

June 2020 | Volume 20 | Issue 7

Times

The Official News Letter of Indian Orthodontic Society



Our Guarding Angels
OUR VALIANT SOLDIERS
INDIAN ORTHODONTIC SOCIETY
Supports
THE INDIAN ARMY





Respected IOS Members,

These are testing times with people trying to get back to the new normal of routine life, while the cases are increasing at an alarming pace. The rapidly changing scenario and the uncertainties that it brings has brought forth a lot of confusion and lack of clarity of what future holds and how long we need to live with the fear of the corona virus and its consequences. Nevertheless, the fight of the Covid warriors is on and I am sure the human race will triumph one day and put it all behind, as in the past. Hopefully learning from the mistakes of the past, respecting nature and with greater precautions to prevent the same in the future. Till then we can only pray and hope to weather the storm till we see the silver lining in the cloud.

The season of MDS examination has arrived bringing with it a lot of confusion on how to go about conducting same in these challenging times. Few institutions have already shown us the way, conducting with examiners on the digital platform. On behalf of the consortium of national dental specialty association, I had written to the DCI with signatures of Presidents and Secretaries of all nine specialties suggesting practical solutions to conduct the examinations. The DCI has promptly replied agreeing to take the matter to the Ministry and are awaiting a positive response regarding the same.

The IOS research foundation has been restructured and streamlined with new processes in place and branded with a new identity. Happy to state that we have received an overwhelming response this time, the process of selection will be transparent and purely on merit basis only. Hopefully this will set a trend to be followed in future.

The profession of dentistry has been on the spotlight on social media as one of the most vulnerable during these times, creating panic in the minds of public. It is time to project the positive side of practice and send a message to people that with all precautions and protection the practice of Orthodontics is as safe for the patients as it is for the orthodontists. Hopefully this way we can win the confidence of people seeking orthodontic care and revive our profession to its normalcy, slowly but surely in the near future.

Wishing you all safe and healthy times ahead,

With warm regards,

Dr Silju Mathew

Message
from the
President



Respected members of the IOS,

As the nation enters into the third month since lockdown was imposed due to COVID-19, the march of the corona virus has continued unabated with some parts of the nation affected more than the others. With some places still in lockdown, it does get all the more challenging yet more important to stay positive and keep going. Some study groups have continued to conduct webinars, some with international speakers, which have been very popular. This keeps us connected with friends, colleagues and with Orthodontics.

In many parts of the countries post-graduate exams have been conducted or would be conducted with suitable modifications taking into consideration the current situation. The IOS in concert with other associations had sent in its recommendations to the DCI for the same. The head office and other committees continue to work based on the decisions taken in the virtual EC meeting held on 24th May. The 55th IOC, Amritsar has been postponed and the organizers hope it can be conducted in March 2020. A virtual EOGM will be conducted in the month of August and hopefully the roadmap ahead will be more clear by then.

This year the member benefit committee has launched two programmes IOS Protect which is an indemnity insurance which several members have availed. The second, IOS care is a programme proposed by the MBP Committee and the Executive Committee of 2018-19 in the interests of the members of the IOS. The proposal was approved by the 54th AGM, Bhubaneswar and is permissible as per Section 25 (2) of the Tamilnadu society's act 1975 under which the IOS is registered. This proposal involves the IOS paying a certain sum of money (2 lakhs) to the family of a member that we may unfortunately lose. This is proposed as a gesture of good will from IOS and does not involve any contribution from the members. However it is mandatory for members to register for this to avail of this benefit.

The registration process for IOS care has been created on the IOS website and we request members to register for this at the earliest. For members who have already logged into the IOS website, it would be possible to do this right away. Those members who haven't logged into the website, are required to do so before registering for IOS CARE.

A lot of thought and time has been spent on the IOS CARE policy, the details of which have been sent to all members. We request you to peruse the policy and register for it.

Stay Safe, Stay Well and in good cheer!

Jai Hind, Jai IOS.

Dr. Sridevi Padmanabhan

Hon. Secretary, IOS

Message
from the
Hon. Secretary



Dear members of Indian Orthodontic Society,

It has been more than 3 months under the CoViD-19 lockdown and isolation. None of us expected that this compromised life style would range for 100 plus days. Establishing of normality seems to be challenging. Rather, it looks like we need to adapt to the new “Normality” as forced by nature.

IOS TIMES is proud to keep our society and its members united and connected, during these troubled times. Activities and energy of Indian Orthodontic Society never took the brunt of the lockdown. IOS is evolving with the presenting situation and compromise. We are adapting to the challenge.

With the easing of lockdown in most of the cities around the country, some of our IOS Members had resumed their Orthodontic practice. Our clinical practice would never be the same as it used to be, at least for some while. Stringent safety measures and sterilization protocols need to be observed henceforth. Thus our Editorial team invited our member DrRangalakshmi to contribute an article on safe practice of Orthodontics in future. She is recognized for her similar contribution globally via Journal of Contemporary Orthodontics. Her article has covered interviews from experienced IOS members from 5 major parts of the country.

We are proud to cover an interesting interview of our senior member Dr Krishna Nayak, who holds a record for teaching the maximum number of Orthodontic Postgraduates as the Head of Department – to be Exact 284 PGs. His experiences and insights, presented in this issue as an interview should be a motivation and inspiration for many young members and Orthodontic teachers.

IOS Times invited Student Members to contribute articles on the following two topics

1. How to make the Best use of COVID Lockdown period to cope with Orthodontic Curriculum
2. Establishing “ New Normality” as we return to Department

The response was huge with 54 teams submitting 84 articles, from various colleges across the country. Our editorial team short-listed these contributions as two 1st, two 2nd & two 3rd best submissions from the above-mentioned two topics. We are publishing the Two 1st best articles in this June Issue. 2nd best articles shall be published in July Issue and 3rd best articles in August issue. IOS Times appreciate every Student member who participated. Considering the huge volume of submissions we regret to state that, only the 12 Best out of 84 articles could be published. We are opening more such forums in the future for our Student members and we expect you to participate with this same enthusiasm. In future, publication of fresh contributors shall be given preference.

Hope our Members enjoy this June Issue of IOS Times

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

Message
from the
Editor

ORTHODONTIC FINISH LINE REVISITED

Webinar series organized by Department of Orthodontics and Dentofacial Orthopedics
of Sri Aurobindo College of Dentistry, Indore

O rthodontic Finish Line Revisited, a four days Webinar series held from 25th to 28th April 2020 on zoom platform was a grand success. This Webinar series was organized by Department of Orthodontics and Dentofacial Orthopedics of Sri Aurobindo College Of Dentistry, Indore under the aegis of Indian Orthodontic Society. This webinar series was headed by Dr. Ashish Garg (Organizing Chairman) and his team- Dr. Rakesh Thukral, Dr. Amit Tripathi, Dr. Sunita Marothiya & all the P.G.s. This webinar series was attended by approximately thousand participants (most of the time the participants were more than 975) from all over the India.

The theme of this event was Precision, Preservation & Perfection. The aim was to orient all the post graduate students for their final examination who were sitting at home during this COVID scenario and to give them an idea about how to prepare and appear in both theory and practical exams.

In this four-days Orthodontic Finish Line Revisited Webinar series, the galaxy of orthodontic stalwarts and eminent speakers from across the country shared their valuable knowledge on orthodontic post graduate curriculum and ignited the minds of exam going Post Graduate students so that they can perform best in their final exams. Very interactive Questionnaire session was also conducted at the end of each day to clear the doubts of all the delegates. This session was headed by team of panel lists which consists of Dr. Girish Karandikar, Dr. Silju Mathew, Dr. Sridevi Padmanabhan, Dr. Puneet Batra, Dr. Sridhar Premkumar, Dr. Vignesh Kailasam, Dr. Ashish Garg, Dr. Chetan Jayade, Dr. Siddharth Shetty and Dr. Rajaganesh Gautam.

On day 1, President of Indian Orthodontic Society, Dr. Silju Mathew shared the concepts and vision for the programme. This was followed by the lecture of Dr. Ritu Duggal on

Functional Case Examination, Diagnosis and Appliance Selection. After this, Dr. N.G. Toshniwal shared his valuable knowledge on Bite Registration, Appliance Delivery and Instructions followed by open questionnaire session.

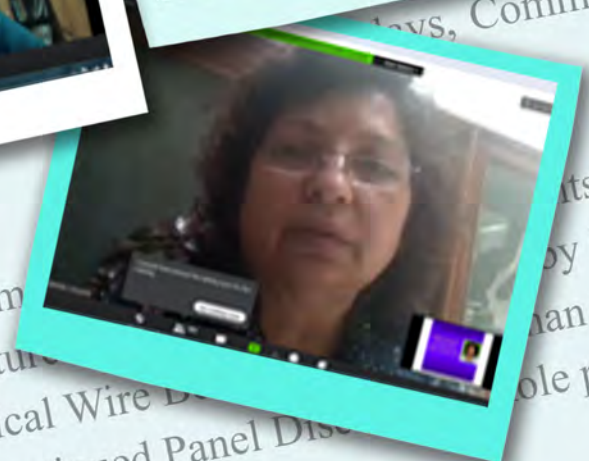
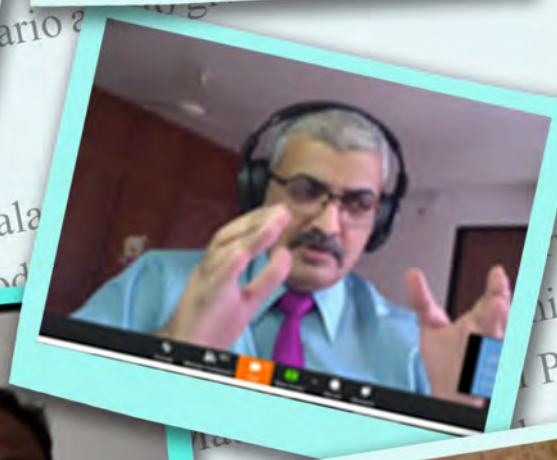
On day2, Dr. Jayesh Rahalkar and Dr. Kiran Kumar shared their experience on how to prepare and present 5 finished cases during the practical exams, followed by an eye-opener presentation on Bonding Basics and Viva by Chairman Academic Council and Editor JIOS, Dr. Puneet Batra followed by presentation of Dr. Mala Ram Manoharon 'Pedogogy'. Finally a very interactive open questionnaire session was conducted.

On day 3, Dr. Sandhya Jain, Dr. Ajay Kubavat and Dr. Sridhar Premkumar shared their experience on how to prepare and write in theory exam. After this the platform was taken over by Dr. Girish Karandikar, Dr. Anand Patil and Dr. Siddharth Shetty and they guided all the delegates on Panel Discussion, Role plays, Common Errors and How to overcome and come out of Grand Viva Victorious.

On concluding fourth day, the webinar was started before time on request of all the participants and was headed by team of Panellists which was followed by a very beautiful lecture on Long Case Discussion by Hon. Secretary of Indian Orthodontic Society, Dr. Sridevi Padmanabhan and Clinical Wire Bending by Dr. Madhan B. After which Dr. Girish Karandikar, Dr. Anand Patil and Dr. Siddharth Shetty continued Panel Discussion, Role plays, Common Errors and How to overcome and come out of Grand Viva Victorious.

This webinar series was greatly appreciated by head office, guest speakers and all the participants regarding the vast knowledge and skills they acquired through this webinar series.

Line Revisited, a four days
grand success. This Webinar series was organized
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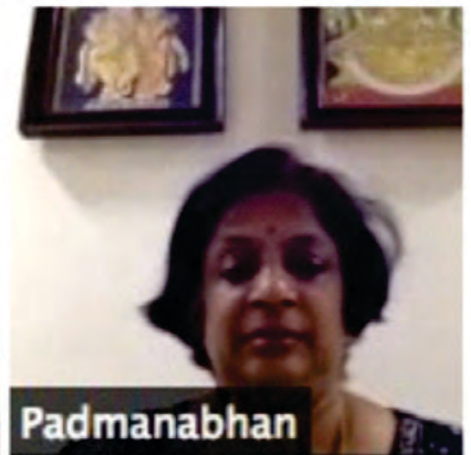
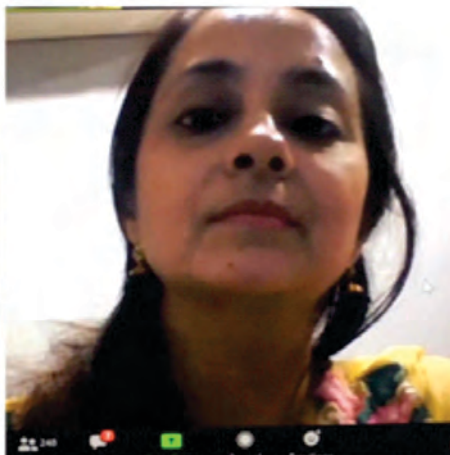
Study Group Activities

Section Editors: DrSandeep Singh&SwathiAcharya

Bangalore Orthodontic Study Group

Webinar by DrMadhurUpadhyay, University of Connecticut

A Brilliant Webinar delivered by Dr MadhurUpadhyay from University of Connecticut , Health , USA, (He is a alumni of Belgaum KLE) on June 9th, 2020, The talk was Hosted by Dr AnupBelludi& co Hosts were Dr Sujala& Dr PriyankaSethi. The talk left the full capacity audience asking for more. Biomechanics & First principles of V bends with excellent clinical cases... THANKS President Dr Silju Mathew Dr SrideviPadmanabhan Dr SrikrishnaChalasani and a very efficient EC for the support. It was Organised By Bangalore Orthodontic study group and KLE Ortho Belgaum Alumni..Great Feedback from many IOS members in India & abroad.





