

The Official News Letter of Indian Orthodontic Society





President's Message

Esteemed Members of the IOS Fraternity,

I am delighted to extend my best wishes from the distinguished halls of the IOS Headquarters.

The Indian Orthodontic Society shines on the global stage with the annual event of Mid-Year Conventions hosted abroad in collaboration with esteemed international orthodontic societies. This year, the IOS orchestrated its grand 20th Mid-Year Convention in the exquisite city of Baku, Azerbaijan, joining hands with the esteemed Azeri Orthodontic Society and Azerbaijan Professional Orthodontic Society. This momentous bilateral affair was a marvel of organization, curated flawlessly by the adept Organizing Team under the stewardship of Dr. Gaurav Gupta, Dr. Divyaroop Rai, Dr. Rajaganesh Gautam, Dr. Salil

Nene, Dr. Anand Tripathi, Dr. Sarvaraj Kohli, alongside other luminaries. The event garnered immense support from luminaries of the Azerbaijani orthodontic community such as Dr. Zaur Zeynalov, Dr. Iqbal Suleymenov, Dr. Ziba Gasimov, and Dr. Dilara Abdulazimov. The Convention witnessed a historic turnout, with over forty-five esteemed delegate orthodontists hailing from Azerbaijan. Noteworthy was the meeting of the principal office-bearers of IOS with the Indian Ambassador to Azerbaijan, Mr. Sridharan Madhusudanan, who was honoured and felicitated on behalf of the IOS members.

For over a decade, "Bond with the Best" has been the flagship event of the illustrious Dr. D.Y. Patil Dental College and Hospital, Pimpri, Pune. The latest installment, Bond with the Best 2024 themed "Meeting of Clinical Minds – Clinical Enrich Program," sculpted an indelible memory in the minds of attendees. The tenacious Organizing Team led by Dr. Rajaganesh Gautam, Dr. Sonali Deshmukh, Dr. Chaitra Mastud, Dr. Asmita Kharche Deshmukh, and their cohorts left no stone unturned to craft a resounding success.

The 4th Executive Committee meeting of the IOS convened on the 21st of April at Dr. D.Y. Patil Dental College and Hospital, Pimpri, Pune, delving into a comprehensive agenda skillfully navigated by the astute executive members.

The subcommittees within IOS toil assiduously to weave each program into a tapestry of memorability and refinement. Noteworthy is the venture into Insta Reels, where Influencers echo the significance of Orthodontists as specialists in the public eye. The viewer base continues to expand, funneled towards the IOS Public Awareness Website www.bracespecialists.com. I implore our esteemed members to frequent this platform daily, enriching themselves with a plethora of public awareness content tailored for IOS members.

Come 1st July, a grand "Nationwide Orthodontic Diagnostic Survey" will unfold, aiming to encapsulate a nationwide engagement as a societal outreach initiative, brimming with data acquisition. I beseech one and all to wholeheartedly engage in this endeavour, shaping it into an illustrious spectacle.

May 15th heralds the auspicious "World Orthodontic Health Day," an initiative by the venerable World Federation of Orthodontists. Let us unify in celebration, championing Public Awareness and enlightening the masses on the domain of Orthodontic Treatment and the specialist realm Orthodontists inhabit. The guiding ethos of IOS this year resonates with the clarion call: "Orthodontic treatment by Orthodontists only!" and "Orthodontic Treatment in Clinical Setup only!"

Jai Hind! Jai IOS!!

Warm regards,

Dr. Jayesh S. Rahalkar

President, Indian Orthodontic Society



Secretary's Message

Dear Members,

April has been a month of insightful gatherings and impactful decisions in the realm of orthodontics. The Mid-year convention in Baku brought together minds from diverse backgrounds, fostering collaboration and knowledge exchange that are pivotal in advancing our field. It was a privilege to witness the enthusiasm and dedication of attendees, reinforcing our commitment to excellence.

Additionally, the clinical enrich program titled "Bond with the Best" in Pune was a testament to our collective pursuit of refining clinical skills and staying abreast of the latest

developments. The interactive sessions and hands-on experiences offered invaluable insights, enriching our practices and benefiting our patients.

Moreover, the 4th EC meeting held in Pune marked a crucial juncture where major decisions were made to address the growing concern of unethical practices by Aligner companies. With a focus on patient safety and ethical standards, measures were discussed and implemented to curb this menace and uphold the integrity of our profession.

As we navigate through these dynamic times, let us remain steadfast in our commitment to delivering exceptional care, advancing our knowledge, and upholding the highest standards of ethics and professionalism.

Wishing you all continued success and fulfillment in your orthodontic journey.

Warm regards,

Dr.Sanjay Labh

Hon. Secretary

Indian Orthodontic Society



Editor's Message

D Spanning the transformative month of April and heralding the beginning of May. As nature blooms and the world around us changes, so does our field of orthodontics, brimming with advancements, insights, and stories of professional triumph. Welcome to our April edition , where we journey through a transformative period in our field.

In this issue, we're excited to share insights from the Mid-Year Convention in Baku, where orthodontic professionals converged to exchange knowledge, experience, and best practices. The convention was a testament to the power of international collaboration, enriching our understanding and expanding our horizons in the pursuit of excellence in orthodontic care.

Through the lens of the 'Bond with the Best' program, we witness the power of connection and mentorship, as seasoned practitioners and emerging talents come together to share insights, forge alliances, and elevate the standard of care. This program provided a platform for orthodontic professionals to connect, share insights, and support one another on our collective journey towards achieving clinical excellence and patient satisfaction.

Additionally, we're honored to share with you the exclusive insights from the recent Executive Meeting held in Pune. During this assembly , discussions revolved around key issues, initiatives, and strategies aimed at advancing orthodontics. The meeting served as a humble forum for collaborative dialogue and thoughtful decision-making, reaffirming our collective commitment to fostering positive change and innovation in orthodontic practice.

As we navigate the ever-changing landscape of orthodontics, let's continue to learn, grow, and collaborate, ensuring that our patients receive the highest standard of care. Thank you for your dedication to our profession, and we look forward to sharing more insights and inspiration with you in the months ahead.

"Happy reading and happy Orthodontic health day awareness month!"

Warm regards,

Dr. Santosh Ramegowda

Editor , IOS Times

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IOS MID YEAR CONVENTION (BAKU, AZERBAIJAN)

The 20th IOS-MYC 2024 was held in the picturesque city of Baku in Azerbaijan between the 7th and 12th of April.

The MYC was well attended with both the president and secretary of the Indian orthodontic Society in attendance. The MYC for the first time was booked fully within a month of its announcement. There were additional changes made to the bookings to accommodate for more enquiries and people.

The 6 day long sojourn saw great camaraderie and fun as always. But the true highlight of the MYC was the scientific session held on 9th April that witnessed for the first time 40 delegates from the Azerbaijani Orthodontic societies. The scientific session had presentations by both Indian and Azerbaijani delegates. A cultural and scientific exchange was made that day.

This trip showcased highlights in an around the city of City of Baku, covering the fire, mountain and fire temple, mud volcanoes, and the beautiful city of Shahdag where the delegates thoroughly enjoyed themselves in the ski resort. The mix of Old world charm, new day, comfort, and the daily view of the Caspian Sea surely must have left an impressionable memory on all delegates. The culinary delights of Azerbaijan were explored by the delegates on many occasions,.

Owing to the cool temperatures of Baku, this MYC brought a much needed respite for the Indian delegates from both soaring Indian temperatures and busy schedules.











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“Prakrutehe Kriyamanani
Gunaahi Karmani Sarvashaha,
Ahankara Vimoodhatma Karthaham Iti Manyate”
(Always things happen because of the Divine Grace but the arrogant
fool feels, he is the doer)
Shrimad Bhagavad Geeta



DR. VIJAY P. JAYADE THE HUBBALLI'S 'HERITAGE' !

Interviewed by :
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(Dharwad, Karnataka)

A Legend was born...

Dr. Vijay Jayade was born on June 3rd, 1941 in a small village Kanakumbi, which is situated in the Belagavi District, Karnataka. As he grew up, he pursued his primary and secondary education in Hubballi. He completed his primary school education from Marathi boys' school and secondary school education from The New English School. Born to Shri Pandurang Vishnu Jayade and Shrimati Kamla Pandurang Jayade, he was always an obedient child. Unfortunately, he lost his mother when he was three years old. He was ably taken care of then by his second mother, Smt. Shantabai Pandurang Jayade. He had a brother Ravindra and a sister Vidya (both unfortunately are no more). Dr. Jayade did his first year Science study in Karnataka College, Dharwad, and his Inter Science from Fergusson college, Pune.



His 'Dental' Dream...

For choosing Dentistry as his life, the whole credit goes to his father, who was a Doctor (Ayurveda practitioner) and trained under a qualified dental surgeon. His father subsequently developed his own technique of extracting teeth without anesthesia, based on Yogic principles. He went to America to give lectures on his unique technique. He stayed as an observer in Georgetown University where he saw the scope of Modern Dentistry. On returning, he inspired both his sons to pursue Dental studies.



Dr. Vijay Jayade started his BDS from C.E.M. Dental College (the Precursor of GDC) Mumbai. When he entered the second year, the college was shifted to a new building, that was named as the Government Dental College. He finished his bachelor's degree in the year 1965. He went on to do his MDS in Orthodontics from GDC Mumbai from the year 1965 to 1967.

