



February 2021 | Volume 28 | Issue 3

# Times

-As Covered By the New Editorial Committee-

The Official News Letter of Indian Orthodontic Society

*A Smile can Change your World*

Smile designed by

*Braces Artist*

of the Month

Dr. Jeegar Vakil





# President's Message

Respected Members of IOS

As the country slowly treads to the path of normal life after the successful initiation of the second phase of vaccination to health professionals and the feel good factor post vaccination, it has really uplifted the moral of the health workers and enhanced their confidence to serve the public. I hope that 2021 will see the coronavirus crisis abating due to the brilliant work of scientists and medics so that society can get back to something approaching normality. We know that the aftershocks of the pandemic will be felt for some time, especially economically, but it is time we accept the fact that corona virus is here to stay for some more time and accordingly we need to adapt with necessary precautions and eventually conquer it for good.



The month of February saw the second OrthoTrends MasterClass lecture by Dr Napthali Brezniak on Clear Aligners and moderated by Dr Anmol Kalha, which was a grand success and I thank the HO and the Academic Council for all their efforts. Plans are also in place for a series of lectures by eminent teachers of our prestigious society to share their immense clinical experience and academic knowledge to the postgraduate students and practioners.

I humbly request all members to follow the directives of the Government on vaccination and protect themselves, family and patients from Covid-19 and help control the spread of the dreaded pandemic. Every life is precious and we care for the well-being of everyone especially each and every member of the IOS family.

Wishing you all a great month of March, full of joy, happiness, good health, prosperity and academic enrichment for which we are at your service. Stay safe and stay cheerful.

Jai IOS  
Jai Hind

**Dr Silju Mathew**

President IOS





## *Hon. Secretary's Message*

Respected members of the IOS,

I trust this finds you all well and life is getting back to nearly normal. As the second wave of Corona raises its head in parts of the country, I hope all our members have got themselves vaccinated and we will be better prepared to face the challenge this time around.

It is with sadness that we note the sad and untimely demise of two of our life members Dr. Nadeem Hussein and Dr. Muttu Halkatti in February 2021, who have left behind family and friends who will miss them and mourn for them. We pray for the departed souls and for those that they leave behind.

The month of February saw a Ortho trends master class on clear aligners in orthodontics by Dr. Napthali Brezniak. There are more programmes in the IOS calendar of events planned for the month of March with the IBO diplomates meet planned in Mangalore and the JIOS symposium planned for the end of March.

The EC is scheduled to meet in Chennai on March 14th and hope to discuss various issues including those that members have brought up, not least the matter of aligner companies that have bypassed the practitioner and gone straight to the consumer. Some time back I wrote an editorial on "Do it yourself orthodontics - alarmist or real - <https://journals.sagepub.com/doi/pdf/10.4103/0301-5742.186354>.

It appears that the latter is coming true and several members have expressed deep concern and dismay that many of these companies are run by members from our own fraternity. Do write to IOS times to let us know what you think on these issues. Please mail to [iostimes2020@gmail.com](mailto:iostimes2020@gmail.com)

The IOS times and the Public awareness committee had invited entries to the IOS braces Artist contest, which featured cases, treated by our members. The winning entries would be featured in the IOS times and in the public awareness promotional material. Congratulations to all the winners!

Yours in IOS service,

Jai Hind, Jai IOS

**Sridevi Padmanabhan**

Hon. Secretary, IOS



# Editor's Message

Hello friends and respected senior members of Indian orthodontic Society. Hope you are doing good and staying safe. I am glad to connect to you all through this February issue of IOS Times.

With the second wave of CoVid 19 starting to spread stealthily in Maharashtra and Kerala in particular, I personally advise members to exercise maximum caution and protection as we abided hitherto. I speculate the 2nd wave impact due to people getting back to normality as though no pandemic happened, with compromise in personal protection. As Health care workers, its our duty to set an example to the common folks and educate them.

February, being the shortest month of the year, it flew past in a flash. But IOS had been active as ever and IOS TIMES could cover the head office events and the study group events along.



