

The Official News Letter of Indian Orthodontic Society

Indian Orthodontic Society
Proudly Celebrates 73rd Republic Day Along with the Nation



This is the country of colors and faith in spirituals. Lets this Republic day reminds us for the work and life given by our leaders to safe and happy life.

happy
republic
day

Whta.tv

President's Message

Happy New Year Dear Fraternity Colleagues.

I am glad to connect with you all, through this January'22 issue of IOS Times.

Gods grace, the 3rd wave of CoVid 19 Pandemic is easing out with minimal complications on the affected. Glad to see various States relaxing lockdowns and restrictions. Thus, IOS is determined to establish its activities to its maximum zeal and via physical mode.

The pandemic placed a challenge to hold the IOS PG Convention as per schedule in the month of February '22. On January 17th 2022, the IOS EC convened virtually to decide the progress of IOS PG Convention'22 Mangalore hosted by AJ Shetty Dental College. Being a major calendar event of IOS, the EC decided to hold it via physical mode and rescheduled the dates to April 28th –May1st' 2022. So I request all the Heads of Departments of Colleges around the country to send all their Postgraduates and Staff members and make the best of the convention

Similarly, other Calendar events like IOS-OPL and IOS Typhodont workshops, which took a challenge hitherto for organizing via physical mode, would be conducted in near future.

IOS was active as ever for the Month of January 2022. IOS Friday Rendezvous

Was conducted by the IOS academic council on 28th Jan 2022, with Dr Paolo Manzo, orating on "Orthodontic interdisciplinary management of the Esthetic Areas". The program showed excellent response and attendance from IOS Members.

IOS sub Committee for Practice Management and Ethical Marketing is conducting its 1st workshop and lecture series on 13th February '22. This is an excellent program, structured to benefit IOS members who are into active clinical practice. Our speakers would enlighten members on post pandemic financial management and recovery of Clinical Practice. Members should enroll for the program and take home all the valuable inputs.

Stay Safe, Healthy and Happy.

Take Care

Jai IOS

Jai Hind

Dr SriKrishna Chalasani

President

Indian Orthodontic Society



Hon. Secretary's Message



Respected members of the IOS,

It is nearly two years since the COVID 19 was detected in India around 30th January 2020. Now we witness the start of the third wave where lots of our friends, colleagues and family are infected but fortunately without serious consequences.

Last year at this time we we witnessed another landmark event, the start of the greatest mass vaccination programme in the world. As the nation celebrated the 73rd republic day recently, many are lining up to receive the third booster shot.

Meanwhile, IOS calendar of events was planned with several programmes lined up for this year. Some of these programmes have been postponed and some have been scaled back to virtual programmes because of the third wave.

After the last physical meeting in Visakaptanam on December 19th ,2021 the EC has accepted the decision of the organizing committee of the 25th IOS PG student convention to postpone the event to April 28th to May 1st.

The list of competitive papers/posters and table clinics will be posted shortly on the IOS website.

We earnestly hope that as the Covid wave abates, more programmes will be conducted offline and this would give us an opportunity to meet each other.

Meanwhile the next big event on the IOS calendar is the revival of the Practice Management Symposium to be held on 13th February 2022. This is probably the first practice management symposium to be conducted online but the committee is planning many more events this year and one hopes some of them would be offline.

Many of the study groups continue to be active and use the virtual platform for their programmes. We thank the convenors of the various study groups who have conducted AGMs and elected new convenors in response to our reminder on the constitutional requirements.

We wish the new convenors all the best and thank the past convenors for facilitating a smooth transfer.

TEAM IOS TIMES lead by ever-enthusiastic editor Dr.Kannan not merely covers important events of the IOS but also acts as a forum for members to share what they are doing in Orthodontics and Beyond. The interest and involvement of student members in the official news letter of the IOS and in other activities has been heartening.

Stay healthy! Stay connected!

Yours in IOS service,

Jai Hind, Jai IOS

Sridevi Padmanabhan

Hon. Secretary, IOS

Editor's Message

Respected Seniors and Members of Indian Orthodontic Society.

We are proud to present you the January'22 issue of IOS Times.

IOS was active as ever for the Month of January 2022 despite the pandemic and Lockdowns. We are glad to cover IOS Friday Rendezvous, which was conducted by the IOS academic council on 28th Jan 2022, with Dr Paolo Manzo, orating on "Orthodontic interdisciplinary management of the Esthetic Areas". The program showed excellent response and attendance from IOS Members.

