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# Times

The Official News Letter of Indian Orthodontic Society

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# President's Message

Dear Esteemed Members of the IOS Fraternity,

Wishing you all a very happy and prosperous new year! May this year bring you joy and satisfaction in all aspects of your lives.

The month of January 2024 in the IOS calendar commenced with several remarkable programs: the "Orthodontic Symposium" by DJ Dental College in Modinagar, the "IBO Awareness Program" by the Trivandrum Orthodontic Study Group in Trivandrum, "Pragya – The PG Orientation Program" by Aurobindo Dental College in Indore, the "Practice Management & Ethical Marketing Symposium" by Narsinhbhai Patel Dental College in Visnagar & Ahmedabad, the "1st Odisha Orthodontic Summit" by the Odisha Orthodontic Study Group in Bhubaneshwar, the "Symposium on Interdisciplinary Orthodontics" by the Faculty of Dental Sciences at Ramaiah University of Allied Sciences in Bengaluru, the regular online webinar "Friday Rendezvous" conducted by the Academic Council, and the "Phase II written examination" by IBO, which was held online across various centers nationwide.

The beginning of the year is typically marked by the making of new resolutions, so let's all commit to the following three resolutions for our fraternity:

1. We will strive diligently to enhance the image and awareness of Orthodontics within the general public as well as within the Dental & Medical fraternity.
2. We will continuously endeavour to improve our clinical skills to provide the best possible treatment to our patients.
3. We will endeavour to maintain overall health in all aspects of life, including physical, psychological, social, financial, emotional, and professional well-being.

The IOS head office wishes to announce an important pan-India event, the "National Diagnostic Drive," scheduled for July 1st, 2024. The concept of the program is for Orthodontic Departments, Orthodontic Study Groups, and Individual members of the Indian Orthodontic Society to conduct a nationwide diagnostic survey at various locations in India. The purpose of this activity is twofold: to gather data on prevailing malocclusion in the Indian population and to utilize this opportunity for Public Awareness initiatives. Details of the event will be communicated soon, but I urge you all to keep this date free for IOS activities.

We eagerly anticipate a year filled with knowledge dissemination, professional excellence, and organizational camaraderie.

Best wishes and warm regards to you and your families for the year 2024.

Jai Hind! Jai IOS!!

Warm regards

**Dr. Jayesh S. Rahalkar**

President, Indian Orthodontic Society





## *Secretary's Message*

Dear Members,

As we step into the new year, it brings with it a wealth of opportunities for growth and collaboration within the field of orthodontics. January marks the beginning of a journey filled with significant events that promise to enhance our knowledge and strengthen our professional bonds.

One such event is the Orthodontic Symposium held in Modinagar, where experts from around the country converge to exchange ideas, discuss advancements, and delve into emerging trends shaping our discipline. Additionally, Ottho Arambh in Indore and Ortho Elevate in Ahmedabad offer platforms for learning and networking, further enriching our understanding of orthodontic principles and practices.

Furthermore, the Interdisciplinary Symposium in Bengaluru and the Orthodontic Symposium in Odisha underscores the importance of collaboration across various specialties, emphasizing the holistic approach needed to address complex orthodontic cases effectively.

In this spirit of collaboration and continuous learning, I encourage all orthodontists to actively contribute to our field through research, clinical expertise sharing, and mentorship. Every insight shared, every technique refined, and every challenge overcome contributes to the collective advancement of orthodontic care.

Looking ahead, we eagerly anticipate the 27th IOS PG Convention in Mumbai, where young minds will converge to showcase their research, exchange ideas, and foster innovation. This gathering serves as a testament to the vibrant future of orthodontics, driven by the passion and dedication of the next generation of practitioners.

As we embark on this journey together, let us embrace the opportunities before us, commit to excellence in patient care, and continue to push the boundaries of orthodontic practice.

Wishing you all a productive and fulfilling year ahead.

Warm regards,

**Dr Sanjay Labh**

Hon Secretary  
Indian Orthodontic Society

## Editor's Message

Dear Esteemed Members,

I am delighted to welcome you to the February edition of our Indian Orthodontic Society Newsletter, where we celebrate the accomplishments of our society and the remarkable contributions of our members to the field of orthodontics.

January has been a month of remarkable achievements and meaningful engagements for our society. We commenced the year with Orthodontic Symposium at Modinagar bringing together experts from different parts of the nation to share their insights. The symposium served as a platform for collaboration, inspiring new ideas and paving the way for future advancements in orthodontics.

Furthermore, we had a dynamic PG Orientation Program 'PRAGYA' in Indore which was an outstanding success! Our young orthodontic professionals were not only equipped with invaluable insights, mentorship, and guidance from seasoned practitioners but were also warmly embraced by the hospitality of this vibrant city. The warmth and hospitality of Indore served as the perfect backdrop for an enriching and unforgettable experience.

Furthermore, we had a dynamic groundbreaking Program Ortho Elevate in Ahmedabad and OSG prog in patna, where our members had the opportunity to refine their clinical skills and stay abreast of emerging trends in orthodontic treatment. These workshops underscore our dedication to excellence and continuous improvement in patient care.

As we bask in the glow of our collective achievements and look forward to the boundless opportunities that lie ahead, let us renew our commitment to our noble profession and embrace our role. As we reflect on the achievements of the past month, it is important to recognize the profound impact we orthodontists have on the lives of our patients. Orthodontists transform lives by creating beautiful, healthy smiles that instill confidence and enhance quality of life. It is this noble pursuit of spreading joy and happiness through smiles that inspires us in our work each day.

Moving forward, our newsletter aims to serve as a platform for celebrating the achievements of our members, sharing valuable insights and best practices, and fostering a sense of camaraderie and collaboration within our orthodontic community. Together, we will continue to strive for excellence in patient care, advance the field of orthodontics through research and innovation, and uphold the highest standards of professional ethics and integrity.

As we embark on this journey together, we can make a meaningful difference in the lives of our patients and the future of orthodontics in India.

Wishing you all continued success and fulfillment in your endeavors.

Warm regards,

Warm regards,

**Dr. Santosh Ramegowda**

Editor, IOS Times



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## CHARITY WORK

(Relief project done by John Miller Lodge & Indian Orthodontic Society towards the flood affected families at Alwarthirunagari, Distt: Tuticorin)

A small but a timely, effective flood project was executed efficiently by THE JOHN MILLER LODGE (1906 EC, a free mason club) along with the Indian Orthodontic society; CLIPS and ALIGNERS SPECIALITY DOCTORS Association along with a few friends. This charity event which was held at Tirunelveli, proved to be a big success as the sum which was generated was upto One Lac & Eighty Thousand rupees and further, it helped around 200 families in Alwarthirunagari and the surrounded areas of Samathuvapuram in Tuticorin District. It was held on 24th December, 2023

Freemasonry or masonry refers to fraternal organizations that trace their origins to the local guilds of stonemasons and that have a belief in the existence of a supreme being and in the immortality of the soul. Initially this event was planned for the cyclone affected areas of Chennai and suburbs and the contribution drive was set to be initiated on 13th December. By the time we finalized the project, the Southern Districts of Tamil Nadu received good 90 – 100 cms rainfall followed by heavy floods on 16th, 17th and 18th of the same month. Many villages of Tirunelveli, Tuticorin and Tenkasi Districts were inundated and battered. People got marooned and were starving for days. They lost their movable properties, cattles, livestock etc.

We swiftly acted upon and had a discussion with our A – Z person, Mr. Armstrong Rajkumar for the change of the venue of relief operations. We got a nod from Dr. Jayesh Rahalkar (President IOS) and Dr. Sanjay Labh (Honorary Secretary, IOS). On behalf of the brethren of JML, we accepted the venue as Tuticorin. I thank Dr. Sankar Ganesh and Dr. Alaghuvel Raj who procured and packed the required materials and also Dr. Vijayapandian (PHC incharge of Alwarthirunagari) who was instrumental in locating the worst affected areas. The grocery (worth Rs. Six hundred); lungi, nighty, towel and bedsheet worth Rs. Four hundred and a mat were distributed as a single package to the families as well as in piecemeal to individuals. I thank all the brethren for your timely contribution which pushed us to act quickly and each member of Indian Orthodontic society for this charity project.

What we have done may be considered to be meagre, but the amount of satisfaction that we have derived out of this flood project may have the blessings of Almighty, certainly. Thank you all the brethren, doctors and all the gentlemen involved in this project.

**Dr. Edeinton Arumugam**, Vice President, Indian Orthodontic Society

# National Orthodontic Symposium

Hosted By:  
Department of Orthodontics & Dentofacial Orthopedics,  
D.J. Dental College – Modinagar (Delhi – NCR)



D.J. College of Dental Sciences and Research, Niwari Road, Modinagar (Delhi – NCR), hosted a transformative two - day Orthodontic Symposium on 6th & 7th January, 2024; bringing together esteemed members of the Indian Orthodontic Society and the postgraduate students from diverse dental colleges across Delhi - NCR.

Dr. Vaibhav Misra, Professor and Head of Orthodontics and Dentofacial Orthopedics was the Organizing Chairman of this Orthodontic symposium and he shared his ideas as - "Our symposium is aimed to bridge the gap between theoretical knowledge and practical application, creating a space for meaningful discussions and professional growth."

The presence of Dr. Jayesh S. Rahalkar (President, IOS), Dr. Sanjay Labh (Hon. Secretary, IOS), Dr. Puneet Batra (President Elect. IOS), Dr. Amit Bhardwaj (Hon. Jt. Secretary, IOS), Dr. Munish Reddy (Hon. Treasurer, IOS) and many other dignitaries added a prestigious dimension to the symposium, fostering connections between seasoned practitioners and the next generation of orthodontic leaders.



## Event Highlights:

**Postgraduates Poster Presentations:** The symposium showcased the cutting-edge research of postgraduate students in various categories like research, clinical and review thereby offering a glimpse into the future of orthodontics through their engaging poster sessions.



**Lectures by Renowned Speakers:** A total of eighteen speakers graced this event by delivering the lectures. Attendees were treated to a series of enlightening lectures delivered by experts in the field. These sessions covered a diverse range of topics such as “Management of complex malocclusion with PSL Low forces system”, “Fixed functional Jaw Orthopedics”, “Pre-surgical Orthodontics” etc. providing the students with a comprehensive understanding of the latest advancements in orthodontics.

**Case Presentations:** Real-world scenarios came to life as speakers presented compelling case studies, giving participants a practical perspective on challenges and innovative solutions within the realm of orthodontic practice. They not only showcased their best cases but their flaws also which helps in better understanding of things that should be avoided.

The impact of the symposium on postgraduate students was profound. Exposure to a wealth of diverse research and direct interaction with esteemed speakers significantly broadened their perspectives. These experiences not only enriched their academic knowledge but also provided invaluable insights into the practical aspects of orthodontic care.





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# National PG Orientation Program “ORTHO – AARAMBH” (Indore)



Department of Orthodontics & Dentofacial Orthopedics of Sri Aurobindo College of Dentistry, Indore had organized National PG Orientation Program “ORTHO-AARAMBH” on 12th & 13th of January in association with Madhya Pradesh Orthodontic Society Group (MPOSG) under the Aegis of Indian Orthodontic Society (IOS) at Sri Aurobindo University, Indore which was a great success. It was attended by total 83 delegates.

The program was started at 8:00 a.m. with Registration process and breakfast followed by Poster Competition Session-1 between 9-10



am.

Honorable Prof. (Dr.) Puneet Batra (President Elect IOS) opened the lecture session by his very exquisite lecture on “A ready reckoner for 3 years journey of students during P.G. program as per DCI/NDC guidelines”.

This was followed by magnificent presentation on “Art of preparing impactful Seminars and Journal Club presentations.”





After a short tea & snack break, President of Indian Orthodontic Society – Dr. Jayesh Rahalkar gave a brief on “Development of communication & soft skills and also Art of Patient Management” which was followed by Lunch.

The session started again with well-informed presentation by Dr. Ajay Kubavat on – “Art of reading & writing Scientific Articles in Scopus, PubMed & Web of Science Journals” followed by an excellent lecture of Dr. Salil Nene on “Case Selection, Clinical Examination, Record keeping, Case strap-up & Regular Review- Role of Audit.”



After this wonderful lecture session, inaugural ceremony was started with lamp lightening and worshipping Goddess of speech, learning and knowledge – Maa Saraswati by all our guests and keynote speakers.

