

February 2020 | Volume 16 | Issue 3

Times

-As Covered By the New Editorial Committee-

The Official News Letter of Indian Orthodontic Society

SMILE 2020



IOS TIMES

SMILE 2020



Indian Orthodontic Society



HELLO
February



President's Message

Dear Respected IOS members,

The month of February saw one of the main event of the calendar year of IOS that is 24th Indian Orthodontic Society Postgraduate Students Convention 2020, at Hyderabad, a city of Nawabs, Pearls and Biryani, that pulsates with a spectacular mix of people and traditions, known for its old architecture that blends with the modern Hi Tech City. The faculty lectures were held in one single hall as envisaged by the convention founders. A galaxy of eminent academics, clinicians and researchers of national and international repute show cased their work and shared their experience with the Postgraduate students at the convention that quenched the thirst for clinical excellence and

research in Orthodontics. I thank the organisers for the spectacular show that impressed all and saw a record number of delegates for a PG Convention in IOS. I also have a Great News to share with all the members. The issues related to revival of Society registration at Vellore sub registrars office, which has been pending for the last five years has finally been resolved and we have been successful in getting the Govt order in this regard, making "IOS a legally registered Society". A great, monumental and phenomenal achievement possible by the team effort of the HO. Special thanks to Dr Sridevi the Hon Secretary and Dr Sanjay Labh, the Treasurer along with Dr Gnanashanmugham, Jt Secretary for playing an important role in completing the task in hand.

The second Executive Committee meeting held at Hyderabad saw certain big decisions being taken, presently the Research fund had a paltry amount for a prestigious society like IOS, therefore I am happy to share that a bold decision of restructuring the research fund and an allocation of additional Rs 30 Lakhs for the Research fund was unanimously approved, subject to final approval of the AGM, so that next year onwards the funds will be available for grant allotment. Thanks also to the efforts of the Research Council, the documentation procedure for Research Grant and its follow up has also been streamlined and made transparent. The various member benefit programs announced in the vision document has received an overwhelming support by the members. I thank the members of the Member Benefit Committee for working hard to bring out the policy documents and for all their efforts. The Professional indemnity policy for members called IOS Protect was officially launched at the PG Convention and saw an overwhelming response, for all those missed, the details of "IOS PROTECT" is available on the website and I request all the members and students to enroll. The second life endowment policy, wherein on the demise of a Life member, the family is paid Rs Two lakhs, has been named "IOS CARE", the policy document and application form with the nominee will be available on the website soon and I request all the members to register with a nominee.

Keeping in tune with the changing times and technological advancement, a new proposal of conducting elections based on a mobile app has been successfully tested at this PGSC paving the way for Mobile App based election at the 55th IOC at Amritsar. a revolutionary concept and the first for any Society in the country. it will be implemented at the Annual Conference at Amritsar. This will address the opinion of the majority that election is a major distraction and the convenience it will bring will help maintain the sanctity of the scientific content at the Annual Conference. Apart from the International Exchange program, for the first time a National Postgraduate Exchange Program has been structured and planned. The process of selection and execution is in progress. This will facilitate students to observe, interact and learn from various prestigious institutions across the country to broaden their horizon of learning.

I would like to reiterate that the Society cares for its members and we will leave no stones unturned to achieve the aspirations of the members

Thank you,
Jai IOS

Dr. Silju Mathew

Indian Orthodontic Society



Secretary's Message

Respected IOS member,

The month of February though short was action packed for the Indian Orthodontic Society. One major event in the IOS calendar of events was the Annual IOS PG student convention in Hyderabad on 21st to 23rd February.

The convention was attended by students from all across the country and the organizing committee had the task of managing more than 1400 presentations. The 5 pre conference courses were all packed to capacity. The quiz was a major highlight as was the cultural programme EMBRACE. The involvement and talent of the students who participated was great to see. This year, the organizers introduced session prizes to encourage the many submissions we get.