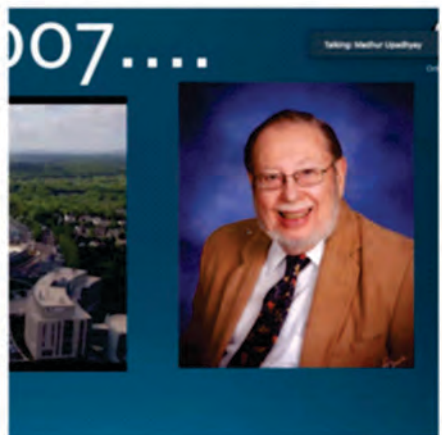
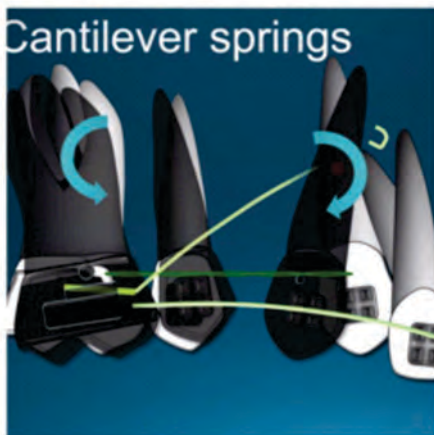
Bangalore Orthodontic Study Gr
in association with
Indian Orthodontic Society and KLE
Present a webinar on
ORTHODONTIC BIOMECHANIC
FIRST PRINCIPLES AND CLINICAL APPLICATION

DR. MADHUR UPADHYAY
Associate Clinical Professor and Director,
Center for Orthodontics Clinic
University of Connecticut Health, USA

He is also the Director of the Orthodontic Fellowship Program of Orthodontics (ABO) and holds an active membership of
His research interests include biomechanics of teeth, more than 10 years of experience in vivo & in vitro research, the National University of Connecticut, University of Illinois, Chicago & Miami. He has published over 100 scientific papers, book chapters, journals and has made numerous scientific presentations at various international conferences and has been recipient of foundation & industrial grants.
He is on the editorial board of various orthodontic journals & Dental Facial Orthopedics (JJO-DO), Angle Orthodontist (AO), J

Hosted by
Dr. Anup Bhatnagar
Professor,
Department of Orthodontics and Dental Facial Orthopedics
KLE Institute of Dental Sciences, Bangalore

Meeting ID: 800 700 7007
Password: 123456



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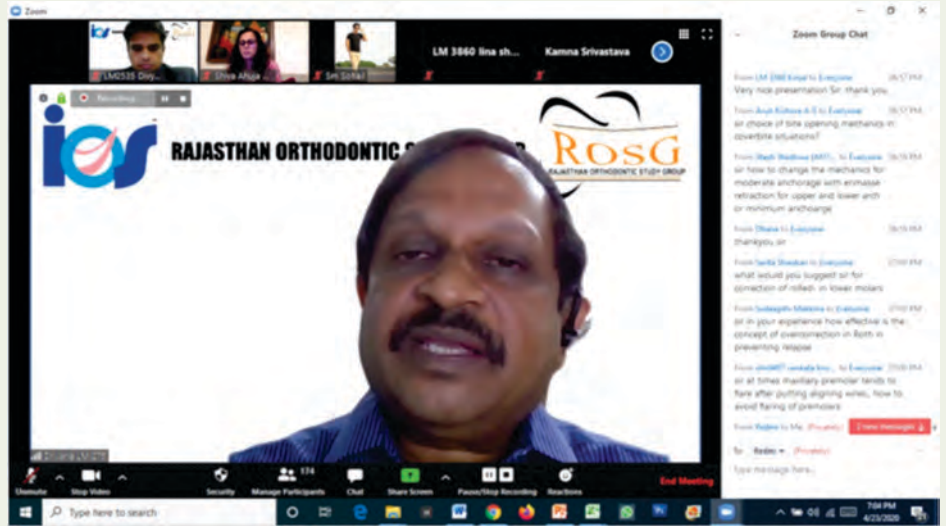
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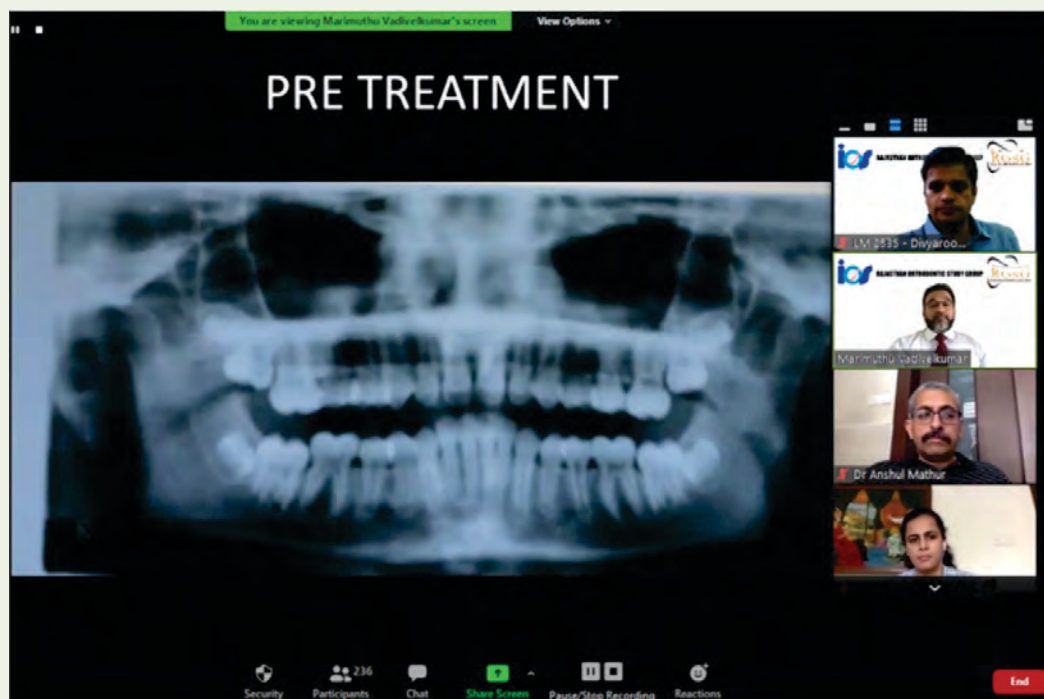
Rajasthan Orthodontic Study Group

ROSG WEBINAR on 23rd April 2020

In pursue of continuing to impart most selfless education, Rajasthan Orthodontic Study Group (ROSG) conducted, a series of 3 Lectures and the 1st Lecture was conducted on 23rd April 2020. The mentor of the Webinar was one of the finest, an ardent teacher and one of the most loved teachers in Indian Orthodontic Society, DR. P JANARDHANAM. A very highly informative & interactive session was taken which went for more than 3 hours, on the topic “Pre-Adjusted Edgewise System – Improving Clinical Efficiency”, which provided an insight to the participants as to How to get the best out of the In-Built Features in the PEA SYSTEM (MBT), its advantages & Disadvantages. The session included Clinical advantages of MBT System which was very elaborately explained with the help of wonderful Case Reports on various Extraction patterns, Atypical Extractions, Bracket Modifications for better tooth control and Surgical orthodontics – facilitated by MBT Prescription. The Webinar was attended by more than 800+ Clinicians & Post-Graduates from all over India. The moderators for the session were the conveners of ROSG, Dr. Anshul Mathur, Dr. Shiva Ahuja Gupta and Dr. Divyaroop Rai.



ROSG WEBINAR on 28th April 2020

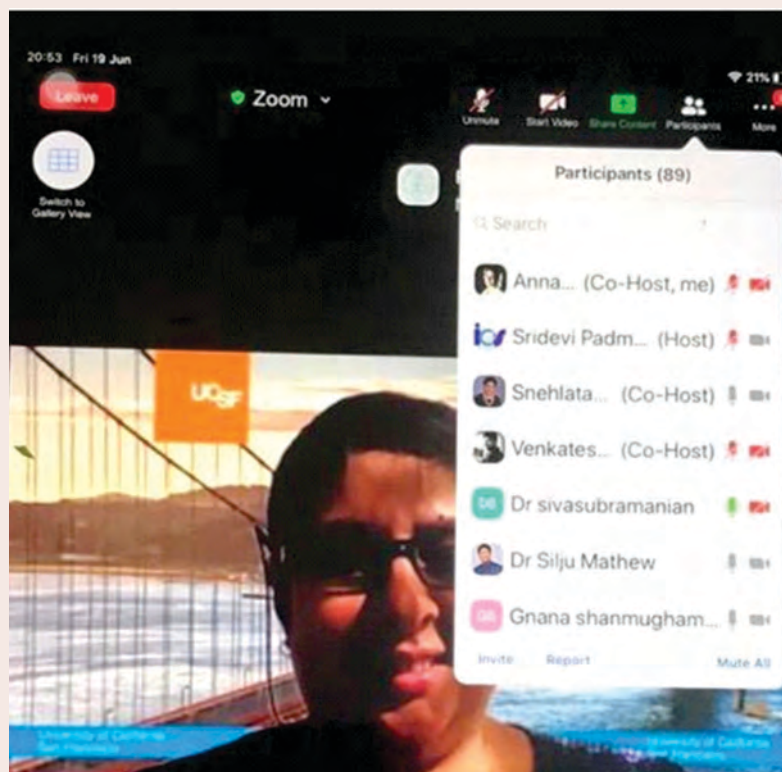


The 3rd Lecture of the Lecture Series by Rajasthan Orthodontic Study Group (ROSG) was conducted on 28th April 2020. The mentor of the Webinar was one of the most intellectual & practically driven enterprising teacher, DR. VADIVELKUMAR MARIMUTHU, who delivered a very interesting and a practically oriented lecture on the, on the topic “Class II Correction – Experimental & Clinical Perspective”, which provided an insight to the

participants about, Types of Class II Correctors, how and when to uses them, Mode of Action of various Clas II Correctors and its practical use. The Webinar was attended by Clinicians & Post-Graduates from all over India. The moderators for the session were the conveners of ROSG, Dr. Anshul Mathur, Dr. Shiva Ahuja Gupta and Dr. Divyaroop Rai.

Madras Orthodontic Study Group

Department of Orthodontics- International Webinar



The Department of Orthodontics, SRIHER (DU) in association with the Madras Orthodontic Study Group and the Indian Orthodontic Society conducted a webinar on 'Orthodontic Management of Individuals with Cleft lip & palate'. The immense contributions of Prof Jyotsna Murthy towards cleft lip and palate surgery in general and the growth of cleft palate treatment in India were noted and the webinar was dedicated in her memory. The President of the Indian Orthodontic Society Prof Silju Mathew presided and Secretary, Prof SrideviPadmanabhan introduced the speaker and organized the event. The convenors of the MOSG, Prof Gnanashanmugham, Prof Dilip S and Prof Edeinton A graced the online event. Senior cleft orthodontist, Dr. SnehalathaOberoi from UCSF, USA delivered a very insightful lecture attended by 89 delegates. Dr. Oberoi gave a comprehensive lecture of the treatment protocol in treating cleft patients from birth until 18-20 years of age with

several longitudinal case follow-ups. The lecture ended with an interactive question and answer session, moderated by Dr. Siva Subramanian, cleft specialist, SRIHER (DU).