The Public Awareness Committee and IOS Times together, came with an interesting and novel idea. We called it the “Braces Artist Contest”. Members could flaunt their Orthodontic expertise by presenting their best patient- pre and post treatment comparisons. Accordingly ,we received more than 50 entries and the best 3 entries are published in this issue. The first entry makes it to the cover page and also gets a Prize sponsored by Ormco. Thus members can prsent their talent in our society. This would inspire other members to follow their quality and class. More, the best entries would be used as Public awareness campaign posters, which would motivate and create awareness among the general public towards Orthodontics. We ensured that the entries reached us with corresponding patient content. We plan to publish all the standard entries in the March issue and also continue the “ Braces Artists of the month Contest for few more months.

For the expert interview, Dr Badri Thiruvengkatacharigave an article - “Career abroad Opportunities for Orthodontists”. He gives perfect guidance and orientation for IOS members seeking International opportunities

Hope you enjoy this February 2021 Issue of IOSTimes.

வாழ்க இந்தியா

Jai IOS!

**Dr M.S.Kannan**

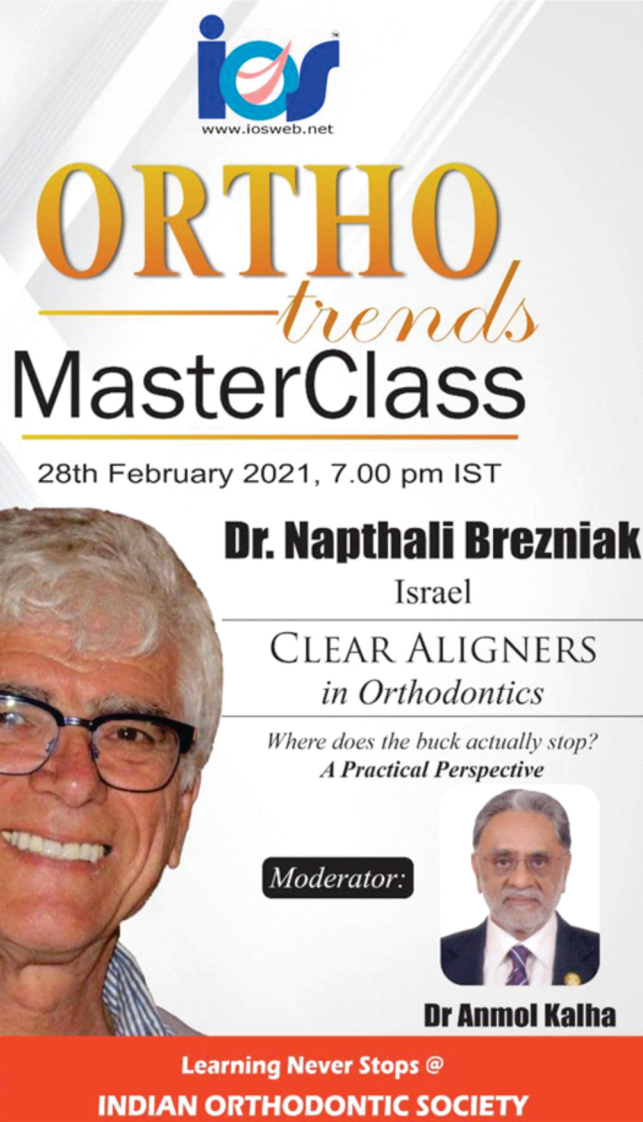
Editor, IOS TIMES



# IOS Presents Ortho Trends Master Class “Clear Aligners in Orthodontics” Dr Naphthali Brezniak, Israel 28th February 2021

