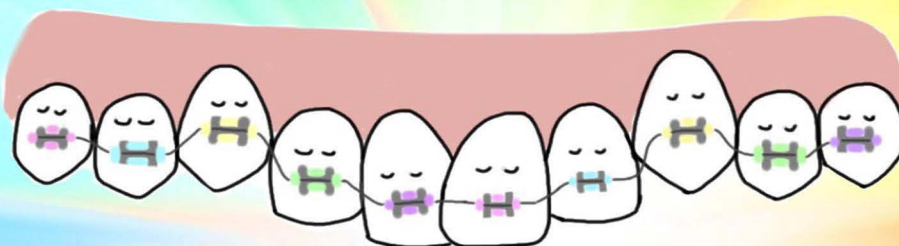
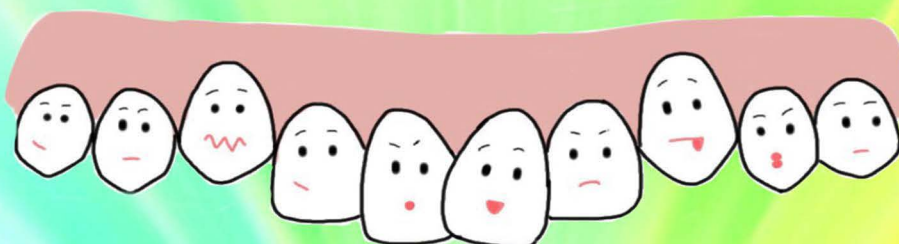


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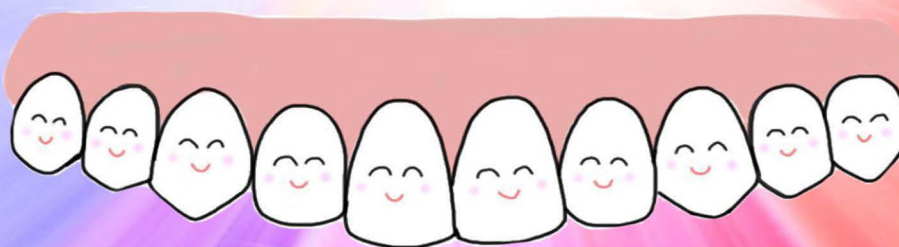
May 2020 | Volume 19 | Issue 6

The Official News Letter of Indian Orthodontic Society

SMILE 2020



**We Are Experts In Straightening Complicated Conditions.
We Shall Straighten The Current Situation Too**



Cover Page Designed By.
IOS Student Member

Dr Niha Naveed
1st Yr PG Student
Sree Balaji Dental College
& Hospital Chennai



Message from the President

Respected IOS Members,

Life has always been measured with a yardstick on how we achieve our goals and objectives. We spend each moment running ahead of ourselves, believing there's a destination we are supposed to arrive at, that's a bounty of endless satisfaction, appreciation and accomplishment. We are forever running away from simple things and into more intriguing and fascinating world of illusions and make believe. We think we're always in control and then when a pandemic hits, we are hit with the reality of life that we are no longer in control. You realise there is life beyond the rat race. This lockdown time has been a time of introspection, pause, revaluation, recharging and bouncing back with more determination and humility.

The month of May saw the cancellation of AAO annual session at Atlanta and the 9th International Orthodontic Congress at Yokohama and being shifted over to the digital platform. With the uncertainty and unpredictability of the prevailing circumstances with rapid escalation of Covid-19 cases in the country, it is imperative to relook at the conduct of the 55th IOC at Amritsar on the scheduled dates. Cancellation of the Conference will inflict a huge financial loss to the CoC and possible compensation by IOS, which we can ill afford at this times of financial crisis. In this regard a referendum will be conducted to take permission to hold the digital EOGM in August 2020, to postpone the 55th IOC to 2021 and deliberate and finalise the dates proposed by the CoC. This has been approved at the 3rd Executive Committee meeting held digitally on 24th May 2020. Subsequently the 25th PG Convention gets postponed to latter half of 2021 and the 56th IOC get's further postponed to 2022. Subject to approval of the proposed dates at the EOGM in August 2020. This will also help us in the long run to pass the accounts in the AGM within six months of the closure of the financial year.

The World Orthodontic health day was celebrated digitally on 15th May 2020, with a message from senior past presidents of IOS, POB's and EC members and a webinar with international and national speakers. The highlight of the event was the release of the video titled "This too shall pass", conceptualised and compiled by Dr Gaurav Gupta, which was a message to the members to lift their spirits during these challenging times.

Most of us are thinking of getting back to normal life, after a prolonged lockdown, to a different world of practice. I wish all of you a safe practice, following guidelines and protocols detailed in the advisory of the society and competent authorities. Let us be positive and face the new challenges with renewed energy, compliance to protocols, and committed diligence and I am sure this phase too shall pass.

With warm regards and best wishes,

Jia IOS,

Dr Silju Mathew

President IOS



Message from the Hon. Secretary

Dear members of Indian Orthodontic Society,

The month of May was an eventful one. As the nation went into an extended lockdown the IOS thought it would be appropriate to have all the members connect on how the COVID-19 pandemic would affect our practice.

Thus a webinar “Confronting COVID -19 “ was organized on May 1st with experts who spoke on the subject and an interactive panel discussion. A committee headed by the Prez elect also put together a list of suppliers for IOS members to source PPE.

