

15 August
**Happy
Independence
Day**



AUGUST

26th
August

HAPPY
Gnam



August



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President's Message



Respected members of the IOS,

August was an engaging month for IOS, marked by academic exchange, professional collaboration, and initiatives that advanced orthodontic learning across the country.

The Innovation Conclave conducted by ITS Dental College offered a strong platform for thought leadership, fresh ideas, and the promotion of entrepreneurship in orthodontics.

The East Zone PG Convention at Bhubaneswar, organized by KIDS, encouraged postgraduate participation and provided young orthodontists an opportunity to present, learn, and engage with peers and mentors.

The Digital Orthodontic Conclave at SDM Dharwad, in association with the Hubli-Dharwad Study Group, highlighted the growing relevance of digital workflows and contemporary clinical practice.

The programme on 3D Applications of TADS, organized by CDSH Indore, further strengthened understanding of advanced treatment mechanics and technology-driven care. We also continued the IOS Global Connect series with Dr. Jorge L. Castillo and the National Journal Club with Dr. Audrey Hoon.

I sincerely appreciate the efforts of the organizing teams, study groups, faculty, postgraduate students, and participants who contributed to the success of these programmes.

Important organizational announcements were also made during the month. The call for elections has been issued, and I encourage all eligible members to participate responsibly in shaping the future of our beloved organization.

The call for IOS Awards has also been announced, offering an opportunity to recognize academic distinction, professional contribution, and service to the specialty.

As we move forward, let us continue to work together with commitment, inclusiveness, and a shared spirit of academic growth.

Jai Hind, Jai IOS

Warm Regards

Sridevi Padmanabhan

IOS President

president@iosweb.net

Secretary's Message



Dear Members,

It is my privilege to connect with you through this edition of IOS Times and share a recap of our recent academic initiatives, which stand testament to the Indian Orthodontic Society's steadfast commitment to innovation, education, and professional excellence.

The *Innovation Conclave* provided an inspiring platform for orthodontists to present novel ideas, research initiatives, clinical innovations, and emerging technologies. The remarkable enthusiasm and creativity displayed by our members, particularly our young colleagues, was heartening and reaffirms that innovation is central to the future of orthodontics.

The *Zonal PG Conventions* continued to serve as vibrant academic platforms for our postgraduate students - offering them valuable opportunities to learn, compete, interact with peers, and engage with contemporary concepts in orthodontics. The spirited participation of our postgraduate community was truly encouraging and reflects the strong academic ethos of IOS.

Another key initiative was the *Digital Orthodontics Workshop*, which addressed the rapidly evolving digital landscape of our specialty. Covering digital records, intraoral scanning, 3D imaging, CAD/CAM, aligners, digital treatment planning, and artificial intelligence, the workshop showcased how technology is transforming diagnosis, treatment planning, and clinical practice. Its hands-on approach enabled participants to translate these advances into practical clinical applications.

Together, these initiatives reflect the vision of IOS to foster meaningful opportunities for learning, innovation, and collaboration across all levels of our profession. As we progress towards the *60th Indian Orthodontic Conference* themed _"Orthodontics – Rise of the Phoenix,"_ these programs reinforce a crucial message: the future of orthodontics lies in embracing change while remaining firmly anchored in science and evidence-based practice.

I extend my sincere gratitude to all organizers, faculty members, postgraduate students, and delegates whose dedicated efforts and enthusiastic participation contributed to the success of these initiatives.

Let us continue to learn, innovate, collaborate, and collectively shape the future of orthodontics.

Warm Regards

Dr. Shubhaker Rao Juvvadi

Hon. Secretary

Editor's Message



Dear Readers,

In my capacity as the Editor IOS Times, I deem it crucial to underscore the significance of few sections as a means to enhance the well-being of our orthodontic community . In the contemporary world that is highly interconnected, it is incumbent upon us to collaborate and contribute to global knowledge and advance innovative solutions to the myriad challenges that confront us.

Our newsletter is a pivotal platform for sharing research column and public awareness pages by researchers, practitioners, and academicians encompassing PhD achievements . Our overarching objective is to promote and facilitate the dissemination of pioneering ideas and beyond orthodontics pages that can facilitate our collective comprehension.

We remain steadfast in our commitment to publishing timely issues firmly grounded in empirical data and rigorous practice management sections . Such articles are likely to engender fresh perspectives and enlighten the achievements of members. We are always keen to receive feedback from our contributors and readers, and we sincerely welcome their constructive suggestions on how we can augment the quality of our newsletter to the evolving requirements of our community.

I would like to extend my heartfelt appreciation to all our contributors and editorial board members for their unwavering support. I earnestly look forward to your continued collaboration and assistance in advancing knowledge in all our future issues .

Warm Regards
Dr. Swati Acharya
Editor IOS Times

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ELECTION NOTIFICATION ANNOUNCED FOR VARIOUS OFFICE-BEARER POSTS

The Indian Orthodontic Society (IOS) has officially announced the Election Notification for various Office-Bearer Posts for the upcoming term.

The election process is set to begin, marking an important phase in the democratic functioning of the Society. Eligible IOS members aspiring to serve the profession through leadership roles can now take note of the election schedule, eligibility criteria, nomination process and important deadlines as notified by the Society.

Members are advised to carefully review the official notification and adhere strictly to the prescribed timelines and election guidelines.

CALL FOR NOMINATIONS – VARIOUS IOS AWARDS

The Indian Orthodontic Society (IOS) has announced the Call for Nominations for various prestigious IOS Awards, inviting eligible members to nominate deserving individuals, academicians, researchers and contributors for recognition of their outstanding achievements and contributions to the field of Orthodontics.

This is an opportunity to celebrate excellence, dedication and significant contributions to the profession.

Eligible members are requested to carefully review the award categories, eligibility criteria, nomination requirements and submission deadlines as mentioned in the official notification.

Recognising Excellence. Celebrating Contributions. Inspiring the Future.

Stay tuned to IOS TIMES For the latest updates, announcements & developments from the Indian Orthodontic Society.

 IOS TIMES | Your Voice. Your Society. Your Update.

Reported by Section Editor , Dr. Stuti Mohan

**Inclusions received
after 27th of each
month would be kept
for the forthcoming
issue and not for the
current issue.**



DISCLAIMER

IOS East Zone National PG Convention , Bhubaneswar

“Where Knowledge Inspired, Talent Flourished and Memories Were Created”

The IOS East Zone National PG Convention 2026, hosted by Kalinga Institute of Dental Sciences (KIDS), KIIT Deemed to be University, Bhubaneswar, from 4th to 6th August 2026, concluded as a spectacular celebration of orthodontic knowledge, academic excellence, youthful enthusiasm and professional fellowship.

A DISTINGUISHED GATHERING

The convention was honoured by the gracious presence of the leadership of the Indian Orthodontic Society, with Dr. Sridevi Padmanabhan Ma'am, President, IOS, and Dr Shubhaker Rao Juvvadi Sir, Honorary Secretary, IOS, lending their esteemed presence and blessings to the occasion.

The inaugural ceremony was further graced by the Registrar of KIIT Deemed to be University, along with the esteemed Director and Principal of Kalinga Institute of Dental Science



A SCIENTIFIC FEAST FOR THE YOUNG ORTHODONTISTS

The scientific programme was undoubtedly the soul of the convention.

Some of the most distinguished and sought-after academicians and clinicians from the orthodontic fraternity came together at one forum to share their expertise, experience and contemporary perspectives.

POSTGRADUATE TALENT AT ITS BEST

The enthusiasm of the postgraduate participants was remarkable.

Postgraduates from dental colleges across the East Zone participated wholeheartedly in various academic competitions and presentations, demonstrating impressive scientific temperament, creativity and confidence.



GRATITUDE TO OUR ESTEEMED SPEAKERS

Our deepest appreciation goes to all the elite speakers of the orthodontic fraternity who travelled to Bhubaneswar from all the parts of India and generously shared their knowledge and experience.

To each one of our esteemed speakers(Dr Sridevi Padmanavam ma'am, Dr Shubhaker Rao Juvvadi, Dr Gouri Vichare ma'am,Dr Mridula Trehan ma'am ,Dr Ratna Parmeshwaran ma'am,Dr Vinod Krishnan Sir,Dr Puneet Batra Sir,Dr Rajaganesh Goutam Sir,Dr Ashok Kumar Jena Sir,Dr Amesh Golwara Sir,Dr Jitendra Bhagchandani Sir,Dr Navya Puvulla,Dr Swati Acharya,Dr Partha Pratim Choudhary) —our heartfelt gratitude.



THE PEOPLE BEHIND THE SUCCESS

Our sincere appreciation goes to:

The Organising Committee

for their tireless planning and execution.

Dr Nivedita Sahoo, (Organizing Secretary)

Dr Sanghamitra Jena

(Organizing Chairman)

Dr Bhagabati Prasad Dash

(Scientific Chairman)

The Scientific Committee

for creating a vibrant and academically enriching scientific programme.



Reported by Dr. Nivedita Sahoo and Associate Editor , Dr. Shantanu Khattri

EVENT REPORT IOS SDM Ortho Tech: A Hands-On Digital Orthodontics Conclave 2026

17–18 August 2026 |@ SDM Dental College & Hospital, Dharwad

Jointly organised by Hubli Dharwad Orthodontic Study group and SDM dental college

True to its theme, “*Integrating Digital Workflow in Contemporary Orthodontics*” the programme provided participants with a comprehensive, hands-on journey through the rapidly evolving digital orthodontic workflow. The programme commenced with an inaugural ceremony, presided by the IOS President Dr Sridevi Padmanabhan and Guest of Honour Shri V Jeevandhar Kumar, Pro Vice Chancellor, SDM University, Organizing Chairman Dr Roopak Naik, Organizing Secretary Dr Anupama V, Scientific Chairman Dr Harshavardhan K, Hubli Dharwad Study Group Convenors Dr Sangamesh, Dr Shantesh, marking the beginning of a two-day academic and hands-on exploration of digital orthodontics.

The scientific sessions began with Digital Records, Diagnosis and Workflows, conducted by Dr Sumitra Reddy, HOD, KLE, B'lore. The session covered digital models and analysis, 3D cephalometry, airway assessment, DICOM segmentation, impacted tooth localization with 3DSlicer 5.12.3 and ITK- SNAP. This was followed by Optimizing Digital Orthodontic Setups: Planning, Staging and Validation by Dr Shravan Shett, MCODS, M'lore with Maestro 3D. The programme then moved into the aesthetic domain with Digital Smile Design using Blueskybio 5.0, presented by Dr Satyabodh Guttal, Dept of Prosthodontics, SDMCDS&H. The session highlighted the integration of facial analysis, dental aesthetics and digital imaging for customized smile simulations and treatment planning.



Dr. Digant Thakker conducted the session on Designing Orthodontics in 3D Twin Blocks on Meshmixer and ONYX CAD for MARPE appliances. The interdisciplinary application of digital technology was addressed by **Dr Surya Kanta Das, HOD, GDC Cuttack** through Cleft Orthodontics which demonstrated digital designing of NAM plates and nasal stents, on Maestro Software. The functional dimension of digital orthodontics was explored in the session on Occlusion 4.0 and TMJ, conducted by **Dr. Padmapriya CV, HOD, VDC, Bheemavaram** which showcased advanced techniques like condylography & **Dr Atul Sattur's (Prof, Dept of Oral Medicine)** demonstration on T-Scan. The programme subsequently progressed to Direct Aligner Virtual Setup, presented by **Dr Padmapriya C V** using the D A D, SMA maker, UNIZ Slicing Software.