The executive committee had its second EC meeting on 22nd February with fruitful deliberations. The Member benefit committee had a stall in the conference and several IOS members enrolled for IOS PROTECT. The trial of the IOS election app was conducted in the convention. Several members cast their vote in a mock election. The various committees of the EC are working hard with specific goals and timelines in mind. After several years in limbo, significant breakthrough has been made in regularization of our beloved societies registration at Vellore. After several representations and efforts from the Head office team, submission of records of the last 25 years and inspection of the IOS headoffice by the Registration officials, a government order has been issued and we hope to have our society registration regularized imminently. The IOS is the first speciality organization in the country and it is befitting that our history is preserved for future generations.

The following months promise many more interesting activities in the various Head office and study group events of the IOS and will keep us busy. As always, be connected, be busy and be happy.

Yours in IOS service.

Jai Hind, Jai IOS.

Dr. Sridevi Padmanabhan

Hon. Secretary, IOS



Editor's Message

Respected IOS Members,

Hope you had a Lovely February,

With just 29 days for this particular month in a year (Ok 29, as this is a leap year)...IOS was no way short of activities, productivity, outreach fun and fanfare. The PG convention at Hyderabad was the major event for us to cover. The Public awareness team forwarded us the results of the Best Mascot designing competition, which was open to our members. We are publishing all these creative artwork in this issue. IOS Times had initiated IOS Talent Hunt and IOS Fitness Freak hunt amongst our membership. This issue shall feature one of our strongest athlete, spotted from the talent hunt. IOS Times shall cover Interview of EC Members in current office. These EC Members are

selected by us the members, to represent us in the head office. They shall share an Insight of their experience, responsibilities, balance of their daily life style with honorary IOS Office work through this interview. Their interview should be an eyeopener for the general membership on the weightage of their responsibility and shall guide and inspire the aspiring members who want to serve IOS in the future.

Jai IOS, Jai Hind

Dr. M.S. Kannan

Editor, IOS TIMES

Indian Orthodontic Society

24th IOS PG Students Convention 2020 Hyderabad

As reported by Section Editor ,Dr Swati Acharya

The 24th IOS PG Students Convention was held successfully by the Dept. of Orthodontics, Sri Sai College of Dental Surgery-Vikarabad at Hyderabad International Convention Center, Hyderabad from 20th to 23rd February, 2020. A record of over 1500 delegates who presented around 1300 scientific papers/posters/table clinics in both the competitive and non-competitive categories put together attended it. A best presentation certificate was awarded for each session in the non-competitive category for the first time.

IOS President, Dr. Silju Mathew, inaugurated the valedictory function and he addressed the gathering with his Presidential Speech. Dr. K. Rajesh Reddy – Organizing Chairman, gave the welcome address. The IOS Vice-President, Dr. Suryakanta Das, inaugurated the scientific session. IOS President-Elect, Dr. Srikrishna Chalasani, did the release of E-Souvenir. The IOS Hon. Secretary, Dr. Sridevi Padmanabhan, inaugurated the Trade fair. It was a privilege to honour and felicitate a senior orthodontic guru – Dr.K.Sadashiva Shetty. Dr. A.Rakesh Rao – Organizing Secretary, presented the vote of thanks.

The member benefit program launch was officially done by Dr. Gnana Shanmugham ,Dr. Shailesh Shenava , Dr. Mandava Prasad and all the committee members with IOS President , Dr. Silju Mathew and Hon. Secretary Dr. Sri devi Padmanabhan.

The Dr.H.S.Shaikh Oration lecture was given Dr. Vivek Soni. On 22nd & 23rd, exhaustive guest lectures aptly crafted to the needs of postgraduate students with loads of clinical scenarios and scientific data were delivered in only one auditorium exclusively.

The first day of the convention started with five faculty courses (mostly with Hands on Demo) with full registrations. Later in the day, the competitive category scientific presentations – paper/poster/table clinics were presented and judged.