He started his practice in Hubli in the year 1968, initially as general Dental practice, since there was zero awareness for Orthodontics in his region. He was the only Orthodontist between Pune and Bangalore at

that time. Still, he had to wait for quite some time for his first orthodontic patient. Thereafter, his Orthodontic practice started to pick up.

In the year 1988, he joined the KLE Dental College, Belgaum as a teacher and then after a year, he shifted to the SDM Dental College, Dharwad. He continued to serve the institution for a long time as the Professor and HOD. At the age of 65, he retired from the Institution in the year 2005. Subsequently, he worked as Professor Emeritus at Sibar Dental College (Guntur – Andhra Pradesh) for five years till the age of 70.

Family comes first...



He married Smt. Anuradha on May 17th, 1968. She was a great life partner and an avid homemaker. The couple was blessed with two sons – Bhushan and Chetan. The elder son, Dr. Bhushan Jayade, is an Oral & Maxillofacial Surgeon who is happily living in Dubai with his wife Dr. Gouri (dental surgeon). They have two sons – Shreyas and Rohit.

The younger son, Dr. Chetan Jayade (a well-known name in Indian Orthodontic Society), is an Orthodontist and is happily married to Dr. Hema (a dental surgeon), and have a son – Nishant and a daughter – Anika.

Work is Worship...

During his MDS journey, his teachers were Dr. H.S. Shaikh and Dr. Prem Prakash. Both of them were instrumental in initiating Begg's technique in GDC, Mumbai. Dr. Jayade felt that

he needed advanced training to acquire greater proficiency. Hence, he took two courses: a basic course in the year 1976 and an advanced course in the year 1982 at the Kesling & Rocky Centre, Westville Indiana (USA). Additionally, he had the good fortune of meeting and learning from stalwarts like Dr. Swain, Dr. Harry Barrer, Dr. Sidney Brandt, Dr. Bill Thomson and Dr T. M Graber during these visits.

Dr. Barry Mollenheuer was a guest speaker at Hyderabad Conference in the year 1992, whose innovations in the Begg technique had a profound impact on Dr Jayade. That's how the journey of 'Refined Begg, started.

Dr Jayade, Dr. Girish Karandikar (who had his advanced training in Australia under Dr. Milton Sims and their group) and Dr. Jyothindra Kumar joined hands to introduce Begg's refinements in India. The trio conducted numerous courses in North, Central and South India.

Ideal & Idol...

Dr Jayade gives the whole credit to Late Dr. Prem Prakash who was an exceptionally good teacher, a thorough gentleman and an excellent clinician (who could make





bands on all the teeth, weld the attachments, cement the bands and finish the strap-up in one and a quarter hours time). He was the person who wouldn't hold back anything and was very honest. If he didn't know a certain thing, he had no qualms in admitting it. He was a genuine role model for Dr. Jayade.

The 'Teacher', The 'Author'...

Dr Jayade feels hesitant to be tagged as 'Teacher of Teachers'. He is of the opinion that such titles should be reserved for eminent teachers like Dr. Burstone. However, he is very happy of the fact that some of his students are doing exceedingly well in their chosen

fields. To name a few, Dr. H.S. Diwakar (USA) has been invited for Moyer's symposium; Dr. Meenakshi (USA) is a speaker for A.A.O. 2024; Dr. Sleeva Raju (Eluru), Dr. Meghna Vandekar (Navi Mumbai) Dr. Narayana Prasad (Rishikesh) and Dr. Vinay Dua (Chandigarh) are now the Principals of dental colleges across India. Many others are doing very well in teaching or practice.

After publishing several papers in the Journal of Indian Orthodontic Society, and other international journals like Angle's, BJO and AAO, Dr Jayade felt a need to write a textbook on Begg refinements. Thus came up the textbook titled "Refined Begg for Modern times". After a few years, he felt that the students were finding the topic of Orthodontic Biomechanics very dry and intimidating. Hence, he came up with another textbook jointly authored by him and Dr Chetan titled "The Essentials of Orthodontic Bio-mechanics, Basic and applied"

The 'IOS' Stint...

He was the Editor of Journal of Indian Orthodontic Society for two terms of two years each, from 1986 – 1989. He also had the honor of becoming the President of IOS in the year 1992. He was the first chairman of IBO in the year 2000. He also had the privilege of being the Chairman of the scientific sessions committee for the 1st World Orthodontic Conference held in New Delhi in the year 1997.

His Words of Wisdom...

"More than anything else, it is important to be a good human being. One must have the humane approach and empathy for those who are less fortunate. Money is surely important and we all work to earn money, but it shouldn't be the ultimate aim of life. There are more important things like personal life, physical and mental health, family, friends and society in which we live. One shouldn't be arrogant and proud of any materialistic thing. If you want to feel proud, the pride should be for our nation, its culture and heritage.

"I also have a huge concern for the environment. We all should improve it to the best of our abilities and should never think of harming it.

"Moderation in everything is important – whether it is work, diet, habits, sleep or exercise. One should never fall into the extremes. "And always remember the opening lines from the Bhagavad-Gita, which I have quoted at the beginning of this interview. They have been the guiding light for me. They will certainly guide you also."





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BOND WITH THE BEST – 2024

Dr. D. Y. Patil Dental College & Hospital, Pimpri, Pune organized the Bond with the Best 2024 – A Meeting of Clinical Minds in association with Indian Orthodontic Society on 19th – 20th April, 2024. It was a two day National level Scientific Extravaganza with the theme of “An Update on Contemporary Clinical Trends”. With over two hundred registrations including IOS Life Members & Student Life Members, the conference was well appreciated for its line of speakers and their contemporary topics of deliberations.

The Inauguration program was held on 20th April, 2024 at the newly renovated Auditorium, Dr. D. Y. Patil Medical College & Hospital. Dr. (Mrs.) Smita Jadhav, Pro-Vice Chancellor, DPU, was the Chief Guest of the program and Dr. N. J. Pawar, Vice-Chancellor, DPU was the Guest of Honor. Dr. Jayesh Rahalkar (President – IOS), Dr. Rajaganesh Gautam (Organizing Chairman), Dr. Sonali Deshmukh (Organizing Secretary), Dr. Chaitra Mastud (Scientific Chairperson) & Dr. G. Gopalakrishnan (Dean, Dental College) were present on the dais.

Scientific paper presentation submissions were invited for the IOS Student Life Members and Life Member delegates and they were asked to send their paper with abstract. The scientific committee selected 3 SLM & 3LM paper to be presented during the conference while others presented their submissions as E-posters. An overwhelming response of total forty papers was received across various categories.

The scientific program was held on 19th & 20th April with a house-full audience throughout the day. A total of 10 eminent speakers were invited to deliver Guest Lectures on contemporary topics like White spot lesions & their management, Digital Planning of Clear Aligner Therapy, Orthodontic Re – Treatment. Role of Orthodontics in TMJ Dysfunction, Surgical Orthodontics, TADs in day-to-day practice, How to guarantee best Orthodontic results with 'Plastic', Fixed Functional Appliances & Current perspective of online presence & social media marketing for orthodontist. The spectacular list of speakers included Dr. Sridevi Padmanabhan, Dr. Dhiraj Shetty, Dr. Prashant Dhole and Dr. Abhishek Ghosh on Day 1 and Dr. N. R. Krishnaswamy, Dr. Salil Nene, Dr. Shailesh Deshmukh, Dr. Chetan Jayade, Dr. Gaurav Gupta on the 2nd Day. A 'Legacy Lecture' was given by Dr. Mani K. Prakash on the topic "My 5-decade duel with 'Anchorage': Who's winning?" on Day 1.



At the end of Day 1, an Interactive Session was held on the topic Bonding With The Best – Trade Secrets of Being a Successful Orthodontist in Present Times. It was panel discussion moderated by Dr. Abhishek Ghosh and the panelists were Dr. Shailesh Deshmukh, Dr. Sridevi Padmanabhan, Dr. Sonali Deshmukh, Dr. Salil Nene & Dr. Dhiraj Shetty. It was a humour filled interaction with the Moderator asking the panelists few questions and the panelists having varied years of experience sharing their thoughts on the same. It was a very informative session, and the students were in awe listening to their senior teachers about their experiences and their suggestions.

The Vote of Thanks was given by Dr. Sonali Deshmukh, Organising Secretary at the end of Valedictory Function o 20th April after the Scientific Program was over. The conference was financially sponsored by 3M, Ortho FXTM, Liberal Traders and Anant Agencies. The program ended successfully with the delegates receiving a load full of knowledge and a Take-Home message to practice Orthodontics passionately with a strong basic knowledge.

Following was the list of speakers & their topic of presentations -

1. Dr. Mani K. Prakash
My 5-decade duel with 'Anchorage': Who's winning?
2. Dr. N. R. Krishnaswamy
Surgical Orthodontics - Conventional to Contemporary Methods
3. Dr. Shailesh Deshmukh
How to Guarantee Best Orthodontic Results with the "Plastic"
4. Dr. Sridevi Padmanabhan
White Spot Lesions and Enamel Homeostasis
5. Dr. Prashant Dhole
Role of Orthodontics in TMJ Dysfunction
6. Dr. Chetan Jayade
Fixed functional appliances for efficient Class II correction
7. Dr. Salil Nene
TADs in Day-to-day Orthodontic practice
8. Dr. Dhiraj Shetty
The Pivotal Role of Digital Planning in – in-Office Clear Aligner Therapy
9. Dr. Gaurav Gupta
Current Perspective of Online Presence and Social Media Marketing for Orthodontist
10. Dr. Abhishek Ghosh
Orthodontic Re-Treatment – Changing Concepts, Complications and Clinical Solutions





IVth Executive Committee Meeting



The IVth EC meeting was held on April 21st from 9 am to 5 pm. The venue for the meeting was Implant Centre, Dr. D.Y. Patil Dental College, Pune. The meeting started sharp at 9 am with Dr. Sanjay Labh (Honorary Secretary, IOS) adorning the jewels on to Dr. Jayesh S. Rahalkar (President, IOS).