After Saraswati Vandana, the Master of Ceremony of our event – Dr. Shabdika Baghel welcomed our chief guest, guest of honors and other dignitaries with saplings and invited them on the dais. The eminent guest list included-

- Dr. Vinod Bhandari Sir, Founder Chairman, SAIMS,
- Dr. Jyoti Bindal, Vice Chancellor, Sri Aurobindo University,
- Dr. Jayesh S. Rahalkar, President, Indian Orthodontic Society,
- Dr. Kanteshwari I.K., Principal, Sri Aurobindo College of Dentistry,
- Dr. Ashish Garg, Organising Chairman, Pragma Ortho-Aarambh – 2024,
- Dr. Amit Bhardwaj, Organising Secretary, Pragma Ortho-Aarambh – 2024 and Joint Secretary IOS,
- Dr. Suryansh Dilliwal, Convener, MPOSG,
- Dr. Madhur Navlani, Scientific Convener of Ortho - Aarambh.



After that official program was started by offering “Jewels of IOS” to President- Dr. Jayesh Rahalkar of IOS by Joint Secretary IOS- Dr. Amit Bharadwaj.

The welcome speech was given by Dr. Ashish Garg (Organising Chairman, Pragma Ortho-Aarambh – 2024).

Dr. Kanteshwari I.K., Principal, Sri Aurobindo College of Dentistry, enlightened the event with her cordial words and motivational thoughts.

Dr. Jayesh Rahalkar, Hon. President, IOS, motivated the participants with his futuristic thoughts.

Our founder chairman Dr. Vinod Bhandari Sir, with his illuminative thoughts and with his hunger of achieving higher standards in life and taking SAU to the next level and inspired all of us with his motivational speech.





Then all the dignitaries and keynote speakers were felicitated by Shawl, Shrifal and Mementos. After this President of IOS- Dr. Jayesh Rahalkar felicitated - Dr. Ashish Garg- Organizing Chairman, Dr. Amit Bhardwaj- Organizing Secretary, Dr. Madhur Navlani- Scientific Convenor of PRAGYA Ortho- Aarambh and Dr. Suryansh Dilliwal- Convenor and Dr. Kamalshikha Baheti- Joint Secretary of MPOSG with IOS Shawls.





After all the felicitation ceremony, Dr. Kamalshikha Baheti (Joint Secretary) proposed Vote of Thanks. The ceremony ended with national anthem followed by Tea Break.

## Day-2



It started with Breakfast & Competitive Poster Session (2 & 3) which was followed by well-informed lecture on – “How to choose thesis topic and art of Synopsis & Thesis writing” by Dr. Santosh Ramegowda. Then Past secretary of Indian Orthodontic Society, Dr. Sridevi Padmanabhan gave a marvelous lecture on “Data mining & surfing the internet for LD/Systematic Review and Meta-analysis”.

Ex-President of Indian Orthodontic Society, Dr. Girish Karandikar shared his knowledge on “Significance of Part – I examination and its preparation along with final PG Examination”.



After lunch, Dr. Ankit Sikri (Section editor of Indian Orthodontic times Newsletter) gave a well-versed lecture on “Importance of Pre-clinical work in PG curriculum. How to complete pre-clinical work including Typodont in stipulated 3 months’ time as per DCI 2017 norms.”



It was followed by an outstanding lecture on “Role of Biostatistics in Research & Plagiarism (Research Methodology) by Dr. Sandesh N. (Prof. & Head, Public Health Dentistry, SACD).

After all the lecture sessions, 4th session of Competitive poster was held which was followed by Valedictory function.

All the winners were presented with certificates for poster competition from Dr. Kanteshwari I.K. and Dr. Ashish Garg.



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# Dr. Mitali Bora

*The Nightingale' of North East*

Interviewed By: **Written & Edited By:**

**Dr. Santosh Ramegowda Dr. Ankit Sikri**

**(Editor, IOS TIMES) (Section Editor, IOS TIMES)**

**@ Subharti University,  
Meerut (Uttar Pradesh)**



## The Childhood Days...

Dr. Mitali was born on 26th January, 1965 in a small town of Assam named Jorhat. She was born in the early hours of the morning when the nation hoisted the National Flag. She spent her early childhood days in Shillong (Meghalaya) as her father was in the government service. She did her earlier schooling from St. Mary's School, Shillong and later after shifting to Guwahati, she joined St. Mary's Girls English High School up to Class X. She pursued her XI & XII from Cotton College, Guwahati.

## Family comes first...

She is happily married to Dr. Amar Nath who is also MDS (Orthodontics). He was her co PG in KGMC, Lucknow. They both tied the nuptial knot in the year 1992. They both are

blessed with two daughters. Elder one is Pooja who works for Wipro and is married to Mr. Rahul Saha. Both work in the corporate sector. The younger one is Dr. Aparajita who completed her BDS from Chennai. She is blessed to be a grandmother to Pragnay (grandson, two and a half years old) and Prakriti (granddaughter, two months old).

## The 'Mitali' in making...

She joined BDS in year 1983 in Regional Dental College, Guwahati. At that point of time, Dentistry was in a very nascent stage in the whole of North east. Regional Dental College was the only dental institute in North East India. She chose dentistry due to an advice and far sightedness of her Late father Sri T.K. Bora who was an IAS officer. To be honest, she did not have much knowledge about dentistry or the professional scope





available. It was the far sightedness of her late father who pointed out to her the achievements that she would achieve if she chose this profession.

She took up Orthodontics for her post-graduation as the subject had intrigued her during BDS course. Moreover, Regional Dental College and whole of North east did not have any Orthodontist so she felt that if she pursues Orthodontics for her post-graduation, it would be a great help for the institute as well as for the people of north east. She got admitted into the post graduate course in Orthodontics in King George's Medical College, Lucknow in year 1990.

## Work Experiences & Services in IOS...

Dr. Mitali and her husband, Dr. Amar Nath completed their post-graduation in the year 1993. After many deliberations, both decided to shift to Guwahati and start their career from scratch as there were no Orthodontists in the whole of North East at that point of time. She is the first Orthodontist of Regional Dental College. She started teaching Orthodontics to BDS students in real sense and Dr. Amar Nath started his practice and rendered orthodontic treatment to the patients. Before that era, affluent people use to go to Kolkata for Orthodontic treatment and the general population were not even aware that malocclusion could be treated. Both of them faced lots of challenges in terms of spreading awareness, convincing people for orthodontic treatment. Since then, the field of Orthodontics started developing in the entire region. The first OPG machine with cephalostat was installed by Dr. Amar Nath in a reputed X-ray centre of Guwahati in 1995. She started post graduate course in Orthodontics in Regional Dental College in the year 2006. With the increase in number of Orthodontists, the need of an Orthodontic study group was felt and thus Guwahati Orthodontic Study Group came into existence in the year 2018 with she as the Chief Convener.

Dr. Bora joined Government service in Regional Dental College, Guwahati in the year 1989 and was promoted to Assistant professor in 1994 and thereafter to the rank of Professor in 2006. She got promoted to the post of Principal in year 2021 and become the founder Principal of Govt. Dental College, Dibrugarh. She joined as Principal of Regional Dental College on March, 2022 and continues the same post till date.

### The 'Achiever' of North East

- Completed W.H.O. fellowship in health care financing (Chulalong Korn University, Bangkok) in 2001.
- Joined Government Service at Regional Dental College, Guwahati in 1989
- Assistant professor of Orthodontics in RDC, Guwahati in 1994
- Professor & HOD, Orthodontics in 2006.
- Founder Principal of Govt. Dental College, Dibrugarh in 2021.
- Principal, Regional Dental College, Guwahati in 2022 till date.
- Member, Dental Council of India, for last 13 years.
- Member, Executive Council, Srimanta Sankaradeva University of Health Sciences, Assam.
- Member, Assam State Dental Council.
- Past President and Secretary of IDA, Assam State Branch.
- Conferred with the title of Stalwarts of Orthodontics in 57th IOC, Meerut.

The driving force behind her success is the wisdom of her Late father which she fondly remembers whenever in need. The various experiences, ups and downs that she has faced in life help her to strive for better.

### Stint in Dental Council of India...

As a Member of Dental Council of India, for a long period and member of the post graduate committee of DCI; she got an opportunity to be the part of the committee for framing the post graduate syllabus in Orthodontics in MDS Regulations (2017). She along with her fellow Orthodontist members raised various issues of Indian Orthodontic Society from time to time in DCI.





### And the Credit goes to...

She has always been a true academician and holds her teacher, Dr. D.S. Gupta Sir in a high esteem. He has always been a teacher par excellence and an avid clinician. His genuineness and simplicity have always touched her heart and it is since she joined as 'A Confused PG Student' in KGMC, Lucknow in the year 1990. His guidance and help was throughout there with her during her PG days.



### Words of Wisdom...

As smile architects, We Orthodontists have a great role to play in giving happiness and health to the society. Thus judicious practice gives maximum benefits to the patients and it should be practiced by all of us.





Rational Ethical Clinical  
Excellence 2023-'24

Indian Orthodontic Society presents  
**A Virtual Symposium**  
on the occasion of  
**International Women's Day**

**10<sup>th</sup> March 2024**

**MANAGING THE COMPLEXITY  
OF TOOTH MOVEMENTS**

Scientific contributions by  
*Dr. Seden Akan Bayhan*  
*Prof. Dr. Ayşe Tuba Altuğ*  
*Dr. Paola Merlo*



## International Women's Day Celebration

### Schedule for virtual meet

<b>Inauguration</b>	10:30 am
Etiology, Surgical and Orthodontic Management of Facial Asymmetry <b>Prof.Dr. Ayşe Tuba Altuğ</b>	11:00 am
An introduction to pure tooth movement with the understanding of M/F ratio and its clinical application, with supporting treated cases <b>Dr. Paola Merlo</b>	11:45 pm
Application of skeletal anchorage in Orthodontic treatment of malocclusions <b>Dr. Seden AKAN BAYHAN</b>	12:45 pm
<b>QnA session</b>	1:30 pm

### Conveners

*Dr. Sarojini Joseph*

*Dr. Gauri Vichare*

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Consultant Orthodontist,  
St. John's Medical College  
and Hospital, Bangalore



**DR. GAURI VICHARE**  
Adjunct Professor,  
VSPM Dental College and  
Research Center, Nagpur

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Dr. Sukhdeep Singh Kahlon  
Dr. Vijayta Yadav  
Dr. Vipul Kumar Sharma

# ORTHO ELEVATE SUMMIT

## (PRACTICE MANAGEMENT AND ETHICAL MARKETING SYMPOSIUM)

Hosted By:

DEPARTMENT OF ORTHODONTICS AND DENTOFACIAL ORTHOPAEDICS  
NARSINHBHAI PATEL DENTAL COLLEGE AND HOSPITAL  
SANKALCHAND PATEL UNIVERSITY

**SANKALCHAND PATEL UNIVERSITY**  
DEPARTMENT OF ORTHODONTICS AND DENTOFACIAL ORTHOPAEDICS  
NARSINHBHAI PATEL DENTAL COLLEGE AND HOSPITAL, VISNAGAR  
In association with Indian Orthodontic Society (IOS) and Gujarat Orthodontic Study Group (GOSG)

is conducting

**Ortho Elevate Summit -  
PRACTICE MANAGEMENT AND ETHICAL  
MARKETING SYMPOSIUM**

**ONLINE MODE**  
16th-17th-18th JANUARY 2024

**OFFLINE MODE**  
19th January 2024  
Venue: NFDHCL,  
Sankalchand Patel University, Visnagar.

20th & 21st January 2024  
Venue: Auditorium, KD Hospital,  
Narsinhbhai Circle, Ahmedabad.

**6 DAYS SYMPOSIUM**

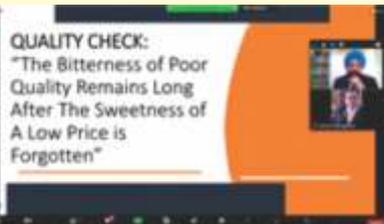
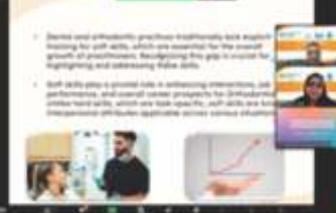
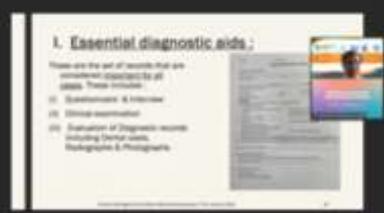
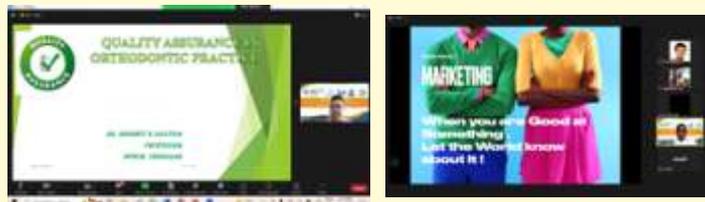
**PAPER POSTER COMPETITION**

Department of Orthodontics and Dentofacial Orthopaedics, Narsinhbhai Patel Dental College and hospital, Sankalchand Patel University in association with Indian Orthodontic Society and Gujarat Orthodontic Study Group organized Ortho Elevate Summit- Practice management and Ethical marketing symposium which was six days long program in a hybrid form.