On the second day of the convention, non-competitive category scientific presentations – paper/poster/table clinics were conducted in 12 lecture halls. Quiz was conducted by Dr. Gowrishankar, Dr. Yudhistar, Dr. Padmapriya and assisted by Dr. Abhishek Gosh, Dr. Prasad Konda, Dr. Anirudh Mathur, Dr. Chetan Kumar & Dr. Shubhakar Rao Juvvadi. Around 60 teams participated in the preliminary round. Out of the Final four, SRM college-Ramapuram got first while SRMC Chennai stood second; GDC Chennai secured third place & Narayana Dental college at fourth place.

In the post lunch session, the students played Indoor Games – table tennis, carom & chess. The evening was lit up with the cultural - EMBRACE organized by Dr. A. V. Arun where students took part in music & dance competitions.

The App based voting trial was done on the last day by IOS President, Dr. Silju Mathew, Hon. Secretary Dr. Sridevi Padmanabhan and all the executive committee members.

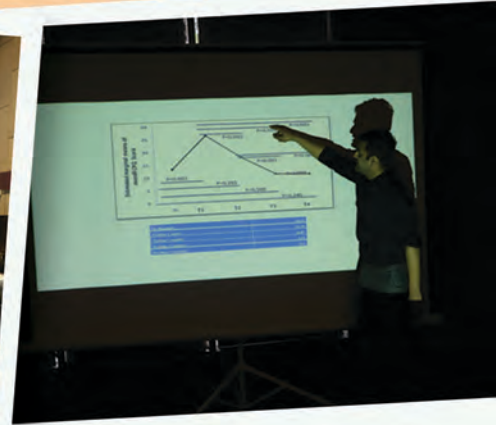


THE GRAND INAUGURAL CEREMONY

*Felicitation of Dr. Sadashiv Shetty, Former President of IOS
& Former Dean of Bapuji Dental College, Davanagere*



Power Packed Scientific Content



DIDACTIC WORKSHOPS FOR PG STUDENTS





**LIGHTER
MOMENTS
FOR
STUDENTS
CULTURALS
& SPORTS**



2nd Executive Committee Meeting of Indian Orthodontic Society - Hyderabad, 22/02/2020

As reported by Section Editor ,Dr Swati Acharya

The Executive Committee of Indian Orthodontic Society gathered at Hyderabad for the 2nd EC Meeting. The attendance was almost 96 percent from the EC Members. Many productive decisions were made. Respective Committee Chairman presented their Sub committee reports.

The issues related to revival of Society registration at Vellore sub registrars office, which has been pending for the last five years has finally been resolved and we have been successful in getting the Govt order in this regard, making “IOS a legally registered Society” A Great achievement possible by the team effort of the Head office. The President offered his Special thanks to Dr Sridevi the Hon Secretary and Dr Sanjay Labh, the Treasurer along with Dr Gnanashanmugham, Jt Secretary for playing an important role in completing the task in hand.



This mile stone achievement called for Celbrations with a Cake cutting ceremony organised by president elect Dr Sri Krishna.







STUDY GROUP ACTIVITY

Team : Bombay Orthodontic Study Group (BOSG)

Date : 29th January 2020


Section Editor ; Dr. Sandeep Singh

The maiden program for the year started with this unique program by Bombay Orthodontic Study Group (BOSG) where they complimented learning with relaxation with a Lecture on "Aligners" at the golden valley resort, Thane. The mentors for the workshop were Dr. Arun Nayak, Dr. Nikhil Vashi, Dr. Bhuma Vashi from Mumbai and Dr. Gaurav Gupta from Pune.