A major highlight of the conclave was that each session incorporated a hands-on component. The IOS SDM Ortho Tech Conclave 2026 successfully demonstrated that digital orthodontics is not merely about adopting new software or devices—it represents a fundamental integration of diagnosis, planning, design, fabrication, functional assessment, monitoring and surgical planning. The programme concluded with the key message that technology does not replace clinical judgment; rather, when appropriately integrated with orthodontic expertise, it enhances precision, visualization, communication, predictability and individualized patient care.



Reported by Dr. Anupama and Associate Editor , Dr. Shantanu Khattri

TADs – 3D Applications in Orthodontics

The Department of Orthodontics and Dentofacial Orthopaedics, College of Dental Sciences and Hospital (CDSH), Indore, organised an IOS Calendar event in association with Madhya Pradesh Orthodontic Study Group (MPOSG) on 'TADs – 3D Applications in Orthodontics' on 20th & 21st August 2026.

The workshop was conceived as a comprehensive academic platform exploring the evolving applications of Temporary Anchorage Devices (TADs), three-dimensional planning and digital technologies in the management of complex orthodontic problems. The workshop witnessed enthusiastic participation from more than 130 postgraduate students representing dental institutions from across the country, reflecting the widespread academic interest in contemporary applications of TADs in Orthodontics.



The inaugural proceedings commenced with the ceremonial lamp lighting and Saraswati Vandana which was graced by Dr. Sarvaraj Singh Kohli, Vice President, Indian Orthodontic Society, along with Dr. Chandresh Shukla, President, Madhya Pradesh State Dental Council as Guests of Honour. The distinguished dais also included Mr. Shreejeet Jhavar, Director CDSH, Dr. Amit Singh Nirwan, Dean, CDSH, Dr. Rakesh Thukral, Organising Chairman, Professor & HOD, Department of Orthodontics, CDSH and Dr. Madhur Navlani, Organising Secretary and Professor, CDSH.

The welcome address was delivered by Dr. Rakesh Thukral, followed by an introduction of the distinguished guests and speakers by Dr. Jaya Singh, Treasurer and Associate Professor, CDSH, Rau. The presence and contribution of the dignitaries, organising team and invited speakers were acknowledged through a formal felicitation ceremony. The inaugural ceremony concluded with the Vote of Thanks delivered by Dr. Madhur Navlani, marking the commencement of the scientific proceedings.

The academic program featured a distinguished panel of speakers comprising Dr. Jayesh S. Rahalkar, Dr. Rajesh Patil, Dr. Salil Nene and Dr. Abhisek Ghosh who brought extensive clinical experience and contemporary perspectives to the workshop.



The first academic session by Dr. Jayesh S. Rahalkar focused on sagittal correction with TADs, encompassing the management of Class I, Class II and Class III malocclusions and the biomechanics of retraction using Mini screws. The workshop then progressed into the transverse dimension with Dr. Abhisek Ghosh, who discussed skeletal correction in adults using MSE and MARPE, along with the role of digitisation and 3D printing, biomechanics and clinical case applications.

The vertical dimension was addressed by Dr. Salil Nene, with emphasis on skeletal anchorage in the management of vertical skeletal discrepancies, particularly deep bite and gummy smile. The session provided valuable clinical insights into vertical control and the biomechanical application of TADs.

The concluding session of Day 1, conducted by Dr. Rajesh Patil and Dr. Abhisek Ghosh, explored TAD-supported management of vertical discrepancies, particularly anterior open bite, integrating biomechanics with clinical decision-making.



Day 2 continued the academic journey with an emphasis on digital innovation and complex clinical applications. Dr. Jayesh S. Rahalkar explored bone-plate and miniscrew-supported digitised orthodontic appliances, 3D printing and innovative biomechanical approaches for the management of complex malocclusions.

Dr. Rajesh Patil subsequently addressed the interface between orthodontics and orthognathic surgery, with a detailed discussion on IZC and BSS biomechanics, supported by clinical case series and approaches that can emulate principles of orthognathic surgery.

The next session by Dr. Abhisek Ghosh explored the challenging domain of orthodontic retreatment, skeletal anchorage systems for severe orthodontic problems, iatrogenic biomechanics and complex clinical case management.

The workshop culminated with a comprehensive session by Dr. Salil Nene, integrating the applications of TADs, IZC and BSS in the management of challenging clinical situations including impactions, scissor bite, crossbites and occlusal-plane canting. The session aptly brought together the central themes of the workshop—skeletal anchorage, biomechanics, innovation and clinical precision.

Council and served as an academically stimulating platform that encouraged participants to look beyond conventional approaches and embrace innovation in pursuit of more predictable clinical outcomes and improved patient care.

Reported by Section Editor , Dr. Stuti Mohan



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INNOVATION CONCLAVE 2026

ITS Dental College, Hospital & Research Centre, Greater Noida, successfully organized Innovation Conclave 2026 on 31st July and 1st August 2026 in an online mode under the aegis of prestigious Indian Orthodontic Society. The two-day academic event witnessed enthusiastic participation from Life Members and Student Life Members of the Indian Orthodontic Society from across the country, reflecting the growing interest in innovation, entrepreneurship, intellectual property, and emerging technologies in Orthodontics.

The conclave was inaugurated in the gracious presence of the esteemed office bearers of the Indian Orthodontic Society, including Dr. Sridevi Padmanabhan (President, IOS), , Dr. Shubhaker Rao Juvvadi (Honorary Secretary), and other distinguished members of the Executive Committee. Their encouraging words highlighted the importance of fostering innovation and research within the orthodontic fraternity.

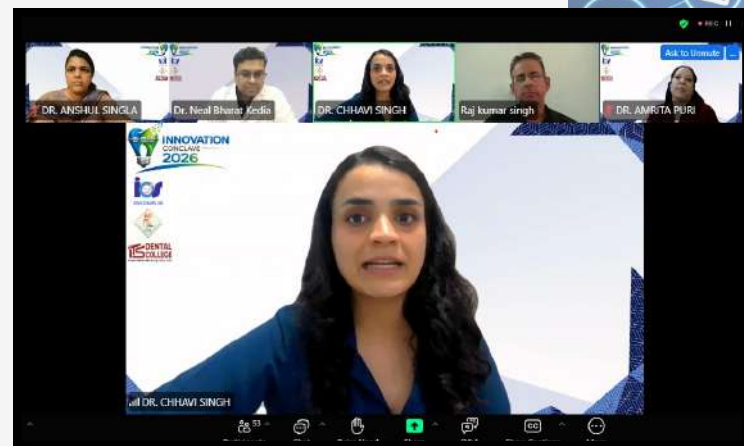
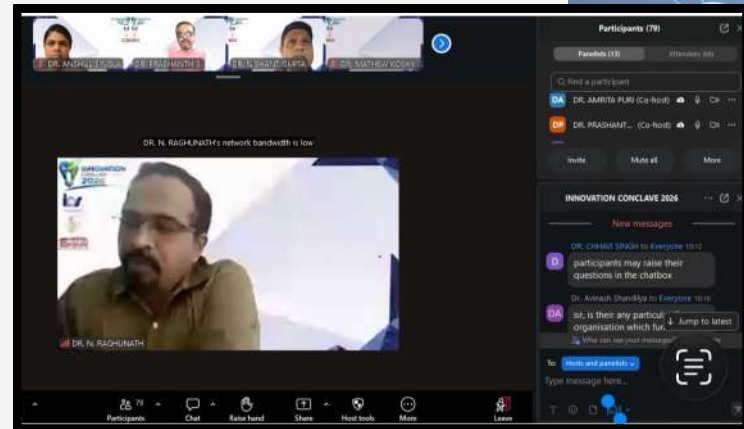


The scientific programme featured an eminent panel of keynote speakers who delivered insightful lectures on diverse aspects of innovation in healthcare and Orthodontics. Dr. Chetan V. Jayade shared his perspectives on translating innovative ideas into impactful orthodontic products, while Dr. Suchita Daokar highlighted the significance of innovation and the role of patents and copyrights in protecting intellectual property. Prof. (Dr.) Rihan Khan Suri elaborated on incubation and entrepreneurship, emphasizing the importance of nurturing innovative ideas. Dr. Prashanth Sadashivamurthy discussed the evolving academic ecosystem in the patent-to-product pathway, while Dr. Shruthi Acharya shared valuable insights into commercializing healthcare breakthroughs. Dr. Ameet Vaman Revankar concluded the scientific deliberations with an engaging lecture on the transformative role of Artificial Intelligence in driving innovation in Orthodontics.

A major highlight of the conclave was the competitive scientific paper presentation by Life Members and Student Life Members, providing an excellent platform for participants to present innovative research ideas and interact with experts from across the country. The scientific sessions generated meaningful academic discussions and encouraged participants to explore novel approaches in research, clinical practice, and innovation.

Innovation Conclave 2026 successfully fulfilled its objective of promoting innovation-driven thinking, research excellence, entrepreneurship, and interdisciplinary collaboration within the orthodontic community. The event received an overwhelming response and was widely appreciated by speakers, delegates, and participants for its excellent scientific content and seamless organization.

The Organizing Committee expressed its sincere gratitude to the Indian Orthodontic Society, distinguished speakers, moderators, office bearers, participants, and faculty members whose support and active involvement contributed immensely to the success of the conclave. The event reaffirmed the Society's commitment to fostering innovation and preparing the next generation of orthodontists for the evolving landscape of healthcare and technology.



**Reported by Dr. Anshul Singla
and Associate Editor,
Dr. Shantanu Khattri**

Global Dialogues IOS Connect Webinar Series 2026



Global dialogues IOS connect series



Timing in Orthodontics: How Early is Early, and How Late is Too Late?

DATE: 7 August 2026 | 8:00 PM IST

Join Zoom Meeting:

<https://zoom.us/j/93633823534pwd=ZK7qQqckjXw50Pn78Lfo2DweXISmTt.1>

ABOUT THE SPEAKER



Dr. Jorge L. Castillo

Dr. Jorge L. Castillo DDS, MdentSci, MSD, PhD, Pediatric Dentist and Master of Dental Sciences from the University of Connecticut and Orthodontist and Master of Sciences in Dentistry from the University of Washington. Also a PhD from the Peruvian University Cayetano Heredia. Professor at the Department of Stomatology for Children and Adolescents, Peruvian University Cayetano Heredia (UPCH) and Affiliate Assistant Professor at the Department of Oral Health Sciences, University of Washington (UW). He is a Diplomate of the American Board of Orthodontics and a Diplomate of the American Board of Pediatric Dentistry. President of the International Association of Pediatric Dentistry (IAPD) from 2013 to 2015 and from 2021 to 2023 and member of the Executive committee of the World Federation of Orthodontists (WFO) 2025-2030, and the Executive committee of the IAPD. Honorary member of the Peruvian Society of Pediatric Dentistry. He has published several articles in indexed journals. He has lectured in various countries.