We present you the brochure on behalf of IOS Committee for Practice Management and Ethical Marketing. The PMEM Team is conducting its 1st workshop and lecture series on 14th February '22. We foresee this as an excellent program, structured to benefit IOS members who are into active clinical practice. Speakers had themed it to enlighten members on post pandemic financial management and recovery of Clinical Practice.

We are also presenting you the brochure on behalf of Organizing committee of IOS PG Convention'22, which is rescheduled from the month of February '22 to April 28th –May1st' 2022. Kudos to team AJ Shetty Dental College, Mangalore for their valiant efforts in organizing the convention despite the challenges posed through the pandemic.

We are deeply grieved on the loss of our Past President Dr Gangadhara Prasad. We pay homage to his departed soul via this issue. Our teammate Dr Ankit Sikri, interviewed his best friend and Past President Dr G.Chandrasekar as he shared, Dr Gangadhar's biography, achievements, and contributions to the Society.

Dr Kavitha Iyer had covered the interview of Dr Tulika Tripathi, as she was bestowed with "General Officer Commanding for distinguished services towards higher dental education in Army Dental Corps".

Dr Swati had covered the interview of Dr. Mani Pavitra under the section of IOS achiever for the month. We believe that these interviews would inspire and motivate our members, particularly youngsters.

Hope you enjoy this January 2022 issue of IOS Times.

Stay Safe, Healthy and Happy.

Take Care

Jai IOS

Jai Hind

Dr M.S.Kannan

Chief Editor, IOS Times

Indian Orthodontic Society



Team IOSTIMES

Dr M.S.Kannan, Editor, **Dr Kavita Iyer** Associate Editor

Dr Ashish Garg, **Dr Gaurav Gupta**, **Dr. Edeinton Arumugam**, **Dr. Ankit Sikri**

Dr Swati Acharya, **Dr Sandeep Singh**

IOS FRIDAY RENDEZVOUS

Speaker, **Dr Paolo Manzo**

“Orthodontic interdisciplinary management of the Esthetic Areas”

28th Jan 2022

Reported By Section Editor, **Dr Vedavathi**



The second lecture of the IOS Friday rendezvous series of 2022, was conducted as an online webinar on “Orthodontic interdisciplinary management of the Esthetic Areas”, under the aegis of Indian Orthodontic Society. The event was a grand success as it was witnessed by around 220+ delegates from all over the country. The aim of the webinar was to enlighten and unravel the facts regarding the interdisciplinary approach in orthodontic treatment.

The inaugural ceremony was started at 7pm, where Dr Amesh welcomed the keynote speaker, principal office bearers and EC members of IOS along with all the other delegates, following which IOS president, Dr Sri Krishna Chalasani delivered his welcome address and shared his thoughts about this lecture. Then the Hon. Secretary of IOS, Dr Sridevi Padmanabhan introduced the keynote speaker Dr Paolo Manzo.

In this rendezvous series, the speaker Dr Paolo Manzo of Naples has shared his expert knowledge about the interdisciplinary management of orthodontic cases and turned this programme into a fabulous session, with photographs of his treated patients. Dr Ajay Kubavat and Dr Rajaganesh Gautham conducted the Q and A session. At the end of the programme, Dr Sarabjeeth Singh, vice president of IOS handed over the certificate of appreciation to Dr Paolo Manzo along with the concluding remarks. The webinar was greatly appreciated by all the delegates and faculties and it went on for an extra half an hour.

28th January 2022

7.00 pm IST

ORTHODONTIC INTERDISCIPLINARY MANAGEMENT OF THE ESTHETIC AREAS

For several treatments the interdisciplinary evaluation contains the success key of the dental and orthodontic therapy. A high percentage of subjects diagnosed and planned for an orthodontic treatment need to be treated also for dental shape, size and number discrepancies or for a gummy smile and/or periodontal disease. For these patients an interdisciplinary approach starting from a collegial diagnosis and treatment plan is mandatory.

Thus for these patients is by merging the orthodontic point of view with the esthetic and functional direct and indirect rehabilitation options and with surgery and periodontal therapy, that is possible to settle a comprehensive and efficient treatment plan achieving an effective and customized therapy.

The management of the esthetic areas requires a wide point of view and an integrated approach of different specialties in order to plan the functional rehabilitation paying equal attention to the esthetic results accordingly with the patient needs and wishes.

