March 2022 | Volume 40 | Issue 4

IOS Times

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The Official News Letter of Indian Orthodontic Society

Photography Courtesy : **Dr. Matrishva Vyas**
at IOS Tiger -Trail, Tadoba, 22

President's Message

Regards and Wishes to members of Indian Orthodontic Society

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

As the CoViD pandemic is obliterating, Month of March had been splendid for the Nation and IOS. I am glad to announce that, IOS had resumed all its activities via physical mode.

The office of the Honorary Secretary convened the 3rd EC meeting of Indian Orthodontic Society on 20th March'22. Detailed discussions and fruitful resolutions were made on the proposed agendas. The office of the secretary shall release the minutes in few days.

The IOS Academic Council, presented the 3rd master class series (IOS Friday rendezvous) as an online webinar on the topic - Orthodontic Preparation for Orthognathic Surgery on 25th March , 2022 at 7:00 pm. Despite it being one of the busy days for orthodontists , the webinar was witnessed by 150 plus participants

The IOS Tiger Safari, Tadoba ,March 24th to 27th 2022 was an excellent event organised by the head office for Nature lovers and IOS Photographers. It was a great excursion for our members, planned for lighter moments and happy get-together. The event was a much awaited break after the two years of CoVid Pandemic hiatus.

I would like to Congratulate our Hard Working IOS EC Member- Dr Vinod Krishnan, through this message. He made our Society and Nation proud by getting elected as the Editor of Journal of World Federation of Orthodontists for the second continuous Term.

We promise you another active month from IOS for April.

April, shall kick start with, IOS-OPL, Orthodontists Premiere League, Chennai is scheduled on 1st and 2nd. This is another flagship event for Cricket enthusiasts and sportsters among IOS Family. It's an excellent event which brings our life Members and Student members together.

ROAR 2022, 4th-6th April 2022, Rapid Review Lecture series by expert teachers of our society for shaping and orienting the exam going postgraduate students, is being planned at excellence via virtual mode by the host, Sri Ramachandra University. I urge every student member of our society to register for the same.

IOS - National Integrated Typodont Workshop 11th -13th April 2022 , Shree Bankey Bihari Dental College & Research Centre, Ghaziabad, UP and IOS PG Convention'22 Mangalore on April 28th –May1st' 2022,hosted by AJ Shetty Dental College are being organised via physical platforms to benefit our PG Student Members to enhance their education towards excellence. I request all the Heads of Departments of Colleges around the country to encourage their Postgraduates to register for these programs.

Get set for a Wonderful Summer of April 2022 . Hope we have a lot of learning, education and lighter moments together.

Stay Safe, Healthy and Happy.
Take Care

Jai IOS
Jai Hind

Dr SriKrishna Chalasani

President, IOS

Hon. Secretary's Message

Dear member of the Indian Orthodontic Society,

Trust this communication of the IOS times finds you well and in good health.

The month of March has been extremely busy with several Headoffice programmes and study group programmes.

The IOS PG orientation program]me Orthodisha was conducted on the 12th & 13th of March in DAV,Yamuna Nagar . This was an excellent program me attended by many post graduates in the area. This trip was combined with a trip to Sardar Patel Institute of Dental Sciences ,Lucknow the proposed venue of the 26th IOS PG student convention.Tadoba tiger trails and the IBO promotion program me conducted in Dubai at the end of this month were also noteworthy events. The IOS Friday rendezvous continues to regale us bimonthly with speakers from around the world.

The EC met on March 20th to discuss many important issues. Some IOS members were also invited to the meeting to discuss various challenges met by the society. One of the main objectives of the IOS outline in the constitution by our founding fathers and respected seniors is to educate the public on the importance of Orthodontics and in the current context to seek treatment from a qualified orthodontist .

The Public Awareness committee (PAC) of the IOS has launched a massive social media campaign to highlight these facts to the public.

We solicit the help of all members to strengthen the hands of the PAC in carrying our message to the public .Several practice management symposia are planned this year to educate members on ethical marketing along with other practice building exercises.

The IOS head office has also launced a IOS -Find your orthodontist tool for the public to help identify an orthodontist based on location. This would accompany every public awareness message that the IOS would release .

Those members who have still not registered for the same, are requested to do so following the explicit instructions that have been sent by email or can be found on the website.

The month of April starts with a bang with the OPL on 1st and 2nd April and ROAR follows close after on 4th, 5th and 6th . We also look forward to the National Integrated typodont workshop on 11th -13th April 2022 , Shree Bankey Bihari Dental College & Research Centre, Ghaziabad, UP . Of course the main calendar event, the much awaited IOS PG Convention'22 Mangalore on April 28th –May1st' 2022,hosted by AJ Shetty Dental College .

I wish all the student members and life/associate members of IOS attending these events several hours of happy learning.

Learning never stops at IOS.

Jai IOS,Jai Hind

Dr.Sridevi Padmanabhan
Hon. Secretary, IOS

Editor's Message

Regards and Wishes to members of Indian Orthodontic Society

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

The month of March'22 was buy for IOSTimes with a wide range of IOS activities. We are glad to cover it and report to you through this issue.

We covered the 3rd EC meeting of Indian Orthodontic Society, convened by office of the Honorary Secretary on 20th March'22. Detailed discussions and fruitful resolutions were made on the proposed agendas. The office of the secretary shall release the minutes in few days.

We are glad top present the report on behalf of IOS Academic Council, as thety presented the 3rd master class series (IOS Friday rendezvous) on the topic - Orthodontic Preparation for Orthognathic Surgery on 25th March , 2022 at 7:00 pm. Despite it being one of the busy days for orthodontists , the webinar was witnessed by 150 plus participants

We covered the IOS Tiger Safari, Tadoba ,March 24th to 27th 2022 was an excellent event organised by the head office for Nature lovers and IOS Photographers. We are presenting you some lovely pictures photographed by our members in the safari. The Best picture shot in the safari is made the cover page of March '22 Issue.

The editorial committee of IOS Times, on behalf of Indian Orthodontic Society, extends its heartfelt congratulations and wishes to Dr Vinod Krishnan, as he made our Society and Nation proud by getting elected as the Editor of Journal of World Federation of Orthodontists for the second continuous Term. During this jubilance, we requested Dr Vinod to compose an article, for IOSTimes which he readily accepted. This would be a valuable guide for IOS Members who pursue to prepare, quality scientific publication of global standards and excellence.

IOSTimes conducted a talent hunt among our Student Members. We called for an interesting Essay Competition, where the IOS Student member opens up their imagination with scientific knowledge to pen a composition of "Time Travel into the past of any Orthodontic Era of their Choice" . We received around 30 + excellent essays. But we are unable to publish them all. We had presented the 3 Best Essays, in this issue.

Glad to see the future IOS Events being planned via Physical modes. Members can look into the e Brochures of these events, which we are featuring in this issue. Please do register in big numbers to make the events a success.

Look out for Brochures of

- IOS - National Integrated Typodont Workshop 11th -13th April 2022 hosted by Shree Bankey Bihari Dental College & Research Centre, Ghaziabad,UP
- ROAR 2022, 4th-6th April 2022, Rapid Review Lecture series hosted by Sri Ramachandra University, Chennai
- IOS PG Convention'22 Mangalore on April 28th –May1st' 2022,hosted by AJ Shetty Dental College
- IOS-OPL, Orthodontic Premiere League, Chennai April 1st and 2nd ,2022

We foresee an active IOS Month of April 2022 and lots of actions to cover . Hope we have a lot of learning, education and lighter moments together.

Stay Safe, Healthy and Happy.

Take Care
Jai IOS
Jai Hind

Dr M.S.Kannan
Editor, IOSTimes

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 - PG Orientation Program
12th and 13th March 2022
Yamunanagar, Haryana

Chandigarh Orthodontic Study Group(COSG) and Department of Orthodontics and Dentofacial Orthopaedics, J.N. Kapoor DAV Dental College , Yamunanagar, Haryana in association with Indian Orthodontic Society conducted a national PG Orientation Program on 12th and 13th March 2022. The program targeted the first year post graduates and aimed at aligning them with the upcoming journey of 3 years of post graduation program. It was a two day program that was graced by the presence of Dr. Srikrishna Chalasani (president Indian Orthodontic society), Dr. Sarabjeet Singh (Vice president, Indian Orthodontic Society) , Dr Sridevi Padmanabhan (Hon, Sec Indian Orthodontic Society) and various other dignitaries. With the efforts of the organizing committee Dr. Vikas Sehgal (Organizing Chairman), Dr. Rajiv Gupta (organizing secretory) and Dr. Zarina Bali (scientific coordinator) the program was a huge success and received 120 registrations form the post graduates of different colleges from North India.

The IOS advisory on Direct To Consumer (DTC)Aligners was released by the present IOS dignitaries.Executive members of IOS Dr Sukhdeep Kahlon,Dr Ankit Sikri,Dr Puneet Batra and Dr Pradeep Raghav were also present for the occasion. Chief Guest Sh Siv Raman Gaur and Guest of Honour Dr IK Pandit also graced the occasion.

13 eminent speakers shared their knowledge and expertise with the students. Various topics that were focused upon included the art of presenting seminars and journal clubs, how to do a research, various hardships faced during the post graduation and communication skills

Department of Orthodontics & Dentofacial Orthopaedics
J. N. KAPOOR D.A.V. (C) DENTAL COLLEGE Yamuna Nagar (Haryana)
Indian Orthodontic Society & Chandigarh Study Group
Ortho दिशा -2022
Direction, dedication & drive ....
12th & 13th March 2022
DEPARTMENT OF ORTHODONTICS & DENTOFACIAL ORTHOPAEDICS
J.N. KAPOOR DAV DENTAL COLLEGE
Yamuna Nagar, Haryana
WELCOMES YOU ALL

WELCOMES

Ortho दिशा 2022
Direction, dedication & drive ....
DR. VIKAS SEHGAL
DR. I.K. PANDIT
SR. SHIV RAMAN GAUR
DR. SHRIKRISHNA CHALISANI
DR. SARABJEET SINGH
DR. SRIDEVI PADMANABHAN
J.N. KAPOOR DAV DE
Yamuna Naga

#ORTHO

3rd EC MEETING 2021-22 of Indian Orthodontic Society 20th March'22 -Sunday

***Reported By. Dr Kannan**, Chief Editor*

cThe office of the Honorary Secretary convened the 3rd EC meeting (Virtual) of Indian Orthodontic Society under the directives of the President on the 20th March'22, at 9:00 AM.

