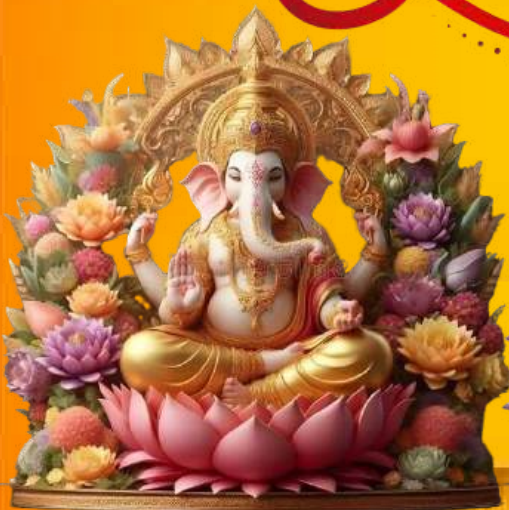


SHUBH  
**Diwali**





Official newsletter of Indian Orthodontic Society

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## Official newsletter of Indian Orthodontic Society

### President's Message

My dear friends,  
Happy New IOS calendar year and Festive Greetings to the IOS Fraternity!

As we embrace the annual theme for the 2024-25 IOS calendar year —“Global-Sustainable-Digital Orthodontics”—October has kicked off with significant celebrations. I'm thrilled to announce the release of the IOS Calendar for 2024-25!

Starting the calendar year, We commemorated our Foundation Day on the 5th October and celebrated the week as “National Orthodontic Week.”

This annual celebrations that marks a milestone in our journey and serves as a reminder of our commitment to advancing the field of orthodontics in India. We are excited to share that we've received an overwhelming response with more than 100 entries all across the country, and the awards for each talent in each college/ practitioner category will be announced soon. Thank you for your active participation!

This year, we will be organizing five module-based certification programs that cover topics like the Aligner Master Class (AIIMS, New Delhi), Digital Orthodontic Workflow (Saveetha Dental College, Chennai), National Cleft Training Program (PGI Chandigarh), JIOS Research and Publication Symposium (Chennai), and Orthognathic Surgery Workshop (Dayananda Sagar College of Dental Sciences, Bangalore).

Each program will consist of 2-3 online sessions, followed by an in-person module for IOS members upon completion of which delegates will receive IOS certification. Reviving the IOS Smiling Bharat program is vital as we strive to reach our goal of 150,000 patients. In 2025, we will launch the program anew, aiming to engage audiences across the country. Furthermore, as part of the World Orthodontic Health Day celebrations, we are excited to host the Smiling Bharat Conclave. The IOS always embraces its patriotic spirit. This year, we plan to hold in-person Republic Day celebrations in the historic city of Amritsar, including a visit to the Wagah Border.

The primary focus this year will be our Student Centric Programs. To encourage widespread participation of students, the PG Orientation program and the program for the Final Culmination MDS Exam will be offered online.

Additionally, there will be a National Integrated Typodont Workshop, Zonal PG Conventions, a Functional Appliance Workshop, and the IOS PG Convention 2025 at Manav Rachna Dental College in Faridabad, Haryana. Life Membership Centric Programs will encompass both online events—Innovation Conclave and Clinical Grandeur, Practice Management and Ethical Marketing, and Friday Rendezvous—as well as in-person programmes like the Advanced Typodont Workshop and the Interdisciplinary Symposium.

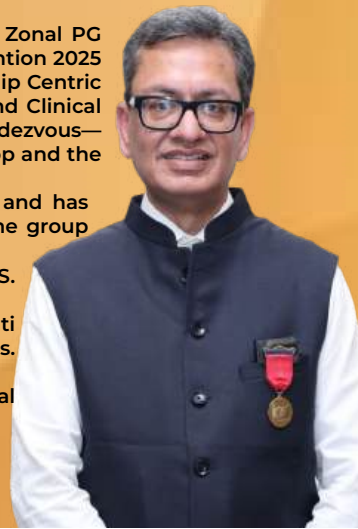
It's wonderful to hear that the member benefit program is thriving and has reached overcapacity, with so many members taking advantage of the group insurance plans.

It speaks volumes about the trust and value our members see in IOS. Your support means a lot to us.

Lastly I would like to extend a special acknowledgment to Dr. Swati Acharya and her team for their innovative new outlook to the IOS Times. Their efforts have truly revitalized the publication!

Wishing you all a joyful and prosperous Diwali as well! May this festival of lights bring happiness and success to you and your loved ones.

Thank you!







Official newsletter of Indian Orthodontic Society



## Secretary's Message

Dear Members,

As we celebrated Navaratri—a time of devotion, renewal, and joy—October offered us an exciting opportunity to also observe National Orthodontist Day and National Orthodontic Week. It was truly heartening to witness such enthusiastic participation from our Indian Orthodontics fraternity in promoting awareness of our specialty across the country. This dual celebration not only highlights our commitment to orthodontics but also reflects the vibrant spirit of our community.



Together, we are making a significant impact in raising awareness and advocating for our field. The strength of our unified front remains one of our most powerful assets, allowing us to face upcoming challenges together. We are thrilled to announce the results of the 58th IOC scientific sessions and extend our heartfelt congratulations to all the winners!

A special acknowledgment goes to the IOS Times team, under the leadership of Dr. Swati Acharya, for launching a special itinerary in this month's issue.

We are excited to introduce two new add-ons: dedicated pages for IBO activities and the IOS Research Times, which will cover news related to IBO and research grant opportunities both in India and abroad. We greatly appreciate the continued support of all our esteemed IOS members in our efforts to uphold and strengthen the standards of our specialty and community.

Wishing you all a Happy and Prosperous Diwali!

Warm regards,

Dr. Sanjay Labh

Hon Secretary Indian Orthodontic Society





Official newsletter of Indian Orthodontic Society



## Editor's Message



Dear Members ,

I am deeply humbled and honoured for the appreciation received towards the September Issue of IOS Times. I want to express my deep sense of gratitude to each and every one of you again. This issue of IOS Times has stood as a beacon of uniqueness and newness again with fresh columns of public awareness, IBO page , research columns, smile transformation stories, and creative content apart from reporting events and achievements of members; upholding and enhancing the newsletter. Together, with the support of our vibrant and dynamic committee members, I am confident that we can continue to nurture the legacy of IOS Times while ushering in new ideas and initiatives that benefit us all. Looking forward to promoting new sections and the classy members' section all year. I sincerely look forward to working closely with my team to ensure that our newsletter continues to thrive for years to come. Once again, thank you for your support, and I pledge to serve with dedication, passion and integrity. "May the triumph of light over darkness fill your life with endless happiness and joy." "Wish you a sparkling and fun-filled Diwali with your family and friends."

Dr. Swati Acharya  
Editor , IOS Times



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Official newsletter of Indian Orthodontic Society

## National Orthodontist Day

Orthodontic awareness classes were given to the patients and public. Artistic wire bending competition, reel making and E- poster making competitions were conducted for students and Interns.



Walkathon was conducted by South West Tamilnadu Orthodontic Study Group members on 11/10/2024 in Kanyakumari beach to spread Orthodontic awareness. Pamphlets were also distributed.



Orthodontic treatment enhances a person's oral health and aesthetics, also spreading hope for a better smile. Let's celebrate this National orthodontic week with us from 5th to 11th of October. Celebrations at Institute Of Dental Sciences , Bhubaneswar, SOA University



Reported by Associate Editor : Dr. Shantanu Khattri



## Official newsletter of Indian Orthodontic Society

Department of Orthodontics, BBDCODS, Lucknow celebrated National Orthodontist Day, 2024, under the guidance of Dr. Shantanu Khattri (Prof and Head). It was a three days event which included Academic lectures, Reels, Soap carving, Clay modeling, Photography and E-poster competition. Free dental check-up school camps, Radio talks on FM and pamphlets distribution was organized for awareness in masses. Decoration of the department as well as other activities were held to mark the occasion under the co-ordination of Dr. Tripti Tikku (Professor), Dr. Sneh Lata Verma (Professor), Dr. Kamna Srivastava (Reader), Dr. Prateek Asthana (Sn.Lecturer), Dr. Srishti Aditi (Sn.Lecturer), Dr. Anjali Singh (Sn.Lecturer), Dr. Sparsh Srivastava (Sn.Lecturer), Dr. Rashi Chaturvedi (Sn.Lecturer)



The National Orthodontist Day and Indian Orthodontic Week celebrations in October 2024, led by Dr. C. Vijayadhith and team, reinforced the importance of orthodontic care through a blend of community engagement, educational activities, and creative contests. These initiatives effectively raised public awareness and set a high standard for future events. MOSG's efforts were a testament to the power of collaboration and the continued dedication to promoting dental health within the community.





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## Official newsletter of Indian Orthodontic Society

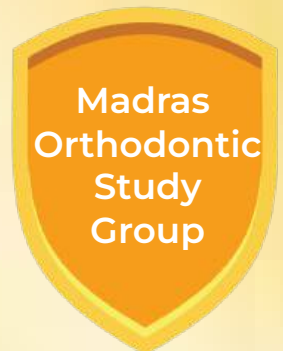
The MOSG Cycle Rally 2024, organized as part of \*National Orthodontist Day celebrations, was a huge success! With an incredible collaboration between the Tamil Nadu Sports Authority and HCL, the event set new records for participation and outreach.

Date: 6th October 2024, Location: 15 km ride along ECR, Chennai, Participant 2,500 cyclists, including 150 MOSG orthodontists.

Companies: Cyclists from major firms like ZOHO, HCL, TCS, Cognizant, Tech Mahindra, Deloitte, and more. Awareness Drive: 1,000 pamphlets and 500 keychains distributed to promote orthodontic care and dental health.

