita Rangarajan** 



Dr. Stuti Mohan **NORTH ZONE** 



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Dr.Himija Karia **CENTRAL ZONE** 



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**Dr. Honey Gulbarxani** 

Dr.Nitu **Gautam** 



Dr.Kasturi Mukherjee

**Dr.Sonam Sehrawat** 



**Dr.Irfanul Haque** 

## BREAKING NEWS

STRONG NATIONWIDE ACTION AGAINST UNAUTHORIZED ORTHODONTIC TRAINING (11 November 2025) The Indian Orthodontic Society (IOS) has intensified its national crackdown on unapproved orthodontic training programs, issuing formal communications to the Maharashtra State Dental Council over prolonged inaction on multiple complaints against Dr. Akshay Rathi, Dr. Hitesh Nagrath, and newly reported Dr. Neeraj Bhat, all accused of conducting workshops in violation of DCI and Ministry of Health directives. IOS has also served a detailed legal notice to Dr. Balaji Jagan of Everyday Orthodontics for allegedly running six-month hands-on orthodontic courses for general dentists and students in Chennai and Coimbatore without statutory approval, directly contravening DCI regulations and the 2024 Government order banning private specialist-training programs. IOS has demanded a full action-taken report within 15 days from the Tamil Nadu State Dental Council regarding earlier complaints and Dr. Jagan's ongoing activities.

In a parallel action, IOS has issued a legal notice to Dr. Niraj Bhat (MSDC Reg. A-11875) for advertising and conducting unauthorized clinical workshops under MediDent EduCare LLP, including a "2×4 Appliances" program scheduled for 7 December 2025. IOS stated that such hands-on clinical training without DCI or State Dental Council approval violates the Dentists Act, DCI Regulations, CDE norms, the Code of Ethics, and multiple MoHFW/DCI notifications prohibiting private entities from offering specialist-level training. IOS warned that these unregulated courses endanger patient safety, promote quackery, and create unqualified practitioners, directing Dr. Bhat to immediately cease all such activities or face legal action.

Reaffirming its commitment to public safety and professional integrity, IOS stated it will continue enforcing strict regulatory compliance to safeguard orthodontic standards across India.

Taxes, GST Department, Tamil Nadu, stating that Aligner Orthodontic Treatment (Invisalign, Spark, ClearCorrect and similar systems) and orthodontic retainers are essential medical dental healthcare services, not cosmetic procedures. IOS emphasized that aligners are prescribed by qualified Orthodontic Specialists (MDS) for medically indicated conditions such as malocclusion, jaw discrepancies, bite dysfunctions, TMJ issues, pediatric airway concerns, and functional chewing problems—conditions that, if untreated, lead to gum disease, bone loss, systemic health complications, speech issues, pain, and psychosocial impact. Aligners and braces serve identical therapeutic purposes, and retainers are mandatory medical devices to prevent relapse, not aesthetic products. IOS has urged the GST department to classify aligner therapy and retainers under essential dental healthcare, consistent with conventional orthodontic treatment.





Letter / Representation sent to GST department in response to Notice received by one of Our member

## **Indian Orthodontic Society**

PRESIDENT
Dr. PUNEET BATRA

HON SECRETARY Dr. SANJAY LABH

#### **GST CLARIFICATION LETTER**

#### From:

The Secretary, Indian Orthodontic Society, India.

#### To:

The Commissioner of Commercial Taxes, Goods and Services Tax, Tamil Nadu.

#### Subject:

Clarification on GST Applicability for Aligner Orthodontic Treatment (Invisalign / Spark/ Clear Correct and other Clear Aligner) – Essential Dental Healthcare Service

Respected Sir / Madam,

This is to formally submit a clarification regarding the Aligner Orthodontic Treatment and Orthodontic Retainers under dental healthcare services.

**1. Medical Nature of Aligner Treatment (Invisalign / Spark / Clear Correct and others)** Alignertherapy is a medicallyprescribed orthodontic treatment, equivalent to fixed braces, primarily used for the correction of dental and skeletal malocclusion, Orofacial deformities and abnormalities.

Braces/ Aligners are to correct all kinds of functional bite issues. It is not a cosmetic or beautification procedure.

Aligners are clinically indicated for:

- •Crowding & spacing
- •Deep bite, open bite
- •Crossbite
- •Class II / Class III jaw discrepancies
- •Chewing difficulty, TMJ discomfort, Tooth wear
- •Pediatric airway and growth abnormalities (example: Invisalign First Comprehensive 6-10 years)

Correspondance to **Dr.Sanjay Labh**Hon. Secretary IOS,
Centre for Advanced Dental Care,
Shipra Krishna Vista Plaza,
Indirapuram, Ghaziabad 201014.
Delhi NCR

CONTACT Ph: 9313483570 Registered Office: Indian Orthodontic Society 97, Periya Kazhanikattu Street, Velapadi, Vellore-632001.

Registered with registrar of societies act, Vellore vide no. 75 of 1992





PRESIDENT
Dr. PUNEET BATRA

HON SECRETARY Dr. SANJAY LABH

All aligner systems (Invisalign / Spark / Clear Correct and others) are orthodontic appliances prescribed and monitored strictly by qualified Orthodontic Specialists (MDS).

#### 2. Health Impact of Untreated Malocclusion

Ifleft untreated, malocclusion causes progressive dental and systemic complications, including:

- •Gum disease & bone loss
- •Tooth mobility and loss
- •Excess plaque and infection leading to systemic disorders such as Cardiovascular disease, Diabetes complications, Respiratory infection, Rheumatoid arthritis, Alzheimer's risk, Stroke and Digestive disorders
- Speech issues, Pain, Chewing inefficiency, TMJ stress
- Psychological and social impact

Hence, aligner therapy is a therapeutic, preventive, care for illness and functional dental treatment.

#### 3. These treatments are not cosmetic . IOSWeb. net

Aligners / Braces are used to:

- •Correct bite function
- •Prevent periodontal disease
- •Improve chewing function & stability
- •Reduce TMJ load and future tooth damage

These are medical benefits, not cosmetic enhancement. Therefore, aligner treatment shall be considered essential healthcare, similar to braces.

#### 4. Retainers (Hawley / Vivera / Essix)

Retainers are mandatory medical appliances to prevent relapse of teeth after orthodontic correction. Without retainers, relapse occurs, leading to disease progression. Thus, retainers are essential medical devices, not cosmetic.

Correspondance to **Dr.Sanjay Labh**Hon. Secretary IOS,
Centre for Advanced Dental Care,
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Indirapuram, Ghaziabad 201014.
Delhi NCR

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PRESIDENT
Dr. PUNEET BATRA

HON SECRETARY Dr. SANJAY LABH

#### **Conclusion:**

We kindly request the department to:

- •Recognize aligner orthodontic treatment & retainers as healthcare services, not cosmetic services.
  - •Classify them under dental healthcare, similar to conventional orthodontic braces.

Kindly find the references included along with this request.

Thank you for your consideration.

Sincerely,

Dr. Sanjay Labh

Honorary Secretary, IOS



Correspondance to

Dr.Sanjay Labh

Hon. Secretary IOS,
Centre for Advanced Dental Care,
Shipra Krishna Vista Plaza,
Indirapuram, Ghaziabad 201014.
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PRESIDENT
Dr. PUNEET BATRA

HON SECRETARY
Dr. SANIAY LABH

#### REFERENCE – SCIENTIFIC REFERENCES LINKING ALIGNER TREATMENT & SYSTEMIC HEALTH

#### 1. Periodontal Disease → Cardiovascular Disease / Heart Attack Risk

• Tonettietal., EuropeanHeart Journal, 2017

Demonstrated that periodontal infection increases arterial inflammation and cardiovascular risk. Orthodontic correction reduces plaque retention and inflammation.

• Lockhart et al., American Heart Association Scientific Statement, Circulation, 2012 Concluded that oral pathogens from malocclusion-related periodontal disease contribute to atherosclerosis.

Straightening teeth with **Invisalign** reduces plaque stagnation zones  $\rightarrow$  decreases periodontal inflammation  $\rightarrow$  lowers cardiovascular burden.

#### 2.Periodontal Disease → Diabetes Complications

•Lallaetal., Journal of Clinical Periodontology, 2006

Periodontal disease worsens glycemic control in diabetics; infection increases HbA1c.

•American Diabetes Association Consensus Report, 2018

Treating periodontal disease improves metabolic outcomes and inflammation markers.

**Aligner** based correction reduces plaque accumulation, making hygiene easier than braces, reducing periodontal burden in diabetes patients.

#### 3.Oral Bacteria → Alzheimer's & Neuroinflammation

•Dominy et al., Science Advances, 2019

Detected Porphyromonas gingivalis (gum disease bacteria) and its toxic enzymes Alzheimer's

brain tissue.

• Journal of Alzheimer's Disease, 2017

Chronic oral infection increases inflammatory neurodegeneration.

Malocclusion causes plaque traps; **Aligners** reduce bacterial load and improve long-term periodontal health.