Reported By Section Editor, Dr Swati Acharya

Thanks to DrAshishGarg for the prompt coverage



**IOS**  
www.iosweb.net

# ORTHO trends MasterClass

28th February 2021, 7.00 pm IST

**Dr. Naphthali Brezniak**  
Israel

**CLEAR ALIGNERS**  
*in Orthodontics*

*Where does the buck actually stop?  
A Practical Perspective*

**Moderator:**

**Dr Anmol Kalha**

Learning Never Stops @  
**INDIAN ORTHODONTIC SOCIETY**

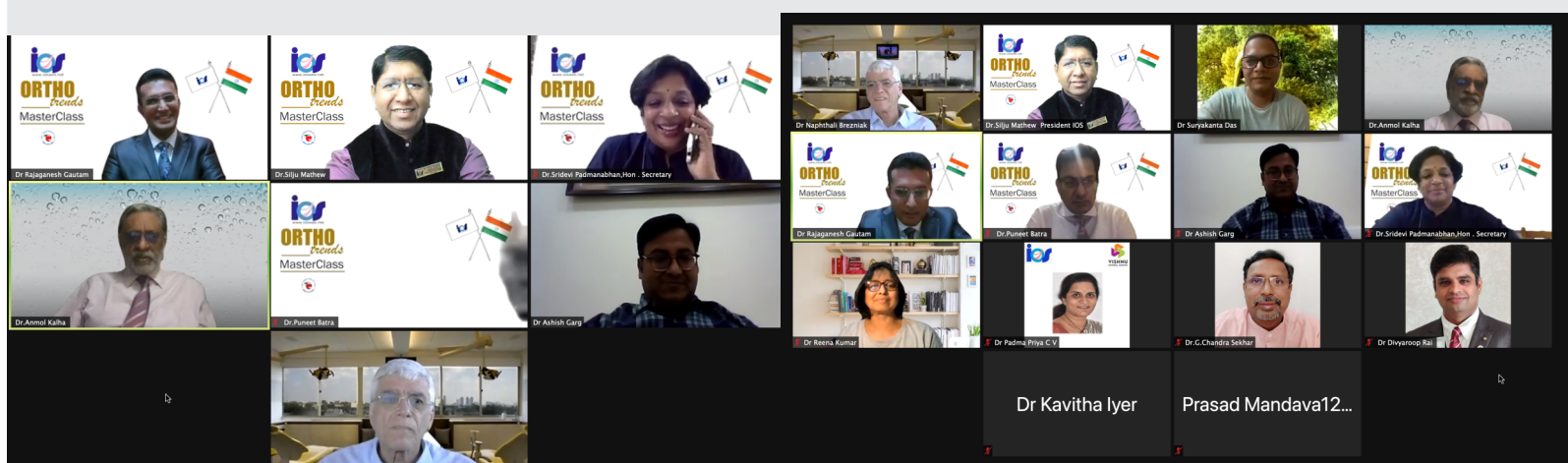
The second lecture in Masterclass series (ORTHO trends) of IOS calendar year was organized as an online webinar on – Clear Aligners in Orthodontics- Where does the buck actually stop? A Practical Perspective under the aegis of INDIAN ORTHODONTIC SOCIETY on 28th February, 2021. The event was a grand success as around 400 delegates from all over the country attended it.

The aim of this webinar was to enlighten and unravel the mystery regarding the most emerging topic of Clear Aligners in Orthodontics. The inaugural ceremony was started at 7 p.m., where Dr. Rajaganesh Gautam (Master of Ceremony) welcomed the keynote Speaker, Principal Offices Bearers and EC members of IOS along with all the delegates. The invocation ceremony was led by Dr. Bhuma Vashi following which Dr. Silju Mathew President IOS delivered his welcome address and shared his thoughts about this master class. Then, Hon. Secretary of IOS, Dr. Sridevi Padmanabhan introduced the keynote speaker Dr. Naphthali Brezniak and Chairman Academic Council of IOS and Editor JIOS Dr. Puneet Batra introduced moderator of this second masterclass Dr. Anmol Kalha who welcomed and invited speaker of the event for sharing his valuable knowledge on the topic.

In this master class keynote speaker Dr. Naphthali Brezniak of Israel has shared his expert knowledge about Clear Aligners and turned this programme into a very interactive session along with moderator Dr. Anmol Kalha. At the end of programme Dr. Suryakanta Das, Vice President of IOS handed over the certificate of appreciation to Dr. Naphthali Brezniak and Dr. Anmol Kalha. Dr. Rajaganesh Gautam proposed the vote of thanks.

The webinar was greatly appreciated by all the delegates and faculties regarding the vast knowledge they acquired through this webinar.





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- Have several generations
- Today is G8
- Today, almost all movements are achievable
- How much torque can aligners produce?

How much torque can aligners produce?

Indian orthodontic Society  
Feb. 28, 2021  
Dr. Naphtali Breznick, Israel



# IOS STUDY GROUP ACTIVITY FOR FEBRUARY 2021

Reported By Section Editor, Dr Sandeep Singh

## LUCKNOW ORTHODONTIC STUDY GROUP

An online virtual scientific activity "ORTHO GYAN" was conducted by Orthodontic Study Group of Lucknow in collaboration with Indian Orthodontic Society under the convener ship of Dr Sudhir Kapoor, Dr Ragni Tandon and Dr R.P. Maurya.