May 15th marked another important occasion, The WOHD (World Orthodontic health day). This year was particularly special because this was the silver jubilee of the inception of the World federation of Orthodontists. It is important to remember that 25 years ago that on May 15th 1995, Dr.T.Samraj the then Hon. Secretary of the IOS travelled to San Francisco to sign the WFO charter on behalf of the Indian Orthodontic Society. The pictures of that momentous occasion are published elsewhere in this issue and take us back on memory lane.

To mark the occasion, a webinar with three distinguished national and international speakers was organized that was well attended by IOS members.

The IOS EC also released a motivational video, “This too shall pass” which was intended to boost the morale of us all going through these challenging times. Senior members of the IOS and the president elect of the WFO shared their thoughts and wishes with the audience.

As the lockdown is partially lifted, the IOS head office will resume dispatching ID cards and certificates. The application form and the policy document for IOS CARE will be sent to all life members.

We earnestly request again that members who have not updated their contact details on the IOS website please do the same and send the application forms as per the instructions given in the policy document. This is necessary to avail of the benefits of IOS care.

We are probably going through the toughest part of the COVID-19 epidemic. The part where we emerge from the safe cocoons of our homes and tentatively take slow steps back into normal life. I wish you all remain safe and healthy and I hope we will all soon meet in better circumstances.

Jai Hind,Jai IOS.

Dr. Sridevi Padmanabhan

Hon. Secretary, IOS



Message from the Editor

Dear members of Indian Orthodontic Society,

The outbreak of Coronavirus disease 2019 (CoViD-19) and the corresponding lockdown and isolation had pushed the pause button in every aspect of our professional life. Establishing of normality seems to be challenging. Rather, it looks like we need to adapt to the new “Normality” as forced by nature.

However, 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.

“When life gives us Lemons, as IOS Members, we strive to make Lemonade”

History was made by the executive committee of IOS, by conducting the 1st ever tele-conference EC Meeting. The marathon session had 100 % attendance from the EC members and lasted for nine plus hour on a Sunday of 24th April. Many important and crucial decisions, pertaining the future of IOS was made in this EC meeting. IOS Times is glad to have covered the complete session. IOS Members joined together with friends from Global fraternity to celebrate World Orthodontic Health Day (WOHD), with great enthusiasm and energy. Personalized wishes from the IOS Executive Committee members and lockdown motivation video message were a big hit.

Various study groups observed the success of IOS webinars and conducted their own Webinar series with elite speakers. Being a webinar platform, the access was fluent and easy for overall membership from the country and off the country to follow the lectures. Every study group webinars were successful and highly rated. We are glad to have covered every virtual event, which is presented in this issue. IOS Times is keen to identify talents and potential from our student members. This issue presents two student contributions. The future issues shall have an exclusive students section, which shall present quality student contributions.

Some of our life members shared with art, their creativity, talents with us, which they could explore during this lockdown. IOS Times is happy to publish their creativity and happy to share it with our folks

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

Indian Orthodontic Society Celebrates World Orthodontic Health Day (WOHD) May 15th 2020

As reported by Section Editor: **Dr. Swati Acharya**

Despite the Covid-19 global lockdown, members of Indian Orthodontic Society joined together with friends from Global fraternity to celebrate World Orthodontic Health Day (WOHD), with great enthusiasm and energy.

Personalized wishes from the IOS Executive Committee members and lockdown motivation video message was a big hit .

