



Indian Orthodontic Society,
Salutes the Doctors, Nurses, Paramedics, Health workers and Police
across the country for standing bravely and helping us overcome
the greatest challenge being faced by humanity in recent times.
Thank You for protecting us !





President's Message

Respected IOS Members,

When nature decides to pause the routine life, there is little that humans can do than to gracefully accept and abide. Covid-19 has been an unforeseen event that is redefining our lifestyle, planning and professional practice. But if you look at it positively it has given us time to reflect, introspect and reboot our life to be relevant to the people around us. The sudden disruption in our life and the subsequent Lockdown has brought the creative nature of the humans to the fore and brought in innovative methods to be productive and changed the contours of our lives. The importance of being with the family and be equal partners to household chores will reinstall the core values of family and make us stronger to bounce back with much more vigour and spirit.

Today the home is the new workplace, internet the medium to reaching out and webinars the new classrooms and conventions. We have rejuvenated and repackaged the calendar event of IOS into Webinar lecture series and reached out to thousands of members which would not have been possible in physical programs, thereby opening a wonderful medium of knowledge dissemination never explored before.

Our Society has always stood by the nation in the past, in times of crisis and continuing with the great tradition, after a referendum and subsequent overwhelming majority approval from the members, the EC deliberated and unanimously decided to contribute Rupees Five Lakhs to the Prime Ministers Care fund toward helping the needy and rebuilding the nation post Covid-19.

The need of the hour was also to provide an advisory to the members for management of emergency cases and practice after the lockdown, we have been proactive in giving a detailed advisory with informed consent form for the benefit of the members.

The Postgraduate students have been most inconvenienced due to the prevailing situation and considering the difficult environment of recruiting patients for their examination, we have also given our recommendations to the Dental Council and Universities towards modifying the practical examination pattern for the benefit of the students in these challenging times.

These are extraordinary, once in a lifetime moments to bond with family and pursue your hobby, make best use of the opportunity to reinvent and reskill yourself and come out stronger and determined to face the new world order that will never be the same as before.

Wishing you all a healthy, safe and cheerful times ahead,

Regards,

Jai IOS,

Dr Silju Mathew, President IOS



Secretary's Message

“Be careful what you wish for, lest it come true!”

This verse from Aesops Fables could not describe our current situation better. While many of us on the roller coaster of life might have wished for a extended break from the routine , the outbreak of the COVID-19 has brought us that break we wished but probably did not bargain for. Since 22nd of March we have been in lockdown with the rest of the nation and along with the world community are witness to probably a once in a lifetime occurrence which has been unprecedented. This is strange, scary and uncharted territory for us and I would like to share part of a nice forward a friend sent me .

We know that sunflowers turn according to the position of the sun and this “Chasing the light “ phenomenon is called heliotropism. What happens when it is cloudy or dark? Do the Sunflower wither or turn its head towards the ground? No...they turn to each other for energy. Nature has so much to teach us. This is what has happened in this moment of crisis. People have developed sunflower traits. So many frontline workers including doctors, non-medical staff , govt. officials and community workers are tirelessly working to mitigate this crisis. I understand that many of our members from the Indian Orthodontic Society are also working screening COVID patients and serving the community in other ways.

We salute them!

IOS and its members under the able leadership of the President Dr.Silju Mathew and other office bearers has also been very proactive

- 1) The IOS corona task force has been swift and prompt in bringing to its members updates about the precautions that we need to take in practice and in our daily lives with changing times.
- 2) The Indian Orthodontic Society was quick to move to a virtual platform to conduct several programmes . In the Month of April alone, four IOS calendar events happened with overwhelming participation from life and student members. We fondly believe that these programmes not just brought knowledge but also a human connect to people in lockdown. IOS study groups and institutional programmes have also been very active bringing the total no. of IOS endorsed webinar events to nearly 20 so far and more in pipeline. The IOS head office and the Programme endorsement committee headed by the Vice president has been busy indeed.
- 3) The IOS EC with overwhelming approval via a referendum to its members has contributed Rs.5 lakhs to the PM Cares fund.
- 4) Another Committee headed by the President Elect is working hard to source protective gear for our members at a reasonable cost.
- 5) Getting back to regular work may be challenging and for this reason an exclusive webinar on Orthodontic practice in the COVID-19 world has been planned on May 1st with distinguished speakers and panelists.
- 6) For the IOS times and other committees it is business as usual and EC members have been meeting on a virtual platform to ensure the wheels of administration keep turning.

Thus the last month has been rather hectic but it also has been fulfilling because though we have been physically disconnected, the ties have endured in other ways.

I wish you all “sunflower traits “ but I pray for the sun very soon.

Yours truly in IOS service,

Sridevi Padmanabhan Hon. Secretary, IOS.



Editor's Message

Dear members of Indian Orthodontic Society,

The outbreak of Coronavirus disease 2019 (CoViD-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. The isolation and lockdown, seems to have hit the “pause” button, through out the world. But activities and energy of Indian Orthodontic Society never looks to have taken the brunt of the lockdown. It looks like IOS is evolving with the presenting situation and compromise.

The much eagerly awaited ROAR 2020- Ramachandra Orthodontic Rapid Review which was due to happen on 26th March 2020 was presented in form of Webinar on 7th-9th April 2020. The program was a grander success than a live conference. The attendance was overwhelming with 750 Members -1000 Members attending each of the Lectures. Various Study Groups observed the success of IOS webinars and conducted their own Webinar series with elite speakers. Being a webinar platform, the access was fluent and easy for overall membership from the country and off the country to follow the lectures. Every study group webinars were successful and highly rated. We are glad to have covered every virtual event, which is presented in this issue.

Our IOS Members are thirsty for knowledge, and it got obvious with the huge attendance for these webinar series. Considering this hunger for knowledge, IOS Times presents an enlightening interview from Dr Ravindra Nanda. With the luxury of time to read and learn, our editorial team believe that the situation is apt for this enriched and educative interview. Thanks to Dr Nanda for accepting to share his knowledge and experience for IOS Members in such short notice and request. This issue's special interview of Dr Nanda – a great academician and a clinician would be a treat for our members. IOS Times shall never hit the hiatus, because of this lockdown. Our Editorial team is busy with our Laptops. We shall continue to serve our best and connect every IOS Member world wide. As we present this issue, our team is already on toes working for the May 2020 issue.

Till then, the most responsible thing to do, what we encourage you all to do — is to lie low, stay calm, stay safe, check in on your parents and grandparents, and enjoy this breather. We're all so busy all the time, what will it be like to have nowhere to go for a while...Hopefully you'll have plenty of time to check out for self-care, reading, gaining knowledge, fine tuning our health and shape and guilt-free netflix marathons, while you're self-quarantined.

Stay safe, stay happy and let us pray for the affected to recover fast and normality to resume soon.

Jai IOS, Jai Hind

Dr. M.S.Kannan

Editor, IOS Times



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Deemed to be University)

Ramachandra Orthodontic Accelerated Review ROAR 2020

Webinar Series
7th to 9th April, 2020

As Covered by Section

Editor: Dr Swati Acharya

Department of Orthodontics & Dento facial Orthopedics, Faculty of Dental Sciences, Sri Ramachandra Institute of Higher Education & Research (Deemed to be University), Chennai, Tamil Nadu in association with the Indian Orthodontic Society conducted the Ramachandra Orthodontic Accelerated Review - ROAR 2020 from 7th to 9th April 2020. This is the fifth diet of the ROAR and was an important event in the calendar of events of the IOS. Because of the COVID-19 outbreak, the proposed programme was converted to a webinar series which attracted more than 900 delegates from across the world. Various office bearers of the IOS including the President, Hon. Secretary, President Elect and Vice President also participated. The program included 22 lectures delivered by 24 resource persons from across India and was a huge success.