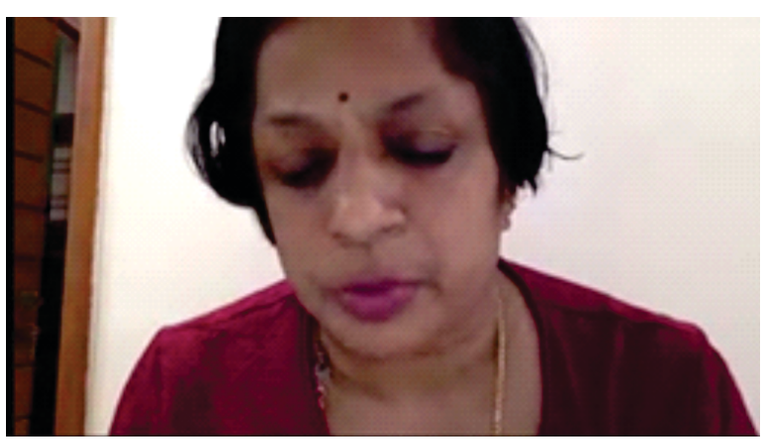
The Agendas for the meeting were

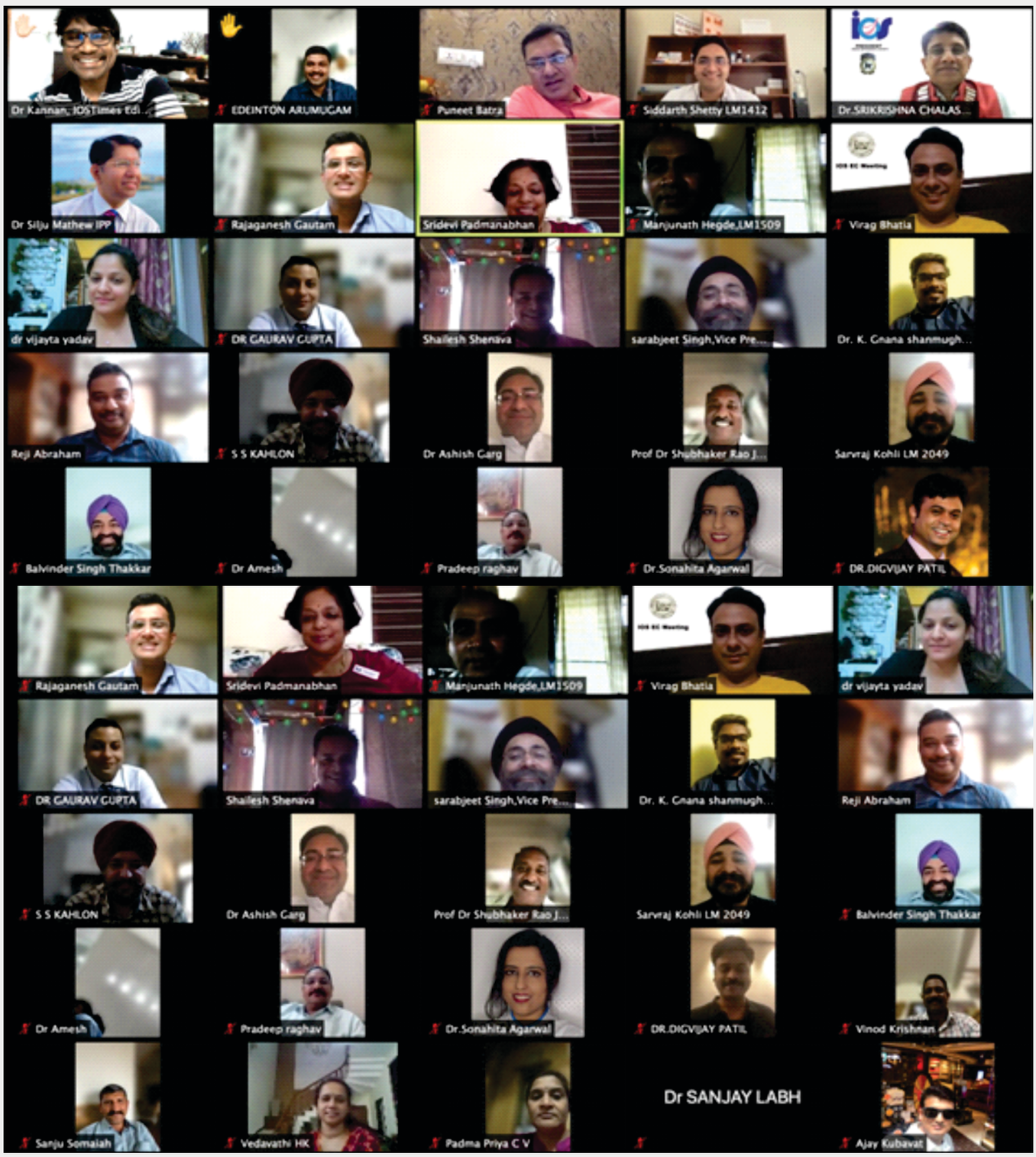
1. Taking on record the minutes of 2nd EC meeting of 2021-22
2. Action taken on 2nd EC minutes
3. Report on IOS finances
4. JIOS report and progress
5. IJCO report and Progress
6. Report on IOS times
7. Reports of various subcommittees
8. Report of the IBO
9. Status and update i)25th IOS PG student convention
   ii) 26th IOS PG student convention
   iii) 56th IOC
   iv) 57th IOC

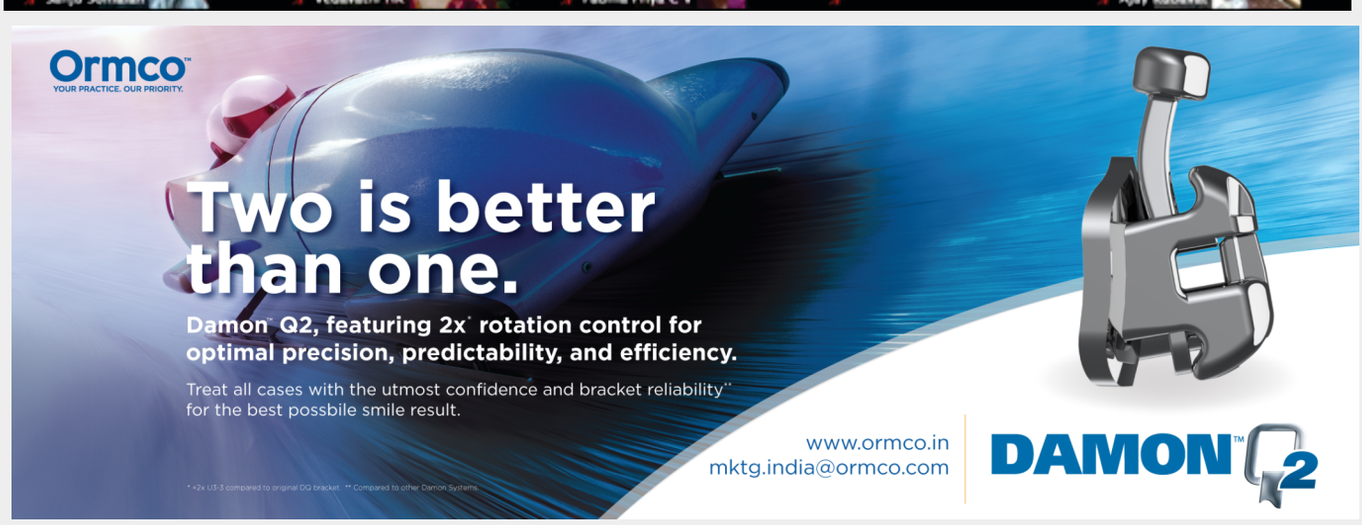
i v) Mid Year convention 2022

10. Deliberation on Constitutional amendments proposed by the EC
11. Approval of LM , SLM,Associate members
12. Any other matter.

Detailed discussions and fruitful resolutions were made on the above-mentioned agendas. The office of the secretary shall release the minutes in few days.




Dr Kannan, IOSTimes Edi...
EDEINTON ARUMUGAM
Puneet Batra
Siddarth Shetty LM1412
Dr.SRIKRISHNA CHALAS...
Dr Silju Mathew IPP
Rajaganesh Gautam
Sridevi Padmanabhan
Manjunath Hegde,LM1509
Virag Bhatia
dr vijayta yadav
DR GAURAV GUPTA
Shailesh Shenava
sarabjeet Singh,Vice Pre...
Dr. K. Gnana shanmugh...
Reji Abraham
S S KAHLON
Dr Ashish Garg
Prof Dr Shubhaker Rao J...
Sarvraj Kohli LM 2049
Balvinder Singh Thakkar
Dr Amesh
Pradeep raghav
Dr.Sonahita Agarwal
DR.DIGVIJAY PATIL
Rajaganesh Gautam
Sridevi Padmanabhan
Manjunath Hegde,LM1509
Virag Bhatia
dr vijayta yadav
DR GAURAV GUPTA
Shailesh Shenava
sarabjeet Singh,Vice Pre...
Dr. K. Gnana shanmugh...
Reji Abraham
S S KAHLON
Dr Ashish Garg
Prof Dr Shubhaker Rao J...
Sarvraj Kohli LM 2049
Balvinder Singh Thakkar
Dr Amesh
Pradeep raghav
Dr.Sonahita Agarwal
DR.DIGVIJAY PATIL
Vinod Krishnan
Sanju Somaiah
Vedavathi HK
Padma Priya C V
Dr SANJAY LABH
Ajay Kubavat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IOS Friday Rendezvous

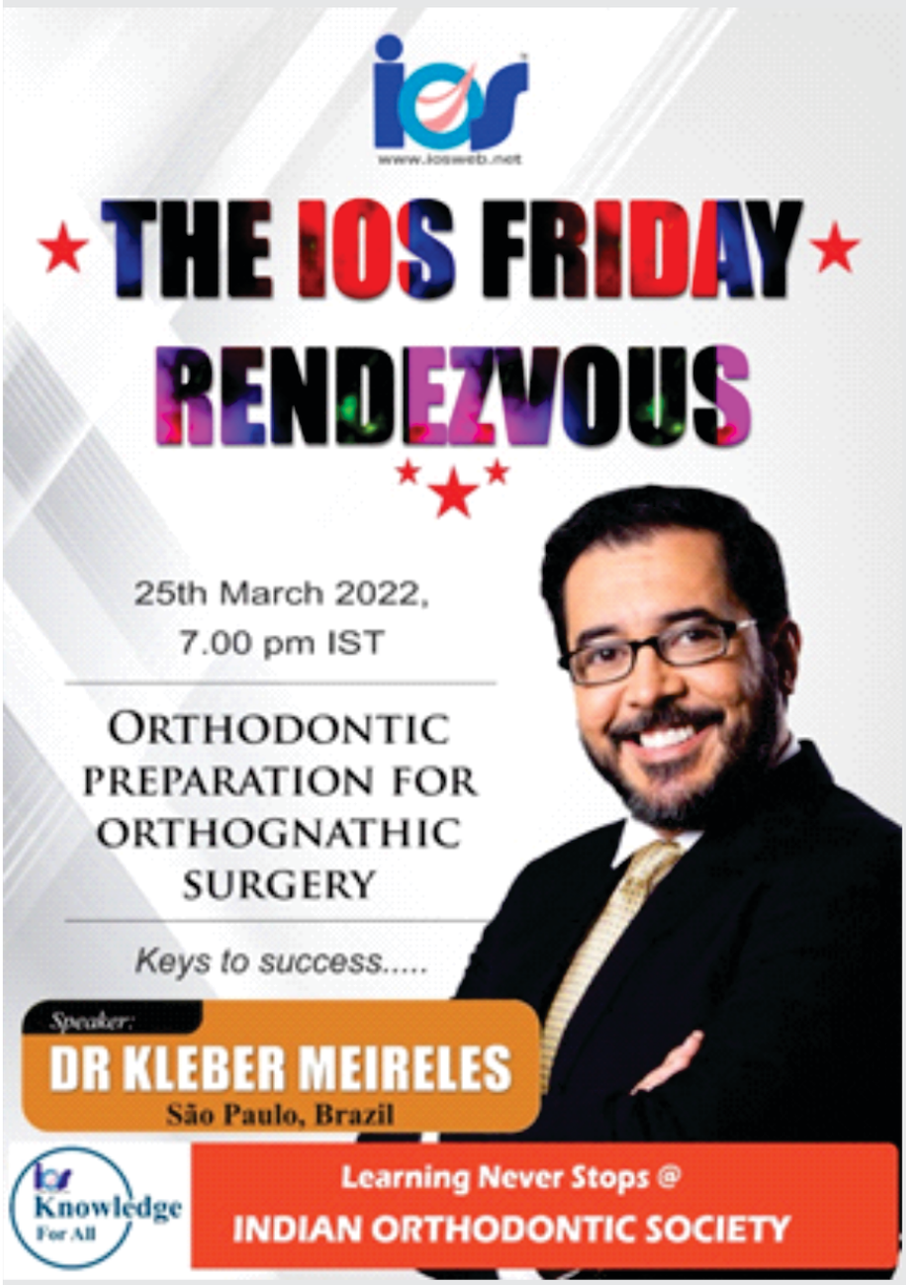
Webinar on

"Orthodontic Preparation for Orthognathic Surgery"

25th March 2022

By, Dr Kleber Meireles, Sau Paulo, Brazil

Reported by : ***Dr Vedavathi HK****, Section Editor*



The lecture in the 3rd master class series (IOS Friday rendezvous) was organised as an online webinar on the topic - Orthodontic Preparation for Orthognathic Surgery on 25th March , 2022 at 7:00 pm. Despite it being one of the busy days for orthodontists , the webinar was witnessed by 150 plus participants.

