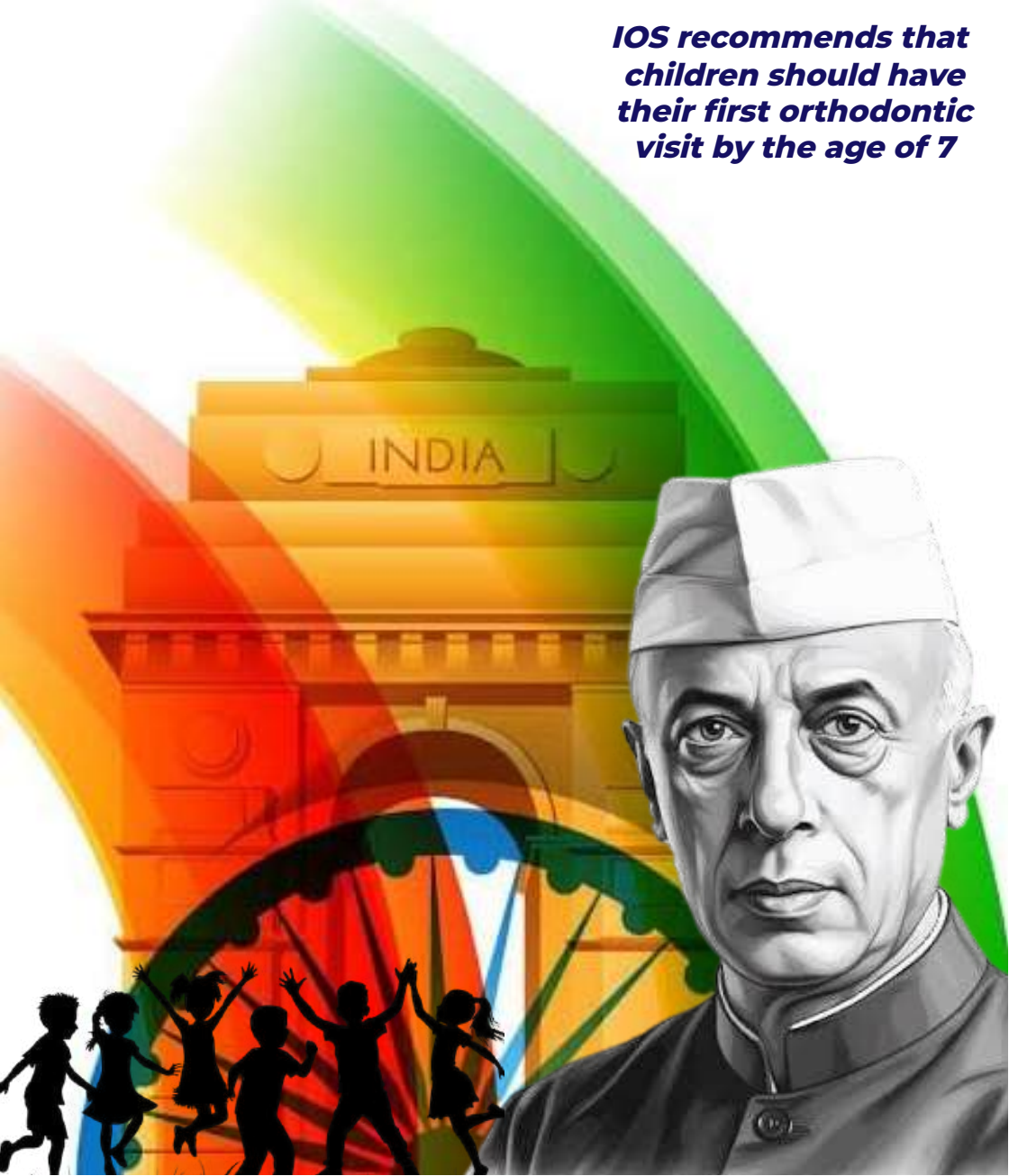


iosTIMES



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***IOS recommends that
children should have
their first orthodontic
visit by the age of 7***



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President's MESSAGE



My dear friends,

A warm festive greetings to Everyone.

Warm festive greetings to all! As we enter the final

quarter of 2024 and the start of the 2024-25 IOS calendar year,

I reflect on the strength and resilience that have defined our profession and Society. I extend my heartfelt congratulations to all

Life Members (LM) and Student Life Members (SLM) for their active participation in National Orthodontic Week (5th-11th October 2024).

Your enthusiasm has showcased our shared commitment to advancing the field. The Pragya PG Orientation Program 2024 (25th-27th October) marked a milestone as the first-ever online virtual PG orientation organized by the Academic Council-IOS, with over 500 logins. Thanks to our speakers and participants for making it a success.

I also congratulate the IBO and Indore-OSG for the success of the IBO Awareness Program on 9th November 2024, which helped raise awareness about the Indian Board of Orthodontics and its role in advancing orthodontic practice. The Indian Orthodontic Society was proudly represented at the 10th Conference of the Orthodontic and Dentofacial Association of Nepal (ODOAN) held on November 15th-16th, 2024, with three distinguished presentations: the 3rd Dr. Sambhuman Singh Oration (delivered by me), the Dr. Praveen Mishra Oration presented by Dr. O. P. Kharbanda, and scientific lecture by Dr Sanjeev Verma (PGIMER, Chandigarh).

Additionally, the 7th Leela Vanti Kharbanda Oration was delivered by our very own Dr. Varun Kalra, University of Pittsburgh, US. Lastly, I am also excited to announce the launch of the official website for the 59th IOS Annual Conference in Visakhapatnam, 2025: <https://59iocvizag.com/>. Also, I invite you all to the 28th IOS Postgraduate Convention at Manav Rachna Dental College, Faridabad, from 20th to 23rd February 2025.

I encourage all HODs and SLMs to engage and motivate your teams and students to participate.

For details and registration, please visit <https://www.28thiospgconvention.com/>. In line with the IOS theme for the year, GLOBAL – SUSTAINABLE – DIGITAL ORTHODONTICS, as we look ahead to the coming months, I encourage each of you to stay engaged, stay curious, and stay committed.

Together, we will continue to push the boundaries of possibility and ensure that orthodontics in India remains at the forefront of global practice.

JAI HIND, JAI IOS... Thank you!

Secretary's MESSAGE



Dear Members,

As the year approaches its final months, November has been an eventful period for the Indian Orthodontic Society (IOS), marked by learning, collaboration, and celebration of our profession's excellence.

The past weeks showcased our commitment to advancing orthodontic education and raising awareness about our specialty.

October set the stage with National Orthodontist Day celebrated virtually on the 5th, bringing together professionals across the country to honor our shared mission.

This was followed by the ****PG Orientation Program**** conducted by the Academic Council on the 28th and 29th of October, equipping postgraduate students with essential insights and skills for their academic and professional journeys.

In November, the ****IBO Awareness Program**** hosted in Indore under the aegis of the Orthodontic Study Group furthered our mission to enhance awareness about the Indian Board of Orthodontics. This effort is pivotal in fostering excellence and standardization in orthodontic practice. The ****Orthodontic Symposium****, held on the 20th and 21st at KVG Dental College, Sullia, Karnataka, under the stewardship of Dr. Sharath Shetty, provided a platform for fruitful discussions and knowledge exchange. Capping off the month, the much-awaited ****Lingual Conference**** took place from the 22nd to the 24th in Kochi, Kerala.

This gathering of innovators and practitioners highlighted the latest advancements in lingual orthodontics, inspiring participants to integrate cutting-edge techniques into their practices. As we reflect on these enriching events, we are reminded of the importance of collaboration and continuous learning in our field. The IOS remains committed to supporting members through diverse initiatives, ensuring that orthodontics in India continues to thrive.

Warm regards,
Dr Sanjay Labh

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Editor's **MESSAGE**



On behalf of the Editorial Committee, it is with great pride and sincere privilege that I am writing this message to present the current issue, the monthly published online newsletter of Indian Orthodontic Society. Launching few fresh columns would not have been possible without the great and much appreciated contributions from the committee and members. The robust intellectual support and well-timed contribution of content writers deserve special appreciatory applause.

A Research Column , Practice Management and Public Awareness page has emerged again in this issue, and the momentum is building in academic and practice settings in support of this vision.

The newsletter aims to provide such platform for all the members to promptly share their achievements and latest accolades in orthodontics and beyond orthodontics .

This issue also showcases and acknowledges the creativity of our members . We have always strived to make it up to date, vibrant and relevant. We hope you will enjoy reading our third issue. We invite you to submit your best to the public relations editors .

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

ADVISORY BOARD



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(President Elect)



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Sehrawat



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IOS Subcommittees for the year 2024-2025

The President and Hon. Secretary shall be ex-officio members of every sub-committee of the Indian Orthodontic Society.

• Every Subcommittee/Council, as detailed below, shall have a Chairperson • The Chairperson, except for the Advisory Council, shall send a report of goals achieved every 8 weeks (but 2 weeks before the forthcoming EC Meeting) to permit facts gleaned from the 'performance tasks fulfilled' to be presented to the EC.