ABOUT THE MODERATORS



DR. VADIVEL KUMAR

He completed his MDS in Orthodontics from Madras Dental College in 1992 and is a Diplomate of the Indian Board of Orthodontics. A distinguished leader in his field, he has held several prestigious positions, including Past Vice President of the Indian Orthodontic Society, Past Chairman of the Indian Orthodontic Board, and Past Managing Editor of the JIOS. He is a sought-after guest speaker for orthodontic study groups across India, as well as at various national and international conferences. In addition to authoring numerous publications in national and international journals, he actively contributes to clinical education by conducting specialized hands-on courses focused on Class II correctors using Herbst and PowerScope appliances.



DR. SRIDEVI PADMANABHAN
PRESIDENT



DR. SHUBHAKER RAO JUVVADI
HON. SECRETARY

FOR QUERIES

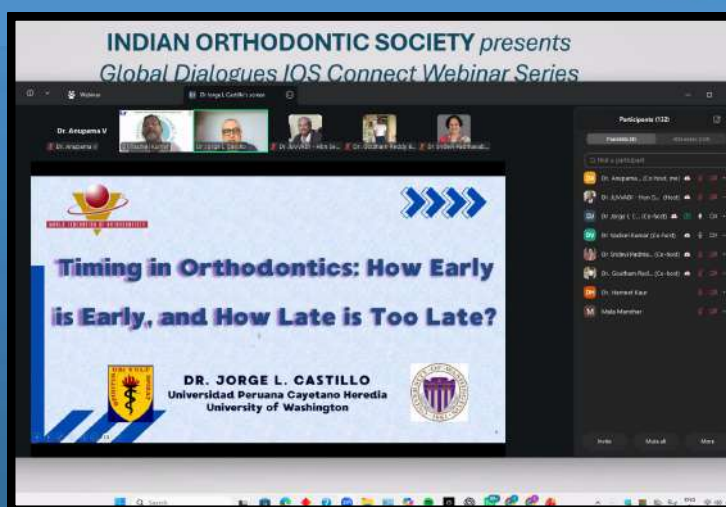
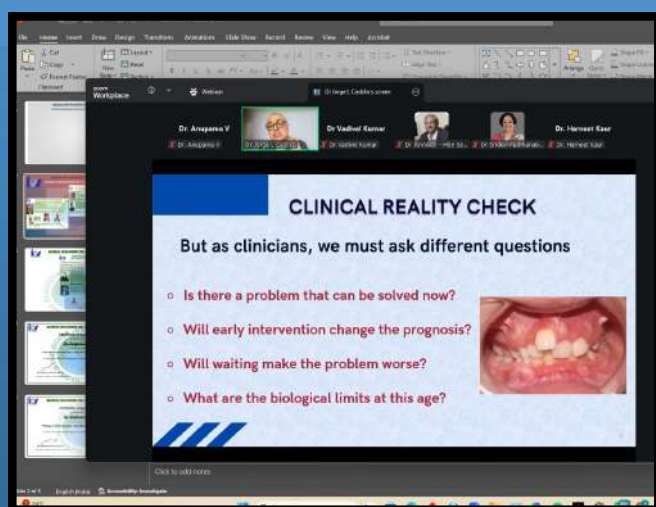
DR. DEENADAYALAN - Academic Council Chairman IOS

+91 98408 95100

dheena.mds@gmail.com

The Indian Orthodontic Society conducted the Global Dialogues IOS Connect Webinar Series 2026 on 07 August 2026, featuring an insightful lecture on “Timing in Orthodontics: How Early is Early and How Late is Too Late?” delivered by Dr. Jorge L. Castillo, Universidad Peruana Cayetano Heredia and University of Washington. The session was moderated by Dr. Vadivel Kumar, with Dr. Sridevi Padmanabhan, President, IOS, delivering the introductory remarks. The lecture provided a clinical reality check on orthodontic treatment timing, highlighting the timing triangle of biology, treatment objectives and clinical considerations. It emphasised that treatment timing should follow a hierarchy of priorities, with the clinician first identifying the problem and treatment objectives, followed by consideration of biological readiness and the optimal window for intervention.

The discussion also addressed whether early intervention can alter prognosis, whether waiting may worsen the problem, and the biological limits at different stages of development. An interactive Q&A session then provided participants an opportunity to engage with the speaker and discuss clinical queries. The programme was anchored and emceed by Dr. Anupama V and Dr. Gautham and witnessed enthusiastic participation from 150+ attendees. The programme concluded with a Vote of Thanks by Dr. Deenadayalan, Academic Council Chairman, bringing the successful academic session to a close.



Reported by Dr. Anupama and Associate Editor , Dr. Shantanu Khattri

National Journal Club - 24th August 2026

The Indian Orthodontic Society (IOS) National Journal Club, held today, 24th August 2026, witnessed an engaging and academically enriching session on the topic "From Screening to Growth Modification: An Evidence-Based Dental Approach to Sleep Disorder Breathing." The programme brought together more than 300 student members and life members of the Indian Orthodontic Society, reflecting the strong interest and growing awareness of sleep-disordered breathing within the orthodontic fraternity.



ios INDIAN ORTHODONTIC SOCIETY PRESENTS

NATIONAL JOURNAL CLUB

Topic : From **Screening to Growth Modification**
An Evidence-Based Dental Approach to Sleep Disordered Breathing

Speaker :
Dr. Audrey Yoon, D.D.S., M.S.D.
Co-President, World DentoFacial Sleep Society
Diplomate, American Board of Orthodontics
Diplomate, American Board of Dental Sleep Medicine

Moderator :
Dr. Mridula Trehan
Editor, JIOS

Date : 24th August, 2026 (Monday)
Time : 09:00 AM IST

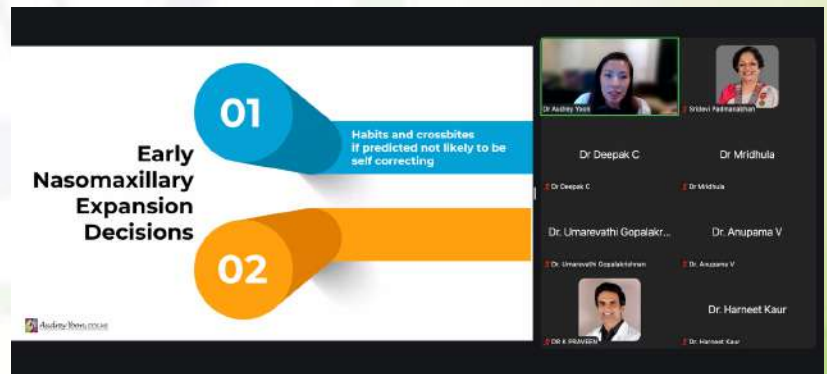
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Dr. Sridevi Padmanabhan
President, IOS

Dr. Shubhakar Rao Juvvadi
Hon. Secretary, IOS

The session featured an insightful presentation by Dr. Audrey Yoon, D.D.S., M.S.D., Co-President of the World DentoFacial Sleep Society and Diplomate of the American Board of Orthodontics and the American Board of Dental Sleep Medicine. The session was expertly moderated by Dr. Mridula Trehan, Editor, Journal of Indian Orthodontic Society, who facilitated an engaging academic discussion and interaction with the participants.

The programme was coordinated by Dr. Deepak Chandrasekharan, whose efforts ensured the smooth organisation and successful conduct of the National Journal Club. Dr. Harneet Kaur served as the Master of Ceremonies and conducted the programme seamlessly.

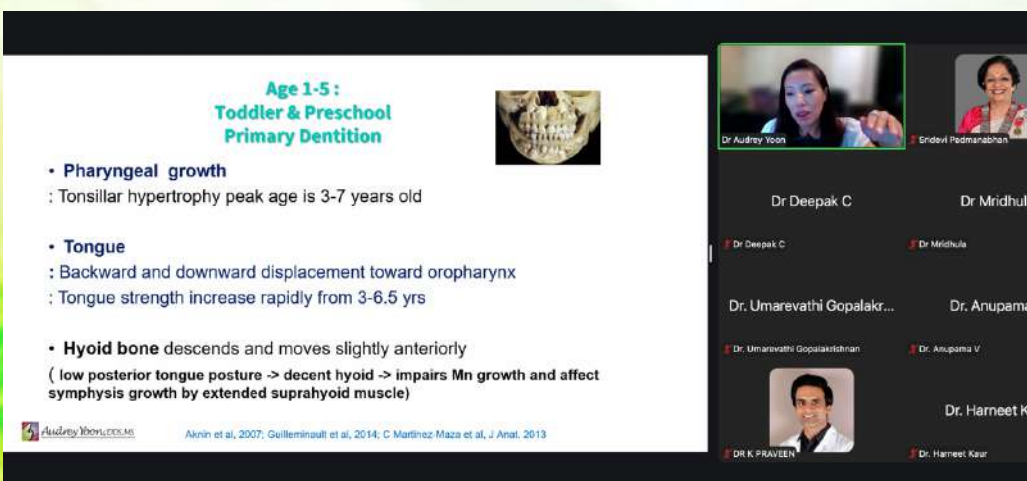


01 Habits and crossbites
If predicted not likely to be self correcting

02

Early Nasomaxillary Expansion Decisions

Dr. Audrey Yoon, Dr. Sridevi Padmanabhan, Dr. Deepak C, Dr. Mridula, Dr. Umarevathi Gopalakr..., Dr. Anupama V, Dr. Umarevathi Gopalakrishnan, Dr. Anupama V, Dr. Harneet Kaur, Dr. K. Praveen, Dr. Harneet Kaur