The aim of the webinar was to help us understand better the role of an orthodontist in preparing for various orthognathic surgeries

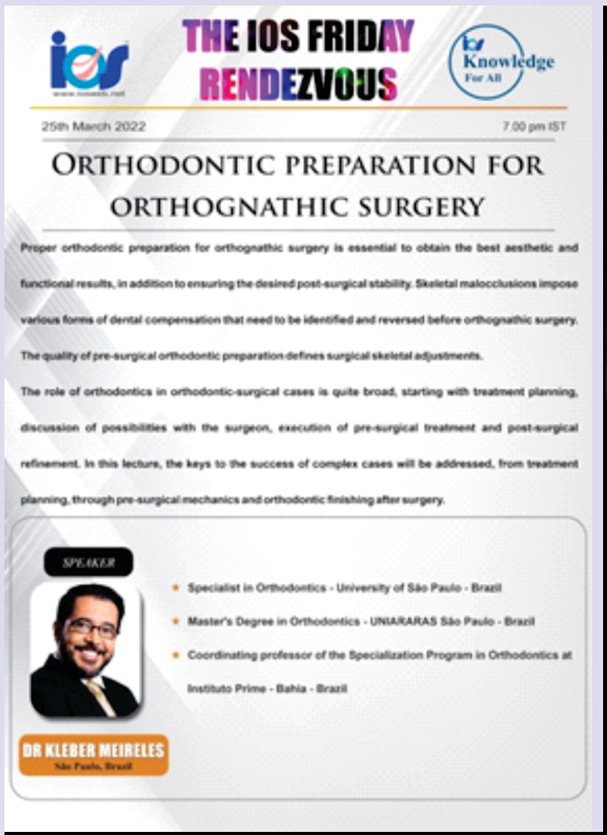
The inaugural ceremony was started at 7 pm by Dr Amesh Golavara where he welcomed the speaker , principal office bearers and the EC members along with the other delegates .

Dr Raj Ganesh Gautham and Dr Ajay Kubavat showed immense commitment by hosting this webinar despite their extremely busy schedules

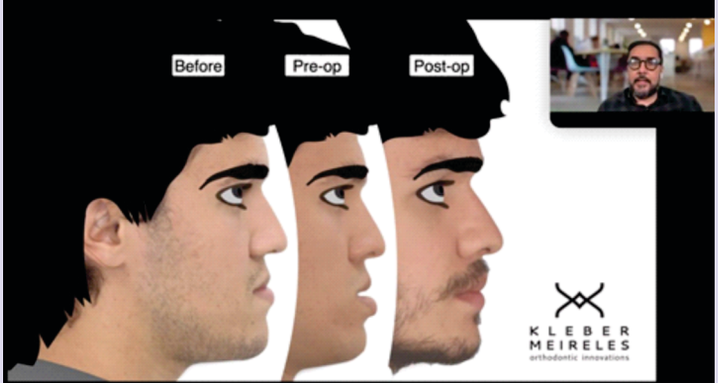
Following which Dr Sridevi Padmanabhan delivered her welcome speech to the keynote speaker Dr Kleber Meireles and also shared her thoughts about the topic .

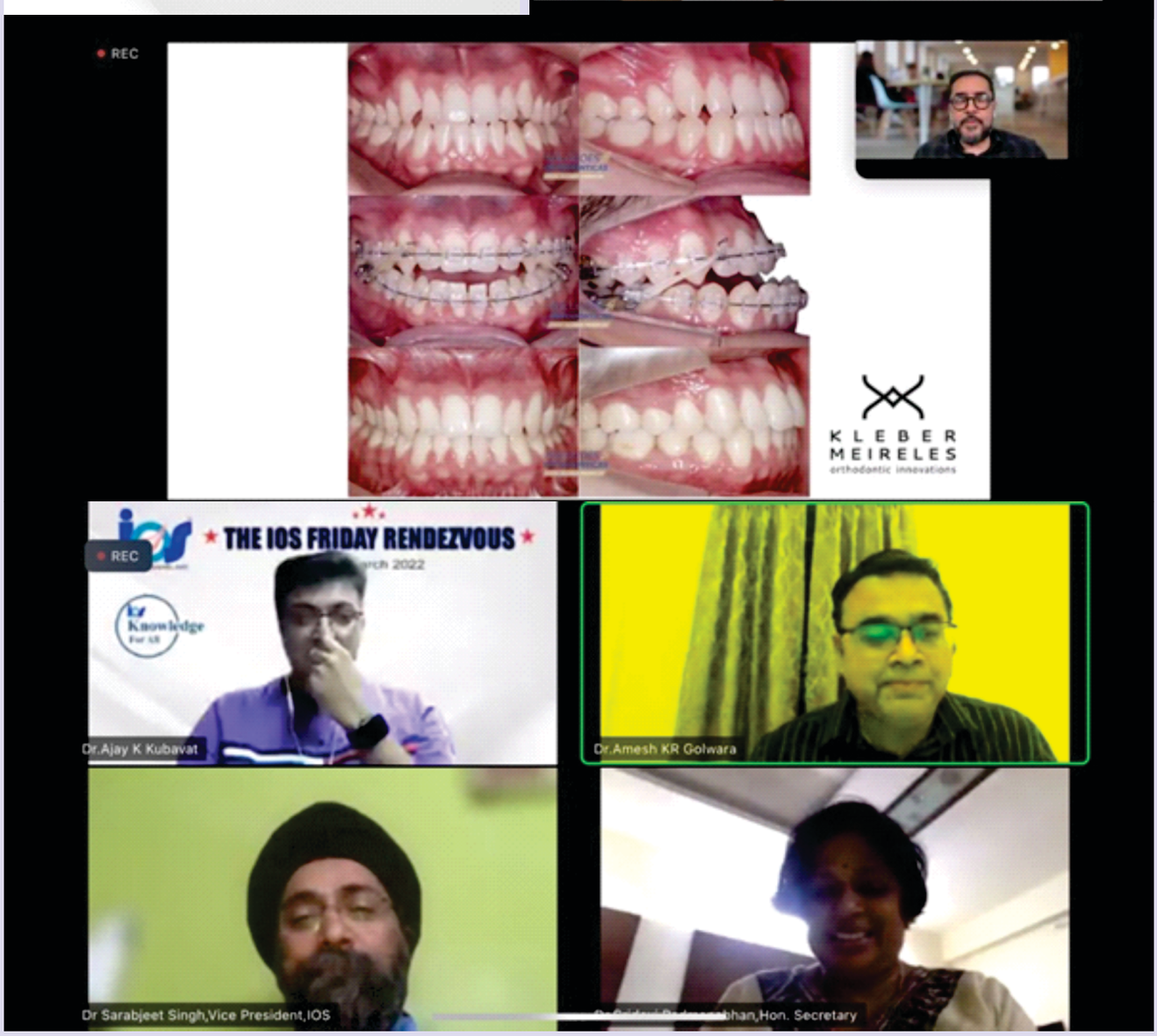
The keynote speaker Dr Kleber Meireles shared his expert in-depth knowledge on the various methods of successfully treating complex surgical cases starting with precise treatment planning , detailed pre surgical planning , pre surgical mechanics followed by post surgical orthodontic finishing. He also gave a brief insight towards "surgery first approach" and educated us about its merits and advantages .

Towards the end of the programme, a Q& A session was conducted by Dr Ajay K Kubavat, where Dr Kleber answered all the delegates questions and clarified their doubts. At the end of the session the vote of thanks was delivered by Dr Sarabjeet Singh and the certificate of appreciation was handed over to Dr Kleber.


THE IOS FRIDAY RENDEZVOUS
Knowledge For All
25th March 2022
7.00 pm IST
ORTHODONTIC PREPARATION FOR ORTHOGNATHIC SURGERY
Proper orthodontic preparation for orthognathic surgery is essential to obtain the best aesthetic and functional results, in addition to ensuring the desired post-surgical stability. Skeletal malocclusions impose various forms of dental compensation that need to be identified and reversed before orthognathic surgery. The quality of pre-surgical orthodontic preparation defines surgical skeletal adjustments.
The role of orthodontics in orthodontic-surgical cases is quite broad, starting with treatment planning, discussion of possibilities with the surgeon, execution of pre-surgical treatment and post-surgical refinement. In this lecture, the keys to the success of complex cases will be addressed, from treatment planning, through pre-surgical mechanics and orthodontic finishing after surgery.
SPEAKER
Specialist in Orthodontics - University of São Paulo - Brazil
Master's Degree in Orthodontics - UNIARARAS São Paulo - Brazil
Coordinating professor of the Specialization Program in Orthodontics at Instituto Prime - Bahia - Brazil
DR KLEBER MEIRELES
São Paulo, Brazil

Surgery First Approach
Advantages
Short total treatment duration
Early improvement of he facial profile
Establishment of proper maxillomandibular relationship before orthodontic treatment.
KLEBER MEIRELES
orthodontic innovations


Before
Pre-op
Post-op
KLEBER MEIRELES
orthodontic innovations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Dr.Ajay K Kubavat
Dr.Amesh KR Golwara
Dr Sarabjeet Singh,Vice President,IOS

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OPL "22-SEASON 5

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Madras Orthodontic Study Group,

Invite you with Pride and Joy, to the Inaugural Ceremony of

OPL "22- SEASON 5

on 1st April 2022, 9:00 AM

at Ramachandra University, Cricket Grounds, Porur

Dr. P.V.Vijayaraghavan

Vice Chancellor, SRIHER

Has kindly accepted to grace the ceremony as the Chief Guest

Dr U.S.Krishna Nayak

Dean, A.B.Shetty Memorial Institute of Dental Sciences, Mangalore, Past President IOS

&

Dr C.Ravindran

Dean, Faculty of Dental Sciences, SRIHER

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President, IOS

Dr. Sridevi Padmanabhan
Hon. Secretary, IOS

Dr.M.S.Kannan
Organizing Chairman

Dr.Vijay Adhith
Organizing Secretary

Dr Edeinton Arumugam
Convenor, MOSG

IOS TIGER TRAIL, TADOBA

28th March'22, Nagpur

Reported By ***Dr Dig Vijay Patil,*** *Organising Chairman*

Being orthodontists, we have been using our cameras for record keeping and such activities since long time. However, a group of enthusiasts have developed a passion for photography, specially the wildlife .