Orthodontic Management in Individuals with Cleft Lip and Palate – from Infancy to Adulthood

Recording



Snehlata Oberoi BDS, DDS, MDS
Director, Cleft & Craniofacial Orthodontic Program
University of California, San Francisco
June 19, 2020



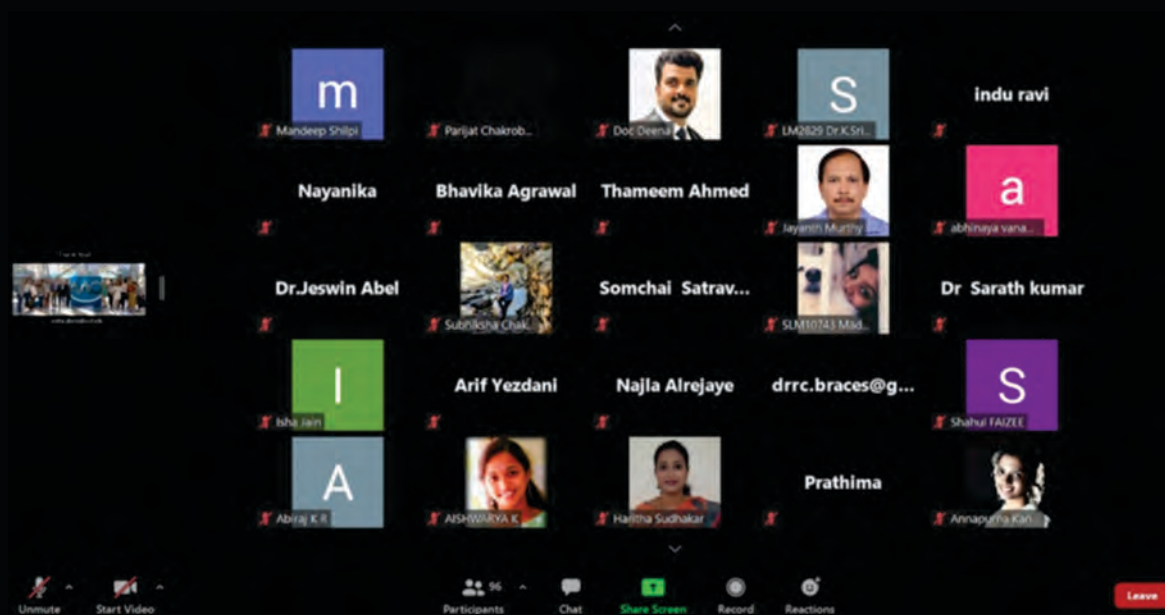
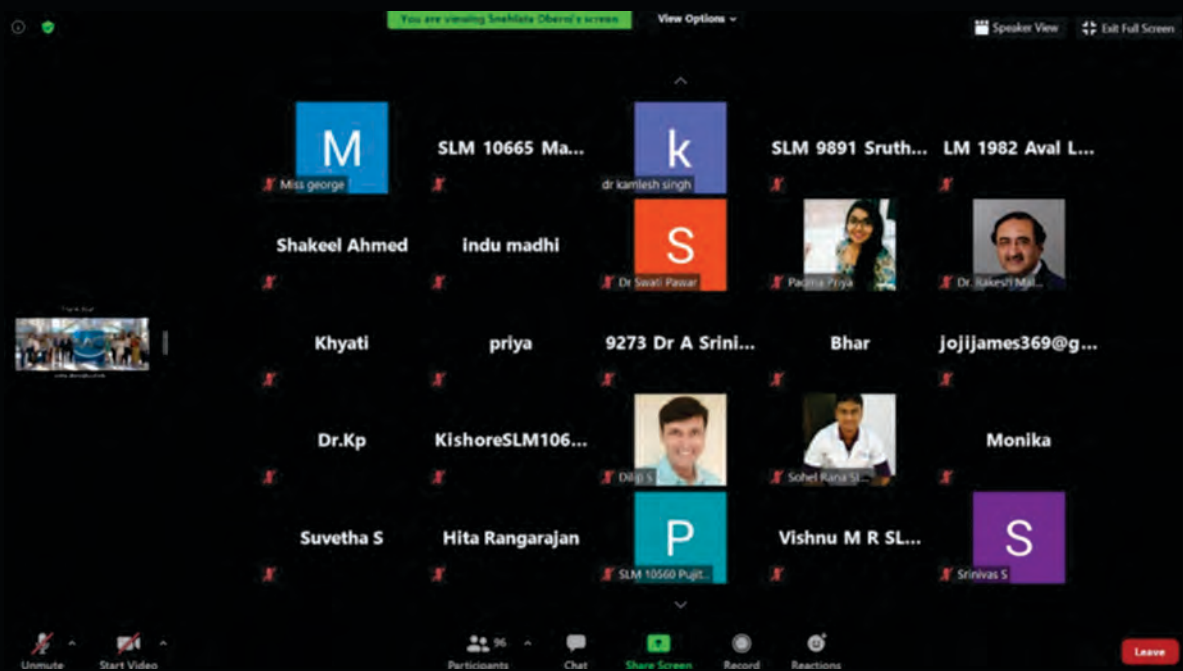
Zoom meeting interface showing a grid of participants. The top section displays the title and speaker information. The bottom section shows a grid of participant video feeds and names.

Participants:

- Shubhav Gulati
- Dr. sivasubrama...
- Gnana shanmugham
- Vignesh k
- Shri Devi Padmanabhan
- Dr. Silju Mathew
- Gokul Dass sridhar
- Bhadrinath Srin...
- Amrith Krishna
- Dr. Ashwin K.S.
- Sameer Malik
- Venketachlam's...
- dr. vasumathi
- Praghu Mathur
- K.Abinila
- Sruthy
- Mandeep Shilpi
- Poorna Devadas
- Shruti Mahesh
- LM4092 Dr Na...
- Mandeep Shilpi

Participants (continued):

- Hita Rangarajan
- Vishnu M R SL...
- Dr Kavitha Iyer
- Janagarathina...
- Pamila Rachel
- sreelekhaa
- Dr.Praveen Ku...
- Annamalai Orth...
- Sakshi Daran
- Nithya Elengku...
- pravenkumarSL...
- 9537Dr Vaibava...
- Alag Mathur
- Duralsamy San...
- Poornima Jnan...
- Hema's iPhone
- Dr. Sri Lakshmi G...
- LM2066 Sharu
- Dr. Jyosthna re
- Dr. Tamizh



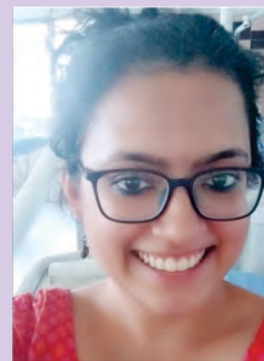
COVID-19 – THROUGH THE EYES OF AN ORTHODONTIST!

Authors



Dr Srirengalakshmi

Assistant Professor , Dept Of Orthodontics
Saveetha Dental College
Chennai, Tamil Nadu



Dr Samhita Mahata

Smile Craft Dental Treatment Centre
Kolkata,
West Bengal, India.

Contributors



Dr Mani K Prakash

Hon. Consultant Orthodontist,
Bombay Hospital, Marine Lines,
Mumbai, India.



Dr Ashwin Mathew George

Professor, Dept Of Orthodontics
Saveetha Dental College
Chennai, Tamil Nadu



Dr Surya Kanta Das

Prof. & Head.
Post Graduate Dept. Of Orthodontics.
SCB Govt Dental College, Cuttack, Odisha.



Dr Vishal Gupta

Consultant
Fortis Escorts
New Delhi, India.



Dr Amit Bhardwaj

Dean, Prof.& Head Dept. of Orthodontics
Modern Dental College & Research Centre
Indore

“Only a life lived for others is a life worthwhile.” - Albert Einstein

All dental professionals, including orthodontists, are at a high risk of acquiring COVID-19 through multiple transmission routes, yet we have to be able to help those who are in dire need of our services. We are aware that the virus keeps evolving everyday and so does our human race! And even though orthodontists have metamorphosed to handle situations differently, when it comes to taking certain decisions during these unprecedented times, we usually find ourselves at crossroads.

Some of the grey areas include the in-office modifications, virtual orthodontic visits, the role of the support staff, financial planning and the authenticity of the available evidence. We constantly update ourselves on these grey areas through webinars, published literature and by following the standard guidelines issued by the governing bodies. There are many protocols and guidelines that keep emerging and we have to adhere to something that fits the bill.

In our country, many cities continue to be in the lockdown whilst some have slight relaxations. When handling emergencies in the lockdown the practitioners can adopt tele - consulting to avoid the possibility of an untoward spread. Videos explaining the methods to handle orthodontic emergencies at home, are readily available on BOS(British Orthodontic Society) website which can be made use of. (<https://www.bos.org.uk/COVID19-BOS-Advice/Patients-Advice/Patients-Home-Videos-Repairs>)

An important aspect to be considered during this lockdown are the queries from overtly anxious parents who may be concerned as the child has been unable to go for their routine checkup for months and sense a problem even if there isn't one. Such parents need to be explained carefully about their child's present condition and reassured that if anything goes awry then the orthodontist will definitely be available for a check-up.

Another unique perspective during this time is the influx of transfer cases as many patients have returned to their hometowns in wake of the lockdown. For such cases emergencies should be tended to immediately and if the patient is staying for a prolonged time then treatment should be continued in communication with the treating orthodontist.

Post lockdown it is only imperative that we prepare ourselves to tackle challenges of the new world. This article is a compilation of the interviews taken from eminent orthodontists practicing across the country. The orthodontists interviewed are Dr M K Prakash from Mumbai, Dr Ashwin George from Chennai, DrSuryakanta Das from Cuttack, Odisha, Dr Vishal Gupta from Delhi and Dr Amit Bharadwaj from Indore. The questions posed to them were

1. What are the In house modifications undertaken post Covid?
 - a. Infrastructure modifications
 - b. Equipment purchase
 - c. Working protocol with emphasis on work flow
 - d. Appointments and triaging
2. What is your opinion on Virtual Orthodontic Visits?
 - a. Patients who fit the tele-consulting norm
 - b. How to execute
 - c. Will it be the new norm?
 - d. Consultation fee for virtual visits
3. What is the role of the support team?
 - a. Educating them
 - b. Working with full strength or part time
4. Financial planning
5. Evidence based or Opinion based
 - a. How do you make a decision?
 - b. Preferred choice to decide? Published Literature or interviews or experience

“IN HOUSE MODIFICATIONS”

All the orthodontists interviewed were in agreement on following facts.

- Pre-appointment triaging was done through tele-communication and appointments scheduled only when deemed necessary.
- Appropriate signage used for hand hygiene, respiratory hygiene, cough etiquettes and social distancing etiquettes placed strategically in the waiting area of the clinic for easy understanding
- No accompanying person allowed with the patient unless the patient is a minor.
- Touch-free sanitizer placed at the entrance to promote hand hygiene.
- Staff designated at the reception bay to record the patient's temperature and oxygen saturation using non-contact infrared thermometers and pulse oximeters respectively.
- In multiple operatory unit set-up, one of them was converted into an area for donning and doffing PPE.

Dr M K Prakash added that he hasn't made any major modifications in the infrastructure of the clinic, however he has modified the space to get maximum functionality. Once the patient is cleared for consultation they are given a fresh

mask and disposable plastic apron for extra protection. The operating team wears a N95 mask, 3 ply surgical mask, protective eye-wear, head cap and face shield. A 40 GSM gown style PPE is preferred instead of 90 GSM, as it is too uncomfortable. Coupled to this they don a disposable plastic apron which is changed for every patient instead of the PPE. For Aerosol Generating Procedures they switch off the water supply and use a drip irrigation and high volume suction. Throughout the procedure there is a SHARP J60 HEPA equipped air purifier running with a pedestal fan to enhance the movement of air. After the work is completed they use a manual fogger with hypochlorous acid solution. Manual foggers cost a fraction as compared to electronic foggers and are equally effective.

Dr Ashwin's clinic is a residential clinic based in the ground floor with good natural ventilation and so he opens all the windows to enhance the ventilation. A pedestal fan kept by the side of the dental chair, encouraged the flow of air away from the chair towards the windows (positive pressure) while an exhaust fan removes this air from the working area (negative pressure). This setup has the disadvantage of not using an air conditioner but if the temperature inside the working area gets very uncomfortable, he switches on the air-conditioner but still keeps ventilation open. He believes this simple measure is efficient, cost effective and good enough to suffice while doing non invasive emergency procedures, like managing a poking distal end wire etc. All the piping associated with the dental chair had been specially cleaned by the dental chair technician and the booster bottles changed, along with the AC filters. In the present Covid scenario, a good exhaust fan and a pedestal fan have been his only two purchases as he has not started any Aerosol Generating Procedures (AGP) yet. He has planned to procure the HEPA Filter and UV light as specified by the scientific guidelines when the time comes. His personal message to the fraternity is that, we all must be very clear in one fact that no matter what equipment we use, none of it is a fool proof guarantee for safety but everything will help to reduce the risk. We cannot be a Utopian aiming for a set up which is 100% perfect but we must invest sensibly and practically within our financial resources.