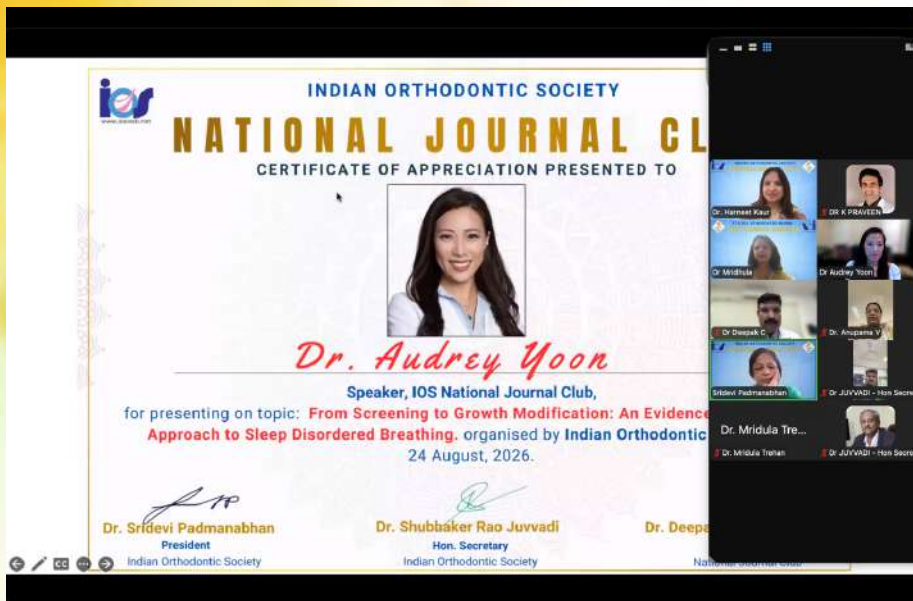


**Age 1-5 :
Toddler & Preschool
Primary Dentition**

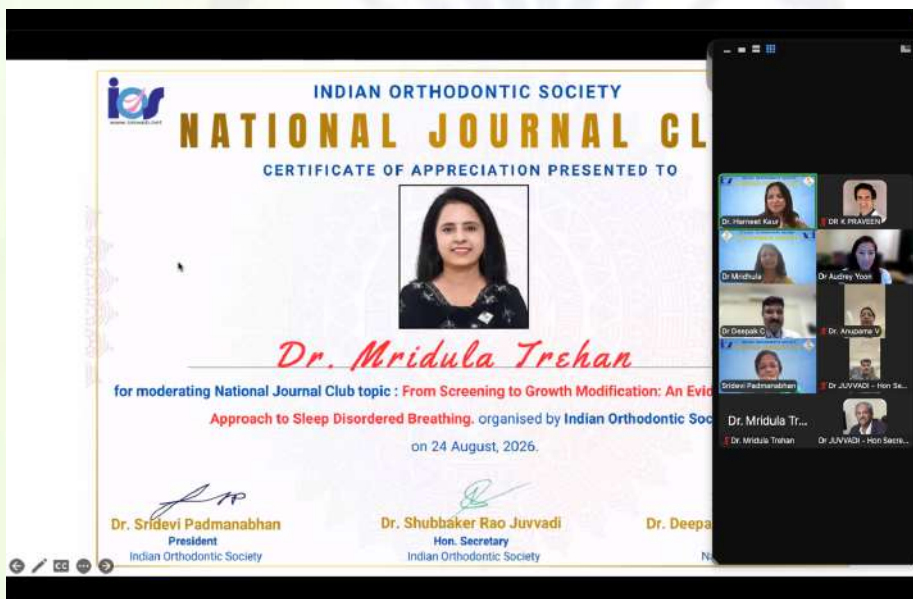
- Pharyngeal growth**
: Tonsillar hypertrophy peak age is 3-7 years old
- Tongue**
: Backward and downward displacement toward oropharynx
: Tongue strength increase rapidly from 3-6.5 yrs
- Hyoid bone** descends and moves slightly anteriorly
(low posterior tongue posture -> decent hyoid -> impairs Mn growth and affect symphysis growth by extended suprahyoid muscle)

**Age 1-5 :
Toddler & Preschool
Primary Dentition**

Dr. Audrey Yoon, Dr. Sridevi Padmanabhan, Dr. Deepak C, Dr. Mridula, Dr. Umarevathi Gopalakr..., Dr. Anupama V, Dr. Umarevathi Gopalakrishnan, Dr. Anupama V, Dr. Harneet Kaur, Dr. K. Praveen, Dr. Harneet Kaur

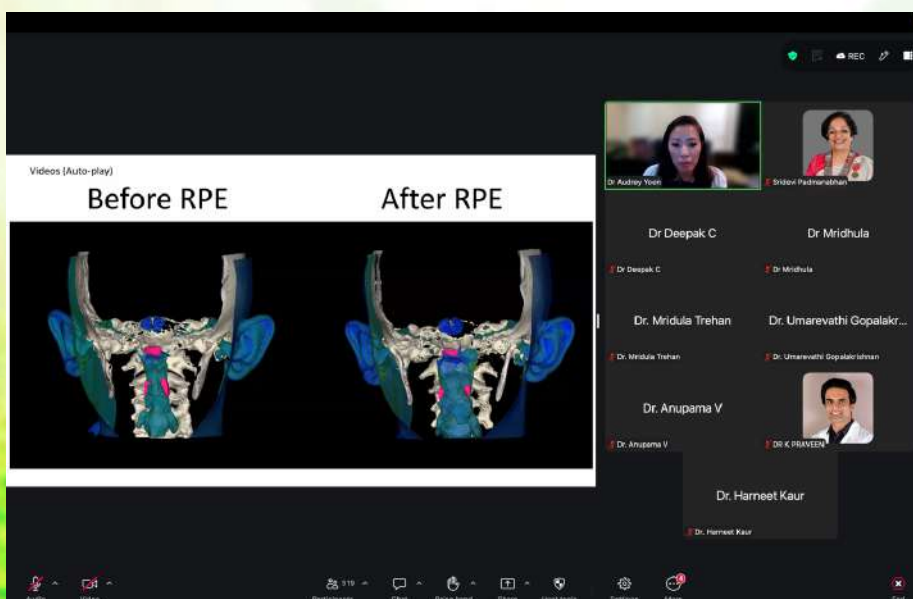


The event commenced with addresses from the President of the Indian Orthodontic Society, followed by the Honorary Secretary's address and remarks from the National Journal Club Coordinator, setting an inspiring tone for the academic session. The programme concluded with a heartfelt expression of gratitude and a Certificate of Appreciation ceremony. Dr. Sridevi Padmanabhan, President, IOS, presented the Certificate of Appreciation to the speaker, Dr. Audrey Yoon, while the Honorary Secretary and National Journal Club Coordinator felicitated and presented the Certificate of Appreciation to the moderator, Dr. Mridula Trehan.



The overwhelming participation and enthusiastic interaction made National Journal Club a memorable academic gathering, reaffirming the Indian Orthodontic Society's commitment to continuous learning, evidence-based practice, and professional excellence among orthodontists across the country.

Reported by Associate Editor ,
Dr. Shantanu Khattri





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presents

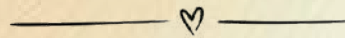
IBO Diplomates Meet 2026

Excellence Amidst Serenity



Kerala

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SUNDAY 27th SEPTEMBER 2026

THE RAVIZ KADAVU KOZHIKODE

Mark your calendar for this premier annual gathering of orthodontic excellence

26th September

27th September

02:00 PM - 10:00 PM

09:00 AM - 05:00 PM



Check in followed by House Boat Ride , Cultural Program and Dinner

Diplomate's Meet





INDIAN BOARD OF ORTHODONTICS

presents

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Dr. Puneet Batra



Heartiest Congratulations to Past President IOS , Dr. Puneet Batra to have received the Peacock Medical Award at a thought-provoking gathering focused on AI Readiness for Healthcare, Medical Education and Research.

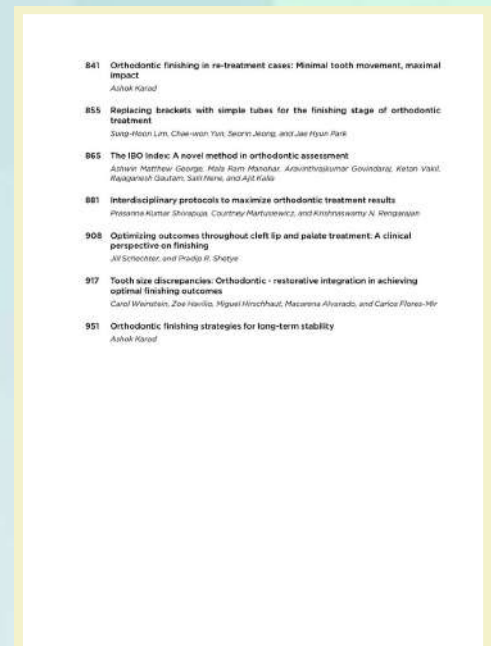
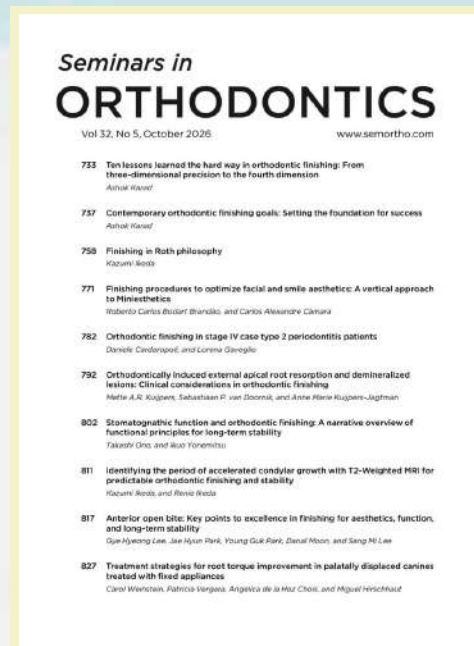
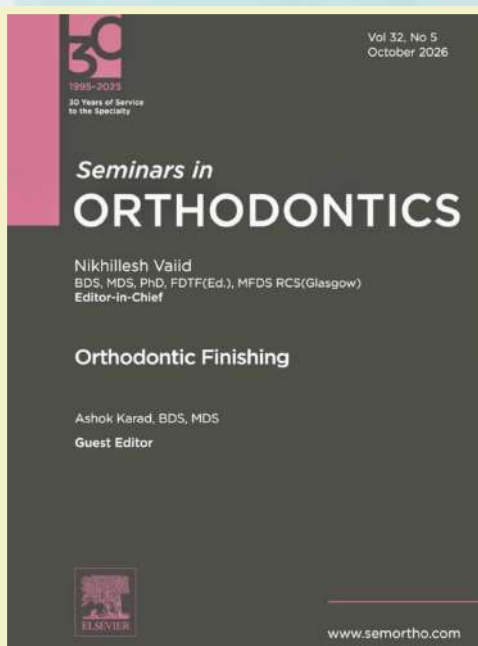
He received the award from Minister of State for Jal Shakti Dr Raj Bahadur Choudhary and eminent healthcare leaders and academicians — Dr Prem Aggarwal (Medical Dialogue) Dr Chandrashekhar Janakiraman (President UG PG Council NDC), Dr Abhijaat Sheth (Chief, NMC), Prof Dr Ved Prakash Mishra, Senior Medical Academician, and Dr Sanghmitra Pati, Senior Deputy Director, ICMR



Dr. Ashok Karad

A Confluence of Science and Art

Dr. Ashok Karad is a distinguished orthodontist, researcher, and author with over three decades of expertise in the field. As a Past Chairman and Founder Vice-Chairman of the Indian Board of Orthodontics, he has played a significant role in advancing clinical standards and professional certification in India. He has also served as the Editor-in-Chief of The Journal of the Indian Orthodontic Society, contributing substantially to the dissemination of scientific knowledge. A highly regarded clinician, mentor, and speaker, Dr. Karad has lectured in over 20 countries, authored numerous peer-reviewed publications, and penned two widely referenced editions of his book. His contributions to orthodontics have earned him numerous accolades for scientific excellence, innovation, and impactful publications. He continues to maintain a demanding international lecture schedule, sharing his expertise with the global orthodontic community.



Dr Anshul Mohan Mathur



Heartiest Congratulations Dr Anshul Mohan Mathur to have received District Administration award on the occasion of 80th Independence Day for exemplary service in the field of Dentistry and Orthodontics





Dr. Koshy Philip

Heartiest Congratulations to Dr. Koshy Philip for taking Charge as Principal, Government Dental College, Thiruvananthapuram

His appointment as Principal of Government Dental College, Thiruvananthapuram, marks another significant milestone in an illustrious career. As he takes on this important leadership responsibility, the orthodontic community looks forward to his vision and leadership in further strengthening academic excellence, clinical training, research, and patient care at one of the State's premier dental institutions.