Department of Orthodontics at Sardar Patel Post Graduate Institute of Dental and Medical Sciences hosted the first scientific activity of ORTHO GYAN where Dr. Sudhir Kapoor and two of our Postgraduate students Dr Ayushi and Dr Rishikanya presented two finished orthodontic cases.

President, Secretary, President Elect and Convener Study Groups of Indian Orthodontic Society attended the webinar.

Faculty of different orthodontic departments from different dental colleges of Lucknow, senior practicing orthodontist and postgraduate students also attended the webinar.

Overall over 90 delegates attended the inaugural lecture of ORTHO GYAN



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# CAREER ABROAD OPPORTUNITIES FOR ORTHODONTISTS

Dr BadriThiruvengkatachari gives you perfect guidance and Orientation for IOS members seeking International Opportunities



Dr BadriThiruvengkatachari is the Director for Research in Dentistry and Professor in Orthodontics at SBDCH, BIHER, Honorary Associate Professor at University of Manchester and Consultant Orthodontist at Stepping Hill Hospital, UK. He is a Fellow of the Glasgow and English Colleges. He is an examiner for Bi-Collegiate M Orth examination, Royal College of Surgeons of England, MFDS Royal College of Surgeons of Edinburgh and LDS (licensing exam for practising dentistry in the UK) Royal College of Surgeons of England.

## Career Abroad

Are you thinking of a career abroad? Are you confused between choosing the right country? There are plenty of options for you to choose from. Nearly all western countries have high regards for Indian graduates and are very welcoming. However, they want to keep their patients safe and therefore they all have their own protocols to ensure this is met, for example, the licensing examination.

## Entry into undergraduate training (BDS):

For the home (UK) students, the dental undergraduate entry has two components. The first includes the A-levels (equivalent of higher education in India) scores along with UK Clinical Aptitude test (UCAT) and a personal statement. The candidates are shortlisted from the above and if selected, are invited for an interview. The interview is an all-day process. The pre-interview screening process will have ensured that all candidates called to interview appear to have sufficient academic potential, so the aim of the interview is mainly to test the values and behaviours expected from a medical student. Each University has its own format for interview, for example, the University of Manchester adopts a five-station multiple mini-interview format. There may also be a group discussion session where the candidates discuss a topic provided to them on the day of the interview.

The process starts a year in advance which usually is the September before the entry year. If they are selected, the candidate will be provided with a conditional offer subject to achievement of an appropriate standard in forthcoming examinations.

Requirements for overseas (India) students applying for undergraduate dentistry training is the same as the home students but in addition, will be asked to produce English proficiency record, for example, IELTS certificate. The tuition fees for overseas students are higher and may range between £25000 to £35000 per year.

## Dental training:

The dentistry course is five years with the final year examinations at the end of year 5. All graduates immediately post dentistry have to undergo Dental Foundation Training (DFT) (previously called Vocational Training) for a year. The DFT is centred on approved training practices with supervised clinical practice and a complementary educational support programme. The recruitment for DFT program takes place six to eight months prior to their final exams and this involves a rigorous central selection process in England.

Once the candidate completes DFT, they get a performer number that allows them to work independently as a dentist in the

UK. They can either work as general dentist in a practice setting (private or National Health Service) or can prepare for specialist training pathway.

## **Pre-specialist training:**

There are certain requirements for entry into specialist training and this is speciality dependent. I will discuss the orthodontic training requirements here. After DFT, the path to specialist training is lengthy and robust. The training is for nearly five years and is as follows.

Dental Core Training 1 (DCT 1) (previously called House Officer)- fixed term one year

Dental Core training 2 (DCT 2) (previously called Senior House Officer)- fixed term one year

Dental Specialist Registrar training (equivalent of MDS training in India)

Entry into DCT training is through national recruitment. The DCT posts in Orthodontics are really popular and very competitive.

When the candidate successfully completes DCT 2 post, they can apply for Specialist training (MSc/MDS/MClinDent). The recruitment for this is based on candidate's experience in teaching, research, leadership and management. This is a two-stage process; stage one involves an assessment from a portfolio submitted by the candidate that includes past experience in the above categories and the second stage involves two days of face-to-face assessment. The stage 2 components include interviews, group discussions and Objective Structured Clinical Examination (OSCE). This process is only for home students. They are not open to overseas candidates.