Dr.Suryakanta Das practices in the millennium city Cuttack, Odisha which was in a green zone they began practice from May 4th onwards. While many of his colleagues preferred to stay away from clinical practice then, he was convinced that the earlier he started, the better, because with time the condition and spread was going to worsen. The idea to start early was to train himself and his support staff to the new norms of Covid 19 era! The first fifteen days of his practice helped fill their lacunas and customise their protocol. He firmly believes that challenges vary from practice to practice, and protocols must be customised to suit individual needs. Couple of portable air purifiers, AC filters and high speed exhaust fans were immediately doable options for his practice. But in the long run he has planned for an integrated HVAC. He recalled his post graduation days, where they used hand scalers, water syringes, chip blowers and at max

micromotor for bonding and debonding procedures. These extraordinary and unprecedented times may require us to take a step back and adhere to such basic protocols again.

Dr Vishal has primarily kept the number of patients visiting the clinic to a minimum, thereby allowing adequate social distancing. Once the patient is pre-checked at the entrance they have to don gloves, gown, and shoe-cover before entering the working area. If the patient is a minor then the accompanying attender should also follow the same. Though they have five operatories, they work on two of them simultaneously to give adequate time for the operatories to become properly sterile for the next patient. His team of 6 junior doctors and twelve assistants are divided into two groups to work on a rotation basis from 10 am to 5 pm compared to the regular 9am to 7pm.

Dr.Amit follows all the above mentioned protocols and emphasises for having a specific chamber for donning and doffing the PPE thereby ensuring utmost safety. Also to enhance the patient's experience he sends all necessary instructions via WhatsApp prior to the appointment, so that the patient comes prepared.

“VIRTUAL ORTHODONTIC VISITS”

There are certain types of visits which can be performed with relative effectiveness through telecommunication. For further reading the authors recommend <https://www.jco-online.com/covid19-resources/virtual-orthodontic-visits/>.

All the five orthodontists were in agreement to the following:

- During times of emergency video calls were the preferred mode of communication.
- It helped reassure the patient and also served as a platform to educate about handling the emergencies.
- In the future there is a scope for virtual consultations and we must be equipped and prepared for the same.
- In technologically advanced countries they have come up with a standard teleconsultation portal system to schedule and manage virtual appointments with digital payment modalities for the same.

Dr.M.K.Prakash follows all the above mentioned protocols and believes that even though a diagnosis and treatment plan may be provided over virtual media for the actual treatment the patient has to physically visit the clinic.

Dr.Ashwin's triaging of patients is based on NEED over WANT and he has specially created a WhatsApp group for all his orthodontic patients through which he routinely shares short clips or videos on how to manage emergencies and also general instructions such as the correct way to wear a mask etc.

Dr. Suryakanta Das has had pleasant experiences with virtual checkups and consultations. He believes that aligner patients can be well monitored with the help of smartphones and virtual consultation will have a stake in the future that warrants attention for growth now.

Dr Vishal's strategy towards the virtual orthodontic consults

can be categorised into emergency cases, triaging and new consults. He instructs the patients over video call on how to manage emergencies. For triaging patients, he enquires regarding their travel history, health history etc over video call and then decides on the in house appointment. For patients who are keen on Invisalign, he uses Invisalign Virtual Consult app. Additionally, he uses Bellus 3D app to integrate the 3D face scan into the digital dentistry workflow.

Dr. Amit prefers video consultation only for emergencies but believes that this is an emerging modality as we move forward.

“THE SUPPORT TEAM”

Dr M.K.Prakash stated that all the auxiliary staff were meticulously trained for almost 15 days starting with basics such as hand hygiene, respiratory hygiene leading up to the donning and doffing of PPE. He feels it is very important to equip the staff with adequate knowledge and make them aware of the gravity of every single step that is being taken in this current scenario.

Dr.Ashwin's auxiliary staff play a major role in scheduling the appointments, guiding the patients once they reach the clinic and maintaining the sanitization protocols instituted. He is working with 20 percent of his staff as they are only tending to emergencies. By reducing the number of people in the clinic premises they are doing their part to maintain the social distancing norms and prevent any community spread. He emphasised on the fact that it is very important to make sure that the staff are equally safe as fellow human beings, equipped with proper PPE and they must be educated about all necessary COVID safety protocols.

Dr. Suryakanta Das feels that training the support staff and their education is a process that requires constant reinforcement. As there was a shortage of qualified dental auxiliaries in Odisha, training them was a challenge and required constant monitoring for nearly two weeks to acquire that reflex workflow. They were engaged in all steps from scheduling the appointments, screening patients, maintaining strict waiting room social distancing protocols, helping patients don their PPE, etc till departure of the patients. Although the number of patients had dropped by nearly one third compared to pre covid times, they preferred full staff engagement and business as usual. More manpower to patient ratio helped them to ensure that the working protocol was strictly followed.

Dr. Vishal's support team have been thoroughly educated using videos and other aids regarding the basics such as how to disinfect, how to sanitize, which chemicals to use, disposal of the new biomedical waste such as the PPE etc. His team of junior doctors have helped train the staff and constantly monitor them to make sure all the safety norms are maintained. He also ensured that the support team works on a rotational basis so that they are adequately rested.

Dr.Amit was particular about training his team even before he planned to start a regular clinic. Along with the general training of safety protocols, donning and doffing PPE etc he has specifically trained each member of his team towards the task they should execute. So the reception personnel were well versed in how to receive the patient and guide them with the new norms, the person in charge of sterilization was also well

trained in all the newer aspects and the clinical assistants were shown how sanitization and disinfection were to be carried out before and after every case .

“FINANCIAL PLANNING”

Dr.M.K.Prakash's older patients were not levied any extra charges but for newer patients he plans to implement a new payment structure.

Dr.Ashwin does not charge anything extra for regular consultations or emergencies. However, some patients by themselves offered to pay an extra amount after seeing the precautions that were taken. For all the major procedures performed, an extra amount as deemed necessary was collected with prior intimation.

Dr.Suryakanta Das experienced an approximate investment of nearly two lakhs to start with. The recurring expenses on every patient came out to be nearly Rs 150 on their disposables (head cap, gloves, gown and shoe cover) and expenses on disinfection procedures between patients and after practice had increased by three fold. Reduced number of patient engagements, infrastructure upgradation, rising cost of consumables etc require restructuring of the fee structure with 15 to 20 percent hike. He believes that this Covid 19 times has raised the bar for sterilization and disinfection procedures that were usually practiced and once this becomes a habit he's sure that this will be the norm in the post covid era. His advice to the young orthodontists will be to start their own practice at the earliest rather than depend solely on visiting practice. If initial investments are an issue, then they can always start small and grow big. Now that the dental practices are included under MSME, he's sure that the younger generation will make it big.

Dr.Vishal has also increased all treatment charges by 15 % considering all the extra precautions that were instituted for every patient and procedure.

Dr. Amit also feels that we need to charge the patients for the added cost being incurred as part of the new protocols instituted. He is also encouraging the patients to use digital modality of payment which is contact less

“EVIDENCE BASED VS OPINION BASED”

Dr. M.K.Prakash takes all his decisions based on scientific data and literature. He refers to medical journals, CDC website and WHO website to stay abreast with this evolving situation.

Dr. Ashwin understands the basic science and then discusses with his peers who are updated and have a sound knowledge. He prefers both Published Literature and interviews to arrive at a conclusion. He broadens my understanding by going through the medical fraternity articles and writings of epidemiologists. He arrives at his own conclusion on what is practical and best for the clinic rather than succumbing to peer pressure.

Dr. Suryakanta Das prefers a combination of evidence-based and opinion-based when making decisions.

Dr.Vishal mostly trusts his moral values to make appropriate decisions and even though he reads the literature and listens to the experts, he always keeps in mind that the data and literature regarding COVID 19 is still evolving and hence it is important to stay updated.

Dr.Amit depends on evidence-based decisions as the preferred perspective. Published literature plays a major role and is advantageous in planning the treatment protocols in this Covid-19 era.

CONCLUSION:

Limiting the number of patients, adhering to the protocols, adopting mechanics that reduce the number of visits and creating a safe work environment are the only options available to combat the virus. We have to keep in mind that change is the only constant and we should learn, unlearn and relearn everyday to move forward. On a conclusion to quote Robert Frost “Two roads diverged in a yellow wood and I took the one less travelled by..” as this ensured safety and adequate social distancing.

The authors would like further to extend their gratitude to the five esteemed orthodontists for their valuable time and expertise and also recommend the following reads for enhanced and thorough understanding of the current scenario.

<https://www.jco-online.com/covid19-resources/orthodontics-in-the-covid-19-era-the-way-forward-part-1-office-environmental-and-infection-control/>

<https://www.jco-online.com/covid19-resources/orthodontics-in-the-covid-19-era-the-way-forward-part-2-orthodontic-treatment-considerations/>



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LIVE LIFE KING SIZE !

An Interview with "The Boss"

-Prof. Dr. Krishna Nayak-

Past President, IOS,

**Record Holder as Department Head, for making the
highest number of Orthodontists from 284 Post Graduate Students**



Interviewed By

Dr M.S.Kannan IOS TIMES Editor & Student of Dr Krishna Nayak



With Dear Student, Dr. Silju Mathew, President, IOS

Hello Boss,

Regards and Love from members of Indian Orthodontic Society (IOS).

I thank you on behalf of our Editorial Committee, for accepting to give your interview for IOS TIMES. This is more a non-academic interview and on the lighter side. Our members would enjoy reading it.

You are a celebrity Orthodontist and our members are your big-time fans, specially the student members. As your student, I am your great fan too.

You are an epitome for positivity, hard work, dedication, sincerity and most importantly love & caring interpersonal relationship. IOS folks love you for your lighter side and cool demeanor beyond your academic caliber.

I believe that, this interview shall inspire and motivate our members and student members to pursue your path of Love and Success.



With Dear Friend, Dr. Sri Devi Padmanabhan, Hon. Secretary, IOS



With Best Friend, Dr. Sri Krishna Chalasani, President Elect, IOS



With Best Friends, Dr. Pradeep Jain & Dr Chandra Sekhar, Past Presidents, IOS

About Prof. (Dr.) U.S.Krishna Nayak

Hailing from a Family of renowned Dental Surgeons, the charismatic Dr. Krishna Nayak, after his preliminary education in Mangalore, went on to get his Bachelor Degree in Dental Surgery (1982) and Masters in Orthodontics from the College of Dental Surgery, KMC Manipal (1985). He then saw a meteoric rise to his current post of Principal & Dean and Head of the Department of Orthodontics at the A.B Shetty Memorial Institute of Dental Science in Mangalore.

He has been an integral part of the A.B Shetty Memorial Institute of Dental Sciences, ever since its inception in 1985. Having served as an Assistant Professor, Reader, Associate Professor, Senior Professor, Vice Principal and Dean Academics over the years, currently, He is the Principal and Dean & the Head of the largest Orthodontic Department in the country that has churned out a record number of over 250 Post Graduates over the past 30 years.

In recognition of his exemplary contributions through the years to the field of Dentistry in particular and the Society in general, he has been bestowed with numerous laurels such as

- The highest civilian award in the state of Karnataka - THE STATE RAJYOTSAVA AWARD in 2003,
- RAJIV GANDHI AWARD FOR HUMAN EXCELLENCE,
- The INDIAN DENTIST OF THE YEAR AWARD-in the year 2002,
- MAN OF THE YEAR IN DENTAL HEALTH-2008 by the American Biographical Institute, and The Special Recognition Award from the Asia Pacific Dental Federation 2008
- AVARUN'S OUT-STANDING PROFESSOR AWARD from Indian Orthodontic Society



With Dr Majumdar, President DCI & Dr Bharath Shetty, Vice President DCI at Dr Nayak's Residence along with Dr Kuttappa & Dr Ashutosh Shetty



Indian Orthodontic Society Felicitation at IOS PG Convention, Mangalore, 2014 on completion of 25 years of PG teaching



Awarded as the Best Secreatay for IDA Local Branch at National Level at IDA Conference, Pune 1988 From Mr.Chagan Bhujbal, Deputy CM of Maharashtra



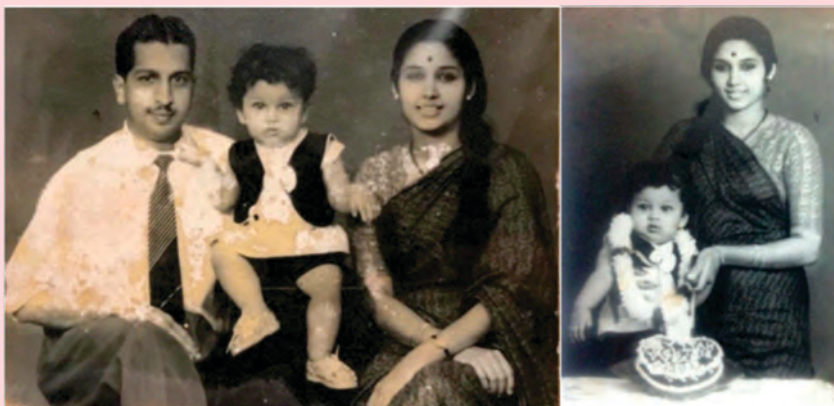
Receiving Special recognition Award from Asia Pacific Dental Federation at IDA Conference, 2008, Mangalore



Presenting a Memento to the DCI President Dr Majumdar as the Conference Organising Secretary at the Inaugral function of APOC, NewDelhi 2012

Dr Kannan : Please share your experience from your Childhood to Juvenile days. Your native, schooling and undergraduate days and PG days

Dr. Krishna Nayak : As has been said often a healthy balanced upbringing almost always fosters confidence and good mental equilibrium in adulthood. We had a carefree childhood laced with equal amount of love and discipline which made us capable of making lemonade every time life threw lemons at us. Jokes aside, the lessons that we were taught in our childhood have gone a long way into shaping our future and instilled in us the ‘never say die’ attitude. I salute and thank my dear parents for making me the person I am today. As far as education is concerned my parents always held that as a priority and made sure we were given the best. Hailing from the beautiful riverside panoramic village Uppinangady, my father moved to the then quaint little Mangalore seeking better pastures.