The Indian orthodontic fraternity warmly congratulates Dr. Koshy Philip on this prestigious appointment and wishes him every success in his new role. His journey from an orthodontic postgraduate to the leadership of a premier dental institution is an inspiring achievement and a matter of great pride for the specialty.





Dr. Uday Kumar

Heartiest Congratulations Dr. Uday Kumar for being Appointed as Child Welfare Committee Board Member by GOVT OF AP Under the Juvenile Justice (JJ) Act, this committee board member position which carries judicial powers equivalent to a First-Class Magistrate.

చైల్డ్ వెల్ఫేర్ కమిటీ విశాఖ జిల్లా బోర్డు సభ్యునిగా డాక్టర్ దిగుమర్తి ఉదయ్ కుమార్

విశాఖపట్నం, ఆగస్టు 16, ప్రభాత వార్త :

విశాఖ జిల్లా చైల్డ్ వెల్ఫేర్ కమిటీ బోర్డు సభ్యునిగా నగరానికి చెందిన ప్రముఖ దంత వైద్యుడు డాక్టర్ దిగుమర్తి ఉదయ్ కుమార్ నియమితులయ్యారు. ఈ మేరకు ఆయన నియామకాన్ని మహిళా శిశు సంక్షేమ శాఖ ముఖ్య కార్యదర్శి సూర్యకుమారి ధృవీకరించారు. ఉదయ్ కుమార్ 20 ఏళ్లుగా విద్య, దంత ఆరోగ్య సంరక్షణకు మొదలగు పలు అంశాల్లో కృషి చేస్తున్నారు. ఆర్థోడెంటిక్ విభాగంలో రాష్ట్రంలోనే మొట్ట మొదటి డాక్టరేట్ ను ఉదయ్ కుమార్ అందుకున్నారు. ఉదయ్ కుమార్ కు ఫస్ట్ క్లాస్ మేజిస్ట్రేట్ కు ఉండే అధికారాలు, జువైనల్ జస్టిస్ పరంగా కూడా హోదా ఉంటుందని అధికారులు తెలిపారు. ఉదయ్ కుమార్ కు ఈ పదవి వరించడం పట్ల పలువురు నగర ప్రముఖులు ఆనందం వ్యక్తం చేశారు.





Dr. Sumanthkumar Rangarajan

Heartiest Congratulations Dr. Sumanthkumar Rangarajan.

Dr. Sumanth Kumar R., Professor, Shri Venkateshwara Dental College, successfully completed his PhD and defended his doctoral research titled ***Comprehensive Evaluation of Enamel and Root Surface Damage Associated with Orthodontic Tooth Movement: A Multimodal Study*** at Dr. M.G.R. Educational and Research Institute. The research was carried out under the esteemed guidance of Dr. Raj Vikram MDS, Ph.D Professor, Thai Moogambigai Dental College, whose expert mentorship, constant encouragement and valuable guidance played a pivotal role in the successful completion of the study and Dr Sumanth was the 4th Research scholar who completed Ph.D successfully under the guidance of Dr. Raj Vikram. The Viva Voce was further enriched by Dr. Gnanashanmugam, Professor, Shri Balaji Dental College, serving as the External Examiner.

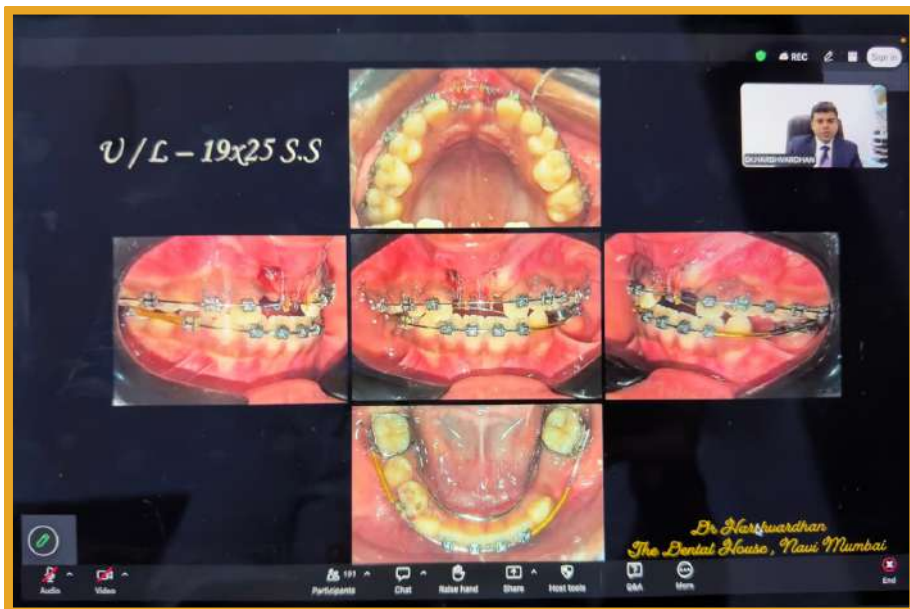
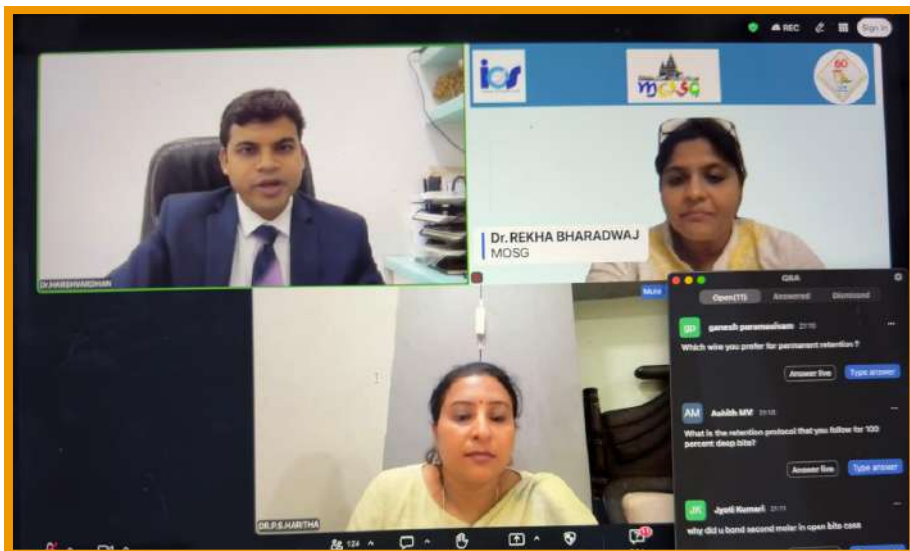


Reported by Section Editor , Dr. Stuti Mohan

Madras Orthodontic Study Group

CLINICIANS's CORNER- An initiative of Madras orthodontic study group in association with Indian Orthodontic Society to provide a platform for all clinicians to showcase their interesting and challenging cases, clinical innovations done and failures encountered during Orthodontic treatment. The webinar was organized on 28-07-26 with an distinguished speaker Dr. Harshvardhan who displayed brilliant array of cases and interesting practical insights. A very comprehensive and very interactive session, with more than 160 participants actively involved in Q & A session that was well moderated by Dr.P.S.Haritha Associate Professor, Sri Ramachandra Dental College and Hospitals, Chennai. The lecture was well attended by all senior and junior practitioners, academicians, HODs from various colleges and post graduates. On behalf of MOSG, I thank the speaker for the outstanding presentation and moderator for the brainstorming session. Heartfelt thanks to our IOS President of Dr. Sridevi Padmanabhan and Honorary Secretary Dr.Shubhakar Rao Juvvadi for all the appreciation and support towards this initiative. I thank our and Vice president Dr. Sarvaraj Kohli for joining us amidst his 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. Bharathi, for the fantastic MC. With regards, Rekha Bharadwaj
Convener, MOSG

**Reported by Managing Editor
Dr. Akhil Agarwal**



Vellore Orthodontic Study Group

The Vellore Orthodontic Study Group (VOSG) with Chief Convener Dr.SoumyaSV ,CO Conveners Dr Diwakar and Dr Sarva ,hosted a highly impactful scientific session with TNDC,CDE 3 points, featuring renowned expert Prof.Dr.Sanjay Labh (former Honorary Secretary of the Indian Orthodontic Society IOS) on July 27th 2026 at Fortune Park,ITC Group,Vellore .

The event provided clinical masterclasses that elevated the standard of orthodontic education for its attendees.

Topic of the session: Management of Complex Skeletal and Dental Malocclusions using TADs (Temporary Anchorage Devices) and MARPE (Maxillary Skeletal Expander).

Core Highlights of the Programme:The comprehensive educational lecture focused heavily on addressing boundary-pushing techniques in modern clinical orthodontics.



Key Learning: Managing severe malocclusions predictably through targeted, evidence-based orthodontic interventions without relying on orthognathic surgery.

Clinical Modalities: Direct insights into maximizing the clinical outcomes of Passive Self-Ligating systems.

Biomechanics Rule: Deep dive into sound orthodontic biomechanics, planning controlled force systems, and avoiding anchor loss to prevent prolonged refinements.

5TH VOSG MEET

VELLORE ORTHODONTIC STUDY GROUP

Management of COMPLEX MALOCCLUSION
With TADS and MARPE

MONDAY
27 JULY 2026

05:00 PM
to 09:00 PM

FEATHERS ITC FORTUNE
vellore

3 CDE POINTS
TND 278/26

Dr. SANJAY LABH
IMMEDIATE PAST HONORARY SECRETARY
INDIAN ORTHODONTIC SOCIETY

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IOS HON. SECRETARY

VOSG CONVENERS

Dr. SOUMYA SV
Chief Convener

Dr. DIWAKAR B
Co-Convener

Dr. SARVAPALLI GV
Co-Convener



Reported by Managing Editor , Dr. Mayank Gupta

Mangalore orthodontic study group



Ortho She (Mangalore Chapter)

The Ortho She – Mangalore Chapter programme was organized as a premier initiative dedicated to celebrating and amplifying the expertise of women in orthodontics. Conducted from 6:00 PM to 10:00 PM, the four-hour event brought together a strong turnout of more than 50 members, including practitioners and academicians. Distinguished by its all-female speaker panel, the program blended academic, clinical insights, engaging audience interactions, and public awareness initiatives.

Program Highlights & Structure

1. Panel of Women Speakers

The event stood out for featuring 9 women orthodontic speakers, each addressing critical areas within the specialty and related disciplines. The lectures spanned diverse clinical and academic domains:

2. Academic & Theoretical Foundations: Deep dives into diagnostic protocols, biomechanics, and contemporary literature updates.
3. Clinical & Practical Applications: Case discussions focusing on treatment strategies, clear aligner mechanics, interdisciplinary treatment management, and complex orthodontic problems.
4. Interdisciplinary Subjects: Topics highlighting the intersection of orthodontics with periodontics, prosthodontics, orthognathic surgery, and implantology.