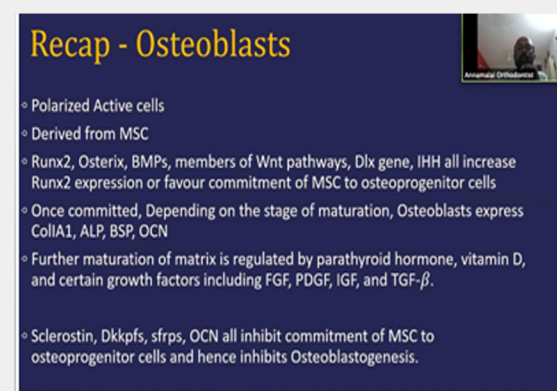
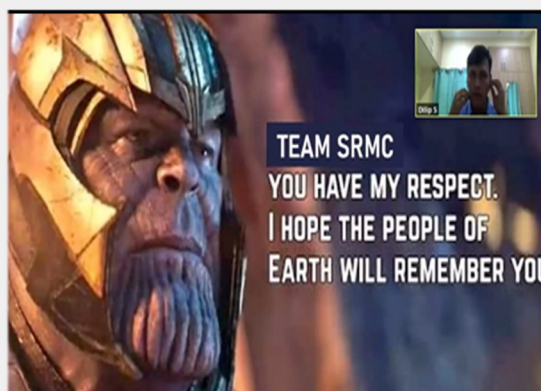
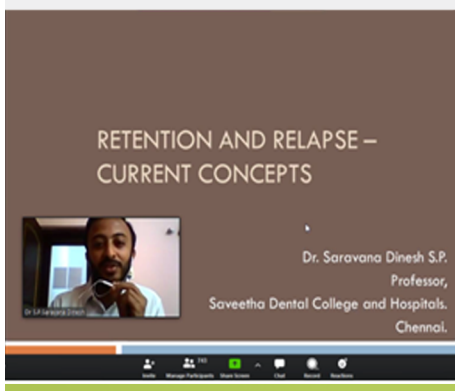
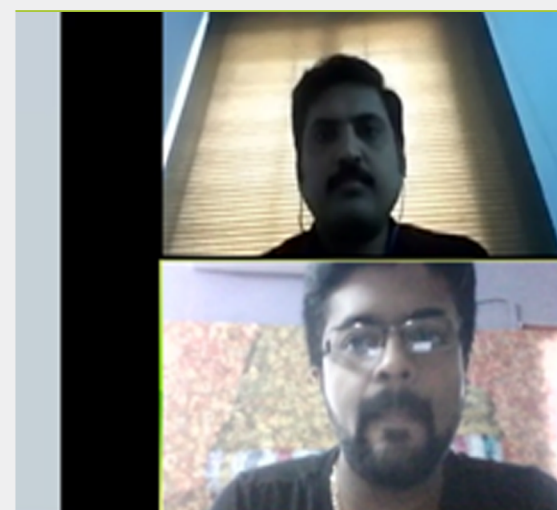
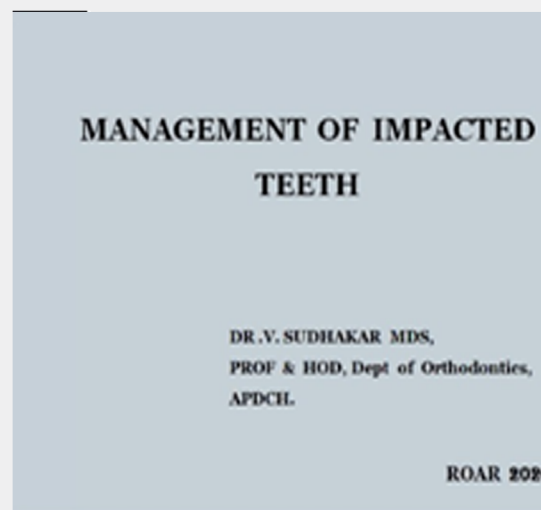
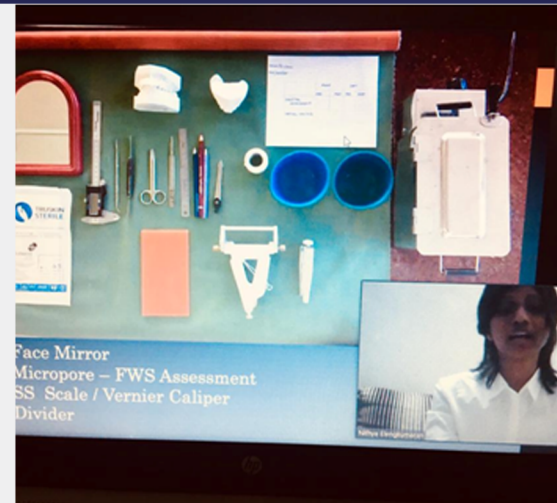


SRI RAMACHANDRA

INSTITUTE OF HIGER EDUCATION AND RESEARCH

Deemed to be University

ROAR 2020



CVMI CORRELATED TO MANDIBULAR GROWTH - Baccetti



- Since the peak mandibular growth occurs somewhere between CS3 and 4, its better to start the functional treatment before the start of CS3.
- PHV correlates more with mandibular peak in girls than in boys





Presents



Interview From Dr Ravindra Nanda

**An Exclusive for
Members of Indian Orthodontic Society**



Interview From Dr Ravindra Nanda

An Exclusive for Members of Indian Orthodontic Society

Interviewed By **Dr. M.S.Kannan**

Dr . Ravindra Nanda, BDS, MDS, PhD, is a gatherer of information. Whether tending to his orchids or his collection of stamps from India and the United States dated between the 1850s and the 1860s, Nanda takes a calculated approach to learning from the people and things around him. He has an unyielding sense of curiosity that has provided for a successful career as a professor, mentor, and orthodontist.

For more than 50 years, Nanda has been teaching, practicing, lecturing in, and writing about the field of orthodontics. As the current Head of the Department of Craniofacial Sciences and Chair of the Division of Orthodontics at the University of Connecticut (UConn), Nanda considers himself a consummate learner and educator.

“As an Educator, you have to be current and futuristic,” Nanda explains. “You have to provide the best possible information, whether you’re giving it to your residents or to 1,000 people attending an orthodontic conference.”

Nanda has spent 5 decades gathering information to pass along to students and fellow orthodontists. He’s worked with legends in the profession, novices who are just starting out, and noted manufacturers to help develop innovative technology. The result of his journey in the orthodontic profession is a unique philosophy and eloquence in sharing what he knows.

Kannan Sabapathy (KS):

Professor Ravindra Nanda, Indian Orthodontic Society is so proud of you and your achievements. As an Indian by birth and as an IOS Member, you have brought laurels to our Nation & Our Society.

On Behalf of IOS Times- The Official Newsletter of Indian Orthodontic Society, I would like this interview to be an opportunity for you to present a preview of the many facets of your important contributions to contemporary orthodontics based on aesthetic harmony and on biomechanics.

Ravindra Nanda (RN):

Dear Kannan. Wishes and Regards to Members of Indian Orthodontic Society. I am happy to see all your questions. I am humbled to read your comments about me and my

career. I am Indian at my heart and soul and I always cherish my formative days there.

(KS): You have benefited from a very diversified graduate training in India, Holland and the United States. Could you give us a brief history of the treatment philosophies and device systems you were trained in, and tell us what you are currently using in your practice?

(RN): I have had the unique opportunity to be trained by stalwarts of our profession. From 1964-66 my first orthodontic training was my brother Ram Nanda, who introduced me to Tweed philosophy and Jarabak technique. Ram Nanda was trained by Prof. Moorees at Harvard Forsyth, Dr. Tweed and Dr. Jarabak in 1950s. He retired as Department Head from Oklahoma University after 35 plus years of service. He was my first mentor. During my years in Nymegen, Holland, I had the fortune to spend some time with Prof. Brodie who was there as a Fulbright scholar for one year. He was a true disciple of Angle philosophy of non extraction. Our Department Head, Prof. van der Linden was trained in fixed appliances



from University of Washington, Seattle thus he taught edgewise technique of Dr. Riedel. When I arrived in USA, I met Dr. Ricketts and was very impressed by Bio progressive technique, which I admired because of application of loops, segmental mechanics and scientific basis along with emphasis in proper diagnosis. I was recruited by Prof. Burstone in 1971 and joined him a year later in Connecticut to start a new orthodontic program. Needless to say biomechanics basis of orthodontics became part of my life by osmosis. In my initial years of teaching I developed my own concept of edgewise treatment, which included all the scientific concepts of Tweed, Jarabak, Ricketts and Riedel. However, I started applying biomechanics concepts in my treatment philosophy. I also saw over the years that pure segmental mechanics were not conducive for a busy orthodontic practice. So now I believe in a philosophy, which is based on biomechanics and esthetics concepts. I feel there is good in every technique but we should not follow them blindly.