Successful candidates are then provided entry to one of the 12 universities offering specialist training in Orthodontics with a unique National Training Number (NTN). The final end point of their training is the Membership in Orthodontics examination (MOrth) from one of the Royal Colleges. With the MOrth, and the three-year training, the candidate can apply to register as a specialist with the General Dental Council (equivalent of DCI in India).

## **What if you are applying for specialist training (MSc) from outside the UK?**

For candidates who want to pursue an orthodontic training in the UK (with BDS from India), the process of recruitment is different. The fee structure will also be different to home students. The postgraduate programme in the UK is MSc or MClinDent, depending on the University you apply to. They all are equivalent to MDS in India.

The application has to be made direct to one of the 12 UK universities. Each university has its own specifications with funding being the major issue. There are no scholarships, and the candidate has to be self-funded. The tuition fees range from £18,000 to £45,000 per year for three years. Unfortunately, the three-year training does not give you licence to practise in the UK.

## **What if you are a specialist from India and want to emigrate to the UK?**

There are a few options.

### **Option 1 (most preferred option):** Licensing Examination

The best way is to take up the licensing exam that will allow you to work independently as a dentist. There are two bodies that conduct this examination, (i) General Dental Council and (ii) Royal College of Surgeons England. Both the GDC's Overseas Registration Examination (ORE) and RCS England's Licensing in Dental Surgery (LDS) examinations are of two parts - part 1 is the written component and part 2 is a practical examination. It takes around 12 to 18 months to go through this process.

Once the candidate successfully passes both the components, he/she will be able to register as a dentist with the GDC. Following this, the candidate can also apply for registering as a specialist with the GDC under the equivalence category. This pathway allows the candidate to apply for entry to GDC's specialist register with their MDS (India) degree. The assessment is carried out on a case by case basis by a team of experts in the Specialist Advisory Committee (SAC) in the GDC. If the candidate is successful, he/she will be included in the specialist register and can practice Orthodontics as a specialist in the UK. However, it is advisable that the candidate takes up the Membership in Orthodontics examination prior to his/her application to the GDC's specialist register on equivalence category.

### **Option 2: Medical Training Initiative (MTI)**

This is a national scheme that allows postgraduates dentists (or doctors) to have two years of clinical experience in the UK.



This is a self-paid position that provides both visa (Tier 5) and placement for the required period of time. This is operated by the National Advice Centre for Postgraduate Dental Education (NACPDE). The NACPDE provides information and support for overseas dentists looking to work or pursue a postgraduate degree in the UK. They work in collaboration with the UK Government in providing overseas postgraduates a two year clinical placement in their speciality concerned in the UK under the Tier 5 category known as MTI.

The candidate also has the opportunity to take the licensing exam during their clinical work experience. The two-year experience will also help the candidate with their assessment for entry into the GDC's specialist register.

### **Option 3: Working as a Dentist in a hospital setting**

Indian dentists (and specialists) are allowed to work in a hospital setting under the direct supervision of a consultant. This will be under temporary registration with the GDC. The maximum duration allowed is for five years and within this duration they are expected to pass the licensing examination. The vacancy for these jobs can be accessed at <https://www.jobs.nhs.uk>. The NHS conducts online interviews, so the candidate may be able to attend from home without any need for travel. If successful, the NHS sponsors the candidate's visa (Tier 2), and the candidate can apply for a temporary registration with the GDC.

### **Option 4: Masters Programme**

You can apply for a Master's programme in the UK and travel as a student. There are several master's programmes but any course that involves less than three years is not recognised for entry into the specialist list. The one/two year clinical postgraduate programmes do not allow the candidate to work as a specialist in the UK. The tuition fees for these courses are around £25000 to £45000 per year. Additionally, the short courses are not recognised by the Dental Council of India. It is advisable to take up a three-year programme if the candidate is planning to stay and work in the UK later. Majority of the UK three-year postgraduate courses are also recognised by the Dental Council of India.

### **Option 5: Doctor of Philosophy**

Candidates who have a minimum of an undergraduate degree can apply for a PhD. The most important aspect of a PhD is identifying the right mentor/supervisor. The degree, although offered by a UK university, is more often dictated by the supervisor. The candidate can either apply to the university administration team or email the supervisor directly with their expression of interest. When emailing, it is advisable that the candidate prepares a good curriculum vitae and a short protocol on a research topic that they are interested in. The administration team will liaise with the supervisor concerned and make arrangements for the candidate to have an interview with the faculty research team.