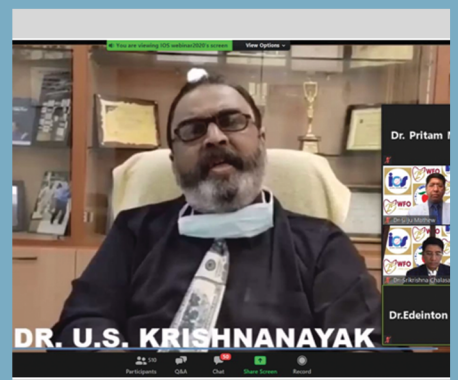
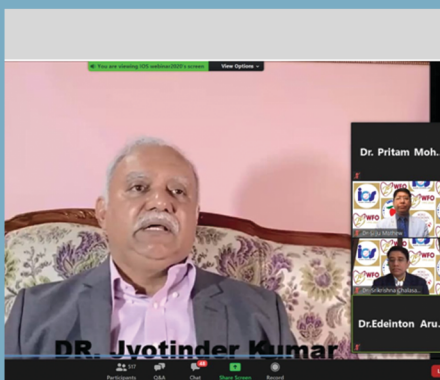
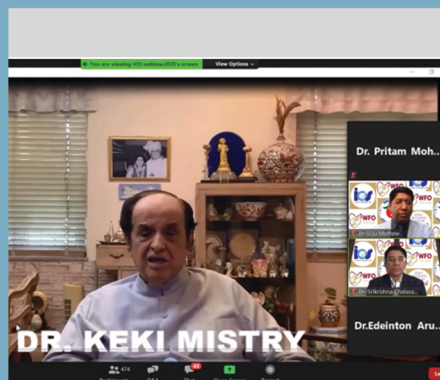
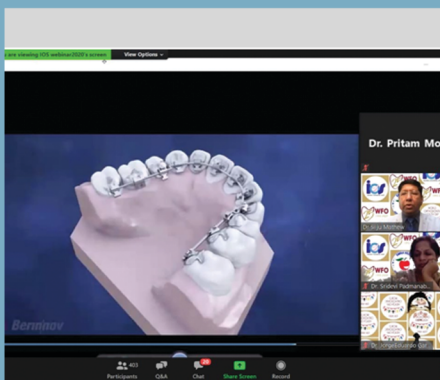
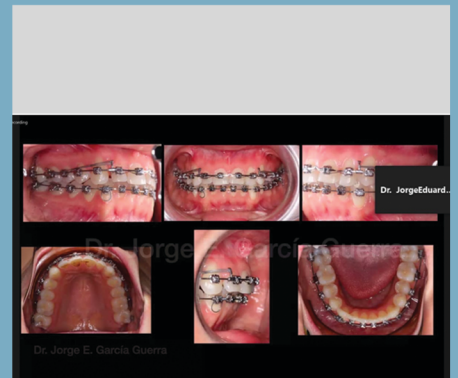
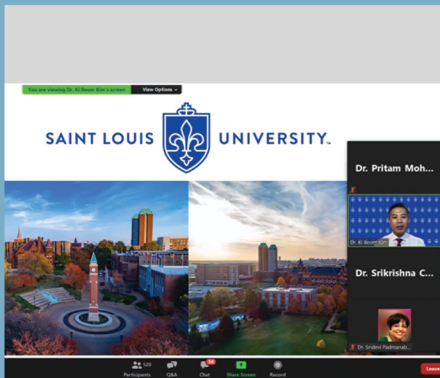
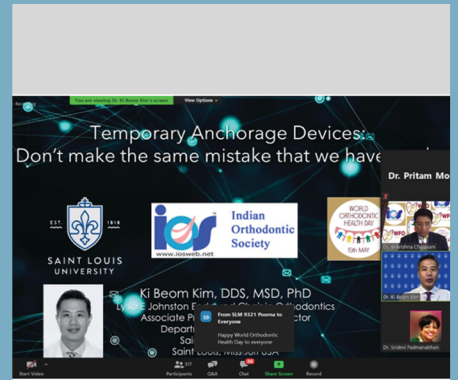
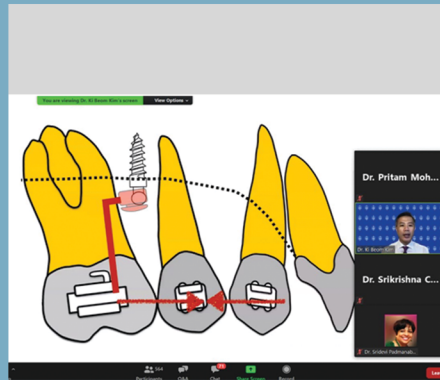
The video "This too shall pass" co-ordinated by Public Awareness Committee – Specially Dr.Gaurav Gupta and Divyaroop Rai, encouraged members with confidence and positivity.

IOS organized a Webinar Series to commemorate WOHD. Excellent lectures were delivered via E Media from our distinguished speakers – Namely Dr.Ki Beom Kim, Dr.Jorge Garcia and Dr.Anmol Kalha



The messages from our senior members and the president elect, WFO made it very special . I thank the president Dr. Silju Mathew , all the office bearers for steering the program to success and EC members for their enthusiastic participation in the programme.





World Orthodontic Health day Down Memory lane-25 years May 15th 1995

Reported by, **Dr. Sridevi Padmanabhan, Hon. Secretary, IOS**

Since 2016, May 15th has been celebrated by Orthodontists globally as World Orthodontic Health day.

The WFO Executive Committee chose May 15 for World Orthodontic Health Day as it marks the signing of the WFO's charter in 1995 during the 4th International Orthodontic Congress® in San Francisco

In 1995, the president of the Indian Orthodontic Society was Dr.C.P.Rao and the Hon. Secretary was

Dr.TheorajSamraj. Dr.Samraj represented the Indian Orthodontic Society in San Francisco and signed the charter on behalf of the IOS.



These pics represent an important part of our history . We thank Dr.Samraj for sharing these pictures from his personal collection and his recollections of this momentous event.



A-Z Lingual Orthodontics

2 days International Webinar Series

As reported by Section Editor: **Dr. KavithaIyer**

Department of Orthodontics, NIMS Dental College & Hospital, NIMS University Rajasthan, Jaipur and Indian Orthodontic Society conducted the a 2 days International Webinar Series – A to Z Lingual Orthodontics on 29th and 30th April 2020. Earlier this conference was scheduled to be a physical meeting at NIMS University Rajasthan, Jaipur, but however due to the unprecedented COVID-19 Pandemic the physical meeting was postponed indefinitely. But, with the initiation of our Scientific Chairman, Dr. Sanjay Labh, Scientific Chairman International, Dr. Suryakanta Das, Organising Chairperson & Principal, NIMS Dental College, Dr. Mridula Trehan and Organizing Secretary, Dr. Divyaroop Raithe the whole convention was taken to the Digital Platform (ZOOM Webinar) with 5 International Speakers, Dr. Pablo Echarri (Spain), Dr. Roberto Stradi (Italy), Dr. Ricardo Gallardo (Chile), Dr. Nour Tarraf (Australia) and Dr. Takis Kanarelis (Greece) and 9 National Speakers, Dr. Suryakanta Das, Dr. Sanjay Labh, Dr. Jignesh Kothari, Dr. Pravin Shetty, Dr. Benoy Mathew, Dr. Deepak Chandra, Dr. Aravind M. Dr. KavithaIyer and Dr. Sarvaraj Kohli, who gave a wonderful, high on knowledge and extremely interesting lectures on the varied aspects of lingual orthodontics ranging from case selection, appliance setup, treatment modalities, adjunctive procedures, appliance types, temporary anchorage devices, stability, etc.