The MOSG Cycle Rally 2024 aimed to spread awareness about the importance of orthodontics and dental health while promoting a culture of fitness and community engagement through cycling.

The rally began with an enthusiastic flag-off ceremony, where the senior members of MOSG. President Elect, Dr.Sridevi Padmanabhan and Vice president- Dr.K.Gnanashanmugam, along with representatives from the Tamil Nadu Sports Authority and HCL The rally route, which covered scenic route of ECR, was filled with energy as cyclists from various companies and groups joined hands in this noble cause.



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## Official newsletter of Indian Orthodontic Society

The association with corporate companies like ZOHO, TCS, Cognizant, Genpact, Tech Mahindra, Uplink, Deloitte Digital, and Royal Sundaram brought together over 2500 cyclists, making this one of the largest cycling events organised by MOSG. The presence of these corporate participants not only increased the event's visibility but also facilitated greater outreach in terms of dental health awareness among the professional community and fostering a greater understanding of orthodontics.

After the rally, 150 orthodontists actively engaged with other cyclists, distributing 1000 pamphlets and 500 specially designed keychains to spread the message of Orthodontic care and dental hygiene. The pamphlets contained valuable information on common orthodontic issues, Intervention & Correction care tips, and the role of orthodontic treatment in enhancing overall health. The keychains, branded with the IOS & MOSG logo and a catchy slogan, served as souvenirs, reminding everyone of the importance of dental health long after the event.

This event was graced and supported by our esteemed seniors—Dr. N.R.Krishnaswamy, Dr. Sridevi Padmanabhan, Dr. A.V.Arun, Dr. Arvind and Dr. Kannan sabapathy—whose presence and guidance provided immense motivation to all participants.



We would also like to extend our gratitude to Dr. Gnana Shanmugam for his strategic inputs, which helped elevate the event's organization, and to our planning and execution team, including Dr. Deenadayalan, Dr. Ashok pothuri, Dr. Lingesh, Dr. Mohanakrishnan, and Dr. Mothikrishna. A special mention goes to Dr. Bharathi prasad, Dr. Thulasiram, and Dr. Manoj for their creative work in designing the souvenirs and pamphlets. Finally, a big thank you to our co-convenors, Rekha and Uma, for their unwavering support and dedicated coordination, ensuring smooth execution of the event. This event highlighted the power of collaboration and community for a noble cause!



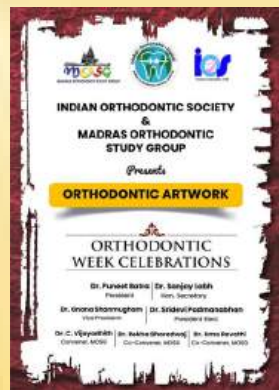
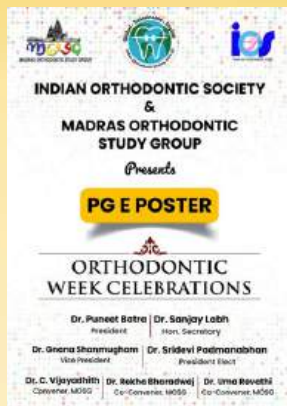
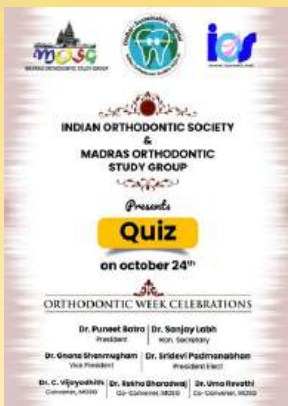
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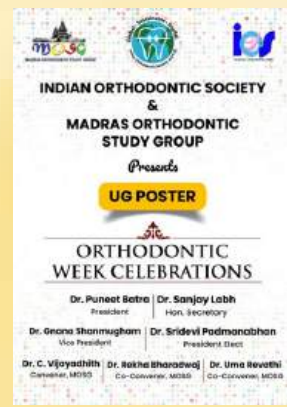
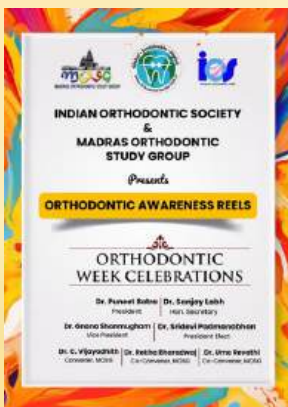
## Official newsletter of Indian Orthodontic Society

As part of the Indian Orthodontic Week celebrations, the Madras Orthodontic Study Group, in collaboration with the Indian Orthodontic Society and dental colleges across Tamil Nadu, is proud to present a series of engaging and informative events this October.

These activities aim to raise awareness about orthodontics and foster a sense of community and healthy competition among dental students and professionals. The lineup includes the highly anticipated UG Quiz Competition, where undergraduate students will showcase their knowledge in orthodontics. Additionally, the PG & UG Poster Competitions will provide a platform for both postgraduate and undergraduate students to present innovative ideas and research in orthodontics, encouraging academic excellence and creativity.



The Creative Artwork Contest invites participants to express their artistic talents while promoting the importance of orthodontic care. To further extend this initiative to a broader audience, the Orthodontics Awareness Reels Competition will allow participants to create engaging short videos aimed at spreading awareness about orthodontic treatment and its benefits. Finally, the Essay Competition will challenge students to articulate their understanding of key orthodontic concepts and their impact on oral health.



These events promise to be both educational and entertaining, offering participants the chance to enhance their knowledge, creativity, and communication skills while contributing to the overall goal of promoting orthodontic health awareness.



Reported by Associate Editor : Dr. Shantanu Khattri

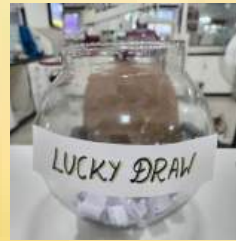
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## Official newsletter of Indian Orthodontic Society



Overall, the Orthodontic Awareness Programs successfully combined education, skill-building, and community engagement, setting a high standard for future initiatives and also ensured the message reached a wider audience, reinforcing the importance of orthodontic care and spreading awareness in a fun, interactive manner. Karpaga vinayaga institute of dental sciences Chengalpattu, celebrated the NATIONAL ORTHODONTIST WEEK



By creating awareness among general public and explaining them about various appliance systems available and need of orthodontics treatment



Reported by Associate Editor : Dr. Shantanu Khattri

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## Official newsletter of Indian Orthodontic Society

The National Orthodontic Day celebration at Indore was held during the "6Th International Conference on Sleep Disorders", bringing together several orthodontists from Nagpur, Indore, Jaipur, Delhi etc. This event saw enthusiastic participation from professionals across the medical and dental fraternity.

The highlight of the event was a workshop and panel discussion on **"The Role of Orthodontists' in the Management of Obstructive Sleep Apnoea"** conducted by Dr. Himija Karia. The session was well-attended by colleagues from various branches of dentistry, ENT, Pulmonology, Neurology, Psychiatry etc. demonstrating a shared interest in the evolving role of orthodontics in multidisciplinary care.

Insightful lectures were delivered to a packed audience by Dr. Himija Karia (Nagpur) & Dr. Vaibhav Neplaia (Jaipur), sparking a healthy and engaging discussion about the scope of orthodontics in addressing sleep disorders. The session was chaired by prominent Orthodontists Dr. Reena Kumar & Dr. Sandhya Jain; Dean GDC Indore.

The interactions underscored the increasing recognition of orthodontists' vital role in enhancing patients' overall health, not just in terms of dental alignment but in broader, holistic care.



The event was graced by the presence of senior Orthodontist Dr. Ashok Kumar Karia, one of the oldest practising Orthodontist in the country who interacted with the students and gave them meaningful advice on the occasion of 'National Orthodontist Day'. The celebration was a successful platform for fostering collaboration and raising awareness about the contributions of orthodontics in overall healthcare management.





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## Official newsletter of Indian Orthodontic Society

On 5th October 2024, the Department of Orthodontics and Dentofacial Orthopedics at the Faculty of Dental Sciences, BHU, commemorated National Orthodontist Day to enhance awareness of the benefits of orthodontic treatment. The event saw participation from Senior Professor T.P. Chaturvedi, Professor Ashish Agrawal, and Professor Vipul Sharma, along with residents, interns, and students associated with the department.

An informative session was conducted to discuss the importance of orthodontic treatment and its associated benefits. Residents provided counseling and education to patients on the significance of orthodontic care, facial aesthetics, and the proper functioning of teeth and jaws, emphasizing their interconnection with orthodontics. The day concluded successfully with an orientation lecture for interns on the topic of "Post Graduation in Orthodontics".



The Orthodontic week celebration was organised from 05/10/2024 to 12/10/2024 with Rangoli making competition, Hand painting competition and Poetry writing competition for the 3rd,4th BDS students and interns with the theme "Orthodontic treatment awareness for the general Public". On the valedictory ceremony Dr Umashankar Kura gave a lecture on the establishment of IOS, it's founder members, the agenda of celebration and also briefly the importance and need of Orthodontic treatment to the staff and students of GDCRI.



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**Official newsletter of Indian Orthodontic Society**



Dr.Ragni Tandon(HOD), Dr. Kamlesh Singh, Dr.Madhvi Bhardwaj, Dr. Pratik Chandra, Dr.Ashish Chauhan, Dr.Deepa & All the PG's Organized Dental check-up camp, Swachhta Abhiyan and an awareness talks on 'Beautiful Smile' at SRM University, Lucknow for the Faculty, students and staffs of Sri Ram Swaroop University, Lucknow. Tree plantation drive done followed by appreciation of non- teaching staff of the department.