Since last 10 years these enthusiasts come to together for an annual wildlife photography retreat. This year the photography retreat was conducted at Tadoba Tiger reserve in central India. Under the guidance of mentor Dr Matrishva Vyas , Chairman Dr. Digvijay Patil and Org. Secretary Dr. Harish Atram conducted a successful event.

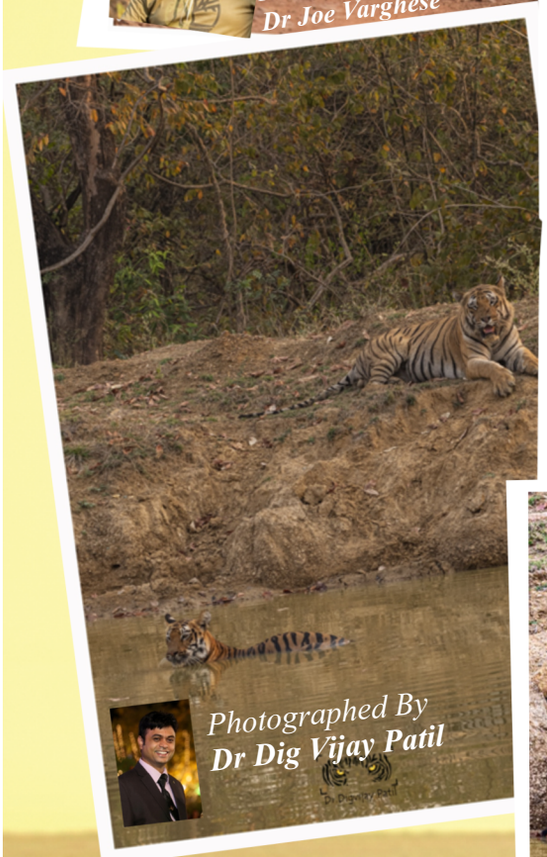
The event was a huge success with participation of 23 members of our society. The tiger trail gave an opportunity to the members to see and photograph different species found in the wild . In all 7 different tigers , 4 tiger cubs , 2 leopard, and 4 leopard cubs along with numerous Deers , Sambars and other wild species were spotted. The highlight of the event was spotting a mating tiger pair and courtship of male and female tiger.

The retreat gave the members an opportunity to connect with nature and develop a brotherhood.

Picture Courtesy : ***Dr Silju Mathew***

Photographed By
Dr Joe Varghese

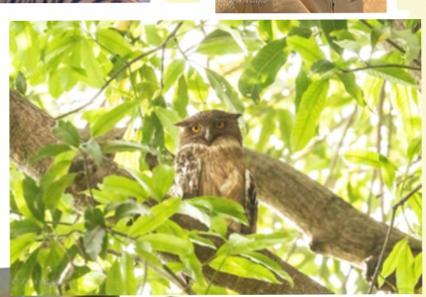
Photographed By
Dr Nalaini Mohan



Photographed By
Dr Dig Vijay Patil

Photographed By **Dr Shubhaker Rao Juvvadi**

Photographed By
Dr Silju Mathew



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(Argentina)

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Indian Orthodontic Society, Wishes

Dr Vinod Krishnan,

Trivandrum

for being Elected the Editor of

Journal of

World Federation of Orthodontics

for a Second Consecutive Term.

Dear

Dr Vinod,

You made our Society and Nation

proud with your Exemplary Achievement.

Way to Go!

God speed with your elite Venture

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* +2x U3-3 compared to original DQ bracket. ** Compared to other Damon Systems.

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Thanks to Dr Vinod for his excellent article, which he took time to compose for IOSTimes. This article is a valuable guide for authors who pursue to prepare, quality Scientific Publication of Global standards and Excellence !

Scientific publishing – 10 Pertinent questions answered

Vinod Krishnan MDS, M.Orth RCS, FDS RCS, PhD.
Professor and Head, Department of Orthodontics
Sri Sankara Dental College, Varkala, Trivandrum,
Kerala State, INDIA

Effective scientific communication, the way we describe our research findings understandable to others, is essential for all researchers. We always are convinced of our research findings and how important they will be for the scientific community. Being an iterative process, we invest a lot of time, energy, and money in research and writing, making ourselves emotionally and intimately involved with it. This deep involvement often results in a difficulty to step back and think clearly about how to present our research findings clearly and concisely understandable to even non-experts in the field. The result often is a poor presentation of data, poor quality writing, or a messy presentation including unwanted data.

The tremendous increase in scientific research globally has dramatically increased the number of submissions to all journals. In this era of fierce competition among all the excellent quality papers submitted to a journal, the editors and reviewers need to be convinced of the scientific merit of your submission to get it accepted for publication. It is disheartening to see an article rejected by an editor or reviewer, even if it has a good idea but is poorly communicated. Every researcher aims for a high-impact publication, and it is a fact that manuscript rejection is common in scientific writing. These rejections should be an opportunity to learn from the mistakes committed and a path towards a smooth journey towards the following publication.

This article is a compilation of answers to the ten most common questions every researcher poses in their early career of publishing scientific papers.

Q1. Where should I publish my research paper?

The selection of a journal to publish your valuable scientific work should be made with great care. Considering the type of article (original research, review, case series, or other forms of scientific communication) and the journal's publishing agenda, one should shortlist prospective journals. It is important to visit the journal home page and read the instructions to the authors of that journal before beginning the submission process. This will help you identify the journal's scope, whether it is broad or a specialist journal catering to a particular community. Journal home page visits will give you an idea of timelines they usually take to process the article – from initial submission to final publishing and help you identify whether the journal follows fast processing of articles submitted.

The journal you are aiming at should follow good publishing guidelines as evidenced by the publication of peer review details and providing proper guidance for submission. The journal should be a reputed one in the field as evidenced by journal rankings, measures of journal impact, and indexing in various services such as MEDLINE, SCOPUS, Web of Science, Embase, Directory of Open Access Journals (DOAJ), and the like. It is also important to check whether the journal charges for publishing your paper.

There are numerous appropriate journal finding services for identifying the right place to publish your articles, such as Elsevier journal finder, Springer journal suggester, Wiley Journal finder (Beta), JANE, Edanz journal selector, etc. It is good to visit the site www.thinkchecksubmit.org and use the checklist provided there to identify whether you have chosen the right place to submit your work. This is the best place wherein the researchers can locate trusted journals and publishers for their research. Please remember that your valuable work becomes important only when it is published through the right place, which is visible, reputed, and recognized by the peer group in the profession.

Q2. How do I identify a professional journal from a predatory publication?

Predatory journals are scam publishers that charge authors for their publications without any editorial or peer review process. They claim to be legitimate journals, maintain good-looking websites, and misrepresent their publishing practices. They are dishonest, lack transparency, and often aim to dupe researchers, especially those inexperienced in scholarly publishing. They aggressively target prospective authors through emails, advertise unrealistic timelines of publication and journal impact factor which is incorrect or cannot be verified. They do no copyediting of the manuscripts and publish articles with spelling and grammatical errors.

To identify a predatory journal from a professional journal, one must check their website thoroughly for spelling and grammatical errors and whether they ask for article processing charges even before the article gets accepted. One should conduct thorough research on journal contact information and check whether the contact information provided is legitimate and their address can be verified. We can investigate the editorial composition of the journal for its diversity and editors' professional institution profile, LinkedIn, or ResearchGate information. Always check if the journal is a member of the Committee on Publication Ethics (COPE), DOAJ, Open Access Scholarly Publishing Association (OASPA), or Scientific Technical and Medical (STM) publishers. Reading through the past issues of the journal and checking whether the articles published are accurate to the journals advertised specialty areas is another method of identifying predatory publications. The list of common predatory journals is available in Cabell's predatory reports, and stop predatory journals, and a check on predatory journals can be made through either Journal Evaluation Tool or Think. Check. Submit (www.thinkchecksubmit.org) websites.

One main prevailing confusion is the difference between open access and predatory journals. Open access publishing allows publishing scientific research available for anybody who wishes to read it. In this model, either the author or institution pays the article publishing charges (APC). An exploitative model of open access publishing is predatory publishing, wherein they are aiming at money alone. It is to be remembered that professional open access journals collect charges only after the peer review process when the article is accepted for publication.

Some people believe that publishing a paper in any journal is better than publishing no paper, but it is not valid. As a scholar, your legacy rests in your publications, and you should always aim to publish in high-quality journals which do not harm your curriculum vitae. Publishing in predatory journals will receive no citation, no recognition, and will stop metrics such as h-index, which adds value to your scholar status.

Q3. Is there any difference between publishing in a subscription journal and open access journal? And why do some journals ask for publication charges while others are free to publish?

The one method of retrieving the cost of academic publishing is through the subscription fees charged to institutions and libraries to receive individual journals. This is the subscription model, and as an author, you do have to pay a fee to publish the paper in a subscription journal. Organization-owned journals often pay printing and publishing charges, out of their membership fee, to the publisher helping authors to publish their work free of cost in their journal, which is also categorized under the subscription model of publishing.

Open-access publishing model allows publishing papers that are free to read by anyone. The funding for publishing is often received from either authors, institutions, funding organizations, or sometimes from the organizations who own the journal. This model makes the articles easy to access by anyone interested in reading them irrespective of whether they are subscribed to the journal or a member of the organization who owns the journal.

Q4. How important is indexing and impact factor for a journal I intend to publish my article?

These are the measures of reflection of the quality of a journal. The journal, which holds indexing to various sources such as MEDLINE, SCOPUS, Web of Science, Embase, DOAJ and the like, is of higher quality than non-indexed journals. Indexing services usually provide a database of scientific journals with a good track record of maintaining ethics and quality in terms of publishing. These databases are made searchable for articles using medical subject headings (MeSH) keywords.

Journal metrics are used to measure, compare, and rank research and scholarly publications and allow the authors to compare research publications to which they intend to submit their valuable work. The original citation impact metric is developed by Thompson Reuter's Journal Citation Reports (JCR) in the 1950s and is popularly known as Journal Impact Factor (JIF) or Impact Factor (IF). The data for calculating JIF or IF is obtained from the Web of Science indexing service managed by Clarivate Analytics. There are other newly introduced metrics which is getting popular such as CiteScore metrics calculated from the data in SCOPUS, SCImago Journal Rank (SJR), and Source Normalized Impact per Paper (SNIP).

Each journal ranking metric uses its own formula to determine the rank for the journal and calculates it with the number of times the published articles are cited within a particular year range, usually between 2-5 years. The higher the number of citations received by the journal for the articles published, the higher will be its impact factor and position in ranking in a particular subject area. With SCImago ranking, journals within each subject category are divided into four quartiles with Q1 occupied by the top 25% journals in the list, Q2 by 25-50% in the group, Q3 by 50-75%, and Q4 by journals in the range of 75-100%.

We all aim at publishing as many papers as possible in the best journals in our field. In research publishing 'aiming high" means publishing in a journal holding a high impact factor. Indexing and journal metrics will help decide the perfect journal to which your work should be submitted. It is to be remembered that the competition for space in high-impact journals is intense, and the rejection rates for these journals will be very high. Most of these journals will return the manuscript without a peer review (desk rejection) if they find a minor flaw in methodology or the manuscript submission process. Considering these factors, journal selection is crucial even before writing your manuscript.