• There will be an attempt to limit physical/offline events conducted. PG Students (PGs) will not be expected to attend HO/SG programs (by stepping away from departmental didactic and clinical duties) other than the specified events: PG Convention, Annual IOC, Zonal PG Convention

The Head Office shall obtain a formal concurrence/acceptance from every member within a reasonable period (2 weeks) and replace an unwilling/recusing person with the formal concurrence of the PoBs and the ECs.

The Head Office shall confirm the acceptance of every external member before seeking approval from the AGM. This includes the Internal Complaints Committee.

The Advisory Council Role & Responsibilities

- (i) To offer overall guidance to the EC on the propriety of governance of the Society
- (ii) To make the EC aware of the customs, traditions, norms, conventions and evolution of the Society that guides fair decision-making
- (iii) Will not need travel, unless requested by the President, that shall be underwritten by the Society
- (iv) Will assist the EC through an online consultative capacity

Members

Dr Girish Karandikar, Chairman
Dr K Jyothindra Kumar, Co-Chair
Dr O.P. Kharbanda
Dr Silju Mathew
Dr N. R. Krishnaswamy
Dr U.S. Krishna Nayak
Dr Pradeep Jain
Dr C Deepak
Dr AV Arun
One serving member from the Indian Defense Services

Constitution Committee Role & Responsibilities

- (i) Orientation of IOS EC members to the constitutional responsibilities they must deliver.
- (ii) Orientation of PG Convention and Conference organizers as well as Study Groups on the principles laid down by the constitution for smooth conduct of activities with particular emphasis on a register of their primary members duly formally approved by the HO.
- (iii) Proposing, Removing redundant/ ambiguous clauses and correcting repetitions/errors.
- (iv) Reevaluate constitutional amendments suggested by the previous EC, think afresh on new ones (if need be) and adhere to timelines in executing the same by the HO as well as Study Groups.
- (v) Regular updates on adhering to timelines for various committees' reports, Minutes of meetings, Notices from HO to membership, etc., that are to be mandatorily followed by the EC as per the constitution.

EC Appointed Members

Dr. C. Vijay Adith, Chairman
Dr Gnana Shanmugam, Co-Chair
Dr Sridevi Padmanabhan, President Elect
Dr Sukhdeep Singh Kahlon, Member
Dr Ajith Pillai, Member
Dr Sarvaraj Kohli, Member
Dr Mayank Gupta Member
Dr Yudhistar Palla, External Member
Dr Shubhaker Rao Javeddi External Member

AGM APPOINTED Constitutional committee:

Dr Jayesh Rahalkar (Chair)
Dr Deepak C
Dr Rajiv Ahluwalia



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Research Foundation Role and Responsibilities

- (i) Encouraging international research collaboration
- (ii) Data of NRI orthodontists involved in orthodontic research activities
- (iii) Inter-college/universities research platform
- (iv) Providing links to ICMR statistical support, research design & methodology workshop, etc.
- (v) Mentoring IOS student members in Study Design & Research Methodology
- (vi) Looking for sponsorship opportunities from various companies on research from IOS students and life members
- (vii) Scrutinize the calls for the IOS Research Grant

Members

Dr Neal Bharat Kedia, Chairman
 Dr Vignesh Kailasam, Co-Chair
 Dr Umarevathi Gopalkrishnan, Member
 Dr Prashanth PS, Member
 Dr OP Kharbanda, External Member
 Dr Vinod Krishnan, External Member
 Dr Priyanka Kapoor External Member

Public Awareness & Social Media Committee Role and Responsibilities

- (i) Smiling Bharat initiative: continuation, study and white paper generation.
- (ii) Continue the process of celebrity endorsement. Regular updates of the YouTube channel, ads on radio, in cinemas, newspapers. Frame a pathway for a prize-winning public awareness campaign for the year.
- (iii) Making a repository of good case examples, setting up of best-case contests, honouring our IOS members (Specially Past Office bearers) and highlighting in media 'how orthodontics changes lives'.
- (iv) 'Orthodontics by Orthodontists only' campaign, its crystallization and implementation.
- (v) Strategy formulation and implementation against DIY aligners.

Members

Dr Jaskirat Singh, Chairman
 Dr Prateek Chandra, Co-chair
 Dr Harneet Kaur, Member
 Dr Mayank Gupta, Member
 Dr Vaibhav Mishra, Member
 Dr Gaurav Gupta, External Member
 Dr Biju Abraham, External Member
 Dr Ashith MV External Member
 Dr Divyaroop Rai, External Member
 Dr Dhruv Yadav External Member

Academic Council Role and Responsibilities

- (i) Centre of excellence in various national forums/colleges, for example, OGS training.
- (ii) International faculty exchange program.
- (iii) Various calendar events are to be supervised, and online events are to be organized.
- (iv) The curriculum for the orthodontic UG and PG program is to be updated.
- (v) Support for IOS-endorsed programs.
- (vi) Knowledge partners for other Society events and creating basic rules to promote inter-societal relationships among dental and medical specialization.

Members

Dr Manjunath Hegde, Chairman
 Dr Sonahita Agarwal, Co-chair
 Dr Vipul Sharma, Member
 Dr Prashanth PS, Member
 Dr Umarevathi Gopalkrishnan, Member
 Dr Rajaganesh Gautam, External Member
 Dr Siddharth Shetty, External Member
 Dr Ashish Garg, External Member
 Dr Silju Mathew, External Member
 Dr Ashish Kumar Singh, External Member
 Dr PS Haritha, External Member
 Dr Balwinder Singh Thakkar Advisor



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INTERNATIONAL EXCHANGE PROGRAM COMMITTEE Role and Responsibilities

- (i) Developing opportunities for enhancing skills in clinical/research at an international platform.
- (ii) Asking for applications and formulation of screening guidelines for selection (student/life members).
- (iii) Making a protocol for any IOS member visiting another country: carry greetings from the IOS Head Office with a small token gift.
- (iv) Looking for scholarship/sponsorship for the training of our members in Digital Orthodontics/TMJ Orthodontics/Cleft and Craniofacial/Sleep Apnea/Orthognathic Surgery.
- (v) Collaborating with the Head Office for the Mid-year Convention to formalize the scientific program.

Members

Dr Jitendra Bhagchandani, Chairman
 Dr Sarvaraj Kohli, Co-Chair
 Dr Vipul Sharma, Member
 Dr Shantanu Khattri, Member
 Dr Sanjeev Verma, Member
 Dr Ashok Karad, External Member
 Dr Nikhilesh Vaid, External Member
 Dr Ajit Kalia, External Member
 Dr Ajay Kubavat, External Member

Study Groups Coordination Committee Role and Responsibilities

- (i) Study Group Symposium to sensitize SGs on ways of adhering to the IOS constitution.
- (ii) Formulation of an International SG by reaching out to India-trained, 'settled overseas' Orthodontists
- (iii) Formulation of a Digital Study Group which encourages linkages for enhancing digital skills
- (iv) Updating the membership list of the current members of the SGs
- (v) Approval of SG events and helping/supporting the SGs that conduct the IOC/PG Convention
- (vi) Regular AGMs of SGs, updating of PAN card, timely change of Convenors with due correctness in notices given, proper minutes maintained and issuing a yearly certificate of good standing.

Members

Dr Vaibhav Mishra, Chairman
 Dr Shantanu Khattri, Co-Chair
 Dr Vijay Adhith, Member
 Dr Irukulla Venkata Ramana, Member
 Dr Pradeep Raghav, External Member
 Dr Madhur Navlani, External Member
 Dr Edeinton Arumugam, External Member

Member Benefits Program Committee Role and Responsibilities

- (i) Group insurance scheme for members.
- (ii) Legal support to the members by law firms.
- (iii) Follow-up on deceased Members and their benefits being passed on to the family in a timely fashion
- (iv) Exploring ways and means of benefit to student members, private practitioners as well as teaching faculty by setting up a support group
- (v) Explore and set up possibilities for discounts to Members for the purchase of equipment/material car, etc.

Members

Dr Shishir Singh, Chairman
 Dr Uday Kumar Digumarthi, Co-Chair
 Dr Vijay Adhith, Member
 Dr Jas Kirat Singh, Member
 Dr Sheetal Patani, Member
 Dr Munish Reddy, Member
 Dr Gnana Shanmugam, Advisor
 Dr Sandeep Singh, External Member



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Ethics & Disciplinary Committee Role and Responsibilities

- (i) Setting up the mind map for disciplinary action against unsolicited training courses and institutes.
- (ii) Conducting a workshop on ethical principles of marketing for IOS Members and the code of ethics as stipulated by regulatory authorities.
- (iii) Action against IOS Members who are illegally running courses to train graduate dentists.
- (iv) Action against companies which are giving training certificates for courses not approved by the statutory body

Members

Dr Sukhdeep Singh Kahlon, Chairman
 Dr Vipul Sharma, Co-Chair
 Dr Sheetal Patani, Member
 Dr Salil Nene, External Member
 Dr O.P. Kharbanda, Advisor
 Dr Rajiv Ahluwalia, External Member
 (Bioethics Chair, UNESCO)

Directory & Membership Committee Role and Responsibilities

- (i) Timely updating of contact details of every member.
- (ii) Release of digital directory after every national conference.
- (iii) Membership drive to convert student members (SLMs) to life members (LMs). Amnesty Scheme?
- (iv) 'Know your orthodontist' a Member practicing in a particular area to be updated on the website.
- (v) Membership benefits to be shared with all the members in an effective manner.