**SDC  
LUCKNOW**

## SDM DHARWAD

From 1st to 12th October 2024, on Orthodontic Awareness Week series of events were conducted at SDM Dental College and Hospital, Dharwad which included- Public educational Skit, Radio talk at All India Radio, Creative wire Bending, Best Smile, Debate competition. Events were conducted by SDMCDHS with Hubli Dharwad Orthodontic study group(HD-OSG) and Indian Orthodontic Society(IOS) .This included Webinar by Dr. Neal Kedia on "Tweed Merrifield edgewise technique", CDE at Ocean Pearl ,Hubli by past Convenors Dr. Kishore Bagalkot on Self Ligating appliance and Dr. Anand Patil on Challenges in Orthodontic practise , Awareness talk and interactive session at KMF(Karnataka Milk Federation) , Dharwad in presence of KMF President Shri Shankar Mugad and MD. The programs was successfully coordinated & guided by Prof. & Head Dr.Roopak Naik, Prof. Dr. Basavareddi , Prof. Dr. Harshvardhan, Dr. Shashikumar, Asst Prof Dr. Anupama ,Dr.Anusha , Dr. Apurba, Dr. Yashodipta and post graduate students.



Reported by Associate Editor : Dr. Shantanu Khattri



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## Official newsletter of Indian Orthodontic Society

Department of Orthodontics and Dentofacial Orthopaedics, St Gregorios Dental College, Kothamangalam, Kerala conducted a one-day workshop on Maxillary Skeletal Expansion (MSE) which included lecture sessions and live demo, on 9th October, 2024. The program was conducted for updating academic concepts related to Maxillary Skeletal Expansion (MSE) and providing a visual learning with live demonstrations.

St Gregorios  
Dental  
College,  
Kothamangalam

Morning session started with a brief inaugural ceremony followed by an insightful lecture on Maxillary Skeletal Expansion (MSE) by Dr. Jojo Joseph Vallamattam, a pioneer in MSE treatment and Adult Dental Sleep Medicine. Dr. Jojo Joseph was the keynote speaker at the global conference of "International College Of Cranio-Mandibular Orthopaedics" (ICCMO) in 2023.



Mar Baselios  
Dental  
College



The Department of Orthodontics and Dentofacial Orthopaedics, Mar Baselios Dental College, in association with the Indian Orthodontic Society, celebrated "National Orthodontist Day" by conducting Orthodontic Awareness Week from 5th to 11th October 2024. It was a great opportunity to educate the undergraduates about the importance of orthodontic health, the benefits of orthodontic treatment, and getting it done by an orthodontist, we conducted the Orthodontic awareness programs for the second, third, and final year BDS students and the CRRIs of our college. On 5th October 2024, Prof. Dr. P. G. Francis gave a talk on the topic "It's not just about aesthetics" for the final year part 1 students from 9:30 am to 10:00 am. For the same batch, Dr. Brijesh S. described "The importance of early treatment in correcting skeletal malocclusions" on 8th October 2024. For the CRRIs, Prof. Dr. Biju Kalarickal gave an awareness class on "Expert care and Advanced technologies to boost your confidence in smiling" on 10th October 2024, from 8:15 am to 9:30 am. On the same day, from 11:00 am to 12:00 pm, Prof. Dr. Joseph Sebastian provided the awareness lecture for the second and third-year BDS students on the topic "Orthodontics is for all ages" The valedictory function on 11th October 2024 was chaired by Prof. Dr. Joseph Sebastian (HOD, Dept. of Orthodontics) and inaugurated by Prof. Dr. Byju Paul Kurian (The Principal, MBDC) at 8:30 am. Dr. Brijesh S welcomed the gathering. Prof. Dr. P. G. Francis delivered the keynote speech. Prof. Dr. Biju Kalarickal and Dr. Irin Sebastian felicitated the occasion and Dr. Arun Bosco J gave the vote of thanks. The program concluded by 9:00 am with the National Anthem.





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## Official newsletter of Indian Orthodontic Society

Department of Orthodontics & Dentofacial Orthopaedics, Noorul Islam College of Dental Sciences, Neyyatinkara, Thiruvananthapuram celebrated the National Orthodontic Awareness Week from 5th October and was culminated on 10th October, 2024. Orthodontic awareness classes were given to the patients and public. Artistic wire bending competition, reel making and E- poster making competitions were conducted for students and Interns. The programs were concluded in the college campus with awareness talks , cake cutting by our Faculty Dean and prize distribution for the winners.



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## Official newsletter of Indian Orthodontic Society

From October 5th to 11th, 2024, the Indian Orthodontic Society, in collaboration with the Mangalore Orthodontic Study Group (MOSG), organized "Orthodontic Awareness Week". A series of engaging programs were scheduled to educate and inform the community. Through these initiatives, we aimed to make a meaningful impact and enhance the lives of those we served. Thank you for joining us in our mission to promote healthier smiles and better oral health!



### PRESS MEET

On October 3rd, 2024, we proudly launched Orthodontic Awareness Week at the Mangalore Press Club. Esteemed orthodontists Dr. Siddarth Shetty, Dr. Dhiraj Shetty, Dr. Ashith M.V, Dr. Mithun K, Dr. Arjun Nayak, Dr. Chaitra Laxmi, and Dr. Shravan Shetty were in attendance.

We addressed misconceptions and promoted new treatments, emphasizing the importance of early intervention and increased access to care. Our motto, "emBRACE Change, Empower Confidence," highlighted mental health advocacy, recognizing that malocclusion can significantly impact self-esteem and social anxiety. By fostering collaboration with the media and the community, we strive to improve oral health outcomes and promote a positive understanding of orthodontic treatments in our society. Together, we can make a meaningful difference in the lives of individuals and the community at large. Press meets effectively raised orthodontic awareness by providing accurate information to broad audiences.

Experts educated the public on issues like misaligned teeth, malocclusions, and early treatment, while showcasing advancements in orthodontic technology such as clear aligners and 3D imaging, highlighting treatment improvements.

The health benefits of orthodontic care, including better oral hygiene and long-term dental health, were emphasized. Cost and accessibility concerns were also addressed, discussing payment plans and insurance. Interactive Q&A sessions engaged the public, clarified misconceptions, and patient testimonials or celebrity endorsements further inspired interest in orthodontic care.

3 October	Press Meet - Mangalore Press Club, Mangalore Quiz Competition (KVG Salda)
4 October	World smile day - Smile Photography Competition, KVG Salda
5 October	National Orthodontics Day - Flagging off the Orthodontist Day celebration ( AB Shetty dental college, MCODS Mangalore ), Artists wire bending - MCODS Mangalore, KVG Salda.
6 October	Social Media Campaigns - collaboration with social media influencers Flash mob & Street play - Thattai Road Beach
7 October	World Mental Health Week - Come Together 2.DCDE Yamproya dental college (9:00 am) Quiz competition - KVG Salda.
8 October	Mother Orthodontist ( Sriwara Institute of dental sciences) Movie theatre Campaign - Cineplex, Big cinema, PVR Workshop on Myths and facts surrounding orthodontics ( KVG Salda)
9 October	Smile Yatra A Walkathon - 600mra Deshikottai (ABSMIDDS, Yamproya) School Orthodontic Awareness Camp ( KVG Salda)
10 October	Exhibition and talk clinic for Students ( KVG Salda)
11 October	International Day of Girl Child - Digital board banners
12 October	Radio Jingles, World animal Welfare Day - Animal Adoption(PKKH)
13 October	Miles for her Smiles - Kadri park, 4-5pm onwards Painting Competition - Kadri Park 8:00 am onwards



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## Official newsletter of Indian Orthodontic Society

### *Instagram Reel competition*

An Instagram Reel competition was organized at KVG Dental College on 3rd October 2024, at 11:00 AM, to raise awareness about orthodontic treatment. Participants actively created short, engaging reels highlighting the importance of orthodontic care, and the overall health benefits of proper treatment done by qualified IOS endorsed orthodontists. The competition effectively utilized social media to reach a younger audience, making orthodontic concepts more relatable and accessible. Through creative content and messaging, participants helped demystify orthodontics and promoted early treatment. This event significantly boosted public interest and awareness, contributing to a broader understanding of orthodontic care's importance in improving dental health.

### *Smile Photography competition*

A Smile Photography Competition was held at KVG Dental College on 4th October 2024. The event encouraged participants to capture the beauty and confidence a healthy smile brings, highlighting the transformative effects of orthodontic treatment. Through creative photography, participants showcased the impact of well-aligned teeth on overall appearance and self-esteem. This competition aimed to raise awareness about the importance of orthodontic care in enhancing smiles, engaging students and the public in a visually appealing and educational way. The event fostered greater appreciation for orthodontics and its role in promoting both oral health and confidence.



The National Orthodontist Day celebration was held at A.J. Institute of Dental Sciences on 5th October 2024, at 10:00 AM, honoring orthodontists and their contributions to improving oral health and patient confidence. Various activities, including informative talks and patient success stories, emphasized the importance of early orthodontic care. The department was beautifully decorated for the occasion, with vibrant banners, creative displays, and smile-themed decorations, creating an inviting and celebratory atmosphere. This thoughtful décor added to the festive spirit, making the event both visually engaging and memorable for attendees.





## Official newsletter of Indian Orthodontic Society

The official mascot of the Indian Orthodontic Society (IOS) was the "Tiger." This mascot symbolized strength, agility, and the importance of a confident smile, aligning with the goals of orthodontic care.

In honor of Orthodontic Awareness Week, the Mangalore Orthodontic Study Group (MOSG) was excited to support the traditional Tiger Dance (Pilli Yesha) as a unique way to promote orthodontic care while celebrating the rich local culture. This initiative aimed to connect with regional communities by blending essential health education with cultural pride.