Reported by
Managing Editor,
Dr. Akhil Agarwal

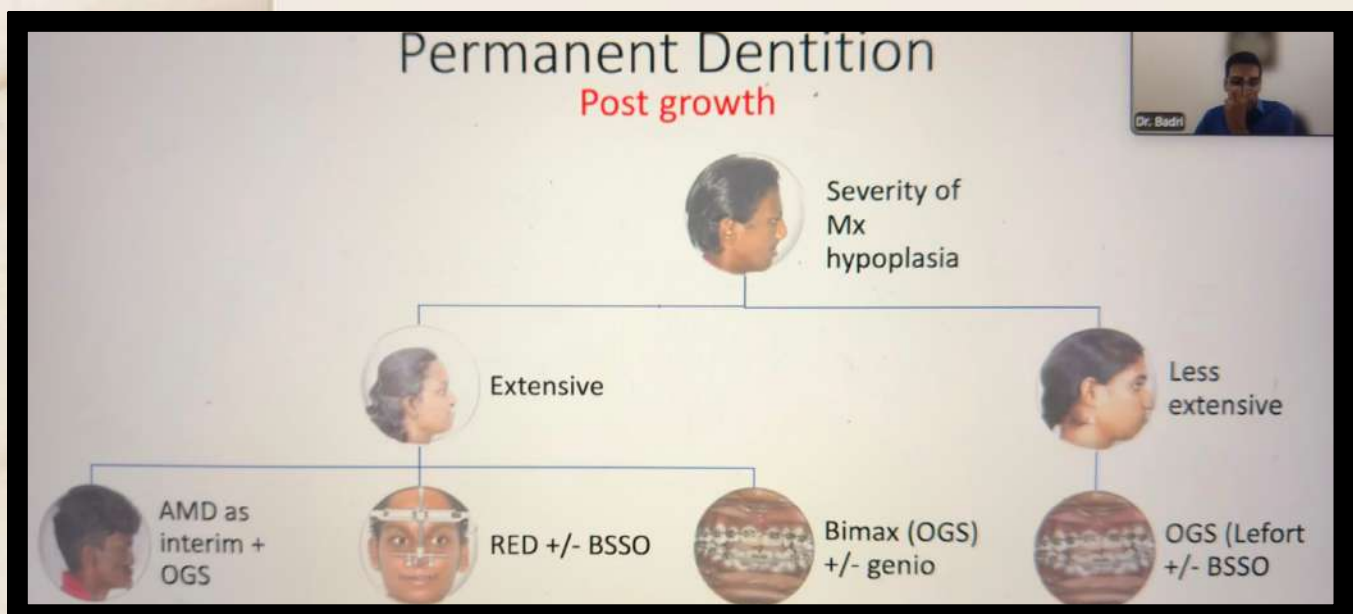
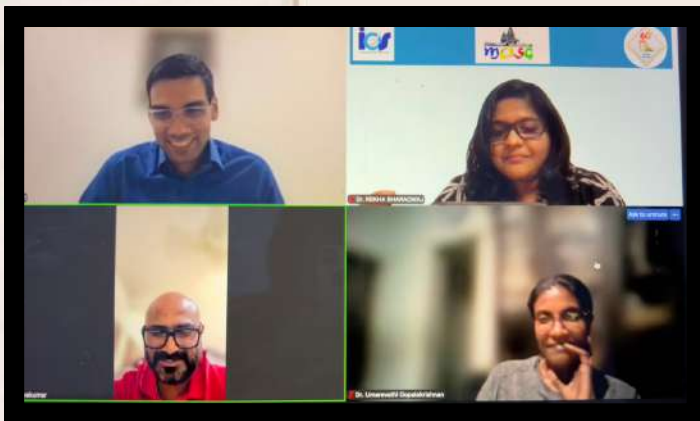




Madras orthodontic study group

Clinical enrich program

The Madras Orthodontic study group conducted the clinical enrich program on 18th August 2026 on a very unique and important aspect -Cleft Orthodontics- Orthodontics for Cleft-Current Protocol from Birth to Adult by Dr. Badri Thiruvengkatach. It was an outstanding presentation and excellent cases showcased a dedicated teamwork and commitment in treating cleft children to provide both speech function and aesthetics. My heartfelt gratitude to our speaker Dr.Badri for the wonderful lecture ,very thought provoking and protocols explained with clarity and evidence, moderated well with interactive discussions by Dr.Arvind Sivakumar. My sincere thanks to IOS office bearers President- Dr.Sridevi Padmanabhan , Secretary-Dr.Shubakar Rao for the everlasting support and guidance , our past convener and Present Treasurer of IOS Dr.Vijayadith for joining us amidst their busy schedule. My heartfelt thanks to all the excellent academicians, practitioners, fellow colleagues and enthusiastic Post graduates for joining amidst a weekday and busy work. A special mention my co-conveners Dr.Uma and Dr.Srinivas for being beside forever and to all the participants for making the webinar a resounding success.



Madras orthodontic study group

A one- day CDE program on “Anchor beyond Limits” Lectures and hands-on workshop was conducted by Tagore Dental College & Hospitals, Chennai in association with Madras Orthodontic Study Group (MOSG) on 21st August 2026. The program was well attended by post graduates and practitioners from various colleges with excellent array of expert speakers. Our sincere thanks to all the esteemed speakers Dr. Sangeetha Duraisamy, Dr. Ravindra Kumar Jain, Dr. Janani R and Dr. Hasini Gopal, President of IOS Dr.Sridevi Padmanabhan and Honorary Secretary Dr.Shubhaker Rao for the constant support and guidance. We extend our warm greetings to the convener Dr.Rekha Bharadwaj and co-conveners, Dr.Uma Revathi and Dr.Shrinivasan for their presence and support. Our heartfelt thanks to all the senior academicians/practitioners and Head of the department from other colleges for joining the inaugural function.



South West Tamil Nadu orthodontic study group

A one-day Continuing Dental Education (CDE) workshop titled “Orthodontics with Pitts Protocol – Meet the Expert” was conducted on 16 August 2026 at CJ Pallazzio, AVR Circle, Salem, in association with the South West Tamil Nadu Orthodontic Study Group.

The workshop commenced with a lamp-lighting ceremony, followed by a warm welcome to the gathering. The participants were then introduced to the objectives of the programme and the day’s academic sessions.

The scientific programme was conducted by Dr. Arun Virupakshappa, MDS, MOrth (Glasgow), MRCPS (England), a leading clinician in the PITTS21 System of Advanced Orthodontics. With more than 20 years of combined academic and clinical experience, Dr. Arun is actively involved in lectures, workshops and hands-on training programmes on the PITTS21 Protocol.

The sessions focused on Orthodontics with the Pitts Protocol, beginning with an introduction to the Pitts21 system, including bracket design, prescription and the advantages of the square slot. The programme further covered the 14 keys in Pitts case-management philosophy and management concepts for Class I crowding, Class II and Class III cases, along with blending mini-screws with the Pitts protocol.

The academic sessions were conducted in an interactive and clinically oriented manner, providing participants with insights into contemporary orthodontic biomechanics and the application of the PITTS21 philosophy in everyday clinical practice.

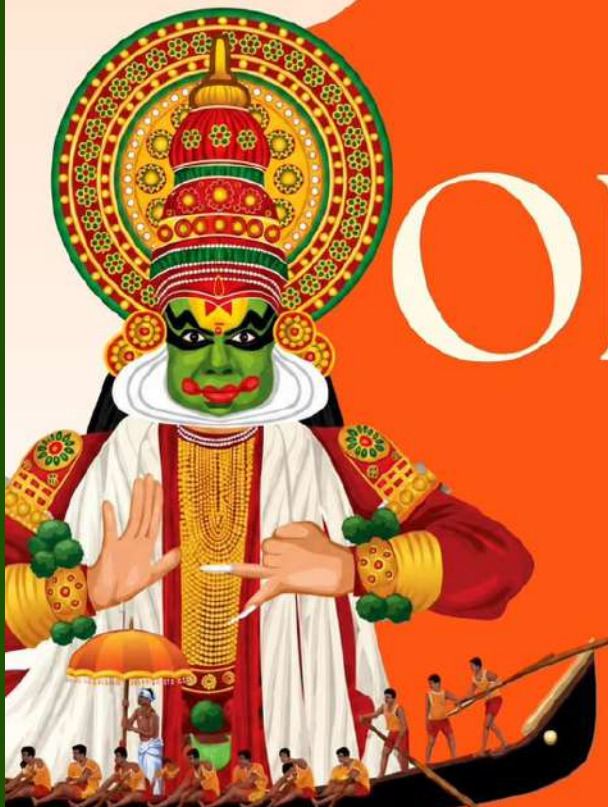


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H A P P Y
ONAM



JK MEMORIAL QUIZ 2026

A National calendar event of Madras Orthodontic Study group in association with Indian Orthodontic Society, conducted online on 24 th August 2026 in fond memory of our beloved teacher Late Dr.G.Jayakumar, who worked as a Professor at Ragas Dental College and Hospitals, Chennai. This program is an initiative by Ragas Dental college and Hospitals, way back in 2019 subsequently moved to an online platform due to increased demand and popularity among post graduates across India.

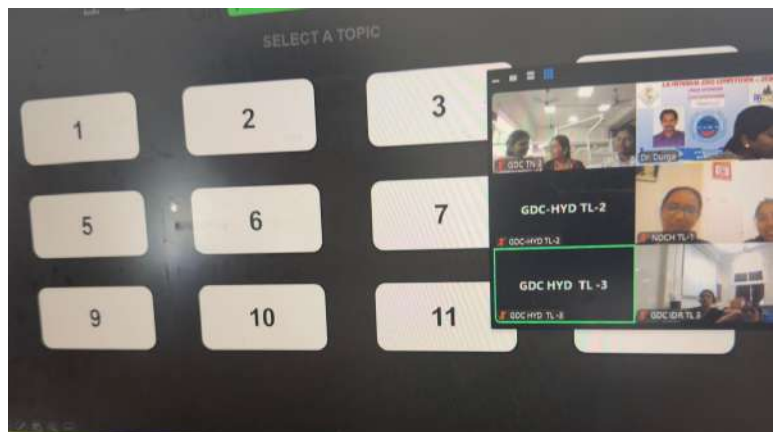
On behalf of MOSG CONVENERS, I thank all the office bearers of IOS President-Dr.Sridevi Padmanabhan, Honorary Secretary- Dr.Shubakar Rao Vice President- Dr.Sarvraj Kohli and all the office bearers of the IOS for joining us and extending an unwavering support and guidance. Our Heartfelt thanks to Founder members, Dr.N.R.Krishnaswamy joining us and all senior academicians / practitioners/ HODs for encouraging all the PGs to participate in the quiz. Sincere thanks to all fellow colleagues and post graduates for joining us and making this event a grand success This program would not have been possible without the support of my colleague Dr.Kavitha Iyer for registrations in big numbers, Junior colleagues of Ragas Dental college- Dr.Sheloni, Dr.Valli, Dr.Anirudha, Dr.Durga Dr.Mazhalai Selva, Dr.Mounica, Dr.Nilavarasi for the incredible efforts taken in formulating the quiz. Thanks to Dr.Valli for also the wonderful MC and Dr.Thrivikraman for the e- certificates. My gratitude to my co-conveners Dr.Uma Revathi and Dr.Srinivasan for the constant support .Heartfelt thanks to all the members of the MOSG for the everlasting support in all our endeavours Top 15 teams from 135 teams was chosen for the main Quiz.