The President welcomed all the POBs and Executive Committee members to the meeting and various agendas for the day were discussed. The various agendas were deliberated accordingly and the meeting concluded with a group photograph.





**DR. JANARDHANAM
PADMANABHAN
THE 'Jana' of Chennai !**

**Interviewed by :
Dr. Santosh Ramegowda**

**Written & Edited By:
Dr. Ankit Sikri**

@ Ramasamy Salai, K.K. Nagar (Chennai, Tamil Nadu)



The 'Jana' in making...

Dr. Janardhanam Padmanabhan was born on May 24th, 1962 in Chennai, Tamil Nadu. As he grew up, he finished his Xth Standard from Krishnaswamy Higher Secondary School and his Pre University course from Chennai itself.

Born to Shri G. Padmanabhan who retired as an officer in Indian Oil Corporation and Dr. Leela Padmanabhan who is a dental surgeon and was a teacher for the first batch of BDS students in Dental Wing of Madras Medical College (now Chennai); he was always an obedient child.

His mother always wanted him to join MBBS. Since there was no seat left then, he joined BDS in Government Dental College, Chennai from the year 1978 to 1983. He was the first batch who gave the entrance exam of Tamil Nadu State for Post Graduation and after he got selected, he joined Post-Graduation in Orthodontics in the year 1985. He finished his Masters in the year 1987 from the same institution (GDC Chennai)



Family comes first...

He got married to Mrs. J. Mahalakshmi in the year 1989. She is a commerce graduate and after her Post Graduation became a software programmer. The couple are blessed with a son and a daughter. His son, Dr. J. Abhishek also an Orthodontist, is married to Mrs. Harini (software programmer in Elsevier). The couple are further blessed with a son named Vihaan who is just six months old. His daughter,

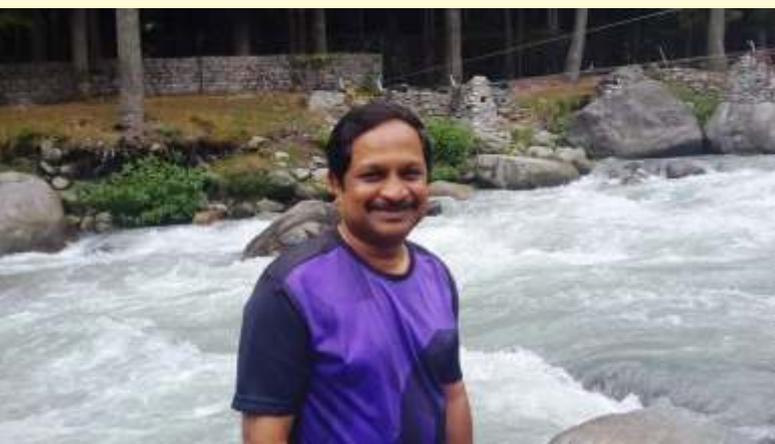
Dr. J. Anupama, is a Prosthodontist. He has a special mention for his dog MAX who happens to be twelve years old and is certainly, a part of their family.

The 'Driving Force'...

His parents were his main driving force, the propellers of his life – particularly his father. His father used to handle him in a very gentle manner. When Dr. Janardhanam was sixteen years of age, he wanted to pursue the Chemistry stream. He told his father not to force him to go for any medical course. His father quietly brought the admission forms at home, filled those forms and paid the fees also. He persuaded his son, Dr. Janardhanam to just sign it. In case if he got selected and was still not interested in joining the medical stream, his dad would never compel him.

After Dr. Janardhanam joined BSc (Chemistry), he finally learnt that the subject was not the same as it used to be in the school and college. He then desperately wanted to switch over to MBBS or BDS but his ego came in between; a complex which would not allow him to go and talk to his dad.

Eventually, he got selected into BDS course. Then his father asked him that he has still a choice of not joining it. After this, he said "Dad, I will join just for

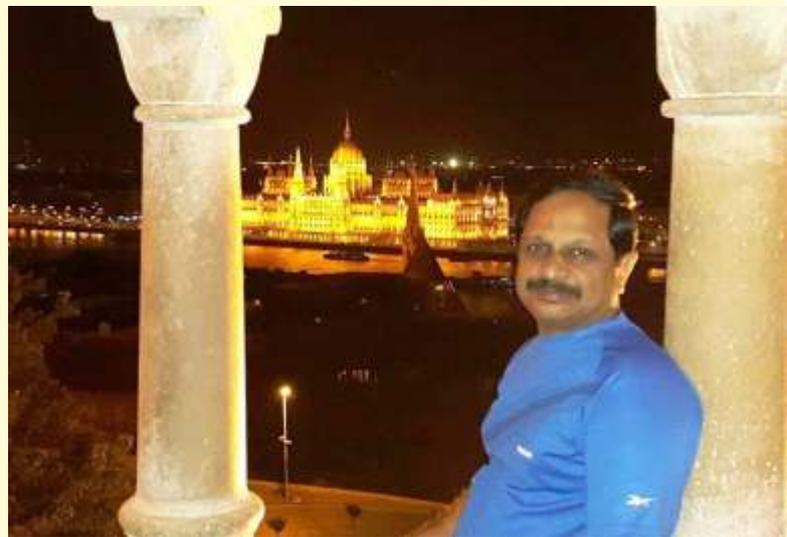


your sake!" His father just smiled and blessed him. After this, there was no looking back.

(He became emotional while quoting all this. He surely misses his words, his ideologies, his love & care)

His 'Dental' Dream...

After completion of his Masters in Orthodontics, he had a single clinic to start with. He happened to be a Consultant Orthodontist for more than forty clinics in Tamil Nadu, Andhra Pradesh and Kerala. He was initially trained in Beggs technique and thus, he learned Pre Adjusted Appliance little later in his life. He tried to attend as many courses as possible to expand his knowledge in spite of financial constraints.



He also had a stint in Academics. He joined Meenakshi Ammal Dental College, Chennai for sixteen years and later joined Sibar Institute of Dental Sciences, Guntur – Andhra Pradesh for eight years. Currently he runs his own, full time practice along with his children.

Ideal & Idol...

The whole credit goes to Dr. S. Rangachari (my Professor & guide). He is the best teacher, Dr. Janardhanam came across. Dr. Rangachari happens to be a person who can make anyone understand the subject in a right manner. His vocabulary is exemplary and he is known to be a strict disciplinarian and when he was his PG student, not many used to appreciate his levels of strictness.

After a few years of life, they all could understand the knowledge he had instilled in all of them. He was instrumental in increasing their confidence levels.

Dr. Mani K. Prakash, who happens to be the uncle of



cases come and pose a bigger challenge in terms of competition. There is a severe undercutting and unethical ways of treating the malocclusion. "Power Chains are the mass culprits" (smirks silently). I would certainly encourage the budding orthodontists to buy the standard materials and treat the patients like you would treat your own child or any other family member. This might give you a lesser financial reward in the beginning but in the longer run, it will surely pay huge dividends in form of the trust built up amongst the patients. He said "I happen to treat the third generation of patients also and I really cherish the trust a family bestows upon me. This humbles me and gives me the energy to deliver the best for my patients".

My final advice to all the youngsters is to 'Stick to the Basics' and you'll never go wrong. Technology will change and will keep evolving, Aligners will come and go but what doesn't change is the relationship between the teeth and force. We can be Proud Orthodontists only if we raise the bar for increasing the quality of finishing.

Dr. V. Shiva Shankar (his classmate), was one of the people who helped Dr. Padmanabhan in his early stages of Pre Adjusted Appliance era. With the help of Dr. Prakash, he met Dr. Creekmore in Lonavala Conference (1995). He had a chance to interact with Dr. Creekmore and that is when, Dr. Janardhanam's way of looking and treating Class II cases changed. Dr. Sable was the other senior person who would always give him a helping hand in understanding the various nuances of PAE.

Dr. Sadashiva Shetty, an alumnus of GDC (Chennai), was another mentor for him whenever he faced any difficulty. Incidentally, Dr. Janardhanam was one of the patients for his dissertations.

He also had a fortune of spending one week in Goa with Dr. Rohit Sachdeva and this helped him to understand the basic biomechanics in a much better manner.

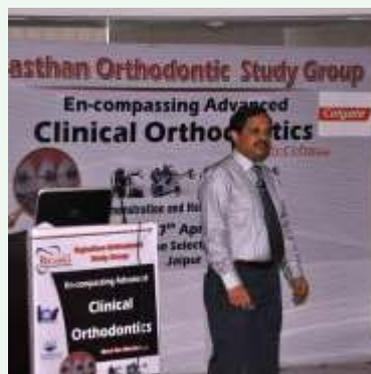
During his BDS days, he used to look up to Dr. B.P. Rajan and Dr. R. Vishwanathan for their gentle and helpful nature. Dr. J. Udhayaraja, a senior orthodontist was always there to guide him in many aspects of life especially in establishing clinical practice.