They had their own Mini Tiger Mascot, the son of esteemed MOSG member Dr. Harshitha! Through this beloved tradition, they raised awareness about the benefits of orthodontic treatment, helping everyone "Smile with Confidence."



**TIGER  
MASCOT**

### **TIGER DANCE TO PROMOTE ORTHODONTIC AWARENESS**

The Tiger Dance event, themed "Celebrate Tradition, Smile with Confidence," took place at Thekkar, Bantwal, on 5th October 2024, at 10:00 PM. During the lively dance, smiles were spread as attendees enjoyed the performance, and the significance of orthodontic care was highlighted by Dr. Mithun and Dr. Ashith, who were also felicitated for their contributions to raising awareness about orthodontic treatments among the general public.



### **FLAGGING OFF EVENT**

The Flagging Off Week-Long Events took place at AB Shetty Memorial Institute of Dental Sciences on 5th October 2024, at 10:00 PM, in collaboration with the Mangalore Orthodontic Study Club. This week-long initiative aimed to promote orthodontic awareness and engage the community in various activities. A vibrant flash mob was one of the highlights of the event, captivating attendees and drawing attention to the importance of orthodontic care. Participants showcased energetic dance performances, effectively blending entertainment with education. Throughout the week, a series of engaging activities, demonstrations, and discussions further emphasized the significance of orthodontic treatments, fostering a deeper understanding of oral health in the community.

Reported by Managing Editor : Dr. Mayank Gupta



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## Official newsletter of Indian Orthodontic Society

### FLAGGING OFF EVENT

The Flagging Off event was held at Manipal College of Dental Sciences on 5th October 2024, at 11:00 AM, in collaboration with the Mangalore Orthodontic Study Group. This significant event aimed to raise awareness about orthodontic care and its benefits to the community. Attendees included dental professionals, students, and members of the public who gathered to support this important initiative. Engaging discussions fostered a deeper understanding of the importance of oral health, encouraging attendees to seek orthodontic care and promoting healthier smiles within the community.



### QUIZ & ARTISTIC WIRE BENDING COMPETITION

The Quiz and Artistic Wire Bending Competition took place at Manipal College of Dental Sciences on 5th October 2024, at 10:30 AM to 1.00 PM. This engaging event aimed to promote orthodontic knowledge and creativity among participants. The quiz tested participants' understanding of orthodontic concepts, practices, and advancements, fostering a fun yet educational atmosphere. Simultaneously, the Artistic Wire Bending Competition showcased participants' creativity and skill in crafting intricate designs using orthodontic wires, demonstrating the artistic side of orthodontics. Both competitions encouraged teamwork and critical thinking while raising awareness about the importance of orthodontic care, making it an exciting and informative experience for all involved.



### ARTISTIC WIRE BENDING COMPETITION



The Artistic Wire Bending Competition was held at KVG Dental College on 5th October 2024, at 10:30 AM, in collaboration with the Mangalore Orthodontic Study Group (MOSG). This creative event showcased participants' skills in crafting intricate designs using orthodontic wires, highlighting the artistic aspects of orthodontics. Competitors demonstrated their creativity and precision, transforming simple materials into beautiful and functional wire creations. The collaboration with MOSG fostered a spirit of innovation and encouraged participants to think outside the box while raising awareness about the importance of orthodontic treatment. Attendees enjoyed watching the talented individuals at work, making it an engaging and inspiring experience for everyone involved.



### DANCE YATRA

The Dance Yatra took place at Thannir Bhavi Beach on 6th October 2024, at 4:30 PM. The event featured a vibrant flash mob by Srinivas Dental College, a skit performed by AJ Institute of Dental Sciences, and a lively dance by AB Shetty Memorial Institute of Dental Sciences and Century Dental College. Singing and hosting were provided by Yenepoya Dental College, adding to the festive atmosphere. Additionally, an awareness talk was delivered by Prof. Dr. Nilan Shetty, Principal of AJIDS, and Prof. Dr. Sandeep Shetty, Head of the Orthodontic Department at YDS, emphasizing the importance of orthodontic care. This engaging event successfully combined entertainment with educational outreach, fostering community awareness about orthodontics.



### ORTHODONTIC AWARENESS CAMP

The Orthodontic Awareness Camp took place in Belthangady on 7th October 2024, at 10:30 AM, specifically for school children. The camp aimed to educate young students about the importance of orthodontic care and maintaining proper oral health through interactive presentations and engaging discussions. Additionally, dental professionals conducted screenings to identify orthodontic issues such as misaligned teeth and overcrowding. This hands-on approach provided parents with personalized recommendations regarding potential treatments and emphasized the significance of early intervention. The event successfully raised awareness about orthodontics, empowering children and their families to prioritize oral health and consider appropriate treatments when necessary.





### COME TOGETHER 2.0

After last year's success of Come Together 1.0, the Mangalore Orthodontic Study Group (MOSG) invited attendees to Come Together 2.0, themed "Bridging the Gap Between Orthodontists, Oral Surgeons, and Psychiatrists." The MOSG and the Association of Oral and Maxillofacial Surgeons of India (AOMSI) Karnataka State Chapter organized the event. Speakers included Dr. Akhil Shetty, Additional Professor in the Department of Orthodontics at AB Shetty Memorial Institute of Dental Sciences, who discussed "Virtual Surgical Planning for Orthognathic Surgery."

Dr. Anil Kakunje, Professor in the Department of Psychiatry at Yenepoya Medical College, Mangaluru, spoke on "Seeing the Unseen: Dental Surgery & Mental Health." Dr. Abhay Taranath Kamath, Consultant in Oral & Maxillofacial Surgery at KMC Hospital, Mangaluru, presented on "Intricacies of Temporomandibular Joint Replacement." This special initiative for Orthodontic Awareness Week opened up new avenues for collaboration with other specialties in the dental and medical fraternity. Over 200 delegates attended and supported this unique initiative by YDC, MOSG, and AOMSI Karnataka State Chapter. The event took place at Yenepoya Dental College on 7th October 2024, starting at 9:00 AM.



The Mangalore Orthodontic Study Group (MOSG) received significant media coverage for most of the events organized during Orthodontic Awareness Week in collaboration with various dental colleges and private clinics. A newspaper article highlighted all the activities conducted throughout the week, showcasing the collective efforts to promote orthodontic care and education in the community. The article featured insights from Dr. Chaitra, the co-convenor, who provided commentary in the local language, emphasizing the importance of raising awareness about orthodontic treatments and fostering collaboration among dental professionals. This media exposure helped amplify the campaign's message, reaching a broader audience and encouraging public engagement in oral health initiatives.

### NEWS PAPER ARTICLES



## Official newsletter of Indian Orthodontic Society

### QUIZ COMPETITION

#### National orthodontic week 2024

##### Quiz competition (07 oct):-

##### Rules:-

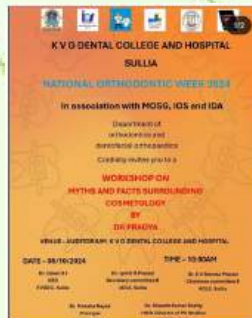
- Open to all participants interested
- Each team should consist of 3 members
- The quiz may consist of multiple choice questions, true/false questions, and short answers.
- Each participant will have a set amount of time (e.g., 15 seconds in the first round, 15 in the second round and 10 seconds in the third.)
- Points are awarded for each correct answer
- Reduction of points for questions that are passed
- Submit your names to **Dr Sourabh ( dept of orthodontics)**

The Quiz Competition was held at KVG Dental College on 7th October 2024, at 11:00 AM. Participants tested their understanding of orthodontics through a variety of stimulating questions, promoting friendly competition and collaboration. The event aimed to enhance students' awareness of dental health and orthodontic practices, creating an engaging and fun atmosphere for all attendees.



### WORKSHOP ON MYTHS AND FACTS SURROUNDING COSMETOLOGY

The Workshop on Myths and Facts Surrounding Cosmetology was conducted at KVG Dental College on 8th October 2024. This informative session aimed to debunk common misconceptions about cosmetic procedures while providing accurate information. Participants engaged in discussions and demonstrations, enhancing their understanding of various cosmetic treatments and their implications. Additionally, the workshop included a segment on orthodontic treatment awareness, highlighting its benefits and encouraging informed decision-making. This dual focus successfully promoted both cosmetology and orthodontic awareness among attendees, fostering a holistic understanding of dental and cosmetic care.



### MOTHER ORTHODONTIST CAMPAIGN



Inspiring discussions marked the "Mother Orthodontist Campaign" at Srinivas Institute of Dental Sciences, Mukka, Mangalore. The event featured a talk titled "The Role of Mothers in Early Orthodontic Care" by Prof. and Head of the Department, Dr. Praveena Shetty. He educated mothers about the significance of timely orthodontic care and preventive orthodontics, emphasizing their crucial role as the first point of contact for their children's healthcare. Mothers appreciated the insights shared during the session, expressing gratitude for learning new information that would help them provide timely care for their children. This initiative fostered awareness and encouraged proactive measures for children's oral health.



### MOSG MOVIE NIGHT

The MOSG Movie Night took place on 8th October 2024, at Bharath Cinemas in Bharath Mall. The event aimed to support local filmmakers and promote the "Go Vocal for Local" initiative. Attendees gathered at 8:30 PM for an enjoyable evening featuring the Kannada film "Kaljiga."



Film actor Arjun Akpikad graced the event and appreciated the MOSG's initiative in spreading awareness about orthodontic treatment. The movie night celebrated local talent and fostered a sense of community spirit among participants. Everyone enjoyed the film, creating a lively atmosphere filled with camaraderie and entertainment. This successful event highlighted the importance of supporting local artists and showcased the MOSG's commitment to cultural initiatives.