MANY COUNTRIES, ONE GOAL

In every aspect of his globetrotting career, Nanda has applied a healthy mixture of creativity, critical thinking, and logic. He entered the orthodontic arena in 1960 as a student of dental surgery at King George's Medical College at Lucknow University in Lucknow, India. At that time, opportunities for aspiring orthodontists were limited. As Nanda explains, when he began dental school, there were only 13 programs in India. “Today, there are more than 260 dental schools throughout India,” he adds. “That gives an idea of how important the profession has become in the last 51 years. And I was fortunate enough to have studied with some of the most legendary orthodontists at the time.”

After earning a Bachelor of Dental Surgery and Masters of Dental Surgery in Orthodontics from King George's Medical College, Nanda enrolled at the University of Nymegen School of Dentistry in Nymegen, the Netherlands. Four years later, Nanda became a Doctor of Philosophy, as well as a Fellow in Orthodontics at the University of Nymegen.

In 1970 Nanda traveled to the United States to serve as an Assistant Professor in the Department of Orthodontics at Loyola University's School of Dental Medicine in Maywood, Ill. In 1972, he made his final move and joined the University of Connecticut as an assistant professor in the Department of Orthodontics.

Over the years, Nanda worked as an Assistant Professor, then as an Associate professor, attending staff member, professor, acting Head, and finally Head of the Department of Craniofacial Sciences and Chair of the Division of Orthodontics. Today, Nanda credits his successful career to his current students, past graduates, iconic predecessors, and former colleagues. “At every institution where I was a student or a professor, I came under the influence of different orthodontic philosophies,” he says. “In Holland, I worked with Dr Brodie and Professor van der Linden. I learned some orthodontic techniques that were very contemporary for their time.”

When he arrived in Farmington, Connecticut, in 1972, UConn's Department of Orthodontics was headed by two revolutionary orthodontists—Charles J. Burstone, DDS, MS, and Sam Weinstein, DDS, MS—who were leaders in the field of biomechanics. Nanda relished the opportunity to teach and practice with the two legendary orthodontists. “They created the program at UConn, which was in my eyes one of the top-notch programs in the world,” he explains. “Because of the unique philosophy at the University of Connecticut's orthodontics program, I knew I wanted to stay here. I grew my career and took over as Chair in 1992.”

The UConn program has been responsible for the development of a number of products.

The UConn Orthodontics program has become a leader in Biomechanics, its clinical application in orthodontics, and basic science research. “We're known all over the world for our accomplishments in these areas,” Nanda says.

The program also is known for being a bit more avant-garde than others in the country. Since its inception in 1970, the UConn Orthodontic program has required an intense, 3-year commitment. When the program was established, the norm was to offer a 2-year curriculum. “For us, we could not teach orthodontics in an efficient manner in a 2-year program,” Nanda explains. “You often cannot finish cases in a 2-year period.”

As Nanda explains, the norm has shifted dramatically over the years. Today, Orthodontic programs throughout the country have taken UConn's lead and have expanded their programs to 3 years. “A 3-year program allows students to

perform more in-depth research, which trains them to critically evaluate treated patients and orthodontic literature,” Nanda says.

The UConn Orthodontic program has been ahead of the curve from its inception. At the root of what makes the program revolutionary is its unique operational philosophy, which was established by the founding Heads, Burstone and Weinstein. “The way we look at it, there is no cookbook approach to treating a patient,” Nanda explains. “Every patient is an individual who demands his or her own treatment and mechanics plan.”

Aspiring orthodontists enrolled in the UConn orthodontic program are thoroughly educated regarding mechanics and appliance systems. “We feel that without these systems, you cannot do successful orthodontics,” Nanda says. “Our definition of successful orthodontics is not only putting teeth together in nice position, but rather putting teeth together in a very harmonious way. We train our residents to consider the bony tissue, the soft tissue and function, so as to give patients good aesthetics and a pleasing smile.”

The UConn program is also innovative in its research and clinical applications. As Nanda explains, throughout the last 41 years, the department has been responsible for the development of a number of orthodontic technologies, including Beta Titanium wires, heat-activated memory alloys, and Carriere brackets. The department has also helped improve the design of various appliances.

Much of the Orthodontic technology being developed at UConn is created in reaction to where Nanda and his faculty see the future of orthodontics. And, as he explains, the future lies in speed and efficiency. “The products we develop and the techniques that we perfect all are focused on reducing the time of orthodontics,” he says. “For example, in our department, we’re doing a study on the role of vibration in reducing treatment time.”

According to Nanda, the UConn Orthodontic Program also is studying the results of alternative methods, such as using small surgical cuts to speed up orthodontic treatment. As he explains, Flavio Uribe, DDS, MDS, the residency program director at UConn, has taken the lead in the area of “surgery first” innovative mechanics to treat multidisciplinary patients using TADs.

“More and more emphasis is on developing appliances and developing modalities that enhance the speed of treatment,” Nanda says. “And, at the same time, we are developing ways to do better orthodontics.”

GOALS FOR GRADUATES

The main objective at UConn is to produce talented and profoundly educated Orthodontists. With an expertise in the application of biomechanics in clinical practice, Nanda enjoys the ability to teach students the techniques he learned in his 51 years in the profession. “I’m very fortunate because we come in contact with young dentists and we train them to become very successful orthodontists,” he adds. A substantial number of Nanda’s graduates have also been successful as academics. Some orthodontists trained at UConn have become leaders in the field, while others are Deans of dental schools (overseeing orthodontic departments) or hold other leadership positions in academia.

“The products we develop and the techniques that we perfect all are focused on reducing the time of orthodontics,” Nanda says.

Much of the success of the UConn orthodontic alumni can be attributed to the hands-on experience they received while enrolled in the program. As Nanda explains, the UConn intramural practice is a robust operation where faculty and residents both practice.

“Our first-year residents start 55 to 70 new patients a year,” he says. “I’m fortunate to have six full-time orthodontic faculty members, which allows ample time for faculty to teach residents, supervise resident patients, and conduct research.”

As the head of the program, Nanda has the pleasure of leading an efficient (albeit busy) intramural practice in addition to teaching and performing clinical research. His unique palette of expertise makes him a desirable resource for university orthodontic programs and private practices throughout the world. “Each year, I get numerous invitations to speak on three distinct areas of orthodontics: Biomechanic applications, how to run a busy orthodontic practice, and how we can use more efficient orthodontic appliances,” Nanda says. “I love traveling. It gives me an idea about what is going on in the rest of the world. And I get the opportunity to learn how orthodontics is going to be practiced in the future.”

And, as Nanda explains, he’s witnessed numerous changes in his profession. “Teaching has really changed over time.

Our diagnostic techniques have become better, and we have more resources,” he says. “The specialty has advanced, and educators have done a wonderful job adapting.” According to Nanda, teaching has become more goal-oriented in terms of the curriculum. “The American Board of Orthodontics has helped wonderfully in that they've modified the exam process in such a way that allows the young people who graduate from orthodontic programs to be board-certified,” he explains.

The new curriculum guidelines, which were enacted several years ago, have helped to foster a greater sense of accomplishment for hard-working residents in orthodontic programs throughout the country. “The new standards let graduates know that what we are teaching is clinical and didactic,” Nanda says. “It's organized now so that our residents can get out, pass the boards, and see patients. That's been a very positive development. In the years to come, I look for more of these types of advancements in the profession.”

LEARNING FROM SIBLINGS

Ravindra Nanda, BDS, MDS, PhD, was influenced to join his profession by his two older brothers, both of whom had successful careers in orthodontics. “They were very successful and enjoyed what they did for a living,” Nanda recalls. “I had good role models in front of me.” As Nanda explains, his first brother, Ram, who is 16 years his senior, moved to the United States in 1950 to pursue a career in orthodontic education, research, and clinical practice. Ram found success in the States, but after several years, returned to India for a few years. The timing of his return to India perfectly coincided with Nanda's entrance into dental school at King George's Medical College at Lucknow University.