Q5. How important is it to follow the instructions to the authors of the target journal before manuscript submission?

Every journal publishes author instructions covering important topics of journal purpose, scope, policies, manuscript preparation guidelines (formatting guidelines for the title page, abstract, manuscript text, references, tables, quality of figures, and the mandatory submission forms), and the manuscript submission process. Journal editors develop these instructions to process the manuscript efficiently and in a timely fashion.

Top scholarly journals receive many submissions daily, which are initially screened by the editorial staff (journal manager) before they are transferred to the editor-in-chief for further processing. The journal manager's first task is to check whether the manuscript contains all the necessary elements required by the journal. If anything is found missing, the article will be either sent back to the authors for resubmission, or it will be rejected. Most high-impact journals publish the statement – "The journal reserves right to reject the manuscript that does not adhere to instructions to authors" – to justify their act of rejecting articles that do not adhere to guidelines.

Most journals have fixed criteria for the manuscript's type, length, format, and style, which are accepted for peer review. Adhering to instructions will avoid unnecessary delays in the publication cycle. Carefully preparing your manuscript according to the journal's scope and requirements demonstrate that you value the time and effort of journal editors, reviewers, and staff. More importantly, you value your work.

Q6. I have followed the instructions to the authors of the journal and submitted all the necessary files, but my manuscript got rejected. What could be the possible reasons for it?

When you have spent a lot of your time, energy, and effort preparing a manuscript, having it rejected will hurt. Even after following instructions to authors properly, some articles fail to succeed in technical screening because of suggested elements of plagiarism, quality of language not suitable for peer review, low-quality figures, and incomplete tables or too many tables and figures or due to some missing elements such as conflict of interest statement or funding information. Once it passes the technical check, the editor-in-chief will evaluate the paper for its interest or value for the journal readership and the significance of the research topic in the current period. The submission will likely be rejected if the paper's findings are incremental or do not advance the field and are of low interest to the journal audience.

The article must contain a clear hypothesis, and vague, poorly formulated idea which is not relevant to the research area can lead to rejection of the manuscript. Methodological issues are considered significant flaws. The usual ones are lack of proper control group or other comparison metrics, non-conformity with recognized methodology or procedures, and research protocols or improper statistics with the data generated. Minor flaws such as improper labeling and not providing proper legends for figures and tables should be avoided while submitting the manuscript. While discussing the research findings, it is essential not to overlook other important works in the field. The authors should not be over-ambitious with their research results, leading to improper interpretation of results or even flawed conclusions. The arguments made in the discussion should be logical, structured, valid, and adequately support the conclusions reached by the research.

Sometimes rejection may be due to other factors out of the authors' control, such as the number of submissions received by the journal. The journal might have received a manuscript on the same topic earlier, which will be

undergoing the review process, space constraints, peer review quality, etc. However, authors must ensure that their manuscript is error-free and meets the high publishing standards before submitting it to a high-impact factor journal.

Q7. How do I check for plagiarism before submitting a journal article? And I have a figure/table included in one of my previous publications to be used in my new submission. Will it be considered self-plagiarism?

Plagiarism refers to the appropriation of another person's ideas, processes, results, or words without giving appropriate credit. It is considered a serious academic and intellectual offense and can lead to article retraction from published sources and negatively impact one's credibility and reputation. Plagiarism can be intentional, in which the plagiarist borrows someone else's work without sufficient acknowledgment, or unintentional, in which the plagiarist has no skills to avoid it. Young and inexperienced authors might commit plagiarism without knowing its consequences or a lack of awareness of appropriate referencing. Whether intentional or unintentional, the plagiarist is not excused by the scientific community because he is doing the act of stealing others' work. Paraphrasing your content, using quotations, and citing appropriate sources without fail are simple methods to avoid plagiarism. Various plagiarism detection tools are available online to help assess the percentage of similarity the current submission holds with the previous publications. There are paid ones such as iTheticate, Plagscan online or free versions such as plagiarism checker, Grammarly, Copyscape, Turnitin, Copyleaks, and Dupli checker plagiarism to name a few.

Publication ethics demands that anything we take from any other source, be it our own, must be appropriately cited. Self-plagiarism is stealing from oneself. It is most common in the methods section, wherein it is hard to avoid repeating standard techniques routinely followed in the research. Sometimes authors even use figures and tables from their previous research papers without acknowledging the source to substantiate research findings in the current submission. These sorts of acts can cause copyright infringement. While publishing the article, most publishing companies will ask the authors to sign a copyright agreement. Failure to adhere to this agreement, such as republishing the work or parts without the publisher's consent or proper citation to the original work, is considered a serious offense. If you intend to re-use even one figure from your previous submission, obtaining a copyright clearance certificate from the original publisher is good. It is good to disclose to the editor the previously published material in the present submission to avoid unnecessary problems. To avoid unintentionally plagiarizing, it is always better that you do not cut and paste from your previous publications but write it as a new one. It is essential to paraphrase or rephrase sentences wherever you feel that you are re-using previous content.

Q8. I have a successful manuscript in the peer-review process, and the editor has suggested major/minor revision. What should I consider while submitting the revised version of the manuscript?

When an editor sends a manuscript back for revision after peer-review, it is an opportunity to improve your manuscript. It is a crucial step in making the manuscript suitable, strong enough, and appropriate for the journal. The letter from the editor will usually contain reviewer reports and instructions on how to return the revised version of the manuscript, including the methods to highlight changes made. While preparing a response to the reviewers', It is an excellent gesture to thank the reviewers and editors for their time and comments. A polite, professional way of responding to the reviewers' comments, even if you feel that the reviewers were unreasonable and rude, should be practiced.

It is important to consider each comment from the reviewer and modify the manuscript accordingly. Even if it is a spelling revision, the changes made in the manuscript should be highlighted and outlined in response to the reviewer's letter. Please remember that if the reviewer/s are confused about a particular portion of the manuscript, it is equally likely that the readers will be confused too. This requires adjustments in the manuscript to address their concerns and not be stubborn and refuse to make any changes. In some instances, reviewers recommend doing additional experiments or gathering more data to make the manuscript strong enough for the journal. If you feel it is a reasonable request, do not hesitate but do them and include them in the revision. But if you think that the additional experiments are unnecessary, politely explain the situation.

An example of a response to the reviewer's letter is provided below for reference.

Reviewer 1 Comment 1: Sample size calculation is not provided

Response to Reviewer 1 Comment 1: We thank the reviewer for pointing out this important problem. We have provided sample size calculation in the revised version of the manuscript. Please see lines 4-6 of the first paragraph under the materials and methods section of the manuscript.

It is important not to ignore editorial office comments while revising the manuscript. The comments can range from formatting the manuscript and references, quality of graphics, or more important scientific issues such as error analysis, justification of methodology, and calibration of experiments. The goal of revising a manuscript is to make the editors, reviewers, readers, and yourself happy and have a good quality, valid publication that can advance the science to the next level.

Q9. One significant comment received for my manuscript was revising the English language used. I have corrected the drafts several times by myself. Is it enough before submitting the revised manuscript?

The language, structure, and tables should be good enough so that the peer reviewers are communicated with the right message you intend to convey. It is always a good idea to make your manuscript check with a reliable person because the second pair of eyes can pick up any errors that you have missed. If you are not confident enough with your language and presentation, do not hesitate to take professional help from most publishing companies such as Elsevier, Wiley, Springer, etc.

Q10. I have published a scientific article. How do I promote my work keeping copyright and ethical integrity?

Measuring the success of your paper depends on how frequently it is downloaded or how many citations it has received. Typically, it takes a larger time to realize the value of a scientific publication, but the fact is that a paper that is promoted through various means will reach a large audience within a shorter period than the one which is not.

In this era of promotion, your published work's true value and impact can be significantly enhanced if you use your network correctly. Most publishers will provide advice and go to great lengths to raise awareness of your paper. They usually send out the table of contents with a hyperlink or QR code to the prospective readers through which they can access the article directly. Some publishers even provide free full-text access to the articles to the authors for a specific period so that they can be disseminated among friends and peer groups. These links can be shared through social media websites such as Facebook, Twitter, and Instagram to reach more people. If your institution has a press office, you can approach for advice on how to promote your paper. It is good to mention your paper at conferences and seminars and highlight it on the research group/institution website. While promoting the articles, make sure that you do not infringe on copyright agreements or resort to unethical ways of gathering citations, which can bring down your reputation as a scientific researcher.

Publication of valuable scientific work is required for the growth of a profession. A journal publication represents that one research has come to some conclusion which could be helpful to others. Publishing articles gives one recognition, discoverability, a better career, and funding opportunities at the individual level. There might be a sense of achievement while you get a letter of acceptance from a reputed peer-reviewed journal, but the main point is the value of your contribution towards the growth of your specialty.

IOS Student Members Talent Hunt Essay Competition on "Time Travel into the Past, of any Orthodontic Era of Your Choice"

IOSTimes conducted a talent hunt among our Student Members. We called for an interesting Essay Competition, where the IOS Student member opens up their imagination with scientific knowledge to pen a composition of "Time Travel into the past of any Orthodontic Era of Your Choice" . We received around 30 + excellent essays. But we are unable to publish them all. We had presented the 3 Best Essays, in this issue.

1st BEST ESSAY SUBMISSION

DR. RENU JAGAN

SLM NO: 11081
College: Annoor Dental College And Hospital
Hod: Prof. Dr. Gopikrishnan S.
Phone Number: 9562097922

"WHEN I MET DR. BEGG"

"I woke up to the chirpings of birds with bright sunlight through the leaves glazing into my eyes. The only thing I remember was flipping the pages of Systemized Orthodontic Treatment Mechanics by MBT. Where am I? I gazed around to see children who were wearing tight fit blazers, knee-length trousers that is accompanied by ankle socks and canvas shoes, playing around, with their mothers whom I would say, looked like they were illustrations of modesty.

I asked a girl who came near me to pick a ball that she was playing with. "Child, where am I, and which year is it?" I was certain that I was "lost in time" because, whatever I saw did not match with 2022. To my astonishment, she replied "Ma'am, you are in Adelaide and this is 1928 November 4th". Without much dawdle she ran to her mother thinking that I might be a pure case of "hysteria".

I slowly got up, and started walking through the streets. Being a cent percent budding orthodontist, my eyes got locked up at those radiant beautiful "metallic smile" that most teenagers had. Beyond doubt, it was the era of "DR. RAYMOND BEGG". Local stores were filled with newspapers and pamphlets, titled "fast and easy treatment for your child's crooked teeth", promoting the Begg's technique.

It is unquestionable that, I would not miss an opportunity to meet Dr. Begg at any cost. So, I caught hold of a pamphlet flying nearby, and rushed to the address given on it, although it was a herculean task. The waiting room was filled with teenagers, most of them with the banded brackets (invention of acid etching took place in 1955) and some kids with malaligned teeth. Pictures and caricatures depicting the transformation of many crowded and proclined teeth to beautiful smiles were hung on the walls.

While waiting for my opportunity to meet Dr. Begg, I happened to hear a conversation between a mother and a girl, who would have been 15 years or so. Mother asked the girl "Are you not happy about the results of the treatment, how your smile looks now?" for which the child uttered "Mother, it is better than before, but it has been just 3 months since I removed the braces, but I feel my teeth is coming back to its original position somehow. I just want to ask Dr. Begg regarding this."