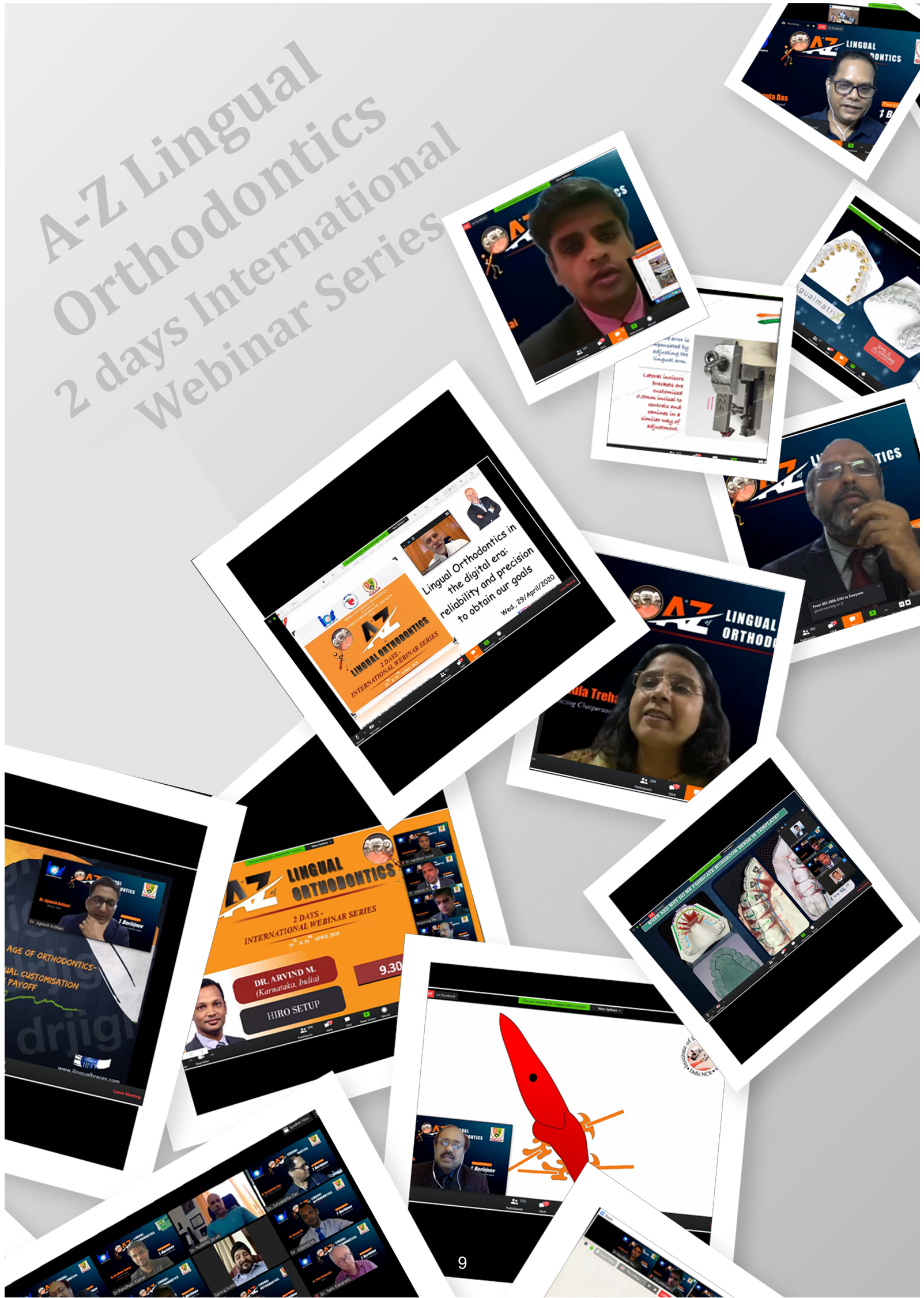
The digital meeting had more than 1500 registrations done by the delegates from India, South East Asia, Far east, Middle East Asia, Africa, Europe, North America and Latin America. The program was also live streamed on Facebook for Orthodontists in a closed Facebook Group, who could not join in on the digital platform. The conference was formally inaugurated by President, IOS, Dr. Silju Mathew, Hon. Secretary, IOS, Dr. Sridevi Padmanabhan and Hon. Chairperson & Chancellor, Prof. (Dr.) Balvir S. Tomar, which was followed by over 18 hours of webinars for 2 days, which included, Video Demonstrations on Clinical Bonding, Archwire Fabrication, etc and a Panel Discussion. Care was taken to match the time zones of international speakers so as to avoid any lag in the schedule. The panellists carefully answered all the queries raised by the delegates. Certificates of attendance were emailed to the delegates and the team behind all the organising Dr. Dhruv Yadav, Dr. Randheer Kumar and Dr. Shantanu Sharma, worked tirelessly to make it a grand success.

The conference was supported by Beriniov Lingual Orthodontic Systems, Libral Traders, Elsevier.

It was the first of its kind international digital program organised under the aegis of the Indian Orthodontic Society.