Correspondance to **Dr.Sanjay Labh**Hon. Secretary IOS,
Centre for Advanced Dental Care,
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PRESIDENT
Dr. PUNEET BATRA

HON SECRETARY Dr. SANJAY LABH

#### 4.Periodontal Infection → Stroke

•Syrjälä e tal., Journal of Dental Research, 2020

Poor occlusion and periodontal inflammation increase ischemic stroke risk.

Aligners allow easier cleaning versus metal braces, reducing disease progression.

#### 5. Respiratory & Lung Infections

•Scannapieco, Annals of Periodontology, 1998

Oral bacteria aspirated into lungs contribute to pneumonia and COPD exacerbation.

Correct alignment reduces plaque stagnation → fewer pathogenic bacteria.

#### 6. Rheumatoid Arthritis

•Ribeiro et al., Journal of Periodontology, 2005

Periodontal pathogens trigger systemic autoimmune inflammation linked to rheumatoid arthritis.

Better alignment reduces periodontal inflammation.

#### 7. Pediatric Airway & Growth Disorders

•American Academyof Pediatric Dentistry Guidelines, 2021

Orthodontic intervention (including aligners like **Invisalign First**) is medically indicated for airway obstruction, crossbite, and jaw growth abnormalities.

www.iosweb.net

#### What these references prove

- ✓ Malocclusion → increased plaque trapping
- √ Increased plaque → periodontal disease
- ✓ Periodontal disease → systemic inflammation
- ✓ Systemic inflammation → heart disease, diabetes complications, Alzheimer's, stroke, arthritis & respiratory infections
- ✓ Straightening teeth with Invisalign reduces periodontal disease burden and systemic disease risk

Therefore, Invisalign/aligners are preventive and therapeutic healthcare, not cosmetic.

Correspondance to **Dr.Sanjay Labh**Hon. Secretary IOS,
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E-mail: secretary@iosweb.net

ORTHODONTIC TREATMENT CONSENT F	FORM
Clinic Name:	Date:
Doctor Name:	
Address:	
PATIENT INFORMATION	
	Gender: Guardian Name (if minor):
Contact: Address:	
TREATMENT AUTHORIZATION	rize Dr to perform orthodontic treatment. I understand igners, retainers) to correct teeth and jaw positions.
DIAGNOSIS & TREATMENT PLAN  • Treatment duration: Approximately months  • Regular monthly appointments required  • Duration may vary based on compliance and biological  • Treatment goals discussed, results may vary individuall  • Extraction of teeth	
POTENTIAL RISKS & COMPLICATIONS TOOTH & ROOT RELATED:  • White spots or cavities if hygiene is inadequate  • Root shortening (usually insignificant)  • Gum inflammation with poor hygiene  • Tooth sensitivity  • Existing fillings may become loose	TREATMENT RELATED:  • Soreness for 3-7 days after adjustments  • Ulcers or soft tissue irritation  • Brackets may occasionally detach  • Allergic reactions (extremely rare)  • Initial speech or eating difficulties  BIOLOGICAL LIMITATIONS:
JAW & TMJ RELATED:  • TMJ discomfort may occur  • Jaw clicking or pain (rare)  • Temporary bite discomfort	<ul> <li>Individual response varies</li> <li>Impacted teeth may need surgical exposure</li> <li>Teeth may relapse without retainer use</li> <li>Growth patterns may affect results</li> <li>Some facial asymmetries cannot be corrected with braces alone</li> </ul>
PATIENT RESPONSIBILITIES ORAL HYGIENE (CRITICAL):  • Brush after EVERY meal (minimum 3 times daily)  • Use interdental brushes and floss  • Use prescribed fluoride mouthwash  • Avoid hard, sticky, sugary foods	<ul> <li>APPLIANCE CARE:</li> <li>Wear removable appliances 20-22 hours daily</li> <li>Keep appliances clean</li> <li>Report broken/loose appliances immediately</li> <li>Never adjust appliances yourself</li> </ul>
APPOINTMENTS: • Attend ALL scheduled appointments • Give 24-hour notice for cancellations • Missed appointments extend treatment time	<ul> <li>FOODS TO AVOID:</li> <li>Hard: nuts, hard candies, ice, popcorn</li> <li>Sticky: chewing gum, caramel, toffee</li> <li>Biting: whole apples, carrots (cut into pieces)</li> <li>Carbonated drinks and excessive sugar</li> </ul>
EMERGENCY CARE  • Minor discomfort is normal - use OTC pain medication  • Emergency contact:	• Severe pain/swelling/breakage - contact clinic immediately
RETENTION PHASE IMPORTANT: • Retainers MUST be worn as prescribed after treatment • Retention is LIFELONG to maintain results	<ul> <li>Retainers need periodic replacement (additional cost)</li> <li>Not wearing retainers = teeth return to original positions</li> <li>Regular retention check-ups essential</li> </ul>

Total Estimated Cost: Rs. \_\_\_\_\_ Payment Schedule: \_\_\_\_\_ Monthly Adjustment Fee: Rs. \_\_\_\_\_

Retainer Costs: Rs. \_\_\_\_\_\_ Payment Methods: \_\_\_\_\_



#### REFUND POLICY:

- Treatment canbediscontinued anytime
- Refunds calculated based on treatment completed
- Appliance removal charges may apply
- Records remain clinic property

#### **RADIOGRAPHS & RECORDS**

I authorize takingof:

- Diagnostic records (photos, X-rays, models, scans)
- Progress records during treatment
- Post-treatment records

- Records essential for diagnosis and monitoring
- May be used for academic purposes (identity concealed)
- Maintained as per DCI guidelines

#### **EXTRACTIONS & INTERDISCIPLINARY TREATMENT**

- Toothextractionmaybe necessary
- Extractions by qualified dental surgeon

- Other dental treatments may be needed (fillings, RCT, crowns)
- Surgical procedures may be required
- Coordination with specialists arranged as needed

#### **GROWTH CONSIDERATIONS** (For Growing Patients)

- Jaw growth patterns affect outcomes
- Two-phase treatment may be recommended

- Growth spurts influence results
- Skeletal issues may need orthodontic-surgical approach

#### PHOTOGRAPHY CONSENT

I consent to clinical photographs for: • Treatment planning and documentation • Patient education

I DO / DO NOT consent to social media/website use (Strike out one)

- Quality assessment
- Academic purposes (identity protected)
- Social media/website (ONLY with prior written permission)

#### **COVID-19 & INFECTION CONTROL**

- Clinic follows strictDClsterilizationprotocols
- Inform clinic of infectious diseases/fever/COVID exposure
- Appointments may be rescheduled for safety
- Follow all safety protocols during visits

#### LEGAL ACKNOWLEDGMENT

I acknowledge that:

- I have read and understood this consent form
- All questions answered satisfactorily
- Had adequate time to consider this decision
- No guarantees made regarding specific results

- Dentistry is not exact science complications may occur
- I authorize orthodontist to proceed with treatment
- This consent valid throughout treatment period
- I have received copy of this form

#### **DECLARATION & SIGNATURES**

Patient Signature:

I hereby consent to the proposed orthodontic treatment and agree to comply with all instructions and responsibilities.

Date: \_\_\_\_\_

Witness Name & Signature: \_\_\_\_\_

Parent/Guardian Signature (if minor): \_\_\_\_\_

Orthodontist Signature:

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Registration Number: \_\_\_\_\_

#### FOR CLINIC USE ONLY

Treatment Start Date: \_\_\_\_\_ Expected Completion: \_\_\_\_\_ Appliance

Type: \_\_\_\_\_ Special Instructions: \_\_\_\_\_

This form complies with DCI guidelines regarding informed consent. Patients are encouraged to ask questions at any time during treatment.

Contact: \_\_\_\_\_

Address: \_\_\_\_\_\_

### FIRST IOS NATIONAL UG CONVENTION

Theme: Aligning Young Minds – Insights and Innovations

**Venue:** Auditorium, Sardar Patel Post Graduate Institute of Dental & Medical Sciences, Lucknow **Date:** 4th November, 2025

Under the aegis of the Indian Orthodontic Society, the Department of Orthodontics and Dentofacial Orthopedics, Sardar Patel Post Graduate Institute of Dental & Medical Sciences, Lucknow, successfully hosted the First IOS National Undergraduate Convention.

The convention was organized with a vision to ignite curiosity, build awareness, and inspire young dental students to look beyond textbooks — to see Orthodontics not merely as a subject, but as a science that shapes faces, confidence, and futures.

This landmark event also reflected the Department and Institute's continued collaboration with the Indian Orthodontic Society, following three major national programs hosted in successive years:

- The 26th IOS National PG Convention (2023)
- The First Functional Jaw Orthopedics Workshop (2024)
- The First IOS National UG Convention (2025)













The Inaugural ceremony was graced by Chief Guest – Prof. (Dr.) Sanjeev Misra, Hon'ble Vice Chancellor, Atal Bihari Vajpayee Medical University, and Guest of Honour – Mr. Shlok Singh, Vice Chairman, SPPGIDMS, Principal, SPPGIDMS, Dr. Gaurav Singh and Hon'ble Secretary, IOS, Dr. Sanjay Labh. The event was also attended by Advisor Dr. Hanuman Singh, and CEO Shri C.P. Verma, along with eminent dignitaries, Orthodontists, and academicians - Dr. Ragni Tandon, Dr. Tripti Tikku, Dr. Kamlesh Singh, Dr. Shrish Srivastava, Dr. Pratik Chandra, Dr. Mayank Gupta, and Dr. Ashutosh Chaudhri, whose participation added immense academic depth to the proceedings.