During this course

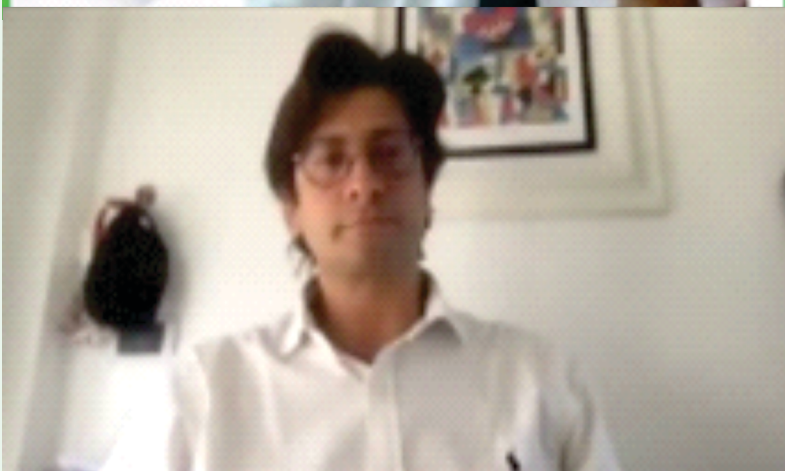
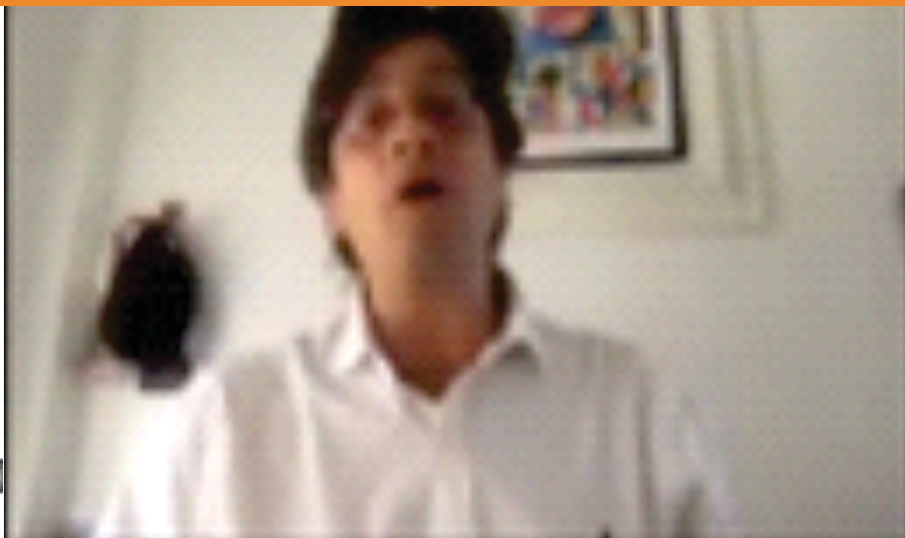
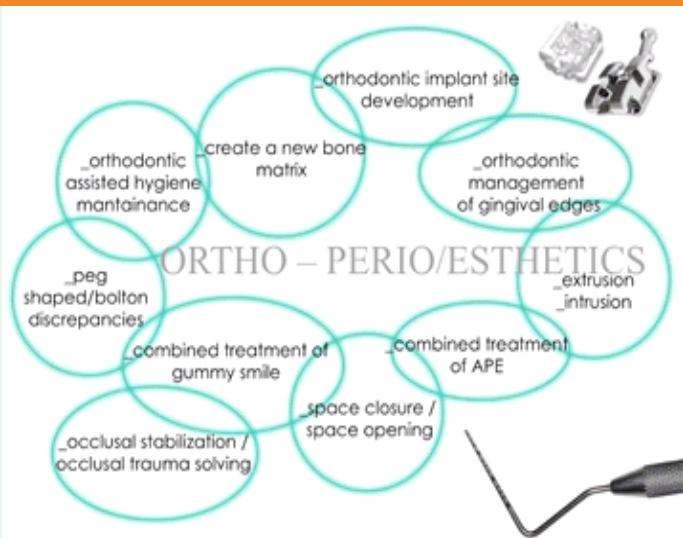
- It will be discussed and presented, the pathway to follow in order to settle a successful orthodontic treatment strategy by means of interdisciplinary intervention options.
- It will be discussed and shown the diagnosis and treatment plan of the main dental anomalies, of the gummy smile and the main periodontal problems combined with the orthodontic assessment