This workshop was attended by 15 participants from various parts of Mumbai, Thane and Navi Mumbai and was full of clinical knowledge & day to day clinical tips, which was very highly talked about by the satisfied participants and for the first time we had a wellness session to go along with it. The experience started with a bus journey from Dadar to the venue. A deep insight on the meditation it's advantages in the day to day stressful life of orthodontist was beautifully explained by Dr. Nikhil Vashi and meditation was done practically with soothing sound of Tibetan bowls played by none other than Dr. Bhumavashi. It was followed by a detailed explanation of 3D workflow of aligners and how to market your aligner practice by Dr. Gaurav Gupta. Next in line was the







main speaker Dr. Arun Nayak who spoke about different routine malocclusion that we come across in routine clinical practice that are treated by Aligners. Then in line with BOSG's aim to promote local talent Dr. Vishal Dhanjani and Dr. Rohit Kulshrestha spoke about their experiences with the aligners. In the end there was a sumptuous lunch followed by team games which was enjoyed by everyone. It was a well organised and enjoyable event put together by conveners of BOSG Dr. Gajanan Shanbhag, Dr. Kyumi Shethiya and Dr. Sandeep Singh.




Your Practice. Our Priority.

Class II Correction in Class I Time




-  Synchronizing Mandibular Advancement with Orthodontic Treatment
-  Convenient and Easy-to-Use
-  Engineered for Efficient Correction



AdvanSync 2

Half the Size with Greater Comfort



CLASS II MOLAR-TO-MOLAR

Call: 92238 22040 | Mail: mktg.india@ormco.com

www.ormco.in

STUDY GROUP ACTIVITY

Team : Rajasthan Orthodontic Study Group (ROSG)

Date : Friday, 31st January 2020

Section Editor ; Dr. Sandeep Singh

Rajasthan Orthodontic Study Group (ROSG) organized a one day Lecture on “Passive Self Ligation & Retraction Mechanics (Friction or Loop Mechanics)” at Jaipur. The mentors for the workshop was DR SANJAY LABH from New Delhi.

This workshop was attended by more than 60 participants including Clinicians and Post-Graduates from various parts of Rajasthan and was full of clinical knowledge & day to day clinical tips, which was very highly talked about by the satisfied participants and for the first time more than 20 video testimonials were taken regarding the content and explanation by the speaker. A deep insight on the Philosophy of Passive Self Ligation and basic biomechanical principal behind the science was explained in a very simple and clinically oriented manner by Dr Labh. An extensive case discussions of various types of Skeletal, Dental & Cleft-Lip Palate correction with the help of Passive Self Ligation technique was done with a wonderful one to one interactive session between the mentor & participants. This was indeed one of the Best Self Ligation lectures ROSG members have attended and surely the Covenors of ROSG, & Dr Anshul Mathur, Dr Shiva Gupta & Dr Divyaroop Rai did a fabulous arrangements and was attended by Senior Faculty members of ROSG, Dr Pradeep Jain, Past-President, IOS, Dr Mridula Trehan, Principal, NIMS Dental Coll.&Dr BalvinderSingh Thakkar, Past Vice-president, IOS





STUDY GROUP ACTIVITY

Team : Madras Orthodontic Study Group (MOSG)

Date : 25th February 2020

Section Editor ; Dr. Sandeep Singh

As reported by - Dr Vignesh Kailasam, Convenor, MOSG

The Annual General Body of the Madras Orthodontic Study Group (MOSG) after giving the mandatory notice was conducted on 25th February 2020. Dr Vignesh gave a brief report of the activities in 2019-2020 which included a shuttle tournament combined with Public Awareness, a cricket match between MOSG and Sri Ramachandra Dental College, JK Memorial quiz among other programs. Dr Vignesh K gave way to the new chief convenor Prof Dr Gnanashanmugham and his team of co convenors, Prof Dr Edington Arumugham and Prof Dr Dilip Srinivasan. Prof Dr Gnanashanmugham made a presentation on the proposed activities for the year 2020-2021 which also included Indian Orthodontic Society activities like Teacher Training Program, to be held in March 2002 and the Smile Cup to be held in September 2020. The members congratulated Prof Gnanashanmugham and wished him a fruitful tenure.