The program began with the Lighting of the Lamp Ceremony, followed by a Welcome Address by Dr. Sudhir Kapoor, Organizing Chairman and Director, Dept. of Orthodontics and Dentofacial Orthopedics, who emphasized the importance of engaging undergraduate minds in orthodontic learning early in their careers.













Inspirational addresses by, Chief Guest Prof. (Dr.) Sanjeev Misra, Hon'ble Secretary Dr. Sanjay Labh, Principal Dr. Gaurav Singh and Organizing Secretary and Director CDE, Student Welfare and Creative Head, Dr. Raj Kumar Jaiswal, encouraged students to pursue research, innovation, and clinical excellence with passion and purpose.

The scientific deliberations featured enriching lectures by eminent speakers:

Dr. Sudhir Kapoor – "Transforming Smiles: The Art and Science of Orthodontics"

Dr. Sanjay Labh- "IOS Vision: Expanding Horizons of Orthodontic Awareness"

Dr. Mridula Trehan – "Contemporary Trends in Orthodontic Diagnosis"

Dr. Gaurav Gupta – "Digital Orthodontics: The Future of Smile Design"

A major highlight was the Felicitation of Under Graduate Toppers in the subject of Orthodontics, celebrating excellence and dedication to the specialty.

The following students were honoured-

Ms. Avni Rai – Sri Aurobindo College of Dentistry, Indore

Ms. Kanusha Sunhariya – Sri Aurobindo College, Indore

Ms. Zoya Talat – Uttaranchal Dental & Medical Research University

Mr. Ujjwal Verma – Subharti Dental College & Hospital, Meerut

Mr. Raja Muzamil - Institute of Dental Studies & Technologies, Meerut

Ms. Nav Versha Patel – Sardar Patel Post Graduate Institute of Dental & Medical Sciences, Lucknow

Ms. Saniya Razi – Chandra Dental College, Lucknow

Ms. Priyanka - Kothiwal Dental College and Research Centre, Moradabad















The event also included Paper and E-Poster Presentations on the theme "Orthodontic Awareness: Smiles for All" and concluded with a spirited Orthodontic Quiz Competition, which saw enthusiastic participation and teamwork from UG students across various years.

Delivering the *Vote of Thanks, Scientific Chairman and Head of Department, Dr. Jitendra Bhagchandani* expressed heartfelt gratitude to the IOS leadership, the institute's management, all guest speakers, and the organizing team for their commitment and contribution to this academic celebration.

The convention was steered by a dynamic team of Organizing Chairman: Dr. Sudhir Kapoor, Director, Department of Orthodontics, SPPGIDMS, Organizing Secretary: Dr. Raj Kumar Jaiswal, Director, CDE, Student Welfare & Creative Head, Scientific Chairman: Dr. Jitendra Bhagchandani, Head, Department of Orthodontics along with Dr. Vaibhav Vashishta, Dr. Amit Kumar Singh, Dr. Stuti raj, Dr. Ayushi Singh, Dr. Latika Sehgal Singh, Dr. Nishtha Srivastava and Dr. Mudit Agarwal.

The **First IOS National UG Convention 2025** truly embodied the ethos of the Indian Orthodontic Society — to nurture young minds, promote orthodontic awareness, and celebrate the art and science of creating "Smiles for All..."













Organizing Chairman - Dr Sudhir Kapoor Organizing Secretary - Dr Raj Kumar Jaiswal Scientific Chairman - Dr Jitendra Bhaghchandani



**TIMES** 

Official Newsletter of Indian Orthodontic Society

## Heartiest Congratulations to

## Dr. Puneet Batra

**President of Indian Orthodontic Society** 

for
Lifetime
Achievement
Award
At
Saveetha Institute
of Medical and
Technical Sciences





## Global Sports Dentistry Leader of the Year



## Congratulations



Dr. Reena R Kumar

## Dr. Sanjay Ganeshkar

Past Chairman Indian Board of Orthodontics 2012-17

Dear Members of the Indian Orthodontic Society,

I am honored to share my gratitude for the opportunity to serve as the Past Chairman of the Indian Board of Orthodontics. It was a privilege to contribute to the advancement of our specialty and support the growth of our members. I encourage all members to continue striving for excellence and upholding the highest standards of patient care. Together, let's shape the future of orthodontics in India.

My association with IBO began when I attended 1st diet IBO exam held in Bangalore in 1999-2000 at hotel Ashoka during IOS conference. Seniors Dr. Vinod Verma, Dr. M K Prakash, Dr. Sadashiva. Shetty inspired me and that moment I decided to present myself to IBO.

My first attemt in 2004 was not successful but i didn't give up and further prepared myself to face this exam and I was successful in 2005 (Chandigarh) along with Dr. Ashok Surana, Dr. Jai Verma, Dr. Prashant Dhole. The second attemt pushed me to focus on finer aspects of the treatment, helping me to enhance the quality of my finishing and evolve into a more refined Orthodontist.

I was graduated as Diplomate in 2005 and elected as a member of Board of Diplomate in 2012 at New Delhi conference. I had the privilege of serving as Chairman of the board for the year 2017 at 52nd Indian Orthodontic Conference held in B M Birla auditorium, Jaipur from 17 - 19 Nov 2017.

Our guest for IBO convocation was Dr. William Clarks who was thrilled to share his experience.











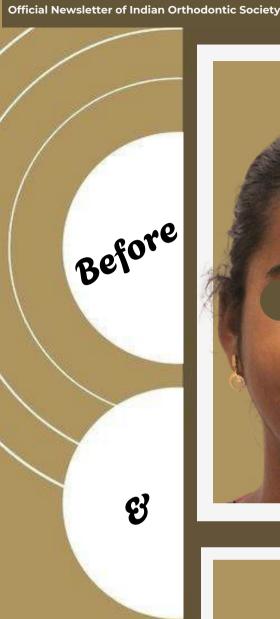
## Magic of braces



IOS Times acknowledges
Dr. Gaurav Gupta for his
contribution in the
public awareness page.







After





Does your braces doctor have IOS membership?



**IOS Times** acknowledges Dr. Shendre Shrikanth for his contribution in the public awareness page.

https://findanorthodontist.bracesspecialists.com/



# MAGIC

BRACES



IOS Times acknowledges
Dr. Prakash Banerjee for
his contribution in the
public awareness page.



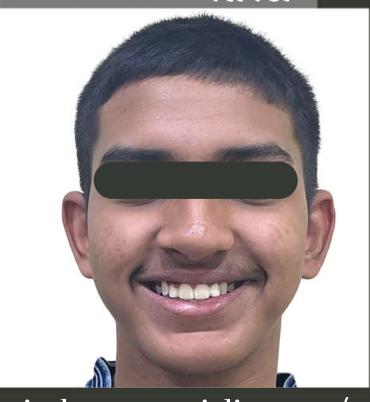


ENDORSED

Is your braces doctor IOS Endorsed?

After

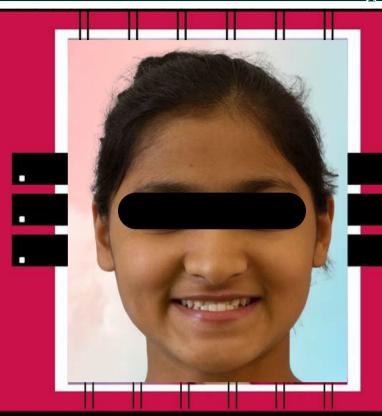
IOS Times
acknowledges
Dr. Ekta Lahoti
for her contribution
in the public
awareness page.



https://findanorthodontist.bracesspecialists.com/



#### https://findanorthodontist.bracesspecialists.com/



Before

## Is your braces doctor MDS(Orthodontics)?



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



## **BROADENING THE IOS RESEARCH ARENA**

The Research Committee of the Indian Orthodontic Society through the proactive measures taken by the active member Dr Umarevathi Gopalakrishnan and strongly supported by research committee chairman Dr Neal Kedia along with the visionary guidance of the President Dr Puneet Batra sir and Secretary Dr Sanjay Labh sir has made an MOU with the University of Puthisastra(UP), Cambodia, wherein it was agreed to collaborate research activities with various interested colleges across India through the research committee of IOS, as well as to co-organize programs, webinars, seminars, promtions, etc. The MOU was facilitated by Prof Dr Anand Marya, Dean of Faculty of Dentistry, UP. A google meet was setup for signing of the MOU document which was graced by IOS president, Secretary, Research Committee chairman from IOS end and Prof Ian Rouse, President and Vice Chancellor of the University of Puthisastra and various other Assc Professors from UP. This MOU opens up a new arena for research in IOS, strengthening the research and academic association between UP and IOS. Together both the parties are looking forward to take the opportunity forward towards the benefit of the IOS student members and life members.