Scholarships for research programme are extremely difficult although not impossible. The chance of a scholarship are more in the second year when there is sufficient data from the work carried out during the first year to prepare a grant application.

While the candidate is pursuing their PhD, they can also apply for the licensing exam to practice in the UK. However, they need to bear in mind that the postgraduate research programmes are very tight and there may not be enough time for preparation.

The information provided here is to help kick start your career in dentistry or orthodontics in the UK. However, these are difficult times, especially post Brexit and the UK Government is slowly adapting to the new system and further changes are very likely.

Although it is a lengthy process, it is well worth the effort!



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**IOS PUBLIC AWARENESS  
COMMITTEE & IOSTIMES  
PRESENTS**



***BRACES  
ARTIST  
FOR THE MONTH  
CONTEST***





## **IOS PUBLIC AWARENESS COMMITTEE & IOSTIMES** **PRESENTS**


# **BRACES ARTIST** **FOR THE MONTH CONTEST**

The Public Awareness Committee of Indian orthodontic Society in collaboration with IOS times as a part of its yet another awareness activity for the year 2021 conducted the Braces Artist Contest which ended on the 22-02-2021. All interested participants submitted a pre- and post-smiling Extra oral image of their brace's patient. The main purpose of this contest was to get some good smiling photographs of completed patients which shows enough aesthetic change and public awareness impact. These selected images can be used as models/public awareness content on various social media platforms as well as for the patient awareness website. Winners were selected by a panel of 4 judges based on creativity, originality and relevancy of the photos submitted to the Contest theme.

The top three winning images were awarded to:-

Dr Jeegar Vaki I- LM 2299

Dr Prathmesh J - LM 4324

Dr Athul SB – LM 4458 

On behalf of the Public Awareness Committee and IOS times committee we would like to thank all the members for their enthusiastic participation in the contest. Looking forward to your similar participation in all our future activities

**Dr Gaurav Gupta**

**Chairman**

**Public Awareness Committee**

**Dr Divyaroop Rai, Dr Ashish Garg, Dr Anand Tripathi**

**Members, PAC**



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**Dr. Jeegar Vakil**



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*Ask Your Orthodontist to design it for You*