“My brother was offered a position teaching orthodontics at my school, so I was able to study under him,” Nanda explains. “I earned a Master's degree while still studying under my brother, which was a wonderful experience.” Nanda's second brother, Surrender, also practiced as an orthodontist. He, too, moved to the United States, where he was successful as an educator and researcher at the University of Michigan. The guidance and support from his two older brothers, who were also colleagues in the profession, equipped Nanda well for professional growth. “I learned different techniques and developed my own concepts so that I ended up developing my own philosophy of orthodontics,” he says. “I've kept these philosophies over the years and teach them here at the University of Connecticut.” Nanda's professional philosophies call for students to have (and retain) an open-minded approach to orthodontics. As he explains, there are endless possibilities in terms of treatments for a patient. “Every patient is different, so as an orthodontist, you have to consider the individual and how to customize treatment,” Nanda says. “We teach our students to be critical thinkers as well as great orthodontists.”

Nanda has demonstrated his abilities as a critical thinker by playing an active role in clinical research and translational basic science research at UConn. “Research provides a way to explore new possibilities, such as how to shorten orthodontic treatment or how to administer orthodontic forces without damaging tissues,” he explains. “At the same time, I'm very active in publishing textbooks and collaborating with my faculty and colleagues from around the world in publishing articles in well-respected journals.” Over the past several years, Nanda has written with many collaborators and published eight textbooks to aid the orthodontic profession, and he has no intent on calling it quits anytime soon. “I'm in the process of finishing another book on Aligners with some top aligner providers in the world.”

DR. NANDA'S MILESTONES

Nanda has spent 5 decades gathering information to pass along to students and fellow Orthodontists. He's worked with legends in the profession, novices who are just starting out, and noted manufacturers to help develop innovative technology. The result of his journey in the orthodontic profession is a unique philosophy and eloquence in sharing what he knows.

- Dr. Nanda received Bachelor's and Master's degrees in Dentistry and Orthodontics from King George's Medical College, Lucknow University, India
- His thesis on "Cephalometric Study of the Dentofacial Complex of North Indians" was selected for the scholarship research grant from the Indian Council of Medical Research and was published in the January 1969 issue of the Angle Orthodontist.
- He joined Katholieke Universiteit, Nijmegen, the Netherlands in 1967 and received his PhD in Philosophy in 1969.
- Dr. Nanda came over to the new Dental school at Loyola in Chicago in 1970, after serving as Fellow and Assistant Professor in Orthodontics with Frans van der Linden.

- In 1972, he advanced to the Department of Orthodontics, University of Connecticut in Farmington, CT, and received his certificate in orthodontics under Dr. Charles Burstone.

Over the last 39 years he moved from Assistant professor to full Professor in 1979. He assumed the position of Head of the Department of Orthodontics in 1992 and was promoted to lead the Department of Craniofacial Sciences in 2004, which include the divisions of Oral and Maxillofacial Surgery, Pediatric Dentistry, Advanced Education in General Dentistry, and Orthodontics

Nanda is a member and past-president of the North Atlantic component of the Edward H. Angle Society of Orthodontists. Currently, Nanda is the Editor-in-Chief of Progress in Orthodontics, the Associate editor of Journal of Clinical Orthodontics and on the editorial board of nine national and international orthodontic journals.

He is a member of

- The American Dental Association,
- The Connecticut State Dental Association,
- The Hartford Dental Society,
- The American Association of Orthodontics,
- The European Orthodontic Society,
- The International Association of Dental Research, and
- The College of Diplomats of the American Board of Orthodontists.

He has authored and edited seven textbooks and more than 200 publications and peer-reviewed journals. He has given keynote lectures in more than 40 countries and has received awards and honors from U.S and international orthodontic organizations. Most recently Dr. Nanda was honored with a Life Time Membership to the Indian Orthodontic Society (IOS), at the 8th APOC in New Delhi, India. Dr. Nanda has received numerous awards for his contributions in dentistry and orthodontics; the most notable include:

- John Taylor Lecture, Australia - Australia Society of Orthodontics Foundation
- Sheldon Friel Memorial Lecture - European Orthodontic Society
- Keith Godfrey Visiting Professor, Sydney, Australia - University of Sydney
- Life Time Achievement Award - University of Connecticut Foundation
- Gordon Kirkness Memorial Lecture - Australian Society of Orthodontics
- John Mershon Memorial Lecture, Boston, Massachusetts - America Association of Orthodontics
- Wendell L. Wylie Memorial Lecture, San Francisco, California - University of San Francisco
- Senior Research Fellow, Japan Promotion for Science, Sendai, Japan - Tohoku University.
- Honorary Member - Jordan Orthodontic Society
- Honorary Member - Czech Orthodontic Society
- Honorary Member - Taiwanese Orthodontic Society
- Honorary Life Time Membership - Indian Orthodontic Society
- Honorary Member - Central American Orthodontics Society

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Study Group Activities

Reported By DrSandeep Singh, Section Editor

The CoViD 19 Lockdown & Isolation, no way affected the IOS-Study group Activities. There was immense action in form of Webinars from Various study Groups. There were Dynamic Speakers for these Webinars and they were listened and followed by 1000 of IOS Members as participants.

Bangalore Orthodontic Study Group

BOSG in Association with IOS organized the 2nd international webinar with an International speaker on the virtual platform Zoom app on 15th April 2020 for the members of IOS.

The topic was

“Complexities of Class III Treatment ”

It was brilliantly covered by the speaker- Dr. SomchaiSatravaha.

She is an honorary member of Indian Orthodontic Society. She received the Outstanding Expert in Orthodontics, Royal Dental College of Dental Surgeons of Thailand 2019 and is also the President of Advisory Board of Thai Association of Orthodontists (ThaAO)

There were 670 registrations received by email for this webinar.

The webinar's duration was 1 hour 56 minutes, which included the Inauguration ceremony,

Lecture by the speaker and Question and Answer sessions of the delegates with the speaker.

The inauguration ceremony began with a welcome note by Dr.SantoshRamegowda,

Convenor, BOSG followed by an address of the gathering by the President of IOS Dr.Silju Matthew, Secretary of IOS ,Dr.SrideviPadmanabhan. This was followed by a virtual lighting of the lamp and as is customary for every IOS event, the Secretary adorning the Presidential jewels on the President, took place virtually.

Dr.Vedavathy HK following which the vote of thanks was given by her introduced the speaker.

The lecture by Dr. Somchai began with 670 participants, which included dignitaries from all over the nation and faculty and postgraduate students from various dental colleges.

We sent e certificate of participation to all those who registered, by email.



CDE PROGRAMME

POSITIONING OBSTRUCTIVE SLEEP APNEA IN ORTHODONTIC PRACTICE

DATE : 13TH APRIL 2020

Bangalore Orthodontic Study Group organized the 1st of its kind webinar on the virtual platform Zoom app on 13th April, 2020 for the members of the Indian Orthodontic Society.

The topic Positioning OSA in Orthodontic Practice was brilliantly covered by the speaker- Dr. Reena Ranjit Kumar . She is a professional with 39 years of experience in Education, Administration and Health Care Delivery. She is the CEO of Co Creating Wellness, Executive member of Indian Sleep Disorders Association and Former Dean and Principal of Divya Jyoti College of Dental Sciences and Research. She has over 60 national and international research presentations and publications in the field of Orthodontics ,Sleep

Medicine and Special Care There were 595 registrations received by email for this webinar.

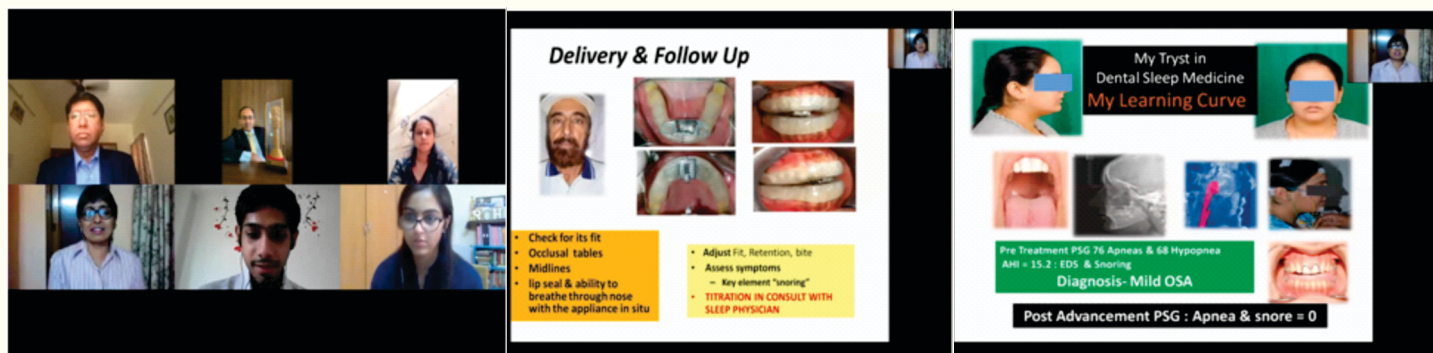
The webinar's duration was 2.5 hours ,which included the Inauguration ceremony, Lecture by

the speaker and Question and Answer session with the speaker .