A-Z Lingual Orthodontics 2 days International Webinar Series



WEBINAR AND PANEL DISCUSSION ON “CONFRONTING COVID-19”

May 1st 2020

As reported by Section Editor: **Dr. KavithaIyer**

The coronavirus (COVID-19) epidemic is a public health worldwide problem for which specific guidelines need to be followed. Realising this the IOS proactively took the initiative to hold a Webinar on “Confronting Covid”. This webinar was held on 1st May 2020 to provide advice and guidance for the triage, assessment and provision of care for patients undergoing orthodontic treatment during the COVID-19 pandemic and was intended to guide members of the Indian Orthodontic Society. The idea was conceptualised by Dr Srikrishna Chalasani (President Elect IOS) who was also the Moderator for the program and was implemented seamlessly by Dr Silju Mathew (President IOS) and Dr Sridevi Padmanabhan (Secretary IOS). The keynote speakers were icons Dr MK Prakash a leading practitioner from Mumbai and Dr OP Kharbanda (CG Pandit Chair ICMR). The webinar included 3 Panellists who answered the questions raised by the audience. They were Dr Samir Patil (Principal Sinhgad Dental College), Dr Puneet Batra (Editor JIOS and Chairman Academic Council IOS) and Dr Vinod Krishnan (Editor FWFO, Chairman IOS Research Foundation).

IOS EXPERTS LIVE WEBINAR ON “CONFRONTING COVID-19”

The poster features the IOS logo at the top, followed by the text "INDIAN ORTHODONTIC SOCIETY Presents IOS Experts LIVE Webinar and Panel Discussion on 'Confronting Covid-19'". Below this, there are two rows of portraits. The first row, labeled "Experts", includes Dr MK Prakash and Dr OP Kharbanda. The second row, labeled "Moderator", includes Dr Silju Mathew (President, IOS), Dr Sridevi P. Man Secy, IOS, and Dr Srikrishna C. President Elect, IOS. Below the moderator row, there is a section labeled "PANELISTS FOR PANEL DISCUSSION" with three portraits: Dr Samir Patil, Dr Puneet Batra, and Dr Vinod Krishnan. At the bottom, it says "Join us for the Webinar and Panel Discussion on FRIDAY, MAY 1ST AT 11:00 AM".

The 3rd Executive Meeting of Indian Orthodontic Society 24th May 2020

As reported by Editor: **Dr. Kannan**

The Covid-19 National lockdown was limiting the Executive committee to gather for the proposed EC meeting, to be hosted by Gujrat orthodontic Study Group. The proposed meeting was changed as a tele conference.

IOS EC makes history with its 1st ever-executive committee meeting conducted via a tele conference.

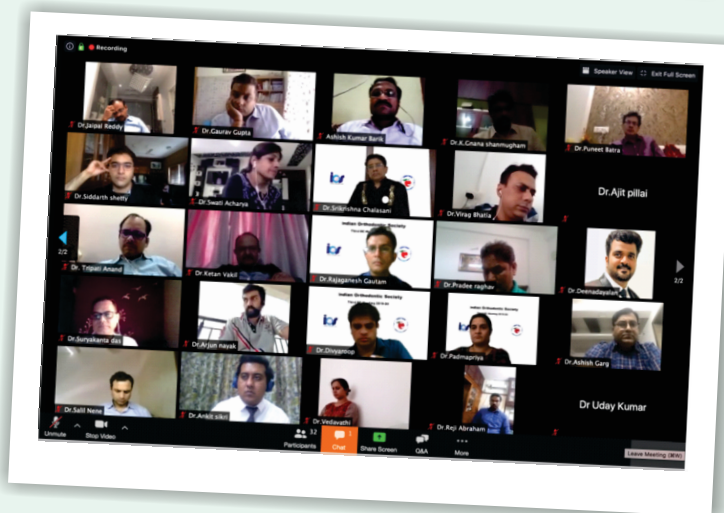
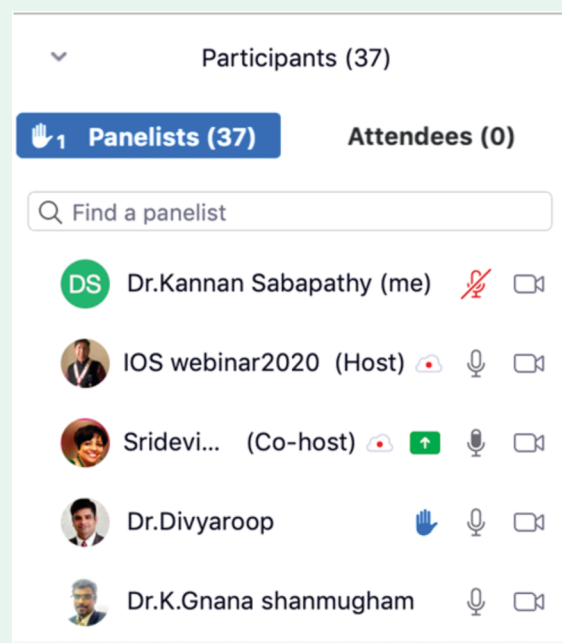
The executive committee meeting lasted for nine plus hours with 100 percent attendance from members of the executive committee

The meeting started sharp at 9.00 am.

The EC meeting progressed by discussing the Agendas as follows

1. Taking on record the minutes of 2nd EC meeting of 2019-20
2. Action taken on 2st EC minutes
3. JIOS report and progress
4. IJCO report and Progress
5. Report on IOS times
6. IOS finances and IT issues
7. Reports of various subcommittees
8. Status of writ petition filed by Dr.Afzal in Madras High court
9. Status and update
 - i) 25th IOS PG student convention
 - ii) 55th IOC
 - iii) 56th IOC
 - iv) Mid Year convention 2020
11. Constitutional amendments
12. Any other matter.

The Office of the Hon. Secretary, under Dr Sri Devi Padmanabhan, is working on drafting the minutes of the proceedings. It shall be soon available on IOS website.