The online sessions were from 16th - 18th January and offline sessions from 19th - 21st January, 2024. The program commenced on 16th January 2024 with registration of participants.

### ONLINE PROGRAM (16th January – 18th January, 2024)

The scientific online session on Day 1 was started by an inaugural speech by Dr Ajay Kubavat, Head of the Department of Orthodontics and dentofacial Orthopaedics, Narsinhbhai dental college and hospital, Visnagar. Online session was continued for three days with fifteen speakers who delivered their lectures in online mode.



## OFFLINE EVENT (19th January – 21st January, 2024)

The scientific offline session Day 4 took place in the auditorium at Narsinhbhai Patel Dental College and Hospital, SPU. The event was graced with the presence of our President Elect IOS, Dr. Puneet Batra and Dr. Sridevi Padmanabhan (Immediate Past Secretary, IOS) as the chief guests. In inaugural function, motivational speeches were given by Shree Prakash Patel, President, Sankalchand Patel University and Dr. Vilas Patel, Dean, NPDCH. Dr. Gnana Shanmugham presented his scientific deliberation on that day and also was judge of poster and paper competition. The GOSG conveners, Dr. Dhaval Somani and Dr. Alap Shah also showered their presence for the occasion. Along with the lecture session, we also conducted the scientific sessions for the post graduate students which included competitive poster and paper presentations.



The scientific offline session Day 5 and 6 took place at KD Hospital, Ahmedabad. For the inaugural ceremony we graced with presence of Dr. Jayesh Rahalkar (President, IOS) & Dr. Brijesh Patel (President, Gujarat State Dental Council). We honored the Chief Guests and GOSG conveners with a token of appreciation. The President IOS was honored with IOS President Jewel by Dr. Ajay Kubavat, Organizing Chairperson. The President also appreciated the organizing team by giving them IOS Stole. The first lecture started by Dr. Sridevi Padmanabhan followed by Dr. Jayesh Rahalkar and Dr. Dolly Patel. On sixth day, Scientific Session was started by Dr. Gaurav Gupta and followed by Dr. Viswanath Pingali, Professor IIM, Dr. Ketan Vakil and Dr. Ajay Kubavat. In the valedictory function, Certificates were distributed to all winners in paper and poster competition and the function was ended with the vote of thanks by Dr. Khyati Patel, Organizing Secretary.





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# INTERDISCIPLINARY ORTHODONTICS SYMPOSIUM (Bengaluru)



The Interdisciplinary Orthodontics Symposium, a calendar event of IOS, was organised by the Department of Orthodontics & Dentofacial Orthopaedics & The Department of Oral and Maxillofacial Surgery, Ramaiah University of Applied Sciences in collaboration with The Indian Orthodontic Society, Bangalore Orthodontic Study Group and was conducted on the 23rd, 24th and 25th of January 2024 in the auditorium of Ramaiah Memorial Hospital, Ramaiah University of Applied Sciences.

The organizing committee comprised of Dr O P Kharbanda, Pro Vice Chancellor, Health Sciences RUAS, Dr Silju Mathew, Dean FDS RUAS and Dr Prashantha G S, Professor & HOD Department of Orthodontics, FDS RUAS. More than 200 candidates had registered for the Interdisciplinary Orthodontics Symposium from different part of the country.



On the first day of the Symposium (23rd January 2024), a Paper/Poster presentation for students was conducted in the morning in which several Under Graduate and Post Graduate students participated enthusiastically.

In the afternoon, a 3D Virtual Orthognathic Surgical Planning – Hands on Workshop was conducted for 100 participants by Dr Mahendra Perumal and Dr Arvind Sivakumar.

Modern Virtual Surgical Planning (VSP) with 3D setup provides far superior and accurate prediction than conventional model analysis and radiographic

tracings. It can directly be used to view occlusion, actual segment location, 3D soft tissue predictions and Osteotomy cuts.

The second day (24th January 2024) was focused on Orthognathic Surgery/Surgical Orthodontics. It comprised of the following sessions in the morning:

- Diagnosis and Treatment Planning in Surgical Orthodontics by Dr Kiran Kumar H C
- Pre-Surgical Orthodontics by Dr Prashantha G S
- 3D Management of Orthognathic Surgery by Dr Anjan Shah
- Orthognathic Surgeries by Dr David Tauro and the following session in the afternoon
- Post Surgical Orthodontics by Dr Arvind Sivakumar



This was followed by the inauguration at 3 pm.

The Chief Guest for the inaugural ceremony was Dr M C Sudhakar, honourable Minister for Higher Education, Government of Karnataka. Dr Jayesh Rahalkar, President of the Indian Orthodontic Society, Dr M R Jayaram, Chancellor RUAS, Dr Kuldeep Kumar Raina, Vice Chancellor RUAS, Mr M R Sreenivasa Murthy CE, Dr O P Kharbanda, Pro Vice Chancellor and Dr Silju Mathew, Dean, FDS RUAS were the esteemed delegates on the dias for the ceremony.



The third day (25th January 2024) mainly focused on Interdisciplinary Orthodontics. The morning sessions were as follows.

- Surgery First Orthognathic Approach by Dr Akshai Shetty
- MARPE – A Non-Surgical Orthopaedic Alternative to SARPE and LeFort Advancement by Dr Sumitra Reddy
- Ortho-Perio Synergy by Dr Anirban Chatterjee

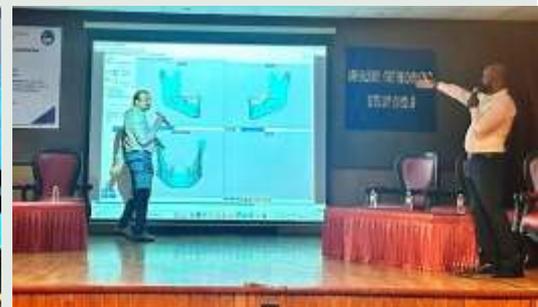
The afternoon session included:

- Orthognathic Surgical Procedures – Demonstration on Cadavers by Dr Ranganath K.



The Symposium was a grand success, well appreciated and praised by one and all who attended. All the participants benefited greatly from the knowledgeable sessions, hands on workshops and talks given by the esteemed speakers. It was meticulously planned and organised from start to finish and left an impact on everyone who attended.





# WELCOME 2024

As we usher in the new year, here's looking back at a year filled with Flash Certification Programs, Flash Knowledge Forums and the Flash Conclave 2023.

Thank you for the year gone by and here's looking forward to an exciting 2024!



With our focus on Science & Service, Flash Aligners is proud to present Made in India Aligners.

# AUTHORS AMONGST US



## Professor **Dr. Om Prakash Kharbanda**

BDS, MDS (Lucknow), M Orth RCS (Edinburgh), FDS RCS (England), FDS RCS (Edinburgh) Hon, M MEd (Dundee)  
 Fellow Indian Board of Orthodontics Hon. Causa  
 Fellow: Indian Society of Dental Research/ International Association of Dental Research (IADR) Indian Division  
 Fellow: International College of Dentists  
 Fellow: Pierre Fauchard Academy  
 British Commonwealth Medical Fellow Manchester UK  
 Visiting Scholar: American Cleft Palate-Craniofacial Association, USA and Canada.

### Pro Vice-Chancellor Health Sciences

President Ramaiah Memorial Hospital  
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 Immediate Past (March 5, 2020- 17 August 2022 )  
 Dr C.G. Pandit, NATIONAL CHAIR of the Indian Council of Medical Research, Department of Plastic Surgery  
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 Formerly Prof and Head Orthodontics and Dentofacial Deformities, and Chief Centre for Dental Education and Research All India Institute of Medical Sciences New Delhi  
 Director WHO Collaborating Centre CDER AIIMS New Delhi

### Books Published

Orthodontics: Diagnosis and Management of Malocclusion and Dentofacial Deformities. 3rd ed, Elsevier India; 2019. 1258 pages, 12 Videos ISBN. 978-81-312-4881-2, eISBN 978-81-312-4936-9 (2nd ed 2013, 1st ed 2009)

<https://www.elsevier.com/books/orthodontics-diagnosis-of-and-management-of-malocclusion-and-dentofacial-deformities/kharbanda/978-81-312-4881-2>

Available on Amazon and Google books

[https://www.amazon.in/Orthodontics-Management-Malocclusion-Dentofacial-Deformities/dp/813124881X/ref=sr\\_1\\_4?qid](https://www.amazon.in/Orthodontics-Management-Malocclusion-Dentofacial-Deformities/dp/813124881X/ref=sr_1_4?qid)

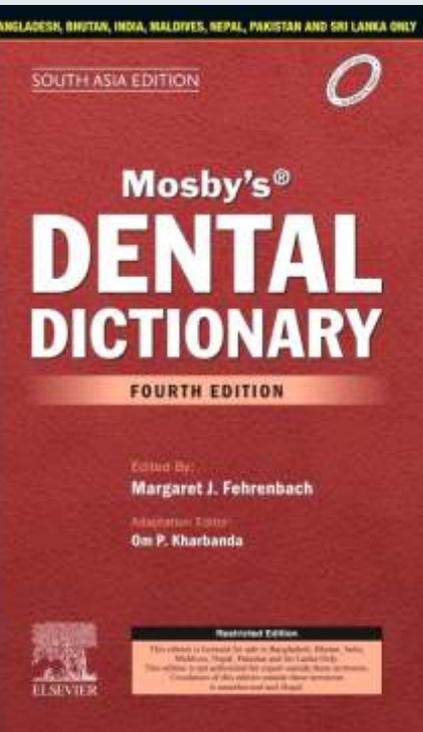
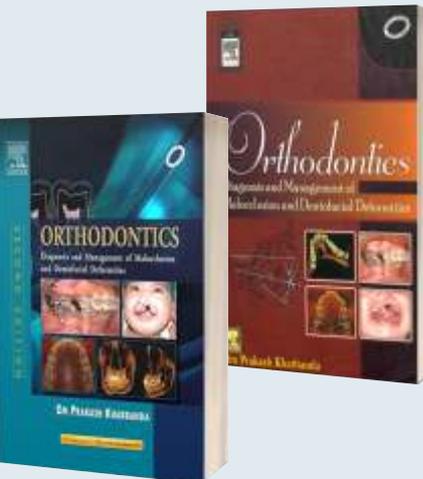
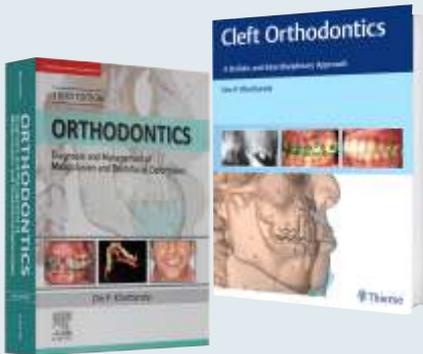
Cleft Orthodontics: A Holistic and Interdisciplinary Approach Editor: Om Prakash Kharbanda, 1st edition ISBN: 9788194857082 Published Date: January 1, 2022 Page Count: 520 Publisher: Thieme India

<https://www.thieme.in/Cleft-Orthodontics-Kharbanda>

Available on Amazon and Google books

<https://www.atithibooks.com/product/cleft-orthodontics-1st-edition-2021>

Mosby's Dental Dictionary, 4th South Asia Edition Editor: Om Prakash Kharbanda Paperback ISBN: 9788131262191, e-ISBN 978-81--312-6220-7 Imprint: Elsevier India Published Date: September 9 2020 Page Count: 934 <https://www.elsevier.com/books/mosbys-dental-dictionary-4th-edition-south-asiaedition/kharbanda/978-81-312-6219-1>



Students waiting to get autograph from Prof. OP Kharbanda at Amrita School of Dentistry, Kochi



International recognition of the book Orthodontics 3rd edition at Pediatric Dentistry & Orthodontics Department, Sydney, Australia

## *Why did I write this?*

Orthodontics: Diagnosis and Management of Malocclusion and Dentofacial Deformities

OP Kharbanda

The book was written to share my wealth of knowledge with students, helping them become better orthodontists and improve the quality of care.

"I consider knowledge as my wealth, and sharing it has only helped me multiply it many times over."

This book is a culmination of my 40 years of experience in dealing with a wide range of malocclusion cases from diverse backgrounds. Throughout my career, I have taught orthodontics in India and abroad and have made significant contributions to the orthodontic literature. As a result, I have gained recognition as a national and international leader in academia, making me sensitive to my students' needs.