REFINED STRENGTH • PREFERRED AESTHETICS • EASIER DEBONDING

Superior in torque and tie wing strength compared to leading competitor*

Slot edges have more profound rounding to reduce archwire notching and facilitate easy sliding

Low profile



Smooth rounded surfaces increasing patient comfort and reducing amount of reflected light. Enables bracket to blend into natural enamel

Anatomical pad design with compound-contoured base enhancing fit to each tooth

Ample under tie-wing area, facilitates secure double tying when needed

Visual axis indicator assists with accurate line up and placement

symetri™

CLEAR

TEAM ORMCO: ZSM (North & East): 9818100210, TSM (Delhi): 9555578734, 9899390721, TSM (Chandigarh): 9814999792, TSM (East): 9830111362, ZSM (South): 8142515153, TSM (Tamil Nadu): 9539715875, TSM (Kerala): 9895529941, TSM (Karnataka & Goa): 8884101232, TSM (Mumbai): 8898390306, 9833043618, TSM (Nagpur): 9981542075, Customer Support: 9223822040, E-mail: mktg.india@ormco.com |
 AUTHORISED PARTNERS: NORTH & EAST: Essential Dental Products: 9810120089, MUMBAI: Dental India: 9820121197; GUJARAT & MAHARASHTRA: KH Dental: 9825693723; TAMIL NADU: BPO Trac: 9840084533, KARNATAKA, KERALA & GOA: Dental Matrix: 9845084857.

IOS TIMES FITNESS FREAK HUNT

Section Editor- Dr.KavithaIyer

Dr.Madhav Manoj K (LM 1189), I was born on Sept 12 1973, as the eldest to Adv K. Karunakaran, Ex-Mayor Trivandrum City and Dr.Vijaya Nair, Former Addl Director, Kerala, completed my Bachelors in Dentistry from the renowned Government Dental College, Trivandrum in 1997. I secured third rank in Post-graduate entrance exam to gain admission in my alma mater to specialise in Orthodontics. I later, went on to secure MOrthRCS and FDSRCS from the prestigious Royal College of Surgeons', Edinburgh in 2012 and 2018 respectively. I joined PMS College of Dental Science and Research in 2003 and presently am Professor in Dept of Orthodontics and Dentofacial Orthopedics. I partners and manages the dental clinic 'Smile Avenue, the dental care people' since 2007 with my wife Dr.Manju Manoj.

Introduced into competitive swimming at a very young age, and being a swimming champion at Junior National, All India Inter School and All India Inter University Swimming Championships level, I was always active until I started my Post graduation. With studies and profession taking the priority along with nuptial responsibility,



sports and fitness took a back seat and found myself completely out of shape. It was the discussion with my school buddies, from US, one a marathoner and other a Multiple Ironman that inspired me into endurance sports. Starting with a 10 km run I went on to do more than a dozen half and full marathons. That is when one of my running buddies, Vishwanath a software engineer, put the seed of Ironman into my heart, which was 3.8 km swimming in sea, 180.25 km cycling followed by 42.2 km running. At that time Chennai Trekkers conducted the only half iron distance available in India, which is 1.5km open water swimming, 90 km cycling followed by a 21 km running which I finished in 7.14 hrs. In mean time, to get the hang of open water swimming I participated in Goa open water swim event for 5kms, which I completed in 105 minutes.

After being warned by my classmate and trainer, Raj Nayar about the time and commitment required to do the Ironman training, I had a long deliberation with my wife

Manju, about the toll it will take on our life and we decided yes, it is Langkawi 2017. Though Raj prepared my schedule by May, I could start my training continuously only by June due to professional commitments. Raj Nayar prepared my training schedule, and my day started at 4.30 AM and ended at 10.00 PM. Mornings were for long distance while the sprint is done in the evenings after my clinic. A regular day was like, 4.30 I'm on the road, and back by 8.30 max, 9.30 – 3.00 in College (management had given me an hour permission for the period), 3.30 – 7.30 in clinic, 8.00 – 10 again practice. Sundays were kept aside for the real long ones like 150 km cycling or 35 km run or 3 km swim. Though we say triathlon is three disciplines in actual it is four, diet being the fourth discipline, which is again of two types. One is regular meal and the other one that we take during our exercise. Since we were into heavy exercise for long duration, regular diet was not possible. I went on a low fat, diet with less spice. My

food was generally boiled or grilled vegetables and meat with dark chocolate thrown in. Again when riding or running for more than an hour, stomach cannot digest regular food and you will end throwing up. That is where energy supplements in the form of gels and drinks come to play.