The inauguration ceremony began with a welcome note by Dr.Santosh Ramegowda ,Convenor,BOSG followed by an address by the President of IOS Dr.Silju Matthew and the Secretary of IOS , Dr.Sridevi Padmanabhan. This was followed by a virtual lighting of the lamp and as is customary for every IOS event,the Secretary adorning the Presidential jewels on the President ,took place virtually . The speaker was introduced by Dr.Vedavathy HK following which the vote of thanks was given by her .

The lecture by Dr. Reena began with 597 participants which included dignitaries from all over the nation and faculty and post graduate students from various dental colleges . We sent certificate of participation to all those who registered ,by email .

Lighting of the lamp by BOSG Convenors-
Dr.Silju Mathew,Dr.Anup Belludi,Dr Santosh Ramegowda



Madras Orthodontic Study Group

Madras Orthodontic study group organized two webinars in the month of April. Both the webinars were endorsed by IOS and was done in the official Digital platform of IOS.

The first webinar was held on 12th of April (Sunday) at 1 pm. Around 500 delegates attended the webinar. Registrations were done online and the link for the Webinar was sent to all registered participants after verification.

Dr.K.Gnanashanmugham – Convener of MOSG welcomed all the delegates and introduced the speaker. He thanked the President, Hon. Secretary and the Management committee of IOS for providing this wonderful platform for study groups to organize the webinars.

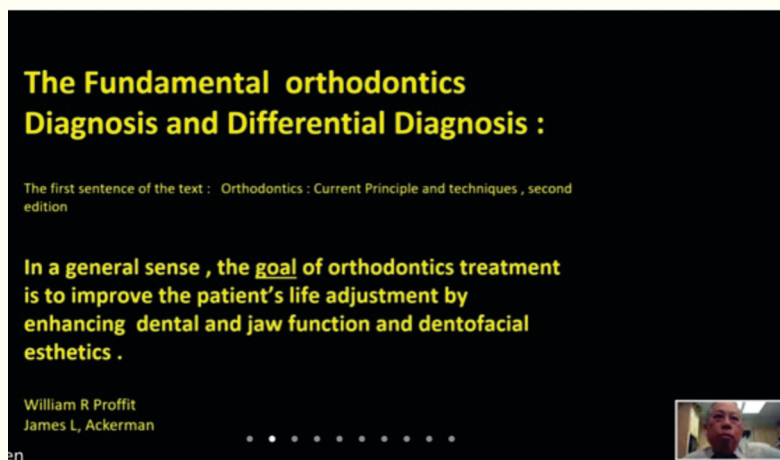
Dr. Badri Thiruvengkatachari MDS MFDS RCSEd (Research director-BIHER, Chennai) delivered the lecture titled ‘Anchorage in Orthodontics - what are the options? What’s best. The Second webinar was held on 18 th of April (Saturday) at 10 am. Around 600 delegates attended the Webinar .Registrations were done using Google forms . The link for the Webinar was sent to all registered delegates after verification.

Dr.K.Gnanashanmugham- Convener of MOSG, welcomed all the delegates. Dr.DeepakChandrasekar introduced the Speaker. Dr- Silju Mathew, President IOS and Dr.Sridevipadmanabhan HON. Secretary of IOS were graceful enough to accept our invitation, honored us by their presence and share their thoughts and views with the audience.

Dr.STEPHEN CHU DDS MSD ABO , from Dallas ,Texas one of the senior most Orthodontist , a Private Praitioner and a Visiting Professor to various Universities in PRC and Hongkong delivered the Lecture titled ‘Fundamentals of Orthodontic diagnosis and Differential Diagnosis’. Both the webinars were very well appreciated. For both the Programmes Question and answer session were seamlessly moderated by Dr.Dilip.S, Co convener of MOSG with the able support of Dr.Deenadayalan.

Dr.EdeintonArumugam, Co Convenor of MOSG proposed the Vote of thanks.

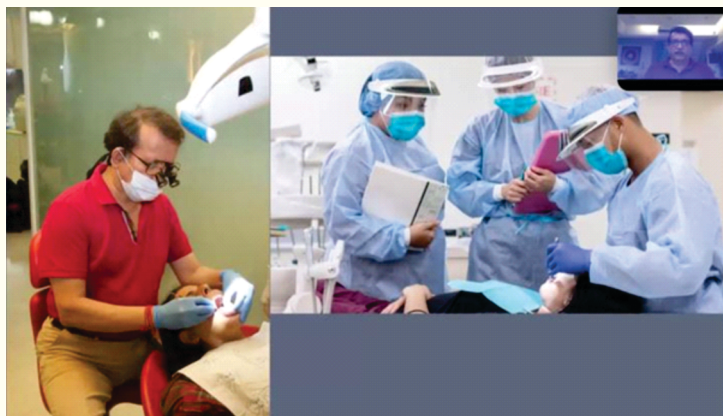
E Certificate was sent to all registered participants.



Bombay Orthodontic Study Group

Bombay Orthodontic Study Group in Association with IOS organized the webinar with on practice management and marketing for orthodontics on the virtual platform Zoom app on 13th April, 2020 for the members of the Indian Orthodontic Society. The speaker- Dr. Sandesh Mayekar brilliantly covered it.

500 members attended the programme roughly. The webinar's duration was 1 hour 56 minutes. The speaker explained about soft skills while dealing with patients. He also explained steps in winning patients trust and how to make the patient say yes to the treatment planning that you are explaining to them. He even explained the participants so as to deal with every strata of patient. In the end he explained in detail so as to how to deal with patients post lockdown in the stressful COVID times. Even financing and tax planning was beautifully explained by him at the end.



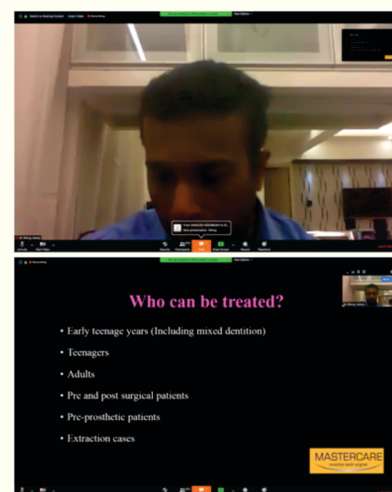
Bombay Orthodontic Study Group in Association with IOS organized the webinar with on Treatment strategies using aligners for various complex cases on the virtual platform Zoom app on 22nd April, 2020 for the members of the Indian Orthodontic Society.

It was brilliantly covered by the speaker- Dr. Dhiraj Shetty. 400 members attended the programme roughly. The webinar's duration was 2 hours. The speaker explained about an array of cases treated by aligners. He explained the treatment strategies for

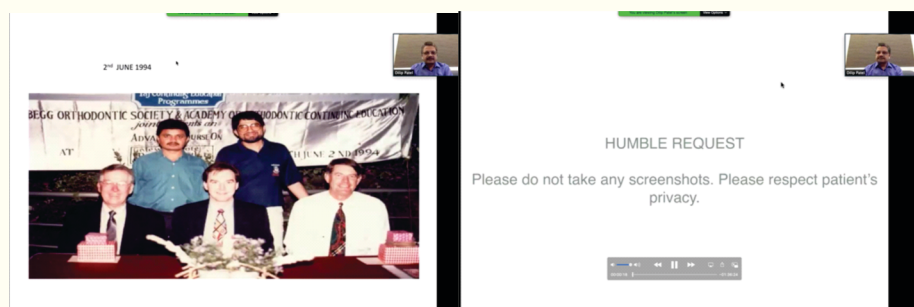
simple as well as complex cases. He even explained about the biomechanics behind the aligner treatment. He makes the aligners for the patient himself and he explained the software use and also displayed the animation video for sequential treatment for different types of cases. This was followed by question and answer. The vote of thanks was delivered by a prominent aligner user Dr. Arun Nayak from Mumbai.