The 'IOS' Stint...

He attended a lot of Annual General Body Meetings and back then, there were always posts of executive committee lying vacant. The people who were interested to join were asked on floor only. However, he never joined the executive committee and somehow, he could not afford to shut down his clinic.

However, on the other hand, he has conducted a lot of courses and full day lectures under the banner of IOS. The only objective of doing so was to share the knowledge in an easy manner which will, in turn, help the budding orthodontists.



Words of Wisdom...

The younger generation Orthodontists or the freshly passed out have a tough road to travel. A majority of



Surgefast 2.0: Orthognathic Surgery Workshop

(Meenakshi Ammal Dental College, Chennai)



In a ground-breaking initiative, Meenakshi Ammal Dental College recently hosted Surgefast 2.0, a two-day workshop shedding light on Conventional Vs Surgery-First approaches in orthognathic surgery. Held on the 26th and 27th of April 2024, the event garnered significant attention from dental professionals from different educational institutions across India, drawing in 130 participants from various cities including oral and maxillofacial surgeons, orthodontists, academicians, residents, and private practitioners. This event was first in Asia to have engaged this many participants in a hands-on session which comprised of four paper surgeries, two mock surgery exercises and, surgical splint fabrication.

The workshop, a sequel to the highly successful Surgefast event of 2018, aimed to provide attendees with comprehensive insights into both conventional and surgery-first approaches in orthognathic surgery. Renowned experts in the field delivered lectures covering topics such as treatment planning, surgical techniques, orthodontic considerations, and post-operative care. Real-life case studies were presented, offering practical insights into decision-making processes and successful outcomes.

Dr. Velmurugan, Principal, Meenakshi Ammal Dental College, inaugurated the event. The organising chairman and Head of the department Dr. R. Devaki Vijayalakshmi delivered the welcome address. Dr. Edeinton Arumugam, Vice President of the Indian Orthodontic Society was felicitated during the ceremony. The course co-ordinator professor Dr. P. Ratna gave a lecture on introduction to orthognathic surgery. Notable speakers included Dr. Maria Kuriakose from Amrita College of Dental Sciences, Dr. Akshai Shetty from R.V Dental College Bangalore, and Dr. Sherry Peter from Aster Medicity, Cochin, who shared their expertise through comprehensive presentations and interactive sessions.

The highlight of the workshop was the hands-on session on day two, where participants engaged in surgical splint fabrication and surgical planning exercises under the guidance of experienced faculty members. Attendees had the opportunity to delve into both surgery-first and conventional approaches, enhancing their skills and confidence in orthognathic surgery procedures.

Feedback from participants was overwhelmingly positive, with many praising the high-quality content and interactive learning format of the workshop. The event not only facilitated knowledge exchange but also fostered collaboration among professionals in the field.

In conclusion, Surgefast 2.0 proved to be a resounding success, providing valuable education and skills enhancement for all participants. Meenakshi Ammal Dental College looks forward to future initiatives aimed at further advancing knowledge and skills in the field of orthognathic surgery.





Orthodontist Couple Amongst us

Dr. Vinod Verma & Dr. Asha Verma

Dr. Vinod Verma - I Come from an Army background where changing schools was a norm. I finished school and intermediate from Poona and then shifted to Bombay for BDS and later MDS TO Government Dental College in 1964. My family is full of doctors. I chose Dentistry as a plan B because I had too great a time at college to get the requisite marks to join medical school.

I met Asha at GDC as we were in the same class. I think I courted her for the next eight years till we both finished MDS, when we got married. We were in college at a time when if you failed in one subject you lose six months before you could reappear in that subject and hopefully pass and get to the next class. By the time we finished final BDS there were only five of us out of our original batch of seventy, who had passed right through without failing.

Asha topped the list while I was at number two. So by choice we could get a clinical assistantship in Orthodontics and then to an admission in MDS at GDC MUMBAI. Asha always knew she wanted to be an Orthodontist. With me it was being at the right place at the right time. We were the first batch to ever do a three year course in any subject in MDS in

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We were lucky to have some of the all-time greats of Indian Orthodontics as our teachers including Dr. H.S. Shaikh, Dr. Prem Prakash, Dr. A.B. Modi, Dr N. Parikh and others. This led to us becoming both avid readers and prolific practitioners where the goal was always perfection in treating our patients. Till today we continue to take full records of our patients and all cephalograms are traced To stay up to date we continue to subscribe to journals .

Having a difference of opinion both in professional and personal life is normal. How you handle it is the difference between the men and boys. We have always practiced together. We have found that having and using a second opinion as a very useful tool for providing good result for our patients. Wherever a new patient walks into the clinic each one looks at all the records separately and create a plan then we sit down together and check out a treatment plan best suited to the patients' needs. Now that Dr. Jai, our son, has joined us it has become a 3 way consultation with him taking the lead as we slow down. A good team works well for patients

Having our main practice at home was a big help in looking after the kids. This was further helped that we were a joint family with the grandparents helping looking after the family. However, it was certainly a strain on Asha as she was shuttling between our kids and my parents. She however did both her jobs as an orthodontist and as a mother and daughter-in-law perfectly.

Dr. Asha Verma – I was born and brought up in Bombay. My parents were very forward in thinking and I with my two sisters, are all doctors. My mother was a doctor and took great interest in our educations. My sisters were treated by removable appliances by a dentist Dr. Kamat. Visiting her clinic while she treated my sisters, I was inspired to become a Dentist/ Orthodontist at the year age of 14.

We both met in Government Dental College Bombay, our college days were great. We had best of the teachers, all of them very strict but very keen to impart knowledge. Dr. Shaikh, our teacher and mentor was a perfectionist and it inspired us. I am a total clinician and practitioner. Vinod loves to teach and went to various places to lecture and present papers. He regularly went to Dharwad for almost 18 years to spend a week with PG students.

We had two clinics and I operated mainly from the house which gave me enough time with my two children and also allowed me to work full time professionally. Being a joint family helped we had the back up of grandparents at home. Definitely, we always had arguments in our treatment plans. Remember 1+1 is not 2 but is 11. It's a great teamwork that pays in the long run. Today we are the only couple in the IOS who have both been Presidents the Society.

We are also the only couple in IOS who are Board certified. Orthodontists have a great scope and there are enough of patients for everybody. Please diagnose well and plan treatment well don't do visiting Orthodontics if can help it. You can never do great work under somebody else's Clinic and what is worse that the patients don't even remember your name. We understand that finance can be an issue but set your practice as soon as you can. Have a wonderful time with your profession - It Is a Great Fun Ride, Enjoy It.



National Student Exchange Program (Part – II)

The National Student Exchange Programme, hosted by the Indian Orthodontic Society at A. B. Shetty Dental College, provided an immersive and comprehensive experience for postgraduate students from the Department of Orthodontics and Dentofacial Orthopedics at Manav Rachna Dental College, SDS, MRIIRS.

Day 1 (18-12-2023):

The event commenced with a seminar on ethics, emphasizing the importance of ethical considerations in orthodontic practice. Following the seminar, an introductory session facilitated departmental touring, providing students with an overview of the facilities and resources available. A guided tour of the library and college premises enriched the students' understanding of the academic environment.

Day 2 (19-12-2023):

The second day featured a morning activity in the form of a seminar on the Beggs Technique, shedding light on this specific orthodontic approach. A demonstration on aligner treatment planning and fabrication showcased practical applications of the discussed techniques. The day concluded with a festive Christmas celebration, fostering a sense of camaraderie among the participants.

Day 3 (20-12-2023):

The morning activities included a second-year case discussion, providing students with an opportunity to engage in clinical case analyses. A tutorial on Nemo fabrication and a visit to university facilities further expanded the participants' knowledge base, offering insights into the latest advancements in orthodontic technology.



Day 4 (21-12-2023):

A significant highlight was the visit to the Sringeri Rural Dental Centre, providing students with exposure to rural dental practices and community healthcare. This immersive experience contributed to a broader understanding of the diverse facets of orthodontic care.

Day 5 (22-12-2023):

The final day included a visit to the Cleft Unit, offering valuable insights into specialized care for patients with cleft lip and palate conditions. Interactions with staff and postgraduate students, coupled with visits to university facilities, further enriched the participants' understanding of the holistic approach to cleft care and orthodontic practices.

Throughout the program, the students actively participated in lectures, discussions, and practical sessions, fostering an environment of collaborative learning. The National Student Exchange Programme not only provided academic enrichment but also facilitated cultural exchange and networking opportunities. The Christmas celebration added a touch of festivity, creating lasting memories for all participants.

In conclusion, the event proved to be an enriching experience, aligning with the objectives of the National Student Exchange Programme and contributing to the professional growth and development of the postgraduate students from Manav Rachna Dental College, SDS, MRIIRS. The collaborative efforts of the Indian Orthodontic Society, Dr. Vijayta Yadav (Chairman, IOS Student Welfare & Exchange Committee) and A. B. Shetty Dental College were commendable in orchestrating a successful and impactful exchange program.