## Dr. Dilip



Dr. S. Dilip is a distinguished academic and clinical expert in the field of orthodontics, currently serving as a Professor in the Department of Orthodontics at SRM Dental College, Ramapuram, Chennai. He completed his Bachelor of Dental Surgery (BDS) from Annamalai University in 1996, where he was a rank holder, and secured the first rank in the Tamil Nadu Post Graduate Entrance Examination in 1997. Dr. Dilip went on to pursue his Master of Dental Surgery (MDS) at the prestigious Tamil Nadu Government Dental College from 1997 to 2000, where he also achieved first rank in Orthodontics during his final year.

Dr. Dilip joined SRM Dental College in June 2000 as a Lecturer and has since ascended to the role of Professor. He has been recognized with numerous accolades over the years, including the Best Reader Award in 2006. He has also won the Best Paper Award at the Indian Orthodontic Conference in 2000, held in Jaipur, and was the recipient of the Sandhya Seshadri Award for the Second-Best Paper at the Asia Pacific Orthodontic Conference in 2012. held in Delhi.

With a rich background in research, Dr. Dilip has made significant contributions to national and international orthodontic literature, publishing extensively in renowned journals. He holds an H-index of 7 on Google Scholar and serves on the editorial boards of three international and two national specialty journals. Additionally, he has guided numerous postgraduate students, many of whom have received awards for their presentations under his mentorship.



Dr. Dilip is a highly sought-after speaker and has delivered numerous guest lectures at both national and international orthodontic conferences, earning exemplary feedback from participants. He was invited as a Keynote Speaker at the Indian Orthodontic Conference in Meerut in 2023 and has been a key figure in various prestigious orthodontic events.

He also served as the Convenor of the Madras Orthodontic Study Group from 2020 to 2023, during which time the group was awarded the Best Orthodontic Study Group in India for three consecutive years (2020-2023). Dr. Dilip was also the Quizmaster for the JK Quiz, a national-level competition for orthodontic postgraduate students, from 2020 to 2022.



Dr. Dilip's research interests primarily focus on the advancement of orthodontic materials and their clinical applications. One of his key studies, aimed at evaluating the effectiveness of nanocoated superelastic orthodontic archwires, is a pioneering effort in the field.

This research, which compares and contrasts three types of superelastic archwires—Nickel Titanium (NiTi), Copper NiTi (CuNiTi), and Low Hysteresis NiTi—coated with Aluminium Oxide, Titanium Oxide, and Zirconium Dioxide nanoparticles, explores their frictional resistance and deflective force levels when used with both metal and ceramic brackets. The study aims to address the issue of high frictional resistance commonly associated with NiTi archwires, an obstacle that can impact the efficiency and comfort of orthodontic treatment.

The application of nanocoating technology to orthodontic archwires represents a significant step forward in enhancing treatment outcomes. By reducing friction between the archwire and bracket, these coatings enable more efficient tooth movement, ultimately contributing to a more predictable and patient-friendly treatment experience. Dr. Dilip's study is the first to evaluate the performance of three different nanoparticles with three distinct types of NiTi archwires across two bracket materials, metal and ceramic. This comprehensive analysis, encompassing 36 study groups, is one of the most thorough examinations of the mechanical properties of superelastic archwires to date.

Through this groundbreaking research, Dr. Dilip has successfully bridged the gap between material science and clinical orthodontics, offering valuable insights into the future of orthodontic treatment with improved materials and techniques.

Reported by Section Editor, Dr. Stuti Mohan

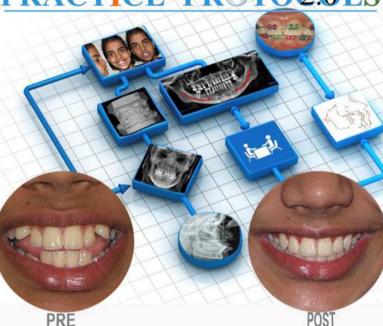


## part 1

## PRACTICE PROTOCOLS 2.0

### WHAT CHANGED IN 10 YEARS ?!





## 3 PMEM – THE PATH BREAKER

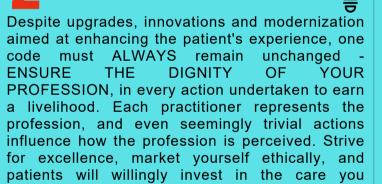


A decade back, PMEM - Practice Management & Ethical Marketing - was a novelty, offering delegates insights into the business of orthodontics through real-world experiences. IOS continues such programs nationwide with local study groups.

#### ALMOST ALL DIGITAL, NOW

2016 saw the first edition of this chapter in the Treatment Protocols Manual published by the Indian Orthodontic Society. A decade later, while principles of orthodontic practice remain constant, the biggest transformation has been the digitalisation of almost everything. Appropriately, this chapter too is now accessed digitally, unlike the printed manual of 2016.

### THE ONE NON-NEGOTIABLE CODE-



Practice Protocols 2.0 outlines conduct and communication modalities that help maintain professionalism and credibility while treating patients.

Institutions too. now organise practice-management sessions for postgraduates, unlike earlier times when fresh graduates entered practice unprepared. Social media has also taken centre stage-videos, reels, podcasts and influencer content have cased the transition from student to practitioner. While the recent graduate may still be in the deep end, they now know how to swim across.

provide.



Every practice must have written Standard Operating Procedures - from the first appointment call to the 6-month post-debond review. Scripted steps ensure seamless execution and make training new staff effortless.



#### THE NEW AVATAR

## **5** @

On starting independent practice, creating a dedicated professional email ID is recommended; those already practising may shift to a new one. Link it to your website and ensure domain space is adequate as communication expands.

Unless you are fully confident of your persona and storytelling ability on social media, maintain a professional account dedicated to orthodontics with uniform handles across platforms.

## **6** A

### THE FIRST IMPRESSION

Today, most new patients already know something about you before entering your office. Your digital presence primes their expectations and lets them see what you want them to see. Without a digital footprint, you enter the consultation having to gauge and strategise on the fly; with one, you meet them on familiar ground.



### REGISTRATION

Recording chief complaints and history - dental and medical - is fundamental. In the digital era, the least a practitioner can do is request the patient to fill a digital registration form - Google Forms being an easy option. Physical forms may benefit those skilled in handwriting analysis.

Registration should capture basic demographics, detailed medical and dental questions, fee details for consultation and records, and the patient's understanding of their dental condition. Commercial patient-management software consolidates this; free tools work too, though data may remain scattered.

## **8** THE FIRST PHYSICAL INTERACTIO

The registration form offers ample cues for conversation with the person seeking orthodontic treatment. Beginning with "What is bothering you?" or "What's your problem?" is a BIG NO. Dr Max Goodwin's greeting from the drama series New Amsterdam says-"How can I help?" would be a good start.

After a brief conversation, a clinical examination is done, followed by a short explanation of the condition and tentative treatment. Relevant investigations are advised, and an approximate treatment time and cost are communicated. If not mentioned earlier, charges toward records and analysis must be clarified at this stage.

## THE RECORDS SESSION



CBCT visualisation saving time while ensuring thorough evaluation.

The records session may be done on the same day to save the patient an extra visit. Diagnostic images, digital scans or impressions, radiographs, and construction bites (if needed) are taken. In visiting practices, these can be done in your absence. Radiographs, extra-oral photos (Fig. 1), study models and their photographs (Fig. 2), or scans (Fig. 3) can be prepared and sent digitally for analysis. The dentist informs the patient of the amount payable for consultation and analysis. With these data, you prepare the problem list, sequence treatment, and plan the mechanics choosing between removable/fixed appliances, conventional/self-ligating brackets, or aligners.

Artificial Intelligence has simplified radiographic assessment-routine cephalometrics to complex



Official Newsletter of Indian Orthodontic Society



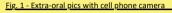




Fig. 2 - Study models' pics with cell phone camera



Fig. 2a - Dental arches scanned with intra-oral scanner

### RIGHTS OF ADMISSION RESERVED

Practice Protocols recommend that parents/accompanying person wait outside the operatory during records session. This preserves the sanctity of the workspace. Exceptions apply only when physical assistance is required.

Parents may be gently informed that this is the stage where trust is built between child and orthodontist. Queries can be addressed afterwards.

This applies throughout treatment guardians enter the operatory only when called. A person scrolling their phone behind the orthodontist serves no purpose.

### THE DTP SESSION



While the Case Study Analysis (CSA) is being done, the patient/guardians should receive a detailed information and consent form by email so they come prepared with questions. In visiting practices, this is sent after the records session.

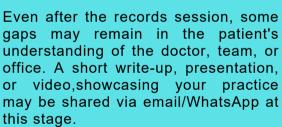
If the CSA was done without physically seeing the patient, treatment details must be discussed only after a clinical examination. Occasional uncommon findings can alter the plan.