I understand that as a postgraduate student in orthodontics, you may have struggled with comprehending the controversies in literature. There was a need for a comprehensive text that covered all aspects of basic clinical and advanced literature in the field. This book has been written to bridge that gap. Its key features include real-life case studies and an evidence-based approach to literature.

The book is a result of my rich life experiences and is curated in a way that maximizes the benefits for students. It serves as a comprehensive resource on a wide range of topics relevant to orthodontic postgraduates and practitioners, including interdisciplinary fields like surgical orthodontics, sleep medicine, management of impacted teeth, operatory design, and advances in digital technology. This book eliminates the need for readers to refer to multiple books to gain comprehensive knowledge, making it a one-stop text for all their learning needs.

The book receives widespread praise from students and faculty both in India and abroad. It undergoes a thorough revision every five years to incorporate the latest evidence-based information and has undergone three editions to date.

## *Why did I write this?*

Cleft Orthodontics: A Holistic and Interdisciplinary Approach

OP Kharbanda

The world's first book that is entirely dedicated to cleft orthodontics has been published.

Cleft care worldwide is different and variable, with as many protocols as cleft centers. The care of cleft and birth defects may begin before birth and go on until adulthood. A gap in cleft care exists in different parts of the world and within the countries. The quality outcome, speech, and orthodontics of cleft care are not much discussed. The comprehensive orthodontics for cleft patients is different and poses a significant challenge due to the unfavourable growth of the craniofacial region, patients not reporting on time, and less-than-perfect outcomes in any instances.

This book aims to provide orthodontists with a complete guide to cleft care. It covers all relevant aspects of the subject, from birth to adulthood. The main focus is on procedures and techniques in cleft orthodontics, with the goal of providing comprehensive knowledge to the reader.

Real-life case studies with long-term follow-up backed by evidence are the strengths of this book. The book covers all aspects of non-orthodontic topics on etiology, development, speech, hearing, records, surgery, cleft psychology, research, ethics, and much more.

The book results from 35 years of experience in cleft care, education, and research. It has received global recognition among those interested in cleft care and orthodontics

# Dr. Ashok Karad

**Book title - Clinical Orthodontics: Current Concepts, Goals, and Mechanics (2nd Edition)**

Author: **Dr Ashok Karad**

Designation: Director, Smile Care (Mumbai)

Work experience: Exclusive orthodontic practice in Mumbai for the past three decades



## About the book

Over the last few years, Orthodontics has taken tremendous strides through expanding knowledge and improved technology. This has resulted in ever-increasing levels of excellence in treatment accomplished with greater efficiency than was thought possible even a decade ago. It was imperative to have an evidence-based clinical guide for orthodontists across the world, which is why this book was written.

The organization of the text and presentation of the subject material are based on its theme:

**Current Concepts** – dealing with a systematic approach to diagnosis, treatment planning, treatment sequencing, and the execution of treatment in diverse clinical situations

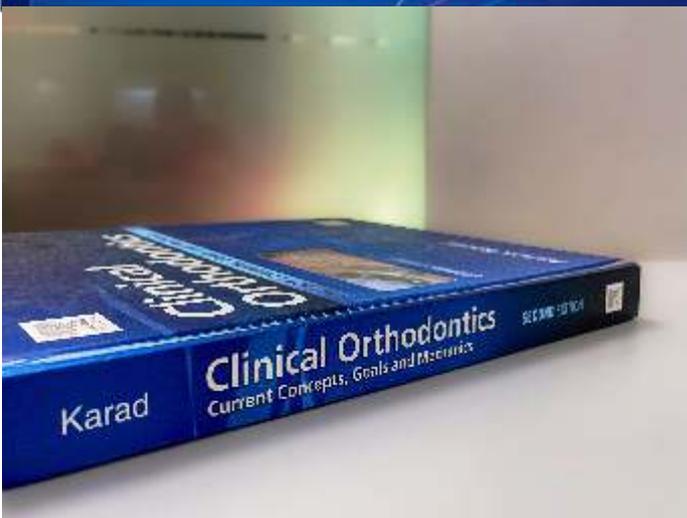
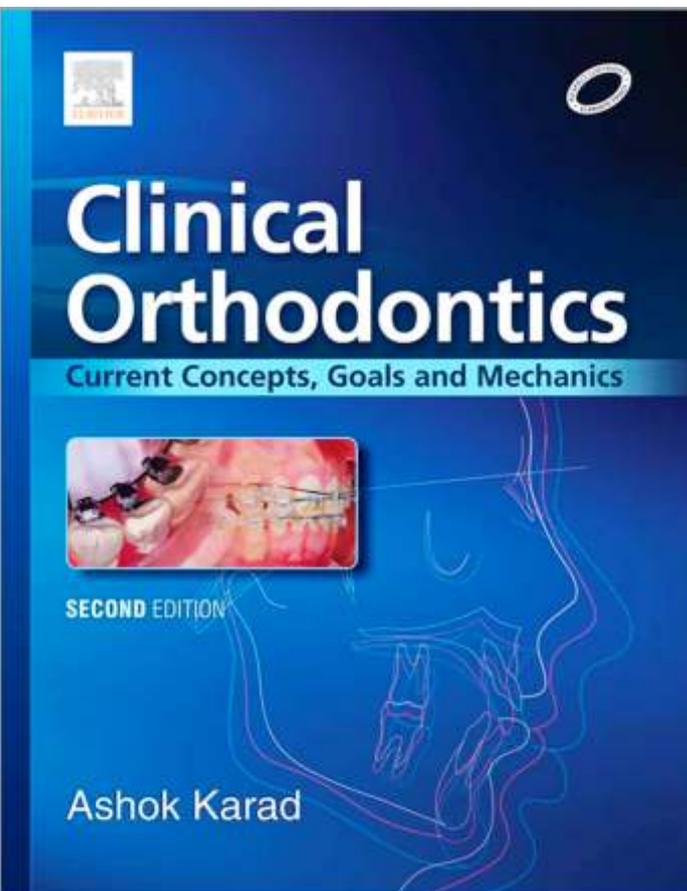
**Goals** – redefining orthodontic treatment goals in accordance with the current understanding of the science

**Mechanics** – highlighting newer methods, unbiased approaches, and refined mechanics to produce high-quality results.

The inaugural edition of the book garnered widespread acclaim from a diverse audience, including practicing orthodontists, educators, and postgraduate students. The positive response was attributed to the book's unique content format, particularly its evidence-based approach and provision of clinically relevant information. However, the ever-evolving landscape of orthodontics, marked by continual research and innovative breakthroughs, necessitated a second edition.

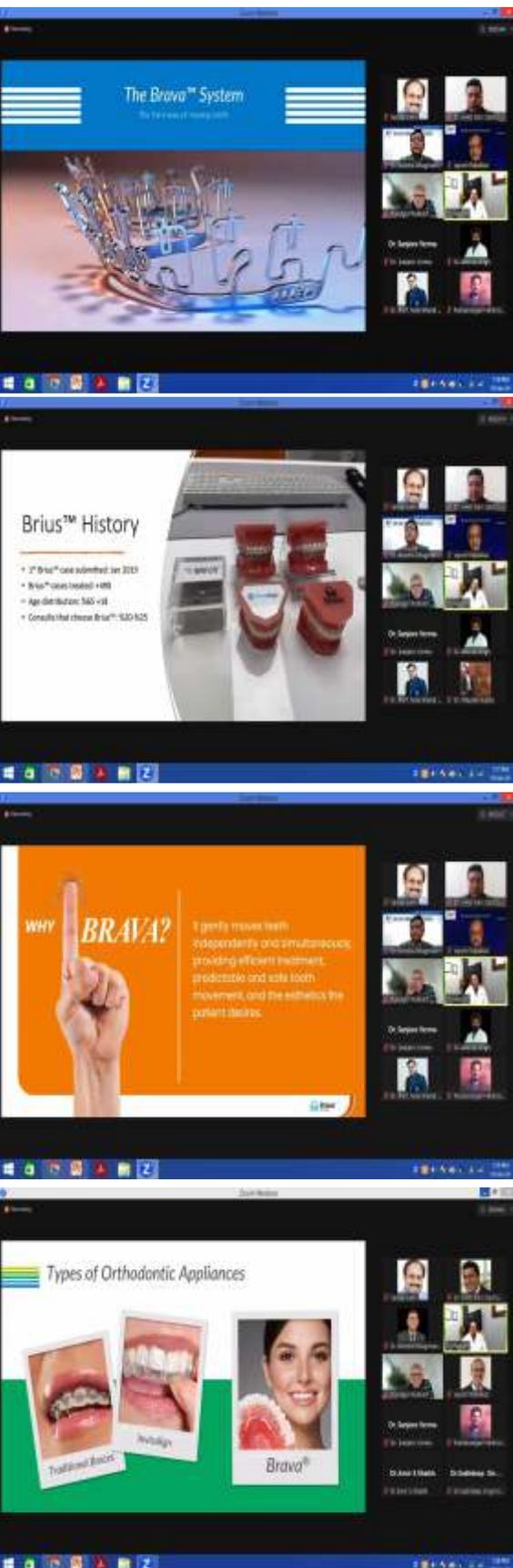
Building upon the success of its predecessor, the second edition is a testament to the evolving nature of the field. This book has become a point of reference for clinicians and students globally, offering a comprehensive perspective on modern orthodontic practices. It's important to note that the book does not seek to present an exhaustive review and analysis of the expansive research literature. Instead, its structure is tailored to provide clinical material infused with relevant, research-led literature in a concise yet comprehensive manner.

The acclaim received underscores the book's effectiveness as a practical guide, integrating the latest scientific advancements into orthodontic practices. The updates introduced in the second edition address key areas that have witnessed notable progress in recent years, ensuring that the content remains relevant and aligned with contemporary standards.



# IOS FRIDAY RENDEZVOUS

## “BRAVA System: The third way of moving teeth” Dr. Hessam Rahimi & Mr. Ruedger Rubbert



The lecture series “IOS Friday Rendezvous” kick started for the year 2024. It was organised as an online webinar on the topic – BRAVA System: The third way of moving teeth on January 19th, 2024. This particular Friday of the year 2024 witnessed great number of virtual attendees who eagerly wanted to listen to a new and upcoming treatment modality – The BRAVA system.

The aim of the webinar was to introduce Brus Technologies and a deep insight into the independent tooth movers. A general awareness on biomechanics and cases treated by these tooth movers was the soul and spine of this webinar.

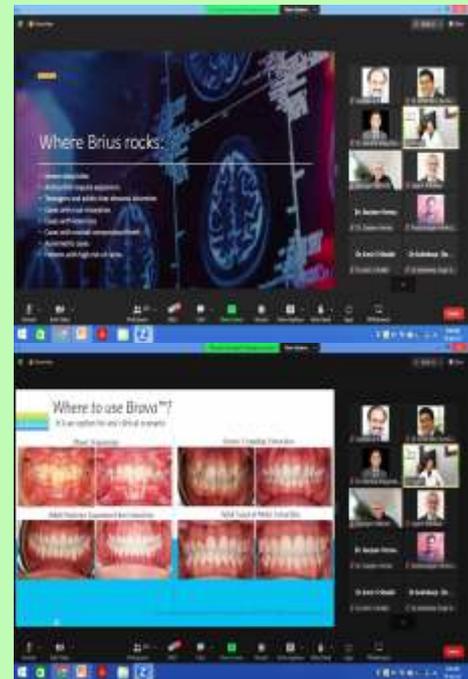
The inaugural ceremony was started at 7 pm by Dr. Jitendra Bhagchandani where he welcomed the speaker, principal office bearers and the Executive Committee Members along with the other delegates.

The Welcome address was delivered by Dr. Jayesh S. Rahalkar (President, IOS) and it was followed by introductory remarks on the IOS Friday Rendezvous Lecture Series.