Top three winners are as follows:

First prize - Subharthi Dental college, Meerut- Dr Debosmitaa Sanyal - Dr Manvi Agarwal - Dr Amishi Agarwal

Second prize- Govt Dental college ,Hyderabad - M.Namarrathaa sre - Priyadharshini S- Pooja Ramagiri

Third prize- Chettinad dental college -Dr Arulantony W -Dr Dhanush S-Dr Gokilla Priya M



OSGOD DIALOGUES with Dr Abhisek Ghosh

By Orthodontic Study Group of Delhi

The **Orthodontic Study Group of Delhi (OSGOD)** organised *OSGOD Dialogues – Connect, Share and Inspire* with **Dr Abhisek Ghosh** on **9 August 2026** at the India International Centre Annexe, New Delhi. The programme witnessed enthusiastic participation from **more than 50 orthodontists**, reflecting the strong academic engagement of the Delhi orthodontic fraternity.

Coordinated by OSGOD Convenors **Dr Sunanda Roychoudhury, Dr Maninder S. Sidhu and Dr Harneet Kaur**, the event commenced with the **OSGOD Conveners' Update**, highlighting important the IOS initiatives and constitutional amendments, followed by the introduction and felicitation of the speaker. A special highlight was **4th edition of "Kharbanda's Orthodontics"** by **Prof. O.P. Kharbanda**, who graciously presented a copy to OSGOD.



The full-day scientific programme, titled **“Redefining the Envelope of Orthodontic Discrepancy,”** showcased a wide spectrum of challenging clinical scenarios encompassing **sagittal, transverse and vertical discrepancies**. Dr Ghosh discussed the management of anchorage loss and orthodontic retreatment cases, skeletal transverse correction, non-surgical management of vertical problems in adults, and **aligners versus hybrid mechanics**. A series of well-finished cases, supported by contemporary orthodontic evidence and systematic treatment planning, provided valuable clinical take-home messages.

A particularly appreciated aspect of the programme was an engaging interactive session, **“Clinical Case Conversations,”** Dr Ghosh’s candid discussion of **clinical challenges, treatment limitations and pitfalls encountered during the learning curve**, offering participants valuable insights into not only *what works*, but also *what may not work* in complex orthodontic treatment.

The academic proceedings concluded with high tea. The programme proved to be a memorable day of **evidence-based learning, clinical exchange, fellowship and professional interaction**, leaving participants enriched with practical insights applicable to contemporary orthodontic practice.



REPORT – ORTHOARTISTRY 3.0

BANGALORE INSTITUTE OF DENTAL SCIENCES
DEPARTMENT OF ORTHODONTICS AND DENTOFACIAL ORTHOPAEDICS



Hands-on workshop on wire bending session – “ORTHOARTISTRY 3.0” was organized by the Department of Orthodontics and Dentofacial Orthopaedics, Bangalore Institute of Dental Sciences in association with Bangalore Orthodontic Study Group and Indian Orthodontic Society.

The programme was held on the 8th and 9th of July 2026, in the auditorium of Bangalore Institute of Dental Sciences and Hospital. The event witnessed enthusiastic participation by 62 postgraduate students representing various dental institutions in and around southern part of India. The audience were addressed by the Principal, Dr. Vinaya.S.Pai. She introduced the resource persons and briefed the audience about the importance of wire bending to achieve results customized to individual patients.



Dr. Elbe Peter, MDS, Ph.D, LL.B, PG Dip.Clin.Res., MFDS RCPS, M(orth)RCPS(Glag), MorthRCS(Eng), DIBO, MBA, Principal, Professor and Head of the Department of Orthodontics, GDC, Thrissur and Dr. Manjunath Hegde, Professor and Head of the Department of Orthodontics, BIDS and Hospital were the resource persons for the workshop.

The hands-on workshop was well organized with the pre-test and a post-test regarding the wire bending and biomechanics. This program included lecture topics, demonstration of wire bending of round and rectangular wires which was displayed on the screen. The resource persons delivered table-side wire bending demonstrations, assisted, evaluated and clarified the doubts regarding wire bending. There was also a series of case photos projected for situational wire bending where auxiliary springs & artistic bends were used for intricate finishing and detailing. The course instructors Dr. Mrunmayee, Dr. Pavan and Dr. Divyashree were available all the time around the tables to help the participants with the wire bending exercises.

Wire bendings of students were evaluated and the first prize was awarded to Dr. Pon Manoj, a postgraduate student from Krishnadevaraya College of Dental Sciences. The second place was bagged by Dr. Deepthi, post graduate student from VSDC. The winners of the Pre-test were Dr. Sunil Rajeeva and Dr. Karan from Oxford Dental College. The winner of the Post-test was Dr. Mouktika, GDC Vijayawada. The winners were given the Textbook- Essentials of Orthodontic Biomechanics - Basic and applied (Authored by Dr. Vijay Jayade and Dr. Chetan Jayade) and Handbook of Cephalometrics Indian Norms (Authored by Dr. Elbe Peter and Dr. K Jyothindra Kumar)

This Hands-on workshop was organized under the guidance of our Managing Directors, Dr. Swaira P, Dr. Siri Krishna and the Principal Dr. Vinaya S Pai. This program was encouraged by the President, Secretary and Principal office bearers of the Indian Orthodontic Society and supported by Bangalore Orthodontic Study Group, represented by Dr. Siddharth Arya, Convenor of Bangalore Orthodontic Study Group.

It was an enriching experience and all students found the speaker – delegate interaction and table side demonstrations to be the highlight of the program, as noted from the feedback forms which were distributed at the end of the program.

Reported by Managing Editor , Dr. Akhil Agarwal





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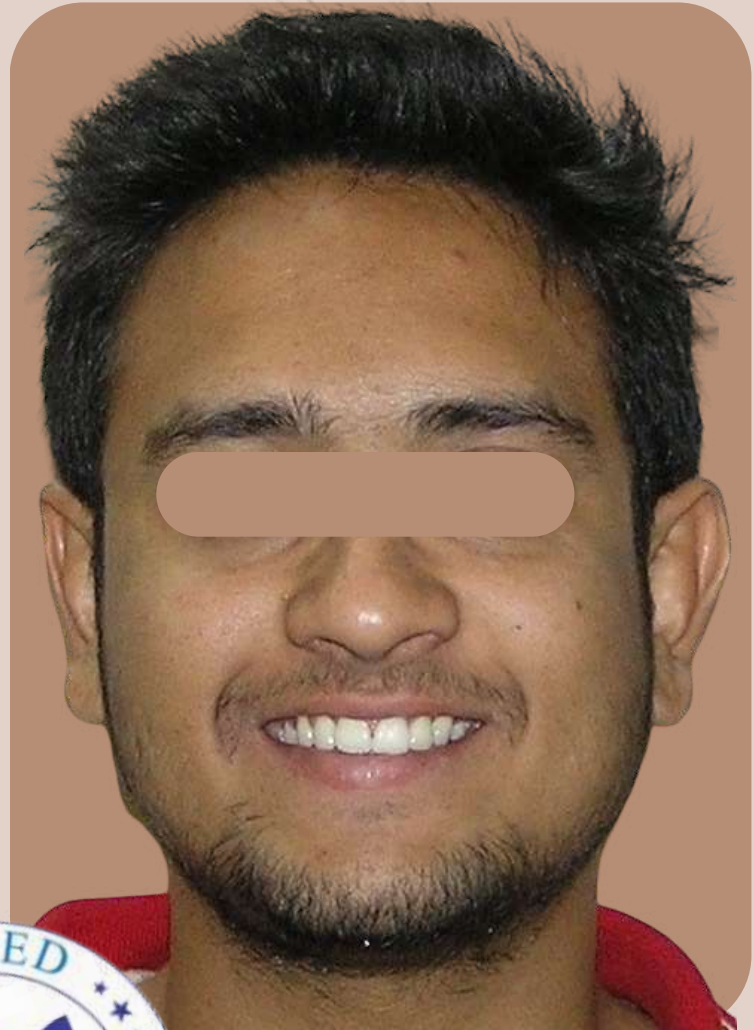
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An orthodontist does not just close spaces. They diagnose them.

Illustration of an orthodontist examining a dental model with a magnifying glass. A clipboard lists the diagnosis: Bite, Jaw Alignment, Tooth Position, and Growth Pattern.

A gap at age 8 can be a normal part of development.

Illustration of two cartoon teeth with a gap between them. A thermometer shows a reading of 8, indicating the age of the child.

Before you close the gap, find out why it is there!

Illustration of a cartoon tooth with a gap, being examined with a magnifying glass. A question mark is shown next to the gap.

Same gap. Different cause. Different plan.

CAUSE	PLAN
Missing tooth	- Implant - Long-term solution
Small jaw	- Orthodontic treatment - Create space

A gap that appears later may have a very different reason.

Diagram illustrating various causes of a gap appearing later in life:

- Tooth size
- Missing teeth
- Tongue pressure
- Gum support
- Bite changes
- Growth

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Dr. Madhav Chandran

Dr. Madhav completed his BDS from PMS College of Dental Sciences, Kerala, and MDS in Orthodontics from Coorg Institute of Dental Sciences.

For Dr. Madhav, good health is not just a lifestyle choice—it is a way of life. He firmly believes that a healthy mind and a fit body are essential to staying energetic, productive and positive. Fitness is his mantra, and he makes sure that a busy professional life never becomes an excuse to compromise on it.

His love for sports keeps that philosophy alive. Football and badminton are among his favourite ways to stay active, and he approaches them with the same enthusiasm and competitive spirit that he brings to his professional life. Whether chasing a ball on the football field or battling it out on the badminton court, he believes in staying on his toes—quite literally! For him, sport is not merely about fitness; it is about discipline, camaraderie, mental agility and, most importantly, having fun while staying healthy.

Away from sports and orthodontics, Dr. Madhav is an avid traveller, passionate foodie and a man with an impeccable sense of style. He and his wife share a love for discovering new destinations, experiencing different cultures and seeking out memorable culinary experiences. He believes some of life's best conversations happen over good food, and some of its best memories are made while travelling.

Known for his effortless fashion sense and charismatic personality, Dr. Madhav carries the same confidence whether he is in the clinic, on the sports field or exploring a new corner of the world.

An orthodontist by profession, a sportsman at heart, a traveller by passion, a foodie by choice and a believer in living life to the fullest.