IOS LAURELS

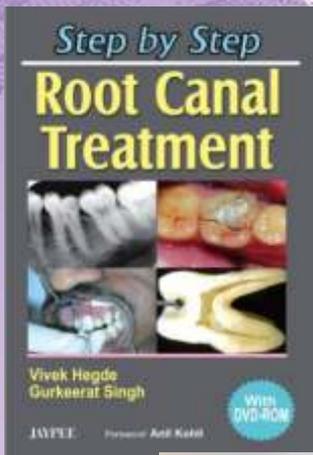
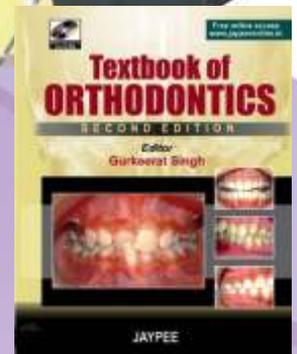
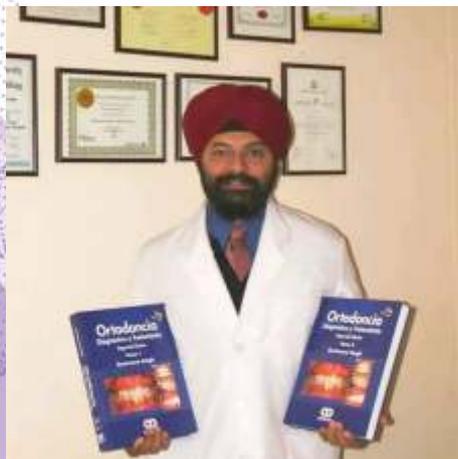
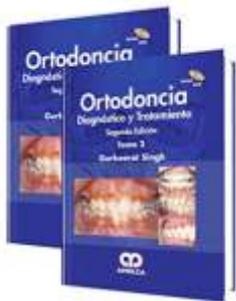
(Prof. O.P. Kharbanda)

Professor OP Kharbanda was honored by LG Delhi at the 64th National Academy of Medical Sciences Foundation Day ceremony in New Delhi. He was presented with a special "Certificate of Honor" for his significant contribution to advancing dental specialties and the National Academy of Medical Sciences. The award was presented by the Lieutenant Governor of Delhi, Shri Vinai Kumar Saxena, in the presence of Dr. V.K. Paul, Member of Niti Ayog, Dr Rajiv Bahl, Secretary of Health Research, Government of India, Director General of Indian Council of Medical Research, Dr Shiv Sarin, President of NAMS, and Digandar Behera President - Elect of NAMS.

Professor Kharbanda is the first and only dental professional and one of only two health science professionals to have received this award. Top academic healthcare professionals such as Professors GP Talwar, Balram Bhargava, Rajendra Prasad, council members, fellows and invited guests also witnessed the ceremony.

This recognition is a great honor for dental and orthodontic professionals across the country.

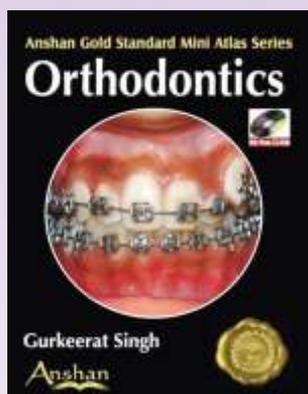
AUTHORS AMONGST US (Dr. Gurkeerat Singh)



Dr. Gurkeerat Singh, is a graduate and postgraduate from the prestigious Mangalore College of Dental Surgery, a constituent of the Manipal Academy of Higher Education, Manipal. He did his M. Orth in 2001 and is registered with the Royal College of Surgeons, London, as well as the Royal College of Physicians and Surgeons of Glasgow. He is a diplomate of the Indian Board of Orthodontics. Dr. Singh has over seventy five publications in various Indian and foreign journals to his credit and has authored "The Textbook of Orthodontics", the first full-color textbook by an Indian author on the subject and a "Mini Atlas on Orthodontics". He has contributed chapters to six books and co-authored books on varied topics including TADs and fixed bite-jumping appliances. He has in over 30 countries, at various national & inter-national conferences and student conventions.

He started his teaching career in 1998 and is presently the professor and head of the department of orthodontics and dento-facial orthopedics at Sudha Rustagi College of Dental Sciences and Research, Faridabad, Haryana. He is also the former Editor of the Journal of the Indian Orthodontic Society, the official publication of the Indian Orthodontic Society. He is also an executive member of the Delhi Dental Council, Indian Dental Association and the Dentistry Sectional Committee, Bureau of Indian Standards.

His areas of interest include- Customized orthodontic appliances including Clear Aligners, TADs, lasers, fixed bite jumping appliances, and self-ligation brackets.

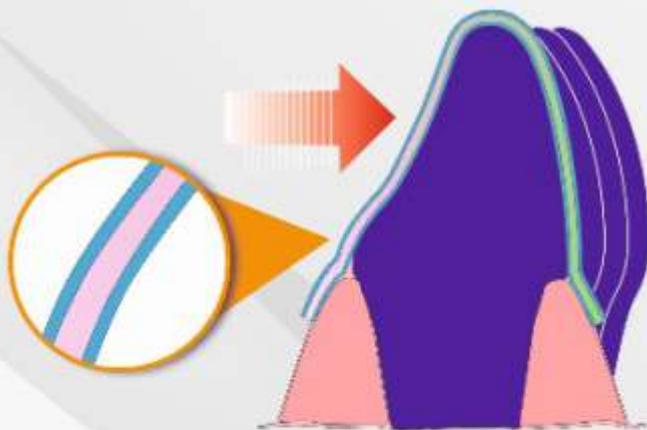
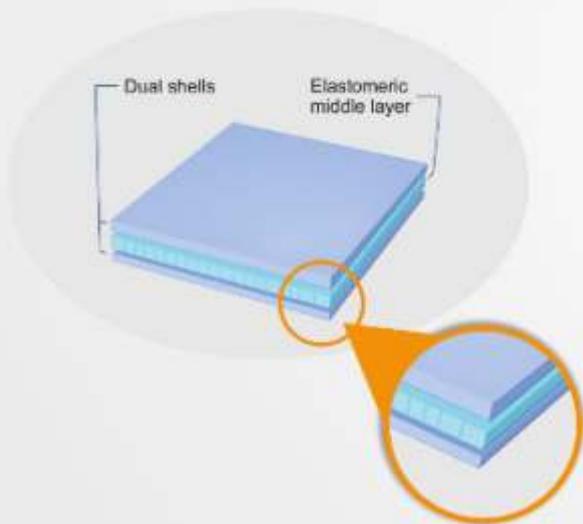




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- Increasing accuracy of tooth alignment.

BEYOND ORTHODONTICS

Dr. Roopak Mathew David



Dr. Roopak Mathew David completed his BDS from Raja Rajeswari Dental College, Bangalore (2002) and went on to complete his MDS from AB Shetty Memorial Institute of Dental Sciences, Mangalore (2007). Currently he is working as an Associate Professor at DAPM RV Dental College, Bangalore, with 17 years of teaching experience. He is a Fellow of the World Federation of Orthodontists (FWFO) and also a member of the American Association of Orthodontists (AAO). Additionally, he contributes to academia as a member of the Board of Studies, Dental (UG), at Rajiv Gandhi University of Health Sciences, Bangalore.

He has more than 50 national and international publications to his credit and has also presented scientific research on various national and international platforms, notably at the 2021 AAO Annual Session in Boston, USA, where he was one of only two Indian orthodontists among the 35 shortlisted worldwide.

In appreciation of his contribution to the field of education, he was honoured with the “Excellence in Education” award instituted by the Rashtreeya Sikshana Samithi Trust, which governs DAPM RV Dental College.

Fascinated with modelling from a young age, he

would actively participate in fashion events during his college days, where his talent caught the eye of several industry insiders. However, at the time, societal norms dictated that modelling was not a conventional career choice. Despite harbouring aspirations of stepping onto the runway, he chose to prioritize stability and familial expectations by pursuing a career in dentistry.



As his professional journey flourished, his inner passion for fashion compelled him to share glimpses of his life on social media. From stylish outfits to authentic moments, his expressive posts caught the attention of the fashion industry, leading to invitations to runway shows and photoshoots.

Using this newfound opportunity, Dr. Roopak decided to step outside the confines of the conventional beauty standards set by society and strongly advocated

inclusivity for all - regardless of age, size, gender, or colour, leading to him being chosen as 40 Plus Ageless India Brand Ambassador.

To commemorate his contribution toward spreading the message of body positivity on national and international platforms, he has been awarded the title of International Body Positive Model.

He has graced several national and international runways and worked with many renowned designers such as Pankaj Soni, Prashant Majumdar, and Kingshuk Bhaduri. His notable appearances include the Fashion Factor International Fashion Week - Dubai, Global Fashion Week - Dubai, Asian International Fashion Week, Bombay Times Fashion Week, and the Delhi Times Fashion Week.

As a professional model, he has collaborated with renowned Bollywood photographer Amit Khanna. To top it all off, he has been the face of major brands such as Pidilite, Samyak Grooms, Kamakhya, and Luxeglamp resorts, among others.

He is also a recipient of the President's Gold Medal in painting as a child artist and has been featured on the front page of the Indian Express newspaper.

Driven by a deep passion for social change, he has volunteered with several local NGOs to tackle global challenges like health, education, and gender equality. In recognition of his dedication, Dr. Roopak has been honoured with the prestigious Global Goodwill Ambassador Award in 2021 for his unwavering commitment to the United Nations (UN) Sustainable Development Goals

Dr. Roopak strongly believes in the essence of living a purpose-driven life. His advocacy for a balanced approach to life serves as a powerful reminder that individuals can pursue their dreams fearlessly while excelling in their careers. It is in this delicate balance that individuals unlock their fullest potential and discover the profound sense of purpose leading to a richer, more fulfilling experience.