The DTP session must cover:

- · The Detailed Treatment Plan
- Treatment fee and payment schedule

The session may last 5-30 minutes, depending on whether your approach is to-the-point, storyboard-style, or a mix. Simulation and photo-editing applications can help patients visualise outcomes.





Unpublished achievements of you or your team will surely earn brownie points at the DTP session.

In some practices, except for clinical examination, treatment planning and execution, most other steps are managed by a designated coordinator and staff as per the SOPs laid down by the dental offfice.

the general populace via his social media handle #smilewithdrbiju.



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

## Dr. Karthikeyan

#### Introduction

The orthodontic practice can be viewed as a small-scale healthcare enterprise. It must, therefore, balance patient care, staff management and business operations within a regulated framework. The purpose is to explore the essential components and principles of orthodontic practice management, highlighting practical approaches and contemporary challenges.

#### Strategic Planning and Organizational Management

This involves defining the mission, vision and core values of the practice. The mission clarifies the purpose and scope of services, while the vision provides a long-term goal for the practice's growth. Strategic planning includes location analysis, resource allocation, facility design and workflow optimization. The physical layout should ensure a logical flow from reception and waiting areas to consultation and treatment zones. Proper scheduling systems, ideally managed through specialized orthodontic software, help to minimize patient waiting time and optimize chair utilization. Time management is particularly critical in orthodontics, where multiple patients may require attention simultaneously at different stages of treatment. In addition, implementing digital inventory systems ensures timely ordering and cost control.

#### Human Resource Management

Human resources of the typical orthodontic team include the orthodontist, dental assistants, receptionists, treatment coordinators and sometimes hygienists. Effective leadership and interpersonal communication are crucial for maintaining team cohesion and motivation. Motivation and employee retention can be enhanced through recognition programs, fair remuneration and opportunities for professional development. Emotional intelligence, empathy and respect are key leadership qualities that strengthen team relationships.

#### Financial Management

Orthodontists must understand the economics of their operations, including cost structures, pricing and cash flow management. A comprehensive budget plan should cover fixed expenses (rent, salaries, utilities) and variable expenses (materials, laboratory fees, marketing). Regular financial audits help to identify inefficiencies and prevent loss. Modern orthodontic practices often provide flexible payment options and installment plans to accommodate patients. Automated billing systems and digital payment gateways improve convenience and reduce administrative errors. Investment in technology such as digital imaging, intraoral scanners and management software should be viewed as a long-term asset rather than an expense, as these tools improve both efficiency and diagnostic accuracy.

#### Patient Management and Communication

The success of an orthodontic practice largely depends on patient satisfaction, which is shaped by effective communication, empathy and professionalism. Understanding pain perception in orthodontics is essential for effective treatment planning, patient counseling and the development of strategies to minimize discomfort. Protects both the patient and practitioner ensuring ethical transparency. Patient feedback systems through surveys or online reviews can provide valuable insights for continuous improvement.

#### Integration of Technology and Digital Systems

Technologies such as digital radiography, cone-beam computed tomography (CBCT), intraoral scanning, 3D printing and AI-driven diagnostic tools have enhanced accuracy and treatment efficiency. Digital tools such as computer-aided design and manufacturing (CAD/CAM), 3D printing and virtual treatment simulation enhance diagnostic precision, efficiency and minimally invasive, personalized interventions. Practice management software now integrates scheduling, billing, record-keeping and communication functions into a single platform. Cloud-based systems improve accessibility and data security, while patient portals allow for online appointments, payment and progress tracking. Tele-orthodontics has gained relevance, especially following the COVID-19 pandemic, allowing for remote consultations and monitoring via digital images and virtual platforms. Social media platforms and websites serve as key tools for patient education and marketing, enhancing visibility and engagement.

#### Ethical and Legal Management

The orthodontist's duty extends beyond clinical competence to encompass patient confidentiality, informed consent and professional integrity. The principles of bioethics-autonomy, beneficence, non-maleficence and justice guide decision-making in orthodontic care. Accurate record-keeping is essential for legal protection and continuity of care.

#### Marketing and Practice Growth

Effective marketing does not merely attract new patients; it communicates the practice's values and commitment to quality care. Digital marketing, professional website, managing social media pages and encouraging positive online reviews enhance visibility and credibility. Patient referral programs, loyalty initiatives and community engagement (such as free screening camps in schools) help to strengthen relationships and reputation. Internal marketing through courteous communication, clean facilities and efficient service is equally vital.

#### Challenges in Orthodontic Practice Management

Rising operational costs, increasing patient expectations and regulatory constraints can strain resources. Workforce shortages or high staff turnover may disrupt service continuity. Moreover, the shift toward corporate dental chains has intensified competition for independent practitioners.

#### Conclusion

The management of an orthodontic practice is a multi-dimensional process that integrates clinical expertise with organizational, financial, ethical and interpersonal competencies. Thus, a well-managed practice ensures efficiency, profitability, patient satisfaction and professional fulfillment.



## Dr. Tusar Kanti Nayak

#### Orthodontic Practice Management in India

Orthodontics, one of the most dynamic branches of dentistry, requires not only clinical expertise but also effective practice management for long-term professional success. In India, where the dental care market is rapidly expanding, orthodontists face unique challenges like unregulated treatment from unqualified practitioners. Direct services by aligner companies with low-cost of treatment and opportunities in managing their practices efficiently. Practice management in orthodontics involves three important aspects that is QUALITY... QUALITY... QUALITY! But the strategic integration of clinical skills, financial planning, patient relations, human resources and technology to deliver optimal care while maintaining profitability and sustainability is a challenging task.

#### 1. Overview of Orthodontic practice in India

The demand for orthodontic treatment in India has grown significantly over the last two decades, driven by increasing aesthetic awareness, rising disposable income and access to modern dental facilities. Orthodontic care, once considered a luxury, has now become a part of routine dental health not only for children but also for adults which necessitates the development of skills in general dentistry for interdisciplinary approach which helps in smooth flow of treatment and good financial return.

#### 2. Establishing an Orthodontic practice

The initial phase of practice management involves proper planning and setup. The choice between establishing an independent clinic, joining a multispeciality dental centre or associating with corporate dental chains depends on the orthodontist's goals, financial capacity and target patient base. Location plays a crucial role not only in metropolitan cities but in second tier cities also. Ground floor practices tend to do much better than other practices with some exception in metropolitan cities. Practice with adequate natural light and large windows are more productive. There are architects who specialise in designing dental clinics and it is important to take advice from them at minimal cost rather change later.

#### 3. Financial and Administrative management

Proper financial management is the backbone of a sustainable orthodontic/dental practice. No matter how small or big is the practice, it is important to include proper budgeting, fee structuring, billing systems and accounting. The estimate needs to be discussed with the patient preferably by one of the doctors in a quiet room and alternative treatment plans should also be explained along with risks and benefits. The estimate expenditure should be handed over either in printed form (preferably) to avoid any confusion later. Non-core financial work can be outsourced to a chartered account which allow the practitioner to concentrate more in his core work.

#### 4. Human Resource and Team management

A successful orthodontic practice relies heavily on teamwork. The orthodontist must effectively manage dental assistants, hygienists, receptionists and sometimes other dental specialists. Training staff in patient communication, infection control and efficient workflow enhances service quality. Delegation of responsibilities helps to improve productivity and patient satisfaction. Two important factors are keeping 20% more staff than your requirement and paying 20% extra pay than market standards to the staff always decreases attrition. Devoting few hours in a week for training staff increases productivity and maintains the comfort of the practitioner.



#### 5. Patient Management and Communication

Patient satisfaction is the cornerstone of orthodontic practice success. Since orthodontic treatment is long-term and aesthetic-driven, building trust and keeping written detail consent form with treatment plan and expenditure signed by the patients is essential. Clear communication about treatment duration, expected outcomes and compliance requirements (especially for removable appliances or aligners) helps to avoid misunderstandings. Indian Orthodontic Society (IOS) is discussing creation of patient management software for its members for patient and data management.

#### 6. Marketing and Practice growth

In the digital era, still the word-of-mouth mode, especially of the satisfied patient is the biggest marketing for the clinic but digital marketing has become an integral part of orthodontic practice management. It is highly advisable to use social media platforms, websites and Google listings not only to enhance visibility but to create awareness too. However, ethical marketing practices that comply with Dental Council of India (DCI) regulations are crucial. Patient testimonials, before-and-after case portfolios (with consent) and educational content help to attract new patients while establishing credibility. Participating in dental camps, community programs and professional conferences also enhances visibility and networking. Collaborations with general dentists for referrals can significantly expand the patient base, especially in smaller towns.

#### 7. Technology Integration

Digital orthodontics has transformed the way treatment is planned and delivered. The adoption of 3D imaging, intraoral scanners, CAD/CAM systems and aligner technologies improves accuracy, efficiency and patient comfort. Digital records and cloud-based management systems simplify data handling and patient tracking. In India, while the cost of such technologies remains a barrier for some, their long-term benefits in efficiency and patient satisfaction justify the investment.