Smile designed by  
**Dr. Prathamesh  
Jalindre**  
Navi Mumbai



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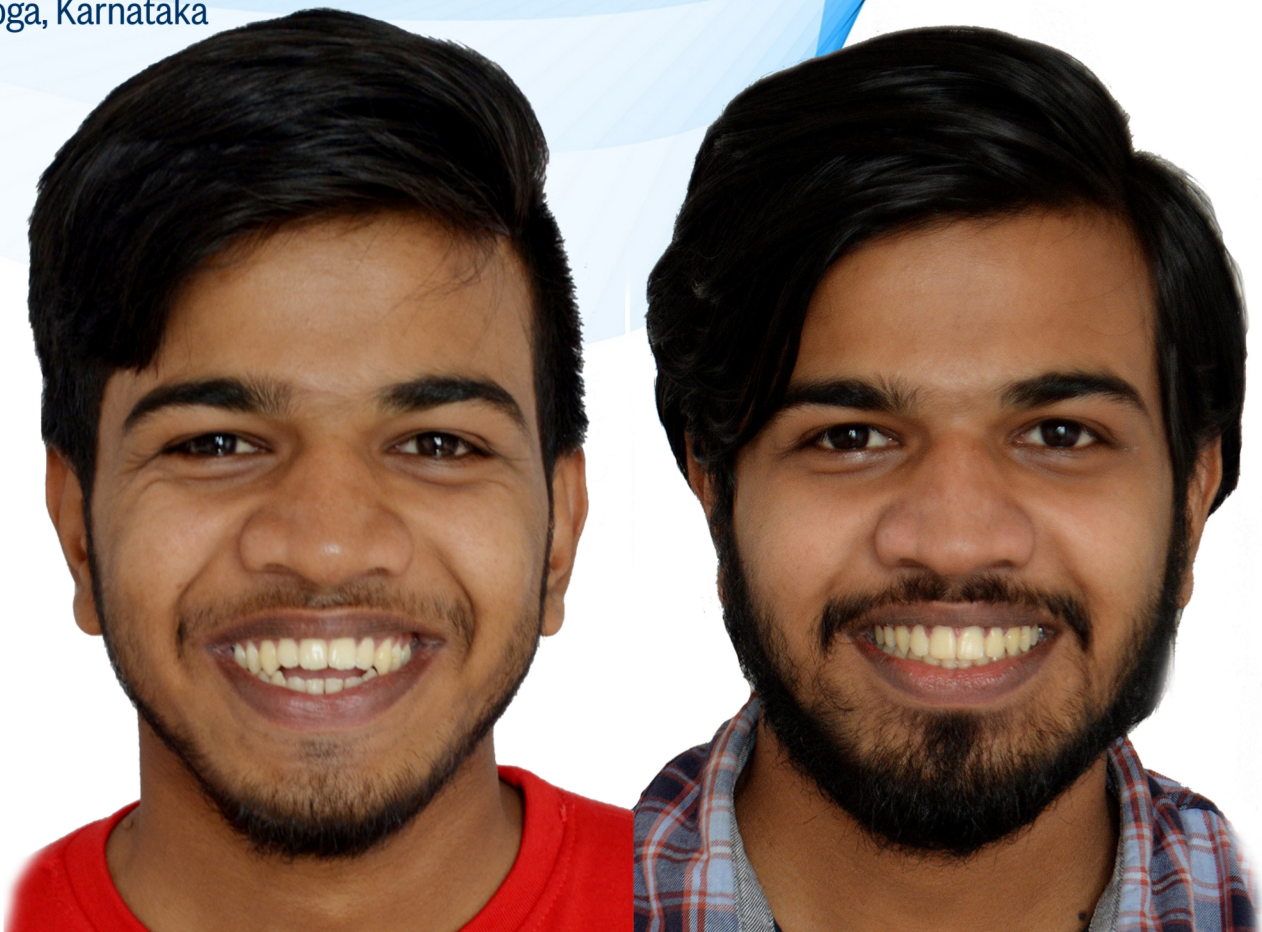


# Win The World with Your Smile !



Smile designed by  
**Dr. Athul S.B**

Sharavathi Dental College & Hospital,  
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# OBITUARY



**DR MUTHU HALKATTI.**

Dr Muttu completed his BDS & MDS from KLE'S Institute of Dental Sciences Belgaum. He was an excellent student and a very helpful friend to all his peers in the fraternity.

After completing his masters he joined PMNM Dental College Bagalkot and subsequently served as HOD and Principal at Al Ameen Dental College Bijapur.

A fountainhead of knowledge and always a source of inspiration, he has left behind a rich harvest of memories to cherish, honor and emulate. Everybody who knew him couldn't resist his humorous nature and the liveliness that he so exuded. He was the life of every gathering and was friendly and warm to each and every soul that ever crossed his path.

He is going to be missed not only by his family but also the vast Orthodontic Fraternity of this country. His Sudden demise due to a massive heart attack has left a void in our hearts and his presence in our lives will be sorely missed.

Dr Muthu is survived by his wife Vanaja and son Sandesh.

RIP Dr Muthu Halkatti.



**Dr NADEEM HUSAIN** from Hyderabad.

He joined BDS in December 1985 and completed in February 1990 from GDCH, Hyderabad. He was fond of studying Orthodontics only in Bapuji Dental College, Davangere and he waited 3yrs to join Orthodontics under Dr.Sadashiv Shetty in 1993 and completed as best student in 1986.

He was a private person and mainly kept to himself, although, he was jovial to his close friends. He was a good sportsman and excellent cricketer. To those of us, who knew him, he was a genuine and warm hearted person, and a good friend. He was a carefree soul in his college days and enjoyed what he did without worrying what others thought.

After practicing in Hyderabad for many years, he started visiting Gulf and later started his own practice in Gulf. He worked in Saudi Arabia for many years and returned a year back to India

Just a month back, he moved to Dar es Salaam, Tanzania, Africa and he was not well for last 10days and breathed last on Tuesday, 9th Feb around 2pm.

He is survived by wife and 4 children. He was taken too soon, our deepest condolences to his family, and prayers to give them the strength during this time of extreme grief.

May God accept all his good deeds, and grant him the highest place in heaven.