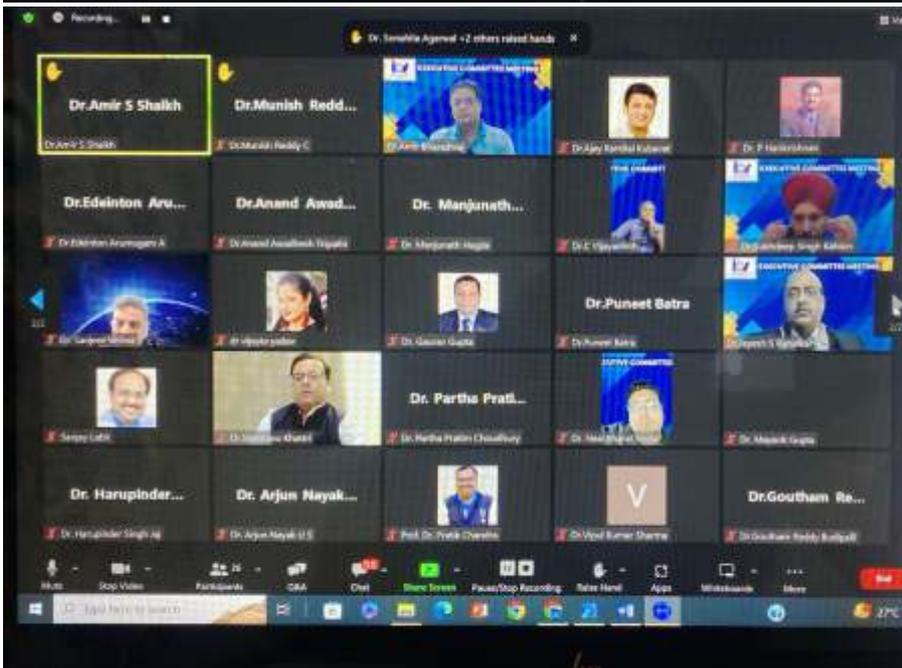
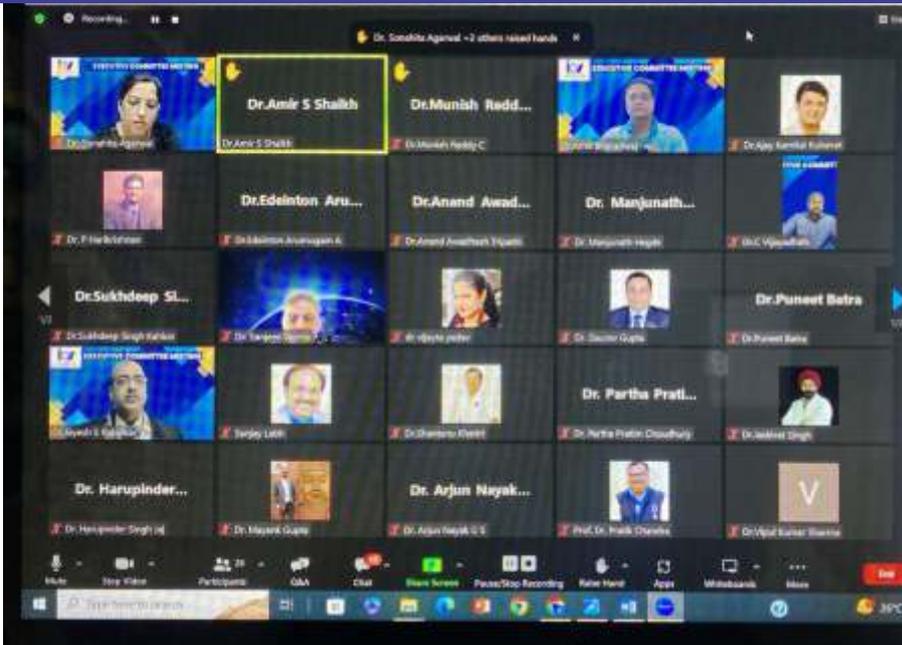
Dr. Sanjay Labh (Honorary Secretary, IOS) delivered his welcome speech to the keynote speakers and also shared his valuable thoughts on the topic.

The speakers, Dr. Rahimi & Mr. Rubbert, shared their expert in depth knowledge on the importance and significance of biomechanical aspects of the independent tooth movers. They also gave a deep insight on the various cases being treated with this upcoming modality and also explained the versatility of the system in a peculiar way.

Towards the conclusion, a Q&A session was conducted by Dr. Sonahita Agarwal & Dr. Sanjeev Verma where both the speakers answered all the queries and clarified the doubts of the delegates. In the end, the concluding remarks and the vote of thanks were delivered by Dr. Jitendra Bhagchandani. It was followed by virtual certificates of appreciation which were handed to the guest speakers by Dr. Puneet Batra (President Elect, IOS) & Dr. Edeinton Arumugam (Vice President, IOS). Both the certificates were shared on the screen by Dr. Sonahita Agarwal.



# The IInd Indian Orthodontic Society Executive Committee Meeting (2023 -2024)



The IInd Indian Orthodontic Society Executive Committee meeting (2023 – 2024) was held virtually on the Zoom platform on 3rd December, 2023 from 9 am to 5 pm. The meeting was called to order by the President Dr. Jayesh S. Rahalkar and he welcomed all the office bearers and executive committee members for the virtual meeting.

The briefing of the meeting was:

- Discussions on extensive representations which were done from various subcommittees
- Disbursement done to all the eligible candidates; as such no disbursement pending in the current year
- Suggestions by the President to prioritize and a go ahead to the activities scheduled under Public Awareness Campaign
  - 1) Digital and Social Media Campaign
  - 2) New Trail Release
  - 3) You Tube
  - 4) Instagram Influences
- Reduction in the number of JIOS printed Copies to 200 - 250 or even more as per 57thAGM's advice
- A new section called Beyond Orthodontics should be included from the new issue of IOS report which will consist of extra circular activities done by our members
- At present the approved members and present strength of IOS stands at SLM14447 and LM 6023

All other pre circulated agendas were also discussed and appropriate recommendations were made.

The President, Dr. Jayesh S. Rahalkar and Honorary Secretary, Dr. Sanjay Labh profoundly and personally thanked all the members of EC for joining the meeting virtually.



## ORTHODONTIC COUPLE AMONGST US

### Dr. Girish & Dr. Anita Karandikar



#### 1) Kindly tell something about your childhood & schooling!

**Girish:** Since my grandfather's time, Indore has been the native place of the Karandikar family. I grew up there in the late 1950s as the youngest of three brothers in a middle-class, happy, close-knit, joint family. Uncles, aunts, cousins. The works. Sharing was the 'default mode' at home. So was homeschooling. Things like toys, tricycles, and clothes were mostly hand-me-downs. In doing

the hard yards to overcome challenges thrown up by circumstances, excepting three cousins, others relocated.

When my father's office shifted to Nagpur, as a toddler, I moved there with my parents. My homeschooling advantage meant a double promotion to Std II in an unpretentious Marathi medium primary school. This continued in secondary education, a 'boys-only' one. English made an entry as a subject in Std 5th. But the medium of instruction continued to be Marathi. There was no exposure to talk in English.

My father's transfer at the end of July 1966 to Bombay (now Mumbai) meant another relocation. I joined a 'co-ed' English medium school, St Lawrence High School. I had lost 5-6 weeks of school time and was a bewildered, shy, and very obese kid in standard VIII. I was thoroughly unprepared for what

followed for the next 2 years. I rarely spoke anything beyond yes/no/sorry. Every school day was a nightmare. All subjects taught in English: prose, recitation, and speaking correctly were huge challenges. I floundered. I struggled to 'fit in', in every sense!

My only success in these two years was losing the rotund, humanoid, obese form. Playing Cricket for the school (and the 'net practice' this involved) helped. As did the intense drills that NCC demanded. My home and school were both away from the suburban railway stations. I scuttled bus travel in 3-4 months. This meant hoofing up 4-5 km daily to commute. It helped too.

The eventual coping with English was due to my Principal, Mrs Kalpana J Jayakar, and my father. One or two teachers were sympathetic as well. Friends were a huge help in having sporadic moments of cheer and laughter. All of it permitted me to survive and metamorphose into an acceptable entity by Std X and beyond. Being a 'school topper' in the SSC (Std XI) exam was a big moment. My elder brother, Subhash's coaching was a critical empowering tool in this success.

**Anita:** Modest roots and parents hailing from Indore are the common factors for us both. By the time I was born, my parents, after a stint in Singapore (where

my elder brother was born), had moved to Bombay. The schooling for both of us, Anil, and me, was at a premier Marathi medium school of our region: Balmohan Vidyamandir at Shivaji Park. We resided at Mahim. This was within walking distance of the school. I was a consistently good student right through the completion of SSC. Jai Hind College, one of the best, followed. So, when I joined NHDC, communicating in English wasn't an issue for me.



## 2) How did both of you choose Dentistry and then, Orthodontics?

**Girish:**Over the years of FY Sc and Int Sc, I steadily lost the academic focus. The reason was that by then, I was not a misfit anymore but may have overdone the blending in. My grades went South progressively. I continued to make unwise choices in the exam strategy element. I expected a best-case scenario to take me to a seat in MBBS. My approach was a catastrophic failure. A seat in MBBS and BDS too passed me by. I had to join B Sc at Parle College with Chemistry, Botany and Zoology as my subjects. The future looked very dark for the 3-4 weeks that I was at Parle College.

A postal letter for an interview at Nair Hospital Dental College (NHDC) was an enactment of Dentistry choosing me rather than me choosing a dental career. I jettisoned all negativity and clutched the prospect of being a skilled professional. Thereafter, I offered my best efforts in everything I did at Nair Dental.

I developed a strategy to combine studying for knowledge with reproducing the goods in the exams. I sidestepped the financial inability to buy textbooks by making notes. This was after devouring every book that the library had to offer. I found ways to increase my writing speed. I worked hard to form a method to do preclinical exercises and happily shared it with class fellows. Steadily, my proficiency in doing pre-clinical work became better than most. Converting that to decent clinical work was possible by guidance from excellent teachers. The 'work quota' system at Nair Dental for tasks and clinical work was a huge benefit. Phenomenal clinical material (number of patients we treated) ensured the rendering of quality results within the constraints of time. Our clinical instructors enforced this rigidly. Impartially, mostly.

Viva was a bugbear for most. I have seen friends freezing like rabbits in the beam of a torchlight. My grapples with English were luckily over by the time school ended. After reading the topic, we indulged in merciless group discussions. This helped recreate the viva environment, I think. Progressively we became better at being precise with systematic recall on demand that viva performance demanded. Lateral queries to the primary cascades from the gang. This helped us to be unrattled and maintain calm. Soon, viva lost its terrorizing potential and virulence. Eventually, I joined those who mattered.



## In Final BDS, The Best Student of The College prize in the graduating batch of 1976 came my way. My luck was changing.



Oral Surgery was my first love. Not Orthodontics. I scored a distinction in both theory and practical exams in OS. I never thought of doing MDS. Instead, I wanted to start putting bread on the table. My family thought otherwise. When I did so at the 11th hour, MDS Oral Surgery was my natural choice. This was despite qualifying by a canter for the MDS Ortho seat. In the era of mid-1970s, Orthodontics was 'the' branch to opt for. The very practical, last-minute advice of Dr M K Prakash Sir helped me to embrace Orthodontics.

**Anita:**My elder brother, Anil, was in MBBS at Grant Medical College. Wanting to emulate him was natural. So, the disappointment of narrowly missing an MBBS seat was palpable. But early into 1st BDS, I healed myself.

During BDS at NHDC, I was a consistent performer in theory, practicals, and clinical work. Soon, I was The First Among Equals. The Best Student of the College award followed for my graduating batch of 1979.

To date, Girish and I are the only NHDC pair of spouses thus awarded in 90 years.

Orthodontics was well taught. It interested me. And it was natural to not spurn an MDS Ortho seat if you were lucky to get it. So, I joined MDS Ortho at NHDC.

### 3) Where did you both meet at first?

**Girish:** I am intrinsically a shy person. Especially around the stronger gender. Perhaps, vestiges of my shyness still linger on even today. So, in NHDC I stayed away from the ladies. Instead, I invested my energy into Academics, Sports, Dramatics, Elocution, and Students' Association activities. The works.

I was tutoring every class junior to me in one way or the other. For batches beyond 1976, this meant unofficial, 'on-request' theory lectures too which covered the entire BDS curriculum. These were after normal college hours. This was especially so for pre-practical classes of 'Spotters' and strategies in facing Viva. I loved doing this purely to ensure others learnt from my mistakes.

In all such interactions, a person who is 'alive' and interactive as well as responsive to humour does not remain unnoticed. MDS Orthodontics trains you to refine your appreciation of beauty. Doesn't it? So, a pretty and intelligent person can remain unnoticed only if one is blind. So, I had noticed and knew Anita Boraskar in that sense.

But I 'met' her in January 1979 for a minute or so in the Ortho Dept. Anita was a part of a Final BDS student batch. I was the Registrar. A conduit between Clinical Assistants and Lecturers. After doing MDS Orthodontics. She asked me for my Ortho notes. By then, my notes were all that students read Orthodontics from. So, she told me. A typed version of the notes was circulating. But I was unaware of this.

But the problem was I did not have my notes. Not Ortho. Nor any other subject. From any other year. At the end of every year, I gave my notes for every subject to my best friend, Dr Arun Khatavkar. I told this to Anita. And added, "Miss, notes work best for the person who makes them. All intelligent people (like you) should make their own." To her, my manner/tone/body language/ choice of words, or all of it, was hugely off. Especially since it was within earshot of others, I guess. I instantaneously became persona non grata for her. There were no other 'meetings' for Anita and me.