Bombay Orthodontic Study Group in Association with IOS organized the webinar with on Management of complex class 2 and class 3 patients using twin block on the virtual platform Zoom app on 19th April, 2020 for the members of the Indian Orthodontic Society. It was brilliantly covered by the speaker- Dr. Dilip Patel. 450 members attended the programme roughly. The webinar's duration was 1 hour.

The speaker exhibited a variety of cases treated by twin block. He has contributions to the textbook of twin block by Dr. William Clark. The cases displayed by him were well appreciated by the participants. He showed unique designing ideas in which he had incorporated occlusal indentations and

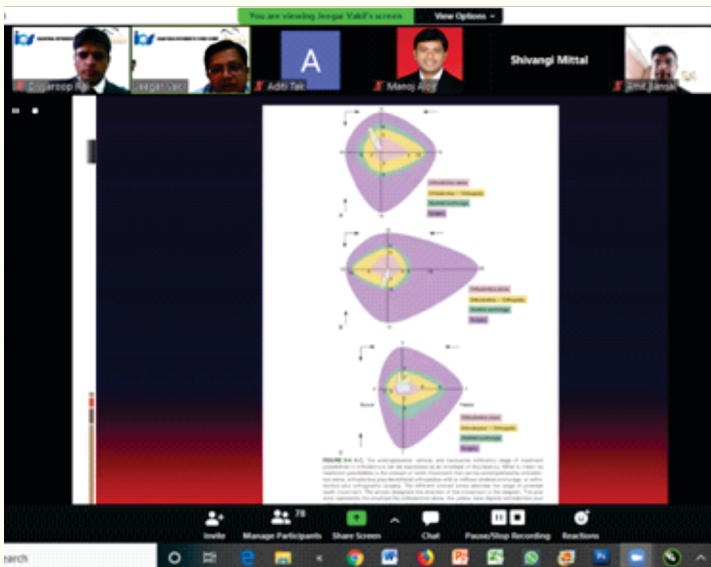


occlusal table on the twin block surface. A good questions and answer session went on for around 15 minutes which was nicely answered by Dr. Dilip Patel. The programme ended with a Vote of thanks from Secretary of Indian orthodontic society Dr. Sridevi Padmanabhan.



Rajasthan Orthodontic Study Group

Under these testing times of Covid19 , when social distancing is the need of hour , in Pursue of imparting most selfless education , Rajasthan Orthodontic Study Group (ROSG) conducted, one of its kind, first ever IOS endorsed free Webinar on 3rd April 2020. The mentors of the Webinar were Dr. Ketan Vakil & Dr. Jeegar Vakil, one of the finest & dynamic father son duo, whose practice is limited to Orthodontics in SuratGujrat. They delivered a highly informative & interactive session on the topic of “Management of Class III Malocclusion - A case based clinical review”, which included cases treated completely with Basic Biomechanical principals of Orthodontics, Cases treated with Bone Screws & Micro-implants and some of the complex Class III surgical cases. Clinicians & Post-Greaduates from all over India attended the webinar. The moderators for the session were the conveners of ROSG, Dr. Anshul Mathur, Dr. Shiva Ahuja Gupta and Dr. Divyaroop Rai.



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Athlete of the Month

Dr. Arun Nayak, Mumbai Ultra Marathoner, Tri Athlete & Mountaineer

IOS Member, who Ran a 57km Indoor Ultra Marathon & Performed a Stair Climb of 3000 floors to equal 8848 meters of Mount Everest Elevation in less than 2.5 days, during the CoVID-19 Lockdown

Interviewed by Dr. M.S. Kannan, Editor



Fig 2. At the summit of Mt Mera (6476m) with Mt Everest in the background

Dr Arun Nayak dons several hats: He's an Orthodontist, he was a Professor and PG teacher till 2015, he has won photography awards, he is a wildlife and trekking enthusiast, he is an amateur mountaineer and an endurance runner and triathlete. He is currently into exclusive private practice and spends a lot of his spare time into fitness and training for endurance events and mountaineering.

How and when did you get involved with running?

I have never been an athlete of remark in my school and college days but I used to be adept at indoor games like Table Tennis and carrom. After my postgraduation in 2004, I got into the rut of academics and consultations, while enjoying working as an Associate with Dr MK Prakash. All of this involved long hours of travelling and work within Mumbai. In

2009, I developed symptoms of a Slipped Disc in my spine's L5S1 region, largely due to bad posture and an overworked lifestyle. I lost muscle strength in my foot and calves, sensation in my toes, and developed a distinct limping gait. In the years 2004-2009 I had not followed any noteworthy exercise regime. Most of our holidays at that time used to be focused on wildlife and photography. Finally, after a Microdiscectomy surgery in 2009, I was advised exercises and regular walking to regain my core muscles. But just walking turned out to be quite boring and I slowly started jogging. The competitive streak in me always urged me to up the game. It does that even today. I gradually increased my running distance over a period of time.

With the motivation to run more, I decided to run the Mumbai half marathon in the 2010 SCMM. I completed it in 2 hr 58 min using a run-walk strategy. The energy of the day, the untiring cheers of the

onlookers, the crisp morning, and the sight of the galloping African runners formed a perfect setting to carry me through the run. Thereafter, I continued my simple home exercises and self-training. In 2020 I broke the revered 1:45hr mark over the next few editions of the half marathon. I ran my first full marathon in 2012 and again in 2013. However, I cramped badly and returned with a Did Not Finish. However, I realized distance running was more fun when there were no time-targets like in a road marathon. So, I decided to explore ultramarathons (distances above 42.2 kms). My first ultramarathon was the Khardungla Ultra in Ladakh in 2015. The world's highest ultramarathon! This followed just 4 days after reaching the summit of Mt Stok Kangri near Leh.

How did trekking and mountaineering come into the scene?

My wife Ahilya, a Prosthodontist graduate from Nair Hospital DC Mumbai has been into trekking since her college days. Naturally, when we came together in 2004 after my PG in GDC Nagpur, we both started trekking the Sahyadris on day treks with a lot of like-minded friends. I did my first Himalayan trek, a short one in Ladakh with a few reputed dentists from Mumbai, Dr Shalini Pradhan, Dr Udatta Kher and Ahilya. That was truly one of the most fun trips that I ever did. There is also something about the Himalayas. It keeps calling you back. It does. Again, for me, the game had to be raised. I did my next trek, a major one to Goecha La (near Kanchenjunga base) in Sikkim in 2011. Ever since that trek I have been visiting the Himalayas every year. I have now done close to 10 Himalayan treks and 3 technical Himalayan mountaineering expeditions. The challenge of reaching higher altitudes being a big draw.

There is yet another thrill of mountains. In mountaineering, on a summit attempt that can typically last 12-18 hrs, as one goes higher (5800m plus), the air becomes thinner and the oxygen content gets depleted. Generally, on your way down, you have the sense of achievement, of having been to the summit, behind you. Your brain now slips into a comforting slumber. You feel you could just sleep for a little while. Your body is invariably tired. You're most likely dehydrated as you have exhausted your water supplies. If you give in, it can kill you. So clearly you don't. You fight to keep walking. You sometimes just eat snow. You chat with friends and keep thinking of getting back. You dig into your deepest resources of strength. You focus on one step at a time and count each one of them. Each of it is getting you back to the warmth of your camp. These are experiences that closely border life and death. While descending, you have to be at your alert best to avoid accidents. But the fatigue doesn't let you to. That paradox needs to be experienced just to understand how surreal it is. You realize all material things mean nothing. It's all about



what you have within you. I live for these crazy experiences.

Any favorite running memories?

I had participated in the first edition of the Oxfam 100 km trail walker in Mumbai in 2013. It was a team event, where, as a team of 4 you HAVE TO start and end together. It was a tough terrain meant for hiking and the challenge was not only to cover the formidable distance but also to manage the heat, to plan our nutrition, to walk with blisters and to handle team tempers. We stood third as a team. We also raised 2.5 lakhs for charity. In 2014, my team did the 50 km edition. We decided to run as and when we could on the trail. We stood first this time.

One of the toughest triathlons I have done was the NEF Mountain triathlon near Pune. After an open water lake swim, the challenges were to cycle over narrow, slippery gravel on MTBs and then 'run' at midday on a tough trekking route in the Sahyadris. I even completed the Ironman 70.3 in Goa in 2019 in 6hrs 37min. The challenge here was the open sea swimming.. I simply loved that experience!