Members

Dr Goutham Reddy, Chair
 Dr Sukhdeep Singh Kahlon, Co-Chair
 Dr Irukulla Venkata Ramana, Member
 Dr Manjunath Hegde, Member
 Dr Shishir Singh, Member
 Dr E.T. Roy, Advisor
 Dr Akhil Agarwal, External Member

IOS Program Endorsement Committee Role and Responsibilities

- (i) Setting up guidelines for various programs conducted under IOS tutelage.
- (ii) Corporate tie-ups with various companies to support the IOS programs.
- (iii) Rules for companies' speakers and associated conflicts of interest.
- (iv) Encourage partnership between companies and IOS.
- (v) Endorsement of programs with other societies as well as knowledge partners.

Members

Dr Gnana Shanmugam Vice President, Chairman
 Dr Shantanu Khattri, Co-Chair
 Dr Shailesh Deshmukh, Advisor
 Dr Madhav Chandran, Member
 Dr Pratik Chandra, Member
 Dr Goutham Reddy, Member



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Practice Management Program Committee Role and Responsibilities

- (i) To run a series of lectures on practice management and soft skills for the membership.
- (ii) To share success stories of our members who are doing well as part of communication from HO as well as in IOS times.
- (iii) Adding a column of mantras for success in practice by stalwarts in IOS times.
- (iv) To incorporate sessions for freshly graduated orthodontists for clinical setup and as visiting specialists.
- (v) Accreditation and statutory requirements including consent forms and minimum patient records to be updated to membership.

Members

Dr. Pratik Chandra, Chairman
 Dr. Neil Bharat Kedia, Co-Chair
 Dr. Biju Abraham, Advisor
 Dr. Stephen Chain, Member
 Dr. Madhav Chandran, Member
 Dr. Jas Kirat Singh, Member
 Dr. Akhil Agarwal External Member

Society Registration And Permanent Head Office Committee Role and Responsibilities

- (i) To liaise with IOS HO to ensure smooth interaction with the Registrar of Societies (RoS) about the Society's Registration matters.
- (ii) Pursue if the RoS authorities will permit the IOS to return to the old ways of conducting the Annual Conference in November-December
- (iii) Explore the possibilities of setting up a permanent IOS HO by requesting an Expression of Intent from the interested parties.
- (iv) Sift through the responses sent vide 13(iii) and decide the pragmatic merits and demerits of each bid/offer.
- (v) Conduct a detailed fact-finding effort [about 13 (iii) & 13 (iv)] with every intent expressed, keeping an eye on conserving the Corpus Funds to the maximum before generating a report for the IOS HO that includes the said permanent office to accommodate a meeting room(s), accommodation for travelling office bearers, one dental operator for a Charitable Clinic, a Library as well as an IOS Museum with accommodation for the skeleton staff (Caretaker/Executive Secretary) and parking of vehicles.

Members

Dr. Uday Kumar Digamarthi, Chairman
 Dr. Vaibhav Mishra, Co-Chair
 Dr. Sridevi Padmababhan, Advisor
 Dr. Stuti Mohan, Member
 Dr. Stephen Chain, Member
 Dr. Mayank Gupta, Member
 Dr. Irukulla Venkata Ramana, Member
 Dr. Dheena Dayalan, External Member



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Student Welfare & Exchange Committee Role and Responsibilities

- (i) Developing research opportunities for students.
- (ii) Providing scholarships/sponsorships.
- (iii) National exchange programs.
- (iv) Create Student mental health helpline, Statistical support helpline
- (v) Rapid revision programs to be conducted in different parts of the country
- (vi) Good practice guidelines to be presented (vii) Creation of the orientation program for fresh PGs

Members

Dr Sanjeev Verma Chairman
 Dr Mayank Gupta, Co-Chair
 Dr Prasanth PS, Member
 Dr Vipul Sharma, Member
 Dr Ajith Pillai, Member
 Dr Reji Abraham, External Member
 Dr Anup Kanase, External Member
 Dr Sridhar Kannan, External Member
 Dr Pranav Kapoor, External Member

Website & IOS App Committee Role and Responsibilities

- (i) Create a Job portal
- (ii) Upgradation of the list of freshly graduated orthodontists in the study groups
- (iii) Updating the IOS App regularly with new software and AI planning
- (iv) Updating all continuing education programs/webinars on the website on a timely basis so everyone can register
- (v) Updating new office bearers, release of journals and initiative by the IOS HO

Members

Dr Harneet Kaur, Chairperson
 Dr Jitendra Bhagchandani, Co-Chair
 Dr Arjun Nayak, External Member
 Dr Gaurav Gupta, External Member
 Dr Pratik Chandra, Member
 Dr Madhav Chandran, Member
 Dr Divyaroop Rai, External Member
 Dr Nishant Gupta External Member

International Liaison Committee Role and Responsibilities

- (i) Increasing the visibility of Indian Orthodontics internationally.
- (ii) International study group support in formulation and management.
- (iii) AAO congress, ODOAN, APOS and International Orthodontic Conferences - try to collate Indian membership and prepare bids, if required, for bringing the congress to India

Members

Dr Jayesh S Rahalkar, Chairman
 Dr Sanjay Labh, Member
 Dr Edeinton Arumugam, External Member
 Dr Silju Mathew, External Member
 Dr Nikhilesh Vaid, Advisor



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Committee For Planning & Execution of World Orthodontic Health Day (15th May) Role and Responsibilities

- (i) Organizing competitive events to be held for World Orthodontic Health Day.
- (ii) Planning for awareness of orthodontic health for the entire year.
- (iii) Preparing information leaflets for orthodontists (do's & don'ts about the choice of appliance, etc.) to be distributed to the membership.
- (iv) Relaunch/continuation of the Smiling Bharat with a target to reach 1 lakh patients.

Members

Dr Sheetal Patni, Chairman
 Dr Sonahita Agarwal, Member
 Dr Goutham Reddy, Member
 Dr Jitendra Bhagchandani, Member
 Dr Stuti Mohan, Member
 Dr Santosh Ramegouda, Advisor
 Dr Parth Pratim Choudhury, External Member

Finance & Audit Committee Role and Responsibilities

- (i) Updating of the financial report for all the calendar events.
- (ii) Quarterly audit report to be maintained and submitted.
- (iii) To oversee the financial implications of every activity of the Head Office or the SGs that imply affecting the Corpus Funds of the Society and to raise timely, pre-execution advice to the EC.

Members

Dr Munish Reddy, Chairman
 Dr Shishir Singh, Member
 Dr Neal Bharat Kedia, Member
 Dr Vipul Sharma, Member
 Dr Sanjay Labh, Advisor

Curriculum Revision & Liaison Committee Role and Responsibilities

- (i) Integrating recent advances into the curriculum for UG and PG orthodontics
- (ii) Updating the best practice guidelines which were published by IOS about 8 years ago
- (iii) Liaison with the Dental Council of India (DCI) / National Dental Commission (NDC)

Members

Dr Sonahita Agarwal, Chairman
 Dr Pratik Chandra, Member
 Dr Sanjeev Verma, Member
 Dr N.R. Krishnaswamy, External Member
 Dr Vignesh Kailasam, Member
 Dr Ashwin George, External Member



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Secretarial Support Committee Role and Responsibilities

- (i) Ensure timely discharge of statutory obligations by the Head Office in obtaining formal concurrence from members appointed to the sub-committees.
- (ii) Ensure implementation of constitutional guidelines for awards at HO functions by EoCs for IOCs and PGCs by educating Judges appointed and getting their formal consent for executing the tasks expected by them.
- (iii) Create a backup support for making and maintaining Minutes of all HO activities.
- (iv) Create a protocol for the prize distribution at the inaugural functions that portrays efficient conduct of the HO functions.

Members

Dr Sridevi Padmanabhan, Chairman
 Dr Amit Bharadwaj, Co-Chairman
 Dr Sukhdeep Singh Kahlon,
 Dr Mayank Gupta, Member
 Dr Vipul Kumar Sharma, Member
 Dr Harneet Kaur, Member

JIOS Committee Role and Responsibilities

- (i) Ensure timely discharge of statutory obligations by the Head Office vide Article 25(b) of the IOS Constitution
- (ii) Keep in sync with obligations to be met for the process of 'indexing'
- (iii) Ensure a correct and timely decision is taken in the aforementioned matter with a critical review of the needed SWOT analysis (to self-reflect on the correct ways and time to do so).
- (iv) Ensure proper enactment of 'share money' receivable from the Head Office.
- (v) Ensure an unbiased selection of articles printed with a proper policy in place for rejections (in sync with the diktat of the indexing authority).
- (vi) Ensure that the bilateral agreement with the publishing house is not transgressed from either side.