I figured out that, these might be the reasons why Dr. Begg came up with the "Dr. Begg's concept of normal occlusion on his studies of skull and dentition of Australian Aboriginals- the Theory of Attritional Occlusion" and gave justification for extraction of premolars as a method of gaining space, because of the lack of attrition due to regular refined diet that we have.

With a serious stare, the receptionist called out for me. I entered the treatment room which was well lit. Little did I know, that the same lightings were used to treat the patients intraorally. A brown dental chair strangely upright, with double padded headrest, wooden hand rest and a metallic footrest. Adjacent to the chair sat an elegantly dressed man who wore a well pressed tux, none other than Dr. Begg himself. He peered at me with suspicion, because of my strange outfit.

"Sir, you would not believe if I said where I come from" I said. I was anticipating a negative response, but to my surprise he said "Let's hear it". I continued and said "Sir, I am from the year 2022, and I don't have much idea how I ended up back in 1928." I also mentioned that I am an orthodontic student for which he enquired about the system that is being followed in the 2022. I said "Sir, we use a preadjusted edgewise appliance, where the brackets were fully programmed and the tip and torque appropriate to the teeth were incorporated into the specific brackets. We do not use auxiliaries,

springs and bends on the wire. We use flexible wires made up of Nickle- titanium alloys in the initial stages and step up to heavier stable stainless-steel wires."

Every word I mentioned made Dr. Begg curious like a little kid. I continued by saying "There are newer inventions where the brackets are invisible and we even use tiny screws called "temporary anchorage devices" which do wonders to the facial esthetics. We also use "self-ligating system", where we do not have to ligate every bracket to the archwire and to a great extend avoid the need for extractions". I also stated that we learned a lot from the technique that Dr. Begg proposed, for which he gestured with a contented smile.

Suddenly I could hear my roommate's sound in my ears, yelling at me, asking to wake up. I opened my eyes, realizing everything that I saw was just a dream, maybe a side effect of sleeping on top of my text book. I smiled and quickly started to get ready for my college.

In my opinion, even if I had an opportunity to go back into the past, I would not change anything. Because, rather than the end result of a journey, what teaches us more is the essence of the journey, and what made Orthodontics today, a beautiful science that recreates what God created.

2nd BEST ESSAY SUBMISSION

DR. YASH SALKAR
SLM No: 11029
College: Manav Rachna Dental College
HOD: Dr. Nitin Arora
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The restless confidence of a genius mind

"To arrive at a just estimate of a renowned man's character one must judge it by the standards of his time, not ours."
-Mark Twain, Personal Recollections of Joan of Arc, 1896.

Dr. Yash Salkar

The town of St. Louis, Missouri, USA, was experiencing a volatile era of rise in the early 1900s as the primal portal to growth in the west for the nascent nation of the United States of America. The Louisiana Purchase, commonly known as the 1904 World's Fair in St. Louis, was the event's star appeal. The captivating spectacle, which featured revolutionary technologies as well as several other showcases of art, science, and hope for a brighter future, attracted about 200 lakh visitors to the town, which was beginning to resemble a metropolis. This thrust St. Louis into the global limelight and with it, Dr. Edward Angle and the birth of modern Orthodontics.

At this time, Angle formed his school and sought the independence of Orthodontia as a unique and distinct branch of dentistry. The school was conceived during a meeting with the National Dental Association in Niagara Falls in the summer of 1899. Angle had been teaching orthodontia for some years at four different institutions, but his efforts to persuade dental schools to create a distinct department for orthodontics had been fruitless. Henry E. Lindas, Thomas B. Mercer, Herbert A. Pullen, and Milton A. Watson contacted Angle at the Niagara Falls meeting and asked

him to teach them orthodontics in St. Louis for three weeks. In 1900, the course was repeated, with the original four students serving as instructors for seven additional pupils. This year, the participants of the class formed a society called "The Society of Orthodontists," little knowing that it would eventually be renamed to the American Association of Orthodontists, as it is known today. His programme offered two sessions per year and drew students from all over the world to St. Louis to study under the "world's top" clinical Orthodontist. Cecil C. Steiner, Spencer Atkinson, and George W. Hahn, among others, graduated from this class and went on to teach as professors. A. Oppenheim, Allen Brodie, Percival Raymond Begg, Charles Tweed, Holly Broadbent sr, and Martin Dewey are among the notable alumni of this elite school.

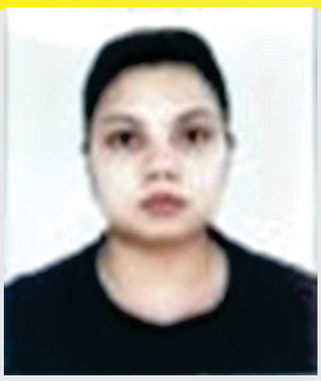
In the early 1900s, Dr. Edward Hartley Angle was the face of the orthodontic community. His persona was what people saw when they thought of Orthodontic therapy. Angle had an uncontrollable need to defend himself when questioned and this nature would serve the postgraduates of todays time well when it comes to the final year grand viva! Although during the era of Angle it only served as a red herring to what the nature of his fiery and hot-tempered personality was. Angle had reached such a height that – whether his contemporaries and the general public liked the man or not, they were forced to respect what he had achieved. The face of Orthodontia! One of Angle's more glaring weaknesses was his relapse occasionally into verbal abuse, a run-of-the-mill outspokenness among the educated and privileged of his time. It was a more benign detriment than the hardcore racial and religious bigotry that was malignantly expressed in society later in the 20th century. You can imagine what picture this painted for the orthodontic community. What were the pros to an orthodontic treatment if the "world's greatest" clinical orthodontist was a rude and foul-mouthed fellow? There was actually a quote in Angle's missives by his friend F. Noyes. They stated that when Angle had presented a paper in front of a scientific society and one of the members had cross questioned his ideas with questions with an academician's wit and guile, Angle could not answer them. All he did was cuss at the poor questioner who invariably must've felt as if he had unwittingly walked onto a garden rake and also called him "A god damned fool!". I imagine that is what the largely uneducated American people of the time thought as well. What you see is what you get! Scientific evidences are not the concern of the general populace. They would only hope to get their teeth fixed with some love and care. The astounding fragment to be given importance in this whole shenanigan was that Orthodontics not only survived but grew in popularity and thrived until it earned a seat as an independent branch of dentistry! Such was the work that was being done by the "Father of Modern Orthodontics".

We witness in Edward H. Angle a self-made individual who was appreciated by his opponents and competitors irrespective of his opinions. This is the picture he painted, and this is how the general public perceived Orthodontics. Powerful, precise, and unabashed, and ringing a large metal bell! Orthodontics made a name for itself in post-Victorian America.

"What is there about this man Angle that enables him to take you ordinary guys, who were just mediocre students, and just average dentists and make you over into men full of enthusiasm and energy and eager to work?" – Edward C Kirk.

This was the defining era of Orthodontics. This was the era of Angle.

3rd BEST ESSAY SUBMISSION



DR PRERNA TODI and TEAM
DR NIHARIKA SAHA
DR AYUSHI GAUTAM
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TIME TRAVEL INTO THE PAST

"Looking back so that the view looking forward is even clearer"
Let's WONDER, WANDER AND REPEAT to a golden era of orthodontics, the TWEED'S ERA.

June 24, 1895 – January 11, 1970) was an American orthodontist

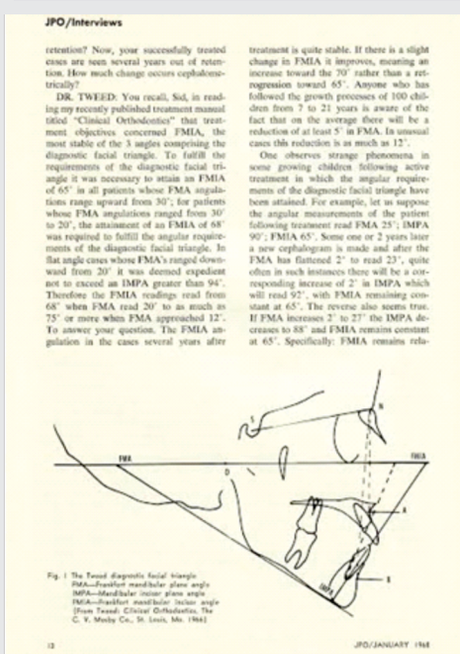
Let us start our time machine, fasten your seat belts for a magical and a knowledge rich experience

Tweed's Facial Triangle was given by Charles Tweed in 1954

Dr. Charles H. Tweed

challenges they take up in their life just like the life of Charles Tweed. In few of his patients he could not create facial balance and thus got frustrated and began to analyse older patient records. For the next 4 years, he spent half of his time analysing the dental cast, photographs and the x-ray of the patients he had treated till that time which takes a lot of courage but that was the golden era in orthodontics where great researchers like him existed and that is the reason why orthodontics is so evolved today

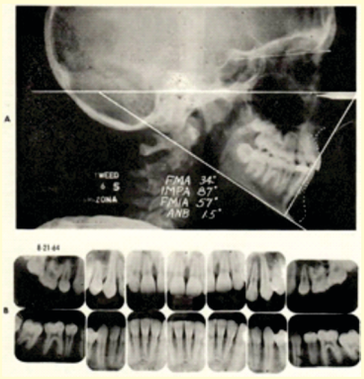
Charles Tweed was born in 1895 in Phoenix Arizona. He did undergraduate work at Stanford University. Tweed graduated from the University of California in 1919 with a D.D.S. He soon moved to St. Louis, Missouri, to study at the Angle's School of Orthodontia. Edward Angle, who founded the school, was one of the seminal figures in the emerging field of orthodontics.


JPO/Interviews

retention? Now, your successfully treated cases are seen several years out of retention. How much change occurs cephalometrically?

DR. TWEED: You recall, Sid, in reading my recently published treatment manual titled "Clinical Orthodontics" that treatment objectives concerned FMIA, the most stable of the 3 angles comprising the diagnostic facial triangle. To fulfill the requirements of the diagnostic facial triangle it was necessary to attain an FMIA of 65° in all patients whose FMA angulations range upward from 30°; for patients whose FMA angulations ranged from 30° to 20°, the attainment of an FMIA of 68° was required to fulfill the angular requirements of the diagnostic facial triangle. In flat angle cases whose FMA's ranged downward from 20° it was deemed expedient not to exceed an IMPA greater than 94°. Therefore the FMIA readings read from 68° when FMA read 20° to as much as 75° or more when FMA approached 12°. To answer your question. The FMIA angulation in the cases several years after treatment is quite stable. If there is a slight change in FMIA it improves, meaning an increase toward the 70° rather than a retrogression toward 65°. Anyone who has followed the growth processes of 100 children from 7 to 21 years is aware of the fact that on the average there will be a reduction of at least 5° in FMA. In unusual cases this reduction is as much as 12°.

One observes strange phenomena in some growing children following active treatment in which the angular requirements of the diagnostic facial triangle have been attained. For example, let us suppose the angular measurements of the patient following treatment read FMA 25°; IMPA 90°; FMIA 65°. Some one or 2 years later a new cephalogram is made and after the FMA has flattened 2° to read 23°, quite often in such instances there will be a corresponding increase of 2° in IMPA which will read 92°, with FMIA remaining constant at 65°. The reverse also seems true. If FMA increases 2° to 27° the IMPA decreases to 88° and FMIA remains constant at 65°. Specifically: FMIA remains rela-



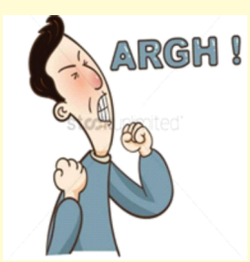
Charles Tweed is the source of learning for the people reflecting that one should not be disheartened with the failures in their life. Even though he was a great orthodontist, he was not granted admission in Angle's school of orthodontics in year 1925. He didn't lose hope and tried again and again, and finally could manage to get into his famous Angle's school of orthodontics.