All the hardship I felt was worth, when I turned into the finishing stretch at Langkawi, giving high 5s to all people on either side and then I heard... Madhav Manoj U R AN IRONMAN.. YES U R AN IRONMAN. I simply couldn't stop jumping with joy... Only after I took the plunge did I came to know that this is one of the toughest Ironman course in the world, which I finished in 15 hrs and 57 minutes, more than an hour to spare. Friends, I have seen people of all size, shape and age competing. As the ironman motto says "Anything is Possible" provided we put our mind to it. I don't have to elaborate on the role of exercise for a healthy living, but I would like to intimate that, if you want to stay healthy, instead of going into fancy diets, reduce the quantity of your regular intake and spend one hour for yourself in the form of any physical activity. We can find a thousand reasons not to find time for this, but there is only one reason for us to do it and that is because WE WANT TO DO IT!!







**VINAYAKA MISSION'S
RESEARCH FOUNDATION**
(Deemed to be University under section 3 of the UGC Act 1956)



**SAVE THE DATE
24-27 SEPTEMBER 2020**



HOSTED BY
DEPT. OF ORTHODONTICS
VINAYAKA MISSION'S SANKARACHARIYAR DENTAL COLLEGE
VINAYAKA MISSION'S RESEARCH FOUNDATION
(DEEMED TO BE UNIVESITY) , SALEM

ioszonalpgconvention2020.com

CONVENTION THEME :
ORTHODONTICS -
THE FUTURE

Voice of Your EC Member

Section Editor- Dr. Kavitha Iyer

IOS Times shall cover Interview of EC Members in current office. These EC Members are selected by us the members, to represent us in the head office. They shall share an Insight of their experience, responsibilities, balance of their daily life style with honorary IOS Office work through this interview. Their interview should be an eyeopener for the general membership on the weightage of their responsibility and shall guide and inspire the aspiring members who want to serve IOS in the future.

This Issue Shall cover interviews of EC Members who are debutants in the Current IOS EC.

- Dr Arjun Nayak, Mangalore
- Dr Amesh Golwara, Patna
- Dr Vedavathi, Bangalore
- Dr Uday, Vizag

Dr. Vedavathi H.K, MDS

Associate Professor
V.S.Dental College and Hospital
Karnataka
IOS LM-2510

What inspired you to pursue as an EC member of IOS?

- The secret of living is giving. If you create an impact by realizing there are no set formulas for it then you will have something worth sharing with others.
- Hope, inspiration and a meaning to live-that to me is a great contribution.
Emphasize on the dedication, passion and personal time which is required to serve the IOS EC.
- Everything begins in the heart and mind.
- So when you have the quest to learn something new, positive attitude, demeanor in personal interactions and all other things comes along with it.

What is your current responsibility in this EC?

I am working in –

- IOS Programme endorsement committee
- Student Welfare committee

My baby steps have just began with IOS.

Where do you find yourself ten years down in IOS EC?

- It is hard for me to say where will I be in 10 years but I am sure I will be committed to the IOS in the coming years.
- I have always prioritized commitment to my job and its collaboration. I certainly expect and hope to advance here.

What advice would you give for IOS member who are keen to serve as an IOS EC member?

- Individuals are free to make decisions and choices about what they do. Making those decisions requires information and judgement about consequences
- Since the decisions you make are likely to matter in the long run. So sharing the experience which is relevant, including the obstacles faced can help the others to normalize and conceptualize experiences for them.