### THEATRE ADS CAMPAIGN

The Theatre Ads Campaign took place from 5th to 13th October 2024 at Big Cinemas, PVR, and Cinépolis in Mangalore. This initiative featured video highlighting the importance of receiving orthodontic treatment from qualified professionals.

The ads aimed to raise awareness about various orthodontic procedures, showcasing how proper treatment can enhance smiles and overall dental health. By utilizing the reach of popular cinema venues, the campaign effectively educated audiences about the benefits of seeking orthodontic care and reinforced the message that orthodontists are essential for achieving optimal results. The initiative successfully engaged viewers, promoting a greater understanding of orthodontics within the community.



### ORTHODONTIC AWARENESS TALK



The Orthodontic Awareness Talk was held at KVG Dental College on 9th October 2024. This informative session aimed to educate students and the community about the significance of orthodontic care. The talk covered various topics, including common orthodontic issues, the benefits of early intervention, and the latest advancements in orthodontic treatments.

Participants engaged in discussions and asked questions, gaining valuable insights into how orthodontics can improve oral health and enhance smiles. The event successfully fostered awareness and encouraged attendees to seek timely orthodontic care. By emphasizing the importance of professional guidance, the talk empowered individuals to make informed decisions about their dental health and treatment options.



## Official newsletter of Indian Orthodontic Society

### SMILE YATRA: A PUBLIC AWARENESS PROGRAM



The "Smile Yatra: A Public Awareness Program" took place on 9th October 2024, at Deralakatte, starting at 9:00 AM. This impactful event featured a silent march where participants carried posters and placards emphasizing the importance of orthodontic treatment and raising awareness about dental health.

The march aimed to engage the local community in discussions about the benefits of orthodontic care, including improved oral hygiene, enhanced self-esteem, and overall health. Participants raised awareness about the significance of early intervention and seeking professional orthodontic advice. The event successfully fostered a sense of community involvement while promoting the message of healthy smiles and informed dental choices.

### EXHIBITION, TABLE CLINIC & SKIT TO CREATE ORTHODONTIC AWARENESS

The Exhibition, Table Clinic, and Skit to Create Orthodontic Awareness was held at KVG Dental College on 10th October 2024. This engaging event aimed to educate students and the community about various aspects of orthodontic care through interactive displays, informative presentations, and entertaining performances. Participants explored various exhibits showcasing orthodontic techniques, treatment options, and the importance of oral health.



The Table Clinic provided hands-on demonstrations, allowing attendees to gain a deeper understanding of orthodontic procedures. Additionally, a skit was performed to creatively illustrate common misconceptions about orthodontics, making the information relatable and memorable. The event successfully raised awareness about the significance of orthodontic treatment and encouraged attendees to prioritize their dental health. Overall, it fostered a collaborative spirit among students, faculty, and the community, reinforcing the message of healthy smiles and informed choices.

### CELEBRITY ENDORSEMENT

Celebrity endorsement plays a crucial role in orthodontic awareness by increasing visibility, building trust, and shaping public perception of orthodontic care.



Celebrities can reach large, diverse audiences, particularly younger demographics, and lend credibility to orthodontic treatments. Their endorsements help normalize dental care, make it more appealing, and influence trends, especially in cosmetic dentistry. Celebrities also play a key role in inspiring confidence and promoting early treatment, while their collaborations with brands can drive innovation and expand market reach. Ultimately, celebrity endorsements elevate the perceived value of orthodontic services and encourage more people to seek treatment.

Reported by Managing Editor : Dr. Mayank Gupta

## Official newsletter of Indian Orthodontic Society

### ANIMAL ADOPTION CAMPAIGN

The Animal Adoption Campaign took place on 12th October 2024, at Pilikula Nisargadhama. This event aimed to raise awareness about the importance of animal adoption and the need for donations to support local shelters amidst rising costs.

A recent article in the Mangalore Today news network highlighted the increasing financial challenges faced by animal welfare organizations and emphasized the urgent need for community support. In response to this call, the Mangalore Orthodontic Study Group (MOSG) took a proactive step by adopting a bird, a Macau, to promote the message of compassion and responsibility towards animals.

The campaign successfully engaged the community, encouraging more individuals to consider adopting pets and supporting local animal shelters. Through this initiative, MOSG demonstrated its commitment to social responsibility and the welfare of animals in need.



#### Pilikula biological park looking for more donors and adopters

Mangalore Today News Network

Mangalore, June 29: Director of Dr. Shivaram Karanth Biological Park at Pilikula said that the park expects some more people to adopt its young animals, owing to the rising cost of maintaining them. Explaining the matter further, he said that the park now has 12 new young animals, born over the past 3 months. Owing to the rising cost of meat and vegetables, it is very difficult to feed and maintain them in the absence of generous donors and adopters.



### EMB(RACE) - Miles for Her Smiles - MARATHON

On October 13, the Mangalore Orthodontic Study Group, in collaboration with the Mangalore Runners Club, organized a vibrant 3km marathon to raise awareness about orthodontics and support women's safety. Over 100 enthusiastic participants donned vibrant pink marathon shirts, symbolizing their commitment to women's rights and health. The event centered around the theme "Embrace Miles for Her Smiles," highlighting the dual importance of dental health and women's empowerment.

Dr. Sandeep Shetty, who emphasized the significance of orthodontics in enhancing smiles and overall confidence, and Dr. Siddhart Shetty, who reinforced the message of embracing and supporting women's empowerment and safety. ACP Traffic Sub division Geetha D Kulkarni presented on critical issues related to women's safety in society and the workplace, offering practical solutions to enhance awareness. This marathon not only celebrated fitness but also initiated meaningful dialogues about important social issues. The collaboration between the Mangalore Orthodontic Study Group and the Mangalore Runners Club created a memorable event, highlighting the importance of dental health and empowering women in the community. Future initiatives are anticipated to continue uplifting and supporting local members.

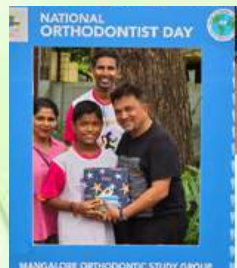




### "Embrace Kids" Painting Competition

On October 13, the Mangalore Orthodontic Study Group, in collaboration with the Colours of Mangalore, hosted a delightful painting competition titled "Embrace Kids." This event aimed to inspire creativity among young artists while celebrating the themes of "Smile" and "Dusshera." The competition attracted 20 talented young artists, each eager to showcase their creativity and interpretation of the themes.

The vibrant atmosphere was filled with excitement as kids expressed their artistic visions on canvas. Dr. Akhter Hussain delivered an inspiring speech on the importance of creativity in painting, emphasizing how art fosters imagination and emotional expression. Mrs. Sapna shared insights about the Colours of Mangalore group, highlighting its commitment to nurturing young talent in the arts and supporting students interested in painting. The creativity displayed by participants was remarkable, with each painting reflecting the unique perspectives of the young artists and incorporating elements of joy, culture, and festivity associated with smiles and Dusshera. The event not only showcased artistic talent but also fostered a sense of community among participants and their families, strengthening bonds through shared creativity and celebration.



### COLLABORATION WITH LOCAL INSTAGRAM CHANNELS



Collaboration with the local Instagram channel Mangalore Meri Jaan through Reels played a pivotal role in significantly boosting orthodontic awareness, achieving over 34K views on the platform. By leveraging the channel's well-established local following and engaging, visually appealing content, we were able to reach a highly targeted audience within Mangalore, which proved crucial for spreading awareness about the importance and benefits of orthodontic care. The use of Instagram Reels allowed us to create short, impactful videos that captured viewers' attention quickly.

Through before-and-after treatment showcases, patient testimonials, and endorsements from local influencers, we delivered content that was both educational and visually appealing. These bite-sized videos made the topic of orthodontics accessible and engaging, which is key in a world where users are constantly consuming content in short, digestible formats. Furthermore, this approach was highly cost-effective, providing a greater return on investment compared to traditional advertising. By tapping into an existing, engaged local audience and utilizing organic content through Reels, we avoided the high costs associated with more traditional marketing methods while still achieving impressive results. In conclusion, the collaboration with Mangalore Meri Jaan through Instagram Reels proved to be a highly effective strategy for increasing orthodontic awareness. It successfully engaged a local audience, fostered trust within the community, and positioned orthodontic services as both desirable and accessible. Achieving over 34K views demonstrated the power of combining local influencers, authentic content, and targeted marketing in reaching more people and driving interest in orthodontic treatments.





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**Ormco** Driving the Future  
of Orthodontics  
*together*

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with

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CLEAR ALIGNER SYSTEM

DESIGNED FOR THE NEEDS OF ORTHODONTISTS



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#### MORE CONTROL & MORE FLEXIBILITY

Modify cases remotely with exclusive Spark Approver™ Web access. Detect and prevent collisions during treatment easily with TruRoot CBCT Collision Alert System.