Eventually, I did get an 'interest' in seeking her hand in marriage. On my request, my family asked her family. When asked by them, she categorically refused to marry a Khadoos like me.

Luckily for me, her mother knew my father well. Her father was a patient of my teacher, Dr Dilip Deshpande at his Mahim Clinic. The Deshpande duo, Drs Shobha and Dilip is a family to me. Dr Dilip Deshpande's words about me as a student impressed Anita's father. Later, I met her parents. They liked me. In time to come, they changed Anita's mind!

For better details, await my memoirs.

**Anita:** Girish kept his distance. Girls, he rarely mixed with. But it was unimaginable that his notes, seen in the hands of most seniors, were not with him. However, it was his brusque manner and choice of words that put me off immensely. Part of what he said was unsolicited advice too. I was justly upset. I guess, I still am, in some way!

Yes, my parents played a role in seeing things differently. So, we really 'met' only after I had changed my mind.

### 4) How do you both take it – Husband & wife in the same profession?

**Girish:**

I loved the fact that our training background in MDS was the same. So, my patients were well cared for when I used to gallivant around: 'visiting' outstation practice, within the city 'visits', Ortho Conferences, etc. We shared the same patients. There was nothing like 'my' and 'her' patients.

**Anita:** Having a residence cum practice was very convenient at the start of our life. Soon after we started a family, we had another clinic. Commuting distances in Bombay (Mumbai), is quite a stressful situation. So, my involvement with the profession was to work in the clinic 'attached' to the residence. This worked well for me.

Our differences in opinion were rarely work-related!



## 5) Who amongst you both is: an avid academician & a prolific practitioner?

**Girish:** I wanted nothing other than to be a full-time teacher. This was not to be. Lack of merit, sincerity, or ability to teach was not the contributory reason. That was the sad part. Eventually, I became a lecturer. But there was no fun to be daggers drawn with the top brass. Pretty soon, I quit.

I grew into a pseudo-academic by keeping perfect records in clinical practice and learning from mistakes. This was by sharing it with others in conferences of the IOS. Progressively, IOS cast its tentacles into me. Finding time and motivation for free paper presentations in Annual IOS Conferences followed. That I had to apply for such a slot year after year for decades did not bother me beyond a point. In the next decade, formal teaching at Colleges through 'visiting teachership' began. Though it paid peanuts, I loved doing it. Hopefully, the kids doing BDS and MDS may too, to a little extent at least, I thought.

Juggling with these things and the private practice was possible only by taking an enormous chunk off the family time. Without wishing it to be so, the attention to private practice too must have gone astray as well. As Anita kept telling me, repeatedly.

Anita managed everything else. Still does. I could not have done anything without her.

**Anita:** The family had to be my priority. I had married into a large family. I was the youngest daughter-in-law and had to adjust to make things work. It was not easy. Circumstances had ensured that the golden years following our marriage were without the worldly expectations that newly married couples strive to enjoy.

I had seen the obstacles Girish had to dodge in getting and keeping a teaching job. And then to quit. So, I did not have the luxury of even thinking about academics. Nor I did not want to encourage Girish to be a career academic. The private practice came a distant second for me. Academics had to be the last.



Within a decade, our daughters were maturing. Being with them to ensure their all-round development became the priority. But we were able to drill into our girls that enjoyment, having fun and money do not necessarily have to go hand in hand.

I went into academics and teaching after we had Roti, Kapda and Makan. The girls were independent by then. They did not need me as much in a Mom's role. Academics got to be fun. But then, COVID-19 spelt an abrupt end.

But I feel happy that I did what I had to. At every stage. Including trying to dissuade Girish from his IOS infatuation, though in vain. Sure, there was little choice I had in the matter of the timing of the roles I had to play. But loving daughters and doting grandkids are quite worth the effort.

I guess my story cannot be a 'stand-alone' one for other married ladies.

## 6) Do you feel there is a difference of opinion amongst both of you whenever it comes to Orthodontics in particular?

**Girish:** Not really, No. Same teachers. Same College. Same fundas.

**Anita:** A healthy discussion offers a different point of view. Everyone benefits. So, why not? It is useless to be a mere rubber stamp. Right?

But we had little disagreements at work. But we had lots to not agree. About how to best spend professional time. In NHDC and later in IOS, I saw with distaste others resting and firing

their guns off Girish's shoulders. I did not like that Girish invested so heavily in time and effort into teaching and IOS activities. This was despite the open hostility of other seniors.

Quite frankly, I did not feel it necessary to be with individuals who were not fair-minded and large-hearted. That too by paying hard-earned money to attend IOS activities. And pretending that I like doing it. Despite that, in attending whatever few IOS activities I have made quality friendships. I cherish that rather than aspire for quantity.



### 7) How does your family cope up with your busy schedule while practice?

**Girish:** It is to the eternal credit of Anita that she managed to grunt through especially the first 7-8 years. Her father had a driven company car. I could afford a second-hand, refurbished, condemned-taxi (a dukkar-fiat) after 6 years. A new one after a decade into private practice. A meal in a simple Udipi restaurant was a very infrequent luxury in those early days. Even a Movie or going to a Theatre (play) performance, or holidays were rare things to embrace.

Being busy had different hues and reasons. Beyond bad career decisions.

A 'Sunday-off' happened once in 2-3 years. By massive pre-planning. Outstation travel was tough, no-frills type. 3rd Class, II tier Sleeper. By ST Buses too. At times, unreserved, as a standee. Enduring unaccustomed climes: the sizzling, dry summer afternoon with 400 Celsius and beyond heat; a windy chill that accompanies an 8 ius 03:00 AM vigil on the highway in Khandwa in awaiting a Bus to Indore.

It was an era of 'pinched' molar bands and soldered molar tubes. Lugging instruments and a spot welder were necessary. Outstation visits meant preparedness for uncertain power supply and the absence of 'back-up' like gen sets/inverters. That translated to bonding brackets with a chip blower. In torchlight or even candlelight. All this while keeping the patients and families engrossed with small talk. And ensuring not falling asleep for self and the patient! In 7 years, I allowed almost nothing to derail my visits. Birthdays, anniversaries, indisposition (self and family), social obligations included. My malarial rigor-laden fever of 1040 F was the only exception.

Life did become better by the time the kids started growing up. They adjust more readily to most routines. Even my rare presence as a Visiting Dad at home. Their super-mom had their back. Both my daughters were achievers at School. But I never could attend a single Annual Day event or PTA meeting till the very last year when our firstborn, Aditi was in Std X. There were "But, Daddy, you were never there" moments. Far too many. Of course, later, my kids realized the compromise and sacrifice element. They forgave me. And loved and even adored me too.

The 'issues' at home, when they arose, happened curiously when I was in my outstation practice jaunts. Electrical fire. High fever-driven delirium for Aditi. The full gamut. But we had great neighbours: the Bhure family. They were like a handbrake or a spare tire in a car. Invaluable. My in-laws and parents too were an immense help when in town and with us. Of course, there were close friends and Dr Anil Bhoraskar, my brother-in-law too. The latter, in every medical issue. Even today.

**Anita:** In a self-help situation, with little financial collateral, the struggle was to have an independent place to practice. And to reside. We just had to do whatever it took to tide over the hardship times. My mother's nature of being savvy to the harsh realities of life rubbed off on me.

Over time, we did get lucky. Aditi and Ashwini did very well in academics. Spared us from the costs of private education. They found great supporting husbands. Ensured we got sons without losing our daughters. Doting granddaughters, Deepika and Niharika have ensured an aftertaste of huge contentment.

### 8) Any words of wisdom for the other couples who are in the same field of Orthodontics?

**Girish:** Being realistic helps. This is beyond Orthodontics. One of the reasons was that we had a minimal break-even figure even during our worst struggle period. Not blowing money on our wedding helped

immensely. Both of us saw marriage as a social license for a couple to stay together. A civil (registered) marriage followed. By choice. My father-in-law offered to part with his marriage-allocated funds. As a seed capital for us to start. We did not need it then. But a 'differed encashment' of his offer in later years set us on the right path.

Private Practice has multiple challenges for Acing. You are the CEO of a start-up. We should be aware of the multiple roles needed to play therein.

The first hundred patients we treat spells a 'make' or 'break' for our lives. Treat them with love and care. The rest follows at the right time.

**Anita:** Rather than begrudge other's luck or affluence, it is better to work towards changing one's fortunes. Doing a SWOT analysis of the individual skills and mindsets of both partners could help. If both can see the other person's viewpoint. And act in unison. We failed to do so in a matter or two! But it was not for want of trying. I still get into a tizzy when Girish fails to relate to my views. And I do let him know of it. In no uncertain manner either. But life goes on!!

When the children come in, quality time with them is important. It does not necessarily mean indulgent pocket money or expensive toys or holidays at exclusive, overseas locales. Our kids never had or expected any. Everything reasonable they convinced me to buy was theirs. This 'no pocket money' continued even when we began work. This amazed their friends at work. But it made my day.

Limiting professional time and maximizing family time should be easier in an 'orthodontics exclusively' practice, I presume. That is because stressful emergencies are minimalistic.

### **9) Words of wisdom in general for all the budding Orthodontists (by each of you).**

**Girish:** Trends change. Technology invades. Being aware of the tides helps. More ways of moving teeth are like arrows in a quiver. Available. Selecting the right one is the trick. When holding a hammer, the tendency is to put nails galore at the first given opportunity. Remembering this helps. Adapting sound basics to make appliances work is a great idea. Learning newer ways is the name of the game. And will remain so. We had to reinvent our 'skill set' over the decades. Challenges will always be there. Getting yourself psyched out will not help! Adapt. Get around them. Challenges define your personality. By how you overcome or sidestep them. If you do so without losing your cheer, great.

But there is Orthodontics beyond TADs and Clear Aligners. Our teachers expect and make us do things during MDS. These ways do not need jettisoning immediately when in private practice. That includes taking and using perfectly taken treatment records. Visual proof these offer to patients and their families seeking treatment is vital. Mastering ethical ways of effective, streamlined communication that underlines care and affection is a great asset.

Refrain from switching to the cheapest available hardware. Things are cheap for a reason. Better quality cannot be one. Maintain a conscience to filter the warmth of the pocket effect by titrating it with the My Child vs Your Child phenomenon.

Doing a periodic independent reality check aka audit of professional competence is a great idea. After MDS, the Indian Board of Orthodontics is such an opportunity. It permitted me to grow into a mature practitioner. Aspire to be a Diplomate of the IBO to upscale yourself. IBO is the equivalent of snorkelling or scuba diving in reefs. Enjoy the hidden pleasures it reveals. It may be more colourful than the corals, fish, and fauna.

The era of speciality practice has ended. Long ago. Be general dental practice driven. This is the name of the game today.

As Orthodontists, our peers instantly recognized and respected us in my era. With Ortho MDS offered in Colleges that were in single digits then, this was natural. Now, with numbers that exceed 250 (for MDS Ortho programs in the country), that cannot be so, by default. Ortho MDS no longer enjoys the 'numero uno' status. Not that it is the only thing that matters. So, what does? Gaining recognition, respect, and credit from those around us. Being a consistently good, capable, and caring professional does. In every walk of life, In private practice, IOS and beyond. But getting it needs effort, time, patience, and luck.

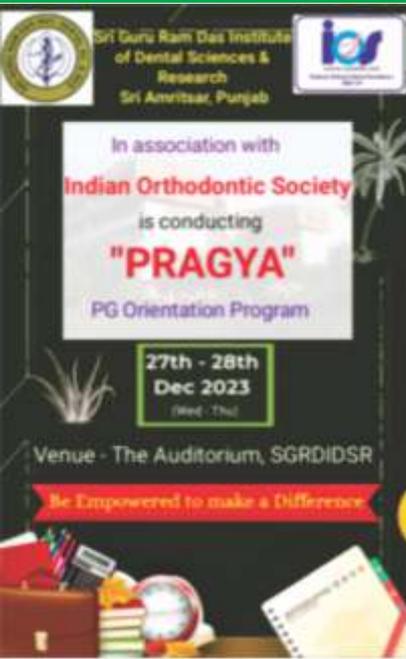
The desire to wear different hats is natural. So, if you really can be effective in the ways of the world, whatever sphere you feel up to, go for it. With honesty. With sincerity. With ethics. These may not exactly be words of wisdom. But I do believe in the way I have shared my love of Orthodontics. And the pleasure of being a Kattappa for IOS. But without backstabbing IOS in any manner.

**Anita:** Set your benchmarks. Expect the world. But have patience. Especially with your Spouse. And children. But do not try to discipline the grandkids. That is their parents' job. Not yours. There is life beyond dentistry. And, naturally, beyond orthodontics too. And most certainly beyond IOS as well.



