

# 21ST MID-YEAR CONVENTION

PHUKET  
SINGAPORE  
MALAYSIA  
KUALA LUMPUR



# WORLD NO TOBACCO DAY

let's commit to quit tobacco





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# President's Message



Dear Fraternity,

The month of June has been a remarkable chapter in the IOS journey, filled with academic vigor, international collaboration, and national pride.

The 21st Mid-Year Convention, spanning Singapore, Phuket, Kuala Lumpur, and Genting, offered a unique blend of learning and leisure. With daily half-day scientific programme held over four days, it allowed members to engage in meaningful academic exchange while experiencing the cultural and scenic richness of Southeast Asia. Another academic highlight was the Symposium on Skeletal Anchorage held in Udaipur on 6th and 7th June 2025, ably organized by Dr. Piyush Bolya. It provided participants with a focused update on evolving concepts in skeletal anchorage and their clinical applications.

The 4th Executive Committee Meeting was successfully conducted, and I extend heartfelt thanks to all the EC members for their valuable contributions and a fruitful discussion. Special appreciation goes to our Honorary Secretary Dr. Sanjay Labh and EC members Dr. Harneet Kaur, Dr. Mayank Gupta, and Dr. Stuti Mohan for their meticulous coordination and attention to detail. A significant moment during the meeting was the release of the emblem for the **IOS Smile Drive and Smiling Bharat 2.0**, symbolizing our continued dedication to nationwide oral health awareness.

Our modular course offerings continued to empower members —‘Research Methodology’ was conducted on 20th June with Dr. Yudhishtir Palla and Dr. Sarvraj Kohli as speakers, organized by Dr. Kannan Sabhapathy, Dr. Vignesh Kailasam, and Dr. Pritam Mohanty. This was followed by the ‘Mastering Clear Aligners’ module on 23rd June, led by Dr. Manish Bajracharya and hosted by Team CDER, AIIMS, New Delhi under the leadership of Dr. Ritu Duggal.

We are proud to mark a landmark collaboration between the Indian and Thai orthodontic fraternities. A team of nine IOS Life Members is participating in the International Observership Program in Thailand from 23rd to 27th June 2025. We are sincerely grateful to Prof. Dr. Somchai Satravaha and Dr. Saran for their gracious support in making this exchange possible. I also take this opportunity to congratulate the winners of the IOS Research Grant and the Zonal PG Convention – South Zone 2025 hosted at SRMKDC.

Looking ahead, IOS is pleased to introduce new initiatives this year and we invite our members to express their interest in participating in the upcoming **National Journal Club (NJC)**, the **Undergraduate Convention**, and the **Recognition Program for UG Toppers**. Let us continue to learn, grow, and uplift each other as we carry forward the mission and spirit of the Indian Orthodontic Society.

Warm regards,  
Dr. Puneet Batra  
President, IOS



# Secretary's Message



Dear Esteemed Members of the Indian Orthodontic Society,  
Warm greetings to all of you!

As we embrace the month of June, we welcome not just the onset of summer but also a season rich with academic exchange, professional growth, and community engagement. The Indian Orthodontic Society continues to uphold its commitment to excellence through a diverse array of initiatives and events that reflect our collective passion for both our profession and personal development.

We began the month on a refreshing note with a Wildlife Photography Retreat at Tadoba National Park, Maharashtra. This unique experience offered our members a chance to connect with nature, enhance their creative perspective, and unwind amidst the wilderness – a reminder of the importance of balance between work and rejuvenation.

On the academic front, we successfully hosted the Symposium on Skeletal Anchorage from 6th to 7th June 2025 in Udaipur, which brought together experts and practitioners to discuss the latest advancements and clinical applications in skeletal anchorage. The exchange of ideas and expertise at the symposium was a testament to our society's commitment to staying at the forefront of orthodontic innovation.

The momentum continued with the 4th Executive Committee Meeting, held on 8th June 2025 in the NCR region. This meeting was not only instrumental in shaping the strategic direction of the Society, but also marked a significant milestone: the release of the emblem for Smiling Bharat 2.0. This emblem represents our renewed vision to promote orthodontic awareness and access across the nation—truly a defining step forward for IOS.

These events reflect the vibrant and multidimensional spirit of our society. Whether it's through clinical advancement, creative expression, or national outreach, IOS continues to stand tall through the strength and dedication of its members.

I urge each of you to remain actively involved, support our initiatives, and contribute to the ongoing journey of elevating orthodontic care in India.

Wishing you a fulfilling and inspiring month ahead.

Warm Regards  
Dr. Sanjay Labh  
IOS Secretary

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# Editor's Message

In my journey of being an Editor for 'IOS Times', I have come across many inspirational stories beyond orthodontics which have left me at a loss of words, albeit in a good way. I am constantly amazed by seeing the zeal and enthusiasm of the committee members to put out these newsletter editions one after the other tirelessly. When we are reviewing the contents written by our esteemed members, I am always awestruck by seeing their fresh perspectives about things and I feel that it is my privilege to witness these all and be a mentor for them in the process especially in the creative content and smile transformation pages.

Our newsletter provides a great platform to unleash the inner creativity and talent of our members. Members also contribute by writing practice management sections noting down their excerpts and so many more things. I believe that these all are skills which shape an individual's personality. The Member's Section and Beyond Orthodontics page is one part of life's story but having and cultivating these interests and hobbies is equally important and acts as a stress buster.

I would like to thank the editorial team who work round the clock tirelessly and proactively to format and edit the content.

Lastly, always remember that "there are no limits to what you can accomplish, except the limits you place on your own thinking"

.....

Warm Regards,  
Dr. Swati Acharya  
Editor IOS Times



Official Newsletter of Indian Orthodontic Society

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# ios TIMES

Official Newsletter of Indian Orthodontic Society

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**Dr. Irfanul Haque**



On 8th June, the Indian Orthodontic Society (IOS) launched Smiling Bharat 2.0 with great enthusiasm. The day began with a Fitness Walk-A-Thon, promoting health and unity, followed by the unveiling of the official Smiling Bharat emblem during the IOS Executive Committee meeting. The campaign promises to be bigger, bolder, and more impactful, uniting the orthodontic community for a healthier India.



National Journal Club (NJC) Announced IOS has launched the National Journal Club (NJC) to benefit all DCI-recognized PG teaching institutions. Dr. C. Deepak, Professor & Head, SRM Kattankulathur Dental College, has been appointed as Chairman for the current IOS year. The inaugural session is scheduled for 1st July 2025, coinciding with Doctors' Day. Expressions of interest are invited from Heads of Departments to join the NJC Steering Committee.

Research Grants Awarded IOS has awarded Research Grants to selected Life Members and Student Life Members, reinforcing its commitment to advancing evidence-based orthodontic research and fostering academic excellence.



# BREAKING NEWS



Undergraduate Excellence Recognized To encourage young talent, IOS is awarding Certificates of Appreciation to Undergraduate Toppers in Orthodontics and Dentofacial Orthopedics for the academic year 2023–24. Dental institutions are invited to submit the names of their top-performing BDS students in the subject.



Call to Host UG Orthodontic Convention IOS is inviting Expressions of Interest (EOI) from recognized dental colleges across India to host the Undergraduate Convention in Orthodontics. The event will feature lectures, workshops, poster sessions, and expert interactions, aiming to ignite interest in orthodontics among BDS students.

The IOS Zonal PG Convention – South Zone 2025 held at SRM Kattankulathur Dental College & Hospital (SRMKDC) concluded with resounding success. Postgraduate students showcased their academic and clinical excellence through papers, posters, and presentations. Winners across categories were honored for their remarkable contributions, setting new benchmarks in orthodontic education. Congratulations to all participants and winners – the future of orthodontics shines bright!





# INDIAN ORTHODONTIC SOCIETY

## 4<sup>th</sup> EC MEETING 2024-25

The 4TH Indian Orthodontic Society Executive Committee meeting (2024-25) was held on 8TH JUNE 2025 , from 9 am to 5 pm at Hotel Gaur Sarovar Premier, Delhi NCR

The meeting started at 9 am with Dr Sanjay Labh (Honorary Secretary, IOS) adorning the Jewels on to Dr. Puneet Batra (President, IOS).

The President welcomed all the Office bearers and Executive Committee members in the meeting. All the agendas for the day were discussed and appropriate recommendations were made.

The President, Dr. Puneet Batra and Honorary Secretary Dr. Sanjay Labh deeply thanked all the office bearers and executive committee members for joining the meeting and active participation. Their contributions were appreciated in making the meeting productive and insightful.

The meeting ended with a group photograph.

8<sup>th</sup> JUNE 2025





# Mid year convention

Dr Edeinton Aramugam ( Chairman )

The 21st Mid-Year Convention of the Indian Orthodontic Society was a grand and memorable event held from 27th May to 2nd June 2025, offering a unique blend of academic excellence, adventure, and camaraderie. This year's convention took the delegates on an exciting international journey, beginning with a luxurious cruise experience from Singapore to the pristine beaches of Phuket, followed by a land exploration of Kuala Lumpur and Genting Highlands, Malaysia. The MYC was a first-of-its-kind experience blending a diverse experience of a luxury cruise, scenic beach, modern city and hill station which resulted in a unique admixture of science learning, leisure, and lasting memories.







## Cruise to Phuket – An Experience to Remember

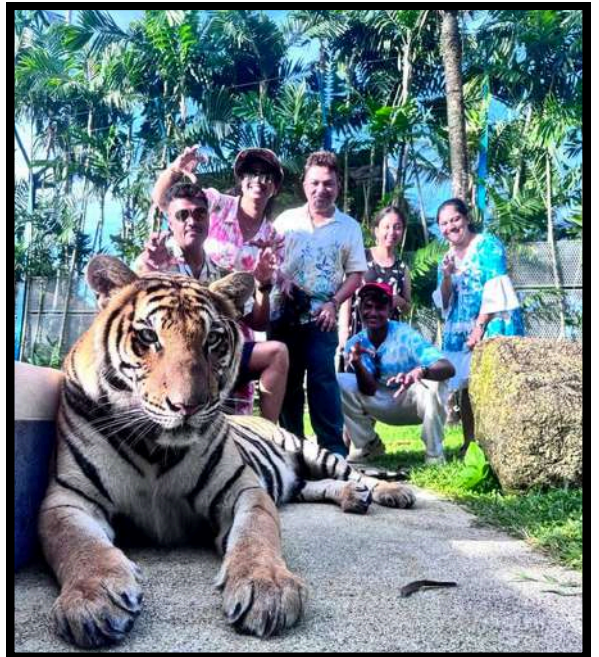
The convention commenced aboard a spectacular cruise from Singapore to Phuket, where delegates enjoyed a seamless blend of leisure and bonding. The cruise was filled with vibrant entertainment including DJ nights and themed parties — the Bollywood Night and the Black & White Evening saw enthusiastic participation, with attendees turning the dance floor into a celebration of color and style. The highlight was undoubtedly the foam party, a high-energy event that created unforgettable memories for all.

Onshore in Phuket, delegates indulged in exhilarating activities like visits to the Tiger Park and Dolphin Show, as well as adventure water sports that showcased the natural beauty and excitement of the region. The tropical setting provided the perfect backdrop for relaxation and exploration.



## Scientific and Cultural Engagements in Kuala Lumpur

After the cruise, the delegates continued their journey to Kuala Lumpur, where the academic component of the convention was conducted. A scientific session was held featuring two distinguished speakers from MAHSA University, with the Dean of MAHSA University Dr. Moh. Ibrahim Abu Hasan gracing the event as the esteemed Chief Guest. The lectures were well-received, offering insights into advancements in orthodontic practice and fostering academic exchange. The Scientific event was curated by Dr. Ashish Garg Prof. & HOD Sri Aurobindo College of Dentistry Indore as the Scientific Chairman of the MYC.



## Exploring Malaysia – Genting Highlands & Batu Caves

In addition to the scientific program, the convention included a cultural and recreational tour of the vibrant Kuala Lumpur City and then to the Genting Highlands, where delegates enjoyed both indoor and outdoor theme parks, shopping, and scenic cable car rides. The group also visited the iconic Batu Caves, one of Malaysia's most famous landmarks, adding a spiritual and cultural dimension to the journey.





## Conclusion

The 21st Mid-Year Convention of the Indian Orthodontic Society was a perfect amalgamation of learning, leisure, and fellowship. The carefully curated itinerary and excellent participation made it a benchmark event in the society's calendar. The international setting added depth to the experience, leaving participants enriched, recharged, and connected more closely as a community.

A heartfelt thanks to Each IOS Member and their families as each one brought their own spark of joy, laughter, warmth, and friendship turning this trip into a beautiful tapestry of memories which we'll cherish for a lifetime. From spontaneous dance floors and endless conversations to shared meals and silly selfies—we made new friends, deeper bonds, and unforgettable moments. The camaraderie, the fun, and the joy we experienced will stay with us forever.

A heartfelt thanks goes to our beloved President of the Indian Orthodontic Society Dr Puneet Batra and the first Lady of IOS Dr Shweta Gupta Batra for his unwavering support and guidance in every step from planning to execution in making this event a resounding success. His Leadership played a pivotal role in curating an event that beautifully balanced academic enrichment with unforgettable experiences making this event a true milestone in IOS history.



# 10S Representation in EOS Congress 2025 Krakow, Poland

The EOS Congress 2025 was held in the beautiful city of Krakow, Poland. Known for its rich history and remarkably well-preserved architecture, Krakow provided a stunning backdrop for this prestigious international event.

The Indian Orthodontic Society was proudly represented by Dr. Sanjeev Verma, Dr. Krishnaswamy Rengarajan, Dr. Vinay Kumar, and Dr. Raj Kumar Verma.

Dr. Sanjeev Verma had the honor of delivering an oral presentation on his scientific research, while Dr. Vinay Kumar and Dr. Raj Kumar Verma contributed to the academic discussions by presenting research posters.

The congress witnessed participation from orthodontic professionals and researchers from around the globe, making it a truly enriching and collaborative experience. Key topics of discussion included the integration of Artificial Intelligence in Orthodontics, management of cleft conditions, canine impaction, and auto-transplantation techniques.

The quality of the scientific sessions was outstanding, with speakers who were not only experts in their respective domains but also passionate educators.



The accompanying trade exhibition showcased the latest innovations and technologies in orthodontic tools and practices, offering valuable insights into the future of the specialty.

Overall, the EOS Congress 2025 was a remarkable experience—academically stimulating, culturally enriching, and professionally inspiring.





## *Pacific Medical College & Hospital Hosts Two-Day National Symposium on Skeletal Anchorage*

Pacific Dental College & Research Centre - Udaipur, Rajasthan In Association with ROSG, hosted a two day Symposium program with Live Patient demonstration on “Skeletal Anchorage” on 6th and 7th June 2025 under the guidance of Dr. Piyush Bolya Prof. & Head, Dept of Orthodontics & Dentofacial Orthopaedics.

Over 150+ delegates from various states across the country had come to learn and participate. With five renowned National Speakers, the Symposium was a huge success.

The event began with a welcome speech by Organising Secretary Dr. Piyush Bolya, followed by the traditional lamp lighting ceremony to mark the official inauguration.



Dr. Puneet Batra highlighted the “Smiling Bharat 2” initiative, emphasizing that orthodontics is not just about beautification, but also plays a crucial role in promoting children’s mental health and spreading awareness about its broader impact.

Dr. Sanjay Labh addressed the need for organizing online and offline programs while ensuring that unauthorized courses are identified and reported nationwide.

Dr. Jayesh Rahalkar emphasised that In the Indian Orthodontic Society, learning never stops—and staying motivated with the right attitude and dedication is key.

The event was graced by five distinguished speakers including Dr. Puneet Batra – President IOS, Dr. Sanjay Labh – Secretary IOS, Dr. Jayesh Rahalkar – Immediate Past President IOS, Dr. Vignesh Kailasam and Dr. Divyaroop Rai.





A plantation ceremony was also organized during the symposium to promote environmental awareness and sustainability. This thoughtful gesture symbolized growth, knowledge, and a greener future in line with the values of academic and environmental responsibility.