Dr. Uday Kumar Digumarthi, MDS

LM 2190

Professor

Anil Neerukonda, Institute of Dental Sciences,
Visakhapatnam



What inspired you to pursue as an EC member of IOS?

To serve and perform in a community one needs a platform and visibility.
Being an EC member provides a platform both of respectability and responsibility.

Emphasize on the dedication, passion and personal time which is required to serve the IOS EC.

Fellow orthodontists need to reaffirm that it is very much possible to have a good family life balanced with a personal clinical practice, a firm academic stance in teaching and the zeal to be part of reforms by also holding posts that allow representation of the wants and needs of the orthodontic community with the possibility of effecting changes to produce desired outcomes.

What is your current responsibility in this EC?

I am in three sub-committees now they are ,

Ethics committee: the duty is to prevent the conduction of unethical courses, overall ethics monitoring of IOS.

Website committee: Check the website regularly and update it and give the report to head office minimum weekly once.

Finance committee: To check the financial records of IOS and report the treasurer (as a post graduate with MBA (HOSPITAL ADMINISTRATION) from ANDHRA UNIVERSITY and a person with financial administration knowledge I can handle this committee with more efficiency .

Where do you find yourself ten years down in IOS EC?

Ten years from now I hope to be continuing to serve the Orthodontic community as a whole and the EC specifically in a more fine tuned version of my current self.

What advice would you give for IOS member who are keen to serve as an IOS EC member?

Desiring to be an EC is one thing, striving hard to be elected is another, but what eventually counts in the long run is whether colleagues look up to the photographs of the board members with a sense of camaraderie and pride knowing that they are very well represented by the chosen few.

Dr. Amesh Kumar Golwara, MDS, MORTH

Professor & Head
Department of Orthodontics & Dentofacial Orthopedics
Buddha Institute of Dental Sciences & Hospital,
Patna.



What inspired you to pursue as an EC member of IOS?

The desire to serve the society with new thoughts and young ideas, to promote education and skills in Orthodontics in India greatly motivated me to pursue as an Executive Committee member of Indian Orthodontic Society.

Emphasis on the dedication, passion and personal time which is required to serve the IOS EC.

Serving is not an act, it is a habit. My philosophy, thinking work on these lines. Thought of serving the society only would be possible by giving personal attention and time. I say, "Serving means an Adoration."

What is your current responsibility in this EC?

My current responsibility as an Indian Orthodontic Society office bearer is to educate the people from India about the importance of Orthodontics and Dentofacial Orthopedics, to promote, encourage and popularise the quality practice of Orthodontics in India, to encourage friendly environment amongst the all members of society and work selflessly towards the interests of the members and students in India. Head office, Indian Orthodontic Society has shown faith in my ability and handed over some great responsibilities. I am working towards student welfare and in coming years, we are working towards students exchange programme, scholarship programme and checking about feasibility of circulating journals among student members. We are also working towards setting up guidelines for Orthodontic Study groups and fixing up their responsibilities. I am also working in a National liaison Committee, and acting as a bridge between Indian Orthodontic Society and Dental Council of India/Indian Dental Association. Within the limited time allotted I would like to fulfill all my responsibilities as an Executive Committee member.

Where do you look at yourself, down in 10 years in IOS EC?

Strength and growth in any society come only through continuous efforts, dedication and hard work, thus I would be looking for meeting new challenges, working towards betterment of the society in term of students benefit and life members. Evaluation of progress and improvement required will be needed in coming 10 years.

What advice would you give for IOS members who are keen to serve as an IOS EC member?

Best of luck... The gate of Indian Orthodontic Society is always open for true dedicated members of the society. My advice would be inspired by the saying of John Maxwell which follows "A good leader is a person who takes little more than his share of blame and little less than his share of credit" and work towards the society with honesty, willingness and great dedication.