SPEAKER



DR PAOLO MANZO
NAPLES, ITALY

- Dr. Manzo graduated in Dentistry in 1997
- In 2004, he obtained his Specialist in Orthodontics certificate with honors.
- In 2007, he earned a PhD in Oral Sciences from the University of Naples "Federico II".
- From 2008 to 2016, he has been an Adjunct Assistant Professor at the University of Naples "Federico II".
- He's currently Visiting Professor at the University of Ferrara and University of Trieste.
- He is a Member of :
 - The Italian Board of Orthodontics (I.B.O.) from 2007
 - The European Board of Orthodontics (E.B.O.) from 2011
 - The European Board of Lingual Orthodontics (E.B.L.O.) from 2014.
- He has been :
 - President of Italian Academy of Orthodontics (AIMOR) 2020.
 - President of the Leading Alliance Society from 2016-2019.
 - Board Member of the Italian Dental Association from 2010-2014 and
 - Board Member of the European Federation of Orthodontics until 2012.
- Dr. Manzo is an international speaker and has lectured worldwide.
- He has also published papers in international peer-reviewed journals.
- He owns his private practice and his clinical work is limited to orthodontics and cranio-mandibular disorders and, through the coordination of a group of highly specialized doctors, he can manage interdisciplinary and complex treatments.





**Homage to Departed Soul of
IOS Past President
Dr. Koneru Gangadhara Prasad
(1963 – 2021)**

President IOS, 2015-16

Indian Orthodontic Society is deeply grieved with the loss of
Dr Gangadhara Prasad
and sends its thoughts and prayers to his family and friends

Dr. G. Chandra Sekhar (Past President, I.O.S.) and Best friend of
Dr Gangadhar Prasad reminisces the Days of a Great President and his achievements
to our Section Editor Dr Ankit Sikri





Dr Ankit: Tell us something about the childhood days of (Late) Dr. K. Gangadhara Prasad Sir?

Dr GC: Dr. Koneru Gangadhara Prasad was born in Mukkalapadu, a village near Vijaywada to Mr. K. Sivarama Prasad and Mrs. Suryakumari on September 29, 1963. He was the eldest of three brothers.

Dr Ankit: What about his educational qualifications and academic career?

Dr GC: He did his BSc (First Year) before joining BDS in Government Dental College, Hyderabad. He graduated in 1986 and went on to pursue & complete his Masters of Dental Surgery in Orthodontics under Dr. Surendra Shetty from College of Dental Surgery, Manipal in 1989. He started his initial practice in Vishakhapatnam and later worked in Gulf for a brief time period.

Dr Ankit: Can you please let us know about his growth as an Academician?

Dr GC: After returning from Gulf, he joined SDM College, Dharwad. He worked under many renowned teachers at CODS, Manipal. He joined GITAM Dental College in 2002 and served as the Principal ever since until he passed away.

Dr Ankit: Enlighten us about his stint in Indian Orthodontic Society? What all programs were conducted during his Presidential tenure?

Dr GC: He served as the Executive Committee Member of the Indian Orthodontic Society for three consecutive years – 2011, 2012, 2013 and then was elected as President Elect at Kolkata in 2014. He became the President of IOS for the year 2015-2016. He was Editor – in – Chief of Journal of Contemporary Orthodontics, a specialty journal which was his brainchild. He was one of the active leaders who took forward the Smile Torch Campaign with lots of enthusiasm in Vishakhapatnam (2015). He was the Organizing Chairman of the 16th IOS PG Convention. He was also the chairman of IOS Constitution Committee and Member, Golden Jubilee Planning Committee. After relinquishing all his responsibilities in IOS, he became the guiding force for the Andhra Pradesh Orthodontic Study Group. Some of the programs, which were conducted during his tenure as President, were 20th IOS PG Convention (Amritsar), Kabini escapade, Mid - Year Convention in Thailand, PG Orientation Program (Jaipur), Zonal PG Convention (Vijaywada) and Indian Lingual Orthodontic Congress at Bengaluru.





Dr Ankit: Tell us something about his overall personality?

Dr GC: He was a soft spoken friend, mentor, advisor, upright gentleman, great human being and a man of ethics and principles. He always spoke straight from the heart and surely he was an inspiration to many young and budding orthodontists. He was a thorough gentleman and a person of principles and integrity.

Dr Ankit: Anything else which you can recollect and want to share with all of us?

Dr GC: Yes. I still remember his final words as outgoing President in Goa (2016). He said "I humbly request all the members of Indian Orthodontic Society to spend some time introspecting that there will always be differences of opinion, but it is only when we learn to keep the interests of our society as a whole, above our personal aspirations, will we be able to establish the true spirit of IOS."