Dr. Jayesh Rahalkar delivered a session on Management of Complex Vertical Malocclusion, followed by Dr. Puneet Batra who spoke on the Role of Skeletal Anchorage in Cleft Lip and Palate Patients. Dr. Sanjay Labh presented on RME, Palatal TADs and MARPE: Expanding Boundaries in Orthodontics, while Dr. Vignesh Kailasam discussed Redefining Skeletal Anchorage in Modern Orthodontics. Dr. Divyaroop Rai delivered a lecture on Harnessing TAD Biomechanics for Unmatched 3D Control in Orthodontics.

After the first day's lectures, live patient demonstrations were conducted—IZC by Dr. Jaysh Rahalkar Sir and MARPE by Dr. Sanjay Labh Sir; for correcting maxillary constriction, making it a clinically enriching experience for all.

The event was widely covered by media at both the local and state levels.

The program was a huge success with 150+ enthusiastic delegates attending the two-day symposium.



Reported By Associate Editor  
Dr. Shantanu Khattri





# **\*Strengthening Global Academic Bonds\***

## **\*Team International Exchange/Observership Program\***

Dr. Nandakishore Patetta, Professor & Head of Craniofacial Orthodontics at Nitte Meenakshi Institute of Craniofacial Surgery, Nitte (Deemed to be) University, Mangalore, recently visited the \*University of Queensland, Brisbane\* for an Observership Program from \*9th to 12th June 2025\*.



His academic visit was made possible through the \*International Exchange/Observership Committee\* of the \*Indian Orthodontic Society (IOS)\*, in collaboration with \*Prof. Saso Ivanovski\*, Head of the School of Dentistry, and \*Prof. Dr. Hisham Muhammad\*, Orthodontic Discipline Lead at University of Queensland.

During his time there, Dr. Patetta represented the Indian Orthodontic Society, exchanged warm greetings, and engaged in insightful academic discussions that underscore our commitment to international collaboration.

Such initiatives reflect not only the personal academic zeal of our members but also help weave a stronger global fabric of knowledge-sharing and mutual growth between the Indian Orthodontic Society and prestigious institutions worldwide.

🌐 These partnerships unlock opportunities for collaborative research, academic exchanges, and innovation — enriching the orthodontic fraternity across borders.

✉️ \*IOS encourages all members traveling abroad—whether for personal or professional reasons—to reach out if they wish to connect with global orthodontic communities. Let's continue building a globally connected and academically vibrant orthodontic network!\*





Welcoming the Dignitaries & Delegates  
webinar & moderation - Dr.Dipasha



Welcome Address by Organizing Chairman



Address by President IOS Dr Puneet Batra



Address by Secretary IOS Dr. Sanjay Labh



Address by Guest of Honour  
-Dr. Pradeep Chandra Shetty

## Fundamentals of Orthognathic Surgery

We are delighted to announce the resounding success of the inaugural online module of the IOS National Conference and Workshop on Orthognathic Surgery, centred on the Fundamentals of Orthognathic Surgery, which took place on 16th May 2025, hosted by the esteemed Dayananda Sagar College of Dental Sciences.

The occasion was truly momentous, commencing with an inauguration ceremony with introduction by Dr. Hemanth M. and featured our distinguished Guests of Honour, Dr. Pradeep Chandra Shetty, Past President of IOS. We were equally privileged to welcome Dr. Puneet Batra, President of IOS, and Dr. Sanjay Labh, Honourable Secretary of IOS, whose presence significantly enriched the event.

A highlight of the day was the Online Guest Lecture delivered by the renowned Dr. Farhad Naini, who expertly explored the "Fundamentals of Orthognathic Surgery." His presentation was not only thought-provoking but adeptly conveyed, leaving participants inspired and eager to engage further with the subject matter. We were thrilled to see such enthusiastic participation, with over 450 delegates joining us online, including postgraduate students, faculty members, and professionals from across the nation.

Looking ahead, we are excited to share that our next two online modules are scheduled for 5th June and 15th July, followed by an engaging Conference and Hands-On Workshop set to take place on 8th and 9th August.

Welcoming the Dignitaries & Delegates webinar & moderation - Dr.Dipasha

Welcome Address by Organizing Chairman  
-Dr. Hemanth M



Q&A session Dr. Afshan

Followed by Vote of Thanks Organizing Secretary -Dr. Aravind M

## Pre Surgical Orthodontics

We are pleased to announce the remarkable success of the second online module of the IOS National Conference and Workshop on Orthognathic Surgery, focused on the topic of **Pre-Surgical Orthodontics**. This event took place on June 5, 2025, and was hosted by the esteemed Dayananda Sagar College of Dental Sciences.

The occasion was truly significant, beginning with an introduction by Dr. Hemanth M., the organizing chairman, followed by insightful remarks from Dr. Gnana Shanmugam, Vice President of the Indian Orthodontic Society. Our Guest of Honour, Dr. N.R. Krishnaswamy, shared valuable insights into the evolution of orthognathic surgery and emphasized the critical importance of strategic collaboration between orthodontists and surgeons. Dr. Amit Bhardwaj, Joint Secretary of IOS, also offered words of encouragement, highlighting the necessity of structured training for emerging clinicians in this field.

A standout feature of the day was the online lecture presented by the esteemed **Dr. Miguel Hirschhaut**, who delivered a comprehensive and well-structured discussion on "**Pre-Surgical Orthodontics**." His presentation was meticulously documented and introduced innovative adjunctive techniques. Overall, the session was conducted with professionalism, rich in content, and educationally rewarding, significantly enhancing participants' understanding of pre-surgical orthodontics and establishing a solid foundation for advanced discussions in subsequent modules. We were thrilled to witness enthusiastic participation, with over 300 delegates joining us online, including postgraduate students, faculty members, and professionals from across the nation.

Looking ahead, we are excited to announce that our next online modules are scheduled for July 15, followed by an engaging Conference and Hands-On Workshop set to take place on August 8 and 9. We look forward to your continued participation in these enriching educational opportunities.



Welcoming the Dignitaries & Delegates  
webinar & moderation - Dr.Dharini M



Address by Vice President IOS  
- Dr. Gnanashanmugam



Address by Joint Secretary IOS  
-Dr.Amit Bharadhwaj



Welcome Address by Organizing Chairman



At Radisson Blu Resort,  
Cavelossim Beach, South Goa



IBO silver Jubilee  
Celebration  
&  
IBO Diplomates Meet

2<sup>ND</sup> 3<sup>RD</sup>

August 2025

International Speaker  
Dr. Kee-Joon Lee



Dr. Salil Nene  
Chairman



Dr. Mala Ram  
Manohar  
Vice Chairman



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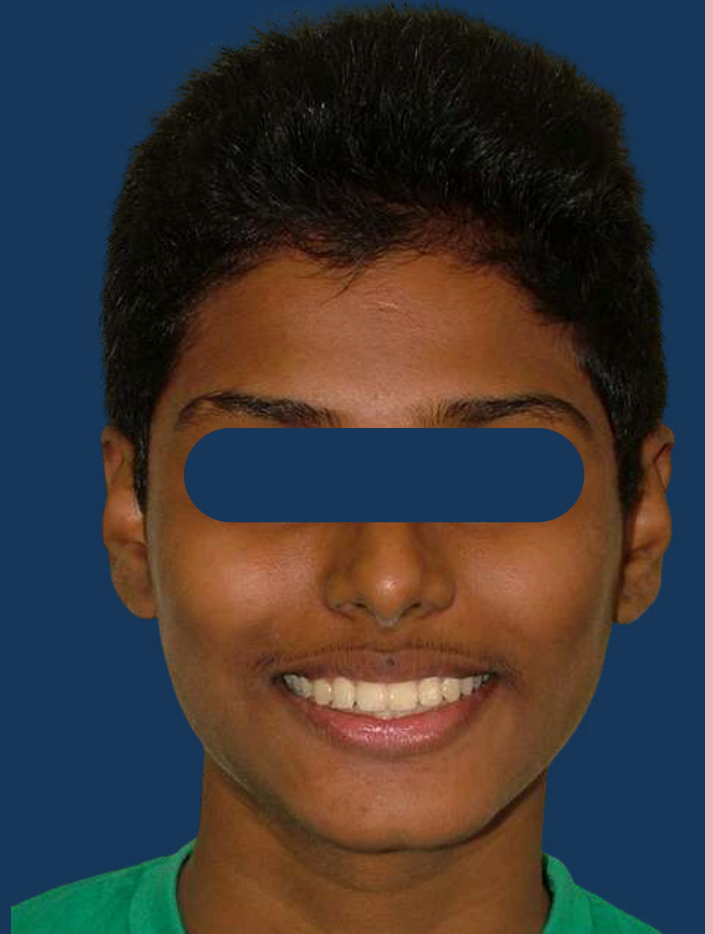
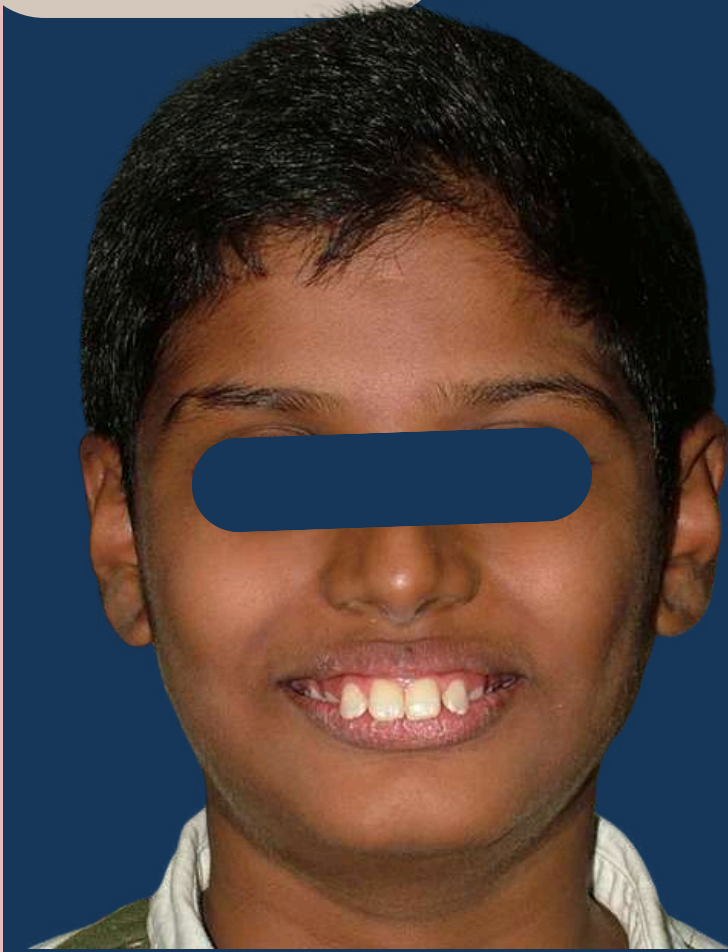


Dr. Ashish Garg  
Director



# Is your braces doctor IOS endorsed?!

*Before*



*After*

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



*IOS Times acknowledges Dr. Prashant Dhole for his  
contribution towards the public awareness page  
<https://findanorthodontist.bracespecialists.com/>*

Orthodontists, the braces specialists receive a 2 to 3 years of specialized education and training at a Dental College, recognised by the Dental Council of India

**BEFORE****AFTER**

IOS Times acknowledges Dr. Sridhar Kannan for his contribution towards the public awareness page

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



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



**MAGIC OF BRACES !**

*Is your braces doctor  
a qualified orthodontist ?*

**Before**



**After**

**IOS Times acknowledges Dr. Umal Doshi for his  
contribution towards the public awareness page 25**

**IOS Times acknowledges Dr. Piyush Bolya for his contribution towards the public awareness page**



*Before*

*After*

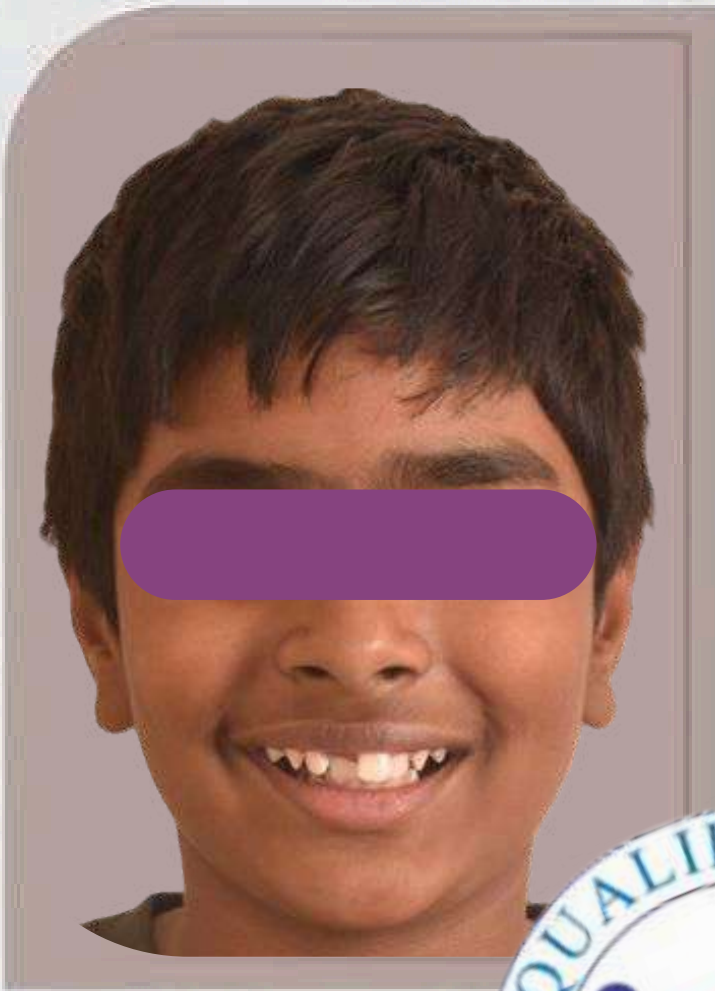


**DOES YOUR  
BRACES  
DOCTOR  
HAVE IOS  
MEMBERSHIP ?**





# *Is your braces doctor MDS (Orthodontics)?*



*Before*



*After*



*IOS Times acknowledges Dr. Anjali Singh for her  
contribution towards the public awareness page*


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

# Patents from Indian Orthodontists plan to create a repository

There was a Times of India article in 2019 which quoted “meet India’s doctor who have patients and patents”. An invention can have its best utility when it comes from the user herself/himself. An interesting write up by Michael J. Berkowitz on orthodontic patents gives that in 2007 alone, more than 50 patents were issued that used the word “orthodontic” in their title. A random search using the word “orthodontic” in google patents gave a result of 18,944 with the top assignees being Align technologies followed by Swift Health Systems Inc and 3M Innovative Properties Company. Using advanced search, the same word was searched in Indian Patents, which gave a result of 9 patents. A random google search for orthodontic patents by Indian orthodontists gave the following AI generated results.

## Notable Patents and Inventors:


### Adjustable Orthodontic Brackets:

Alka Banker, Harmindar Arora, and Rupesh Vasani have filed for patents related to adjustable orthodontic brackets with angle measuring devices. 


### Pre-adjusted Edgewise Brackets:

Bhavik Patel, Vijay Patel, Alka Banker, and Rupesh Vasani are named as inventors for a patent on pre-adjusted edgewise orthodontic add-on brackets. 


### Computer-Aided Maxilla Analysis:

Dr. Satish Shenoy, Dr. Akhter Husain, Dr. Laxmikanth Chatra, and Dr. Shahista Parveen are associated with a patent for a computer-implemented system for structural analysis and treatment simulation of the maxilla. 


### Innovative Maxillary Protraction Device:

Dr. Faiz Ahmed Bhat, Dr. Sandeep Shetty, and Dr. Stanly Selva Kumar hold a patent for an innovative approach to designing the SAVE appliance, a maxillary protraction device. 

### ESQUARE.F Orthodontic Bracket:

Dr. Sandeep Shetty, Dr. Katheesa Parveen, and Dr. Stanly Selva Kumar are credited with a patent for the ESQUARE.F orthodontic bracket. 

### Universal Ergonomic Driver (UED):

Dr. Sandeep Shetty is the patent holder for a Universal Ergonomic Driver (UED) for bone screws. 

### Other Notable Innovations:

Dr. Nikhil Vashi has also made significant contributions, including patents on self-ligating brackets and other innovations. 