However, my most enjoyable recent memory was the Comrades Ultramarathon in June 2019 in South Africa. My coaching group Striders Miles had a team of around 30 people. We trained superbly well with some great camaraderie in the 6 months leading to it. This was my first run abroad. We were all donning our India T-shirts. On that same day was also the India

Australia game at the Cricket World Cup. So while we were toiling hard for close to 10.5hrs running the 87km course, we Indians were constantly being identified and cheered along for hammering Australia. This was a grand race and I would strongly recommend it to any ultra marathoner.

The toughest running course I have done was the Run The Rann 101 kms in the Greater Rann of Kutch. I survived this frighteningly tough adventure race of 101kms in a thorn-filled desert. It had the most awe-inspiring views of endless miles of White sand of the Rann. We had to walk over edges of cliffs, through thorny bushes and at times within sighting distance of the IndoPak border. It was a fully GPS guided race with people getting lost in the middle of the night for hours. It took me 18.5hrs to finish this and I stood third!!! When I came home I spent half a day plucking out around 25 small thorns from my shoes.

So how is the athlete in you coping with the lockdown??

I alternate every year of running with a year of mountaineering expeditions. 2020 was to be my year of running! On April 12th, I was on course for the desert Ultra Beast 101kms in Pokharan. In July 2020, I was seeking 3 UTMB (Ultra trail of Mont Blanc) points on an 80km trail in the Canadian Rockies. But then came Covid19. It cast a wet blanket on not just running but on life in general and still offers no end in sight.

After getting a personal best in the Mumbai Marathon (3hrs:53min), running had taken a backseat in Feb 2020 due to a hectic work schedule. And then suddenly, the lockdown began on Mar 22nd. Running, by now, had completely died. It just didn't feel the same. My weekly training was disrupted. My body clock had changed. I suddenly remembered that I had a very old ambition of running 100 rounds of my apartment parking lot (57kms). Also, till fairly recently, I was following my training plan for the July run which now stands cancelled. I thought positively about this.

The apartment where I live has strict rules in place for the lockdown. While we are allowed to venture into our common areas, we have to maintain strict physical distancing!

It was a horribly hot and humid day, as one would expect in Mumbai in April.

On 5th April, I started off at 3pm with my cap and sunglasses on. To make it completely self-supported, I placed all my bottles of water, gels, salt tabs, electrolyte solutions, dates, oranges and bananas in a towel on a bench. The plan was to run 5 rounds clockwise and then 5 rounds anticlockwise. Between each set of 5, there would be a nutrition break. Fighting the heat, humidity, boredom and despite my feet hurting due to the impact, I completed the task in 7.5 hrs. I had finished 57kms with a single-minded focus of completing it!

This was in the horizontal plane, I also had a long-time ambition for the vertical plane.

That was to climb the height equivalent of Mt Everest(8848m) on the staircase. That meant I had to climb 3000 floors in my apartment. I did that too in less than 2.5 days with less than 21 active hours of climbing! All while maintaining the rules of lockdown. This too was completely self-supported. If running was boring, climbing in the confines of a stairway was even crazy!! It was hotter, more humid and monotonous! I tried to make it interesting for myself and stay motivated by creating a commentary of reaching those actual elevations in the mountains! Plus, FB live made it possible to have my friends join me during the finish!!! I was thrilled when the Indian Mountaineering Federation asked me to make a presentation of this for their series of mountaineering webinars that's circulated globally!!

I'm today, possibly the only Indian who has done these 2 feats in a lockdown!!

While we await to understand and organize our lives beyond Covid19, its up to us to emerge strong, face the challenges head-on and carve our ways out of this mess. In many ways, my exploits on the road, trails and mountains have been exactly that ways!! Life goes on!



Fig 3: Climbing Mt Everest on a staircase (3000flrs – 21hrs)



Fig 4 : Getting my personal best in a full marathon at Mumbai



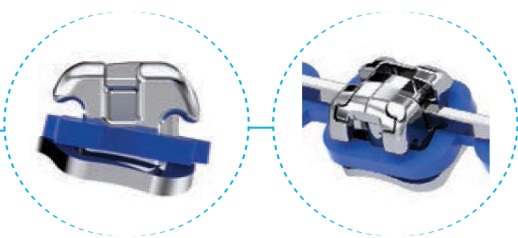
Fig 5 : Cycling 90kms during the Goa ironman 70.3. This was preceded by a 2km sea swim and followed by a 21.1km run.



Fig 7 : My shoes infested with thorns after the 101kms desert RunTheRann in the Greater Rann of Kutch near the prehistoric exxcavation site of Dholavira.



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A Relentless Commitment to our Profession!

“As we face testing times in the CoVID-19 Outbreak, Isolation & Lockdown”

Authors: Dr. Swati Acharya, Dr. Salil Nene

Over the past many days, COVID-19 pandemic has marched persistently across the country and globe. Following the sweep of COVID-19, are series of dramatic circumscription steps, which reflect the scale of the threat by this pandemic. We are collectively in such a situation where we have no experience and how life will resume back. We also have bounded preparation and our medical community faces the greatest challenge in modern history. Distance learning currently; which means providing education to our students who are separated by distance is the best way to keep rolling our teaching and educating them. The optimal target in terms of participation of our students adds corresponding frameworks for driving intrinsic motivation towards learning and keeping a track of our subject. The impressive growth in web-mediated connections has created an escalating interest to manage virtual teams roaring. The webinars have succored to keep the orthodontic community connected to each other and comprehend.

Since scheduled appointments of our patients is unfeasible at this situation, advising them for maintaining dental health and dental hygiene is even more essential; virtually. Few reconstituting tips for our patients due to the Covid-19 closure mandate:

1. A good oral care routine is a vital step towards overall health, and it's something we have complete control over. So, extra time brushing & flossing; at least 2-3 times a day may be advised.
2. Washing hands before / after brushing and flossing along with storing and disinfecting the orthodontic tooth brush meticulously is a requisite.
3. Addition of an antibacterial mouthwash to the daily routine may be counseled.
4. Being extra diligent about the types of food to eat for avoiding deboning of brackets.
5. For any orthodontic emergency like pain or discomfort, virtual consults could be the best choice.

Whenever mankind hits a crisis, it always glances to science for assistance. Not because scientists are quintessential, or sharp witted on average than other humans, but because science is one of the finest ways humans have come up with to definably understand how the world works and how to fasten it when it's fragmented. The intensive care units are cram-full. A spanking new pristine disease is killing people we love and care. But we have to recollect that inside that storm, trust - in each other and in the scientists with medical workers who are consigning their minds; to the work of understanding as well as fighting this virus—is the counteract ant to fear. Their work needs time and patience, which means we all have to work, together, to bring down the virus's spread. Living in the future is difficult, but happier times will be there again; can be better!

We just have to hold the line!

How to Handle Orthodontic Emergencies at Home

1. Mouth sores *



Some patients just seem to be more susceptible than others to getting mouth sores during orthodontic treatment, and any irritation from braces can exacerbate them. If you're prone to ulcers on your cheeks, lips, tongue, or gums while wearing braces, you can get some relief by swabbing a small amount of topical anaesthetic like Mucopain directly to the sore with a help of cotton swab.

2. Loose or broken brackets, bands, or wires *



If a band or bracket is broken but still attached to the wire, try to leave it alone until you can be seen. Do **not** connect any elastics to it. If this begins to irritate the inside of your mouth, you can cover that part with orthodontic relief wax. If a piece has actually broken off, please place it in a bag and take it for your next orthodontic appointment.

3. Poking Arch wire *



When teeth move during braces treatment it can cause the arch wire that connects to move as well, which may result in it poking near the back of your mouth. In such a situation you can relieve it easily by moving the wire into a better spot using sterile tweezer or clipping it with a nail cutter

4. Misplaced Tie *



If your ties are misplaced, they can often be manipulated back into place by gently using a pair of clean tweezers or the eraser end of a pencil.

5. Food Caught Between Teeth and Braces *



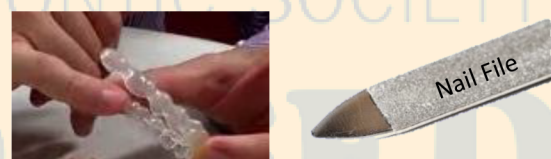
This is not an emergency, but can be a little uncomfortable or embarrassing for the braces wearing patient. You use an interproximal brush or Waterpik to dislodge food caught between teeth and braces.