# PRAGYA PG Orientation Program

(Amritsar) - December 2023



(Host: Sri Guru Ram Das Institute of Dental Sciences & Research, Sri Amritsar)

In a dynamic convergence of minds, a two-day PG Orientation Program was held at Sri Guru Ram Das Institute of Dental Sciences & Research, Sri Amritsar, under the aegis of Indian Orthodontic Society, that brought together eminent senior orthodontists from all over the country and budding orthodontists from all over the northern part of the country on 27th & 28th December 2023. The program titled “PRAGYA – PG Orientation Program 2023” unfolded as a platform for learning, exchange of ideas, encouragement and new opportunities.

The two-day program was meticulously organized under the able guidance of Dr Sukhdeep Singh Kahlon (Organizing Chairman, Professor & Head and EC member of IOS 2023 -2024), Dr Kamaldeep Sharma (Organizing Secretary and Professor), Dr Chetan Dev Singh Boparai (Scientific Chairman and Reader) with the organizing committee - Dr Hargundeeep Kaur (Senior resident), Dr Samiksha Chopra (Senior resident), Dr Perthish Sharma (Senior resident) and all post graduates of Dept of Orthodontics & Dentofacial Orthopedics of Sri Guru Ram Das Institute of Dental Sciences and Research, Sri Amritsar.

The event received immense and unwavering support from the distinguished management of SGRDIDSR, Dr MS Uppal (vice chancellor SGRDUHS), Dr AP Singh (Dean SGRDUHS), Dr Kavipal Singh (Principal SGRDIDSR), Dr Ramandeep Singh Narang (officiating principal SGRDIDSR) and the entire SGPC trust.

The occasion was graced by the presence of esteemed guest speakers and distinguished members of IOS including Dr Santosh Ramegowda, Dr Sarabjeet Singh, Dr Vinay Dua, Brig Dr Sukhbir Singh Chopra, Dr Amanish Singh Shinh, Dr Vikas Sehgal, Dr Sridevi Padmanabhan, Dr Ajit Jaiswal, Dr. Ankit Sikri and Dr. Harneet Kaur. We are extremely grateful to them who took the great responsibility of educating the budding orthodontists of the country.

Dr Jayesh Rahalkar (President IOS), Dr Sanjay Labh (Honorable Secretary IOS), Dr Puneet Batra (President-Elect IOS) and Dr Badri T proved their immense commitment to the profession and the orthodontic society, as they made sure that their lectures were delivered online via zoom platform since the weather conditions restricted their travel plans. A heartfelt gratitude to them for encouraging and educating the young minds, despite the restrictions.

The event witnessed the registration of delegates from colleges from Punjab, Rajasthan, Himachal Pradesh, Haryana, Delhi and Uttar Pradesh.



## Day -1 (27 December 2023)

Began with extreme enthusiasm and will to learn as the delegates reported exactly at the allotted time bearing the chilly morning of the golden city Amritsar. The first day of the orientation program included lectures by esteemed speakers Dr Vinay Dua, Dr Amanish Singh, Brig Dr Sukhbir Singh Chopra, Dr Sarabjeet Singh and an online lecture by Dr Jayesh Rahalkar (President, IOS), and Dr Ajit Jaiswal.

The inaugural ceremony was presided over by respected chief guest Honorable Vice Chancellor of Sri Guru Ram Das University of Health Sciences - Dr M S Uppal who with his words of encouragement boosted the morale and zeal of the delegates as well as praised the distinguished speakers and other EC members who were part of PRAGYA 2023. Dr Ramandeep Singh Narang (officiating principal SGRDIDSR) also graced the momentous occasion and enlightened the present attendees with his words of wisdom. The luminaries of the Indian Orthodontic Society Dr Jayesh Rahalkar (President IOS), Dr Sanjay Labh (Honorable Secretary IOS) were honored and felicitated. The lamp lighting ceremony was preceded by the recitation of divine shabad seeking the blessings of

Almighty for a brighter better future and Sarbat da bhala (may everyone prosper and be blessed). The distinguished speakers were felicitated by the chairpersons for their wondrous contribution and inspiring lectures



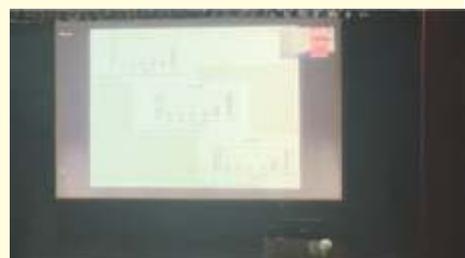


Day 1 culminated with inspiring lectures, followed by a scrumptious lunch after which the delegates were sent off, with mind full of knowledge and curiosity to learn more the next day

## Day-2

(28 December 2023)

The second day of the orientation program began with equal zeal, enthusiasm and curiosity to learn amongst the delegates. The day included lectures from eminent speakers, Dr Santosh Ramegowda, Dr Sridevi Padmanabhan, Dr Vikas Sehgal, online lectures by Dr Puneet Batra (President Elect, IOS) and Dr Badri The day was filled with learning, and hope to have a beautiful journey in the coming years as young orthodontists listened to each lecture with keen interest and open mind. The speakers were felicitated for their contribution in the event, as well as several other EC members who were part of the event and made the event a success.



The two-day orientation program was filled with intellectually stimulating lectures and guidance for the coming years for young budding orthodontists. The event was executed with extreme precision and perfection. The success of the event is a proof of the extreme hard work and commitment of the organizing committee under the able guidance and support of the Indian Orthodontic Society. The entire team of Sri Guru Ram Das Institute of Dental Sciences and Research, Amritsar is extremely grateful to IOS for the opportunity to host this national event, and we look forward to host more such events in the future.



Jai Hind

Jai IOS





**Department of Orthodontics and  
Dentofacial Orthopaedics  
PACIFIC DENTAL COLLEGE & HOSPITAL**

**DEBARI, UDAIPUR, RAJASTHAN**

Presents CDE Program on

**"CLEAR ALIGNER  
THERAPY : HARNESSING  
THE BIOMECHANICS"**

**GUEST SPEAKER**



**Dr. Sonahita Agarwal**

BDS, MDS, EC MEMBER IOS

**Date : 5th December 2023**

**Venue : Auditorium, Pacific Dental College,  
Debari, Udaipur, Rajasthan**

# CDE program

Department of Orthodontics & Dentofacial Orthopaedics  
Udaipur

The Department of Orthodontics, Pacific Dental College & Hospital, Debari, Udaipur, Rajasthan in association with Indian Orthodontic Society and Rajasthan Orthodontic Study Group organized a CDE program on "CLEAR ALIGNER THERAPY: HARNESSING THE BIOMECHANICS" on 5th December 2023. The program was organized exclusively for the IOS student life members and life members with a total of 47 participants. The guest speaker for this CDE program was Dr. Sonahita Agarwal, who is also an EC member of IOS. The entire session was quite constructive and the way our speaker presented her material in an illustrated form was a boost for everyone. Few key markers in this CDE program were the philosophy behind clear aligners, case selection and assessment and most importantly our speaker focused on the biomechanics involved while planning the Orthodontic treatment. Dr. Sonahita Agarwal also showcased variety of her cases which have been treated by clear aligner therapy and have shown outstanding results. The highlight of this CDE program was the demonstration of itero intraoral scanner which was very engaging, especially for the post graduate students. This program provided insights into emerging orthodontic advancements for ensuring professional development. In all it was a stimulating presentation for all the delegates.

The success of this CDE program wouldn't have been possible without the support of our organizing team which consisted of Dr. Kamlesh Garg (Prof. & Head- Dept of Orthodontics), Dr.

Bhavesh Kothari (professor), Dr. Jagat Sharda (professor), Dr. Priyanka Singh (senior lecturer) and Dr. Nabila Tahir (senior lecturer).





# Orthodontic Horizons

## A Chronicle of Knowledge and Unity

### (Patna Orthodontic Study Group CDE program)



**Patna Orthodontic Study Group**

**POSG: Continuing Dental Education (CDE) Programe**



**SUNDAY**  
January 21, 2024

**Hotel Maurya Patna**  
Nalanda Hall

**Time:**  
9:30am -5:00pm.

**DR. ABHISEK GHOSH**

- B.D.S (Cher), M.D.S (Ortho)(MAHC), MOrth RCSE (Edinburgh), MOrth RCSE (England), FFD Orth (Ireland), MOrth RCSE (Glasgow), DIBO, FAGE
- Diplomate Indian Board of Orthodontics, Visiting Professor, Sri Ramachandran Dental College and Hospital, Chennai

**TOPICS**

Changing Perspectives in Handling Complex Orthodontic Scenarios and Re-Treatment Strategies and Protocols

Role of Digital Orthodontics and Skeletal Anchorage Systems

**REGISTRATION FEE**

POSG Members	Student (SLM)	Non POSG Members
1500/-	1200/-	2000/-



**INDIAN ORTHODONTIC SOCIETY**

**About the Speaker**

Dr. Abhishek Ghosh is a distinguished orthodontist with a graduation from Ragas Dental College, Chennai, and a post-graduation from Manipal College of Dental Sciences, Mangalore, where he was a Gold Medalist. He is a diplomate of the Indian Board of Orthodontics and a fellow of all four Royal College of Surgeons in Edinburgh, England, Ireland, and Glasgow. Dr. Ghosh has won the Best Clinical Paper Award five times at the Indian Orthodontic Conference and received the George Jacob Award in 2014. He participated in the IOS Exchange program at the University of Western Australia in 2017. A peer reviewer for the Journal of Indian Orthodontic Society and a key opinion leader for ORMCO India, he is also a regular speaker at national and international forums. Dr. Ghosh is certified in Lingual Orthodontics and Clear Aligner Technology, and holds positions as a Visiting Professor at Sri Ramachandran Dental College and Hospital, Chief Consultant Orthodontist at Apollo Clinics, and Director of Great Lakes Orthodontic Care in Kolkata.

**CONVENORS**



Dr. Rajeev Lall



Dr. Neal Bharat Kedia



Dr. Rashli Chauhan

The Patna Orthodontic Study Group (POSG) successfully hosted an enriching Continuing Dental Education (CDE) program on Sunday, January 21st, 2024, at Hotel Maurya Patna in the Nalanda Hall. The event, running from 9:30 a.m. to 5:00 p.m., attracted a significant gathering of dental professionals keen on advancing their knowledge in orthodontics.

We were privileged to have Dr. Abhishek Ghosh, a renowned orthodontist and acclaimed academic, as our keynote speaker. Dr. Ghosh, a gold medalist from Manipal College of Dental Sciences, Mangalore, is recognized as a diplomat of the Indian Board of Orthodontics and holds esteemed fellowships with the Royal College of Surgeons across Edinburgh, England, Ireland, and Glasgow.

Dr. Ghosh led two main sessions:

1. Changing Perspectives in Handling Complex Orthodontic Scenarios and Re-Treatment Strategies and Protocols.
2. Role of Digital Orthodontics and Skeletal Anchorage Systems.

These sessions were lauded for their depth and the contemporary relevance they brought to the pressing issues in orthodontics today.

The program was attended by approximately 50 delegates, including post-graduate students from the Department of Orthodontics at Buddha Institute of Dental Sciences, Patna, and Hazaribagh Dental College. Senior orthodontists like Anurag Rai, Amesh Golwara, Amit Singh, Anshu Sahu and Jyotirmay graced the event with their presence contributing to a comprehensive discourse on the subjects at hand.

The event was inaugurated with a traditional lighting of the lamp by senior orthodontists and heads of the Orthodontics Departments from local dental colleges.

The event's inauguration was a ceremonial nod to tradition, with the lighting of the lamp by esteemed seniors and dignitaries. Dr. Neal Bharat Kedia, as one of the conveners took lead in bridging the space between hearts and minds by introducing our esteemed speaker and welcoming the enthusiastic audience. Dr. Rashli Chauhan, with her grace and poise, steered the day's program, and Dr. Rajiv Lall's vote of thanks was a fitting close to our day of shared growth and gratitude.

To all who attended, contributed, and supported, POSG is beholden to their presence and passion, which made this event not just a success in numbers, but a memory to be cherished. It is the warmth of our interactions and the earnestness of our engagements that truly define the success of our gatherings.

As the Patna Orthodontic Study Group continues on its mission to foster professional growth, we carry forward the spark of this event's success, hoping to ignite many more such gatherings in the future.

With heartfelt thanks and looking ahead to many more such fruitful assemblies.