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#BeSafe

#TogetherWeAre

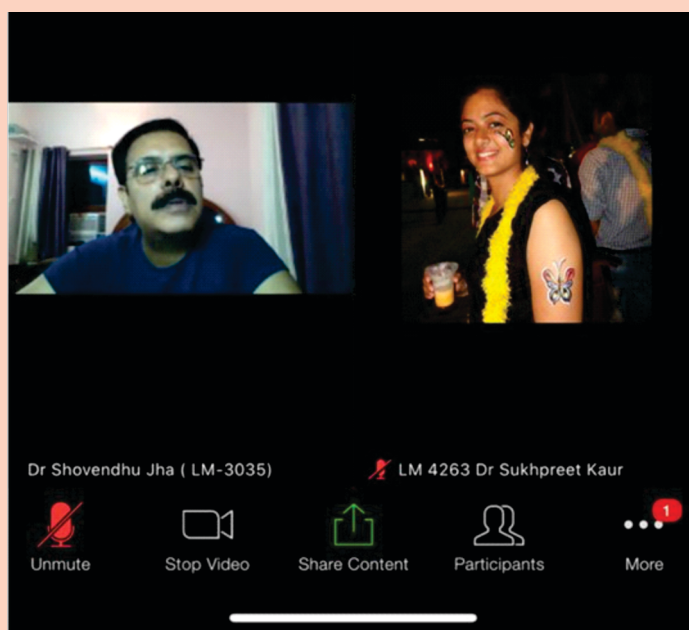
#KeepProgressing

IOS STUDY GROUP ACTIVITIES

As reported by Section Editor: **Dr. Sandeep Singh**

As part of Continuing Dental Education Webinar, Patna Orthodontic Study Group (POSG) organized a webinar on 24th April, 2020. Webinar was on “Biomechanics and facial aesthetics with passive self ligation”. The speaker was Dr. Prof Kannan Sabapathy, Head of the Dept, Sree Balaji Dental college and hospital. The program started at 5.00 pm and attended by 600 plus SLM and LM of IOS. Webinar was moderated by Dr. Prof Amesh Golwara, Dr. Jha and Dr. Sukhpreet. Meeting was concluded at 7.00pm.

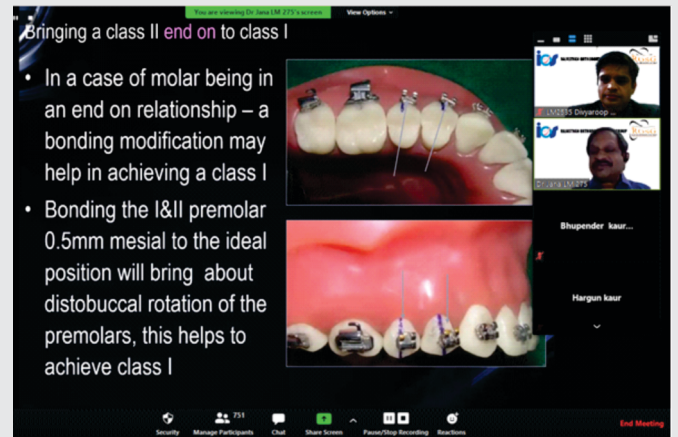
Patna Orthodontic Study Group



Rajasthan Orthodontic Study Group

Continuing the 3 Lecture Series by Rajasthan Orthodontic Study Group (ROSG), the 3rd Lecture was conducted on 25th April 2020. The mentor of the Webinar was the dynamic, enterprising teacher, DR. CHITRA PRASAD, who delivered a very interesting and eye-opening lecture on the, on the topic “Customized Digital Orthodontic Solution & Airway effects of CLASS II Correctors”, which provided an insight to the participants learned about, Digitally Assisted Orthodontics Practice, Customized System&Case Presentations and also gave an insight on Types of Class II Correctors, Mode of Action & its effects on Airways. 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.





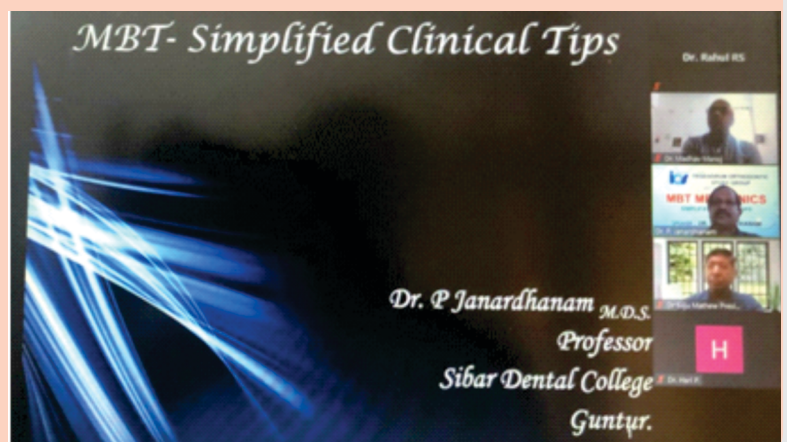
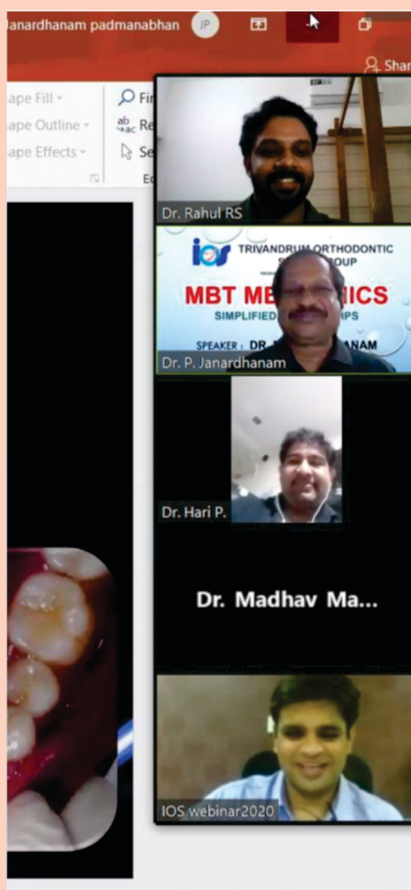
Bombay Orthodontic Study Group