ORTHODONTIC CDE EVENTS

KOLKATA ORTHODONTIC STUDY GROUP



On 31st March 2024, Kolkata Orthodontic Study Group conducted its first CDE programme of the year. Dr. Alka Banker, an eminent orthodontist who shared her vision and knowledge on Biophilic Philosophy and BaTR Bracket System, was the guest speaker. The programme was attended by around thirty five members which included many distinguished practitioners from and around Kolkata as well as Post Graduate Trainees.

Dr. Alka Banker showed us the light to treat faces holistically focussing on non-extraction and non-retraction. Dr. Banker introduced to

the study group a new bracket system, BaTR Bracket System which could give variable torque and rotation angulations in a single bracket for more customised and precise finishing. This was followed by a hands-on session to try the new bracket system on plaster models and customise the brackets according to our needs. Dr. Banker's enthusiastic and energetic session was enjoyed by each and every delegate present.



KLE Society's Institute of Dental Sciences, Bangalore

The Department of Orthodontics, KLE Society's Institute of Dental Sciences in collaboration with Bangalore Orthodontic Study Group conducted a CDE Program on "Clinical Research and Innovations - Need of the Hour" by distinguished guest speaker Dr. Wasundhara Bhad (Patil), Dean of GDC Mumbai. The event was conducted on 30th April, 2024. The program was very well appreciated by both teachers and students. There were as many as ninety three delegates present in the program.

The Table clinic competition was held for clinical innovations and students could interact with the table clinic



presenters. The faculty had a Q & A session with the presenters and decided on a winner which was motivating for the students. Quiz related to research was held and all students participated very enthusiastically.

The Staff and the student delegates appreciated the lectures since the programme was very informative and gave them an insight into the world of research in orthodontics. All the participants had the interactive sessions with the speaker. The Table clinic and E-posters were well appreciated. The feedback

for the programme was very good.





CLINICAL ENRICH (Madras Orthodontic Study Group)

INDIAN ORTHODONTIC SOCIETY



NAVIGATING IMPACTED TEETH:

Road maps, Challenges and Possible Solutions

Madras Orthodontic Study Group organized a clinical enrich program on “Navigating Impacted Teeth - Road Blocks, Challenges and Possible Solutions” for the members of Indian Orthodontic society on March 31st 2024. It was a privilege to have our esteemed President Dr. Jayesh Rahalkar, Hony. Secretary Dr.Sanjay Labh, Vice President Dr. Edeinton Arumugam, President Elect Dr. Puneet Batra, Hony Jt. Secretary Dr.Amit Bharadwaj and other senior members of MOSG.

We had a brainstorming session by Dr. Rajaganesh Gautam, Chairman - Indian Board of Orthodontics and Head of the Department, Department of Orthodontics at Dr. D.Y.Patil Dental College, Pimpri (Pune). He is a pioneer in orthodontic resolution of impacted teeth.

The session was moderated by yet another dignitary Dr. Ashwin George, Professor, Department of Orthodontics at Saveetha Dental College, Chennai. He has 28 years of teaching experience and has got many awards for best research paper. He was the Past Chairman of the Indian Board of Orthodontics, served as the Vice President of the Indian Orthodontic Society and Convenor of the Madras Orthodontic study group.

The webinar was well attended by more than 225 participants across the country.



Speaker: Dr.J.Rajaganesh Gautam, MDS
Diplomate of National Board,
Diplomate, Indian Board of Orthodontics,
Fellow, World Federation of Orthodontics,
Professor & HOD, Dept of Orthodontics,
Dr. D.Y. Patil Dental College and Hospital, Pune



Moderator: Dr.Ashwin Mathew George, MDS, PhD
Professor, Dept of Orthodontics,
Saveetha Dental College, Chennai.

**31st March, Sunday
5.45-7.15 pm, Through
Zoom platform**

Dr.Jayesh Rahalkar
President,IOS

Dr.Sanjay Labh
Hon.Secretary,IOS

Dr.Shahul Hameed Faizee,
Convenor,MOSG

Dr.Vijayadhith,
Co convenor,MOSG

Dr.Rekha Bharadwaj,
Co convenor,MOSG



Dr. Rajaganesh Gautam
MDS, DNB
Diplomate, Indian Board of Orthodontics
Fellow, World Federation of Orthodontics
Prof. and HOD
Department of Orthodontics
Dr. DY Patil Dental College and Hospital
Pimpri, Pune
Chairman
Indian Board of Orthodontics
RG Orthodontics & Dental Care, Wanowrie, Pune

INDIAN ORTHODONTIC SOCIETY
31 MARCH 2024, ONLINE
MADRAS ORTHODONTIC STUDY GROUP

Hands on Program (Bangalore Institute Of Dental Sciences)

Hands-on workshop on wire bending session – “Round Edge: Start To Finish” by Dr Elbe Peter, Dr Vinaya S Pai and Dr Manjunath Hegde was organized by the Department of Orthodontics and Dentofacial Orthopaedics, Bangalore Institute of Dental Sciences in association with Bangalore orthodontic study group and Indian Orthodontic Society.

The programme was held on the 17th and 18th of April 2024, in the auditorium of Bangalore Institute of Dental Sciences and Hospital. The audience were addressed by The Principal, Dr. Vinaya.S.Pai. She briefed the audience about the importance of wire bending to achieve results customized to individual patients and their unique smiles. Wire bending is said to be one of the core must-have skills of an orthodontist. Consistent practice makes perfect so the earlier an orthodontist-in -training is taught this art, the better he gets.

Dr. Elbe Peter gave a talk on the Evolution of Edgewise technique and arch forms followed by a demo and hands-on on first-order, second-order, third order and most commonly used loops in orthodontics T loop, T spring, Foot loop, Tear drop loop, double-key hole loop, utility arch and K-SIR loop.

Dr. Manjunath Hegde gave a talk on the biomechanics of round wire auxiliaries followed by demo and hands-on and how it could be integrated with Pre-adjusted Edgewise appliances.

Eighty six post-graduate students from various colleges in Bangalore had attended the program and made the best use of it. Wire bendings of students were evaluated and Dr. Potluru Supraja Sai, a postgraduate student from Krishnadevaraya College of Dental Sciences was awarded the Textbook - Essential of Orthodontic Biomechanics-basic and applied (Authored by Dr Vijay jayadee and Dr Chetan jayadee) for the best wire bending skill in the programme.

The above-mentioned CDE Programme was organized and executed by Dr. Harish Kumar N., Dr. Mrunmayee Gholap, Dr. Chaitra C under the guidance of Dr.Vinaya.S. Pai, Dr. Siri Krishna, and Dr. Manjunath Hegde.



SOUTHWEST TAMILNADU ORTHODONTIC STUDY GROUP SMILESYNC - 2024



Southwest Tamil Nadu Orthodontic Study Group, conducted a Continuing Dental Education program "SMILESYNC" on the 21st of April 2024 at the Rathna Residency, Salem. This academic program was accredited with 2 CDE credit points by our Tamil Nadu State Dental Council. Around 21 participants from various colleges took part in this event. The program began invoking the blessings of the Almighty, our soul inspirer at 9am on Sunday 21st April 2024. The program started with the Registration and Inauguration and Dr Rajesh welcomed



New Conveners

the gathering.

The First session was on "Integrated CBCT planning with Clear Aligners" which was orated by Dr. Vijjaykanth Muthukumar M.D.S., Professor, Department of Orthodontics and Dentofacial Orthopaedics, Tamil Nadu Dental College, Chennai. He spoke elaborately about the necessity of CBCT in treatment planning of clear aligners and integration of CBCT planning with in-house aligners followed by case reports. Then a question & answer session was conducted in

which the participants actively raised their doubts & questions and clarifications were given for the same.

The second session started with the introduction of the speaker by Dr Syed Khalid Altaf, Prof and HOD, VDCW. The second speaker Prof Dr. Arun A.V.M.D.S., Professor, Department of Orthodontics at Sharavathi Dental College, Shimoga, Karnataka delivered guest lecture on the topic of "PITTS 21- A passive self ligation system". He explained in detail about the various aspects of



cases treated with PITTS 21 bracket system and case selection for the same. It was followed by a question and answer session where the participants actively participated and cleared their doubts & queries on this bracket system. The enlightening session ended with the Certificates distribution to the participants of the CDE program followed by Lunch.

The program was an eye opener and brain kindler to the postgraduates which paved the way for upbringing their understanding and skills in handling and treating the patients with the new bracket system. The CDE program received valuable feedback from the delegates and enthusiastic participation of students from various colleges.



Goa Orthodontic Study Group



The Goa Orthodontic Study Group along with Department of Orthodontics and Dentofacial Orthopedics, Goa Dental College and Hospital, Bambolim successfully conducted the CDE program titled "Craniofacial abnormalities - Orthosurgical approach" on 22nd April, 2024 at Multipurpose hall, Goa Dental College and Hospital and received a great response from the participants from various interdisciplinary fields.