Dad Dr. Mohandas Nayak & Mom Mrs Indira



My early education was in the World renowned St Aloysious boy's school, followed by 2 years of Pre University as well in the same Institution. My baby steps into this Profession happened at the ‘Mecca of Education’ - Manipal, a foundation so strong that it has held me in good stead and stature all through my years as an Under Graduate, Post Graduate, Clinician, Academician and the present position that I'm

in, that of an Administrator. My alma mater, true to its reputation has given me the best all round stability and I shall remain forever grateful for that.

“Tell me. Do you spend time with your family?”
 “Sure I do.” “Good. Because a man who doesn't spend time with his family can never be a real man.”
 - God Father... so does..Dr Krishna Nayak
 With Wife Shaila, Son Arjun & Dr Ekta



Lady Behind all the Success & Glory : Mrs. Shaila Nayak



"Home is Beautiful as Ever" with Shaila Nayak, Son Arjun Nayak , Daughter Ekta Nayak, Daughter in law Mohini Nayak & to beSon in Law Ajith





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Dr Kannan : You are currently the Principal & Dean of the reputed A.B.Shetty Memorial Institute of Dental Sciences, Mangalore. We all know that you are the pillar & a foundation stone of this premiere Dental School. Please share your experience from your entry into A.B.Shetty..., your attachment and relation to the College... experience as HOD of Orthodontics... to currently as Dean.... with timeline & Photographs



With Dr Sridhar Shetty & Dr Rajendra Prasad

Dr. Krishna Nayak : AB Shetty to me is not my means of 'Bread & Butter'. It is FAMILY. Without any inhibitions I can say that I have grown with this institution hand in hand, step for step. The AB Shetty family accepted me with open arms as an assistant professor way back in 1986 and there has been no looking back since then. As the climb up the rungs of hierarchy happened I evolved as a Teacher, an Academician, a Guide, a Friend and above all a Good Human being. A.B.Shetty dental college and the management has held my back at all times in the last 35 years and continues to do so and it is truly dear to me than life itself.



Receiving DCI Past President Dr Anil Kohli as the Chief Guest for Silver Jubilee Celebrations of AB Shetty Memorial Institute of Dental Sciences



Dr Kannan : As a Head of Department, you supposedly hold a National record to have groomed the maximum number of Orthodontists in our country. I wouldn't be surprised if it is a world record too. As one of your own students, I had seen that you have an intense bondage, love and attachment with every student who passed under you.

Dr Kannan : What is the exact number of PGs who passed under you?

Dr. Krishna Nayak : Yes, I assertively say that every PG who passed under me is very special to me and my heart swells with immense pride when I see them adorning various prestigious mantles in every nook and corner of the world. Some of them have even been promoted to be Principals even before I did and that for me gives a deep rooted sense of achievement and contentment and yes we have probably churned out the maximum number of orthodontists in the country – 284 to be precise from this most sought after Department of Orthodontia of A.B.Shetty Memorial Institute of Dental Sciences and believe me you, it wouldn't have been easy if not for the Exceptional rapport we share here in the ABSM Ortho Family. I look forward to continue this tradition in the years to come.





With PGS, IOC Kodaikanal, 1994



With PGS, Year 2009 IOC, New Delhi



With PGS, Year 2006 Workshop of Dr Ashok Karad

Dr Kannan : You displayed a unique character of developing personal attachment & bondage with every student of yours. How did you develop this character?

Dr. Krishna Nayak : Yes, I agree wholeheartedly and proudly to the fact that I did develop a very unique personalised bonding with all my students but that didn't in any way come in the way of running or in instilling a disciplined way of functioning in the department. On the contrary this helped us all to work hand in glove to ensure smooth functioning of the department. I also reiterate the fact that I still maintain that bond with all my Students who have passed out from here and I'm there for them 24/7 no matter what.



Dr Kannan :*Did this personal attachment stand in the way of running the department and establishing Academic discipline. How did you demarcate work and your personal affliction with students?*

Dr. Krishna Nayak : There is a very fine line between attachment and indulgence. We have always respected and ensured that disciplined working was never compromised and this rule applied even when my Son Arjun was studying in the Department too and anybody can vouch for that.



I ensured that Arjun paved his own path and never walked under my Shadow... Glad that he is doing fabulous in his own ways



Dr Kannan :*Every PG who passed out under you carry your lucky charm. Every one of them is successful in their professional career and personal life. Guess they imbibed your traits. Can you name some highly successful students of yours who made you proud.... Interestingly the Current IOS President is your student too! (I know it is a tough question and you would like to give me the list of every student of yours).*

Dr. Krishna Nayak : I don't think it is anything to do with lucky charm. It is sheer perseverance and hard work which has got them where they are today. I am indeed very proud to have mentored my students and hope to see all of them scaling greater heights in the times to come.

AB Shetty Ortho Alumni with 284 Pgs Passed under Dr Krishna Nayak was officially inaugurated on 15.10.1997 with Sr IOS Member & Past President Dr JG Kannappan as the Chief Guest

Dr Kannan :*Who named you "THE BOSS" during late 80s... only your PGs called you so... but now entire IOS is calling you so.*

Dr. Krishna Nayak : 'BOSS' is what I am called affectionately by all my PG's and now probably by all my Colleagues and my Undergraduate Students as well as most of the Members of the Indian orthodontic society. Thankfully all who know me are aware that I am in no way bossy or overbearing. It was a fond addressal by Dr. Prabhat Shetty one of my Postgraduate's from the first batch which caught on like wild fire and stuck on and your's truly became a universal BOSS.



My Best Friend also happened to be my Best Student. It was Dr Prabhat Shetty my 1st Batch PG who started to call me as the "Boss"

Dr Kannan : Share your Experiences as an IOS member - As a fresh member, tenure as EC member to President, IOS Awards to Recognitions, What you achieved for IOS during your President ship (All with Timeline)

Dr. Krishna Nayak : My foray into the Indian Orthodontic Society (IOS) was easy and I was accepted with open arms by seniors and juniors alike .An intense urge to make a difference in society was always deep rooted and I thought why not start with my profession and the rest is History.

- It was in 1989 at the IOS Conference in Trivandrum that I first got elected as an EC Member. Those days there were only 5-6 EC Members apart from the President, President Elect, Vice President and Hon' Secretary. Needless to say I was byfar the youngest EC Member at 28 years along with a couple of founder Members and a few very Senior Members like Dr. Keki Mistry, Dr. Naishad Parikh, Dr. M.K. Prakash, Dr. Vinod Verma, Dr. George Jacob & Dr. T. Samraj (Hon. Secretary and Treasurer).
- After continuing as a EC Member for 3-4 years it was at the Kodaikanal Conference in 1993-94 that I was elected as the Vice President of IOS. In fact that was the first ever Elections we had in IOS (It used to be all unanimous elections till then).
- It was in 1998 at the Manipal Conference that I was Elected unopposed as the President – Elect & took over the Mantle of the President of IOS in 1999 at Bangalore (The youngest President of IOS) and chaired the 2000 conference at Japur. In fact it was in the very next year that I took over as the Youngest National President of IDA too (2000-2001). The IBO Certification started in 1999 during my Tenure as President. This I would say was the most significant achievement during my year.

I do not say it smooth sailing. As is common in all professional organizations, I have had to deal with hurdles galore but I can proudly say despite everything I have come out triumphant and that for me is the biggest achievement. The glory did not come without sacrifices both on the professional and personal fronts, but with cooperation from all concerned we worked around it and all's well that ends well.

I have never strived for any Recognition or Awards during 35 long years in the Profession. Making a lot of Friends and winning the Hearts of my Peers in Profession and most of the people I have interacted with across age groups is I feel my greatest asset and achievement.



The IBO Certification started in 1999 during my Tenure as President. This I would say was the most significant achievement during my year.



Dr Kannan :You are also a favorite for every member of IOS Family. You had been extending an helping arm and love to each and every one from the fraternity. How did you establish this huge nation wide relation?

Dr. Krishna Nayak : My parents brought me up to believe that ‘you give love, you get love, you give respect, you get respect’ and I have made this the Principle of my life. A helping hand never cripples one. In fact every call for help answered makes one sleep better and more peacefully. What is a treasure trove of experience if it cannot be shared? I repeat once again my orthodontic brethren, I have and I shall help anybody who comes knocking for as long as I can.



Dear Friend ..Dear Brother.. and much More... With Dear Krishnaswamy



With Dear Friends Dr Sri Devi, Sec IOS, Dr Deepak, Past Sec. IOS & Dr Kannan, Editor IOS Times





Dr Kannan : *Its tough for an Orthodontist to balance as an Academician and a Clinician. But You excelled both. Let us know about your facet asa renowned Clinician.*

Dr. Krishna Nayak : I am a strong believer of the fact that there should be a perfect amalgam of Academics and Clinical practice to avoid getting into a monotony. I start my work at 8:30 AM in one of the largest and well equipped Orthodontic Department in the Country. After 7 hours of work in the College (Mostly administration these days), I devote 3 hours to my private practice at our Family Clinic. So on an average I put in about 10 hours of work a day.



Dr Kannan : *There has been a lot of Research and Development in Orthodontics the World over. Where do you see the Indian Dental Colleges and Universities on the World Map when it comes to this Science?*

Dental Science has made tremendous progress the World over and the quality of treatment and preventive aspects have probably reached their Zenith. Our Country has been exposed in a big way to these advances in Science and Technology and has also inculcated these methods in day to day practice. But I still feel we as Indians have a long way to go as far as Research and Development in Orthodontic Science is concerned. Potential, we have in

abundance, but are lacking in Infrastructure and Incentives.



Dr Kannan : *You are famous for your music collection. Which is your favourite Album and if you had opportunity to play a song for our readers, which one would it be?*

Dr. Krishna Nayak : Music to me is a language. My preference in music varies from soft instrumental and ghazals to Hard Rock. The melodious strains of music is all I need to shift into the relax mode, be it in my work place or

my house. Though I have many favourite numbers the one that comes to my mind right now is 'Heal the World' by Michael Jackson.

Dr Kannan : *What advice would you give to those young Orthodontists & Orthodontic Teachers aspiring to follow in your foot steps?*

Dr. Krishna Nayak : "By accidents of fortune you may rule the world for a while, but by virtue of love can rule the World for ever."

I am a firm believer of this quote and have made it a way of Life. My sincere advice to all the young Orthodontists is to adhere to this Principle and to always consider work as Worship. Single minded determination, Faith in one's self, punctuality coupled with a wee bit of compassion will take you a long way in life.



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Lockdown Look

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LIVE LIFE KING SIZE





Foods to Avoid

During Braces Treatment

Public Awareness Handouts to Patients

*Brought to you by
Public Awareness Committee of
Indian Orthodontic Society*

Whole fruits and vegetables should be cooked or cut into small pieces



Do not Suck on Lemons, Lime or Ice



Avoid drinks that contain sugar



Foods to Avoid During Braces Treatment

Eating proper foods, minimizing sugar intake and getting enough sleep are essential during orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some Soft & Sticky foods can also cause tooth decay and loosen or dislodge your braces.