As part of Continuing Dental Education Webinar, Bombay Orthodontic Study Group (BOSG) organized a webinar on 2nd may, 2020. Webinar was on “GAME PLAN FOR INVESTING RIGHT “. The speaker was Dr. Abhijit Bagade, consulting orthodontist, Mumbai and Mr. Vishal Malkan, stock expert, trainer and coach. The program started at 5.00 pm and attended by 400 plus SLM and LM of IOS. Webinar was moderated by Dr. Gajanan Shanbhag, Dr. Kyumi Shethiya and Dr. Sandeep Singh. A lot of take home points were given by the speakers like a RSI tip for trading in stock market by Mr. Malkan and how much investment should be done by Dr. Abhijit Bagade. Meeting was concluded at 7.00 pm.



Trivandrum Orthodontic Study Group

As part of Continuing Dental Education program, Trivandrum Orthodontic Study Group (TOSG) organized a webinar on May 10, 2020. The program named “MBT Biomechanics- Simplified Clinical Tips”. The faculty for the course was Dr. P. Janardhanam. The program started at 5.00 pm consisting of 689 students and life members of IOS. An inaugural speech was made by Dr. Silju Mathew, President IOS, followed by felicitations by Faculty and Convenors. Meeting was concluded at 7.45.00 pm.



INSTRUCTIONS FOR A SAFE DENTAL VISIT DURING COVID TIMES



Schedule your appointment only through a phone or an online platform, please don't directly walk-in for your appointments



Tele Triaging / Screening of symptoms and travel history will be done over the phone by the clinic staff



Call the clinic from your vehicle once you have arrived at the clinic, so that the clinic is ready to receive you and your waiting is reduced



Wear a mask at all times in the clinic and remove it only during treatment



On arrival at the clinic, please sanitize your hand, get your temperature checked and wear the disposable kit provided by us



In the treatment room, you will be asked to rinse your mouth with a special mouth rinse for 20 secs. The doctor and staff will be wearing protective outfits (PPE) which will be different from their usual attire.



Sanitize your hands again before leaving the treatment room



Dispose the disposables given to you on entry in the trash can properly as advised by the staff



Wear your mask back on before leaving

Practice recovery post lockdown

Standing together in Solidarity!

Author: **Dr. Shailesh Shenava,**

Covered By : **Dr. Swati Acharya**

The COVID-19 crisis has had a challenging impact on our orthodontic community. Yet, the strength of our profession has never been more evident for now, we may be distant, but we are not disconnected. Our orthodontic community is in it together as we navigate these trying times.

An orthodontist's life will never be the same post COVID-19. The serious implications on cross infection ensure that the use of the indispensable air turbine drills and ultrasonic devices that induce aerosol would be restricted. A large number of operative procedures entail the use of conventional high-speed drills and we would be lost without them. We cannot imagine a work life without the air turbine handpiece and ultra-son scalers, and getting back to our practices seems scary and confusing. Air turbine drills were introduced for the sole purpose of improving efficiency and reducing chairside time. These treatment modalities are without the use of an air turbine drills and hence non-aerosol procedures. The procedures will certainly benefit patients who are seeking treatment and help tide over the current crisis. These procedures are minimally invasive; they will also help in keeping options of performing conventional procedures after resumption to lockdown.



Most patients are aware of the potential dangers of undergoing dental treatment during the pandemic from information on media. Clinicians should strive to gain confidence of patients by ensuring that all safety measures are in place. The aim of the treatment should be to 1. Minimize the creation of aerosol by eliminating the usage of aerosol producing devices like the air turbine drills and ultrasonic instruments in practice. 2. Reduce chairside time and minimize 'doctor to patient' contact. 3. Perform procedures that will work well in the medium term and allow for future improvement or upgradations 4. Have a balanced approach towards satisfying patient's orthodontic needs and looking after the well-being of the patient, doctor and support staff.

Excess water should be removed with a high vacuum suction. Rinsing and spitting should be prohibited. The working position of the chair should be such that the clinician is operating from 11 o'clock or 12 o'clock position. This is done to avoid direct face-to-face contact with the patient. Use of magnification will help to maintain a safer distance from the patient while working. It is advisable to reduce the air pressure on the three-way syringe to a minimum, so as to prevent any aerosol production while drying a tooth.

Since orthodontic practice involves minimal aerosol generation except for some procedures, an orthodontic practice can be relatively lesser at risk for transmission of the corona virus. This would however, apply more to those practices that are pure orthodontic practices, without any general dentistry being practiced in the same setup. The other consideration for an orthodontic practice is that almost all procedures are elective procedures and can be avoided, with even minor to moderate patient emergencies being taken care of by teleconsultation, prescribing ointments for local application and NSAID's for any required pain control. Procedures that could be done Orthodontic emergencies that would be needed to be seen would be mainly, broken attachments that are loose or hanging in the mouth, such as molar tubes or brackets, wire pricking or other orthodontic components causing abrasions or lacerations to the soft tissues, any other loose orthodontic appliances such as TPA's or Cl.II fixed correctors, where there is a chance of ingestion.