#### PROVEN SPARK CLINICAL ADVANTAGES

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\*Disclaimer: Source: Dental Monitoring Data Analysis April 2023

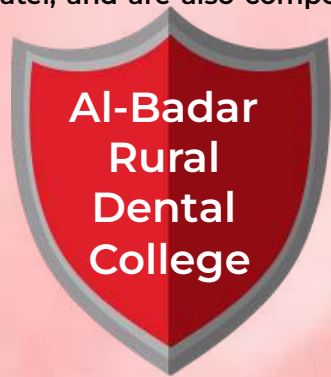




## Official newsletter of Indian Orthodontic Society

### WIRE BENDING COMPETITION

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. Let us connect globally and explore our futures with digital and sustainable orthodontics

### 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.



Reported by Associate Editor  
Dr. Shantanu Khattri



## Official newsletter of Indian Orthodontic Society

### 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.”



### 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.





# ios TIMES



## Official newsletter of Indian Orthodontic Society

**Activity report of National Orthodontist Day/ Annual Orthodontic week at Narayana Dental College- Nellore.**

**Opening ceremony:** The Chief guests of the program were Dr. Ajay Reginald, Principal and Dr. Siva Kumar, Dean. Various Heads and staff of all the departments were invited. Program was started with a prayer song by II MDS PG students and followed by lighting of the lamp by the Principal, Dean and all the Head of departments. Dr. Mandava Prasad, Professor and Head of the Department presided over the function.

The following are the different events organized during the whole orthodontic week.  
**3rd October: Blood donation program.**

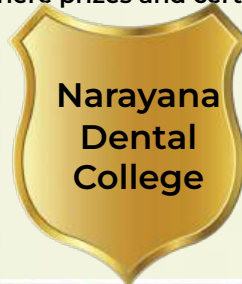
**5th October: One minute games for all the Undergraduate and Postgraduate students.**

**7th October: Screening camp was conducted by our faculty and Post graduates at pharmacy colleges In the afternoon session quiz competition (15 Teams) was conducted for undergraduate students**

**8th October: Screening camp was conducted by our Postgraduates. During the camp session, awareness about malocclusions and the importance of orthodontic treatment was . Talent hunt competitions, skit enact (Doctor Patient) and victory quest games were conducted to undergraduates and postgraduate students.**

**9th October: Drawing competitions were conducted to undergraduates and postgraduate students. Along with these events best smile photograph and best reel competitions are conducted through online mode.**

**10th October: Valedictory ceremony where prizes and certificates were distributed.**



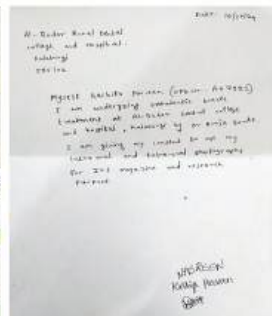
Reported by Associate Editor  
 Dr. Shantanu Khattri



## Official newsletter of Indian Orthodontic Society

### 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.



Department of Orthodontics And Dentofacial Orthopaedics celebrated National Orthodontic Week under the guidance of our respected HOD DR. SUKHDEEP SINGH KAHLON The following activities were conducted

- 1) Wire Bending Competition
- 2) Poster Making Competition
- 3) Insta Reels Competition
- 4) Rangoli Making Competition
- 5) A special lecture by HOD







Official newsletter of Indian Orthodontic Society



The program commenced by welcoming the guests by the faculty of department. The occasion was graced by Dr Kavipal Singh ,Principal SGRDIDSR. Different competitions were conducted . Every entry was carefully examined and graded by our esteemed panel of judges. During the event public awareness videoes were showcased emphasising the importance of orthodontic treatment.The program concluded with cake cutting and prize distribution. The event was a huge success and received recognition and appreciation from everyone present.







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- ✦ 9 out of 10 patients prefer NiTime over leading aligner brands\*
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\*data on file



Scan to Unveil the Science Behind NiTime  
and Unlock Special Offers





## 58th IOC BENGALURU Results



TABLE CLINIC  
CLINICAL

**1<sup>st</sup>**

Dr. Nayeemullah  
Khan

TABLE CLINIC  
INNOVATION

**1<sup>st</sup>**

Dr Chaitra  
Santoshkumar  
Mastud

E-POSTER  
CLINICAL

**1<sup>st</sup>**

Dr. Gautham  
Reddy

E-POSTER  
GENERAL

**1<sup>st</sup>**

Dr. Abirami R

E-POSTER  
RESEARCH

**1<sup>st</sup>**

Prof.  
Fayyaz Ahamed

PAPER  
INNOVATION

**1<sup>st</sup>**

Dr. Faisal  
Arshad

### PAPER RESEARCH WINNERS

**1<sup>st</sup>**

Dr.Hemamalini  
D

Dr. Prachi  
Gaonkar

**2<sup>nd</sup>**

Dr. Dilip  
Kumar

Dr.Varun G

**3<sup>rd</sup>**

Dr. Shresthaa  
Singh

Dr. Laxmi  
Pritha M

Dr. Mahalakshmi  
Krishna  
kumaran



### PAPER CLINICAL WINNERS

**1<sup>st</sup>**

Dr.Analhaq  
Shaikh

**1<sup>st</sup>**

Dr. George  
Cherackal

**2<sup>nd</sup>**

Dr. Akshay  
Madhukar  
Waingankar

**2<sup>nd</sup>**

Dr. Gagan  
Deep  
Kochar

**3<sup>rd</sup>**

Dr. Vignesh K

**3<sup>rd</sup>**

Dr. Dhruv Jain

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# 58<sup>th</sup> IOC Preconference Course

## GRAPHY WORKSHOP-DIRECT PRINTED ALIGNERS

The 58th Indian orthodontic conference hosted “Graphy Aligner Workshop” on 19th September 2024, at Galaxy Hall 1 for over a hundred participants. The course mentors Dr Balaji Krishnan & Dr Kenji Ojima, elaborated on the Direct printed aligner system and its disruptive nature. Dr Balaji Krishnan gave his first lecture on the Basics of clear aligners, workflow, 3D scanning technology, and highlighted on how graphy can revolutionize the aligner market. Dr Kenji Ojima gave an extraordinary lecture on the biomechanics of Direct printed aligners and he showcased his clinical cases and clinical tips on how to plan cases with reduced attachments. In the afternoon session Dr Parameswaran gave a brief overview on the Direct Aligner Designer software and gave a hands-on demonstration to plan a full case with attachments & aligner shell export. Followed by which, Dr Tanveer Ahmed Khan showed the 3D printing and post processing of Graphy aligners and allowed the participants to handle the Printed Graphy Aligners. The workshop ended with a blazing question answer session. The course faculty Dr Mahalakshmi K, Dr Rajesh R, Dr Shanthini Priya A, Dr Deepak P & Dr Aswini S were the pillars behind the success of this workshop.



Dr Kenji and Dr Balaji's Team



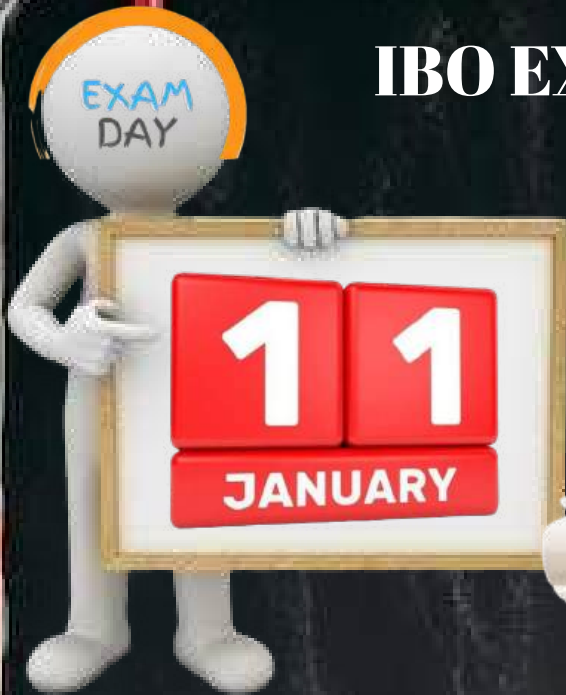
Reported by Section Editor : Dr. Arjun Nayak





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## IBO EXAM



**IBO CERTIFICATION  
ONLINE PHASE II  
EXAMINATION  
THEORY**

**PORTAL  
CLOSURE**



Remote proctoring facility is available for  
international members of IOS and  
overseas IOS life members

**IBO AWARENESS  
PROGRAM  
9th NOVEMBER  
SATURDAY  
INDORE OSG**

Online forms will be available shortly on  
[www.indianboardorthodontics.com](http://www.indianboardorthodontics.com)

**REGISTER AT THE  
EARLIEST TO GET YOUR  
CHOICE OF CENTERS**

Reported by Section Editor  
Dr. Pavithra Bai M



Official newsletter of Indian Orthodontic Society

## Has your braces doctor undergone more than 5000 hours of training in Orthodontics ?

**Acknowledgment : IOS Times thanks Dr. Namit Nagar for his valuable contribution towards the public awareness page**



**BEFORE**



**AFTER**

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***Small changes bring about a significant change in the hands of a qualified orthodontist***





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

[www.iosweb.net](http://www.iosweb.net)



**For a lifetime of a healthy  
beautiful smile, ensure that it is  
made better by an Orthodontist  
endorsed by the Indian  
Orthodontic Society**

**Acknowledgement : IOS Times thanks  
Dr. Nilesh Hegde for his contribution  
towards the public awareness page**





Official newsletter of Indian Orthodontic Society

**Orthodontic  
treatment by an  
Orthodontist is a key  
to a healthy ,  
confident and  
beautiful smile !**



**Ormco** Driving the Future  
of Orthodontics  
*together*

**DAMON ULTIMA™**  
SYSTEM

**One Day with Ormco  
International Speaker  
Dr Haithem Dhan**



**For Registration**  
(Scan the QR Code & submit the form)

  
**CHENNAI**  
15<sup>th</sup> NOV  
(Friday)

  
**BANGALORE**  
16<sup>th</sup> NOV  
(Saturday)

  
**PUNE**  
17<sup>th</sup> NOV  
(Sunday)

  
**DELHI**  
18<sup>th</sup> NOV  
(Monday)



Dr Haithem Dhan is an orthodontist specialist based in Kuwait. He obtained his bachelor's degree in Dentistry from Carol Davila University of Medicine and Pharmacy Bucharest, Romania in 2005, and a specialist degree in orthodontics & orthopedics from the same university in 2009. He has been an International Keynote Speaker for Ormco and has exclusively worked with the Damon System for over +10 years.