Members

Dr Vignesh Kailasam, Editor JIOS, Chairman
 Dr Elbe Peter, Associate Editor
 Dr Gowri Shankar, Associate Editor
 Dr Sunitha C, Assistant Editor
 Dr Harneet Kaur, Assistant Editor
 Dr Kannan M S, Managing Editor
 Dr J Kanna Peruman, Managing Editor
 Dr Sheetal Patani
 Dr Arvind Kumar
 Dr Ameet Revankar
 Dr Ajay Kubavat
 Dr Shree Rengalakshmi
 Dr Sarvaraj Kohli

MEMBERSHIP CONCERNS COMMITTEE

Dr Ajit Pillai – Chairman
 Dr Jaskirat Singh Co Chair
 Dr Chetan Kumar External Member
 Dr Hemant Meddaiah External Member
 Dr Angshuman Bhattacharya External Member



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IOS Times Committee Role and Responsibilities

- (i) Ensure timely discharge of statutory obligations by the Head Office vide Article 26(d) of the IOS Constitution
- (ii) Ensure that the content of IOST does not tread into the academic territories of JIOS and IJCO
- (iii) Define criteria for selection of members for Interviews and other ways that offer a spotlight to recognition.

Members

Dr Swati Acharya , Editor, IOST
Dr Sridevi Padmanabhan President-Elect
Dr Gaurav Gupta, EC appointed Member

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Dr. Mohit Chaturvedi - west zone
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Dr. Niha Naveed
Dr. Hita Rengarajan
Dr. Hasini Gopal
Dr. Harneet Kaur

Advisory Board

Dr. Kannan Sabapathy
Dr. Biju Abraham

Internal Arbitration Committee Role and Responsibilities

- (i) Ensure timely discharge of statutory obligations by the Head Office vide Article 48 in the IOS Constitution.
- (ii) Ensure that every EC member and SG Convenor(s) are sensitized to know the rules of the POSH Act.
- (iii) That IOS HO and/or the SGs must not transgress the aforementioned in any manner in Administration.
- (iv) In any other type of dispute, ensure an impartial gathering of facts and be sensitive to the needs of the situation to act without bias.

Members

Dr K. Jyothindra Kumar, Chairman
Dr Balwinder Singh Thakkar, Co-Chair
Dr Ritu Duggal, Member

EC is authorized by AGM to appoint
External Arbitrators



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Speaker Selection Committee Role and Responsibilities

- (i) Ensure timely discharge of statutory obligations by the Head Office detailed in Article 24 (c) (xxx) & (xxxi) that details Duties and Powers of Office Bearers.
- (ii) Facilitate propriety in merging the expectations of the EoC (CoC/PGCoC/MYCoC) with that of the IOS HO.
- (iii) The aforementioned must be done by sensitizing the EoCs well in advance so that they do not issue assurance to prospective guests without knowing the needed protocols.

Members
Dr Sunanda Roy Choudhary

Internal Complaints Committee Role and Responsibilities

- (i) Ensure a timely way of amending the constitution by the Head Office to include the establishment of such a committee while adhering to the necessary obligations as needed by the competent authority.
- (ii) Conduct a sensitization program with the enlistment of proper, trained faculty (for the EC as well as Conveners of SGs).
- (iii) Look into a complaint received with the needed compassion and due protection of rights of both parties to the dispute.

Members
Dr. Vimla G, Chairperson, (AGM Approved)
Adv Mrs Jyoti Sinha, External Lady Member, (AGM Approved)
Dr Dolly Patel, Member (AGM Approved)
Dr Girish R Karandikar, Member (AGM Approved)
Dr Edeinton Armugam, Member (AGM Approved)

CONFERENCE / CONVENTION PROTOCOL COMMITTEE Role and Responsibilities

1. To lay down the standard Norm for Brochures and certificates, mementos for conference, convention, endorsed programs and company programs
2. To Ensure proper scientific arrangements and seating arrangements and functioning
3. To Liaison between HO and COC regarding abstracts and speaker application submissions
4. To Liaison between HO and COC to appoint chairpersons and judges

Dr Amit Bharadwaj – Chairman
Dr Ajit Pillai
Dr Vaibhav Mishra
Dr Sonahita Agarwal
Dr Neal Kedia



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CULTURAL COMMITTEE

To conduct cultural activities during various IOS activities.

To Organize Nationwide cultural Talent hunt program

Dr Mayank Gupta - Chairman

Dr Harneet Kaur Co chair

Dr Divyaroop Rai External Member

Dr Kavita Iyer. External Member

Dr Sudheer KH. External Member

Dr Sridhar Kannan External Member

Dr Binu Purushothaman External Member

PERMANENT HEAD OFFICE PLANNING COMMITTEE

a) Dr NR Krishnaswamy

b) Dr Girish Karandikar

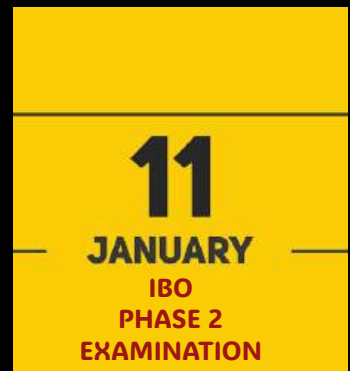
c) Dr Jyothindra Kumar

d) Dr Anmol Kalha

e) Dr OP Kharbanda

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IOS National post graduate orientation program was held on 25th and 26th of October on an online platform. This program was meticulously planned by our President Dr. Puneet Batra, Honorary Secretary Dr. Sanjay Labh, Principal office bearers and EC members. It was held on an online platform to make it convenient for the first year post graduate students to participate from across the country.

This program titled "The building blocks to successful post graduation" was well curated and put into action under the leadership of Dr. Siddharth Shetty, external member IOS academic council, Dr. Manjunath Hegde, chairman academic council, Dr. Sonahita, co-chairman academic council and members Dr. Vipul, Dr. Prashanth and Dr. Uma Revathi

The resource persons were our own eminent orthodontists including president Dr. Puneet Batra, past president Dr. Silju Mathew, Dr. Priyanka Kapoor, Dr. Vignesh Kailasam, Dr. Elbe Peter, Dr. Sridhar Premkumar, Dr. Kiran Kumar H.C, Dr. Sameer Patil, Dr. Kannan Sabapathy. Dr. Kundabala M, Professor in Endodontics guided the students for the three year postgraduate program. We had two rising star speakers Dr. Niha Naveed and Dr. Sagar Bhat who shared their experiences as postgraduate students.

Pragya PG Orientation Programme Virtual



This program was marked as a successful IOS calendar event of this year with 500 plus students taking part from across all parts of the country. The program was made interesting by the quiz competition held after every speaker which was conducted by Dr. Mrunmayee, Dr. Chaitra, Dr. Amulya, staff of Bangalore Institute of Dental Sciences. Dr S Gowri Sankar was kind enough to award the textbook titled "A comprehensive manual of basic cephalometric analysis" to all the winners of the quiz competition.

Dr V Sreddha Gayaytri ,SVS Institute of Dental Sciences SLM no 15161, Dr Bharath Kumar GDC Chidambaram SLM no 15130, Dr H D Aananya BIDS Bangalore, Dr Era Shaheer SGRD, Amritsar SLM 15169, Dr Likith KLE dental college Bangalore SLM no 14851, Dr Deepti Garg Dasmesh Institute of research & Dental Sciences SLM 15154, Dr Madduri Nagendra Kumar G Pullareddy Dental College Kurnool SLM no 14840 and Dr Shibesh Paul AME Dental College Raichur SLM no 15059 were the winners of the quiz competition. IOS vice-president, Dr. Gnanshanmuga concluded the program with a briefing to the postgraduates about the benefits of IOS membership.

Reported by : Associate Editor Dr. Shantnu Khattri

DEPARTMENT OF ORTHODONTICS & DENTOFACIAL ORTHOPEDICS, GOVERNMENT DENTAL COLLEGE & HOSPITAL, SRINAGAR



Prof.(Dr.) Mohammad Mushtaq delivering lecture in National Orthodontic Week

Orthodontic Awareness Week was celebrated by Department of Orthodontics and Dentofacial Orthopedics, Government Dental College and Hospital, Srinagar from 5th to 11th October, 2024 dedicated to raising awareness about Orthodontics. This week aimed to educate the public on the importance of orthodontic treatment for overall oral health and self-esteem, particularly highlighting how it extends beyond aesthetics to improve function, comfort, and dental health.

The breakdown of some key goals and activities associated with Orthodontic Awareness Week were

1. Increasing Public Awareness Banners were put across the key areas of the city to increase the awareness of general masses towards the need for orthodontic treatment by a Specialized Orthodontist.
2. Promoting Early Intervention The 2nd and 3rd Year Postgraduate Students of the Department of Orthodontics and Dentofacial Orthopedics gave a brief overview on the importance of screening of patients for preventive and interceptive orthodontic measures to the general masses and the undergraduate students.
3. Dispelling Myths and Misconceptions Prof (Dr.) Mohammad Mushtaq, the Head of the Department delivered a talk and dispelled various myths related to Orthodontics in his presentation on modern techniques such as prevailing aligner systems that offer a more comfortable, discrete option for resolution of malocclusion.
4. Highlighting the Role of Orthodontist The campaign also highlighted the unique expertise of orthodontists, who undergo specialized training after dental school to address complex orthodontic issues. This helps people understand why orthodontists, rather than general dentists, are best equipped to handle these specialized treatments. The motto of this campaign was ORTHODONTICS BY ORTHODONTISTS ONLY.