• Last date for registration is 17th January 2024  
 • No spot registrations  
 • Participant certificates will be provided

**BANK DETAILS**  
 Name- Patna Orthodontic Study Group  
 A/C- 201001225069  
 Bank- IndusInd Bank  
 IFSC- INDI0000531



# JIOS CHRONICLES-MODULE 1

8TH DECEMBER 2023

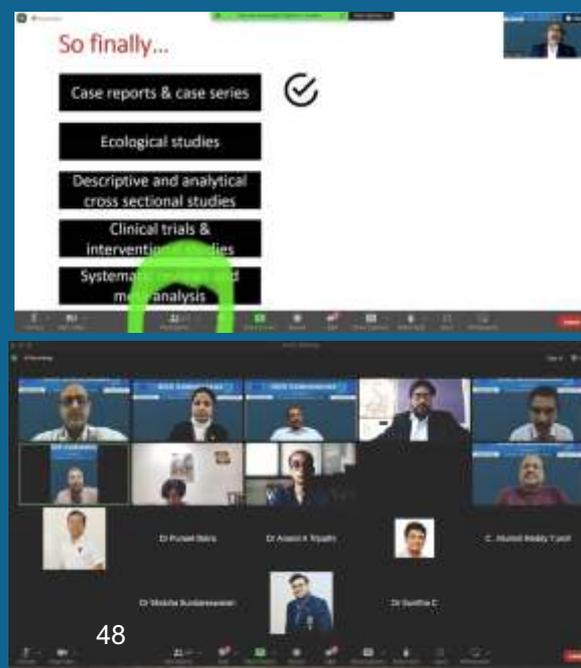


The Indian Orthodontic Society, as part of its “Rational Ethical Clinical Excellence” initiative, has planned the “JIOS chronicles” for its academic calendar 2023-24 to help the budding and aspiring researchers. Carrying ahead this initiative, the editorial board of “Journal of Indian Orthodontic society (JIOS)” and “Journal of Contemporary Orthodontics- IOS” has planned the programme into three online modules (December 8th 2023, March 15th 2024 and June 14th 2024) and one offline module (August 22nd and 23rd 2024).

The first online module was conducted successfully on December 8th 2023 at 0900 hours IST. The programme started with welcome address by Dr Vignesh Kailasam (Editor, JIOS), Hon’ Secretary’s address by Dr Sanjay Labh and the Presidential address by Dr Jayesh Rehalkar. The first 75-minute session with lectures on “Who is an Author?” by

Prof Vinod Krishnan (Editor of the World Journal of Orthodontics) and “Ethics and Ethical approval in Publications” by Prof Elbe Peter (Associate Editor, JIOS). This was followed by 20 minutes of moderation session by Dr Harneet Kaur and Dr Pritam Mohanty were the attendees clarified their doubts from the best in the publication business. Prof Noriaki Yoshida (Professor and Chair, Nagasaki University, Japan) made a guest appearance and appreciated the program. Prof Sarvaraj Kohli (Editor JCO- IOS) gave the vote of thanks.

More than 500 attendees, almost 25 plus departments’ group logins, 4 international logins are the testaments to the vision of IOS and the Speakers credibility. The feedback was that it was very useful and everyone is looking forward to the next session on March 15th 2024.



# Addendum to International Observership Program



The visiting life members also presented a plaque of appreciation on behalf of IOS to Heads of orthodontic departments. For applications received in 2022-23, the following life members and the universities they visited are listed below:

## **University of Adelaide, Australia**

Dr. Akhil Agarwal  
Dr. Ajit Parihar

## **University of Western Australia**

Dr. Saangetha Duraiswamy  
Dr. Suvetha S.  
Dr. Arbab Anjum

## **University of Nagasaki, Japan**

Dr. Harneet Kaur  
Dr. Keerthan S.

# UPCOMING PROGRAMS



www.iosweb.net



Rational Ethical Clinical Excellence  
2023-'24

## Indian Orthodontic Society

*in Association with*

Sree Balaji Dental College, Chennai  
& Madras Orthodontic Study Group

Presents

## 3rd National Symposium on Invisible Orthodontics

### Chennai

15th March '24 (Friday) - Pre Conference Workshop

16th & 17 March '24 (Sat & Sun) - Conference

For Registration & Details Contact :

Dr Balavenkata Bharathi, C.H

99415 10511

[invisibleorthoconchennai@gmail.com](mailto:invisibleorthoconchennai@gmail.com)



Dr Jayesh S  
Rahalkar  
President IOS



Dr Sanjay Labh  
Hon. Sec IOS



Dr Edeinton  
Vice President  
IOS



Dr M.S.Kannan  
Conf. Organising  
Chairman



Dr Vijay Adith  
Conf. Organising  
Secretary



Dr K. Guana  
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Faizee  
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**SDM**  
College of Dental Sciences  
& Hospital

A Constituent Unit of



SHRI  
DHARMASTHALA  
MANJUNATHESHWARA  
UNIVERSITY



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Rational Ethical Clinical Excellence  
2023-'24

# Indian Orthodontic Society

in association with

## SDM College of Dental Sciences & Hospital

Dharwad

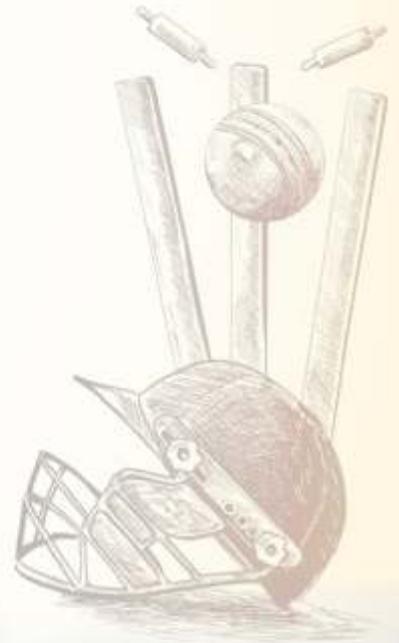
*Presents*

# ORTHODONTIST PREMIER LEAGUE

SEASON VII



March 8<sup>th</sup> & 9<sup>th</sup>, 2024



PRINCIPAL SPONSOR

**Ormco**<sup>TM</sup>

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## ||OM SHRI MANJUNATHYA NAMAHA||

Warm greetings from SDM College of Dental Sciences & Hospital, Dharwad, a Constituent Unit of Shri Dharamasthala Manjunatheshwara University, Dharwad.

It brings us great joy to announce that we, the Department of Orthodontics at SDM Dharwad will be hosting the 7<sup>th</sup> season of The "Orthodontist Premier League" in association with Indian Orthodontic Society on the 8th and 9th of March.

We're delighted to invite you to be a part of this captivating cricket tournament that promises to be filled with joy and excitement for the sport we all love and adore. We hope to see your passion out there on the field as orthodontists from all over the nation compete to see who comes out on top!!!

### PATRONS



**Pooja Shri D. Veerendra Heggade**  
Hon'ble Chancellor, SDM University, Dharwad



**Dr. Niranjn Kumar**  
Hon'ble Vice Chancellor  
SDM University, Dharwad



**Smt. Padmalatha Niranjn**  
Member, Board of Governors  
SDM University, Dharwad



**Shri Saketh Shetty**  
Director Administration  
SDM University, Dharwad



**Dr. Balaram Naik**  
Principal, SDMCDSh

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**Dr. Shrinivas M B**  
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**Dr. Anupama V**  
Registration Committee



**Dr. Anusha Hegde**  
Registration Committee

### HUBLI- DHARWAD ORTHODONTIC STUDY GROUP CONVENERS

**Dr. Sanjay V Ganeshkar**

**Dr. Anand K Patil**

**Dr. Chetan V Jayade**

# Failsafe

## Orthodontics

A two-day symposium on re-treatment and managing in-treatment complications

6 7

March

2024

Venue:

Uday Samudra Leisure Beach Hotel

Kovalam | Trivandrum

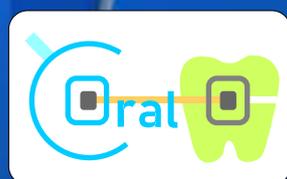
Kerala | India



Indian Orthodontic Society



Presented by:  
Department of Orthodontics,  
Sri Sankara Dental College,  
Akathumuri, Varkala, Trivandrum, Kerala



Facilitated by:  
Consortium for Orthodontic  
Research and Learning

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



## Calendar of Events from September 2023 to September 2024



S. No	Event	Date	Day	Venue / Place	Contact Person	Phone. No	Email id
1.	1 <sup>st</sup> EC Meeting	17 <sup>th</sup> September 2023	Sunday	Meerut	Dr. Pradeep Raghav Dr. Vaibhav Mishra	9837175914 9897146669	drpradeepaghav@gmail.com vaibhavmisra@gmail.com
2.	National Orthodontic Week	5 <sup>th</sup> to 12 <sup>th</sup> October 2023	One week	All over India			
3.	National Orthodontist Day	5 <sup>th</sup> October 2023	Thursday	Virtual	Dr. Sanjay Labh	9313483570	sanjaylabh@gmail.com
4.	IOS Friday Rendezvous	20 <sup>th</sup> October 2023	Friday	Virtual	Academic Council Dr. Ajay Kubavat	9824122642	kubavatajay@gmail.com
5.	Practice Management & Ethical Marketing	28 <sup>th</sup> , 29 <sup>th</sup> October 2023	Saturday, Sunday	Hyderabad	Dr. Shubhaker Juvvadi	9949095427	shubhaker@gmail.com
6.	1 <sup>st</sup> North East Orthodontic Symposium	5 <sup>th</sup> November 2023	Sunday	Guwahati	Dr. Mitali Bora	9864032051	mitalibora65@gmail.com
7.	Aligner Master Class	17 <sup>th</sup> November 2023	Friday	Virtual	Academic Council Dr. Sonahita Agarwal	8948254744	drsonahita@gmail.com
8.	Functional Appliance Workshop	23 <sup>rd</sup> , 24 <sup>th</sup> November 2023	Thursday, Friday	Lucknow	Dr. Jitendra Bhagchandani	9893289804	jitendrabhagchandani@rocke tmail.com
9.	1 <sup>st</sup> J&K Orthodontic Symposium	25 <sup>th</sup> , 26 <sup>th</sup> November 2023	Saturday, Sunday	Jammu	Dr. Akshay Gupta	9419191628	akshayshivalli@gmail.com
10.	2 <sup>nd</sup> EC Meeting	3 <sup>rd</sup> December 2023	Sunday	Virtual	Dr. Sanjay Labh	9313483570	sanjaylabh@gmail.com
11.	JIOS Chronicles Webinar	8 <sup>th</sup> December 2023	Friday	Virtual	JIOS Committee Academic Council	9840237177	theorthodontist@gmail.com
12.	IBO Awareness Program	11 <sup>th</sup> December 2023	Monday	Trivandrum	Directors of Indian Board of Orthodontics Dr. Mala Ram Manohar	9895105683	ibosecretary@iosweb.net
13.	Interdisciplinary Symposium	15 <sup>th</sup> , 16 <sup>th</sup> December 2023	Friday, Saturday	Bengaluru	Dr. O.P.Karbanda Dr. Silju Mathew	9899062144 9886500333	dr.opk15@gmail.com drsmathew@gmail.com
14.	“Pragya” PG Orientation Program	27 <sup>th</sup> , 28 <sup>th</sup> December 2023	Wednesday , Thursday	Amritsar	Dr. Sukhdeep Singh Kahlon	9888897473	singhkahlon@yahoo.com
15.	Orthodontic Symposium	6 <sup>th</sup> , 7 <sup>th</sup> January 2024	Saturday, Sunday	Modinagar	Dr. Vaibhav Mishra	9897146669	vaibhavmisra@gmail.com
16.	IBO Awareness Program	7 <sup>th</sup> January 2024	Sunday	Chandigarh	Directors of Indian Board of Orthodontics Dr. Mala Ram Manohar	9895105683	ibosecretary@iosweb.net
17.	IOS Golf Tournament	8 <sup>th</sup> , 9 <sup>th</sup> January 2024	Monday, Tuesday	Coorg	Dr. Gautham Reddy	9900620536	drgouthamreddy2000@gmail .com
18.	“Pragya” PG Orientation Program	12 <sup>th</sup> and 13 <sup>th</sup> January 2024	Friday, Saturday	Indore	Dr. Ashish Garg	9826340056	drgargs_1@yahoo.com
19.	IOS Friday Rendezvous	19 <sup>th</sup> January 2024	Friday	Virtual	Academic Council Dr. Jitendra Bhagchandani	9839289804	jitendrabhagchandani@rocke tmail.com
20.	Practice Management & Ethical Marketing Symposium	20 <sup>th</sup> , 21 <sup>st</sup> January 2024	Saturday, Sunday	Ahmedabad	Dr. Ajay Kubavat	9824122642	kubavatajay@gmail.com
21.	Republic Day Celebration	26 <sup>th</sup> January 2024	Friday	Virtual	Dr. Sanjay Labh	9313483570	sanjaylabh@gmail.com

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

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