'36 ORTHODONTISTS MEET FOR INSTRUCTION AT THE FIRST SESSION IN 1941'

The edgewise appliance was the last in a long line of inventions by Edward H. Angle.

Angle decided that since a tooth could only be moved in 3 planes of space, all the necessary forces could be incorporated into the arch wire. With that thought in his mind, he designed the edgewise appliance and decided that an article describing the appliance must be published. He chose the journal Dental Cosmos. Tweed had just finished the Angle course and because Angle admired and respected Tweed's abilities, Angle asked Tweed and Glen Terwilliger to help with the article. For 7 weeks, they worked together, and in the process, became close friends.

For the next 2 years, the 2 men worked together closely. Tweed made progress records of his patients every 4 months and took the records by train to Pasadena, California, where Angle studied them and outlined a treatment plan for the next 4 months. Angle was pleased with Tweed's results, and he was instrumental in getting Tweed invited to lecture at several orthodontic meetings. During these 2 years, in more than 100 letters now housed in the Tweed Memorial library, Angle urged his young disciple to carry out 2 vital requests: (1) make every effort to establish orthodontics as a specialty within the dental profession, and (2) dedicate his life to the development of the edgewise appliance.



Tweeds professional journey was a rocky start

In 1932, Tweed had his first article published in the Angle's Orthodontics. It was entitled "Reports of Cases".

Tweed held to Angle's firm conviction that one must never extract teeth. This conviction lasted for 3 years.

In 1936, Tweed delivered a lecture on the extraction of teeth to the membership of the Angle Society. "M Angle (Angle's wife, Anna Hopkins Angle), the editor of the Angle Orthodontist and a member of the Angle Society refused to attend the lecture. George Hahn, the man who went out of his way to create the opportunity for Tweed to take the Angle course, criticized him severely. Angle's disciples considered Charles Tweed to be a traitor to the greatest man orthodontics had ever known. Tweed was crushed by the response, but he returned home determined to continue his research and he was a strong man he never loosed hope.

He worked even harder than before. By 1940, he had produced case reports, with 4 sets of records, of 100 consecutively treated patients who were first treated with the non-extraction method and later with extraction of first four premolars. He managed to get himself on the program of the 1940 Angle Society meeting in Chicago, where he would present a paper and display his case reports.

TWEED FOUNDATION

Tweed decided to form a study club. His first "course" was held as a study club meeting in 1941. Thirty-six orthodontists met for instruction at the first session. The first week of their session was devoted to instruction for newly interested orthodontists, and the second week to a seminar for the original group. It was a meeting in 1947 that the group proposed the founding of the Charles H. Tweed Foundation for Orthodontic Research. Angle gave orthodontics the edgewise bracket, but Tweed gave orthodontists a way to use it. Still the course is live every year. The Tweed Study Course is an intensive seven-day experience in advanced edgewise mechanics, differential diagnosis, and the Tweed/Merrifield force system.

Our beloved Professor Dr. Neal Bharat Kedia also attended the course

Thus, he is a great man to be remembered for the work he has done in the field of Orthodontics and his contribution is markable. Now the time machine has reached its origin form where we have started and hope you got some interesting facts about an era or we can say Tweed's era.

Ending with this take back lesson

''IT ALWAYS SEEMS IMPOSSIBLE UNTIL ITS DONE.''

We wish to Congratulate every Student Member-Author who had submitted wonderful compositions. But we could only present the best 3 essays selected by our Editorial Committee. We shall try to add your submissions in future issue. Meanwhile we appreciate your spirit and enthusiasm.

We would like to honor you all by enlisting your names and Colleges

Dr Agrima Thakur
Army College Of Dental Sciences,
Secunderabad, Telangana

Dr U S Ram Vibakar Raj
Ragas Dental College,
Chennai

Dr. Gunjan Kaushik
Maharana Pratap College of
Dentistry and Research Centre, Gwalior

Dr. Hita Rangarajan
Sri Ramachandra Institute of
Higher Education and Research, chennai

Dr Harini Abilasha. K
Ragas Dental College,
Chennai

Dr. Riddhi Mehra
VK Institute of Dental Sciences
Kaher

Dr Marna. Anil Kumar
Vishnu Dental College

Dr.Abhinaya Jotheswaran
Rajah Muthiah Dental College
& Hospital, Annamalai University

Dr Mufti Sheheer ul Hassan
NIMS Dental College and Hospital

Dr. Priyanka Jain
Al-Badar Dental College & Hospital
Kalaburagi

Dr Bhogi Akhil Kumar
Vishnu Dental College

Dr Sonu Danish
Ragas Dental College,
Chennai

20 YEARS

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25th IOS National PG Students Convention Mangaluru

"Glorious Past Empowering The Future"

HOST
A. J. Institute of Dental Sciences

Pre Conference Courses

Table Clinic

Paper Presentation

Poster Presentation

Table Clinic

Workshop

25 IOS
PG STUDENTS CONVENTION
MANGALURU
GLORIOUS PAST, EMPOWERING THE FUTURE

OFFLINE EVENT

Date: 28th April - 01st May 2022

Venue: A. J. Institute Of Dental Sciences,
A. J. Campus, NH66, Kuntikana, Mangaluru.

www.25iospgconvention.com

SCIENTIFIC SCHEDULE

DAY 1 (28.04.2022)

Venue :
A. J. Institute of Medical Sciences Complex

A) Post Graduates Papers, Posters and Table Clinic.

B) Pre-Conference Courses.

C) Quiz (Preliminary Round).

D) Trade Exhibition.

DAY 2 (29.04.2022)

Venue :
A. J. Institute of Medical Sciences Complex

A) Post Graduates Papers, Posters and Table Clinic.

B) Pre-Conference Courses.

C) Quiz (Final Round).

D) Trade Exhibition.

DAY 3 (30.04.2022)

Venue :
A. J. Auditorium, A. J. Institute of Medical Sciences Complex

A) Invited Guest Lectures.

B) Oration Lecture.

C) Trade Exhibition.

D) Inaugural Ceremony.

E) Gala Banquet.

DAY 4 (01.05.2022)

Venue :
A. J. Auditorium, A. J. Institute of Medical Sciences Complex

A) Invited Guest Lectures.

B) Trade Exhibition.

C) Valedictory Function.

Kindly Note :
All the Delegates presenting papers / posters / table clinics & registering for pre conference courses kindly note that, the Organising committee shall ensure that there shall be no overlapping between the presentations & courses one wishes to attend & shall be scheduled accordingly.

www.25iospgconvention.com

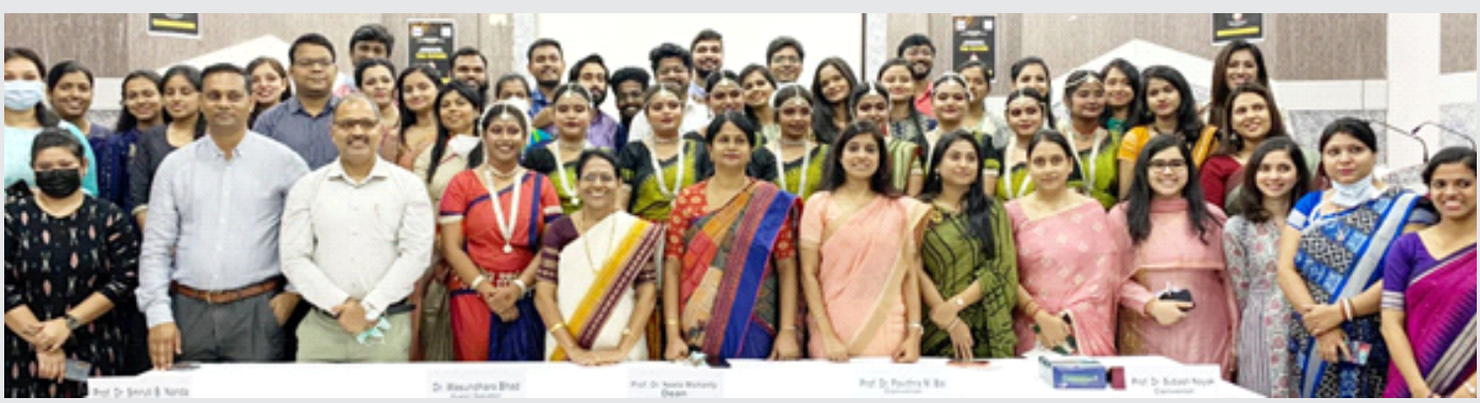
Study Group Activities

Bhubaneshwar Orthodontic Study Group

Prof. Dr. Wasundhara Bhad,
Lectures for BHOSG on Women's Day Celebration

March 8th 2022

The third programme of BhOSG with Prof. Dr. Wasundhara Bhad Mam as the Chief guest and Guest Speaker. Special thanks to our Dean Prof. Dr. Neeta Mohanty Mam for her unstinted support in organising the event in our Institute . Thanks to our judges Prof. Dr. Nivedita Sahoo, Prof. Dr. Mitali Mishra , Prof. Dr. Sumita Mishra and Dr. Monalisa Das for their valuable time . Thanks to our HOD Dr. Smruti Sir , seniors , colleagues , Post graduate students and interns for the hard work and contribution. Dr. Saibalini Pani and Dr. Nitu Gautam thanks for arranging the event so meticulously.



International Women's Day Interview

Of Prof. Dr. Wasundhara Bhad by Dr. Swati Acharya

1. What barriers did you face, as a woman to becoming successful in the field of Orthodontics?

I just don't know what successful means but as a woman in the field of Orthodontics I still have a lot to work for. We as girl students were in majority during UG and PG studies. During my post graduation in 1987 we three and seniors were girls. My guide was madam Pushpa Hazarey and all senior male teachers were our Guru's for whom I have deep respect and the entire working was like a Gurukul.

2. What main change you want to see for young female orthodontist in the next generation?

Be focused ,you as female Orthodontist are lucky ones who can very well balance profession and home .As an Orthodontist we can be an academician, researchers and an excellent practitioner with fixed working hours but at no cost give up the profession. Hoping to see majority female orthodontist , as office bearers of IOS.

3. If you could give one piece of advice to your younger self, what would that be?

Work is worship. Your honest work to the best of knowledge you have will pay in long run .Try to update and increase your knowledge day by day and be at par with the contemporary world ,for which age & gender is no bar.

We females are known as multitasker, that's our identity so beautifully balance your family and profession, do not compromise your values while handling both responsibilities. It's not that easy, have patience and faith in yourself.

4. Who is your biggest influence?

My Mother..my inspiration and strength. She was in IXth standard when she got married, did her BA. , MA. , MEd and PhD at the later age, earning learning and taking care of family of five kids. I being the eldest was a part of her turbulent rough journey both giving strength to each other.