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Prof.(Dr) Mohammad Mushtaq delivering lecture in National Orthodontic Week



Activities During Orthodontic Awareness Week

- Social Media Campaigns by Postgraduates
- Lectures and Camps in various surrounding areas
- Radio talk by the Head of the Department.
- A Programme on Awareness in the Auditorium of the institution for Awareness of UG and PG Students.



National Orthodontic Week in GDC&H Auditorium



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Awareness Lectures by PG Students



National Orthodontic Week School Programme



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Orthodontic week celebration

As a part of orthodontic week celebration, Department of Orthodontics & Dentofacial Orthopaedics, Al-Badar Rural Dental College & Hospital had conducted creative orthodontic wire bending competition in association with Indian Orthodontic Society where orthodontic professionals showcased their artistry and skill. The top artwork chosen at the college level was created by Dr. Dawood Bangalorewale and Dr Farheen rafiq Patel, and are also competing in the IOS event.

Highlights of the Masterpiece:

A continuous, full-length straight wire of 24 gauge was utilized.

A single universal plier was employed to create this artwork, symbolizing an orthodontic tool.

PARTICIPANTS

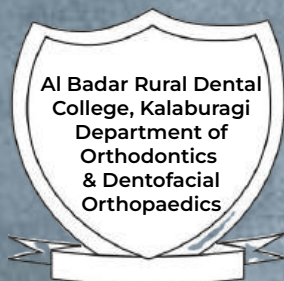
Dr. Dawood Bangalorewale
Dr. Farheen Rafiq Patel

WIRE BENDING COMPETITION



DEPARTMENT DECORATION COMPETITION

The department decoration competition during celebrations is a vibrant showcase of creativity and teamwork. Teams come together to transform their spaces into festive displays, reflecting themes that capture the spirit of the occasion.





WALKATHON

In a vibrant display of community spirit and health advocacy, the Department of Orthodontics at Al-Badar Rural Dental College & Hospital, Kalaburagi in association with the Indian Orthodontic Society, recently organized a successful walkathon to raise awareness about orthodontic health. The event took place on 10/10/24, drawing participation from dedicated staff members, postgraduate students, and interns. The walkathon commenced at Timmapuri Circle and culminated at Mini Vidhana Soudha. "The aim of this initiative was to educate the community about the importance of maintaining good orthodontic health," "Proper dental alignment not only enhances aesthetics but also plays a critical role in oral health and overall well-being."



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ORTHODONTIC AWARENESS TALK

Health talks at orthodontic health awareness camps serve as a vital platform for educating the community about oral health and the importance of orthodontic care. The sessions taken up by the participating faculty covered key topics such as the benefits of early intervention, proper oral hygiene practices during orthodontic treatment, and nutrition tips for maintaining healthy teeth.



WHEN PATIENT SMILES, ORTHODONTIST SHINES!!

Each smile represents not just a transformation of teeth, but also a boost in confidence and self-esteem. It's a moment of pride for both the patient and the orthodontist, showcasing the art of aligning not just teeth, but lives.



Date: 10/10/24
 At: Dadasaheb Kulkarni Dental College and Hospital
 Kalyan, Maharashtra

Respected Sir,
 I am undergoing predoctoral training
 treatment at Dadasaheb Kulkarni Dental College
 and Hospital, Kalyan. I am glad to use my
 intraoral and extraoral photographs
 for IOS magazine and research
 purpose.

NASREEN
 Kalyan, Maharashtra
 India

REPORT

The Department of Orthodontics, MES Dental College celebrated National Orthodontist Week from 05-10-2024 to 11-10-2024 with Various fun-filled activities conducted as a part of the celebration. The week-long celebrations included like Insta reel competition, creative wire bending, quiz competition and Awareness talk under the guidance of Prof. Dr Vincy Antony and supported by the Faculty and Post-graduate Students. Prizes and certificates were distributed at the end of the week-long celebration.




MES DENTAL COLLEGE
DEPARTMENT OF ORTHODONTICS
WISHES ALL ITS MEMBERS A
HAPPY
NATIONAL ORTHODONTIST DAY
Let's Celebrate the whole week!
5th-11th October, 2024

CREATIVE WIRES	SMILATHON
BEST DECORATION	
REELS COMPETITION	AWARENESS TALKS

JOIN US TO INAUGURATE THIS SPECIAL OCCASION ON
5TH OCTOBER 2024
9.30 am-10.15 am



***Celebrating National Orthodontist Day
in the Department
in MES Dental College.***



***Creative Wire Bending
in MES Dental College
on
5-10-2024 for Interns***

*Awareness Talk held by the Dept of Orthodontics
Department, MES Dental College, Malappuram, Kerala
on 05-10-2024.*



A Public Awareness Activity was conducted by the Department of Orthodontics, MES Dental College, Perinthalmanna as Orthodontic Awareness Lectures for the patients as well as their bystanders in the General Out-patient clinic in MES Dental College on October 05 and 07, 2024 in 4 sessions.

The primary objectives of the Public Awareness Activity were as follows:

- To increase the awareness of orthodontic problems among children.
- To explain and demonstrate the different methods of treatment available.
- Emphasis on treatment being done at an Orthodontist's Clinic

It was a valuable contribution to our institution's pursuit of academic excellence and the program positively impacted and benefitted 224 participants.



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Disclaimer:

1. Data on file

2. Source: Dental Monitoring Data Analysis April 2023

3. Based on a survey of 50 Spark doctors who have approved 100 or more cases. Data on file. Drs. Diechinger and Melagón are paid consultants for Ormco. The opinions expressed are those of Drs. Diechinger and Melagón. Ormco is a medical device manufacturer and does not dispense medical advice. Clinicians should use their own professional judgment when treating patients. Patient results may vary.

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Precision 2024

Department of Orthodontics and Dentofacial Orthopaedics at Noorul Islam College of Dental Sciences conducted an exam oriented program for post graduate students "PRECISION 2024" after obtaining provisional approval for IOS Endorsement. Instructions mentioned in the Endorsement form were followed in designing the Publications (Brochure, certificate etc) of the said program .

The program was conducted at the AV room of Noorul Islam College of Dental Sciences, NIMS Medicity, Aralummoodu, Thiruvananthapuram on 14th November 2024. Program commenced with an inaugural function. Dr. Manjusha K K, Principal and Head of the Department of Orthodontics & Dentofacial Orthopaedics, extended a warm welcome. Dr. M.K.C Nair, Director -NIMS Spectrum and former VC(KUHS) inaugurated the function and delivered the inaugural address, followed by a keynote address from Dr. Sadique Hussain M, Dean of the Faculty at NICDS. Dr. Mahesh B, Vice Principal, and Dr. Arun Kumar G, IQAC Coordinator, offered felicitations.

Noorul Islam College Of Dental Sciences



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Eminent speakers, including Dr. Vignesh Kailasam, Head of the Department at Sri Ramachandra Dental College, and Dr. P.G Francis, Professor Emeritus at Mar Baselios Dental College, conducted a series of insightful classes on various orthodontic topics. The program also included a hands-on session on Bite "Registration for functional appliances", led by Dr. Vignesh Kailasam.

Approximately 54 postgraduate students from various dental colleges actively participated in the program. Dr. Ashitha Aravindan, Lecturer in the Department of Orthodontics & Dentofacial Orthopaedics, delivered the vote of thanks, bringing the program to a successful conclusion.

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BOMBAY ORTHODONTIC STUDY GROUP

Convenors: Dr Harshvardhan S, Dr Harsh Mishra, Dr Javed Khan

We humbly pen these lines as Conveners, Bombay Orthodontic Study Group, Mumbai. It is indeed a matter of personal joy and success that Dr. Harshvardhan, Dr. Harsh Mishra and Dr. Javed Khan as the new conveners of BOSG along with Dr. Sandeep Singh as an experienced and longest serving conveners, who recently finished his successful term as BOSG convenor. BOSG successfully conducted CDE on Clear Aligners in Skeletal Malocclusion: Do we Know the Limit? by Dr Siju George who is a renowned orthodontist and entrepreneur with over 20 years of experience practicing in Oman. With over a decade of experience using clear aligners, Dr. George has successfully treated numerous challenging cases, making him a leading expert in the region, a sought-after speaker, he is the recipient of Excellence Award from European Board of Aligner Orthodontics for 2024.



Felicitations of
Dr Vinod Verma by
Dr Girish Karandikar



Dr Girish Karandikar
felicitated by our past
conveners Dr Rajesh
Kamdar and Dr Gajanan
Shanbhag.

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We the convenors of BOSG would like to thank all the participants for registering in huge numbers. Dr Siju was elated looking at our strength and has thanked each one of us personally. It all started with Dr Vinod Verma's talk on the legacy of Dr H S Shaikh sir and it did give us a glimpse of his greatness. Program was moderated by Dr Sanjay Ganeshkar and Dr Biju Abraham while Dr Siju George enthralled the audience with his meticulously crafted aligner cases which I am sure was enjoyed by each one of us. BOSG was more than happy to felicitate its member, Dr Girish Karandikar by our past convenors Dr Rajesh Kamdar and Dr Gajanan Shanbhag, Dr Vivek Patni as facilitated by Dr Nikhil Vashi and Dr Madhura Rao was facilitated by Dr Bhooma Vashi for their landmark achievements in the field of Orthodontics



Dr Siju George was
felicitated by
Dr Dheeraj Shetty



Moderators for the session
Dr Sanjay Ganeshkar and
Dr Biju Abraham

The program concluded with exciting gifts for our participants through lucky draw for which we would like to thank our sponsors - Orthosystems, Orthomatrix, Adent, Global Dental, Quite Clear and AIS financial services for supporting us. Last but not the least, BOSG is forever grateful to H S Shaikh trust for their kind support as always. Special thanks to Dr. Tushar Hegde for his valuable support and guidance till completion of this program. Jai Hind! Jai IOS! Jai BOSG!