Dr. Arjun Nayak, MDS

Mangalore

What inspired you to pursue as an EC member of IOS?

I have always been inspired by the great work done by our senior members and wanted to serve and contribute to the Indian orthodontic society in whatever way I could. Wanting to Help the society to work towards improving the overall state of Orthodontics in the country is what made me pursue as an Executive committee member.

Emphasis on the dedication, passion and personal time which is required to serve the IOS EC.

The love for the SOCIETY and the faith of our fellow members in my abilities motivate and inspire me to be dedicated to the post. Passion is that intangible quality that is required that helps ensure that you'll be ready to do whatever it takes to get it off the ground.

What is your current responsibility in this EC?

Currently I have the privilege and honor of working for and being a part of three subcommittees

1. Ethics committee
2. IOS research council
3. Membership and directory committee

Where do you look at yourself, down in 10 years in IOS EC?

In 10 years time I just want to continue to be an humble servant of IOS and try and serve our society with the same passion

What advice would you give for IOS members who are keen to serve as an IOS EC member?

Indian orthodontic society is in need of young blood to help it grow with new fresh ideas. Stay humble and live up to the expectation of our esteemed members and continue to do the great work done by our predecessors.



Ormco
Your Practice. Our Priority.

INSPIRED BY ORTHODONTISTS



DAMON²

- Rotational Control
- Under Tie-Wing Area
- Durable Drop-In Hooks and New Permanent hook
- Scribe Line and ID Marking Enhancement Rx Changes



DAMON^{CLEAR}2

- Outstanding Comfort with No Tightening
- Easy to Keep Clean
- No Headgear or Tooth Extraction in Most Cases





INDIAN ORTHODONTIC SOCIETY



IN ASSOCIATION WITH



SREE BALAJI DENTAL COLLEGE



MADRAS ORTHODONTIC STUDY GROUP

PRESENTS

TEACHERS TRAINING PROGRAMME

**A two day interactive workshop on
teaching, learning and assessment-
NAAC Perspective**

**VENUE
SREE BALAJI DENTAL COLLEGE
CHENNAI**

27, 28 MARCH 2020

IOS TIMES PAC REPORT FEB 2020

Report by DrGaurav Gupta

The Public Awareness Committee of Indian orthodontic Society conducted a Braces Mascot Contest from 11-12-2020 to 15-01-2020. We received a very good response from members and received multiple entries for the contest. The three best winning Mascot were judged out of the nine entries after strict judging by a panel of 5 judges who were sent the blinded Mascot images which had only an alphabetic code on them. After compiling the results of all the Judges, the three winning mascot images by Dr Arjun Nayak(LM 3333), Dr Neha Khanna (LM 2488) and Dr Pratik Chandra (LM 2358) will be awarded with a certificate of appreciation during the 55th IOC at Amritsar.

The main purpose of this contest was to get our creative members involvement in making a Mascot as a part of the Public Awareness Activities of IOS for the year Smile 2020 On behalf on the Public Awareness Committee we would like to thank all the members for their enthusiastic participation in the contest. We would request the IOS members please participate in our next Public Awareness Activity which braces selfie contest.

Details of the braces selfie contest are available on <https://www.iosweb.net/Consent.aspx>

Thank you and Regards

Dr Gaurav Gupta

Dr Divyaroop Rai

Dr Anand Tripathi

Dr Ashish Garg

G



F



Dr. Romil Shah

H



Dr Honey Gurbaxani



By Dr. ArjunNayak

A



Dr. Sujuith Mathew

E

CAPTAIN BRACES



Dr. Shweta Nagesh

C



Dr Neha Khanna

B



By Dr Pratik Chandra

I



Dr. Reshma Deepak

IOS Public Awareness Committee Presents

SMILE 2020 BRACES SELFIE



TAKE YOUR BEST SMILE
== **SELFIE** ==

BEST SELFIE WINS A SPECIAL PRIZE!

*Watch out
IOS Times
FB Page for Details*