The Speakers for the program were Dr. Aditi Poddar Sharma (BDS, MDS) Consultant Orthodontist at Amrita Hospital, Faridabad and Consultant Orthodontist for cleft lip and palate cases of Dr. S P Bajaj, Plastic Surgeon along with Dr. Arun Sharma (BDS, MDS - OMFS), Consultant and Assistant Professor, Department of Plastic, Craniomaxillofacial and Reconstructive Surgery, Amrita hospital, Faridabad, Haryana

Dr. Aditi enlightened the participants with her work on pre-surgical and post-surgical orthodontics in cleft patients from early dentition to adulthood and other various craniofacial syndromic patients. Dr. Arun highlighted the importance of interdisciplinary approach in treatment of Craniofacial Deformities along with showcasing the case reports treated with Interdisciplinary team approach.



Fundamentals of Biomechanics (AIIMS Jodhpur)

Department of Dentistry - AIIMS, Jodhpur organized a two day Workshop on Fundamental of Biomechanics on 9th - 10th March 2024 in association with Rajasthan Orthodontic Study Group and Indian Orthodontic Society. Dr. Vinay Kumar Chugh, Professor, Dept. of Dentistry at AIIMS, Jodhpur was the chief course faculty.

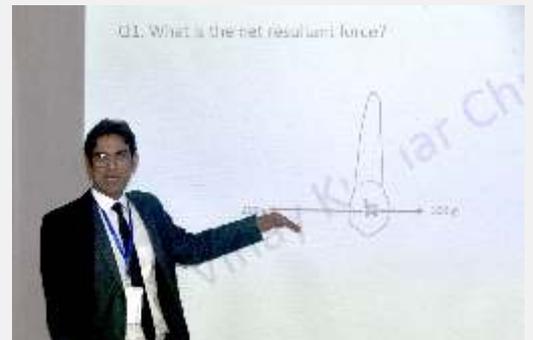
On the first day basic concepts of Biomechanics were covered which included resultant forces, concurrent and non-concurrent force system, concept of Centre of resistance and rotation, MF ratios, couple systems, equivalence, equilibrium and Newton's Laws. On the second day advanced concepts of biomechanics were discussed which include bracket arch wire interactions, bracket geometries, V bend principle, statically determinate & indeterminate force system, T



- loop biomechanics and biomechanics of deep bite correction. Interactive sessions with problem solving were held on both days. Hands-on wire bending training sessions were organised in the afternoon on each day and students were trained in fabrication of T-loop, intrusion arch, torquing arch and molar up-righting spring. All the students were able to demonstrate clinical dexterity towards the various wire bending exercises.

In all, seventy five plus delegates from various states of India attended the workshop. Inaugural ceremony was held with Prof. G.D. Puri, Executive Director as the Chief Guest and Dr. Balvinder Singh Thakkar, Immediate Past President IOS as the Guest of Honor. Dean

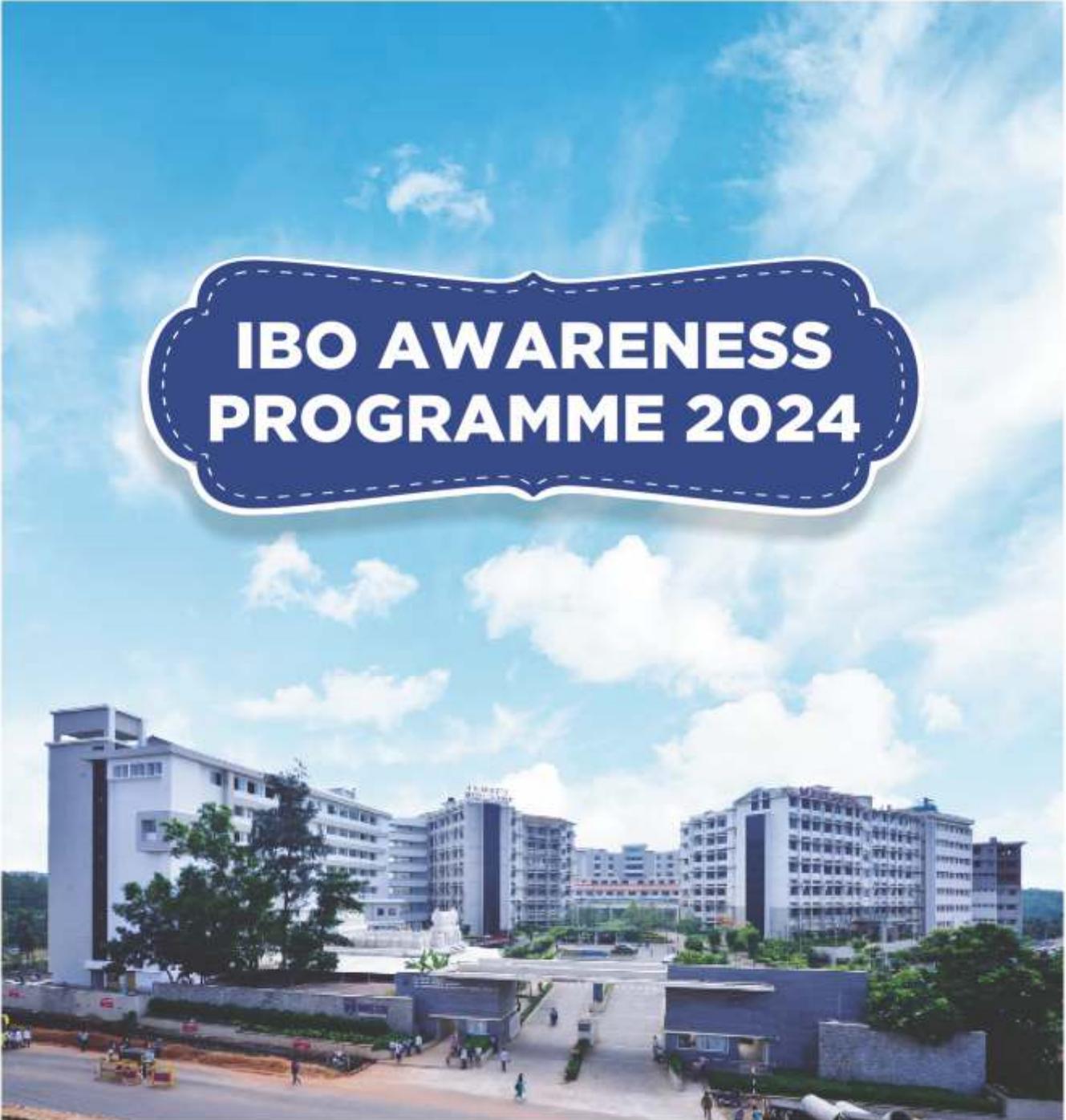
Academics, Dean Research, Dean Student Welfare, Medical Superintendent and other faculty members of AIIMS Jodhpur along with Dr. Divyaroop Rai, Convenor, Rajasthan Orthodontic Study Group & Dr. Tusar Kanti Nayak, senior private practitioner - Bhubaneswar were the other prominent dignitaries who attended the inaugural ceremony. Dr. Vinay Chugh was the Organizing Secretary for the event.



UPCOMING PROGRAMS



IBO AWARENESS PROGRAMME 2024



Dept. of Orthodontics & Dento-facial Orthopaedics



**A B SHETTY MEMORIAL
INSTITUTE OF DENTAL SCIENCES**

on 24th May, 2024

Under the Aegis of
Indian Orthodontic Society
Presents

NATIONAL INTEGRATED TYPODONT WORKSHOP

Hosted By :-

**Department of Orthodontics and
Dentofacial Orthopedics**

29th-31st May, 2024



NATIONAL INTEGRATED TYPODONT WORKSHOP

Day-1

8:30AM - 9:00AM

Registration & Breakfast

9:00AM - 1:00PM

- Standard Edgewise Philosophy, Basic Principles, Stages of Treatment (Lecture)
- 1st order, 2nd order, 3rd order bends demo and hands on
- Artistic wire bending for finishing and detailing
- Tweed Merrifield Edgewise (Lecture)

1:00PM - 2:00PM

Inauguration

2:00PM - 2:30PM

Lunch

2:30PM - 5:00PM

- Preadjusted Edgewise Mechanics
- Roth Philosophy lecture
- Hands on of Double Key hole loop
- MBT Philosophy lecture
- Demo and Hands on of Bracket positioning

Keynote Speakers

Dr Maninder Singh
Sidhu

Dr Sunanda Roy
Choudhury

Dr Pradeep Raghav

Dr Neal Bharat Kedia

Dr Jayesh Rahalkar

Dr Gurkeerat Singh

Dr Achint Juneja

NATIONAL INTEGRATED TYPODONT WORKSHOP

Day-2

8:30AM-9:00AM

Registration & Breakfast

9:00AM-12:00PM

- Biomechanics of Segmented arch mechanics
- T loop canine retractor
- Utility arches
- Molar up righting springs
- Loop mechanics
- T loop continuous arch wire
- Tear drop loop continuous arch wire

12:00PM - 1:30PM

- Overview of Face Bow transfer (Video)
- Centric bite
- Construction bite for functional appliances

1:30PM - 2:30PM

Lunch

2:30PM - 3:30PM

- Overview of Begg Technique (Lecture)
- Arch wire fabrication
- Auxiliaries which can be used in PEA

3:30PM - 5:00PM

- Cleft Orthodontics
- Nasoalveolar moulding
- Video of technique of impression
- Video of NAM delivery and adjustment