Dr Siju George explaining the role of clear aligners in skeletal malocclusion and its envelope.



Dr Vivek Patni as felicitated by Dr Nikhil Vashi



Dr Madhura Rao was felicitated by Dr Bhooma Vashi



Group Photo of the program with all the delegates, guests, guest speaker and convenors.



BOSG wishes Dr Surya Kanta Das a very joyful birthday and celebrated his special day with its members.



Report on Clear Aligners Techniques and Planning

On 14th November 2024, AJ Institute of Dental Sciences, in collaboration with the Indian Orthodontic society & Mangalore Orthodontic Study Group (MOSG), successfully organized a Continuing Dental Education (CDE) Program on the topic "Clear Aligners: Techniques and Planning – Expanding the Scope from Simple to Complex Cases." The event was held at the Lecture Hall, 4th Floor, Auditorium, AJ Institute of Dental Sciences, and was attended over 100 participants including both clinicians and post graduate students who were eager to enhance their expertise in clear aligner techniques and treatment planning.

The program began with a Welcome Address by Dr. Nillan K. Shetty, the Head of the Department and Principal of AJ Institute of Dental Sciences, who warmly welcomed the esteemed speakers and participants. The event was officially inaugurated with the lighting of the lamp by a distinguished panel of dignitaries, including Dr. Nillan K. Shetty, Dr. Rohan Rai Professor, AJ Institute of Dental Sciences, Dr. Mithun K. Chief Convenor, Mangalore Orthodontic Study Group Dr. M.S. Ravi, HOD of the Department of Orthodontics at A.B. Shetty Institute of Dental Sciences, Dr. Praveen Shetty, HOD of the Department of Orthodontics at Srinivas Institute of Dental Sciences, Dr. Siddharth Shetty, Past EC Member of the Indian Orthodontic Society, and Dr. Chaitra Laxmi and Dr. Shravan Shetty, Convenors of the Mangalore Orthodontic Study Group. Their collective presence marked the occasion as a significant moment for the orthodontic community.

The core of the session featured two expert speakers: Dr. Gurkeerat Singh, Prof & HOD, Department of Orthodontics, Sudha Rustagi College of dental sciences, Faridabad and Dr. Faizan Ahmed Khan Reder, Yenepoya dental college, Mangalore who shared their in-depth knowledge on clear aligner techniques and effective planning strategies for managing both simple and complex orthodontic cases. Their presentations were highly informative, offering practical tools and valuable insights that attendees could immediately apply to their clinical practices.

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The event concluded with a Vote of Thanks delivered by Dr. Mithun K , who expressed sincere gratitude to the speakers, participants, and the entire organizing team. The session was expertly coordinated by Dr. Pooja Mastammanavar, the Master of Ceremony, whose engaging delivery ensured the program ran smoothly and kept the audience captivated throughout the day.

Indian Orthodontic Society (IOS)
A.J Institute of Dental Sciences
&
Mangalore Orthodontic Study Group (MOSG)

Cordially invite you to
CLEAR ALIGNERS - TECHNIQUE AND PLANNING
Expanding the Scope - From Simple to Complex Cases

SPEAKERS


Dr. Garkawat Singh
Professor & HOD
 Department of Orthodontics
 Sudha Ravi College of dental
 Sciences, Pondicherry


Dr. Faizan Ahmed Khan
Resident
 Department of Orthodontics
 Vardhman dental college,
 Mangalore

14th November 2024 **09:00 am onwards**

5th Floor, Auditorium, A.J. Institute of Dental Sciences , Mangalore

Organizing Committee

DR K NELLAN SHETTY
Principal and HOD
AIDS

DR MITHUN K
Chief Convenor
MOSG

DR ROHAN RAI
Professor, Department of Orthodontics
A.JIDS

DR SHEETHI BHANDARI
Convenor
Gyan CDE Cell A.JIDS



**AJ Institute of Dental Sciences,
in collaboration with the Indian
Orthodontic society &
Mangalore Orthodontic Study
Group (MOSG)**



Official newsletter of Indian Orthodontic Society

Report on MOSG Illuminate: A Deep Dive into Unique Case Scenarios by Orthodontists

On the evening of October 24, 2024, the Mangalore Orthodontic Study Group (MOSG) hosted a successful and engaging event titled "MOSG Illuminate: A Deep Dive into Unique Case Scenarios by Orthodontists" at the Kanara Club, Mangalore. The event, inspired by D.H. Lawrence's quote, "What the eye doesn't see and the mind doesn't know, doesn't exist," focused on enhancing the diagnostic and problem-solving skills of orthodontic professionals by exploring complex case scenarios. The session was welcomed by Dr. Mithun K. Naik, the Chief Convenor of MOSG, who set the tone for the evening by emphasizing the importance of collaboration and continuous learning in orthodontics. The event was masterminded by Dr. Chaitra, the Master of Ceremony, who kept the evening on track with her engaging delivery.

A special felicitation ceremony followed, honouring Dr. Sridevi Padmanabhan for her contributions to orthodontics, with heartfelt tributes from prominent orthodontists including Dr. Sandeep Shetty, Dr. M.S. Ravi, Dr. Nillan Shetty, Dr. Rohan Rai, Dr. Siddharth Shetty, Dr. Vivek Amin, Dr. Dhiraj Shetty, Dr. Subramanya Shetty, Dr. Ashith M.V, Dr Arjun Nayak and Dr. Shravan Shetty. The official launch of the MOSG website was another highlight of the evening, symbolizing the organization's growth and commitment to advancing orthodontic knowledge. The website was inaugurated by Dr. Sridevi Padmanabhan, whose efforts have been instrumental in MOSG's development.

The program was skillfully moderated by Dr. Sridevi Padmanabhan and Dr. M.S. Ravi, who guided the discussions through the evening's presentations. The three main speakers included Dr. Siddharth Shetty, who spoke about the importance of accurate diagnosis in orthodontics and presented intriguing cases on fusion and crossbite. Dr. Dhiraj Shetty emphasized the critical importance of treatment planning in aligner cases, showing how meticulous planning leads to better results. Dr. Abirami T concluded the session with an insightful discussion on Temporomandibular Joint (TMJ) disorders, focusing on the complexities of diagnosing and managing TMJ dysfunction in orthodontic patients.

The evening ended with a vote of thanks from Dr. Renilda, who expressed gratitude to the speakers, organizers, and attendees for making the event a success. The session was an excellent platform for learning, networking, and sharing knowledge, highlighting the need for creative problem-solving and collaboration in orthodontic practice. Overall, the event was a resounding success, further solidifying MOSG's role as a leading force in orthodontic education and professional development in Mangalore. Team MOSG looks forward to hosting more such events that continue to foster collaboration, innovation, and growth in the field of orthodontics.

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Congratulations!



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and improved predictability

- ✦ FDA-cleared for 9-12 hours of continuous daily wear*
- ✦ 9 out of 10 patients prefer NiTime over leading aligner brands*
- ✦ Patented AirShell™ Technology helps deliver exceptional comfort



*data on file



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The 1st IBO awareness program (2024-25) organised in association with Madhya Pradesh OSG was successfully conducted at Sri Aurobindo Dental College, Indore. The program was a huge success with 90 plus delegates attending it. Sincere thanks to Dr Ashish Garg and the convenors of the MPOSG Dr.Kamalshikha Baheti Dr.Rakesh Thukral sir and Dr.Kratika Mishra for their stupendous efforts for the success of the program. The awareness program was followed by the clinical update lecture by Dr.Ajit Kalia which too was highly appreciated by the audience.

Reported by : Section Editor Dr Pavithra M Bai



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Good looks after orthodontic treatment is simply a side effect !

BEFORE



AFTER



**Is your braces doctor
listed on the IOS
website?**

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



IOS Times thanks Dr. Rekha Bharadwaj for her contribution towards the public awareness page .