Dr. Kamalshikha



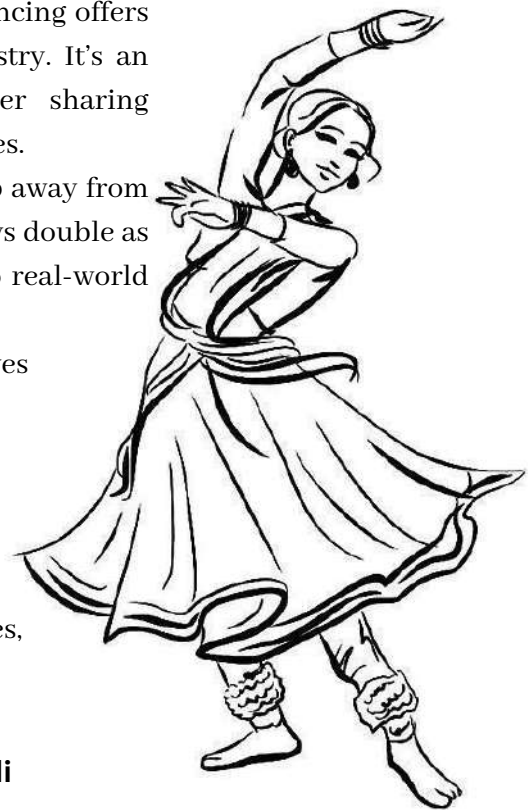
Beyond the precision of clinical orthodontics and her dedicated role as a professor, Dr. Kamalshikha Baheti embraces a vibrant, creative life outside the clinic and lecture halls. Balancing academic rigor with motherhood—raising her 10-year-old—her personal passions reflect energy, curiosity, and warmth.

Dancing: Serving as both an artistic outlet and a joyful way to unwind, dancing offers Dr. Baheti a expressive counterweight to the structured world of dentistry. It's an energetic domain where movement and rhythm take over, whether sharing spontaneous dance routines at home with her child or enjoying formal styles.

Traveling: Fueled by a passion for exploration, traveling allows her to step away from routine and discover new landscapes, cultures, and cuisines. These journeys double as meaningful bonding experiences with her child, turning family trips into real-world adventures that broaden horizons for both mother and child.

Cooking: In the kitchen, Dr. Baheti blends creativity with care. Cooking serves as a therapeutic hobby where experimentation with flavors produces comforting family meals. It's also an interactive space to share quality time with her 10-year-old, passing down recipes and making cooking a fun, collaborative experience.

Together, these pursuits complement her professional accomplishments, reflecting a well-rounded lifestyle anchored in expression, shared memories, and the joy of ongoing discovery.



Dr. Niha Naveed

Beyond Orthodontics: The Art Of Creative Living

With a professional life centred around orthodontics, education and entrepreneurship, Dr. Niha is someone who has always been deeply invested in what she does.

But there is so much more to her beyond orthodontics.

“For a good and fulfilling professional life, I think it is important to have something in your life that has nothing to do with your profession.”

A popular concept suggests that everyone should have five different kinds of hobbies: 1. something to keep you healthy, 2. something to keep you creative, 3. something to help you connect, 4. something to bring peace, and 5. something that helps you grow. When Dr. Niha came across this idea, she instantly resonated and couldn't agree more with it!

Art has always been an important part of her creative world. From canvas painting to exploring different art forms and mediums like resin artwork, sculpture painting and various handicrafts, she enjoys the process of experimenting and creating simply for the joy of it. Her love for designing extends to digital design as well as curating and designing spaces. Photography and visual storytelling are another natural extension of this creative instinct.



And she believes that this creativity inevitably finds its way back into orthodontics.

She also opened up about her love for dance, which adds a completely different dimension to her life. For someone whose professional routine often involves sitting and treating patients for long hours, movement can be liberating. It brings energy, freshness and a welcome change of pace. She also considers pickleball a wonderful way to unwind after a busy week, not just for the physical activity, but for the opportunity to meet like-minded people from different professions. Stepping outside the familiar professional circle, she feels, can be refreshing in itself and can broaden the way one looks at people and the world around them.

It could be art, dance, travel, sport, photography, music, cooking, designing or simply learning something new. Being passionate about orthodontics and having passions beyond orthodontics are not opposing ideas. In fact, they can beautifully coexist.

Embrace both.



Reported by Dr. Honey Gurbaxani

Dr. Balavenkata Bharathi Chaturvedula



Dr. Balavenkata Bharathi Chaturvedula is an accomplished orthodontist whose journey is marked by academic excellence, creativity and a passion for lifelong learning. Beyond dentistry, Dr. Bharathi is a gifted writer and artist. In 2023, she published her debut book of narrative poetry, "Yūgen," a collection that beautifully captures the subtle, profound emotions and mysteries of life. She is currently working on her second poetry collection alongside an exciting thriller novel, showcasing her versatility as an author. A passionate traveller and perspective photographer, Dr. Bharathi finds inspiration in exploring diverse cultures, landscapes and stories through her lens. Her fascination with history, particularly the medieval and Renaissance eras, fuels her curiosity and appreciation for art, architecture and human civilization. At home, she is a devoted pet parent to Marko, her beloved German Shepherd, and caring foster mother to kittens Mocha and Muffin, reflecting her compassion beyond the professional sphere. Blending scientific precision with artistic expression, Dr. Balavenkata Bharathi Chaturvedula exemplifies the modern clinician—one who heals with skill, creates with heart and continues to inspire through her many passions.





Ten strategic principles for building a successful practice: a roadmap for young orthodontists in contemporary Indian scenario

Starting an orthodontic practice today is fundamentally different from a generation ago. Young orthodontists must navigate not only the complexities of diagnosis and treatment but also the intensifying competition, rapidly evolving technology, discerning patients, social media, corporate dentistry and increasing economic pressures. Clinical excellence remains indispensable, but sustainable success additionally demands competence in practice management, communication, ethical positioning, technology and patient experience. The objective should therefore be to build not merely a busy clinic, but a practice that is clinically outstanding, financially sustainable, ethically grounded and professionally fulfilling. The common notion that “A good clinician will automatically build a successful practice” is no longer sufficient. Clinical excellence remains the foundation, but sustainable success requires an equally sophisticated understanding of practice management, communication, positioning, technology, ethics and patient experience. The objective, therefore, should not be to create merely a busy clinic. It should be to build a reputable, financially sustainable, clinically outstanding and professionally fulfilling orthodontic practice. Thus, I propose 10 principles to build a successful practice.

1. Put clinical excellence before equipment.

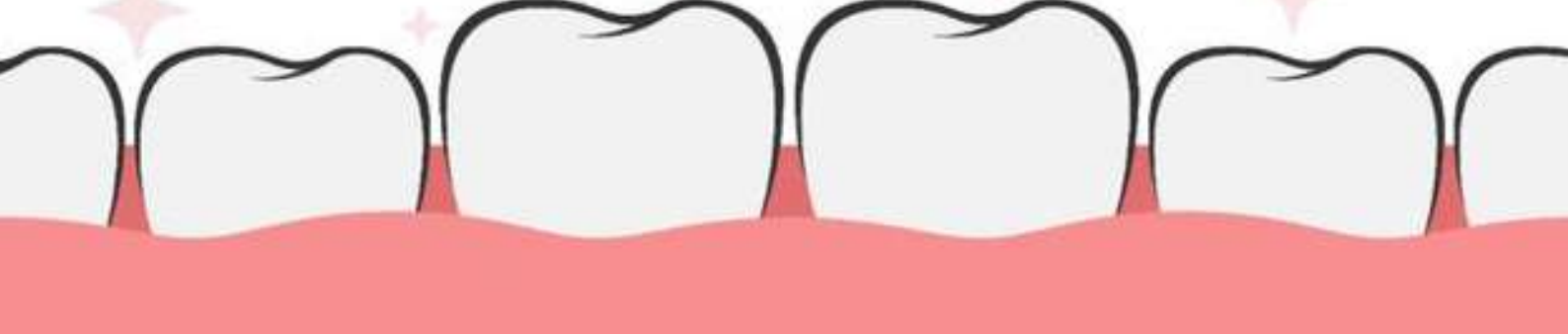
Sophisticated interiors and technology cannot compensate for inadequate diagnosis or inconsistent treatment. The foundation must be sound diagnosis, biomechanics, evidence-based treatment planning, careful case selection, meticulous finishing, complication management, continuing education and systematic outcome documentation. Technology should enhance but not replace clinical judgement.

2. Establish a distinctive clinical identity.

Trying to be everything to everyone often dilutes professional positioning. Young orthodontists should gradually develop recognised expertise in areas such as adolescent, adult, aligner, interdisciplinary, skeletal, aesthetic or surgical orthodontics. The critical question is not merely “What do you do?” but “What are you known for?”

3. Choose location strategically.

Practice location should reflect demographics, purchasing capacity, competition, accessibility, visibility, referral opportunities, surrounding healthcare infrastructure and future development. The best location is not necessarily the most expensive one, but the one that provides sustainable access to the appropriate patient population.





4. Build professional referral networks.

Relationships with dentists and other specialists should be founded on professional trust rather than commercial arrangements. Referrers should know that their patients will receive honest assessment, appropriate treatment and respectful communication. Nevertheless, a resilient practice should also cultivate direct patient advocacy, word-of-mouth reputation and digital visibility rather than becoming dependent solely on referrals.

5. Make communication a clinical skill.

Patients need clear explanations of diagnosis, indications, alternatives, limitations, duration, costs, cooperation and retention. The objective is informed decision-making, not treatment persuasion. In an era of exaggerated social-media claims, the willingness to advise patients that treatment is unnecessary can be more powerful in building trust than aggressive treatment acceptance.

6. Embrace digital orthodontics intelligently.

Scanning, digital models, virtual planning, monitoring, 3D printing and aligner workflows can improve diagnosis, treatment and patient experience. Yet digital simulations remain plans, not guarantees. Technology should be adopted because it creates genuine clinical or experiential value-not merely because it appears sophisticated.

7. Create a premium patient experience.

A premium practice is defined less by expensive interiors than by the quality of the entire patient journey-from the first enquiry and scheduling to diagnosis, communication, emergency management, progress updates, financial discussions and post-treatment care. Organisation, empathy and consistency create an experience that patients remember.

8. Develop financial discipline before expansion.

Revenue does not equal profitability, and a full appointment book does not necessarily signify a healthy practice. Young orthodontists should monitor collections, receivables, laboratory and consumable costs, salaries, rent, marketing, financing, treatment acceptance, chair utilisation and profitability. Expansion should follow financial evidence, not ego or appearance.





9. Build a credible digital reputation.

Patients increasingly discover clinicians through Google, social media, online reviews and recommendations. Educational content explaining orthodontic problems, treatment possibilities, limitations, retention, complications and oral hygiene can establish professional authority more effectively and sustainably than overt promotion.

10. Think beyond the first five years.

The early years should be viewed as a period of professional capital formation. Clinical expertise, academic credibility, ethical reputation, financial discipline, strong teams, professional relationships and patient trust create enduring value. Teaching, research, conferences, mentoring and professional engagement can further strengthen long-term authority.

The larger principle: build trust before scale

The Indian orthodontic landscape will continue to evolve through corporate dentistry, digital workflows, mainstream aligner therapy and increasingly sophisticated patients. Nevertheless, the enduring foundations of a successful practice remain competence, honesty, reliability and trust. Commercial ambition must never be permitted to override clinical judgement. Ultimately, the finest orthodontic practice is not necessarily the largest or most technologically impressive. It is one in which patients feel confident, colleagues feel respected and younger professionals find an example worth emulating. Growth should therefore be regarded as a consequence of excellence rather than an obsession in itself. The durable strategy for contemporary Indian orthodontics is simple: master the science, respect the patient, understand the business, embrace technology intelligently, build reputation patiently and never allow the pursuit of growth to outrun the pursuit of excellence.

Dr. Vineeth. V. Thundukattil
Professor, Dept. of Orthodontics
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Reported by Dr Hasini Gopal.

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