**For any queries please contact: Jennifer Perris: 98301 11362**

*Dr. Prashantha G S*

Dr Prashantha G S graduated as BDS in 2000 and MDS in 2003 from Bapuji Dental College, Karnataka. He did his M Orth RCS from the Royal College of Surgeons Edinburgh, UK in May 2005. He is currently the Professor in the Department of Orthodontics in the Faculty of Dental Sciences, M. S. Ramaiah University of Applied Sciences Bangalore, Karnataka. He has organized around 31 CDE Programs at State, National and International level as an Organizing Committee member including the recent 58th IOC, Bengaluru. He has attended nearly 102 CDE Programs at State, National and International level. He has about 59 Publications indexed mainly in Pubmed, Scopus and Web of Science to his credit. He received the IOS Grant for the academic year 2024 on the topic "Relationship of ALP Enzyme activity in GCF with rate of tooth movement accelerated by PRP and associated anchor loss due to cross over effect". He also received the "Exemplary Faculty Award" on the occasion of Teacher's Day celebration in recognition to his valuable contributions to Ramaiah University of Applied Sciences. At present, he is guiding 5 PhD Scholars under Ramaiah University of Applied Sciences. His areas of interest include Aligner Biomechanics, Surgical Orthodontics and applications of FEM in Orthodontics. His favourite hobbies include drawing, painting and travelling.



## Official newsletter of Indian Orthodontic Society



*Dr Karkal Prashant Kamath*



Dr Karkal Prashant Kamath hails from a small temple town of Karkala, Dakshina Kannada but was born in Mumbai, Maharashtra on the 28th of August 1969 and spent his formative years in Bangalore, Coorg and Mysore before eventually moving to Dubai in 1979. He completed his 12th grade at Abu Dhabi Indian School, UAE.

Dr K. Prashant Kamath completed his Bachelor of Dentistry (BDS) from the College of Dental Surgery, Manipal in the year 1991 under the Mangalore University. Subsequently he completed his Master of Dental Surgery (MDS) from Bapuji Dental College and Hospital, Davangere in the year 1995 under the guidance of Dr K Sadashiva Shetty from Kuvempu University.

Dr Kamath settled in Bangalore and joined the Bangalore Institute of Dental Sciences as a Senior lecturer in the Dept of Orthodontics and worked there for one year. He later joined Krishnadevaraya Dental college and Hospital in 1996 and worked there for almost 4 years as Assistant Professor in the Dept of Orthodontics. Subsequently he assumed charge as Associate Professor & HOD at Sri Venkateshwara Dental college and Hospital and remained there in service until 2006.

He would later join Dr Syamala Reddy Dental College and Hospital as the Professor and HOD and Post Graduate guide until 2020. During his academic tenure, he has published numerous national and international publications and conducted various workshops related to Surgical Orthodontics and Contemporary Orthodontic techniques. He also has been invited as a guest speaker to many such conventions across the country. He has also been in private practice since 1995 and has established his own practice on Richmond Road besides consulting at leading dental practices in Bangalore.

Kamath is a serial entrepreneur at heart and wears multiple hats in the business arena. His passion is circular commerce, sustainability, climate change and carbon neutrality and has been tirelessly working in this domain for the past 12 years.





# ios TIMES

Members' Section



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He is a member of the Hydrogen Task force for the Government of India and is a frequent speaker at several national and international energy forums. He is also an active member of the Confederation of Indian Industry(CII) and lends his ideas and suggestions for making Indian industry a robust and progressive entity. He is the owner of several patents related to the energy sector with special focus on cutting edge water electrolysis technologies. His current ventures are Bluebirch – A circular e-commerce company processing excess, reverse inventory and decommissioned assets on a domain agnostic basis for leading market place players, retailers and brands like Amazon, Myntra, Flipkart, Croma, Reliance, Mercedes, Sangeeta, Snapdeal, Philips, Whirlpool and many more such brands. The company has evolved a Software as a service(SaaS) platform for brands, Oems, manufacturers, platforms and other retailers that enables them to process excess or returns in a sustainable manner. This will ensure that the companies preserve their bottomline, yet follow a virtuous and auditable process.

Bluebasic Ama Engineering Pvt Ltd – An Indo-Italian technology company catering to three distinct sectors

1. Vehicular emission space – World-wide VDA license for Adblue and have licensed Indian Oil Corporation Limited for their plant in Manesar, Taloja, Tadepalle, Mathura refinery, Chennai and Budge Budge plant. Their commercial product is Clear Blue which is sold in 28,000 Indian Oil petrol stations across the country. This ensures the NOx reduction from the tail pipes of Bharath VI diesel vehicles which eventually brings down the vehicular pollution

2. Cryogenic Industry – Manufacture world class cryogenic containers for Oxygen, Nitrogen, Co2, Argon and LNG that cater to the medical, industrial, scientific and automotive sectors. Their automotive LNG tanks nicknamed “Blueroad” are the current technology disruptors that will replace the polluting diesel to LNG fuel, making the automotive sector a clean and non- polluting sector through phased transformations. A lot of work is being done in this domain to cater to both the OEM and as well as the after markets.

3. Hydrogen Vertical - homiHydrogen Pvt Ltd – A recently incorporated company in the early part of 2022 is a Adar Poonawala family (Serum Institute, Pune) backed enterprise which has ventured into manufacturing of Water Electrolysis systems. They have their current facilities in Italy, Germany, Switzerland, Pune and Jalgaon. They have earned the distinction to have installed India's first Green Hydrogen Plant at Jorhat, Assam at Oil India campus for gas grid blending and for transportable hydrogen to cater to a PEM Fuel bus which caters to tourists for the Kaziranga National park. This bus was inaugurated by the Honorable Prime Minister at the India Energy week in Bangalore. They are also working closely with DRDO, ISRO, IOCL R&D, HPCL R&D, BPCL Kochi Refinery, Cochin International Airport, Jindal Steel, O2 Power (Temasek Singapore fund), IIT Delhi, IIT Mumbai, IIT Chennai and IIT Guwahati to disseminate the various technologies for making Green H2, Ammonia, Methanol and Sustainable Aviation Fuel (SAF) for the various industrial sectors. homiHydrogen is also the recipient of the Government of India's popular Production Linked Incentive(PLI) scheme for 101.5 MW for Alkaline Membrane Solid Electrolyser(AMSE) and Solid Oxide Electrolyser Cell(SOEC) technologies, which are the cutting edge contemporary technologies in the world which will surely propel India as a front runner in the energy transition globally.

Gloriosa Energy Corp – An 25 MW off-the-grid data center in Tornio, Finland catering to data banking solutions to the likes of Amazon and Microsoft having a Tier-4 redundancy and powered by LNG. A family man, wife Dr Rupali Kamath, a Prosthodontist, sons Rohit and Karan, both finance and Business school graduates and entrepreneurs. Hobbies – Reading, music and technology

## Official newsletter of Indian Orthodontic Society

### *Practice management and the Budding Orthodontists in India- the two sides of the coin. Should we blame the saturated market or should we adhere to the steep learning curve?*

Young orthodontists graduating from dental institutions often face a significant transition when moving from a didactic curriculum to the decision making practice environment. This involves mastering advanced clinical techniques while simultaneously navigating the intricacies of administrative operations of the practice setup.

The intense competition, fueled by the proliferation of dental clinics and the increasing availability of orthodontic services have led to an extravagant saturation of the market. This compels the budding orthodontists to distinguish themselves not only through clinical expertise but also supplementing the traditional practice management strategies with additional approaches to cultivate a distinctive practice quintessence. Looking on the brighter side, the booming digital marketing, the integration of cutting-edge technology and evidence-based approaches have revolutionised the practice atmosphere these days. Traditional word-of-mouth still holds value but digital marketing by building a robust digital identity through social media platforms, educational content and patient testimonials have become inevitable in this era for increasing the practice visibility. Besides this, interpersonal soft skills such as communication, patient education and personalised treatment plans are to be prioritised.

Choosing a location with growth potential, deep understanding of healthcare regulations, innovative approaches to patient care, compliance protocols, adopting technology for appointment scheduling, patient consultations and follow-up care can be done for ensuring a seamless and efficient patient experience. Adhering to the steep learning curve, learning from experts, venturing into the unexplored areas in Orthodontics, networking and mentorship, associating with established practices can be considered. Being aware of financial prudence like resource allocation, cost management and revenue optimization can aid in the careful planning of investments in infrastructure to balance the practice's maintenance costs. Hence, to conclude, adopting a multifaceted approach with sound clinical acumen, patient engagement, technology adoption, financial planning can aid the budding orthodontists to get established in the market irrespective of the era.

*Dr Hasini Gopal, Chennai*

**You can reach the public relation editors for your feedback. We are also available in Instagram and Facebook. Reach out at our official email id [editoriostimes@iosweb.net](mailto:editoriostimes@iosweb.net)**

**We are looking for member's achievements (awards, recognitions, new degrees, publications and patents) for the next issue.**



A CDE lecture and Live Demonstration workshop was conducted on the topic “New Vistas in TAD’S and MARPE” by Dr Vivek Patni from Mumbai. The program was started with floral welcome of the Speaker by Conveners of MPOSG. Dr. Suryash Dilliwal, Dr. Kamalshikha Baheti and Dr. Rakesh Thukral.

Felicitation was done for Dr. Ashish Garg, HOD Sri Aurobindo College of Dentistry, Indore as he is unanimously elected as new Board of Director of IBO and Inducted in Academic Council of IOS as an External member.