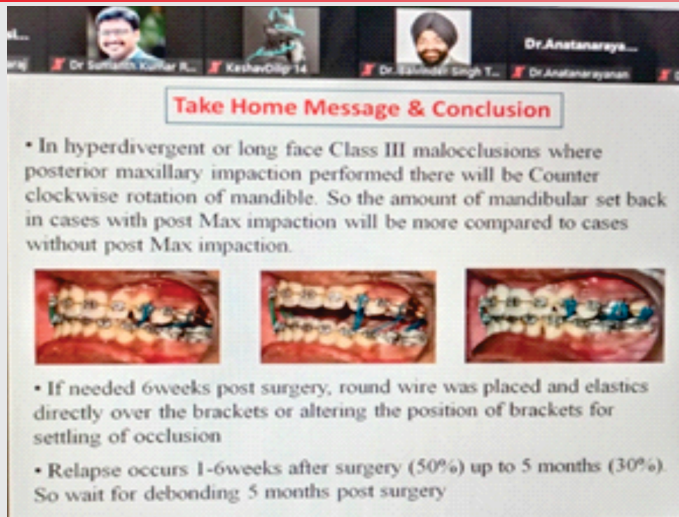


STUDY GROUP ACTIVITIES

Madras Orthodontic Study Group


Presented Clinical Enrich

Speaker : Prof. Dr. Dhivakar Selvaraj MDS,
January 30, 2022



Take Home Message & Conclusion

- In hyperdivergent or long face Class III malocclusions where posterior maxillary impaction performed there will be Counter clockwise rotation of mandible. So the amount of mandibular set back in cases with post Max impaction will be more compared to cases without post Max impaction.



- If needed 6weeks post surgery, round wire was placed and elastics directly over the brackets or altering the position of brackets for settling of occlusion
- Relapse occurs 1-6weeks after surgery (50%) up to 5 months (30%). So wait for debonding 5 months post surgery

MOSG initiated an excellent continuous learning program in association with IOS "The Clinical Enrich". The main motto being enriching the post graduates and practitioners with continuous update on clinical aspects of orthodontics along with recent advancement. Another speciality of the program is giving opportunities for young masters in the field in addition to the stalwarts. The 4th edition happened successfully on 30th January , 2022.

Our speaker for the 4th session is Prof. Dr. Dhivakar Selvaraj MDS an renowned speaker on orthognathic cases. The topic covered was "strategic surgical treatment planning & management of class III malocclusion". It went successful with excellent case array by the speaker. The session was moderated by Dr. Balvinder Singh Thakkar, Dr. Anantanarayanan, Dr. Sivaraj Subramonian and Dr. Rathna Parameswaran. Dr.Anatnarayanan moderated by answering the surgical questions. They did a splendid moderation with pertinent review and evidence based analysis. It was indeed fortunate to have our IOS President Dr. Srikrishna chalasani sir & Hon secretary DR. Sridevi Padmanaban mam for their constant source of encouragement.

The program was attended by more than 175 postgradutes nationwide. On the whole it was a great show and excellent team work by Dr.Rekha Bharadwaj as the MC, Dr.Umarevathi, Dr.Sumanth Kumar, Dr. Annapoorna and team.

Dr.Edeinton Arumugam
Dr. Shahul
Dr.Dilip



CLINICAL ENRICH




Prof.Dr.Dhivakar Selvaraj
STRATEGIC SURGICAL TREATMENT
PLANNING & MANAGEMENT OF
CLASS III MALOCCLUSION
January,30-SUNDAY,7-8 PM

MODERATORS



Dr Balvinder singh Thakkar
Orthodontist



Dr Sivaraj Subramonian
OMFS



Dr Ratna Parameswaran
Orthodontist



Dr Anantanarayanan
OMFS



Tales of Inspiration and Victory

IOS Achiever for The Month
Exclusive interview with our member

Dr. Mani Pavitra

Interviewed By Section Editor : *Dr. Swati Acharya*

You could peel off layer after layer, and each time a new personality emerges; that's Dr. Mani Pavitra in short. A person who sports multiple hats with equal ease. A doctor by profession, a columnist, an International speaker, wealth coach, a leader, a serial entrepreneur and a fortune creator.

Dr. Mani Pavitra is a Serial entrepreneur who wears multiple hats, she is the writer for Eenadu a number one daily in Telugu and Panelist for Business reporting in all major Telugu channels in Twin states of Andhra and Telangana. Not only she is a Gold Medalist in Orthodontics but also has won numerous awards in the categories of women entrepreneur, as doctor & creator. She has won the lions centennial award in women Inspirer category.

In BNI She is the Director Training and also is heading Hyderabad East and West as Director Training and Events. She loves social service and is founder of two NGOs million moms and advocates for babies in crisis society. She has won National level creator accelerator program by Graphy platform where she stood number 1 as an influencer.



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Dr Mani Pavitra



02-04

Dr Swati : What inspired you to develop your ideas as a serial entrepreneur and and fortune creator ?