It’s not that patents filed by Indian orthodontists are less. This being the case since when we used the free search option with only one keyword. Paid search engines will offer better results with an array of keywords used in a pattern. Paid search softwares are expensive and are generally used by professional patent filing agencies. For our own references, if there is going to be a repository of patents filed by Indian orthodontists especially IOS members, it could be useful for future orthodontic postgraduates to know the current trend in innovations in the orthodontic field. Commercialization of certain useful inventions can also be facilitated with these outcomes. As part of the council’s research activity, we have created the following questionnaire link to get the details of the published and granted patents by IOS members. We request the IOS members with granted as well as published patents to kindly fill in the form to enable us to create an IOS patent repository.

<https://forms.gle/wRdKkhXAeYMtJawaA>  
the Questionnaire link



# Dr. Ashith M.V



Dr. Ashith M.V is a highly accomplished Orthodontist, currently serving as Professor and Head of the Department of Orthodontics at Manipal College of Dental Sciences, Mangalore. He also serves as a Consultant for Smile Train India. A passionate clinician and visionary academician, Dr. Ashith is widely recognized for his expertise in Orthodontics and Dentofacial Orthopaedics, with a distinguished focus on cleft and craniofacial care, orthognathic surgery, and clinical innovation.

An alumnus of A.J. Institute of Dental Sciences, Mangalore (BDS, 2008), he completed his MDS in Orthodontics at the Coorg Institute of Dental Sciences, Virajpet, in 2011. He further specialized with a postgraduate certification in Cleft and Craniofacial Orthodontics from Sharad Pawar Dental College, Wardha, in collaboration with Smile Train (2014), followed by certified training in Tweed-Merrifield Edgewise Mechanics through the Korean Orthodontic Research Inc. in 2015.

Driven by a commitment to accessible and high-impact cleft care, Dr. Ashith has emerged as a national authority in the field. His pioneering contributions to Nasoalveolar Molding (NAM) and Anterior Maxillary Distraction (AMD) have redefined cleft treatment protocols in India. His innovations—such as the 3D Versa Screw and MU Hook—are widely acclaimed for their clinical utility and simplicity. His development of the iNAM and simplified NAM protocols has significantly improved the affordability and accessibility of cleft care, especially in underserved regions.

Dr. Ashith is also a patent holder, with a granted patent titled “A System for Maxillary Skeletal Expansion”, which represents a significant advancement in skeletal expansion techniques, offering greater control, efficiency, and patient comfort in orthodontic care.

He has represented India as an invited speaker at several prestigious international conferences, including the International Cleft Lip and Palate Foundation meetings in Mongolia and Russia. As a global academic contributor, he also served as core faculty in the UMN-KUMS Partnership for Development of Health Educators in Afghanistan, delivering impactful orthodontic training programs.

At the national level, he has earned widespread acclaim at Indian Orthodontic Society (IOS) conferences, winning accolades such as Best Paper, Best Table Clinic, and Best Innovative Paper at the Kochi (2018) and Bhubaneswar (2019) conferences. He is the recipient of several prestigious awards, including the JCI Outstanding Young Person Award, the Guident Dental Academic Excellence Award for Most Proactive Junior Academician, and the Best Clinical Innovation Award from the Manipal Universal Technology Business Incubator (MUTBI).

A committed mentor, Dr. Ashith has guided numerous students to national honors, including Best Thesis (IOS), Best Postgraduate Paper, and Best Table Clinic awards. As Chief Convenor of the Mangalore Orthodontic Study Group (MOSG), he played a key role in earning the group the title of Most Promising Study Group by the IOS.



<https://bangaloremirror.indiatimes.com/news/state/orthodontists-develop-novel-tool-to-manage-cleft-lips/articleshow/61634755.cms>

Dr. Ashith runs an exclusive orthodontic practice in Uppinangady, Dakshina Kannada, where he has successfully integrated advanced orthodontic technologies into rural clinical settings. As a sought-after speaker, he regularly lectures on cleft lip and palate management, surgical orthodontics, and comprehensive orthodontic care. He is also a peer reviewer for several national and international journals and has authored numerous scientific publications.

Beyond cleft care, his clinical and research interests include adult and interdisciplinary orthodontics, temporary anchorage devices (TADs), management of impacted teeth, and surgical orthodontics.

With an enduring commitment to innovation, academic excellence, and community service, Dr. Ashith M.V continues to inspire the next generation of orthodontists and set new benchmarks in craniofacial orthodontics and beyond.

## Karnataka: Orthodontists develop novel tool to manage cleft lips

Deepthi Sanjiv / Updated: Nov 14, 2017, 04:00 IST

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TWITTER

LINKEDIN

EMAIL



*The innovation has won several awards and the prize money is being saved to help needy patients*

Dr Ashith MV supported by post graduate student Dr Nukala Sree Suma from the Manipal College of Dental Sciences Mangaluru have developed a 3D Versascrew – a novel approach for management of bilateral cleft

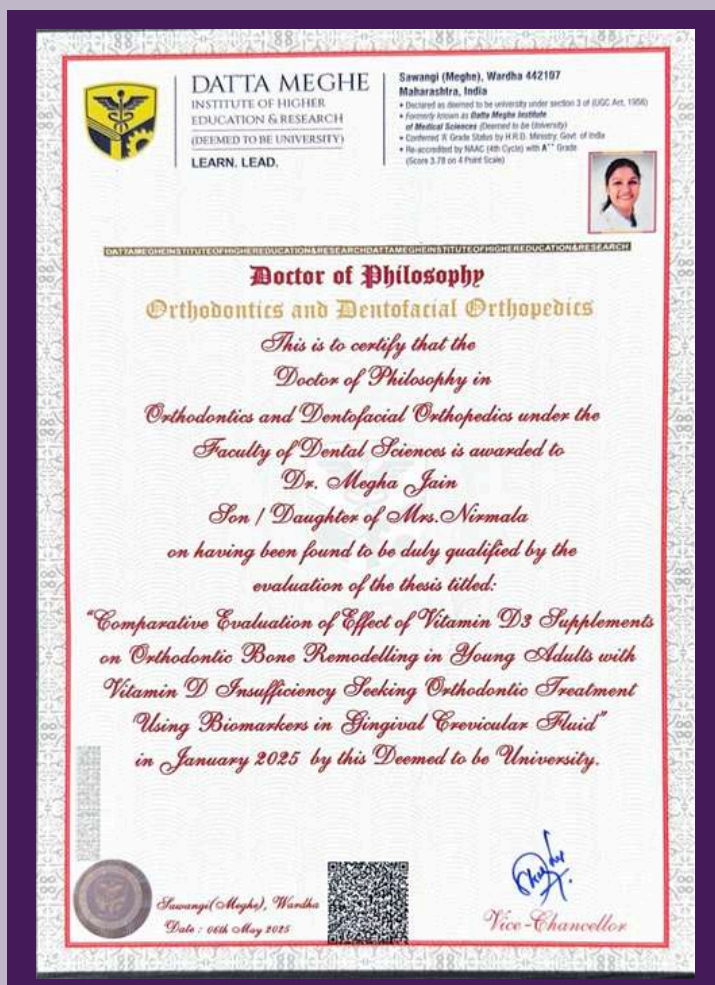
lip and palate. This corrects the alignment of the premaxilla and makes it easy for surgical repair. The innovation recently won the first prize (Clinical section) at the Innovation competition organized by Manipal University at Manipal.



# DR. MEGHA JAIN

Dr Megha Jain is working as Professor and Head and PG Guide in the department of Orthodontics and Dentofacial Orthopaedics at Kusum Devi Sunderlal Dugar Jain Dental College and Hospital, Kolkata. She completed her BDS from KLE Society's Institute of Dental Sciences, Bangalore in 2007 and MDS from Sharad Pawar Dental College, Wardha in 2010 under the guidance of Professor Dr Matrishva B Vyas. She pursued her interest in research by becoming a post graduate teacher in the year 2017 and published many research articles in national and international journals. She has numerous copyrights and a patent to her credit.

Her inclination towards research further led her to pursue PhD. She completed her PhD in Orthodontics and Dentofacial Orthopaedics from Datta Meghe Institute of higher education and research, Wardha Maharashtra under the supervision of Professor Dr Ranjit H Kamble in 2025. Her research on "Comparative Evaluation of Effect of Vitamin D3 Supplements on Orthodontic Bone Remodelling in Young Adults with Vitamin D Insufficiency Seeking Orthodontic Treatment Using Biomarkers in Gingival Crevicular Fluid" unveiled the role of local and systemic levels of vitamin D on orthodontic tooth movement. Her research work upholds the assessment of Vitamin D status of orthodontic patients and subsequent management of its inadequacy for efficient orthodontic treatment outcomes.





## Practice Management Dr. Kirubaharan Reported by Dr. Hasini

**One burning question among both established and budding practitioners today is “How to create a unique practice and distinguish it from other practices?”**

The solution to this question in my life came from a book. A book called ‘Raving Fans’ gifted by a dear friend. This book brought a fresh perspective to my practice management strategy.

Firstly, Who is a raving fan ? A customer who is so overwhelmed and floored by the customer service they’ve received, that they cannot stop telling everyone about it. This brought about the idea that satisfied customers are no longer enough, instead we should aim to create “raving fans”.

A simple way to understand this was how I almost became an ambassador for a restaurant that I loved. It was not only their quality of food but also their customer service, ambience and ease of making a reservation that I became a fan of. I recommended this to a number of people, took along a number of friends and also spoke about it to a lot of people. I had become their ‘Raving fan’.

Applying this to my dental practice meant creating patients who are loyal, enthusiastic and emotionally connected to the practice. Breaking the stigma of a dental office being a scary place was the first step to this.

The process of creating raving fans started with creating awareness about the practice.

Patients should know about you even before they enter your practice. Creating an online presence that aligns with your way of practice and ethical values is of prime importance.

Making the appointment booking easy and comfortable was the starting point. Once this was done, it was about their first impression when they walked in.

One way to establish an emotional connection with your patient is to cater to all their senses as soon as they walk in. This can be done by

- Incorporating subtle colours that soothe the eye and not flashy bright colours for the palette of the clinic.
- Playing meditative relaxing music.
- Maintaining a subtle fragrance that would always remind them of the clinic in a positive way.
- Indirect and slightly dim lights.
- Adding some elements of nature like plants or water as a part of the decor.
- Soft textures on furniture.

All these create a pathway to connect with our patient.

Once they walk in for a consultation, treat it like a first date. Listen to them, make them comfortable. Tell them a story of how their issues originated and how you plan to sort them.

Make them ask for a second date.

Provide efficient and top notch services with the latest sophisticated advancements. Make the communication with the clinic an easy process. Aim at creating a cheerful team which will enhance patient service by multifold. Reward your team for their enthusiasm and cheerfulness.

Lastly entangle them and align them with your practice. Follow up and create a personal connection. Create a story for your patient. Make their journey comfortable and etch it in their memory. Let them rave about it while you make sure you live up to it in every step of the way. From this point on, growing upwards is the only way to go.



# Efficient Orthodontic Practice Management: Balancing Technology, Teamwork and Patient Care

**Dr. NASIM MIRDEHGHAN**

Professor , M.A .Rangoonwala Dental College, Pune

Efficient management of an orthodontic practice is essential to ensure quality care, patient satisfaction and long-term growth.

In today's fast-evolving dental landscape, orthodontists in India face unique challenges. However, strategic planning and the integration of technology can significantly improve practice outcomes.

One of the key aspects of effective management is **thoughtful patient scheduling**—ensuring that each patient receives an appropriate amount of dedicated time allows the orthodontist to deliver personalized attention and high-quality results.

When patients feel genuinely cared for and see excellent outcomes, they are more likely to become enthusiastic brand ambassadors, enhancing word-of-mouth credibility.

**Digital tools** like **patient management software** streamline appointments, reminders and follow-ups reducing administrative errors and no-shows. Incorporating **intra oral scanners** and **AI-based visual simulation software** enhances patient experience through “show and tell” tools that explain treatment progress and expected outcomes, increasing case acceptance rates.

Maintaining an **active presence on social media platforms** and **encouraging google reviews** builds credibility and visibility among prospective patients.

Showcasing **success stories, before-and-after results** and **patient testimonials** strengthens trust.

A major challenge faced by orthodontists in India is the **lack of patient awareness, leading to delayed or neglected treatments**.

The solution lies in education through **digital platforms, school outreach programs** and **community dental awareness camps**.

Another challenge is **retaining skilled staff**.

To counter this, practices must invest in **training programs, foster a positive work environment** and **ensure clear communication protocols**.

Having a well-trained and courteous team ensures consistent service quality even in the orthodontist's absence.

**Continuous professional development** through workshops, webinars and advanced training ensures the **orthodontist stays** abreast with the latest techniques and technology.

**Updating the clinic setup regularly** also reflects a modern and patient-friendly environment.

In conclusion, managing an orthodontic practice in India requires a blend of **personalized care, team efficiency, digital integration** and **strong communication**.

With the right approach, orthodontists can overcome challenges and deliver exceptional results that lead to a thriving, future-ready practice.



# *Smile Transformation*

## *Dr. Prashant Dhole*

This young girl of 20 years came with chief concern of crooked teeth, inability to maintain good oral hygiene leading to recurrent cavities, inability to chew with left side teeth due to complete scissor's bite on all posterior teeth on the left. She had 100% deep overbite in the front teeth which caused teeth wear and gum injury. She also complained of unesthetic smile due to misaligned teeth and skewed dental midlines. She did not like her face profile.

Orthodontic treatment was done with fixed braces. No teeth were removed. With well directed orthodontic forces, the crooked teeth were aligned, scissor's bite was corrected. Front teeth deep overbite as well as dental midlines improved to a great extent.





After the orthodontic treatment her facial features improved, so did the smile esthetics as the teeth crowding was corrected and deep bite improved along with centered dental midlines. She could chew food on the left side as the scissor's bite was corrected and she had good functional occlusion. She could maintain her oral hygiene efficiently as the teeth were aligned. She liked her improved facial profile which now is well balanced.

The orthodontic treatment accomplished improvement in dental health, function and smile esthetics. Improved facial features and relief from recurrent dental health problems improved her self esteem and performance in other spheres of life.

Reported by Section Editor  
Dr. Himija Karia





## SMILE TRANSFORMATION BY DR. VIRAG BHATIA

14 year old male patient with unilateral cleft lip and palate who had undergone chelioplasty and palatoplasty at 6 months and 1 year and SABG at 10 years came to clinic with severe mid face deficiency, constricted maxilla and missing teeth (Goslon V).

He was treated by expansion with quad helix followed by fixed orthodontics to level and align upper and lower arches. This was followed by AMD to correct mid face deficiency and prosthetic rehabilitation to replace missing and malformed teeth.





# Prof. Tulika Tripathi

*A distinguished professional embodying a unique blend of qualities—an able administrator, a passionate teacher, a skilled clinician, an avid speaker, and a proficient researcher. With unwavering dedication and commitment to her profession, she continues to inspire excellence across academia, clinical practice, and research.*

Prof. Tulika Tripathi is Senior Professor in the Department of Orthodontics and was the former **Director Principal & HOD**, Maulana Azad Institute of Dental Sciences and former **Head**, Department of Dental Science, Faculty of Medical Science, **Delhi University**.

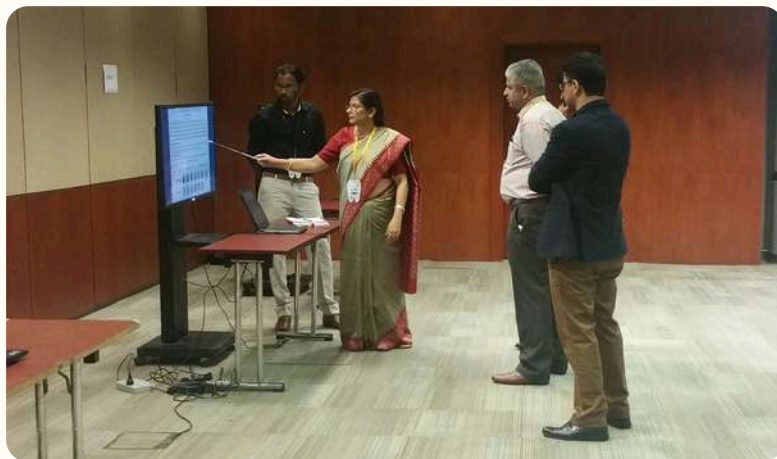
She Graduated in 1983 and went on to complete her Post Graduation in Orthodontics in 1986 and has a teaching experience of over 38 years.