#### 8. Ethical and Legal considerations

Every orthodontic practice must adhere to ethical principles and legal frameworks. Ethical practice builds long-term credibility, which is essential in a profession based on trust.

#### 9. Future of Orthodontic practice in India

The future of orthodontic practice in India is promising, with growing awareness and technological innovation driving demand. However, the focus must remain on evidence-based treatment, patient-centered care and continuous learning through workshops, Postgraduate training and collaboration with other specialists on regular basis for providing interdisciplinary care.

#### Conclusion

Effective practice management in orthodontics is a blend of clinical expertise, business acumen and interpersonal skills. In the Indian context, success depends not only on delivering quality treatment but also on adapting to economic, cultural and technological trends. A well-managed orthodontic practice fosters trust, efficiency and sustainability ultimately leading to professional satisfaction and better patient outcomes.



# Dr Jayesh Rahalkar

If one had asked young Jayesh Rahalkar back in the 1970s what he wanted to be when he grew up, the answer might have been "bus conductor" or "engine driver." The same curiosity that once drew him to vehicles and destinations would later define a life journey that has gone far beyond professional boundaries — into the realms of science, art, culture, and service.

An avid reader since childhood, Dr. Rahalkar's interests spanned literature, mathematics, and science. From encyclopedias to the writings of his favourite author, P. L. Deshpande, reading has been a lifelong pasion. His personal library, inspired by the Library of the Royal College of Surgeons, Edinburgh, stands as a testament to his intellectual curiosity, housing both professional and literary treasures.

A proud alumnus of Jnana Prabodhini Prasahala, Pune, he credits much of his all-round development to the institution's motto — "Motivating intelligence for social change." Those formative years instilled in him leadership, empathy, and social responsibility. From leading dhol-tasha and dwaj pathaks during Ganeshotsav to mentoring juniors, he imbibed the value of teamwork and purpose early on — qualities that continue to define his personality today.

Sports have always been an integral part of his life. Dr. Rahalkar represented Maharashtra in Under-15 and Under-17 cricket, competing for the Vijay Merchant and Vijay Hazare trophies. At one point, he even considered pursuing cricket professionally — but destiny guided him towards orthodontics, much to the good fortune of our fraternity. His passion for sport also extends to kho-kho, volleyball, water polo, diving, and a steadfast commitment to fitness, yoga, and meditation, embodying his belief in balance between physical vitality and inner peace.







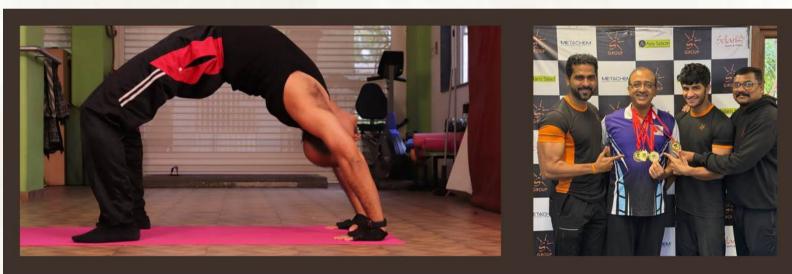




A man of diverse artistic sensibilities, Dr. Rahalkar has been deeply involved in theatre, music, and literature. During his college years, he acted in several plays, including the renowned Marathi classic "Saujanyachi Aishi Taishi." His love for poetry has taken him across borders — he has performed poetry renditions in India and abroad, and recently, along with his equally talented wife, Dr. Jyoti Rahalkar, was invited to Australia to present Marathi poetry. He has also lent his voice to recordings and voice-overs, including renditions of poetry written by Dr. Jyoti, such as "Sangavasa Vatate."

Music holds a special place in his heart. He began learning the flute as a child but has devoted himself seriously to it over the past decade. His passion culminated in a flute recital at the IBO meeting, which was widely appreciated. His innate connection with rhythm was beautifully displayed at the PG Convention at Terna Dental College, where he instinctively joined the dhol performance during the inauguration — an impromptu yet heartfelt expression of joy. His proficiency with dhol, tasha, dwaj, and even calligraphy, speaks to his natural artistry and dexterity.

Equally inspiring is his deep engagement with Indology and Indian heritage. His fascination with architecture, culture, and history has taken him across the country, exploring heritage sites and delving into their stories with scholarly curiosity. His passion for promoting cultural awareness within the profession was evident when he included a Thanjavur heritage tour in the IOS calendar events.







Spiritually inclined, Dr. Rahalkar is a staunch believer in Sanatan Dharma and has an abiding love for the Sanskrit language. He has successfully completed multiple Sanskrit examinations and, remarkably, had memorized the Bhagavad Gita in its entirety as a child. To this day, his lectures and clinical sessions often begin with the recitation of shlokas, creating an atmosphere of serenity and reflection.

In his professional life, Dr. Rahalkar has been associated with Deenanath Mangeshkar Hospital, where he has single-handedly managed the Dental Unit for several years. His contribution extends beyond dentistry — he also oversees administrative responsibilities as a form of philanthropy, balancing clinical expertise with social commitment. His service to Adivasi communities, providing much-needed dental care in remote regions, stands as a testament to his compassion. Furthermore, through his active involvement with the Snehavan Foundation, an NGO supporting children of farmers who have lost their lives to suicide, he continues to impact lives beyond the clinic.

It is rare to find an individual who excels so naturally in so many fields — from sports, art, and music to literature, spirituality, and community service — while maintaining the highest standards of professional excellence. Dr. Jayesh S. Rahalkar exemplifies that success in one's career need not come at the cost of pursuing one's passions; rather, each pursuit enriches the other.











He is a living example of the fact that it is indeed possible to excel in multiple arenas and yet remain exemplary in one's profession. A clinician par excellence, a teacher with vision, a sportsman, an artist, avid wildlife photographer, a philosopher, and above all, a compassionate human being — Dr. Rahalkar stands as a true inspiration to every member of our fraternity.

Through his multifaceted life and unwavering dedication, he has shown that orthodontics, much like art, is not just about alignment of teeth, but also about alignment of values, balance, and beauty — a philosophy he continues to live every single day, beyond orthodontics.

Sir you are truly an inspiration!









Reported by Section Editor, Dr. Himija Karia



## DR. NEERAL BARTHUNIA

#### \*Some people live their dreams; others inspire through them.\*

Dr. Neeral Barthunia is one such individual who beautifully blends professional excellence, artistic passion, and community spirit—proving that true success lies in living a balanced and fulfilling life. Presently he is working as a Head of department and PG guide at Daswani dental college and research centre, Kota, Rajasthan

#### \*A Lifelong Passion for the Arts\*.

From an early age, Dr. NEERAL's heart resonated with rhythm and melody. His natural love for music, singing, and dancing found expression in countless school and college events, where he consistently emerged a winner. Encouraged by family and friends, he continued nurturing this gift even as he pursued graduation and post graduation with dedication and precision.

Today, music remains his soul's retreat—a way to rejuvenate after a demanding day at the clinic. A devoted admirer of Kishore Kumar, Dr. Neeral finds calm and inspiration in the timeless tunes of the legend. Humming those melodies, he recharges his spirit and returns to work with renewed zeal and positivity.

#### \*Musical and Theatrical Acclaim\*

Dr. Neeral's musical journey has earned him wide recognition. As an active Rotarian, his melodious performances have become highlights of many events, winning admiration from peers and dignitaries alike. He secured first prize in a prestigious music competition organized by the Rotary Club, (2024)which featured participants from Jaipur, Udaipur, Jodhpur, BIKANER and Kota.





















His artistic expression extends to the stage, where he has portrayed mythological characters with grace and devotion —playing \*Lord Krishna\* in Krishnotsav celebrations and \*Laxmanji\* in Rotary's RAMAYAN Diwali Milan programs. He also earned second prize in an all-India online singing competition organized by the Indian Orthodontic Society (IOS) IN 2022 where he competed against talented orthodontists from across the nation.

#### Commitment to Wellness and Excellence

Beyond his artistic and professional life, Dr. Neeral lives by the belief that "Health is Wealth." A passionate fitness enthusiast, he practices what he preaches—striving for a healthy body, peaceful mind, and joyful heart. To him, this harmony forms the foundation of both personal happiness and professional success.

Reported by: Section Editor, Dr. Mohit Chaturvedi









### 4 TIPS BEFORE YOU BEGIN YOUR ORTHODONTIC JOURNEY





#### SEE AN IOS ENDORSED ORTHODONTIST

Not all dentists are orthodontists. Choose a specialist trained in tooth and jaw alignment.



## DON'T SKIP X-RAYS & CLINICAL EXAMS

A complete diagnosis is key to safe and effective treatment.



## BE PATIENT WITH THE PROCESS

Braces or aligners take time, but the results are worth it.



## COMMIT TO CLEANLINESS

Good oral hygiene = better, faster outcomes.