Dr Pavitra : Entrepreneur is an ability to find solutions to problems. Entrepreneurial problem solving is the process of using innovation and creative solutions to close that gap by resolving societal, business, or technological problems. All my Businesses were a natural BYPRODUCT of me trying to solve an issue faced by society. At Fortune Academy we train highly educated subject matter experts who have zero idea of finances to inculcate the discipline of investing. My convention center is an eco friendly event zone. We have tons of Garbage being generated in the name of celebration. We created our space a zero waste fully recycled event zone. As a partner of natural birthing centre my intention is to help women discover the amazing power of natural birth which sadly is missing in current generation women. Like that every venture was a organic growth of me trying to find a problem that the current society is facing. Instead of sitting and complaining I want to find solutions & in the process I became a serial entrepreneur.



Dr Swati : How do you balance Orthodontics with your passion?

Dr Pavitra : Orthodontics is the only profession which has allowed me to explore all my passions. Mine is an exclusive orthodontic practice, specializing in Aligners mostly . So the time I spend is much less with patients hence I get the opportunity to be the best version of myself and balance other activities too.

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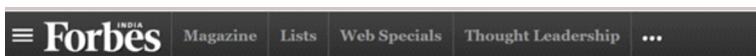
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Dr Swati : What was your thought process when you designed your culture and values ?

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WLA 2020 Youth Icon Award Winner | Mani Pavitra Social



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Financial Fortune with Dr. Mani Pavitra



We live in a world where one of the partners handles the day-to-day finances and investments while some couples have joint or separate accounts because they have their own view on financial challenges.

While most couples argue about financial issues, a couple from Hyderabad work together to not just grow their income but educate people on growing their money from the comfort of their homes even during the lockdown phase.

Dr. Pavitra : I want to leave behind a legacy. I want to transform the deep-rooted conformist attitude that our generation is plagued with and move them to discover their personal power and how each individual can be a best version of themselves by leading a holistically beautiful life.

Dr Swati : What are the top 3 things you would want to pass on as advice to young orthodontists?

Dr Pavitra,

- Don't get trapped by your education and what society expects from you just because you are a doctor. Life is meant to be lived! Work life balance, Academic success and financial success balance are goals to be pursued.
- Don't run behind being a consultant for multiple clinics and getting a full time Job isn't a measure to success. To be able to honestly look at your own flaws and work on them and to find the right mentors to overcome flaws is the way to lead life.
- Don't run behind awards and positions and trying to please people.

Dr Swati : How did you turn obstacles into opportunities ?

Dr Pavitra : My biggest obstacle when I started practice was lack of knowledge on finances. Being a Gold medalist I was very focused on mastering my subject but had zero clue on practice management, understanding location to setup practice, finance management, time management and because of which I setup a huge practice in the Posh area of Hyderabad and no matter how much ever I earned it was all spent in expenditure of

staff, the Aligner company fees and rentals. After 2-3 years though turnover was very good I realized I didn't have any savings or hadn't made any investments. That's when I dived deep into understanding finances and how businesses are run by successful people. My biggest weakness was lack of financial knowledge and doing everything like a service. That turned into my biggest strength of understanding the difference between running charity and running a practice and finally running a Business.



INDIAN ORTHODONTIC SOCIETY

presents

1ST VIRTUAL

PRACTICE ENHANCEMENT SYMPOSIUM 2022

Understanding the Business of Orthodontics
and the Road Ahead

REGISTRATION
(CLICK HERE)

<https://forms.gle/Thkak8MMWWb2Vc2w5>

Sunday,
13 February, 2022
09:00 am - 02:00 pm

ONLY FOR MEMBERS OF INDIAN ORTHODONTIC SOCIETY (IOS)

1ST VIRTUAL PRACTICE ENHANCEMENT SYMPOSIUM 2022

OUR SPEAKERS

Orthodontic Practice
in COVID Times



DR. PUNEET BATRA

Office Design, Time
scheduling and
Human Resources



DR. BALVINDER SINGH THAKKAR

Financial Planning
in Dentistry



DR. R.V. MURALI

Inventory Management



DR. GURKEERAT SINGH

Ethical Marketing in
dentistry



DR. RAJKUMAR ALLE

Experiential
Orthodontics



DR. BIJU ABRAHAM

Checklist for online
Marketing for an
Orthodontist



DR. KANNAN SABAPATHY

Visiting Orthodontic
Practice



DR. TAPASYA JUNEJA

REGISTRATION (CLICK HERE)
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**Sunday,
13 February, 2022
09:00 am - 02:00 pm**