Keynote Speakers

Dr Vinay Chugh
Dr Varun Goyal
Dr Harpreet

Dr Tulika Tripathi
Dr Priyank Rai
Dr Sridhar Kannan

Dr Payal Sharma
Dr Poonam Sharma

Dr Puneet Batra
Dr Neha Khanna

NATIONAL INTEGRATED TYPODONT WORKSHOP

Day-3

8:30AM - 9:00AM Registration & Breakfast

9:00AM - 12:00PM Lingual Orthodontics

12:00PM - 2:00PM

- Clear aligners
- Work flow of clear aligners from Scanning to Aligner delivery.
- Sensitization about direct printed aligners

2:00PM - 2:30PM Lunch

2:30PM - 4:30PM Self Ligation, TAD, MARPE/MSE

Keynote Speakers

Dr Sanjay Labh
Dr Dharmadeep
Dr Dhruv Yadav
Dr Swati Sharma

“Rational Ethical Clinical Excellence!!” 2023-‘24



Calendar of Events from September 2023 to September 2024



22.	IBO Phase II (Written Examination)	28 th January 2024	Sunday	Virtual	Dr. Rajaganesh Gautam Dr. Mala Ram Manohar	9890389945 9895105683	ibosecretary@iosweb.net
23.	IOS PG convention	8 th to 11 th February 2024	Thursday to Sunday	Mumbai	Dr. Shailesh Shenava	9820211581	drsailshs@yahoo.co.in
24.	3 rd EC Meeting	11 th February 2024	Sunday	Mumbai	Dr. Shailesh Shenava	9820211581	drsailshs@yahoo.co.in
25.	Aligner Master Class	16 th February 2024	Friday	Virtual	Academic Council Dr. Ajay Kubavat	98241	kubavatajay@gmail.com
26.	Digital Orthodontics Symposium	29 th February, 1 st March 2024	Thursday, Friday	Kolhapur	Dr. Amir Shaikh	9422613939	amirshaikhortho@gmail.com
27.	Orthodontic Premier League	8 th , 9 th March 2024	Friday, Saturday	Dharwad	Dr. Roopak Naik	9449028869	roopakorthod@gmail.com
28.	JIOS Chronicles Webinar	15 th March 2024	Friday	Virtual	JIOS Committee Academic Council	9840237177	theorthodontist@gmail.com
29.	Third Invisible Orthodontic Symposium	16 th , 17 th March 2024	Saturday, Sunday	Chennai	Dr. Kannan Sabapathy	9840453666	kannanace@gmail.com
30.	IOS Wild life and Clinical photography Workshop – National	22 nd , 23 rd , 24 th March 2024	Friday to Sunday	Kabini	Dr. Raghunandan Chundri	9845187614	draghucvl@yahoo.com
31.	Clinical Grandeur - IOS Symposium on Clinical Case Report and online IBO Awareness Program	28 th , 29 th March 2024	Thursday, Friday	Virtual	Dr. Suryakant Das Dr. Rajaganesh Gautam	9861099237 9890389945	orthosuryakantadas@gmail.com rajaganeshgautam@yahoo.co.in
32.	20 th Mid-Year Convention	7 th April to 14 th April 2024	Sunday to Sunday	Destination will be soon disclosed	Dr. Gaurav Gupta	9860467872	drgurav@gmail.com
33.	Bond with Best – Clinical Enrich	19 th , 20 th April 2024	Friday, Saturday	Pune	Dr. Rajaganesh Gautam	9890389945	rajaganeshgautam@yahoo.co.in
34.	4 th EC Meeting	21 st April 2024	Sunday	Pune	Dr. Anand Tripathi Dr. Gaurav Gupta	9422560650 9860467872	anand.tripathi86@gmail.com drgurav@gmail.com
35.	IOS Friday Rendezvous	26 th April 2024	Friday	Virtual	Academic Council Dr. Sonahita Agarwal	8948254744	drsonahita@gmail.com
36.	IOS contingent at AAO 2024 Global Indian Orthodontists Get Together	3 rd to 6 th May 2024		New Orleans, Louisiana	Dr. Jayesh S Rahalkar Dr. NikhilshVaid	9822056681 9820644222	jayeshrahalkar@gmail.com orthonik@gmail.com
37.	World Orthodontic Health Day National Orthodontic Diagnostic Drive	15 th May 2024	Wednesday	Pan India	Head Office Study Groups Orthodontic departments in Dental Colleges all over the country Pan India		
38.	Aligner Masterclass	17 th May 2024	Friday	Virtual	Academic Council Dr. Jitendra Bhagchandani	9839289804	jitendrabhagchandani@rockemail.com
39.	National Integrated Typodont Workshop – North Zone	29 th , 30 th , 31 st May 2024	Wednesday, Thursday, Friday	Noida	Dr. Anshul Singla	9871455802	dr.anshul@yahoo.co.in
40.	Zonal PG Convention – South Zone	3 rd , 4 th and 5 th June 2024	Monday, Tuesday, Wednesday	Malappuram, Kerala	Dr. Sam Paul	8921406622	info@exodusdental.com
41.	JIOS Chronicles Webinar	14 th June 2024	Friday	Virtual	JIOS Committee Academic Council	9840237177	theorthodontist@gmail.com
42.	Zonal PG Convention – North Zone	21 st , 22 nd , 23 rd June 2024	Friday, Saturday, Sunday	Muradnagar, Ghaziabad	Dr. Payal Sharma	9212708451	drpsharma25@yahoo.com
43.	National Integrated Typodont Workshop – South Zone	27 th to 29 th June 2024	Thursday to Saturday	Davangere	Dr. Kiran Kumar	9886040122	kiranortho77@gmail.com

44.	ROAR	3 rd July 2024	Wednesday	Virtual	Dr. Vignesh Kailasam	9840237177	theorthodontist@gmail.com
45.	IOS National Cleft Workshop	5 th , 6 th July 2024	Friday, Saturday	Patna	Dr. Amesh Golwara	9931633001	drameshgolwara@yahoo.com
46.	National Integrated Typodont Workshop – East Zone	10 th , 11 th , 12 th July 2024	Wednesday, Thursday, Friday	Vizag	Dr. Srikrishna Chalasani	9849477777	orthodontist7@gmail.com
47.	5 th EC Meeting	14 th July 2024	Sunday	Delhi	Dr. Sanjay Labh	9313483570	sanjaylabh@gmail.com
48.	IOS Friday Rendezvous	19 th July 2024	Friday	Virtual	Academic Council Dr. Sanjeev Verma	9872172628	drsanjuverma@yahoo.com
49.	National Integrated Typodont Workshop – West Zone	24 th , 25 th , 26 th July 2024	Wednesday, Thursday, Friday	Baroda	Dr. Kalpesh Patel Dr. Pranav Chandarana	9898107502 8866204757	drchandarana@gmail.com
50.	4 th Innovation Conclave & Crafting Research Symposium	8 th , 9 th August 2024	Friday, Saturday	Hybrid	Dr. Hameet Kaur Dr. Priyanka Kapoor	9871467002 9891914997	dr.harneetkaur@gmail.com pkapoor@jmi.ac.in
51.	IOS Wild life and Clinical photography Workshop – International	11 th to 17 th August 2024	Sunday to Saturday	Madikwe, South Africa	Dr. Matrishwa Vyas	9890220648	matrishva@gmail.com
52.	Independence Day	15 th August 2024	Online	Virtual			
53.	Aligner Master Class	16 th August 2024	Friday	Virtual	Academic Council Dr. Sanjeev Verma	9872172628	drsanjuverma@yahoo.com
54.	IOS Chronicles – JIOS Symposium	22 nd , 23 rd August 2024	Thursday, Friday	Chennai	JIOS Committee Dr. Vignesh Kailasam	9840237177	theorthodontist@gmail.com
55.	Pre – Conference Courses	18 th September 2024	Wednesday	Bengaluru	Dr. Silju Mathew Dr. Anup Belludi	9886500333 9632629555	drsmathew@gmail.com dranupbelludi@gmail.com
56.	CDIBO	19 th September 2024	Thursday	Bengaluru	Dr. Mala Ram Manohar	9895105683	ibosecretary@iosweb.net
57.	EOGM	19 th September 2024	Thursday	Bengaluru	Dr. Sanjay Labh Dr. Amit Bhardwaj	9313483570 9826550696	sanjaylabh@gmail.com jointsecretary@iosweb.net
58.	6 th EC Meeting	20 th September 2024	Friday	Bengaluru	Dr. Silju Mathew Dr. Anup Beludi	9886500333 9632629555	drsmathew@gmail.com dranupbelludi@gmail.com
59.	Study Group Conveners' Conclave	20 th September 2024	Friday	Bengaluru	Dr. Silju Mathew Dr. Anup Beludi	9886500333 9632629555	drsmathew@gmail.com dranupbelludi@gmail.com
60.	58 th IOC	20 th to 22 nd September 2024		Bengaluru	Dr. Silju Mathew Dr. Anup Beludi	9886500333 9632629555	drsmathew@gmail.com dranupbelludi@gmail.com
61.	AGM	21 st September 2024	Saturday	Bengaluru	Dr. Sanjay Labh Dr. Amit Bhardwaj	9313483570	sanjaylabh@gmail.com
62.	Valedictory Function	22 nd September 2024	Saturday	Bengaluru	Dr. Silju Mathew Dr. Anup Beludi	9886500333 9632629555	drsmathew@gmail.com dranupbelludi@gmail.com