Choose food wisely to put in your mouth and avoid chewing on hard objects such as Pens & Pencils

HARD FOODS TO AVOID INCLUDE :

- Hard Candy
- Lollypop
- Popcorn
- Ice Cubes
- Nuts (Dry Fruits)
- Hard Pizza Crust
- Gol-Gappas
- Carrot
- Beet Root
- Radish

SOFT FOODS TO AVOID INCLUDE :

- Chewing Gum
- Chewy Candies
- Sticky Choclates
- Sugar Daddies
- Caramel



Do not Bite anything from the Front Teeth

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IOS Sports Star of the Month

Dr Prasad Ravichandran
Cricketer
Tamilnadu Cricket Association's League Player

Beast of Triumph in the Pitch

Dr Prasad Ravichandran, fondly called 'Prady', 'Doctor' or 'Beast' by team mates and buddies, though an Orthodontist and Dentofacial Orthopaedic specialist by profession, is also a Professional Cricketer, as destined by birth and determined in life. Born on August 21, 1991 to Mr Ravichandran, a Police Officer and Amsa the home maker in Chennai, Tamil Nadu, he was correspondingly blessed to be successful in career and sports.

Beginning his education from Velammal Matriculation and Higher Secondary School, Moggappair, Chennai, Tamil Nadu, Dr Prasad meritoriously completed his Bachelor of Dental Surgery (BDS) from Chettinad University, Kelambakkam, Tamil Nadu and Masters of Dental Surgery (MDS) in Orthodontics and Dentofacial Orthopaedics from Saveetha University, Chennai, Tamil Nadu, all through taking along 'Cricket' as a life passion and finally riding on the road to the pinnacles of his desire.

Start off from school as an athlete, shifted to badminton, then to volleyball and soon to cricket, a craving which had already gone deep into his nerves from childhood. 'Prady' in his early days, had been playing on the streets and local play grounds with tennis ball, along with comrades, day in and out, even forgetting his meals. By now his urge for 'Cricket' had started reaping upshots with encouragement from his parents who started smiling on his routine wherein not a single day faded away without 'Cricket'.

Ascertaining to be bright in academics, his parents were happy about his passion for cricket and his father further nurtured it by seeking an admission in a cricket club in Mogappair, Chennai while still a student of grade nine. Dr Prasad kicked off his cricket career with true cricket players and proper cricket ball at the Academy in Pachyapass Collegewhich was also a professional U-turn for Cricket. He adapted to the swing of the game in no time undoubtedly shovelling away the initial difficulties faced by all beginners. Yes, 'Cricket' was his highest priority without compromise to career.

Dr Prasad, the 'Beast' launched as a right arm medium pacer which was an advantage for his height. The Velammal School soon started a cricket team for the first time where, 'Prady' feel proud to project his role in bringing laurels to the institution winning umpteen tournaments along with his team mates. It is still a memorable experience, to treasure, in the life of Dr Prasad. Enrolment into MAS cricket academy, at Kandasamy College, Anna Nagar, Chennai, headed by M R Manivannan who is also the Tamil Nadu Ranji player and ICF employee, was yet another step ahead. Dr Prasad recalls with awe, a beloved and much preferred coach Azizullah who was a man of ethics and values, always like a mother hen concerned about health and fitness for his team even while active as a cricket coach. The taste of his homemade meat savouries still lingers as an unforgettable experience because it further attracted the attention of players towards intense cricket coaching.

The second half of Dr Prasad's cricket career was even majestic, it was an unexpected makeover from 'Tall Medium Pacer' to a 'Batsman' and 'Off spinner' due to minor injuries which Dr Prasad accept as a 'blessing in disguise' because it served as an opportunity to pitch his batting skills which had been propelled in the desirable direction. He can never forget the support rendered by his team mate Praveen Kumar, with his sincere and unstinting support, during challenging practices to improve batting skills which finally started reaping positive results. Scoring

umpte number of runs and blasting bowlers soon made 'Prady' a steady run getter for all the teams he had been playing.

Having scored more than 30 centuries and 100 fifties in the cricket career, today, Dr Prasad, 'The Beast' or 'Prady' is representing the Tamil Nadu Cricket Association (TNCA) and as a TNCA League player consistently for seven years, Dr Prasad also have thrilling memories to share. 'Prady, the Beast' had gloriously scored 164 runs off just 89 balls with 14 fours and 11 sixes in an innings, an excited spectator dashed inside the pitch gifting 'Doctor' with a hundred rupee note.

Prasad on the rampage


CHENNAI: R. Prasad hammered 164 off just 89 deliveries with 14 fours and 11 sixes as Harnath trounced Triplicane Cosmopolitan Club by 167 runs in a V-B contest of the TNCA league.

Anirudh Kasthuri's unbeaten 127 took Magnet to a facile nine-wicket win over Young Men's CC in a V-E match while K. Senthamarai's five for 30 set up Social's nine-wicket victory over NUC in a IV-B tie.

The scores: III-A: BRC 242 in 50 overs (Venkatesh Iyer 64, L. Vinoth 54, Huzefa M. Patel 49, M.S. Sivakumar three for 64, A. Shrikaran three for 51) bt Sical RC 217 in 48.4 overs (R. Kamala Kannan 92, K. Rajkumar 45, Venkatesh Iyer three for 51, Raiphi Vincent Gomez three for 58).

CUC 161 in 47.1 overs (S. Nishanth Yadav 46, T. Pravin 43, K. Kiran Kasshyap four for 36, M. Lakshminarayanan four for 48) bt Reserve Bank 117 in 44.3 overs (R. Shri Hari 31, A.K. Suresh four for 20, R. Chandrasekar three for 32, S. Aravind three for 29).

IV-B: NUC 135 in 36.3 overs (N. Sathiya Narayanan 44, K. Senthamarai five for 30, K. Arun-



R. Prasad (Harnath, 164).

44.5 overs (R. Gowtham 45, T. Muralitharan 36, K. Rajesh 30, M. Gowtham four for 37, B. Ram Narayanan three for 53) bt Sounder CC 195 in 45.4 overs (N. Niranjan 75, N.P. Balaji 54, V. Ganesh four for 68).

V-B: Kamyuth Club 217 in 49.5 overs (N. Siva Sai Prashanth 54, S. Suudharshan Vaidhya 30, S. Yoganantham three for 44) lost to Unicorn 221 for four in 44.1 overs (K. Jagan Panchanathan 100, M. Jothibasu 70 n.o., S. Gokul three for 65).

Harnath 364 for seven in 50 overs (R. Prasad 164, G.B. Sathish Kumar 52, K. Arun Kumar 51, T. Adhavan 37 n.o., V. Amose 30, S. Ashwath Narayanan four for 84, M. Dinesh Kumar three for 100) bt Triplicane Cosmopolitan Club 197 in 43.1 overs (M. Nareesh Kumar four for 43, R. Sai Bharat three for 52).

Contributions of Dr Prasad to the field of cricket promotion is worth a mention, without which the essence of narration would be lost. As the Coordinator of the ACES 11, 'Prady' leads the team and had been also playing for more than ten years since then. Recently the formation of the 'CHENNAI SRIHER KINGS' for Tamil Nadu Doctors was another platform for the 'Beast' where he was awarded the Best Batsman and is proud to be the only 'Centurion' of the tournament. Motivation of team mates, extensive encouragement of Dr Ashok, a Paediatrician by profession and Dr Nandagopal, Physical Education Director of Sree Ramachandra Medical College are unforgettable and cherishing experiences. Given a chance, he never missed an opening to play cricket, likewise he represented medical university in a tournament at Warangal,

Andhra Pradesh.

As a 'Cricketer', Dr Prasad have proved the power of a 'Beast' in the pitch, and now working strenuously with unending dreams targeting to represent the Tamil Nadu Premier League (TPNL) and the Indian Premier League (IPL), in full confidence to achieve it through hard work. Every opportunity is utilized to the best, as an open door, to achieve his dreams for which he leaves no stone unturned. As a medical professional, in spite of a busy schedule, his weekends of Saturdays and Sundays are never completed without a cricket game which further serves as an energizer and refreshing forerunner for the upcoming week.

Dr Prasad says he is a ‘foodie’ and enjoy immense variety of dishes, but never at the cost of his health and fitness. Memory of a very close buddy ‘Gowtham’ or Gowtham Bhai, as ‘Prady’ calls him lovingly, is always held close to his heart. Gowtham Bhai had been a well-wisher and haddemonstrated unusual interest in getting hold of countless opportunities for the Doctorto play cricket in local clubs. Though he is no more, ‘Prady’ feels his cricket world is incomplete without a mention of his long lost soul mate.

Yes, for Dr Prasad, life and everything in this world is fenced by Cricket. He strongly believes in meticulous planning, targeted towards fulfilment of dreams, without compromising on health and happiness. Opportunities knock once but does not wait, capture the best breaks exploiting talents and resources which are God’s gift. Promote skills for the goodness of self, family, society, country and the world.

‘Cricket is ‘Prady’s first love’, wishing ‘Doctor’ to be a successful ‘star’ in the galaxy of Cricket, help the world identify Dr Prasad Ravichandran as the ‘Beast of triumph in the pitch’.



Voice of Your EC Member

Section Editor DrKavithalyer

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

The dream of 'better days' maybe an individual's brain child but to accomplish it requires team co-ordination and group efforts. The field of orthodontics has always commanded my passion, compelling me to trudge through all the highs and lows of my professional life. It has been my dream to showcase the best version of Indian orthodontics to the international Orthodontic community and to bring that into life, there is no professional group better than the Indian Orthodontic Society (IOS). Being a member of esteemed IOS, has brought me closer to fulfill my dreams sooner rather than later.

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

Good things take time and dedication, but fruits reaped are much sweeter as the efforts made. My dedication, passion and time given to the EC are not a selfless deed but rather a boost to my goals and intellect both of which are the essence for professional life.

3. What is your current responsibility in this EC?

In the current EC, I am serving as an Associate editor of JIOS, member of Academic council of IOS, member of Public Awareness /Mission Embrace committee of IOS and National Liaison committee (DCI & IDA) of IOS.

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

"To live in the present and give it my best is my life mantra", but if insisted I would say moving forward is the natural course of life. I do not know where I will be in down the next 10 years but I am sure that I would be one of the contemporaries and notable contributor of the IOS.

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

Be the change you want to see! Join the club which is the blend of experienced and young professionals to gain experience and further your horizons. Be that most awaited spurt of growth that will further our country into the field of orthodontics and boost our IOS platform.



Dr. Ashish Garg
Indore, Madhya Pradesh



Dr. Anand Tripathi
Pune, Maharashtra

1. What inspired you to pursue as EC member of IOS.

IOS has a legendary history, it always encouraged the new ideas and young minds with talent and skill. past leaders and their administrative qualities made IOS above than other specialities. It would have been an honor and privilege to serve prestigious society; which was a driving force for me to be in this.

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

To serve national society of one of the oldest speciality; is always a privilege and giving time for that is passion to make it happen. Balancing time between clinical practice, administrative work, family time is always a challenging task; making way for IOS work, working time is always a pride and always tried best to grab opportunity to manage time for that. In future, would like to continue same with more zest.

3. What is current responsibility in this EC

Member of 1.IOS Program Endorsement Committee / 2.Public Awareness Committee

3.Study Group Coordination Committee / 4.Ethics Committee

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

Future of IOS is always comes in prospective and positive elected hands; from 10 years now, will try to infuse experiences, communication skill, innovative ideas for whichever capacity to work i get.

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

For serving as an EC Member one have to work hard professionally with good scientific national / international level presentations, social work .Keep one's self ready to dedicate time, good communication, well understanding of society functioning . it will make way forward in EC my best wishes to all aspirants.

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

I've been in dental academics since 10 years which connects me with the newer generation dentists and students who are keen to learn with more innovative methods and use of latest technology. To give the best to them, I actively participated and organised many national and international educational events, which gives the satisfaction to my inner self who is passionate to raise the bar and serve the dental community as a whole. I never wanted to limit my ambition in any geographical constrain, so I decided to take a chance to stand for the election for EC member to work more toward my goals and it's my pleasure that IOS members supported me and finds me suitable to be EC member.

Dr. Pritam Mohanty

Bhubaneswar, Odisha

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

Any responsibility needs efforts, dedication and time to fulfil. Though, the additional effort clubbed with the passion I follow will not feel like an effort, it feels more like an exercise to rejuvenate and gives tremendous peace of mind.

3. What is your current responsibility in this EC

Member of International Academic Exchange Committee & National Liaison Committee (DCI and IDA)

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

I always look forward to learn continuously from various sources and acquire different experiences in life, it's an opportunity for me to be the part of the society and serve the body with the suitable role will be offered to me.

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

Enthusiasm, Dedication, Perseverance and Optimism is the key. If this attributes are there with you and you want to be the part of professional body, IOS will gives you the opportunity. IOS is the body operates with the contribution of every individual member. If the odds will not come in your favour, don't lose hope, come forward and contribute with us for the better tomorrow.