Floral welcome was done for Dr. Amit Bhardwaj, Joint Secretary IOS and Dr. Madhur Navlani as he has been inducted in the Study Group Co-ordination Committee by IOS as an External Member. A live video demonstration was done to explain about the techniques and placement of TAD’s and Bone Screws by Dr. Vivek Patni.

Participants were very keen to understand these procedures. A lecture on MARPE was taken by the speaker where he explained about the basics and advanced techniques of MARPE.

The program was well received and appreciated by all the 50 members & ended with felicitation of keynote speaker Dr. Vivek Patni with a memento & certificate.

AGM of MPOSG was conducted at the end in which Dr. Kratika Mishra was inducted as New Convener of MPOSG.

**Organised by  
Madhya Pradesh  
orthodontic  
study group.**

**Dr. Kamalshikha  
Baheti  
Dr. Rakesh Thukral  
Dr. Kratika Mishra  
Conveners, MPOSG,  
Indore (M.P.)**







## Official newsletter of Indian Orthodontic Society

### IOS RESEARCH TIMES

This will be an exciting and brand-new column introduced in IOS TIMES from this October issue dedicated to the orthodontic research which will be covering news related to research grants, interesting orthodontic research in the recent past months, research tips from eminent orthodontic researchers, interesting student researcher and research, new research collaboration or research workshops in IOS, interesting social media excerpts pertaining to orthodontic science.

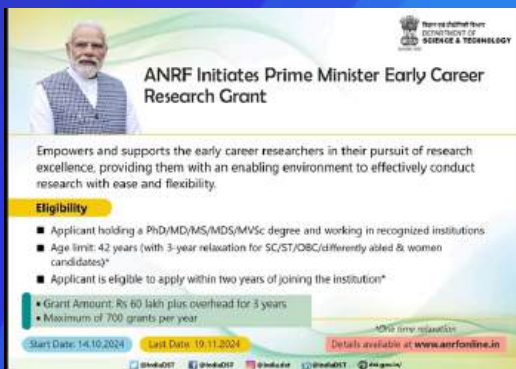
### Research grants from Indian Government

In this issue, we will see one of the research funding opportunities from Indian government agency.

1.The India Science, Technology and Innovation portal offers various research grants under individual, institutional and other categories.

Kindly visit this link for additional info <https://www.indiascienceandtechnology.gov.in/funding-opportunities/research-grants/>.

2.Another grant resource from the government



**ANRF Initiates Prime Minister Early Career Research Grant**

Empowers and supports the early career researchers in their pursuit of research excellence, providing them with an enabling environment to effectively conduct research with ease and flexibility.

**Eligibility**

- Applicant holding a PhD/MD/MS/MDS/MVSc degree and working in recognized institutions
- Age limit: 42 years (with 3-year relaxation for SC/ST/OBC/differently abled & women candidates)\*
- Applicant is eligible to apply within two years of joining the institution\*

• Grant Amount: Rs 60 lakh plus overhead for 3 years  
• Maximum of 700 grants per year

Start Date: 14.10.2024 | Last Date: 19.11.2024

\*Age limit relaxation  
Details available at [www.anrfonline.in](http://www.anrfonline.in)

#ANRFonline

### INTERESTING STUDENT/ YOUNG ORTHODONTIST ACTIVITY

Two budding orthodontists, Dr Abhirami (Presently working as a research fellow at AIIMS, New Delhi) and Dr Agharsh (consultant orthodontist in Bangalore), are running an extremely interesting insta page "Ortho minibytes" dedicated to orthodontic facts which they give in the form of interesting snippets. The journey of 'Ortho minibytes' is an account of passion and friendship. It was started by fresh graduates Abirami and Agharsh during the COVID pandemic, who bonded over their MDS entrance exam preparations. This Instagram platform simplifies orthodontic concepts into easy-to-understand snippets. The content aims to engage upcoming postgraduates by covering fundamental topics and addressing common questions from seminars, discussions, and grand examinations, along with references. Positive feedback from students and faculty has inspired them to keep going. Although maintaining consistency can be challenging, they support each other through a shared sense of accountability.



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### ***Beyond Orthodontics***

***All work and no play makes Jack a dull boy ! Dr. Tarun Sharma truly believes in this saying .***



Life has always been a journey for me and learning has been its driving force. Discovering the reach of my vocal chords as a child to playing the keys of a piano, my cognitive domain always surged for stimuli which satiated me and encouraged me to attain more. My affinity towards birds and wildlife gave me the camera which later on became an extension of my exploratory persona.

My tryst with the leather wrapped and aluminium cased SLR blossomed into a future mentorship with canon imaging India.

I also had a culinary incline which paved way for my first professional saga and Diploma in hotel management from the renowned Pusa institute. This was short lived and I eventually embraced dentistry in 1997.

A bachelor's in Dentistry refined my creative skill and amalgamated it with science where I discovered the most fascinating speciality and also my final destination called Orthodontics & Dentofacial Orthopaedics

The lock down came as a wakeup call for many, but I rediscovered my dormant passion called baking and crafted a brand called healthy potions which specialises in artisan breads.





My zeal to learn has helped me to reinvent myself as an orthodontist now and then. My passions helped me in understanding the music of orthodontics. My photography has helped me to see everything in a totally different perspective. Orthodontics and its meticulous planning has helped me in an extraordinary way as I can now bake with more perfection owing to my training in observing minute detail, patient observance and crafting for perfection.

Psychology was one avenue I always wanted to explore and I successfully completed my online certifications in psychology from the renowned Yale and Pennsylvania universities

True passion paves way for accomplishment where soulful indulgences leave us balanced and calm..... To pen it in my own words..

My contentment is not my settling with less. It's my living with more.



Reported by :  
Dr. Sonam Sehrawat





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**This Diwali lightening up hearts, one smile at a time. Let the festivities begin, smile bright sparkle more!!**

Diwali is not only a festival of light but a way to highlight inner joy and contentment expressed through smiles. Diwali vibes around, photographic capture of memories and mesmerising reels and videos are everywhere on social media platforms.

*But what with a braced-up smile ??*

The braced-up smile is just the beginning for an inexhaustible spiritual and emotional wealth of self-worth. So don't feel shy, indeed stay focused on that endgame for a perfectly aligned smile. As Diwali brings hearts together, we orthodontists bring teeth together to close the gaps. So, brace yourself up to double the joy of celebrations this Diwali. Choosing orthodontic treatment for yourself is a gift of a beautiful smile, enhanced confidence and a positive self-perception.

**"Unlocking a perfect smile with one wire at a time " Tooth brace – turning awkwardness to awesomeness Crafting perfect smile, hesitation no more! Orthodontics on the go!!**

**Dr. Sonam Sehrawat**

## UPCOMING EVENTS

2024



**PRAGYA PG  
ORIENTATION PROGRAM  
25th - 27th  
OCTOBER  
FRI SAT SUN  
VIRTUAL**

**APOS MEETING  
3rd - 5th  
DECEMBER  
TUES WED THURS  
TAIWAN**

**ODOAN CONFERENCE  
15 th - 16th  
NOVEMBER  
FRIDAY SATURDAY  
NEPAL**

**ORTHODONTIC  
SYMPOSIUM  
20th - 21st  
NOVEMBER  
WED THURS  
KVG DENTAL COLLEGE  
SULIA**



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***A very creative Rangoli by  
Dr. Achint Chachada, Nagpur***



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

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## *A smile restored - A life transformed*

*By: Dr. Shikha Rastogi Gupta, Agra*



Pre operative



Post operative

Every smile has its own story. I was self-conscious about my smile and would hide my mouth when I laughed. After getting treatment I found the confidence to laugh freely. I was an introvert shy person who didn't want to mingle with people. I didn't like to attend family functions and getting along with friends because of teasing. Then one of my cousin told me to get treatment done from a dentist. To resolve my problem I searched on internet and various methods of correction and also got the information about specialist Orthodontist who treats such problems. Someone told me about Dr. Shikha Gupta. There was significant change in the smile and my relatives and friends started noticing it and gave me positive compliments. I was so happy with my decision. Finally, after 18 months of active treatment my braces were removed and retainer plates were given and asked to wear for a year. I did so happily. My level of confidence improved drastically and regained my self esteem also. Now I attend all functions, love to meet people. Infact achieved great success in job also. I am highly indebted to the Orthodontist for changing my life and improving quality of life and changing my perspective towards life.



## *Smile Transformation of a young girl with 2 phase treatment*

*By: Dr. Sharmila Shetty , Kinnigoli*



**Imparting the confidence to smile to this young girl**



**Smile Crafted by:  
Dr. Sharmila Shetty  
Kinnigoli**

In Shreya's words: "I love my new smile! Now I can smile for pictures without hiding my teeth."

Here's a touching story of a life-changing smile transformation for 10-year-old Shreya. Naturally shy yet full of life, Shreya avoided smiling for photos because she felt embarrassed about her teeth. Her forwardly placed teeth made it hard for her to close her lips, which only deepened her self-consciousness. Everything changed when her parents decided to take her to Dr. Sharmila, a skilled orthodontist known for her gentle approach with children. With each visit, her smile grew brighter, and her confidence followed. The final result? A beautifully aligned set of teeth, a radiant smile, and a Shreya who now beamed with confidence. Shreya's journey highlights the profound impact that orthodontic treatment can have on a young child's self-esteem and overall happiness, truly making it a life-changing experience.



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## SMILE TRANSFORMATION STORIES



*Imparting life changing confidence By:  
Dr. Rajesh Kuril,  
Mumbai*

Reported by Section  
Editor Dr. Himija Karia

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