START RIGHT, STAY COMMITTED, SMILE BRIGHT,



## Dr. Mandava Prasad

#### A Visionary Educator and Dedicated Humanitarian

Dr. Mandava Prasad, Professor and Head of the Department of Orthodontics and Dentofacial Orthopedics at Narayana Dental College, stands as an inspiring example of commitment, leadership, and service. Over the years, he has earned recognition not only as an accomplished orthodontist and respected academician but also as a compassionate social worker, sports enthusiast, and motivator for countless students.

#### **Academic Excellence and Leadership**

As the head of one of the most dynamic departments at Narayana Dental College, Dr. Prasad has played a pivotal role in shaping the academic environment and clinical standards.

His expertise in orthodontics and dentofacial orthopedics has guided postgraduate students toward clinical precision, ethical practice, and research excellence. Known for his clarity in teaching and dedication to mentorship, he has influenced many young practitioners who now serve across the country.

#### A Champion of Yoga and Wellness

Dr. Prasad strongly believes in holistic well-being, and yoga has been a central part of his life. He actively promotes yoga among students and staff, encouraging its practice for stress management, concentration, and physical fitness. His initiatives have helped many young professionals adopt healthier lifestyles in a demanding academic environment.





















#### **Two Decades of Sports Leadership**

For 20 years, Dr. Prasad has served as the Chairman of the Sports Committee, transforming the college's sports culture.

Under his guidance, the institution has hosted numerous intercollegiate tournaments, encouraged student participation in athletics, and developed a structured sports calendar. His personal interest in table tennis and bodybuilding makes him a relatable and motivating figure for young athletes.

#### **Blood Donation and Social Service**

One of Dr. Prasad's most impactful contributions is in the area of community service. He has organized and led 16 blood donation camps, successfully collecting over 2000 units of blood—a remarkable achievement that has directly supported hospitals and saved countless lives.

His involvement with the NSS unit further highlights his commitment to social upliftment. Under his supervision, the NSS team has carried out numerous health camps, awareness programs, cleanliness drives, and educational outreach activities.

#### **Active Participation in IDA Initiatives**

Dr. Prasad is also deeply involved in Indian Dental Association (IDA) activities. He has consistently encouraged professional development, ethical practice, and community-oriented dental health programs. His contributions strengthen the bridge between academic dentistry and public welfare.

#### Service to Orphanages and Community Welfare

Driven by empathy and a strong moral responsibility, Dr. Prasad regularly participates in orphanage activities, contributing time, resources, and emotional support. His initiatives ensure that students and colleagues also understand the value of giving back to society. These humanitarian efforts reflect his belief that true education extends beyond the classroom.

#### An Inspiration to Students and Colleagues

Whether as a teacher, administrator, sports leader, or social worker, Dr. Mandava Prasad embodies dedication and humility. His balanced approach—combining academic excellence, physical fitness, social responsibility, and personal discipline—makes him a role model for the next generation of dental professionals.

#### His journey continues to inspire everyone at

Narayana Dental College and beyond, proving that a meaningful life is shaped not only by professional accomplishments but by the positive impact one leaves on society.



# Dr. Anurag Rai



Crafting Smiles from last 28 years is so fulfilling for Dr. Anurag Rai, the seniormost practicing & serving Orthodontist of Bihar and Jharkhand. Dr. Anurag Rai did his BDS in 1992 from S.J.M. Dental College, Chitradurga under Mysore University & MDS in 1997 from Rajah Mutthiah Dental College, Chidambaram under Annamalai University.













Dr.Anurag Rai has worked in various Dental Colleges like --Budhha Institute Of Dental Sciences, Jaipur Dental College, Pacific Dental College, Dr. B.R.Ambedkar Dental College & presently he is the Professor & Head at Government Dental College, Patna from last 8 years.

Dr. Anurag has an exclusive Orthodontic Practice Patna, Ranchi and Jamshedpur since last 28 years. During his BDS days, he had his own Musical Troupe MUSIC WINDS called Chitradurga which performed at college functions and dental conferences.He was very famous for his direction skills also. He has been making cartoons on interesting National & International events since his childhood. He still loves writing stories & poems in his free time. Dr Anurag Rai is a fellow of International College Of Dentist & Pierre Fauchard Academy. He is also attached to many Social Service Organisations & NGO's and runs free Dental Check Up & Treatment camps at Dental Clinics.

## Dr Saptarshi Hazarika

### **Aligning Smiles and Soulful Notes**

"Orthodontics shapes smiles; music shapes emotions. I feel fortunate to live in both worlds."

For Dr Saptarshi Hazarika, life has always been about harmony — between the precision of orthodontics and the beauty of music. Currently practising as a Specialist Orthodontist in Muscat, Oman since 2017, Dr. Hazarika has built a career rooted in excellence and creativity.

He completed his B.D.S. from R.V. Dental College and M.D.S. in Orthodontics from Ragas Dental College, Chennai, followed by Membership and Fellowship in Orthodontics from the Royal College of Surgeons, Edinburgh. Originally from Assam and now settled in Navi Mumbai, he exemplifies how dedication and artistry can coexist gracefully.





#### A Musical Beginning

Dr Hazarika's love for music began in childhood, inspired by his mother and brother, who often performed at cultural events. The defining moment came when, at just eight, he watched the legend Zubeen Garg perform live — an experience that sparked a lifelong connection to melody.

Through school and college, he continued performing. During his B.D.S. days, he became popular for his rendition of "Cheliya Cheliya" at a Freshers' Night. Though never formally trained, he taught himself to sing and play the guitar, turning music into an inseparable part of his identity.

#### Encouragement from Mentors

During his first year of post-graduation, a performance at an alumni meet revealed his musical side to his teachers. His professors, Dr N. R. Krishnaswamy sir and Dr Ashwin Mathew George sir, encouraged him to pursue both orthodontics and music with equal passion.

Dr Hazarika recalls warmly, "I was blessed to be in a department headed by Dr N. R. Krishnaswamy sir, where creativity was celebrated as much as academics." Under this supportive environment, Dr Ashwin sir recognised his talent and gave him the opportunity to perform together at national-level orthodontic conferences, blending science and song in perfect rhythm.

"My teachers helped me realise that passion strengthens discipline — not distracts from it," says Dr Hazarika.







#### From Campus to Composition

During his M.D.S. days, he co-founded the band The Eastern Acoustics with his friend Dr Debasish Mishra. Together, they released songs such as "Satyamev Jayate" and "Dooriyan", gaining recognition on YouTube for their sincerity and soulfulness.

After post-graduation, Dr Hazarika began composing originals with his wife Dr Prerana Kalita and brother Devarshi Hazarika. Their notable works include the title track for the Assamese drama "Aghori Anjana" and "Eti Eti Xopunere", released under Times Music.

#### A Multi-lingual Artist

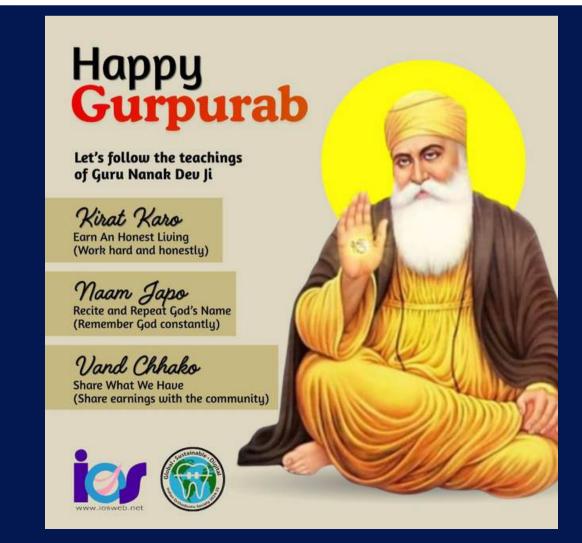
A true lover of all genres, Dr Hazarika enjoys listening to every kind of music and singing in Tamil, Telugu, Malayalam, Hindi, and Assamese.

"Language is never a barrier when the emotion is real," he believes.

"When I'm with my patients, I focus on the harmony of smiles; with my guitar, it's the harmony of sound. In the end, both heal in their own way."

His journey is a reminder that passion and profession can move together in rhythm - each enriching the other and creating a life as melodious as it is meaningful.

Reported by Dr. Nitu Gautam



## MADRAS ORTHODONTIC STUDY GROUP

MOSG in association with SAVEETHA DENTAL COLLEGE conducted the National quiz for undergraduates in the National Undergraduate convention held at Saveetha dental college and hospitals, event associated with the Indian Orthodontic Society on October 16<sup>th</sup> 2025. A Pan-India Quiz conducted across various colleges in India, and for the first time, the event happened offline for the undergraduates with live interaction and learning.

On behalf of MOSG, hearty congratulations and heartfelt thanks to the entire organizing crew under the leadership of The Dean - Dr. Aravind for orchestrating a truly remarkable convention for undergraduates and also for associating with the madras orthodontic study group to conduct the UG quiz program. Our heartfelt thanks to all the dedicated teachers, MOSG members, IOS OFFICE BEARERS, President -Dr. Puneet Batra; Secretary- Dr. Sanjay Labh; President elect- Dr. Sridevi Padmanabhan and Vice president Dr. Gnanashanmugam for all the guidance and support.