ONLY FOR MEMBERS OF INDIAN ORTHODONTIC SOCIETY (IOS)

1ST VIRTUAL PRACTICE ENHANCEMENT SYMPOSIUM 2022

PROGRAM SCHEDULE

SESSION 1

TIME	TOPIC	SPEAKER
9:00 am – 9:15 am	Inauguration	
9:15 am - 10:00 am	Orthodontic Practise in COVID Times	Dr Puneet Batra
10:00 am – 10:30 am	Office Design, Time scheduling and Human Resources	Dr Balvinder Singh Thakkar
10:30 am – 11:00 am	Inventory Management	Dr Gurkeerat Singh

SESSION 2

11:30 am – 12:00 pm	Ethical Marketing in dentistry	Dr Rajkumar Alle
12:00 pm - 12:30 pm	Experiential Orthodontics	Dr Biju Abraham
12:30 pm - 1:00 pm	Checklist for online Marketing for an Orthodontist	Dr Kannan Sabapathy
1:00 pm - 1:30 pm	Visiting Orthodontic Practice	Dr Tapasya Juneja
1:30 pm - 2:00 pm	Q and A session	

REGISTRATION [\(CLICK HERE\)](#)

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**Sunday,
13 February, 2022
09:00 am - 02:00 pm**

ONLY FOR MEMBERS OF INDIAN ORTHODONTIC SOCIETY (IOS)

1ST VIRTUAL PRACTICE ENHANCEMENT SYMPOSIUM 2022

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PRESIDENT



DR. SRIDEVI PADMANABHAN

HON. SECRETARY



DR. SARABJEET SINGH

VICE PRESIDENT



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DR. SANJAY LABH

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HON. JT. SECRETARY

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PRACTICE MANAGEMENT
COMMITTEE, IOS



DR. SANJU SOMAIAH

MEMBER
PRACTICE MANAGEMENT
COMMITTEE, IOS



DR. SIDDARTH SHETTY

MEMBER
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DR. DIGVIJAY PATIL

MEMBER
PRACTICE MANAGEMENT
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DR. DIVYAROOP RAI

MEMBER
PRACTICE MANAGEMENT
COMMITTEE, IOS

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DR. VIJAYTA YADAV

DR. VINOD KRISHNAN

DR. VIRAG BHATIA

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**Sunday,
13 February, 2022
09:00 am - 02:00 pm**

ONLY FOR MEMBERS OF INDIAN ORTHODONTIC SOCIETY (IOS)



Indian Orthodontic Society, Congratulates Senior IOS Member

Dr Tulika Tripathi

Senior Professor & Head of Orthodontics,
Maulana Azad Institute of Dental Sciences,
New Delhi

as she was Conferred "General Officer
Commanding – In – Chief [Western
Command] Commendation card for
distinguished services and commitment
towards higher dental education in Army
Dental Corps

Dr Kavitha Iyer, Associate Editor, IOSTimes covers her interview

Dr Kavitha Iyer: - Tell us about your childhood and family.

Dr Tulika Tripathi : -I was born and brought up in Lucknow and did my schooling from Loreto Convent.

I belong to a family of educationists and we are strong believers of "Saraswati". My grandfather Shri B.N.Jha was Vice Chancellor of three universities viz, Allahabad University, Gorakhpur University and Jodhpur University and my father Dr SN Jha was the Vice Chancellor of Lucknow University. So, it is evident that I have inherited academics as a legacy.

I am the youngest among the three siblings. My elder sister specialized in Biochemistry and second sister is a Professor of Physics with a postdoc degree from MIT. My better half is an MBA finance with a public sector bank. I am blessed with two daughters. The elder, Pavani is a computer engineer and the younger, Prashasti is a psychologist.

Dr Kavitha Iyer: - What made you choose dentistry and then orthodontics as a profession?

Dr Tulika Tripathi : -I appeared for the Medical and Dental entrance exam (held separately). I was very clear that I would give only one attempt and by God's grace, I managed to clear the entrance and joined BDS at KGMC Lucknow. I enjoyed every bit of my college life participating in cultural activities, inter semester sports, going for picnics and of course studying.

In my times, MDS admission was based on merit so I managed to get Orthodontics which was very much sought after and was of course my first choice. However, deep within I loved Oral surgery as well and possibly that is the reason, I enjoy doing cases which require interdisciplinary management. I have a passion for trying to resolve severe dentofacial discrepancies including syndromes and cleft lip and palate patients by means of Orthognathic surgery, distraction or skeletal anchorage system. I enjoy innovating and modifying appliances as well as procedures, customizing them in the best interest of the patients.