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**A GOOD SMILE
INCREASES YOUR FACE
VALUE !**



BEFORE



AFTER



**DOES YOUR BRACES DOCTOR HAVE
AN MDS DEGREE IN ORTHODONTICS ?**



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***With braces
fixed on the
teeth***

***Wear the elastics
as advised by
your
orthodontist***



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AGE 12 YEARS

**Too late to ask for
braces?!**

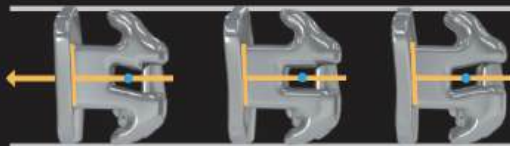


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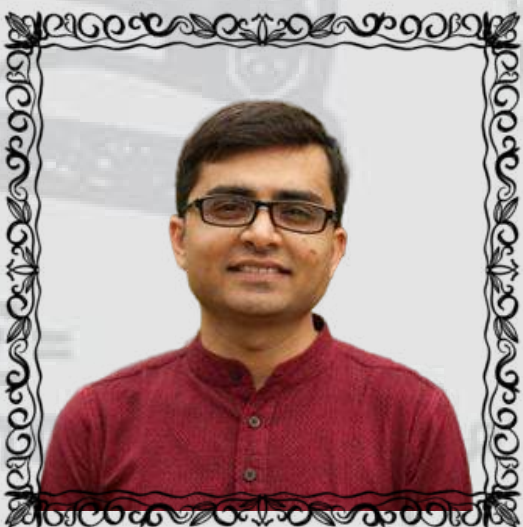
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TIPS FOR RESEARCH GRANT FROM EXPERT

Dr Upendra (Senior Fellow and Former Director at Institute of Public Health, Bangalore) graduated as a dentist from Gujarat University and worked in his early career at the Govt Dental College and Hospital (Ahmedabad). He transitioned to public health doing his MPH from Deakin University (Australia) and PhD from Ghent University (Belgium). He joined the Institute of Public Health Bengaluru in 2007 and since then has served in various capacities including being Director from 2019-2023. He currently leads a Cluster on Chronic Health Conditions & Public Policy and holds the DBT/Wellcome Trust India Alliance Senior Fellowship (2023-2028).



What is the skill set additionally required for a student of a clinical discipline (like orthodontics) to progress in research? Managing time effectively between a demanding clinical schedule, teaching duties (for those in academia) and research is crucial. Also, research is a collaborative endeavour and hence, being able to work in a team is another crucial skill. When it comes to research, equipping yourself with basic research skills is essential. For beginners SWAYAM NPTEL, various basic research modules from universities abroad like John Hopkins, Harvard via coursera and Indian Institutions including eRM, IPH, Bangalore, etc are available.

How to identify the thrust areas of research?

Review of contemporary scientific literature provide valuable insights on priority areas and knowledge gaps. Clinicians also gather important insights on issues affecting patient care and treatment strategies from their experience. Others include government initiatives in oral health policy/programs, as well as priority areas identified by donor/funding agencies for advancements in oral health research.



Official newsletter of Indian Orthodontic Society

Generally, what are the criteria for any research work to be selected for a grant?

Apart from a strong and coherent scientific proposal (well-justified problem, a clearly articulated research questions, appropriate methods to answer these questions) funders often look for well-justified optimal budgeting, plan for disseminating the results and statements on research impact and (program/intervention) sustainability

What are the portals that the student can look up to while applying for a research grant?

Some of the important funding agencies include the Indian Council of Medical Research (ICMR) that offers various research funding opportunities. The DBT/Wellcome Trust India Alliance is another important avenue for individual research fellowships (at different career stages) and collaborative research grants including support to promote physician/clinician scientists in India. There are others government and private funding agencies supporting oral health research in India and abroad.

What are the different components of a grant application?

A classic format of Introduction/Background, Objective/Questions, Methods, Discussion/Dissemination, Budget/costing —provides a structured approach to grant writing. Tools like Gannt charts help produce logical plan/budgets .

What are the common reasons for grant rejection?

Writing a grant without paying good attention to the call for proposal (what funders want and in what format) is a major reason for rejection. Other common reasons include: lack of coherence across problem/objective/methods; applications failing to demonstrate the knowledge about the state of art in that field OR relevant competencies/experience in the research team.

Your take home advice for students interested in research Managing time for research alongside clinical and academic responsibilities involves balancing multiple commitments. This includes attending workshops and science-based conferences to enhance knowledge and skills. Additionally, engaging in discussions about mentorship and supporting early-career researchers is vital for professional growth and fostering the next generation of scientists.

*Reported by Associate Editor
Dr. Uma Revathi*

Time management

One of the most crucial aspects of a successful Orthodontic practice is TIME MANAGEMENT. Orthodontic practices regardless of private practice or at consultations more often not require handling of a very high volume of patients each one requiring a specific customised care, planning or attention. Poor time management not just affects the Financial health of the practice but also significantly dents the Work life balance of the clinician leading to a burnout.

In our ever evolving field, mastering this art not only enhances productivity and efficiency but also lays the foundation for long term Success.

Some of the strategies that our young colleagues in the field can implement for better time management are:

1. Use of efficient scheduling softwares : This can help to streamline appointment bookings, cancellations and rescheduling. These Softwares can also automate reminders, reducing no-show rates and can go a long way in time management and increasing efficiency.
2. Delegation and Team work : Delegating responsibilities like patient education, sterilization and documentation to a well trained team can save you a lot of time. This also empowers the staff and improves overall workflow.
3. Adaptation of technology : Use of Digital And AI powered tools like 3D imaging, scanners and software assisted treatment planning systems can significantly save the orthodontist time for procedural planning.

In conclusion Time management remains the back bone of a thriving orthodontic practice which empowers the Orthodontist to Deliver high quality care and at same time maintain a healthy work life balance.

**Reported by : Section Editor
Dr. Arjun Nayak**

PRACTICE
MANAGEMENT



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Recent accolades received by Dr K Sadashiva Shetty

Dr K Sadashiva Shetty is an internationally renowned clinician, academician, author, inspirational speaker and was until recently the Dean and Director at Bapuji Dental College and Hospital, Davanagere, besides being one of the tall pillars of the Indian Orthodontic Society. His contribution to the field of Orthodontics and Dentofacial Orthopaedics is immense and he has been at the forefront of the Indian Orthodontic Society for the last 4 decades both in terms of shaping the society for the better as well as disseminating valuable orthodontic techniques and innovations to the discerning Orthodontist, both budding and established alike. His workshops and courses have been legendary and has been the source of motivation to the leading Orthodontic minds both nationally and internationally. We are indeed pleased to share the recent news of his new accolades received from two leading organisations in 2024 namely

1. Rajiv Gandhi University of Health Sciences (RGUHS) in Karnataka has awarded the title of Professor Emeritus to Dr. K. Sadashiva Shetty: Former Dental Dean of RGUHS and Former Principal of Bapuji Dental College and Hospital, Davanagere. Incidentally, the same University had awarded Dr Shetty the best teacher award a few years back.

2. Best Achiever award from Vijay Karnataka, The Times Group for the Mysuru, Shivamogga and Chitradurga edition



We are indeed pleased and privileged to have amidst us such a pioneering and tall personality and the IOS takes this opportunity to wish Dear Dr K Sadashiva Shetty the very best and offers its heartiest congratulations for the honors received. Sir, please lead the way and make this society even taller with your achievements.

Dr. Shetty had introduced MBT TREATMENT MECHANICS to nearby 3000 IOS members.

Reported by Dr. Sridevi Padmanabhan , President Elect IOS



ACHIEVEMENT

Dr. SANDEEP SHETTY

Eishitha HealthTech Pvt. Ltd.: Pioneering Change in Orthodontics

Founded on May 7, 2019, by Dr. Sandeep Shetty, Prof and HOD ,Yenepoya Dental College,Yenepoya Univeristy and co-founder Mrs. Pramoda Shetty, Eishitha HealthTech Pvt. Ltd. has innovative solutions in orthodontics. Supported by a skilled team including material scientist Dr. Venkatesan Jayachandran, Asim (Yenepoya Technology Incubator)and orthodontists Dr. Stanly Selva Kumar and Dr. Dilshad Umar, Eishitha HealthTech combines clinical insight with technological precision. Recognized by a BIRAC grant of INR 49.06 lakhs and the ELEVATE grant of INR 18 lakhs, as well as the Best Startup Award from Yenepoya University and as 2nd best investment ready startup at Mangalore Technovanza on 24th October 2024 by Karnataka Digital Economy Mission the company has secured five patents of which two are granted for its pioneering developments

Revolutionizing Jaw Correction with SAVE MPDTM

One of Eishitha HealthTech's landmark innovations, the SAVE MPDTM (Patent No: 542725) redefines solutions for patients with deficient upper jaws. Spearheaded by Dr. Sandeep Shetty, SAVE MPD TM overcomes the drawbacks of traditional bulky and socially restrictive appliances. This compact device applies a precise protraction force that encourages natural jaw growth , even for adults with Class III malocclusion. The SAVE MPDTM not only shortens treatment time but also prioritizes comfort and adaptability, bringing a patient-friendly approach to craniofacial care.



Dr. Bhuma Vashi

Dr. Bhuma Vashi, a distinguished graduate of GDCH Ahmedabad earned three gold medals in her final BDS exams. She completed her MDS in 1989 and actively contributed to the Gujarat Orthodontic Study Group (GOSG) presenting numerous papers from 1989 to 1995. After marriage, she continued to present her clinical work at both national and international platforms. In 2008, she became a diplomat of the Indian Board of Orthodontics and she has been practicing full-time alongside Dr. Nikhil Vashi at The Braces Point Total Dental Care Clinic in Mumbai.