We had an excellent participation of around 16 teams in the quiz program with more than 100 students who participated in the event.

The quiz masters Dr. Sangeetha Duraisamy and Dr. Rasiga Gandhi did a commendable job meticulously conducting the quiz in a very transparent and fair manner. It was well appreciated and participated by the students with excellent feedbacks and heartfelt thanks to them for the incredible job of doing the entire quiz from preparing the questions, formulating the number of rounds and conducting the quiz in a very informative and interesting to all the participants and students.







First prize- Vivekananda Dental college

- Ashmitha Shree B
- Madhumitha B

Second Prize- Meenakshi

Dental College

- -Praveen
- -Shivani
- -Shahina Mehar

Third Prize-Saveetha Dental

- -Jeshwin Immanuel
- -Sushmitha

College

-Dev Arora



JK MEMORIAL QUIZ 2025- A National event conducted by Madras Orthodontic Study group conducted online on October 6th 2025. This quiz is a calendar event of the MOSG conducted every year in commemoration of Late. Dr.G.Jayakumar ,who worked a s a Professor at Ragas Dental College and Hospitals, Chennai. This program is an initiative by Ragas Dental college and Hospitals, way back in 2019 under the guidance of Dr.N.R.Krishnaswamy and subsequently moved to an online platform post covid and continued as online quiz after gaining significant momentum and popularity among post graduates across India. We had the highest registrations this year with around 230 teams and more than 130 colleges participated across India. On behalf of the convenors of MOSG, I thank all the HOD's of various colleges for permitting the brilliant postgraduates to participate in the JK MEMORIAL quiz program, who had such a wonderful interactive and learning session. Our heartfelt thanks to all the dedicated teachers, MOSG members, IOS OFFICE BEARERS, President -Dr.Puneet Batra; Secretary- Dr.Sanjay Labh; President elect- Dr.Sridevi Padmanabhan. A special mention to our Vice president Dr.Gnanashanmugam for all the guidance and support.

This program would not been possible but for the support of faculty of ragas Dental college & Hospitals.

The organising crew took incredible efforts to make this program a grand success.

MC - Dr.Valliammai; Registration/ Preparation of google forms for preliminary rounds- Dr.Laxmi, Dr.Mazhalai Selvan

Preparation /arrangements for the quiz- Dr.Valliamai, Dr.Niranjana, Dr.Laxmi, Dr.Anirudha, Dr.Durga, Dr.Mazhalai Selvan

Score board- Dr.Praveen/Dr.Durga; E- Certificates -Dr Haritha Prakriti Bose

Feedback forms - Dr.Anirudha

A special thanks to my dear friend Dr.Kavitha iyer, past convenor Dr.Vijay adith, Dr.Dheena, Dr.Sumanth for getting the registration in big numbers.

Finally my team- co-convenors Dr. Uma revathy & Dr.N R Srinivasan for the strength & support

I am indebted to all of you for making this event a grand success.





### Winners

First prize Subharti dental college and hospital

- -Dr. Harmandeep Singh
- -Dr. Eben S John
- -Dr. Jyoti Maurya

Second prize

Subharti Dental college and hospital

- -Dr. Nupur Sharma
- -Dr. Aastha Kamrani
- -Dr. Anusha Jaiswal

Third prize GDC Hyderabad

- -Dr.Amulya Sharma
- -Dr.Namarrathaa sre
- -Dr.Priyadharshini







The Madras Orthodontic study group presented a series of learning and fun filled events/activities for both undergraduate and postgraduate students as a part of orthodontic week celebration. The events / activities were planned to kindle their creative thoughts in the field of orthodontic science.

It was overwhelming to see students across all the colleges participate in big numbers. I would like to sincerely thank all the students for their enthusiastic participation in the various orthodontic week activities. Your energy and involvement truly made the event a success.

I would also like to extend my sincere gratitude to all the Heads of Departments and all faculty staffs for their continuous support, guidance, and encouragement. Your motivation has played a vital role in inspiring the students to participate actively and perform their best in every activity.

A special thanks and word of appreciation to all our esteemed judges for taking the time to evaluate the various activities and for giving their fair and prompt results. Your efforts and expertise have added immense value to the event.

#### Winners

#### 1 SMILE SLOGAN SPRINT

FIRST PRIZE - R.Lakshana - 3 rd year - Sathyabama Dental college

SECOND PRIZE- M.Monisha- 2 nd year - Madha Dental college

THIRD PRIZE- Mukesh - 3 rd year- Ragas Dental college

#### . BEAUTIFUL SMILES THAT LASTS A LIFETIME

FIRST PRIZE- Shanthana - intern- Asan memorial dental college- " Orthodontics-

Where every wire shapes your confidence!"

SECOND PRIZE- Aditi Chaurasia- intern- Sathyabama dental college- "Bad bite to Bite

Right- Let your smile speak precision!"

THIRD PRIZE- Lokeswari - Third year - Sathyabama Dental college- "Smile for every

age, Braces for every Stage!"

#### . CLARITY CAMPAIGN

FIRST PRIZE- Dr.Suganya Mohan -2 nd year - Meenakshi Dental college

SECOND PRIZE- Dr.M.Pavithra - 1 st year - Karpaga vInayagar Institute of Dental

**Science** 

THIRD PRIZE - Dr.Divyadharshini- 2 nd year - Sathyabama dental college

RE-IMAGINE ORTHODONTICS- SCRIPT YOUR WAY TO CLINICAL SUCCESS

FIRST PRIZE- Dr.Amritha Nehru - 2 nd year - Saveetha Dental college

SECOND PRIZE- Dr.Samdhya D- 1 st year- Venkateshwara Dental college

THIRD PRIZE- Dr.Swathi/ Dr.Rakesh/Dr.Sharon- 1 st year - Ragas dental college

## Clinical enrich program







The Madras Orthodontic study group conducted clinical enrich program routinely done online on a very trending and interesting topic "In-office planning of complex cases in clear aligner therapy" on November 9th 2025. Dr. Surya Kanta Das, the speaker, enlightened the participants showcasing some brilliant complex cases treated with aligners. The lecture was very informative and engaging to the audience. The program involved more than 180 participants including senior academicians, practitioners, fellow colleagues and post graduate students who were actively involved in the lecture followed by a very interactive Q&A session. The program was well moderated by Dr. Poornima J and Dr. Kavitha Iyer. On behalf of the MOSG, my heartfelt thanks to IOS for the everlasting support, our speaker Dr.Surya Kanta Das for the brilliant rendering of cases, our moderators for the wonderful moderation and discussion, Dr. Bharathi for the fantastic MC, my co-convenors Dr. Uma Revathy and Dr.N.R.Shrinivasan for being my pillar of strength and to all the members for making this program a grand success.

With regards,
Dr. Rekha Bharadwaj
Convener, Madras Orthodontic Study Group



# National Orthodontic Week (05-12 Oct 2025) At Army Dental Centre (Research & Referral), Delhi

The National Orthodontic Week events were celebrated at the Department of Orthodontics & Dentofacial Orthopaedics of Army Dental Centre (Research & Referral), Delhi, with effect from 05 -12 Oct 2025, under the guidance of Brig SS Chopra, Prof & HoD, Dept of Orthodontics and Dentofacial Orthopedics, Commandant & Dean, Army Dental Centre (Research & Referral), [ADC R&R] Delhi, with the IOS theme: "Global, Sustainable, Digital Orthodontics".

The events commenced with the meeting of all the Orthodontists from the Armed Forces, posted at Delhi, residents, and para dental staff at ADC (R&R) on 06 Oct 2025. Group photos and cake cutting were organized for the event. This year event was important for the Dept for two reasons; the ADC (R&R) for being selected as a Centre for the Post Graduate Examinations for the Delhi University and Brig SS Chopra winning the prestigious 'Outstanding Professor Award' of the IOS.

The various departmental activities organised during this week were as following:

1. Orthodontic awareness displays

Improving awareness about orthodontic treatment among public has been the mission of the Indian Orthodontic Society (IOS). Keeping this objective, Dept purchased 2 kiosks for running orthodontic videos - educative, benefits and illustrating results of treated cases. The kiosks with provision for mobile recharging are therefore informative and useful for the patients during their waiting time.



2. Quiz for patients undergoing orthodontic treatment at the Centre. This programme was aimed for evaluating the understanding towards orthodontic treatment, among patients, seeking treatment at ADC (R&R). Quiz competition brought out, what patients look forward from orthodontic treatment, their level of commitment for oral hygiene care, and how do they perceive the long duration of treatment, amidst their education and profession. Winners of the quiz competition were given prizes.









3. Best smile awards for patients treated at ADC

Three prizes were given for patients with the best smiles, from the treated cases in the preceding year. The acknowledgments were appreciated by the patients and parents.









The week-long program saw close interaction of patients with faculty, residents, and staff of the Dept. Needless to mention, such events of the IOS are a motivation for the Orthodontic team to pursue their mandate with pride and from a patient perspective approach.