An alumnus of King George's Medical college, Lucknow she was awarded Dr N.N.Kapadia gold medal in Orthodontics and has received numerous certificates of Honour during her medical education.

From her initial mentorship days till date she has carved, nurtured and built one of the most prestigious Department of Orthodontics at the highly renowned Maulana Azad Institute of Dental Sciences, New Delhi

Dr Tripathi is a Fellow of Royal College of Physicians and Surgeons (Glasgow), World Federation of Orthodontists, International college of Dentists and Pierre Fauchard Academy.

An avid speaker she has presented scientific research papers at the AAO conferences held at Los Angeles, Washington and Hawaii, the World Orthodontic Congress at London and Sydney and at the International Oral and Maxillofacial surgery conference held at Durban.



Dr Tulika Tripathi remains pioneer in India with some of her achievements such as the “First Non-Defence Civilian Orthodontist to be conferred with Citation of General Officer-In-Commanding (Western Command)” in the year 2021.

She has the rare distinction of being the First Indian Orthodontist to publish her original research work in Scientific Reports Journal by Nature as Lead Author. ‘Biomarkers in Orthodontics’ especially in growth assessment has perhaps become a synonym to Prof. Tripathi’s name as her work, since more than a decade, in Biomarkers in orthodontics has dominated the research field and publications all over the world. She has published 153 National & International Scientific publications in prestigious high impact factor Indexed Journals such as AJODO, JO, PIO, JCO.

She has not only guided more than 40 PG Students in last 18 years in MDS (Orthodontics) in Delhi University but also been PhD supervisor at Rajasthan University.

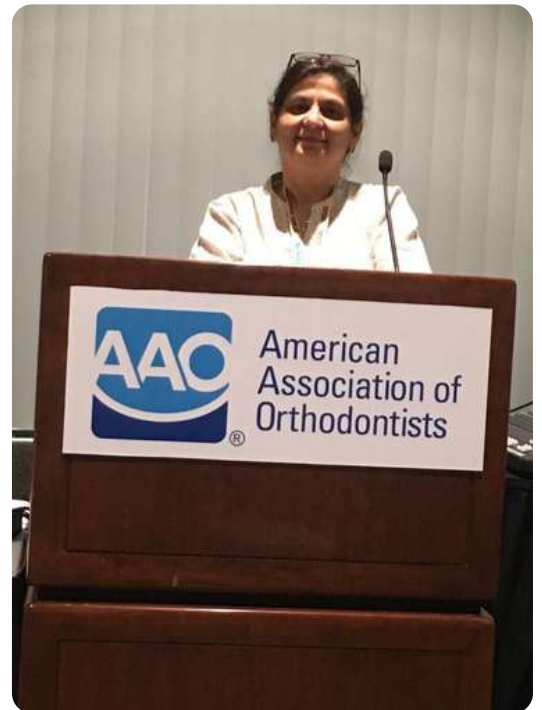


She is a recipient of numerous Awards & Honors and has the following academic achievements to her credit :-

- 1) Delivered “**Dr. T.N. Chawla Memorial Oration**” at 46th Indian Dental Association UP State Dental Conference 15th -17th Nov 2024.
- 2) Delivered “**Dr. O.P. Chaudhary Oration**” at Founders Day, Sardar Patel Institute of Dental Sciences, Lucknow
- 3) Delivered “**Dr. H.S. Shaikh Memorial Oration**” at 23rd IOS PG convention 2019
- 4) Guide of best MDS dissertation **Dr J.G. Kannappan Award** by Indian Orthodontic Society
- 5) Conferred **Fellow Dental Surgery of Royal College of Physicians and Surgeons (Glasgow)**
- 6) Conferred **General officer Commanding-in-Chief** (Western command) Commendation Card for commitment to higher Dental education in Army Dental Corps in Dec 2021. This is first time that a civilian has been given this Honour.
- 7) One of her publications has been awarded the “**Dental Public Health Award**” by the National Academy of Medical Sciences.



- 8) Conferred the **Dental Excellence Award** for outstanding Dental services by Manav Rachna International Institute of Research and Studies.
- 9) Conferred **Dr. A V Arun Outstanding Professor Award** for the year 2022 by Indian orthodontic Society.
- 10) Conferred the **"State Award"** in 2019 by Government of Delhi for rendering meritorious services in the field of Health.
- 11) Awarded **International Fellowship for Senior Bio-medical Scientists 2018-19** by Indian Council of Medical Research and she successfully completed this fellowship at the **Glasgow Dental School**. This is one of the most prestigious **national academic award** which is granted to only 6 bio-medical scientists in a year with an objective of building up of a highly skilled pool of **biomedical researchers** in all aspects of biomedical research including basic, applied, epidemiological and clinical sciences.
- 12) Awarded **WHO fellowship** from Regional office for the Western Pacific in collaboration with the Japan International Co-operation Agency (JICA) for training at **Tokai University School of Medicine, Japan** from Aug 22nd, 2001 to Sept 21st, 2001.
- 13) Published original research in **Scientific Reports: Nature** in 2019 on "Longitudinal evaluation of the association between Insulin like growth factor, bone specific alkaline phosphatase and changes in mandibular length".
- 14) Awarded **Best Paper** at the Orthodontic Innovation Conclave 2020 organised by Indian Orthodontic Society
- 15) **Dr. Neeta Bhagtani Award for Best Oral presentation (Clinical Innovation)** - First Prize at 50th Indian Orthodontic Conference
- 16) **Best Poster presentation (Research)** - First Prize at 50th Indian Orthodontic Conference
- 17) **Best publication Award** on clinical innovation in 2015 at 50th Indian Orthodontic conference
- 18) **Dr.P.P.Jacob's IOS Award for Best Paper Published** in Journal of Indian Orthodontic Society in 2016.
- 19) Recipient of 'Academician of the Year' Famdent Excellence in Dentistry Awards 2018.
- 20) Awarded **"Bitein Clear Path Award"** for the **Best Clinical Case**.
- 21) **Chairperson** Institutional Ethical committee at ESIC Dental College, Delhi
- 22) Member of the **Board of Studies**, University School of Medical and Paramedical Health Sciences, Guru Gobind Singh Indraprastha University, Delhi.
- 23) **Best Theme Presentation** in Dental Health Exhibition for five consecutive years from 2014.
- 24) Felicitated for **"Contribution to the Science of Orthodontics"** by President Ormco



## CONTRIBUTION TO JOURNAL EDITORIAL BOARD

### International

- 1) Associate Editor Journal of Oral Biology and Craniofacial research
- 2) Review Editor with Frontier journal of Oral and Maxillofacial Surgery.
- 3) Reviewer for following International Journals
  - IEEE Internet of Things Journal
  - Scientific reports
  - BMC Oral Health
  - Progress in Orthodontics
  - Journal of World Federation of Orthodontists
  - Korean Journal of orthodontics,
  - Journal of Oral biology and Craniofacial research
  - Clinical, cosmetic and Investigational Dentistry
  - Acta Odontologica Scandinavica
  - Bio- Med Research International

### National

1. The Journal of Indian Orthodontic Society
2. Journal of Clinical and Diagnostic Research





## PUBLICATIONS

- Papers Published: 153
- Contribution To Books: 03

## RESEARCH PROJECTS

on biochemical growth markers, artificial intelligence, genetic factors of root resorption, nasoalveolar molding and alveolar distraction in adult cleft lip and palate patients.

- Supervisor for Ph.D thesis : 01
- Extramural projects : 09
- 1) Principal Investigator sanctioned by UGC and ICMR : 03 projects
- 2) Co-Investigator sanctioned by DHR : 01 project
- 3) Co-Investigator sanctioned by IOS RF- 3M Unitek : 01 project
- 4) Guide/Supervisor sanctioned by CSIR : 04 projects

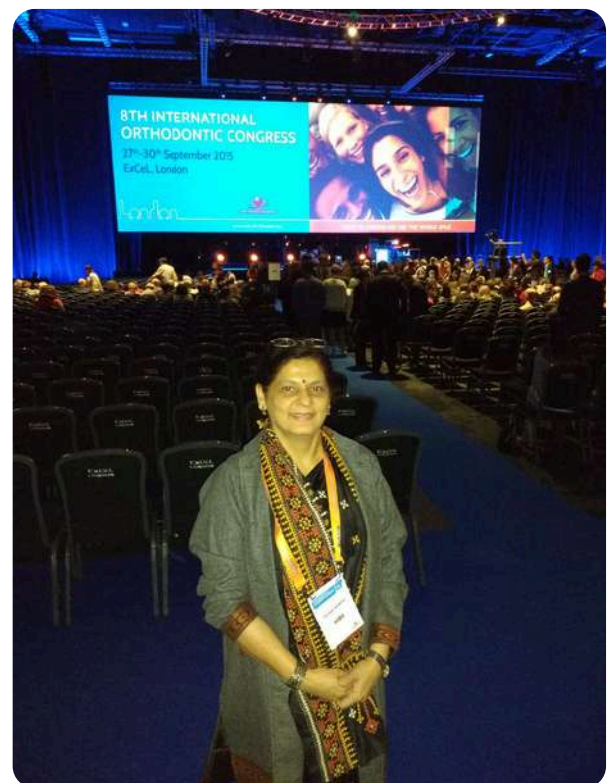
SCIENTIFIC PRESENTATIONS AT INTERNATIONAL CONFERENCES: 17

INTERNATIONAL TRAINING COURSES/WORKSHOP: 06

CONDUCTED NATIONAL HANDS-ON WORKSHOPS :12

GUEST SPEAKER AT NATIONAL CONFERENCES AND WORKSHOPS: 66

ATTENDED NATIONAL CONFERENCES / WORK SHOPS: 85



# Dr. Ritu Duggal



Dr. Ritu Duggal's journey is one deeply rooted in the legacy of AIIMS, New Delhi —where she was born, raised, and has spent the vast majority of her life and career. A proud alumna of the All India Institute of Medical Sciences, she was among the pioneering batch of postgraduates in Orthodontics. Her professional journey began in the very department she trained in, first as a Senior Resident and then, from 1995 onward, as a dedicated faculty member. Through decades of unwavering commitment, clinical excellence, and leadership, she rose to become the Chief of the Centre for Dental Education and Research (CDER), Professor and Head of the Division of Orthodontics and Dentofacial Deformities in 2020.



Dr. Duggal's contribution to dental sciences extends far beyond clinical expertise. She is a Fellow of the National Academy of Medical Sciences and the International College of Dentists, and has been instrumental in advancing dental education, public health, and policy research across India. Her scholarly footprint is remarkable, with over 120 scientific publications, more than 2,600 citations, and an i-10 index of 50 and h-index of 28. She has guided numerous postgraduate students, PhD scholars, and researchers, overseeing over 50 major projects that bridge basic and clinical sciences, and address critical issues in oral health and non-communicable diseases.

A respected member of editorial boards both nationally and internationally, Dr. Duggal brings a unique combination of academic rigour and visionary thinking. Her work in the field of orthodontics and dentofacial deformities is paralleled by her impact on public health initiatives. She has been a driving force in integrating oral health into national healthcare policies, including the revision of the National Oral Health Program (NOHP) and the inclusion of oral health promotion under the Ayushman Bharat Health and Wellness Centres.



She has been a strong advocate for equity in oral healthcare, leading the development of training manuals, IEC materials, and implementation modules that empower health workers, educators, and clinicians alike. Her work during the COVID-19 pandemic was particularly impactful—she chaired the expert group under the NITI Aayog that developed the national guidelines for dental surgery during the outbreak and helped produce essential modules to sustain oral healthcare services through the crisis.

Her contributions continue to shape the future of dental education and practice in India. As a key advisor in the drafting of the National Dental Commission (NDC) Bill, Dr. Duggal has played an essential role in regulatory reform. She has also led the development of innovative digital platforms such as eDant Seva, aimed at increasing awareness and accessibility of oral healthcare, with special focus on early detection of oral cancer and the training of dental professionals in modern strategies.

Perhaps one of her most visionary undertakings is the establishment of the National Referral and Research Institute of Higher Dental Studies (NaRRIDS) at AIIMS, New Delhi. Under her leadership, this pioneering institute is poised to become one of the world's premier oral health research centers, uniting interdisciplinary teams from fields such as immunology, nanotechnology, regenerative medicine, engineering, and digital sciences to drive translational research and innovations in dentistry.

Dr. Duggal's approach is marked by a rare blend of academic depth, policy foresight, and a passion for equitable care delivery. Her innovative models of oral healthcare merge modern scientific advances with community-based strategies, ensuring the reach of quality dental services to even the most underserved regions. Under the umbrella of PMJAY and NOHP, she has been instrumental in training grassroots-level health workers and educators, empowering them to detect oral diseases and promote good oral hygiene practices.

Today, the Centre for Dental Education and Research at AIIMS stands as a beacon of excellence under her leadership—a global hub for dental education, training, and super-specialty care. Looking ahead, her vision encompasses the use of information technology for nationwide dental disease surveillance and tele-oral health services, ushering in a new era of remote care and early intervention.



## Honours and Accolades

### National Awards

- Conferred “Dr. A.V. Arun Outstanding Professor Award” by the Indian Orthodontic Society
- Conferred Lifetime Achievement Award for outstanding dedication, contribution and commitment in the field of Dentistry by the Indian Dental Association
- Conferred Fellow of the National Academy of Medical Sciences, FAMS.
- Elected as President of Indian Society for Dental Research, International Association of Dental Research India Division.

### International awards

- Fellow of World Federation of Orthodontics.
- President Elect- Indian Society of Dental Research, India Division of the International Association of Dental Research.
- Honorary Fellow by the Board of Regents, International College of Dentists India, Sri Lanka and Nepal Section VI
- Fellowship by the President of Bangladesh College of Physicians & Surgeons (BCPS), Bangladesh

Dr. Ritu Duggal's name today stands synonymous with excellence, compassion, and transformative leadership in dental sciences. Her contributions continue to inspire generations of clinicians, researchers, and policymakers dedicated to building a healthier, brighter smile for India and the world.





## Dr. ROOHI SOBTI

Dr. Roohi Sobti, an orthodontist and alumna of Maulana Azad Institute of Dental Sciences (MAIDS), New Delhi, accepted into the Orthodontics Advanced Clinical Training (ACT) Program at the University of California, Los Angeles (UCLA).

The UCLA ACT Program is a full-time academic and clinical training course designed for internationally trained dental professionals seeking exposure to orthodontic principles and practice in the United States. This competitive program emphasizes comprehensive learning in the biological sciences, human growth and development, and biomechanics of orthodontic theory—providing its participants with a deeper understanding of how to identify and support patients with moderate to complex malocclusion.

As part of this rigorous training, fellows gain exposure to diverse treatment modalities including orthognathic surgery, temporomandibular disorders (TMD), and craniofacial anomalies. The program also includes hands-on observation and assisting in a state-of-the-art clinical environment, under the mentorship of UCLA's distinguished faculty.

### Alumna Spotlight: Dr. Roohi Sobti Joins UCLA Orthodontics ACT Program

We are proud to share that Dr. Roohi Sobti, an accomplished orthodontist and distinguished alumna of Maulana Azad Institute of Dental Sciences (MAIDS), New Delhi, has been accepted into the highly competitive Orthodontics Advanced Clinical Training (ACT) Program at the University of California, Los Angeles (UCLA).

The UCLA ACT Program offers intensive academic and clinical training to internationally qualified dental professionals. It focuses on orthodontic biomechanics, human growth and development, and complex malocclusion management, while providing exposure to advanced treatment modalities including orthognathic surgery, TMD, and craniofacial anomalies. Fellows also train under the mentorship of UCLA's esteemed faculty in a cutting-edge clinical environment.

Dr. Sobti completed her Master of Dental Surgery (MDS) in Orthodontics and Dentofacial Orthopedics from MAIDS in 2024, where she also earned her BDS degree with a gold medal distinction. Her academic journey has been marked by

consistent excellence, as reflected by numerous accolades including the P.L. Khurana Medal for academic distinction, the International College of Dentists' Student Plaque Award, and multiple awards for poster and paper presentations at national conferences.