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

Dr Divyaroop Rai,

Jaipur, Rajasthan



I have always wanted to work for the betterment of Orthodontics and was very keen to promote Orthodontics in public to make "ORTHODONTIST" a brand name amongst general public.*

So, when I got an opportunity to become an EC Member in 2017, I was very excited to give my best and make something unique for the Orthodontic Society for Public Awareness and I was very fortunate to have wonderful seniors in IOS Head office and got great support.

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

To work towards any cause the Dedication and passion behind is of utmost importance and that thought behind the concept and execution keeps you going. It has been a wonderful journey till date and the personal time spent for this cause is absolutely worth spending.

3. What is your current responsibility in this EC?

At present I am Chairman of IOS App committee and a part of Public Awareness committee and we are working on online voting system in IOS APP, for which we did trial at Hyderabad PG Convention. And soon we will be launching the IOS Public Awareness Website & App which will

have all the information related to Orthodontics for the public in simple and diagrammatic manner, along with some animated patient education videos and posters.

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

You will see me working towards the Dream of making "ORTHODONTIST" a brand name and hopefully in next 4-5 years we shall be able to achieve that goal and would be enjoying the fruits in 10 years time.

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

This is our profession and this is our society, just work for it and towards a common goal of publicizing this profession in public as the most wonderful super speciality and stick to your ethics in practice. We all will surely achieve what we have dreamt off.

What IOS Members do in the Lock Down



Dr. Devaki Saravanan,
Prof & Head
Meenkashi Ammal Dental College,
Chennai

Had been weaving Scarfs and Designer Apparels.
The girl is wearing a Winter Ruffle Scarf weaved by
Dr. Devaki with Boutique Sachet Yarn



IOS Student Member's Section

- IOS Times invited Student Members to contribute articles on the following two topics
 1. How to make the Best use of COVID Lockdown period to cope with Orthodontic Curriculum
 2. Establishing “New Normality” as we return to Department
- The response was huge with 54 teams submitting 84 articles, from various colleges across the country.
- Our editorial team short-listed these contributions as two 1st, two 2nd & two 3rd best submissions from the above-mentioned two topics.
- We are publishing the Two 1st best articles in this June Issue. 2nd best articles shall be published in July Issue and 3rd best articles in August issue.
- IOS Times appreciate every Student member who participated. Considering the huge volume of submissions we regret to state that, only the 12 Best out of 84 articles could be published.
- We are opening more such forums in the future for our Student members and we expect you to participate with this same enthusiasm. In future, publication of fresh contributors shall be given preference.

1st Best Submissions

How to make the Best use of COVID Lockdown period to cope with Orthodontic Curriculum

“ Everyone is good when it's easy, how are you when it's tough! ”



Name : Dr Shanya Kapoor

IOS Reg . No. - SLM 10444

Hitkarini Dental College and Hospital,
Jabalpur (M.P)

Locked inside the comforts of four walls one could feel suffocated, confused even dejected at times because there exists a treadmill of insecurity that tells you that if you stop running for even an instant, you'll be flung flat on your face. Therefore amidst this lockdown, almost everyone is hustling in a rat race for being "most productive ", but we cannot deny the fact that although this pandemic has a starkly shattering impact on all of us, slowing down can still be a privilege.

As a Postgraduate, there are a plethora of thoughts coming our way as to how we goanna complete our patients work, whether we will be able to finish the exam cases, how about the pending thesis plus also we are not sure about our exams. With so much of uncertainty going around the good news is that if you're able to carry yourself and self-motivated now, it's a skill you can use for the rest of your life, after all, life is all about happily managing the unexpected roller coasters.

Given how shaky the situation is, we can still manage our postgraduate curriculum. Now that we have got a pause from the hectic schedule of postings how about reading about the history of mechanics we always thought we'll once go through, how about spending more time in collecting extensive and exclusive data on seminars, how about thoroughly selecting our journal clubs topics,

how about getting well versed with research writing, about completing the library dissertation, reviewing literature for thesis, case reports, going through meta-analysis, recent published articles, we may end up finding a topic for further research.

There will be days when you'll feel motivated, up for work and also the ones filled with monotony and laxity - both reactions are normal after all, each one of us is designed to react differently. It's OK if simply getting out from your bed & moderate amount of studies you can manage in starting. Gradually come up with a routine, design manageable realistic goal, prepare Cornell notes, schedule group discussion with your peers and slowly you'll be matching up with your Expectations. Evidence-based studies have indicated that spaced practice & Retrieval practice i.e. instead of simply restudying information, attempting to recall that information from memory shows better long term results. Don't panic, just go with the flow.

The utmost motive should be keep going & learning, stop comparing yourself with others and do remember there is no correct way of coping with this pandemic , the only way to knuckle this lockdown is doing your best n 'Your best 'doesn't mean pushing yourself to breaking point . Your best means the best you can do while being the best you. Get enough sleep, give yourself breaks, listen to your limits. Your best is better when you are happy and healthy.

Here's to learning & nurturing our inner peace during this time!!

Dr. ShanyaKapoor

1stYr . PG



Disadvantages into advantages and you will PAVE A GLORIOUS ROAD TO SUCCESS!

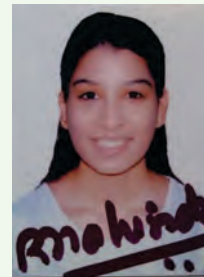
Submitted by:



Dr. Komal Kishan Kundalkar
SLM No. 9935
Government Dental College and Hospital,
Aurangabad



Dr. Sheeba Anwar
SLM No. 9663
Government Dental College and Hospital,
Aurangabad



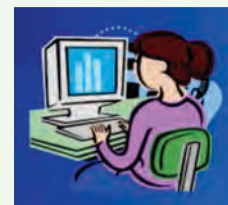
Dr. Shruti Rajan Pillai
SLM No. 9918
Government Dental College and Hospital,
Aurangabad

It is an unprecedented experience for all of us during this lockdown period due to the Covid-19 pandemic. Almost everyone is going through a rough phase and finding it challenging to deal with the abrupt change in lifestyle. Since the numbers of Corona patients are soaring up in India, nobody believes the government is going to lift off the lockdown any time soon. It's the time to make lemonade out of life's lemons. And when you have an unprecedented lockdown staring at you take it one day at a time. Instead of getting bogged down by the thought, take each of those days as an opportunity to build new skills, explore hobbies and do things you have always wanted to.

What is going on in everyone's mind is the thought to adopt the change. Maybe the bulk of people seek a disciplined schedule so that they can invest the time in relevant concerns. Our attempt in this content is to direct you to manage time properly during this tough time. Being a Post-graduate student, one finds it difficult to cope with the changing routine and to adapt to the scenario of no clinical work to be undertaken in department unless everything is back to normal. At this very time, human mind is full of thoughts and the vision seems blurring as to what else productive for curriculum can be done and how it has to be done in order to keep ourselves busy and effective without getting involved in negative thoughts and disturbing our mental health.

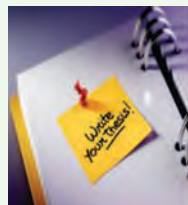
1. Preparing for theory exams:

Every MDS aspirant is keen about the clinical work and to do it effectively they keep on going through myriads of articles, books, references relevant to the topic. But in all this procedure one hardly finds any time to give a part of mind to enhance the writing skill, to make a note of the topics and to smartly combine everything to present it in their theory papers. Students are lazy at or prioritize their clinical work over this theoretical work. But, now that we have ample of time to devote ourselves for reading, making note and organizing every read matter with a Bird's eye view for the Exam



2. Dissertation – let's try to complete it!

Dissertation is partial fulfilment of MDS which means it has to be given a thought. Without patients and their follow-up, one feels helpless in case has an in-vivo topic and is worried about the results. But at least till the time one can complete their write-up and keep it ready so that when we are allowed to do clinical work, we just have to put mind in less things and complete the work before time.



3. Record maintenance and future plan

While you have time, organize your records, find alternatives for completing treatment in short time span so that you can do justice to your patient by saving their time and appointments. Plan for your future cases so that you challenge your potential and explore new things and have some special cases to get indulged with once you are free to do clinics adding on

to your PG curriculum. This will be a cherry on the cake, to help you outstand. Also, you can invest your time in writing systematic reviews and undertaking surveys to add up to your curriculum.

4. Instructions to the active patients:

Not only you as a student have been affected by this pandemic the patients who are cooperating with you since months have also been affected. Their treatment has taken a halt in the progression and are worried that their appliance in mouth would cause harm. In case of orthodontic emergencies, orthodontist first try to manage the emergency over the phone or remotely. A verbal or electronically signed consent should



be obtained to provide advise in this manner in accordance with normal record keeping. If possible, orthodontist should guide patients on how to manage minor emergencies at home. Provide active patients with recommendations on treatment progression either on an as-needed individual basis or in a communication provided to all patients. Patients should also be reminded to wash their hands prior to and after placing elastics, to clean their appliances regularly by wiping with alcohol and to store appliances in their cases.

5. Completion of your workbook

Investing your time to complete your workbook till the date is possible now when you don't have patients and the relevant work. Whatever is pending and the things you have been keeping so that you will get it completed once you are nearing end of your PG curriculum.

6. Try new things- get connected!

Conducting group activities is too risky during pandemic so, adopting a novel approach to present yourselves by the way of webinars is other way of making yourselves go on with the digital world. This way not only you are fulfilling your responsibilities as a PG student and progressing towards attainment of MDS but also, you are digitizing and helping yourselves improve your knowledge by getting connected with the world and learn new strategies and gain more from the teachers around the Globe.

7. Preparing the Clinics – for Post-Covid patient management

It has been reported that SARS-CoV-2 may become resuspended during the removal of contaminated PPE or from the floor with movement of health care professionals. Airborne infection isolation rooms (AIIR) with negative suction and air purifiers with high efficiency particulate filters may significantly reduce the risk of transmission and, for this reason emergency orthodontic of known cases of Covid-19 may be more appropriately undertaken in hospital settings where such facilities exist. So, now when we have time we can keep these rooms and filters ready so we can buy time for treatment procedures. Every PG student has this responsibility so that we can proceed safely with our curriculum post-Covid.

8. Taking care of oneself – Physically as well as Mentally!

Feeling under pressure is a likely experience for you and many of your colleagues. It is quite normal to be feeling this way in the current situation. Stress and the feelings associated with it are by no means a reflection that you cannot do your job or that you are weak. Managing your mental health and psychosocial well-being during this time is as important as managing your physical health. Try and use helpful coping strategies such as ensuring sufficient rest and respite during work or between shifts, eat sufficient and healthy food, engage in physical activity, practice Yoga and Meditation, sleep enough to give your mind and body rest. Even so, using strategies that you have worked for you in the past to manage times of stress can benefit you now. You are the person most likely to know how you can de-stress and you should not be hesitant in keeping yourself psychologically well. This is not a sprint; it's a

MARATHON. Find opportunities to amplify positive and hopeful stories. In this difficult and tough time, thought polluting our mental status should be avoided, instead keeping yourselves busy by changing your thinking, behaviour and lifestyle. Align your feelings, thoughts, actions and words to achieve your highest potential.

Conclusion:

“PLAN your WORK and WORK your PLAN”

“Replace your HARD WORK by SMART work”

“Never ever hesitate to press ‘RESET’ button in life, for its never late to restart in life!”

“Comfort zone won't let you achieve DREAMS”

“Respect the clock”

“Look at the crisis as opportunity,

Work hard to achieve success.”

“We're all given the same number of hours in a day, Some people just use them better.”



1st Best Submissions

Establishing “New Normality” as we return to Department



Dr. Sneha S Karajagi, SIm 9500
The Oxford Dental College
Bangalore

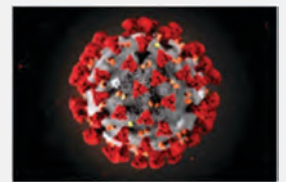
Pandemic Adversaries To Potential Advantages (PAPA Model)



Dr. Venkata Krishnan B, SIm 9497
The Oxford Dental College
Bangalore

INTRODUCTION:

The whole world is facing a big challenge of overcoming Covid-19 pandemic with a question of life and death. As we all know, Covid-19 has emerged from China in the month of November 2019 which spread like a wild fire across the world by January–February 2020. By March the situation got worse and as there are no vaccines and medicines to cure, the governments all over the world took a call on locking down the countries to prevent the spread and protect the lives of their people. The government of India declared lockdown from 23rd March 2020 as a precautionary measure to prevent the spread of Covid -19. Since then everyone is locked in their homes and so are not able to attend offices, schools and colleges



Due to this lockdown, we are not able to physically attend our classes and our patients, treat our patients physically, discuss the cases and topics with our colleagues and staffs and also are not able to access the college facilities, equipment etc. thus leading to severe adversaries. We as post graduate students are losing our critical time of gaining knowledge about the profession we have joined and without which we will be facing difficulties during our practice life.