Dr Kavitha Iyer :- So how would you describe your journey as an academician and clinician....

Dr Tulika Tripathi :- Looking back, 35 years..... my journey has been phenomenal!! As a house surgeon after my BDS, I was asked to take a class for the first year students. It was only then that I realized my interest in teaching. After completing MDS in 1986, I joined KGMC as a demonstrator and really enjoyed teaching along with clinical work. Here I wish to acknowledge late Dr.C.S.Saimbi, Professor of Periodontics, KGMC, who introduced me to the concept of research and publications. I published my first international paper with him. I had also co-authored a publication with sir which was awarded the "Dental Public Health Award 2011". This exposure definitely made one thing very clear in my mind that I had to go into academics. Finally, after four and a half years of perseverance, I joined Maulana Azad Dental College as an Assistant Professor and continued my journey as an academician, clinician and researcher. I am indeed indebted to my alma mater and mentors for inspiring and molding me. Further as an orthodontist having acquired the art of crafting smiles and instilling confidence in my patients has given me a lot of professional satisfaction.

Dr Kavitha Iyer: - How would you describe the changes in the profession as you have seen in your journey so far? Any suggestions?

Dr Tulika Tripathi :- Over the years Orthodontics has grown by leaps and bounds. The evolution from conventional Beggs/Edgewise to preadjusted appliance, from introduction of TADs, skeletal anchorage system, aligners, moving from 2D to 3D and now stepping into 4D is a proof of the continuous advancements in the subject. But personally I feel that the one thing lacking in the institutions of our country is 'Industry-Academia Dialogue'. Introduction of such blended

learning would help to upgrade and revise the curriculum to one which would address the needs of the market. It would also facilitate innovations using technology which will be cost effective. Just like IAS (Indian administrative services), we should have Indian Academic (teaching and Research) Services so that we could create top learning and Research institutions in our country!!

Dr Kavitha Iyer: - Would you like to share some memorable moments of your life?

Dr Tulika Tripathi :-Looking back, a few memorable events just flash in my mind! It was the valedictory function of 50th IOC at Hyderabad. To my surprise the first prize in scientific presentations in all four categories out of 5 were bagged by my department !!! received both the first prizes in oral presentation in clinical innovation category as well poster in research category. Mycolleagues, Dr Priyank Rai and Dr Neha were awarded the first prize in poster-clinical innovation and oral presentation-clinical category. The icing on the cake was the award of the best publication in clinical innovation to Dr Shilpa Kalra, my senior resident for which I was the co-author as well. To the best of my knowledge, I think this was the first time in the history of Indian Orthodontic Society, where so many prizes were won by a single department.

Being awarded the International Fellowship for Senior Bio-medical Scientists 2018-19 by Indian Council of Medical Research for Training at the University of Glasgow was another landmark event. I was conferred the General Officer Commanding-In -Chief (Western Command) Commendation card for distinguished services and commitment to higher Dental Education in Army Dental Corps. Another milestone in my life was publishing my original research in Scientific Reports: Nature in 2019 and also receiving the State award by Delhi government and Famdent best academician award. I have been fortunate to be able to be selected 4 times for oral research presentation at AAO annual sessions held at Hawaii, Washington, Los Angeles and now in Florida as only 28 papers are selected internationally. Such accolades have left indelible fond memories in my mind for being recognized for the relentless efforts and passion for my work!!

Dr Kavitha Iyer: -A few words of wisdom for the budding orthodontists...

Dr Tulika Tripathi :-The quest for learning should never stop! Even today I feel there is so much knowledge and skills to be acquired, especially in this digital age. Based on my experience, I would suggest three Mantras:

Passion-be passionate about what you are pursuing. As Steve Jobs has rightly said 'the only way to do great work is to love what you do'.

Patience-There are no quick-fix solutions in Orthodontics. Working with patience will always yield a fruitful outcome.

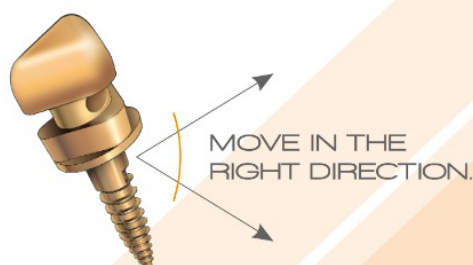
Perseverance-Be consistent and always keep abreast with the latest technology, integrate and innovate and make the best out of it!!!

I'm sure our budding orthodontists will always hold the flag high and I wish them good luck in all their future endeavours.

Jai Hind! Jai IOS!



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