In addition to her clinical acumen, Dr. Sobti is a published researcher with contributions in leading orthodontic journals such as the Australasian Orthodontic Journal, Clinical Orthodontics Journal, and Journal of Contemporary Orthodontics. Her research focuses on innovations in clear aligner therapy and 3D printing technologies.

She remains an active member of leading professional organizations including the American Association of Orthodontists (AAO), World Federation of Orthodontists (WFO), and the Indian Orthodontic Society (IOS), and continues to contribute to the orthodontic community through education and scholarly engagement.

We congratulate Dr. Sobti on this remarkable achievement and wish her continued success as she advances her expertise on an international platform.





## Beyond Orthodontics

### Dr. A. V. ARUN

The collection started in 1997

In 2013 he was invited by the World Camera Fair to display 300 Vintage and antique cameras

After the big succes of the exhibition he was again Invited in 20q4, 2015 and 2016

In 2017 he opened the largest camera museum in Asia in terms of number of Cameras.

Over the years, Dr.Arun has been consistently collecting Cameras and everytime he travelled abroad for lecturing in colleges and dental societies abroad, he would keep one day specifically to meet with camera collectors or to visit the local flee markets and get some old cameras which we may not be able to get here in India.

The oldest camera in the collection is a 1870 manufactured British wooden bellows camera which was made just a few years after the first camera production started. The largest camera is 6 feet long and 5 feet tall. This camera was manufactured in 1895.





# Dr. Vineet Sharma

We are proud to share that Lieutenant General Vineet Sharma, Director General Dental Services (DGDS) and Colonel Commandant of the Army Dental Corps, has been awarded the Ati Vishisht Seva Medal (AVSM) by Hon'ble President of India, Smt. Droupadi Murmu for his distinguished service of an exceptional order.

Lt Gen Vineet Sharma took charge as DGDS on 1st February 2024, and under his able leadership, the Army Dental Corps continues to set new benchmarks in dental care within the Armed Forces.

An alumnus of Government Dental College, Patiala, and a specialist in Orthodontics, Lt Gen Sharma brings with him nearly 36 years of exemplary service. His professional journey spans clinical excellence, academic distinction, research innovation, and administrative leadership, making him a pillar of strength and vision in military healthcare.

We salute his dedication, commitment, and continued service to the nation.



1. A proud moment for IOS - a distinguished award for one of our senior members. Lieutenant General Vineet Sharma, VSM, AVSM, Director General Dental Services and a Colonel Commandant Army Dental Corps was conferred with the prestigious Ati Vishisht Seva Medal (AVSM) on Republic Day, 26 January 2025, in recognition of his exceptional service and exemplary contributions to the Armed Forces Medical Services.

2. The award stands as his unwavering devotion to duty, exceptional leadership, and distinguished service of the highest order. It serves as an inspiration to all members of the Indian Orthodontic Society to continue striving for excellence and selfless service.

3. AVSM is one of the highest peacetime military decorations awarded for distinguished service of an exceptional order. The General Officer is a renowned orthodontist and a senior academician (LM 0656). He is the only orthodontist to have been conferred this prestigious award till date.

4. The formal investiture ceremony was held at Rashtrapati Bhavan on 04 June 2025, where the honour was presented by the Hon'ble President of India, Smt Droupadi Murmu. The ceremony marked a moment of great pride for the Armed Forces Medical Services and the Army Dental Corps in particular.

# Oh, The Flying Life !

Dr. Abhijit Gune



## “Godspeed”

Those were the last words said to me by the famous (and now deceased) Commander Frank Borman. My hands were shaking, knees were buckling and the heart was racing as I sat in the cockpit of Commander Borman’s plane and started racing down the runway. It wasn’t fear exactly - more like the weight of the moment pressing down, demanding everything. Funny how the body knows it’s a big moment even before the mind accepts it!

1

**My Journey**  
How I started with  
Aviation Journey

2

**PPL**  
How to get your  
Private Pilot License

3

**2000 + Miles**  
My cross-country  
flight across the  
western United States



Crater Lake

The deepest lake in the USA  
formed over 7700 years ago!



Half Dome

A quartz monolith in the  
iconic Yosemite National  
Park.



Horseshoe Bend

Made famous by Tom Cruise  
in Mission Impossible.



## 1. My Aviation Journey

**Growing up I knew I always wanted to become a pilot until my father introduced me to a better concept!**

As a 10-year-old I was introduced to remote controlled planes. The flying planes got me so excited that until the age of 16, I was very sure that I wanted to be a pilot when I grew up. My father, who is an amazing Urologist, suggested I meet with his professional colleague and a friend who flew planes recreationally in Pune, Maharashtra. And my young mind was quickly influenced on changing paths and becoming a "Doctor" and a "Recreational Pilot". It took over 30 years, however, to realize the 2nd dream. Exactly 6 months after the Pandemic I got my Private Pilot License (PPL) in the United States of America.

**"Exploration is really the essence of human spirit" - Commander Borman**



I feel blessed to be a member of one of the greatest professions known to us where as a practicing Orthodontist you not only get to change peoples smiles but you get a chance to change their lives by boosting their self confidence and help them create a positive first impression in their personal and professional lives. And for that I am forever grateful to Dr. Vijay Jayade, one of the greatest orthodontists and the most remarkable person IOS is blessed with. His blessings have brought immense joy in my life.

Today, I feel incredibly fortunate to have fulfilled my childhood dream of becoming a pilot alongside my amazing orthodontic career!

### MY CONNECTION TO APOLLO 8 - NASA MISSION 1968

The aircraft I currently fly once belonged to none other than Commander Frank Borman. Commander Borman led the historic Apollo 8 mission, becoming one of the first three humans to travel beyond low earth orbit. Apollo 8's goal was to reach the far side of the moon to test NASA's communication systems—critical groundwork for the eventual moon landing. While they were not the first in space, these three astronauts were the first to escape Earth's gravitational field and pass behind the Moon's dark side—a feat that changed space exploration forever.

I had the rare honor of meeting Commander Borman when I purchased the aircraft from him. Shaking hands with someone who had literally left earth's orbit was a surreal and deeply humbling experience. His mission paved the way for Neil Armstrong's moon landing, which understandably garnered more public attention—but Commander Borman's contributions were no less heroic.



**(With Commander Borman)**

## 2. Private Pilot License

To get a Private Pilot License (PPL) in the USA, you'll go through several steps governed by the Federal Aviation Administration (FAA). Here's a breakdown of the process:

### ✓ 1. Eligibility Requirements

You must:

- Be at least 17 years old
- Be able to read, speak, write, and understand English
- Hold at least a third-class medical certificate (from an FAA-authorized aviation medical examiner)

### ✈ 2. Choose a Flight School

### 📖 3. Ground School (Theory Training)

You'll learn:

- Aerodynamics
- Airspace rules
- Weather
- Navigation
- FAA regulations

### ✓ 6. Pass the Checkride (Practical Test)

This includes:

- Oral exam with a Designated Pilot Examiner - DPE
- Flight test (typically 1.5–2 hours) demonstrating maneuvers, navigation, and emergency procedures

### 💰 7. Cost Typical cost: \$15,000–\$20,000.

📄 Once You Pass: You receive Private Pilot Certificate



(With my instructor - Clint)

### 🧑‍✈ 4. Flight Training

Minimum of 40 hours total flight time, including:

- 20 hours of dual instruction (with instructor)
- 10 hours of solo flight
- 3 hours of night flying
- 3 hours of cross-country flying

Most students average 55–70 hours before they're ready for the checkride.

### 👉 5. Pass the FAA Knowledge Test

- 60 multiple-choice questions
- Need at least 70% to pass
- Must be taken at an FAA-authorized testing center



(With Dr. Siju George)



### 3. Cross Country Flight

One of the greatest thrills of getting your PPL is it expands your scope of travel to amazing destinations over iconic landmarks (iPhone photos from the plane). In the summer of 2023, I planned a 2000 + mile cross country flight covering the western half of United States!!!



**Grand Teton National Park (Wyoming)**



**Mount Shasta (California)**



**Lake Powell (Utah)**



**Crater Lake (Oregon)**



**Colorado River (Arizona)**



**Horseshoe Bend (Arizona)**



**Grand Canyon (Arizona)**

# SCULPTURE & 3D ART (DISCOVERY THROUGH CREATION)

Dr.Sreedevi.G.Dange, Orthodontist, former professor in the Department of Orthodontics, Kalinga institute of Dental Sciences, now a full-time Orthodontist, Implantologist and General dental practitioner, practicing in Mumbai since last 15 years.



SRI YANTRA

## ART JOURNEY (ITS AN INHERITANCE)

Growing up Dr.sreedevi was surrounded by the quiet hum of her mother's creativity, who was more than an artist (an interdisciplinary artist). From a very young age Dr.sree watched her mother bring creativity to life. She never formally thought her instead Dr.sreedevi learned by observing, absorbing and paying attention to all the details.



BALAJI  
3D art



THE SUN  
3D perspective art

## INSPIRATION

DR. Sreedevi's Art work is deeply inspired by the architectural and sculptural heritage of ancient Indian temples. She got particularly drawn to the detailed sculptural work that adorns temple walls, dynamic figures of deities, celestial dancers, ornamental motifs that seems to breath life. This language of form, texture is what profoundly shaped Dr,sreedevi's artistic vision.



SANCTUM  
3D perspective art

## 3D PERSPECTIVE ART ( Beyond the surface)

Dr.Sreedevi always thrived to express a realistic angle to her kind of art form. It was this perception that lead her to adopt 3rd Dimension perspective to her art form. She loves to experiment with depth and angles on a 2D surface. This is when she created "BALAJI" (one of her very first),

"DURGA", "THE SANCTUM", "REGENERATION", "GANESHA", "SREE YANTRA", "THE SUN".

**DR. SREEDEVI GOJJA**





Experimenting with plaster and various acrylic polymer compounds to create depth and dimensions, this form of 3d perspective art helped her to physically extend into space, offering tactile volume, making projecting forms seem to float. She adds “my main aim through these controlled elevations and angular distortions is to play with the viewers sightlines”.



One of the 3 piece sculpture inspired from stone carving walls of Banteay Srei ( A temple in Cambodia )



3PIECE SCULPTURE ART

## EVOLUTION OF A SCULPTURE ARTIST (ART)

Though Dr.sree never thought of exploring in this dimension, the carvings, the grandeur of temple architecture caught her attention and merely took all her focus.

One of her sculpture art “APSARA” is not only a visual tribute but also a personal exploration of divinity, devotion and cultural heritage. This sculpture is deeply inspired by an exhibit at Royal Ontario Museum, Toronto, in the famous TRIBHANGA POSE (originally from the ruins of 10th century Chandela Dynasty).

The second “3-piece Sculpture Art” is inspired from stone carving walls of Banteay Srei (a temple in Cambodia ) known as “Khmer art” which is known for a distinct carving style.

These pieces are meticulously crafted using modelling and assembling technique, aiming to capture the same sense of depth, symmetry and spiritual reverence seen in century old stone carvings. She focused on intricate detailing, ornate jewellery, symbolic body gestures and layered texture that echo the storytelling of temple relief.



SRI YANTRA



REGENERATION



Dr.Sreedevi’s Artistic vision does not seek to replicate the past, but to respond to it. Her work is an exploration of how ancient Indian aesthetics can be reimagined within framework of present-day expression with current sensibilities, possibilities, materials and technique.





# Beyond Orthodontics

## Dr. Chandni Bharti

### Beyond Books & Crowns/ Brains Beauty and Becoming

“She didn’t have to choose one-she became all. Brains, beauty, and everything in between”

She began her day in lecture halls and clinics- a devoted academician, known for her intellectual curiosity, discipline, quiet determination and zeal to achieve whatever she set her mind to it. Her whole world revolved around ideas, teaching and guiding students with precision and purpose.

But beneath the academic robes lived a vision much larger- extending beyond the labs, classrooms, libraries of the institute-one that embraced not just the intellect, but impact, confidence, and self-expression.

Her foray into the world of beauty pageants was not a detour, but a bold expansion of her identity. With the same dedication she applied to her academic work, she committed herself to the pageant journey; walking early to train, refining her communication skills, building stage presence, and studying issues she cared about deeply. Every walk, every word, every choice was shaped by intention.

Her crown wasn’t just won-it was earned, layer-by layer, with every sleepless night, every disciplined day, and every belief that she was enough-just as she was: bold, brilliant, and beautifully whole.

What she proved through this transformation was powerful: that beauty and brilliance are not mutually exclusive. That a woman can present a thesis in one room and walk a runway in another-with equal grace and conviction.

Her victory in the beauty pageant wasn’t just about a crown; it was a statement. A statement that discipline, intelligence and inner strength are cornerstones of every achievement- whether it’s on a podium or a pageant stage.

She didn’t just win a title. She rewrote the narrative of what it means to be an academic, a woman, and a role model in today’s world.

“Not a pivot, but an evolution-from shaping minds to inspiring hearts”











# Music: The Strongest Form of Magic

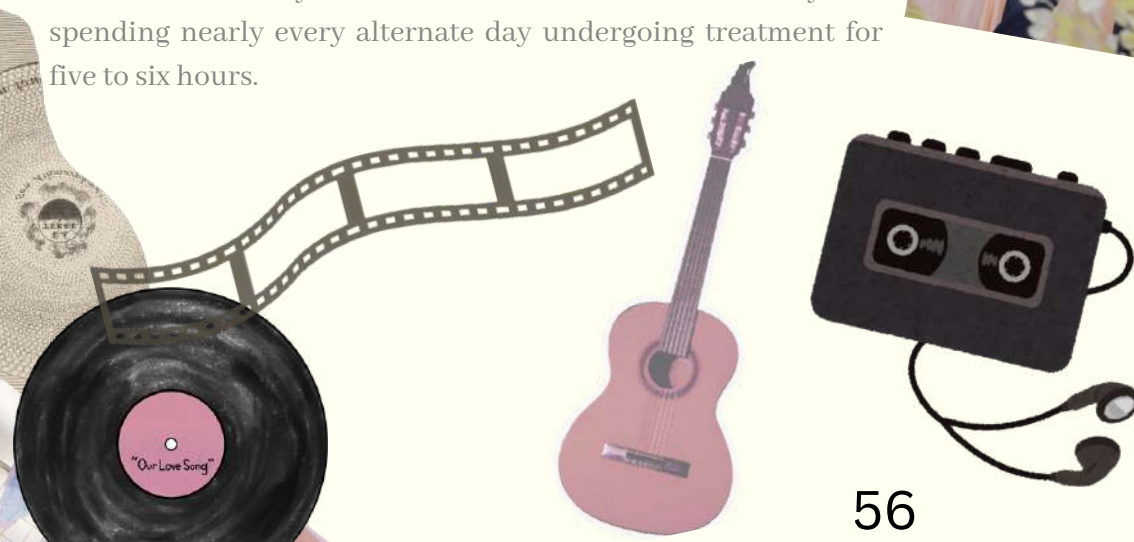
## The Inspiring Journey of Dr. K.H. Sudheer

In a world where challenges often overshadow dreams, the story of Dr. K.H. Sudheer stands as a powerful testament to the resilience of the human spirit and the transformative power of passion. His life, deeply intertwined with music, is not only an inspiring personal journey but also a celebration of perseverance, hope, and the healing strength of art.

Dr. Sudheer's tryst with the stage began when he was just six years old. Even at that tender age, his desire to be seen, heard, and applauded by an audience was unmistakable. With a natural flair for performance, he immersed himself in various competitions involving acting, singing, and dancing. His passion for the performing arts was evident early on, and it set the foundation for a life filled with artistic expression.

By the age of eight, his talent had already begun to shine. Without any formal training, young Sudheer was invited to perform on All India Radio, participating in dramas, folk songs, and musical segments. His enthusiasm and talent carried him through school and college, where he competed at inter-school and inter-college levels, earning numerous accolades for his performances.

However, life threw a harsh curveball. During the first year of his MDS (Master of Dental Surgery), Dr. Sudheer was diagnosed with renal failure. He had to begin dialysis immediately—a daunting and life-altering experience. Yet, even as his body struggled, his spirit remained unbroken. He successfully completed his MDS after undergoing a kidney transplant. Unfortunately, four years later, the transplant failed, and he had to return to dialysis—this time for an arduous 16 years, spending nearly every alternate day undergoing treatment for five to six hours.