In profession I have a deep respect and gratitude for my guide madam Pushpa Hazarey , a disciplined academician who made us strive towards perfection. Since 1987, I was highly influenced by the stalwarts visiting our department Dr. Naishadh Parikh, Dr. K.K.Mistry, Dr.Wadkar, Dr. Bhaktani, Dr.Kharbanda, Dr. Sable ,Dr.M.K.Prakash and Dr.Vijay Jayde sir from whom I have learnt a lot .

5. Why did you want to be an orthodontist?

No, I never aimed for Orthodontics. When I passed BDS in 1982, completed my clinical assistantship, got married and I just went on applying for PG every year. That time PG admission was on the basis of marks in a particular subject and in 1987 I got my dream branch Orthodontics.

Your favorite areas of interest in Orthodontics

Management of malocclusions in growing children, Cleft lip &palate, Growth modulation, Functional Jaw Orthopedics, Sleep Apnea, Accelerated Orthodontics, Bio Engineering applications, Teaching and Research.

With sincere hard work and dedication I have reached so far. The journey was not anytime smooth and had to keep patience for years. An example, I was denied the post of Dean of my institution inspite of my seniority as a faculty as I was by-passed probably due to bias.

Thanks a lot Dr Swati and the entire team of IOS for this exclusive International Women's Day interview .

The Chandigarh Orthodontic Study Group's Orthodontic Awareness Drive

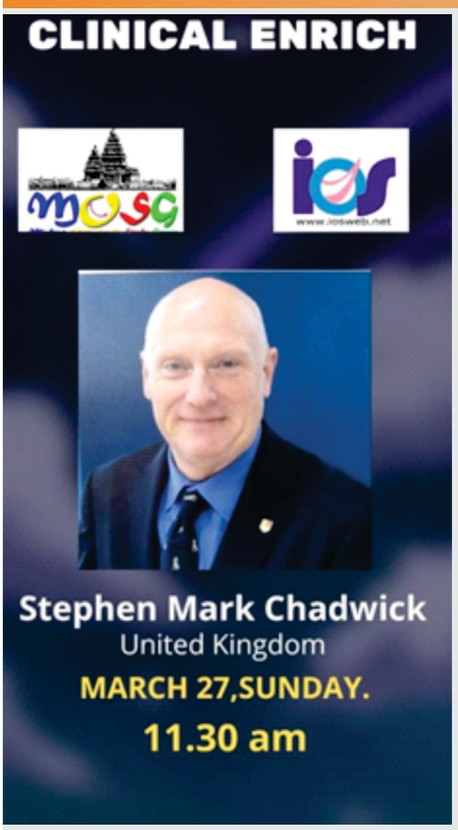
The Chandigarh Orthodontic study group did an Orthodontic Awareness drive and IOS awareness posters were released at Sukhna lake on 12th March,2012 at Chandigarh.We were honoured to have IOS President Dr Srikrishna Chalasani , Vice President Dr Sarabjeet Singh, Hon secretary Dr Sridevi Padmanabhan ,EC members Sukhdeep S Kahlon , Ankit Sikri and other eminent Orthodontist of our region Dr Deepak Gupta ,Dr Sohinderjit Singh were present for the occasion.We did lot of interaction with morning walkers and made them aware of importance of Orthodontic treatment and caution against in house aligners.

Posters related to online or DIY aligners telling about there drawbacks and the importance of showing yourself to an Orthodontist were released. The importance of an Orthodontist in diagnosis and treatment planning was emphasized to public.

Can Online aligners be substitute For braces???
YOUR ORTHODONTIST IS YOUR BEST JUDGE

Braces or Aligners?

Madras Orthodontic Study Group Presents
CLINICAL ENRICH, 27th March 2022
Dr. Stephen Mark Chadwick,UK



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 6th edition happened successfully on 27th March , 2022.

Our speaker for the 6th session is Dr. Stephen Mark Chadwick, a renowned orthodontist from United Kingdom. The topic covered was "Covid 19: Lessons from lockdown". He spoke on the implications of Covid 19 on our orthodontic practice. The session was moderated by Dr. Lodd Mahendra, Dr. Silju Mathew, Dr. Badri Thiruvenkatachari and Dr. Ajay Kubhavat. 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 260 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 (convenor)
Dr. Shahul, Dr. Dilip (Co convenors)

Madras Orthodontic Study Group Presents

MOSG Badminton Tournament

April 3rd 2022, Chennai

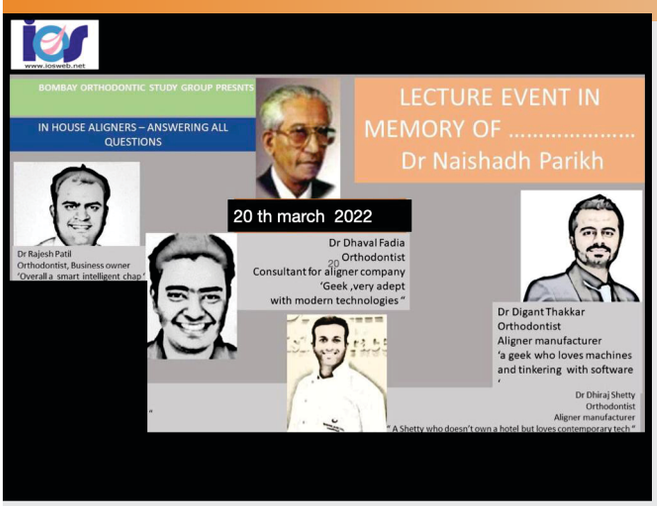
The now regular calendar event of MOSG is the Smash Away Badminton tournament which was conducted on April 3rd 2022, by the Convenors of the Madras Orthodontic Study Group was a big success with 72 participants. Both Staff and Students enthusiastically participated in this event. Credit is due to the organisers Dr. Sushil, Dr.Vivek and Dr. Vijay adith.

Senior faculty members Dr Vimala, Dr. Deepak and Dr.Arif gave away the prizes.

A football match was also organised in the venue,

Dr.Edienton (convenor)
Dr. Shahul,
Dr. Dilip (Co convenors)

Bombay Orthodontic Study Group Presents
In-house aligners-Answering all questions"
20th March 2022



Bombay orthodontic study group conducted an event on topic of "In-house aligners-Answering all questions" on 20th of March at Hotel Hilton,Mumbai.It was a houseful event with a participation of 100+ members from mumbai as well as some members from outside mumbai .This event also marked remembrance of our founder member Dr.Naishadh Parikh and remembering his contributions to IOS.Dr.Girish Karandikar our Past president IOS remembered him by sharing his experiences and interaction with him.The event started with a lecture on aligners sheets and the need of in house aligners by Dr.Rajesh Patil.Dr.Digant thakkar and Dr.Dhiraj Shetty shared their experiences and journey with in house aligners and the workflow in their practice.Dr.Dhaval Fadia had compiled a good comparison within all the software used for planning of in house aligners.Dr.Gajanan Shanbhag with help from Dr.Kyumi Sethia and Dr.Sandeep Singh convened this event.

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PG CONVENTION @MANGALURU

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FACE 2 FACE HANDS-ON WORKSHOPS

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29th April 2022 (Tuesday)

Dr Sanjay Labh

BDS, MDS,
M.Orth RCS Edinburgh
FICOI, FICD, FWFO

Time: 09AM-01PM

Take Aways:

1. **A Conversation with Dr. Sanjay Labh. Begin with the End in Mind: Torque selection, Bracket Placement, Disarticulation, Positioning & Crimping of Stop Pins - Application & Indications and 5 keys to success.**
2. "New Fixed Functional y Appliance - AdvanSync2 inc. elastics Utilization - Treating for Face Class II"
   - Dr. Sanjay Labh will give live Demo of bonding of brackets, placement of wires including Fixed Appliance Class II Corrector AdvanSync2 & All PG Students will be provided Typodonts, Wires & Brackets separately to bond at least one quadrant & experience AdvanSync2 placement on Typodonts.

Terms & Conditions:

Seats will be allotted on first come first basis.

Dr Abhisek Ghosh

BDS (Chen), MDS (Ortho)(Manipal),
M.OrthRCS (Edinburgh)
M.OrthRCS (England), M.OrthRCPS (Glasgow),
DIBO, FAGE, Diplomat - IBO

Time: 02PM-06PM

Take Aways:

1. A face to face connect with **Dr. Abhisek Ghosh for Vector TAS TAD's** Including cases with Anterior Open bite or Vertical maxillary excess, mid-treatment Cant development, Adult protrusion, Class III Skeletal Open Bite Treated Without Surgery and a Class II cases with negative overjet/overbite"
2. Treating challenging class III malocclusions and in gaining confidence when placing direct anchorage TADs into the Buccal Shelf. You will learn to rely on direct anchorage while utilizing your Damon PSL skills with Torque selection.
   - Dr Abhisek Ghosh will give live Demo on both Maxilla & Mandible Styrofoam models with Dental Alveolus for placing of Vector TAS TAD's. Each PG will be provided for hands on experience with Driver, Vector TAS TAD's to follow same on their Styrofoam models.

PG CONVENTION REGISTRATION LINK:

Team Ormco:

Zonal Sales Manager:

(North & East): J P Chamola: 9818100210;

(South & West): Rajiv Joshi: 9810644592;

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WORKSHOP CONFIRMATION LINK:

SHREE BANKEY BIHARI DENTAL COLLEGE & RESEARCH CENTER

DEPARTMENT OF ORTHODONTICS AND DENTOFACIAL ORTHOPEDICS

IOS - NATIONAL INTEGRATED TYPODONT WORKSHOP 11th -13th APRIL 2022

Dr.Srikrishna Chalasani President, IOS

Dr.Sridevi Padmanabhan Honorary Secretary, IOS

Dr. Sunanda Roychoudhury Organising Chairman, NITW

Dr. Anuj Satija Organising Secretary, NITW

KEY SPEAKERS

Dr. Puneet Batra
PG Director,
Manav Rachna Dental College, Haryana.

Dr. Maninder Sidhu
Ex- Principal, Prof. and H.O.D.,
S.G.T Dental College, Haryana

Dr. Sunanda Roychoudhury
Dean, Prof. & H.O.D.,
Shree Bankey Bihari Dental College,
Ghaziabad.

Dr. Jayesh S. Rahalkar
Professor,
Dr. D.Y. Patil Dental College & Hospital, Pune, Maharashtra.

Dr. Madhan Balasubramanian
Professor and Head, JIPMER,
Puducherry.

Dr. Suryakant Das
Associate Professor and Head,
SCB Dental College, Cuttack, Odisha.

Dr. Digant Thakkar
Private Practitioner
Silver Smile, Gujarat.

9 hours Lecture

Day 1: Standard edgewise
Day 2: PEA (MBT & segmented arch technique)
Day 3: Lingual mechanotherapy & In-house aligners

18 hours HANDS-ON

Course benefits
Orthodontic knowledge from SEA to Aligners
Clinical acumen & skill
Hands- On wire bending directly from the experts

The event is for Indian Orthodontic Society Student (SLM) and Life Members (LM) only.

	Early bird Before 10th March	Till 1st April 2022	Spot Registration
Student Members	6,300	6,800	7,000
Life Members	7,300	7,800	8,000

For more details contact:
Dr. Farhan : 6005111010
Dr. Manshi : 7830927139
Dr. Shrishti: 8800804475
Dr. Akash : 8867280508
Dr. Debarun : 8105633582
Dr. Dhanasekaran :7097989644

Registration link: https://forms.gle/qunf6wduTmppikaD6
For queries mail at: sbbdctypodontworkshop@gmail.com

Note: Accommodations are available on first come first serve basis.