6. Tooth pain or loose teeth*



Salt water rinses are a tried and true home remedy that can really help relieve soreness. Simply mix one teaspoon of salt in 8 ounces of warm water, then swish it around your mouth for about 30 seconds. Take a paracetamol to relieve the pain.

7. Poking Edges of Aligners *



Despite the excellent fitting and finish of your aligners, they may occasionally have sharp edges that could bite into your gums. If you feel an aligner is biting your gum, remove it immediately and try to locate the irritating edge, then smooth it out with a fine sandpaper.

***Please call/inform your Orthodontist before attempting any of these home remedies**

Voice of Your EC Member

Section Editor: Dr Kavitha Iyer

Dr. Jaipal Reddy, Hyderabad

1. What Inspired you to pursue as an EC member of IOS?

During the years 2012,13&14 IOS conferences the attendees from Telangana and AP were very few and our presence was almost Nil in the head office of IOS .When there were some burning issues raised by few members here in Hyderabad, there was no one from APOSG to represent in IOS, which gave me the inspiration to contest EC elections and was backed up by seniors and colleagues .

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

When joined EC for the first time, learnt that the environment inside EC Meeting is totally different . My first EC meeting in Hyderabad itself I came to know that it requires a lot of commitment ,dedication and have to spend a lot of time . I loved every bit of it being in the service of IOS .

3. What is your current responsibility in this EC?

In this tenure I am the member of legal sub committee.

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

I will cherish every moment spent with my colleagues . Contesting in elections ,sharing time with all members in IOS , teach you a lot . Made lot of friends who knows me as a hospitality guy , most of them still talk about the Presidential banquet of 50th IOC . Maybe I will be known as that forever .I am happy about it .

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

This is my 3rd year as EC , I welcome young orthodontists to join EC to serve IOS with passion, dedication ,sincerity and truthfulness. Should be prepared to accept challenges .

Dr. Edeinton Arumugham
Chennai

1. What Inspired you to pursue as an EC member of IOS

I am proud to be a part of iOS as an executive committee member for the past two years. Till now, the senior orthodontists, past office bearers and present office bearers are my true inspiration to be a part of IOS and to make our society the best in the world. The position in the IOS gives me an opportunity for collaborating between the members and operating side of the iOS. Emphasis on the dedication, passion and personal time which is required to serve the IOS EC

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

All the members must be dedicated to and passionate about the growth of iOS, to work as team, to be more democratic in decision making for the welfare of members. Even though it takes up our time and money in attending the long hour meetings and travelling to distant places, it gives me immense satisfaction when we achieve things for the benefit of the members of our society

3. What is your current responsibility in this EC?

Currently we are working on iOS protect scheme which is really a useful venture for the members in terms of indemnity and safe practicing

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

Working even more harder with all the office bearers and the budding orthodontists then to make IOS even bigger and better, an organisation of world class standards

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

I would advise the young budding orthodontists and enthusiastic people to come forward to make ios much stronger than before.

Dr Ajit K Pillai

Managing Partner

Dentyscan 3DCBCT centres and Denty Clinic

Bangalore

Assistant Professor Akash Medical College and Hospital

Devanahalli, Bangalore



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

Our speciality of orthodontics is one of the most respectable and honourable profession in the society today. It is a privilege and honour to be an Orthodontist and even in our own profession of dentistry we are treated with great respect by our fellow dentists.

When I used to attend our conferences and PG conventions as a PG student I used to feel really proud of myself, but at the same time I used to feel that we as students were paying very high registration fees and when I spoke to my friends and colleagues, I came to know that they too felt the same. I also saw a lot of short term courses were conducted for general dentists. This is resulting in a lot of unethical practice by untrained professionals, resulting in a bad name for our speciality. I also saw that many students are not becoming members of IOS after passing or are not converting their student membership to life membership due to various reasons, so I felt the membership process must be streamlined and made easier but with due scrutiny. I also noticed that there is lack of public awareness about Orthodontist and about our specialty among the general public. So I as an orthodontist, felt that I must do something for our speciality, IOS and its members. This inspired me to pursue as an EC member of IOS.

What is your Current Responsibility in EC?

I am privileged and honoured to part of 2 committees, in my second term as EC member:-

- 1) The Finance and Audit committee, where we have achieved great strides, especially in the field of taxation and streamlined a lot of financial matters.
- 2) The Ethics committee, where we are curbing on short term courses in orthodontics for general dentists and handling other professional ethics related issues.

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

10 years is a very long time to think ahead, but I see myself continuing to progress in my career in our speciality. I also see myself continuing to work for the betterment and growth of our speciality, IOS and its members in the future. I would like to make a positive impact in the hearts of our present and future members of IOS and specialty on the whole.

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

I feel that more, both senior and young members who are service minded, who can devote their time and are keen in serving our IOS, its members and our speciality must come forward and join us in the process of taking our Indian Orthodontic Society to greater heights.



Dr. Deenadayalan

Chennai

1. What Inspired you to pursue as an EC member of IOS?

My staff and my seniors were my inspiration for becoming an esteemed member in our Indian orthodontic society, the oldest society amongst our dental fraternities.

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

The Faith that my colleagues and my seniors had on me and the support of my family members instilled me, to become a part of IOS family and I will put in all my efforts to work for the betterment of our dear society.

3. What is your current responsibility in this EC?

I have had the privilege of working and being a part of two important subcommittees

1. Website committee
2. Membership and directory committee.

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


In other 10 years I'll definitely would be a proud member supporting the young orthodontists who will be eager, energetic and enthusiastic to work for our upliftment of our society.

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

The essence of a happy life and a peaceful society lies in the one sentence – “What can I Give?” – Abdul Kalam as Kalam sir quote the young members of the IOS should take up the IOS to next level.

Jai Hind Jai IOS

Deenadayalan



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Obituary Section

Section Editor: Dr Kavitha Iyer



Professor Dr. Kusum Lata Pradhan

Indian Orthodontic Society grieves upon losing three of our dear members to nature. We pray for their souls to rest in peace and god give strength to their families to bear the pain & loss

Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and very dear.
Professor Dr. Kusum Lata Pradhan

She was born on 4th October 1946 and did her undergraduate and post graduate education from RGMCI.

Her services included

- Principal & Head of the Department of Orthodontics and Dentofacial Orthopaedics, Career Post Graduate Institute of Dental Sciences and Hospital, Lucknow.
- Head of the Department of Orthodontics and Dentofacial Orthopaedics at DAV(C) Dental College Yamunanagar.
- Former Professor cum Dental liaison officer, P. G. Deptt. of Plastic Surgery, King George's Medical University.

She travelled to the USA, UK and Switzerland to bring back newer treatment modalities for cleft lip and palate patients and had trained several Orthodontists in these modalities back in India. She was an outstanding student, a dedicated teacher, a respected academician and a lovable teacher. We deeply mourn the sad demise of her on the 21st of April 2020 as a result of a heart ailment.

Dr. Pradeep P. Sahni

A senior Orthodontist of our country & one of the pioneers to start Orthodontic practice in Delhi.

He passed his BDS in 1962 from Nair Hospital & Dental College, Mumbai. Thereafter he did his MS in Orthodontics from University of Pittsburgh, USA in 1967. He trained with Dr. Viken Sassouni, a pioneer in the field of Orthodontics.

Dr. Sahni was an accomplished clinician & it was a pleasure to see his finished cases. Soft spoken & jovial, he was a thorough gentleman.

He departed from this life on April 18th, 2020.



Dr. K.P. Shanmuga Sundaram MDS., Orthodontics

He passed away on 5th April 2020. He did both UG and PG in Madras Dental College. He finished BDS in 1968 and MDS in 1990. He was in government service from 1974 to 1994 (20 years). He started his private practice in year 1970 and completed 50 years by this 2020 and never rested.

He was a well disciplined, sincere and dedicated practitioner. He followed ethics both in his life and practice. He never hesitated to share his knowledge with his assistants. He was a good teacher and brought up many junior dentists. His wife is Mrs. Girija also a multi talented personality. His daughter Gayathri finished MIB and got married to Mr. Sri Ram, B.Tech., M.S. (U.S.)