In September 2022, his incredible endurance and unyielding positivity were recognized when he was honored with the "Superstar" award by the Kidney Warriors Foundation.

Through it all, music remained his constant companion. While others might have chosen to retreat, Dr. Sudheer leaned into his passion. In 2015, he joined the Shankar Mahadevan Academy to formally train in Hindustani music. His time there was transformative, and it led him to his guru, the esteemed Rajan Nagendra. Under his mentorship, Dr. Sudheer not only honed his skills but rediscovered a deeper love for music—one that fueled his spirit through the darkest days.

In November 2023, Dr. Sudheer underwent a second kidney transplant, which marked another turning point in his journey. Today, he continues to perform, to sing, and most importantly, to inspire. He uplifts fellow artists, patients, and audiences alike, demonstrating how passion can illuminate even the darkest path.

Dr. K.H. Sudheer's story is more than a personal victory—it is a beacon of hope. It reminds us that while life can be unpredictable and painful, unwavering love for one's passion can offer light, healing, and purpose. Through every challenge he faced, music became his strength, his solace, and his triumph.

Indeed, music is the strongest form of magic—and Dr. K.H. Sudheer is living proof of it.

Reported by Dr. Kasturi Mukherjee



# IOS Smile Drive & Smiling Bharat 2.0



The IOS Smile Drive is an innovative public awareness initiative spearheaded by the Indian Orthodontic Society (IOS). Launched with the vision to elevate public consciousness about orthodontics and oral health, the initiative seeks to engage communities across India. This initiative will foster a culture of health-consciousness, ultimately contributing to “Smiling Bharat”- the nationwide orthodontic health data collection survey. Continued support and participation from the public, institutions, and orthodontic practitioners remain essential for the success of this initiative.

## Objectives of the IOS Smile Drive

The IOS Smile Drive aims to create lasting impacts by promoting awareness about orthodontics and inspiring communities across India to embrace oral health. Through strategic programming and dynamic engagement—coupled with the national journey of the Smiling Bharat emblem across the five designated routes—it targets a broader audience to

- Enhance public understanding of orthodontic care and the importance of oral health.
- Encourage individuals to pursue regular orthodontic check-ups.
- Create a collaborative network involving dental colleges, orthodontic practitioners, and local communities.

## SMILING BHARAT EMBLEM

On June 8, 2025, the Executive committee (EC) unveiled the \*Smiling Bharat Emblem\*— designed by Dr. Harneet Kaur and incorporating the original logo created by Dr. Akhter Hussain — adding a momentous touch to the initiative. This emblem, a symbol of hope and transformation through healthy smiles, is set to travel across India, inspiring similar initiatives in every state, symbolizing the commitment to spreading smiles and enhancing awareness about oral health nationwide.



## Roadmaps and Smile drive Schedule

For IOS Smile Drive, the emblem will travel across the nation through five distinct routes, specifically targeting various regions (Check maps and timelines)

- \*North Route\*: Haryana- Uttar Pradesh (West & Central)- Uttarakhand- Himachal Pradesh- Chandigarh- Punjab- Rajasthan- Delhi
- \*East-Central Route\*: Tripura- Nagaland- Assam- West Bengal- Orissa- Chhattisgarh- Jharkhand- Bihar- Uttar Pradesh (East)- Madhya Pradesh- Delhi
- \*West Route\*: Maharashtra- Goa- Daman- Gujarat- Delhi
- \*South-East Route\*: Chennai- Puducherry- Andhra pradesh- Delhi
- \*South-West Route\*: Tamil Nadu- Kerala- Karnataka- Tealngana- Delhi

## Suggested Components for events of the IOS Smile Drive

### 1. Orthodontic Checkup Camps/Booths

- Organizing preventive checkup camps at local communities, schools, and colleges to provide free consultations and essential assessments.

### 2. Awareness Lectures

- Conducting informative lectures in various institutions to discuss the significance of orthodontics, treatment options, and preventive care.

### 3. Fitness Events (Walkathon/Cyclothon/Marathon)

- This event promotes not only public awareness but also adds a fun elements with Physical fitness/ dance sessions to attract a wider audience.

### 4. Kids Zone

- Creating engaging spaces for children with activities such as poster making, face painting, and games to instill awareness about dental health from an early age.

### 5. Smile Wall/Selfie Booths

- Setting up interactive booths for the public to take pictures with a "Smile Wall," helping in spreading the message of the initiative through social media and word-of-mouth.

### 6. Smile Pledge Wall

- Encouraging participants to pledge their commitment to maintaining oral hygiene and regular orthodontic checkups.

### 7. Nukkad Natak/Plays

- Utilizing street plays or Nukkad Natak as an entertaining medium to communicate vital messages related to orthodontics and inspire community involvement.

### 8. Reel Competition

- Launching a social media reel competition focusing on public awareness about orthodontics, encouraging creativity among participants to share their knowledge through engaging content.

## Launch of IOS SMILE DRIVE- IOS Executive meeting 8th June 2025

The IOS Smile Drive commenced with the Smiling Bharat Fitness Walkathon, which featured enthusiastic participation from members of the Executive Committee (EC), conveners from the Orthodontic Study Group of Delhi (OsGOD), Noida-Ghaziabad Orthodontic Study Group (NGOSG), and IOS members from Delhi, Noida, Faridabad and Gurgaon. The event was a significant success in launching this ambitious initiative.



IOS Smile Drive Emblem Released in Executive Committee meeting on 8th June 2025 by the Principal office bearers and Smiling Bharat team (Lt. Rt: Joint Secretary Dr Amit Bhardwaj, EC Dr Harneet Kaur, Hon'rary Secretary Dr Sanjay Labh, President Dr Puneet Batra, President Elect Dr Sridevi Padmanabhan, EC Dr Sukhdeep Kahlon, Immed Past President Dr Jayesh Rahalkar, Vive President Dr Gnana Shanamugham, and EC Dr Jas Kirat Singh)



Smiling Bharat Fitness Walkathon Flag off by President Dr Puneet Batra Sir and Honorary Secretary Dr Sanjay Labh Sir at Greater Noida



## Launch of smiling Bharat south west route



President-Elect Dr. Sridevi Padmanabhan led the IOS Smiling Bharat launch at Sri Ramachandra Dental College & Hospital. Kudos to Dr. Vignesh and President-Elect Dr. Sridevi Padmanabhan led the IOS Smiling Bharat launch at Sri Ramachandra Dental College & Hospital. Kudos to Dr. Vignesh and team for organizing a fantastic patient awareness program to kickstart the IOS Smile Drive. team for organizing a fantastic patient awareness program to kickstart the IOS Smile Drive!

The Indian Orthodontic Society (IOS) officially launched its flagship Smiling Bharath 2.0 in Chennai at SRM Kattankulathur Dental College and Hospital (SRMIST).

The ceremony opened with the IOS flag-waving led by Dr. Gnanashanmugam (Vice President, IOS), alongside Dr. C. Deepak (Past Honorary Secretary, IOS & Head of Orthodontics, SRMKDC), Dr. C. Vijayadhith (Convenor, Madras Orthodontic Study Group), Dr. N. Vivek (Dean, SRMKDC), Dr. KT Magesh (Vice Principal, SRMKDC) and Dr. Deenadayalan P (Professor, Orthodontics) & Team.

Following the flag-off, an Orthodontic Smile Awareness Rally set out from Java Green, drawing enthusiastic participation from undergraduate and postgraduate students and faculty. As part of Smiling Bharath 2.0, 50 patients were screened onsite, and their data uploaded to the national Smiling Bharath platform—furthering the mission to raise orthodontic awareness and improve oral health across India.





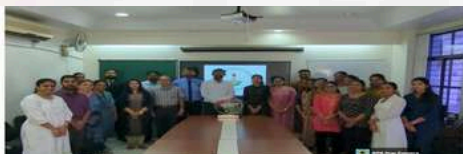
## Launch of IOS SMILE DRIVE- West Route

A grand start to the IOS Smile Drive- Smiling Bharat 2.0 initiative (West zone) by Indian Orthodontic Society from M.A.Rangoonwala Dental College and Hospital, Pune. The Smiling Bharat emblem was handed over by the Past President, IOS Dr. Jayesh Rahalkar sir and West zone Coordinator Dr. Anand Tripathi and Dr. Gaurav Gupta to the Principal, MARDC Dr. Ramandeep Dugal and Head Of the Department Dr. Ajit Kalia at the event.

We thank the Convenors of Pune Orthodontic Study group Dr. Ashwith Hegde, Dr. Sanket Agarkar and Dr. Apoorv Sahu for the opportunity and their gracious presence. Team Rangoonwala Dental college is all excited and geared up to be a part of the survey and Orthodontic awareness.



**Bharati Vidyapeeth (Deemed to be University) Dental College and Hospital, Pune, proudly participated in the Survey of Smiling Bharat Movement initiated by the Indian Orthodontic Society.**



**Dr. D. Y. Patil Dental College & Hospital, Pimpri, Pune proudly participated in the Smiling Bharat Campaign 2.0, IOS Smile Drive 2025. Dr. Jayesh Rahalkar, Past President IOS, handed over the emblem to the Dean Dr. Rajesh Shetty and Head of the Department Dr. Rajaganesh Gautam. As a part of this campaign, the department conducted an Awareness program for students of DPU- Arts, Commerce & Science College.**



**Smiling Bharat emblem 2.0 by the Convener of Pune-OSG, Dr. Sanket Agarkar to the Principal, Sinhgad Dental College and Hospital Dr. Sameer Patil and Vice Principal Dr. Sheetal Potnis in the presence of Department staff members Dr. Shilpa Jamenis, Dr. Shilpa Pharande, Dr. Nikhil Mahajan, Dr. Amit Anthony and Dr. Rutuja Devadkar.**



**D. Y. Patil Dental School, Lohgaon, Pune participated in the Survey of Smiling Bharat Movement with emblem handed over by Dr. Anand Tripathi, State coordinator for initiative. Orthodontic diagnostic Camp and drawing competition and prize distribution at Dr. Mar Theophilus School, Dhanori.**







## ***\*A Grand Start to the IOS Smile Drive Smiling Bharat 2.0 (North Route) \****

The Indian Orthodontic Society marked a vibrant launch of the IOS Smile Drive – Smiling Bharat 2.0 (North Zone) at \*Manav Rachna Dental College, Faridabad, Haryana\* on 18th June 2024. The event was inaugurated by Dr Puneet Batra, President, IOS, and Pro Vice-Chancellor, Manav Rachna University.

The programme was graced by the esteemed presence of Prof. Sanjay Srivastava, Hon'ble Vice Chancellor, Manav Rachna University, and Dr Akhter Hussain, Past President, IOS and Administrative Director of, the Centre for Craniofacial Anomalies and Former Dean of Yenepoya Dental College, Mangalore, along with distinguished dignitaries from our University, healthcare professionals, and community representatives.

The event commenced with a celebratory cake-cutting ceremony led by the dignitaries, faculty members, and postgraduate students of the Department of Orthodontics. This was followed by felicitations and an interactive awareness session for students on the objectives and spirit of the Smiling Bharat Mission.

A special highlight of the day was an engaging lecture by Dr Akhter Hussain delivered to first- and second-year undergraduate students on the theme "Living an Epic Student Life."

As part of the orthodontic awareness initiative by Orthodontic Study Group of Delhi (OsGOD), the IOS Smile Drive Emblem was formally handed over to the college by Dr Puneet Batra, President IOS and Dr Harneet Kaur, IOS Executive Committee Member and Convener, OsGOD—signifying the commencement of Smiling Bharat 2.0 checkups and activities at the institute and the study group.

The program concluded with a warm vote of thanks by Dr Ashish Singh, Professor of Orthodontics, MRDC, acknowledging the enthusiastic participation and support of all attendees.

Next steps for Smile Drive North Zone to be \*Sudha Rustagi Dental College, Faridabad\*- stay tuned!







Smiling bharat 2.0 launch in Saveetha Dental college. A very unique programme with patient Interactions . Good involvement of pgs and faculties . Dr. Ankita labh's singing invocation at smiling bharat event in Saveetha.

## Smiling Bharat Launch | Meenakshi Ammal Dental College

Dr. Devaki Ma'am and the spirited team at Meenakshi for their enthusiasm and wholehearted support in kickstarting the IOS Smiling Bharat initiative on their campus in a big way. The energy and commitment to this meaningful cause are truly commendable!





# INAUGURATION OF SMILING BHARATH AT MANGALORE ORTHODONTIC STUDY GROUP

The inauguration of Smiling Bharat 2.0 a visionary initiative by the Indian Orthodontic Society was held with great fervour and enthusiasm by Mangalore Orthodontic Study group with Yenepoya Dental College. The event was graced by distinguished dignitaries Dr. Sandeep Shetty, Dr. Vivek Amin, Dr. Akther Hussain, Dr. Mala Ram Manohar, Dr. Chetan Jayade, Dr. Lakshmikanth Chatra, Dr. Sham S Bhat, Dr. Mithun K who jointly unveiled the national campaign on 13 June 2025 aimed at transforming orthodontic awareness and diagnostics across India. Smiling Bharat 2.0, a national public awareness and diagnostic initiative by the Indian Orthodontic Society. This is not just a survey—it is a movement. A movement that recognises the power of a smile and the importance of understanding our nation's orthodontic needs at the grassroots level. The core vision of Smiling Bharat is to build a comprehensive database that reflects the true orthodontic requirements across all corners of India—regional, state, and national.

In this landmark effort, Mangalore Orthodontic Study group has played a pivotal role. From the very inception of Smiling Bharat 1.0, Yenepoya Dental College, A.B Shetty memorial institute of Dental Sciences, A.J Institute of Dental sciences, Srinivas Institute of dental sciences, Manipal College of Dental sciences Mangalore, K.V.G Dental College has not only participated but has taken active leadership in executing the campaign. Through the combined efforts of Department of Orthodontics and Dentofacial Orthopaedics and the Department of Public Health Dentistry, we have reached communities, schools, and surrounding colleges, bringing this initiative to life far beyond the walls of our institution.

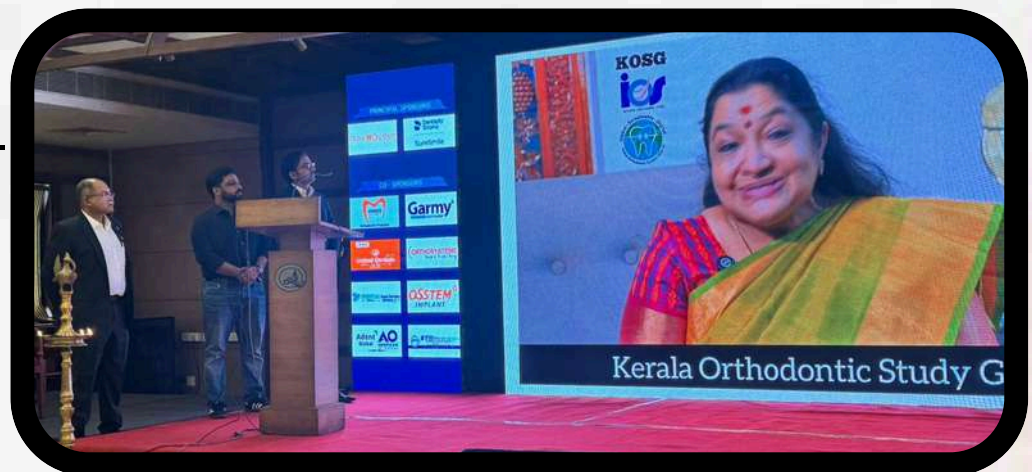


As we now move into the second phase of this project, Smiling Bharat 2.0, the bar is raised even higher. With improved technology, structured digital protocols, and renewed enthusiasm, once again proud to stand at the forefront. We are not just collecting data—we are building awareness, changing perceptions, and laying the groundwork for better access to orthodontic care for generations to come.

Let us remember—this is more than a campaign. It is a promise. A promise that no smile in this country will go unnoticed, untreated, or undervalued. Together, let us build a healthier, more confident, and truly smiling Bharat.



## Smiling Bharat by Kerala Orthodontic Study Group



June 15, 2025 will be a landmark day in the history of the Kerala Orthodontic Study Group and the Indian Orthodontic Society, marked by the release of an orthodontic awareness video featuring none other than the legendary playback singer and national award winner, KS Chitra.