As it is said, nothing is more important in life than life. As we can't risk our lives at this time of pandemic, we can still endeavour our work by using this lockdown time in a constructive and useful manner in addition to staying safe and healthy. An investment in knowledge always gives the best interest". As we cannot practice clinical cases, we still can increase our knowledge and learning about the subject. We are fortunate enough to have technologies on our side and use it to the fullest. Now by converting this pandemic adversaries to potential advantages is the only way forward for us to pursue our post-graduation course successfully and utilise the lockdown period effectively.

So in this article we would like to emphasize the PAPA MODEL with methodologies which we have adopted during the lockdown period and propose to adapt in the future in similar conditions so that we can make the most out of the pandemic lockdown time and convert the pandemic adversaries to potential advantages for us.



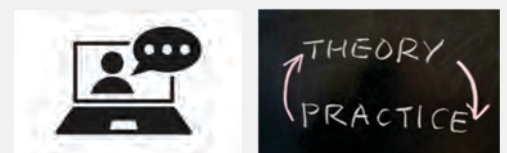
The different methods and means of learning and practicing orthodontics during lockdown can be framed as follows:

1. Theoretical based
2. Practical based

Theoretical Based:

1. Online Seminars and Webinars:

Being a post graduate student, we have to present seminars and journals as a part of our post-graduation curriculum. As it is said “Teaching is the highest form of understanding” –Aristotle. So with the benefits of the digital innovations we can still



pursue with our seminars and Journals discussions, we can still keep culturing our knowledge. We also have the opportunities to attend webinars which are being conducted, helping us to empower our knowledge by attending the lectures presented by the well renowned speakers from all over the world.



2. In College Activities:

This can be framed into:-

- Intra-department activities
- Inter-department activities

The best way of learning is by teaching. It's been said that "In learning you will teach, and in teaching you will learn."



Amongst all the post graduate students of the department, groups can be formed, and debates, extempores, textbook reviews, group discussions on a topic can be conducted to have a healthy competitive learning environment.



Activities can be entertained for the discussion of clinical cases which requires inter-disciplinary approaches like the most common being the cleft lip and palate, and others like ortho-perio, ortho-prostho and ortho-pedo relationships.



3. National Level Contests:

"A horse never runs so fast as when he has other horses to catch up and outpace". – Ovid Having a healthy competitive background is always the best way of learning.

So the inter college participations in competitive activities will motivate the students to learn about the topics, not only for exam purpose but also helps the students to think out of box about the topics in detail and will build a confidence to speak without fear.



4. Dissertation Compilation:



"The bad news is time flies. The good news is you're the pilot" – Michael Altshuler.

As completion of dissertations are an important part of post- graduate curriculum, we can successfully use this lockdown time to complete our dissertation works like collecting the articles, planning the procedure and writing down the information such as review of literatures, etc. so that post lockdown time can be utilised in concentrating more on clinical part and in preparing for final examinations.

Practical Based:

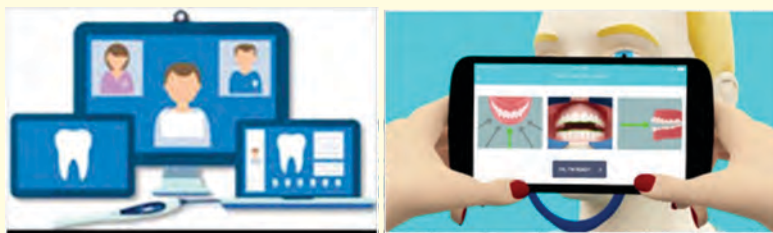
1. Simulator Driven Orthodontic Learning:

We as students would like to recommend the use of simulation driven software which would help us to visualise the treatment mechanics outcome which could be applied to the patients. This would not only be useful during this lockdown time but also in the future learning. Simulation driven orthodontic learning will not only be useful for learning the mechanics and different treatment alternatives that can be tried but would also be helpful in analysing our mistakes which would be helpful for effective patient treatment. Implementation of this software into the educational institution also relies on the practical feasibility.



2. Tele-Orthodontics

In this pandemic crisis the contact between operator and patient can be avoided by means of remote or tele orthodontics. Tele-orthodontics can be used for the patients for consultation, monitoring the treatment progress, educating and counselling patients.



3. Reviewing The Past Project Reports And Cases:

The college can provide digital access to the past thesis and the cases treated in the department so that each one of us can go through them thoroughly and self-analyse the case/ project and study it in detail.

4. Internet-learning: Boon or Bane???

“It’s like the wild west, the internet. There are no rules.”- Steven wright

Learning through audio-visual aids is always beneficial as it leaves an imprint on our minds. So watching video clips of treating patients, and learning new techniques will be beneficial in this lockdown period.

In this era of open internet it is imperative to analyse and follow the authenticated information, for proper learning. Making the internet usage as boon or bane is our choice, by gaining knowledge from authenticated sources.



Taking the video recording of the patients treated before can be allowed for our access so that we can go through the procedures and analyse and study it in detail and learn different ways of mechanics used. Each student can be allotted a case and that student has to completely study it and present it to others with different mechanics and alternative treatment possibilities.

5. Digitization of our case reports:

“Thear and I forget. I see and I remember. I do and I understand”- Confucius



As a post graduate student it is not possible to learn everything just by working on our own cases. So by digitizing and sharing our case reports and having a discussion amongst the fellow post graduate students will help in expanding their knowledge on the mechanics and on how to deal with different cases with different ideologies and strategies that will be helpful in the future practice.



CONCLUSION:

As this is a challenging situation for everyone, it is better for all of us to be safe and hence take good care and prevention against covid-19.

As we all know “Prevention is better than cure.” so along with gaining knowledge, it’s even important to be healthy both physically as well as mentally.

So, from the above methodologies adapted during the lockdown period, we have used our time very effectively and successfully in enhancing our knowledge about our course and also recommend to adapt the methodologies in the future in similar conditions so that we all gain the knowledge and become professionally enriched.

We would like to extend our gratefulness to the Indian Orthodontic Society (IOS) for encouraging student life members to share our views on the reputed IOS times.



A NEW NORMALITY – NEED FOR OUR MORALITY



Dr. Sania Shakil
(SLM10339)
Guru Nanak Institute of
Dental Sciences and Research



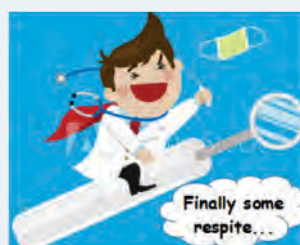
Dr. Arijit Sen
(SLM10388)
Guru Nanak Institute of
Dental Sciences and Research

I overheard my brother, who is now in the 6th prof of his med school ,discussing with his friend.. “Hey did you even study anything about the corona virus in Baveja apart from its name under the list of RNA viruses?? were we to appear for our microbiology paper this year, we already know what the main question would be.. no guesses as to which virus the council wants us to know of now in and out...”

Living in an era which has witnessed mankind making progress in leaps and bounds in possibly every domain of the technical and biological aspect, our lives have come to a halt, leaving us all confined in our own niche, practically caged, often isolated. physically unavailable to share the joys and sorrows of and with our loved ones. All thanks to an entity, so tiny that neither the wisest nor the mightiest of us could even anticipate leave alone prepare for. The outbreak of the novel corona virus , COVID 19, which had been first reported by the Chinese in December,2019 in Wuhan has shown us what it takes for someone not just to survive but to thrive and make its impact and is now regarded as the worst recorded pandemic in history that has brought everything to a standstill. This nCOVID-19 which undergoes mutations to adapt itself to any climatic condition, any geographical location, leaving no starta of society untouched, killing over 4.7 lakh people across the globe is being hallmarked as the hoodoo of the third world war which could possibly bring an end to the world, as the so-called superpowers are busy playing the blame game, all the whilst crumbling under the devastation caused by this virus. As rightly put forth by Darwin “It is not the most intellectual of the species that survives, it is not the strongest that survives but the species that survives is the one that is able best to adapt and adjust to the changing environment in which it finds itself”

The mantra now is to CHANGE..TRANSFORM...ADAPT... to whatever and wherever circumstances demand!! While the initial days seemed like,"Oh finally!! A break from our routine, hectic curriculum of handling OPDs, assignments, pre-clinicals, clinicals, laboratory work. Let me relax for sometime.." we have very quickly reached to "Heavens..! when does all this end??why can't things fall back in line?"

Normality is what we crave for now.



Repercussions of the huge impact that corona has created has left no sector unscathed, orthodontic practice being no exception. Till date, there are no specific vaccines or medicines to combat the situation so we can't really be sure of as to when does this indefinite holiday ends. However, an investigational drug, REMDESIVIR, is being seen as a silver lining , that has received emergency use authorisation (EUA) from the U.S. Food and Drug Administration(USFDA). Favipiravir and Cofivor are other promising drugs which have already proved their efficacy in global trials , with a whopping 80- 88% positive results.



With the current situation slightly easing and upliftment of the lockdown, its time we start preparing ourselves for our journey that had been halted abruptly and unavoidably. It is probably the most critical and crucial stage of this pandemic when we have to leave the safe and protected environment of our homes and face our fears because this virus does not come with an expiry date which brings us to this rhetorical question “When and how do we get back to work?” The key here is to make our comeback gradual and strategic , avoiding any temptation whatsoever to rush things in the quest of reaching targets or edging past our batch mates or peers.

The old times, which actually are not so old, have to be forgotten. New norms , although cumbersome but idealistic, have been established which must be followed meticulously as we return to the department. Much has been emphasized on the discipline that has to be maintained regarding the use of PPE kits and sanitisation- sterilisation protocols that must be followed in our daily practice. Steps like telephonic triage, suspension of all elective procedures, supervising the patient to manage certain conditions themselves , which we never bothered about previously have become the need of the hour. As an old saying goes, "the habits you created to survive will no longer serve you when its time to thrive.." We need to get out of the survival mode, make new habits, start a new life.

There is no dearth of literature on the guidelines to abide by during this pandemic crisis which have been drafted by our government, the dental authorities, our orthodontic regulatory body, under the supervision of stalwarts, taking into consideration our safety as well as keeping in mind our vision of serving the needful. Some of the changes that we might have to embrace ,other than those suggested by the dignitaries of the IOS and the DCI would be more of changes that must be the new normal for quite some time now . A little difference here and there would make significant differences. A few of them would be:

1) The journey from home to college in itself is an adventure with danger lurking at every nook and corner. While many of us have the comfort of travelling in our personal transport ,those availaing public facilities should schedule their travel at such hours and via such routes that as less crowd as possible is encountered. Gloves and mask becomes an indispensable part of our attire now which if taken on a lighter note are great beauty hacks, saving us from the oh-so-difficult-to-get-rid-of sun-tan.

2) The way we schedule our patients once we get back to the department has to be more organized than ever. Telephonic triage

followed by evaluation of the risk that a particular patient’s presence brings to everybody in the department has to be assessed. Those patients who need to travel a fair deal must have extended recall intervals and the work at every appointment must be done as perfectly and neatly as possible to avoid any accidental breakages or de-bonding later on.



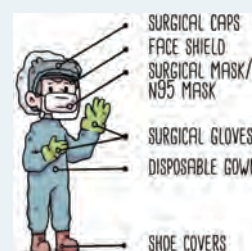
3) A minimum time gap between patients must be ensured to facilitate disinfecting the dental chair and the armamentarium after every sitting. Any callousness in using our distal end cutters or the 139 plier has to give way to thorough sterilization procedures that has to be followed to prevent cross infection.

3) There is no seed of doubt regarding the importance of Personal protection equipments . No matter how uncomfortable it is to work with, it surely is more pleasant than having to deal with the virus preying on our body. Yes ,it goes unsaid that our pace will be compromised and stamina will take a setback with an incremental build-up of frustration with each passing day to quicken and finish cases. Patience here is the key for we are all on the same boat.

4) Patients at every sitting must be demonstrated some need-to-know basics in case they face any accidental breakage of tubes or sharp edges of wires jutting out. It becomes a part of our work to familiarize and train them with some fixing tips . Of course there is no rulebook to follow when it comes to handling patients as each case is different and our discretion has to be exercised. Being calm and keeping our sanity intact will be our biggest achievement in these trying times. Remember the ebbs are always followed by tides and happier days shall return. We must brace ourselves physically ,mentally, emotionally, intellectually and technically to fight the current situation and get past it. Normalcy shall prevail but i guess i know by now , " I have miles to go before I sleep"



1. Any symptoms that the patient is facing or has faced in the recent past?
2. A family member who is sick?
3. Any history of travel or coming in contact with people who have travelled?



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