Dr. Bhuma Vashi's passion for self-inquiry and holistic healing inspired her to explore spiritual sciences. She became a certified Soul Coach and Therapist offering support through various healing modalities. Additionally, she trained as an emotional intelligence coach and NLP practitioner, using her compassion and listening skills to counsel and guide many on their healing journeys. An advocate for mindfulness, Dr. Vashi teaches meditation and conducted stress management webinars for institutions during the COVID-19 pandemic. Her love for music led her to train in light music and also become a Tibetan sound bowl therapist, using sound therapy to promote relaxation and alleviate stress. Bhuma is also a talented poet. She recently published a collection of her poems in Gujarati, titled Saav Anokho Naato and has been invited to present her work on various state, interstate, and international literary platforms. Her multifaceted contributions to both dentistry and the healing arts highlight her dedication to helping others. More videos are available on her you tube channel "Dr Bhooma Nikhil Vashi".



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Our fitness star of this issue, Dr. Jacob Abraham

Dr. Jacob Abraham is a distinguished consultant orthodontist practising in Kerala. Once a Reader at KMCT Dental College in Calicut, he embodies a spirit of versatility. Beyond dentistry, he is an avid cyclist and also holds the rank of Karate Brown 1st Belt. He eloquently shared this sentiment: "I will begin with a quote I read somewhere: 'Cycling doesn't add days to my life; I do it to add life to my days.' I extend my heartfelt gratitude to the originator of this wisdom—cycling has utterly transformed my existence."

On August 10th, 2020, he began his fitness journey with cycling, joining the Muvattupuzha Cycling Club, which fuelled his passion. He participated in group rides and monthly challenges, eventually tackling longer distances, including weekly 100-kilometre rides.

This journey led him to discover the fascinating world of BRM rides. BRM, or "Brevet de Randonneurs Mondiaux," translates to "Brevet of Randonneurs of the World" and originates from the cycling traditions of France and Italy. Organized by the Audax Club Parisien, BRMs are held in over 50 countries and feature five distances: 200 km, 300 km, 400 km, 600 km, and 1000 km. Each distance has specific time limits, such as 13.5 hours for 200 km and 20 hours for 300 km. A key aspect of BRMs is self-sufficiency, with cyclists responsible for navigating and managing their resources during the ride. With dedication, he prepared for BRM rides, completing his first 200 km on December 20, 2020, with a 1370-meter elevation in 8 hours and 27 minutes. He braved the tempestuous flash floods of Pala and the relentless downpours to conquer this 300-kilometer journey. He then completed his second BRM of 600 km on February 20, 2021, in 39 hours and 24 minutes.

After a challenging 600 km ride, fatigue led him to doze off while driving home, resulting in a serious accident that left him unharmed but with a damaged car.

This incident became a wake-up call, prompting him to recognize the importance of rest and assistance after long rides.

He took six months to recover from the shock and injuries, ultimately completing the BRM series and achieving the title of Super Randonneur.

He persevered on his cycling odyssey thereafter, triumphantly completing 4 SR titles from the esteemed 4 BRM series over the last 4 years. He also shed 12 kgs on this transformative fitness odyssey.

Reported by Associate Editor , Dr. Uma Revathi





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Strava Stats reveals that over four years, he conquered an astounding distance of over 40,400 kilometres, climbing to a remarkable elevation of 206,437 meters, all while dedicating an impressive 1,769 hours and 44 minutes to his cycling adventures till date. Lessons from His Cycling Journey** Embarking on the Brevet Randonneurs Mondiaux (BRM) cycling events was an adventure that provided insights beyond endurance and stamina. As a cyclist, he pedaled through diverse landscapes and faced long-distance challenges, they uncovered valuable lessons that enriched their life.

****Embracing Resilience**** A key lesson from the BRM journey was the power of resilience. The demanding distances and unpredictable weather required not only physical strength but also mental fortitude. Moments of exhaustion taught the cyclist that resilience means confronting adversity with determination and grace, a mindset they applied to life's challenges.

****The Importance of Preparation**** BRM cycling demands preparation. From maintaining the bicycle to planning nutrition and hydration, careful preparation proved essential. This experience highlighted the importance of being prepared in all areas of life, laying the groundwork for success in personal and professional endeavors.

****The Value of Community**** Participation in BRM events introduced the cyclist to a supportive community of fellow riders. The camaraderie and shared experiences emphasized that while individual effort is vital, having a network of peers makes any journey more enjoyable. This encouraged the cyclist to nurture connections in their personal and professional lives.

****Mindfulness and the Journey**** Long-distance cycling offered time for reflection and mindfulness. The cyclist learned to appreciate the beauty around them and the meditative rhythm of cycling, which helped them stay present and value small moments amid life's chaos. ****Setting and Achieving Goals**** Setting goals was central to the BRM experience.

Whether completing a 200-kilometer ride or pursuing a personal best, these goals provided purpose and direction.

Achieving them instilled satisfaction and underscored the importance of defining clear objectives for growth and fulfillment.

In summary, the BRM cycling journey was transformative, offering valuable lessons in resilience, preparation, community, mindfulness, and goal-setting. These insights shaped the cyclist's outlook as they continued to embrace new adventures.



Reported by Associate Editor , Dr. Uma Revathi

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Reported by Associate Editor , Dr. Uma Revathi

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DR. HEMA SHARMA

Dr. Hema Sharma's journey epitomizes dedication, versatility, and continuous pursuit of excellence. After earning her MDS from Ragas Dental College in 2009, she established a successful private practice in Noida and embarked on a scholarly path as a PhD candidate at Subharti Dental college. Driven by the feeling of continuous learning, she completed a full-time MBA in Healthcare Administration from the prestigious Faculty of Management Studies, where she excelled as the top student among a batch of 150, receiving a gold medal.

Beyond her professional commitments in orthodontics, Dr. Sharma recently showcased her adaptability and talent on a broader stage. She became a finalist and winner of "Mrs. Beyond Motivation" in a competitive beauty pageant, standing out among 53 contestants. Through this platform, she proudly represented her field with grace, serving as a model of versatility within her fraternity.

Now, at the age of 43, Dr. Sharma has been nominated to represent India and Southeast Asia on an international stage. This nomination symbolizes not only her personal achievements but also her inspiring journey as a woman who excels in multiple dimensions, balancing family, career, and a commitment to making an impact. She has two beautiful daughters age 14 and 11 – Nitya and aadya and derive continuous support from very supportive husband Prashant who is a banker. Driven by passion and work she feels there is nothing that she cant do.



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ALIGNMENT

By Dr Prashanth R

In the quiet of smiles where secret reside
Lurks the tale of Alignment, the teeth side by side
Some stand tall and proud, while others may
away
A gentle reminder and what's on display

Each tooth holds a story, a journey unique
From a tiny little bud to the smiles that we seek
When they are out of their place, a whisper of
doubt
But with care and awareness, we can sort that
out

On the magic of braces, the marvel of care
A world of Alignment that we often don't share
From crooked to straight, it's a beautiful sight
Transforming our grins, making future more
bright

Let's speak of the visits to the Orthodontist so
wise
Who checks on our teeth, creates smiles which
help us rise
With knowledge and kindness, they guide us
along
In the symphony of smiles, they help us belong-
shining bright smiles with great future!

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DR. NAMRATA RAMESH

As busy professionals, a festival is a time we unanimously look forward to, whether its for the vibrant celebrations, a quaint getaway or as a time to connect with ourselves at a deeper level. All that said, come festival time and we struggle to find time for the bare minimum, though some of us manage to upgrade our wardrobes at the last moment or throw in some store-bought décor and sweetmeats; we have somehow made peace with the fact that 'kuch na kuch to chootega hi....'

Say what we may, festive décor is something close to all our hearts and every piece of it holds a myriad of emotions and is almost like an extended version of ourselves, hence the attachment!

This festive season, while I admired the rustic range of generational heirlooms and other possessions, it struck me that all that we have ever wished for with a festive makeover was a change in the ENERGY! With every piece of art /décor that we buy/curate we have all along tried to just amp up the energies to suit our lifestyles and perspectives.

It was time for the 'Art Attack' to welcome the festivities. Here's a sneak-peak into how few of them turned out

A 250 year old brassware heirloom got a traditional makeover and is now sitting pretty housing a Red Aglonema!



(PS: I saved all the household hands from the festive scrubbing with Pitambari..)

Another 150 year old brassware followed suit with a lot of mandala art and worli paintings further adorned with bells ! Lot of drilling, nevertheless being an Orthodontist helped.



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A fairly old brass pot lying quite confused in the kitchen loft was given a quirky twist and now sits pretty in the living room, not to forget that a stool was dragged in the process and matched to sit beneath it!



Couple of wooden 'palagais', about 175-190 years old were converted to elegant and vibrant stools to suit the mood and help with the extra sweets and snacks for guests!

All of this with some mandatory trending DIY of an 'Uri' to complete the festive look.



A worn-out lamp stand was joyfully promoted to a stool with an old wooden plank on top.

All that these beauties took were time(read as compromised sleep schedules and busy weekends!), a lot of art(most of which was spontaneous...) and some of my clothes(yes,they have been respectfully discarded!).

What they have added now is more value, joy and a sense of better purpose and not to forget reduced stress levels like no medication could ever do. In conclusion, Old will always be better than Gold, just as in Orthodontics . 😊 Yours Truly Namrata Ramesh