In today's healthcare landscape, creating public awareness about Orthodontics is more crucial than ever. The orthodontic community continues to face significant challenges, largely due to a widespread lack of understanding about this specialized branch of dentistry.

Orthodontics is a distinct dental specialty that requires three additional years of postgraduate training after completing a general dental degree. An orthodontist is uniquely qualified to diagnose, prevent, and treat dental and facial irregularities—often beginning as early as age seven in children.

This awareness video is part of a broader initiative by our orthodontic study groups to educate the public about the importance and scope of orthodontic care. It is one of several efforts aimed at bringing clarity and visibility to our profession, ultimately helping people make informed decisions about their oral health.

We believe this is a step forward in ensuring Orthodontics receives the recognition and understanding it rightfully deserves.



## OsGOD DIALOGUES Series Lecture organised by Orthodontic Study Group of Delhi (OsGOD)

### Event Report



OsGOD Dialogues- Connect, Share & Inspire is the monthly academic initiative by OsGOD conveners Dr. Sunanda Roy Choudhury, Dr. Maninder S. Sidhu, and Dr. Harneet Kaur, aiming to foster a dynamic platform for orthodontic clinicians to engage in collaborative learning, clinical case sharing, and meaningful dialogues.

The second edition of OsGOD DIALOGUES – Connect, Share & Inspire was successfully held on 23rd May 2025 online by Dr Ashok Surana on Treatment Strategies in Management of Hyper-divergent Class I and Class II Malocclusion.

The session opened with a dignified IOS lamp-lighting ceremony graced by Dr Sanjay Labh Honorary Secretary IOS, President of the Indian Orthodontic Society (IOS), keynote speaker Dr. Ashok Surana, and all the participants joined online from all across India. In his inaugural address, Dr. Sanjay Labh delivered a compelling and motivational message, urging young orthodontists to wholeheartedly engage with the dynamic and progressive initiatives of the IOS. He expressed heartfelt appreciation for the OsGOD's academic endeavours.

The academic highlight of the event was the keynote lecture delivered by Dr. Ashok Surana, who provided a profound and enlightening discourse on the intricacies of managing long-face cases. His presentation offered valuable clarity on the challenges posed by vertical growth patterns—cases that may initially seem routine but, without meticulous anchorage control, can swiftly escalate into complex biomechanical dilemmas.

Subsequently, the Clinical Case Conversations segment featured compelling presentations, notably by Dr. Kapil Sonar (AIIMS, New Delhi), who commendably shared his detailed clinical records and posed insightful queries regarding a particularly challenging syndromic case involving multiple impactions—an admirable contribution at this stage of his professional career. The session was expertly moderated by Prof. Ritu Duggal, whose focused guidance fostered a solution-oriented dialogue. These discussions ignited dynamic academic exchanges, with presenters candidly sharing diagnostic strategies, treatment plans, and clinical outcomes in an atmosphere of collegial collaboration.

The programme concluded with a heartfelt closing note and vote of thanks delivered by the conveners, who acknowledged the invaluable support extended by the Indian Orthodontic Society and appreciated the enthusiastic participation of approximately 80 attendees. This was followed by an update to the membership regarding the launch of the IOS Smile Drive and the commencement of Smiling Bharat 2.0. The organizing team remains committed to sustaining this momentum, with a continued focus on fostering a vibrant community dedicated to academic exchange and peer learning.



# South West Tamil Nadu Orthodontic Study Group

South West Tamil Nadu Orthodontic Study Group, in collaboration with OrthoFX, successfully conducted a Continuing Dental Education (CDE) programme on 11th May 2025 at Rathna Residency, Salem. The event was aimed at enhancing the knowledge and practical competencies of postgraduate students, faculty members, and practicing orthodontists.

The CDE programme featured two outstanding and insightful guest lectures by renowned experts:

- Dr. Shendre Shrikant delivered a comprehensive session on "Class II Non-Extraction Cases Using the Damon Appliance", emphasizing the power of transverse development for achieving effective treatment outcomes without extractions.
- Dr. Syed Khalid Altaf presented on "Predictable Practice of Clear Aligners", focusing on the importance of patient compliance and the enhanced performance of hyper-elastic aligner polymers in achieving predictable clinical results.

The event witnessed enthusiastic participation from orthodontic professionals across the region and received highly positive feedback from attendees. The sessions provided valuable clinical insights, promoted evidence-based practice, and fostered professional dialogue among participants.





# Mangalore Orthodontic Study Group



## REPORT ON THE ONE DAY COMPREHENSIVE HANDS-ON WORKSHOP ON “LINGUAL ORTHODONTICS REVISITED”

The Department of Orthodontics at Manipal College of Dental Sciences (MCODS), Mangalore, in collaboration with JJ Orthodontics and the Mangalore Orthodontic Study Group (MOSG), under the aegis of the Indian Orthodontic Society (IOS), organized a one-day comprehensive hands-on workshop titled "Lingual Orthodontics Revisited" on 19th May 2025. The event, held at MCODS Mangalore, witnessed enthusiastic participation from postgraduate students, faculty, and practicing orthodontists.

The workshop began with a formal inauguration at 9:00 AM, anchored by the master of ceremonies, Dr. Amoli Singh, who efficiently conducted the proceedings throughout the day. Dr. Supriya Nambiar, Professor and Head of the Department of Orthodontics, delivered the welcome address, highlighting the significance of advanced learning in the field of lingual orthodontics. This was followed by an address from the Dean, Dr. Ashita Uppoor, who emphasized the importance of continuous professional development and appreciated the initiative taken by the department in hosting such an insightful event.

The introduction of the distinguished speakers was carried out by Dr. Nidhin Philip and Dr. Ashith M.V., who provided an overview of their remarkable contributions to the field of orthodontics. The keynote speakers for the workshop were Dr. Surya Kanta Das, Head of the Department of Orthodontics at SCB Dental College, Cuttack, and inventor of the DTC device, and Dr. G. Dharmadeep, Head of Research and Development at JJ Orthodontics, and inventor of the SELFY system. Dr. Mithun K, Convenor of the Mangalore Orthodontic Study Group, delivered the vote of thanks, expressing his gratitude to the speakers, organizers, participants, and the supporting institutions. The scientific sessions were divided into four segments. The first session focused on an introduction to invisible orthodontics, discussing the need for lingual orthodontics in the modern era and providing insights into the SELFY lingual bracket system and its hybrid approach. The second session delved into lingual customization and bonding techniques, covering topics such as wire customization, indirect and direct bonding, and the CVPU technique. The third session dealt with treatment planning, biomechanics, and the management of various malocclusions using lingual appliances. After a lunch break, the fourth session offered a comprehensive hands-on experience, including wire bending techniques using NiTi, SS, and TMA wires, along with bonding techniques and an on-patient live demonstration.



# ***Trivandrum Orthodontic Study Group***

## Overview:

The Trivandrum Orthodontic Study Group successfully hosted a Continuing Dental Education (CDE) program titled “TMD Diagnosis and Treatment – An Orthodontist’s Perspective” on 28th May 2025 at Hotel Dimora, Trivandrum.

The event featured renowned orthodontist Dr. Prashant Dhole, MDS, Diplomate of the Indian Board of Orthodontics, as the keynote speaker.

This full-day academic event was well-received by the orthodontic community and was attended by 70 participants, including practicing orthodontists and postgraduate students.

## Program Schedule & Highlights:

The event commenced with a formal inauguration ceremony at 9:30 AM, attended by dignitaries, faculty members, and participants. The convenors of the Trivandrum Orthodontic Study Group welcomed the gathering and introduced the speaker.

Dr. Prashant Dhole initiated the scientific session with an insightful presentation on Diagnosis and Case Selection for Temporomandibular Joint Disorders (TMD). He discussed the importance of accurate diagnosis, differential assessment, and evidence-based criteria for selecting TMD cases suitable for orthodontic intervention.

The second session focused on a Stepwise Approach for Successful Management of TMJ Pain. Dr. Dhole elaborated on clinical workflow strategies, therapeutic interventions, and presented relevant case studies to illustrate practical application.

- This was followed by a detailed Clinical Work Flow and Case Presentation segment, highlighting diagnostic tools and treatment planning in real-world scenarios.

Dr. Prashant Dhole was formally felicitated by Dr. Jyothindra Kumar along with the convenors of the Trivandrum Orthodontic Study Group, in recognition of his valuable contributions to orthodontics and TMD education.

The post-lunch session featured a live demonstration on Facebook Transfer for Permissive Splint Fabrication and Splint Adjustment. Participants observed clinical techniques crucial for occlusal splint therapy, offering hands-on exposure to practical methodologies used in TMD management.

## Conclusion:

The CDE program was highly interactive and educational, offering attendees a deep dive into the orthodontic management of TMD. The presence of an experienced speaker, relevant clinical demonstrations, and active participation from delegates made the event a noteworthy success. The Trivandrum Orthodontic Study Group was commended for organising a well-structured academic initiative that significantly contributed to the continuing education of dental professionals.







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**Reported by Managing Editor Dr. Mayank Gupta**





## THE PROGRAM : PITTS 21 BRACKET SYSTEM

DATE : 28/05/2025

VENUE : HOTEL DASS CONTINENTAL, THRISSUR

NO. OF PARTICIPANTS : 78

Description of the program

Program Objective :

To enlight knowledge regarding recent advancements in orthodontics among Post graduate student, private orthodontic practioners all over dental colleges in Kerala

Program outcome:

A full day skill enhancement program on topic “ Pitts 21 bracket system” was conducted on 28th may 2025 by Dept of orthodontics and dentofacial Orthopedics, Royal dental college in association with IOS Kerala chapter. The speaker was Dr Arun prof. MDS and Dr Jyothi Kiran Prof. HOD, MDS. Timing of the program was 9.30am – 3.30pm. The program was attended by 78 post graduate students and orthodontist and was worth full to them in better understanding recent Advancements in orthodontics.

**Reporter by : Dr. BISWAS P**  
**Head of the dept, Program Chairman,**  
**Royal Dental college**



## *World Orthodontic Health Day Celebration At Inderprastha Dental College and Hospital, Sahibabad, Ghaziabad*

### **Report on the Hands-on Programme Organized by the Department of Orthodontics and Dentofacial Orthopaedics**

The Department of Orthodontics and Dentofacial Orthopaedics at Inderprastha Dental College and Hospital, Sahibabad, Ghaziabad, successfully conducted a comprehensive hands-on programme on 15th May 2025. This event was meticulously planned with the aim of enhancing clinical skills and theoretical knowledge amongst budding dental professionals. The programme featured an enlightening lecture session as well as an engaging typhodont workshop, tailored specifically for the interns of the institute and the postgraduate students of the Orthodontics department.

The keynote speaker for the event was the esteemed Dr Sridhar Kannan, a renowned figure in the field of orthodontics, known for his significant contributions to clinical orthodontic practice and dental education. His presence elevated the academic value of the programme and offered the participants a unique opportunity to interact with a luminary of the profession.

#### **Programme Overview**

The programme commenced promptly at 9:30 a.m., with a warm welcome address delivered by the Head of the Department of Orthodontics and Dentofacial Orthopaedics. This was followed by an introduction of Dr Sridhar Kannan, highlighting his professional journey, academic achievements, and his vast experience in orthodontic practice.

The first segment of the event was a lecture session, attended by all interns of the institute along with postgraduate students from the Orthodontics department. Dr Kannan delivered an insightful lecture focused on diagnosis and consultation of orthodontic cases along with common problems encountered by general dentist in an orthodontic case. he explained about the various modalities available for the orthodontic treatment and focused mainly on the problem encountered by the general dentist between subsequent visit of an Orthodontist.

Dr Kannan's lecture was highly interactive, encouraging questions and discussions throughout. His ability to simplify complex concepts and relate them to real-world clinical scenarios was particularly appreciated by the audience. The lecture served not only as a platform for knowledge dissemination but also as a motivational session, inspiring young dental professionals to pursue excellence in their field.





### Typhodont Workshop

This practical session was designed to offer participants direct exposure to handle the problem whichever arises in between two subsequent appointments. The exercises included wire adjustment, and the application of different types retainers. Dr Kannan, along with faculty members of the department, supervised the activities, offering one-on-one guidance and constructive feedback to the students.

The workshop proved to be an invaluable experience for all participants. For the interns, it offered an introduction to the practical aspects of orthodontics, complementing their academic curriculum. For postgraduate students, it served as a platform to refine their technical skills and clarify doubts under expert supervision.

### Participant Feedback:

The response to the programme was overwhelmingly positive. Interns expressed gratitude for being given the opportunity to engage with specialised orthodontic concepts and hands-on activities early in their careers. Postgraduate students appreciated the depth of the content and the opportunity to interact closely with a distinguished professional like Dr Kannan.

Several attendees noted that the practical session helped bridge the gap between theoretical knowledge and clinical application.

### Conclusion:

The hands-on programme concluded at 4:00 p.m., with a vote of thanks extended to Dr Sridhar Kannan for his invaluable contribution and to all the participants for their enthusiastic involvement. The Department of Orthodontics and Dentofacial Orthopaedics deserves commendation for its commitment to academic excellence and continuous professional development. Programmes such as this reflect the department's dedication to fostering a culture of learning and skill enhancement among students and young professionals.



# World Orthodontic Health Day Celebrations

## May 15, 2025

Department of Orthodontics, Indira Gandhi Institute of Dental Sciences, Kothamangalam

The Department of Orthodontics at Indira Gandhi Institute of Dental Sciences, Kothamangalam, celebrated \*World Orthodontic Health Day\* on May 15, 2025, with a series of engaging and educational programs.

Various competitions were organized for students and interns, culminating in a prize distribution ceremony held on the same day.

The competitions included:

1. Creative Wire Bending
2. Orthodontic Awareness Speech Competition
3. Orthodontic Quiz Competition

In today's evolving dental healthcare landscape, understanding medical negligence and its legal implications is crucial—not only for senior clinicians but also for newly graduated dentists and interns. In light of this, a scientific session was conducted, featuring three distinguished speakers who shared valuable insights on clinical documentation, medicolegal responsibilities, and patient doctor relationships. Their presentations were both captivating and highly informative.

The speakers were:

- Dr. Babu Kuttan Pillai – Our esteemed member
- Dr. George Skariah – Senior Maxillofacial Surgeon
- Dr. Heera – Senior Oral Pathologist

The Continuing Dental Education (CDE) program concluded with a \*MOOT COURT\* on medical negligence. This included dramatized enactments of three different clinical scenarios highlighting medicolegal challenges. The session offered a unique learning experience, being both educational and entertaining for all attendees.

A special note of appreciation to Dr. Babu Kuttan Pillai for spearheading the organising of this timely and impactful program.





# ***\*World No Tobacco Day: A Critical Reminder for Orthodontic Patients\****

**Dr. Niha Naveed**

As we observe World No Tobacco Day, it's important to recognize the significant, and often underestimated, impact of tobacco use on orthodontic treatment outcomes.

Tobacco, whether smoked or smokeless, possesses a serious threat to oral health. In orthodontic patients, these risks are amplified:

- ◆ **Delayed Tooth Movement:** Nicotine causes vasoconstriction, which reduces blood flow to the periodontal structures. This impairs cellular activity and slows orthodontic tooth movement, often resulting in prolonged treatment duration.
- ◆ **Compromised Periodontal Health:** Tobacco use weakens the immune response, increasing susceptibility to gingivitis and periodontitis. This can lead to compromised anchorage, bone loss, and recession, significantly affecting treatment stability and prognosis.
- ◆ **Increased Risk of Enamel Staining and Decalcification:** Orthodontic appliances trap plaque and stains more readily, and tobacco compounds this effect. Patients may experience persistent halitosis, unaesthetic staining, and a higher incidence of white spot lesions..

- ◆ **Impaired Healing and Higher Risk of Relapse:** Healing post-orthodontic interventions is often delayed in tobacco users, and long-term tissue support for the new tooth position may be undermined.

Orthodontic treatment is a collaborative journey between clinician and patient. As dental professionals, it's crucial we educate patients on the detrimental effects of tobacco, not just on their general well-being, but on their orthodontic outcomes as well.

This World No Tobacco Day, let's encourage our patients to make informed choices. Quitting tobacco isn't just a lifestyle decision, it's a commitment to a healthier, more confident smile



# Braces, Aligners & the Tobacco Trap: What Smokers Need to Know

By Dr. Rachita Guru

You're investing time, money, and effort into perfecting your smile. Braces are on. Aligners are in. You're one step closer to that dream grin.

But if you're still lighting up that cigarette or casually puffing on a vape, here's what you need to know: Tobacco is not just bad for your lungs, it's bad for your orthodontic treatment too.

This World No Tobacco Day, let's uncover how smoking and tobacco use affect your smile journey in ways you might not expect.

## 1. Tobacco Delays Healing & Slows Down Tooth Movement

Nicotine restricts blood flow and reduces oxygen to your gums and bones—two things essential for healthy orthodontic tooth movement. A study published in PLOS ONE (2021) found that nicotine exposure impaired bone remodeling during orthodontic treatment, leading to unpredictable and delayed tooth movement.



## 2. It Can Speed Up Movement Too... But That's Not Always Good

Some studies suggest that nicotine may accelerate tooth movement by increasing osteoclastic activity. But this isn't a bonus as faster movement can mean increased risk of root resorption, bone loss, or relapse after treatment. The same PLOS ONE study warns that the effects of tobacco are unpredictable, making treatment less controllable and more risky.



## 3. Say Goodbye to Aesthetics—Tobacco Stains Everything

Whether you wear clear aligners, ceramic braces, or retainers, tobacco finds a way to stain them. The International Orthodontic Journal (2020) reported significant discoloration in elastomeric ligatures exposed to cigarette smoke. And if you're using aligners, they can yellow quickly—even with regular cleaning.



## 4. Brackets May Fail More Often

Cigarette smoke affects the adhesive bond between orthodontic brackets and tooth enamel. A 2019 study found a notable decrease in shear bond strength in patients exposed to cigarette smoke, leading to more frequent bracket failures and prolonged treatment time.

International Orthodontic Journal, 2019



## 5. Increased Risk of Gum Disease and Bone Loss

Orthodontic appliances already make oral hygiene more challenging. Add smoking, and the risk for gingivitis, periodontitis, and gum recession shoots up. Research published in Cureus (2023) confirms that tobacco use exacerbates inflammation and tissue breakdown in orthodontic patients.

Cureus, 2023: Impact of Smoking on Orthodontic Treatment



## 6. Patients Often Don't Know the Risks

A study published in (2021) found that a significant percentage of orthodontic patients were unaware of the harmful effects of smoking on their treatment. Awareness is the first step to prevention.

## Final Thought:

Orthodontics is about precision. Every bracket, every aligner, every movement is calculated. Tobacco throws a wrench into that system. Whether it's by slowing down movement, staining your aligners, or weakening your gums, it holds back the very smile you're working for.

This World No Tobacco Day, align your lifestyle with your smile goals. If you've taken the step to straighten your teeth, why not take one more to protect them?



# Effects of Tobacco on Orthodontic Treatment

## Dr. Swati Singh



### 1. Delayed Tooth Movement

Nicotine causes vasoconstriction, reducing blood flow to the periodontal tissues. This leads to slower bone remodeling, which can delay tooth movement and prolong orthodontic treatment.

### 2. Increased Risk of Periodontal Disease

Tobacco users are at a higher risk of gingivitis and periodontitis, which can complicate orthodontic treatment. Gum inflammation and bone loss may compromise the stability and health of teeth being moved.

### 3. Poor Oral Hygiene and Staining

Tobacco promotes plaque accumulation, especially around braces. It causes staining of teeth and orthodontic appliances, which may lead to aesthetic concerns.

### 4. Increased Risk of Orthodontic Relapse

Long-term damage to periodontal tissues from smoking may reduce retention after braces are removed. This increases the likelihood of relapse, where teeth shift back to their original positions.


### 5. Higher Risk of Root Resorption

Smoking may increase susceptibility to root resorption, a condition where the roots of teeth are broken down during orthodontic movement.

### Specific Considerations for Orthodontists:

**Treatment Planning:** Orthodontists may need to adjust timelines and monitor more frequently.

**Patient Education:** Patients who smoke should be counseled on the risks and encouraged to quit.

**Informed Consent:** Some orthodontists include smoking-related risks in their consent forms due to the possible complications. 

Vaping and E-cigarettes are not safe alternatives; they still contain nicotine and harmful chemicals.

Smokeless tobacco also negatively affects the gums and can lead to localized gum recession, especially in areas with orthodontic bands or brackets.

### Conclusion:

Tobacco use compromises the effectiveness, safety, and aesthetics of orthodontic treatment. Orthodontists strongly encourage patients to quit tobacco use for better outcomes and long-term oral health.

# TEEN TOBACCO TAINT

While cigarette use may be declining, vaping is quietly on the rise — especially among teenagers, who make up a large part of our orthodontic practice. Though marketed as safer, e-cigarettes can cause equal or even greater periodontal damage than traditional smoking, leading to gum inflammation, bone loss, and delayed tooth movement.

India offers a number of resources to help quit the habit, including the National Tobacco Control Program, the Quitline with multilingual support, mCessation, apps like QuitSure and QuitNow, Tobacco Cessation Clinics, and various school-based programs.

Counseling adolescents, however, requires a different approach than with adults — they value autonomy and peer acceptance, and often resist direct advice or authority. Instead of warnings, we must guide them with empathy and curiosity. To truly make an impact, quitting has to feel like an attractive — even cool — choice.



## HERE ARE FIVE WAYS TO MAKE THAT HAPPEN:

### 1

- Reframe the message to align with what teens care about — clearer skin, fresher breath, faster orthodontic results, and a better smile.

### 2

- Use positive peer influence: even celebrities like Tom Holland have spoken about quitting vaping because it affected their breathing and focus.

### 3

- Introduce tech-friendly tools like QuitSure or QuitNow, which make the process interactive and private.

### 4

- Create a judgment-free zone in the clinic — offer quiet encouragement at each visit, creating space for reflection rather than resistance.

### 5

- Celebrate small wins — reinforce progress, no matter how incremental, to keep motivation high.

As orthodontists, we not only have the ability to craft smiles — we also hold the power to shape a lifetime of well-being.

**By Dr. Hita Rangarajan**



# Dr. Sneha Devarakonda

## Breaking barriers: Conquering M.Orth before MDS

Dr. Sneha Devarakonda, currently a third-year Orthodontics postgraduate resident at Saveetha Dental College & Hospital, has achieved a historic milestone—becoming the first Indian postgraduate student to clear the Membership in Orthodontics (M.Orth) examination of the Royal College of Surgeons of Edinburgh. This achievement is not just a personal victory, she emphasizes; it stands as a powerful testament to perseverance, conviction, and the quality of Indian dental training.

The M.Orth exam is one of the most demanding assessments in orthodontics. In its Edinburgh format, it is divided into two rigorous parts. Part A consists of two written papers, each lasting two hours, testing a comprehensive range of subjects from basic dental science to medical complications. Part B is a clinical exam comprising diagnosis and treatment planning, orthodontic biomechanics, and a communication station. Balancing these intense academic components with the responsibilities of postgraduate curriculum demanded endurance, intense focus, and mental clarity—qualities Dr. Sneha cultivated on her journey.

Her path to success was firmly grounded in unwavering support. She credits her family, her mentor Dr. Aravind Kumar, and the entire Department of Orthodontics at Saveetha. Their belief in her, especially during moments of self-doubt, provided the strength she needed. In her own words, “They believed in me even when I couldn’t see it in myself.”

Dr. Sneha believes her achievement transcends individual triumph. It represents every Indian orthodontic resident striving to meet global standards without leaving home soil. “This milestone belongs to every postgraduate student who dares to dream, and every teacher who sees potential early,” she states. Her hope is that this success will encourage others to remain curious, hold firm in adversity, and pursue excellence.

She draws a deeply resonant metaphor from orthodontic treatment itself: “Just as orthodontics brings transformative change millimetre by millimetre, small and consistent efforts in life can reshape our destinies.” This philosophy encapsulates both her academic and clinical ethos.

In expressing her gratitude, Dr. Sneha Devarakonda extends heartfelt thanks to the Indian Orthodontic Society for celebrating such milestones. To her peers, she offers compassion and inspiration: “Your journey is valid, your challenges are real, and your dreams are worth chasing.”

Dr. Sneha’s message to her fellow postgraduates -

**“Your goals are only unrealistic until you achieve them.”**





# Francesco Arezzo

Francesco Arezzo of Italy selected to be 2025-26 Rotary International President

Francesco Arezzo, a member of the Rotary Club of Ragusa, Italy, has been selected by the Board of Directors to become Rotary International's president for 2025-26. Arezzo will become president on 1 July.

RI is an international organisation with 1.2 million members and many of them Orthodontists. Even in India.

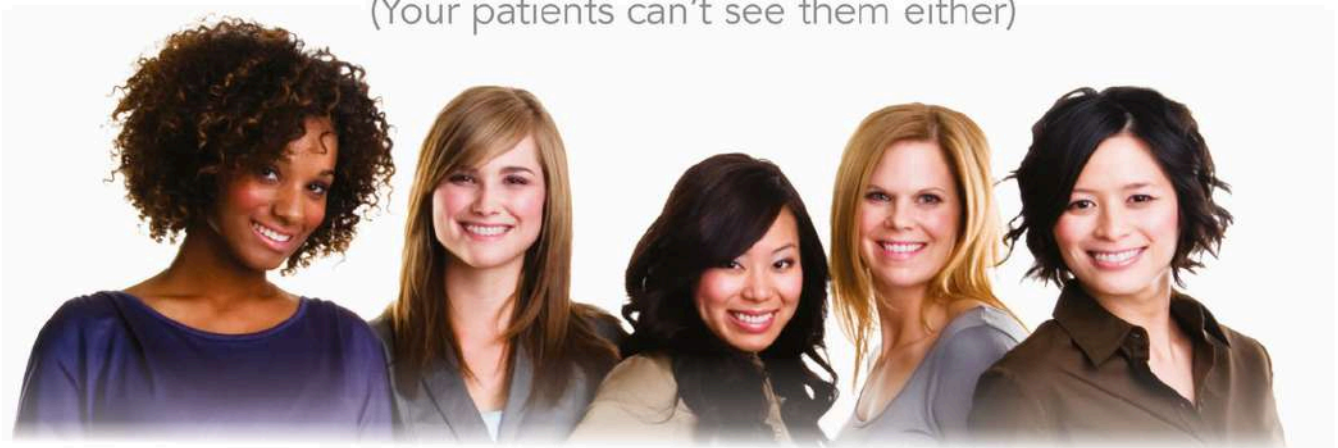
It's a proud moment for orthodontists. Rotary International president is an orthodontist.

Reported by Dr. Siddharth Shetty

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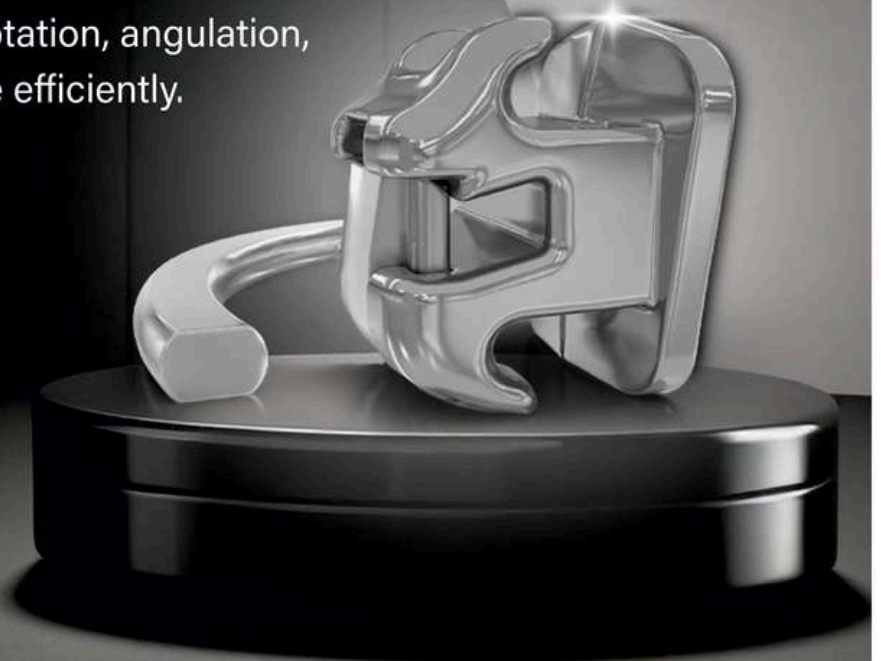


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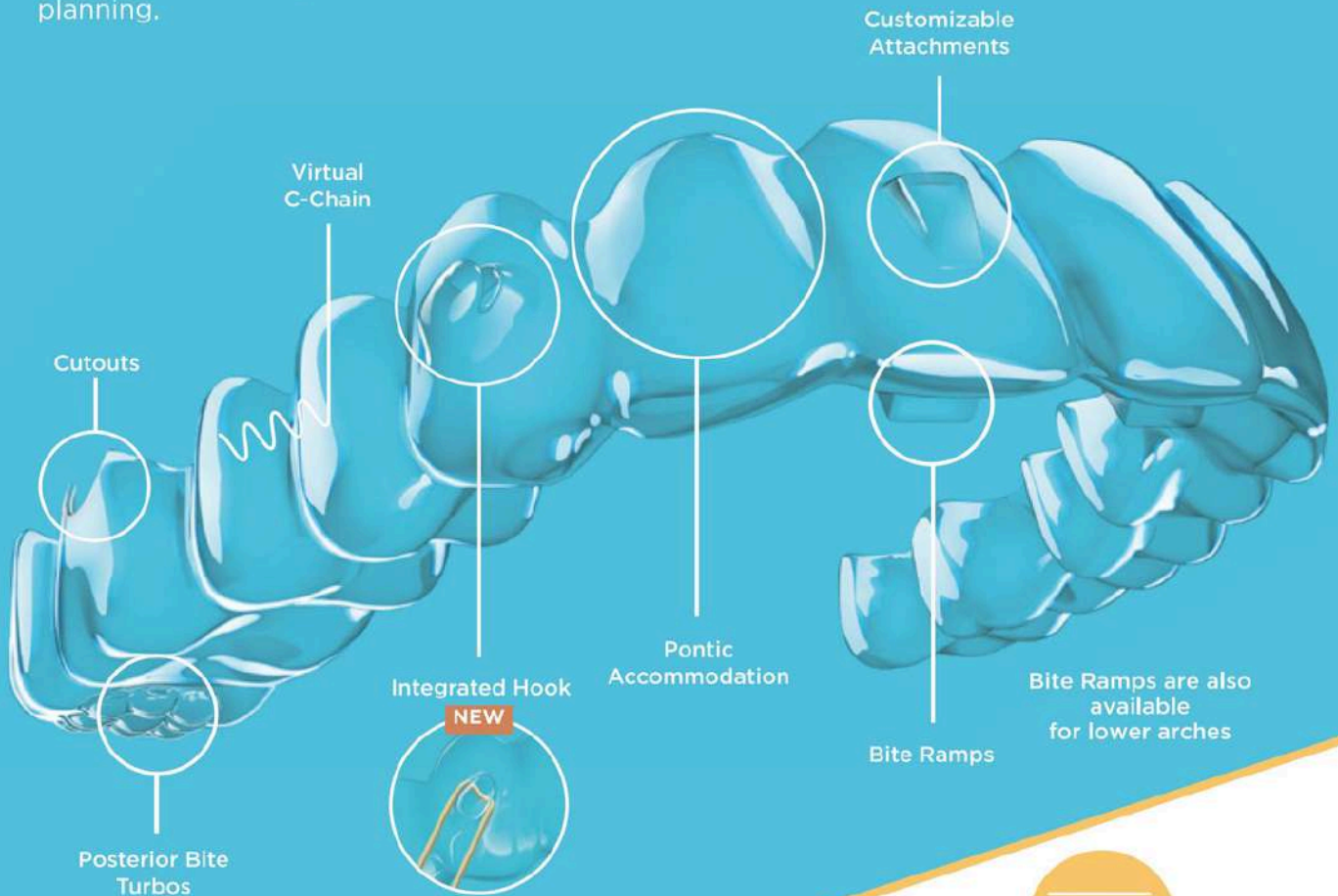
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\*Data on file