The use of aligners as a treatment modality can be encouraged in Orthodontic offices as modern aligner techniques can bring about efficient tooth movement with more spaced out appointments, reduced chairside time and even minimum intra- oral treatments and almost negligible aerosol generation during the treatment. Orthodontic procedures may be

safely performed considering the following factors: Minimise aerosol generating procedures, Minimise the number of appointments for each patient, Increase the time interval between appointments .The scope 1) Changing arch wires, ligatures or active components of the fixed appliance Advisory: It must be performed with utmost caution and gentleness to avoid any fly away or laceration to patient/ doctor. Scope 2) Bonding of orthodontic attachments Advisory: It should be modified such that polishing is performed using a rubber cup with low speed micromotor, followed by etching with usual procedure, wash off using a syringe and needle in slow manner to reduce splash of water, chip blower to gently air dry the surface and then follow usual bonding procedure. Extreme care to be taken to avoid splatter.Scope 3) Interproximal enamel reduction (IPR) Advisory: Only using IPR strips or oscillating saw. Very gently use water in a syringe to wash. Use high vacuum suction. Scope 4) Cementation / removal of auxiliary appliances like TPA, Nance palatal button or RME Advisory: Use chip blower gently to dry the tooth surface and hand scaler to remove the excess cement Scope 5) Debonding of ceramic brackets Advisory: It should be delayed by a few months; if urgently required, can be performed by using air rotor without water spray to remove any bracket remnant and then cleaning and polishing only using low speed micromotor. A subsequent polishing appointment can be scheduled later. Scope 6) Placement of micro-implants and bone screws Advisory: Use of three way jet should be avoided. To maintain field of vision, use moist gauze on the surgical site.Scope 7) Adjustments of removable appliances like functionals, splints, aligners, and retainers Advisory: should be brushed thoroughly by the patient and kept in the box just before entering the procedure room. Soak in diluted povidone iodine prior to adjustment.

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NEOPHYTES IN LOCKDOWN

A FIRST YEAR POST GRADUATE PERSPECTIVE.

Introducing, IOS Student Members Section

Covered By :**Dr.M.S.Kannan**, Editor



Dr. Niha Naveed
Sree Balaji Dental College
and Hospital



Dr. Hita Rangarajan
Sri Ramachandra Dental College
and Hospital



Dr. Diana Ashok
Sree Balaji Dental College
and Hospital



Dr. Seerab Husain
Saveetha Dental College and H
ospital

If anyone told you a couple of months ago that the busy world we now live in, would come to a screeching halt, would you have believed them? That something so tiny, which we can't even see with our naked eyes, would hold us hostage inside four walls, would you have even thought twice before you let it slip through your mind? Doesn't it just seem so impossible? Right... if only we knew...

Control is an illusion.

Uncertainty is the reality...

Rightly so, this has been the case for the past couple of months. When it's the battle of man vs nature, it's a pretty one-sided affair. An uphill run that has only one outcome. In spite of being at a time period of peak advancement in science and technology, our short handedness in handling this outbreak has come as an eye opener to the entire planet. Even the biggest of superpower nations have come down crumbling against this virus, which just wouldn't stop spreading.

It was only a year ago, when we, as first year post-graduates, eagerly stepped into our courses, with the intention to gather as much knowledge and skill to prepare us for a lifetime of doing what we loved. They say when you follow your passion you never tire. The year was a roller-coaster. After working hard to get into the programs of our choice, there were moments of success, setbacks, doubt and most importantly realisation. We realised, the enormity of patience that was required, in order to make it as 'masters in Orthodontics'.

What we did not expect, was this roller-coaster to hit a halt at the top of the ride. Co-Vid 19, one of the largest global pandemics in history has brought everything to a standstill.

A sudden break from third gear.

Do we stay here? Do we reset to first gear and keep moving on cruise control?

With the advent of this pandemic situation, our country and many others have imposed a nationwide lockdown to contain the spread of the virus. In these uncertain times, and long durations of being indoors, you could find yourself anxious, stressed and nervous about the future.

It's frustrating to miss out on more than two months now, of our training period. These feelings are completely natural and reasonable. They reflect our drive to move forward in life. It is indeed worrisome to even think about what to expect moving forward with respect to the clinical experience/exposure. We are going to be putting ourselves at a risk as we start handling patients again and there is no certainty with respect to how the disease is going to progress/regress. It's scary. It is difficult and with all the constant news and updates about the pandemic situation, it's hard to cope.



A whole lot of dilemma exists. The million-dollar question is, “When will everything go back to being normal?” However, “Can we establish a new normal and how do we do it?” is the question that is actually going to pull us out of this well that we have fallen into. Now, in life, there are certain things which we can control and there are certain things which are beyond us. To focus on what is beyond us, is not smart, as there is nothing much, we can do about it. Instead, let’s shift our focus on what we can do

Every cloud has a silver lining!

As far as academics are concerned, let’s try looking at it this way. We are in the comforts of our home with quite some time in our hands. Thanks to technology, we can keep learning about our subject, and in the luxury of our own time. Not often do we encounter such periods in our life. With the accessibility we have through the internet, education is within the grasp of our palms. The current situation has put virtual learning platform on the spotlight. Zoom conferences, Google



"What the mind does not know, the eyes can't see.

What the eyes can't see, the hands can't treat!"

As far as academics are concerned, let’s try looking at it this way. We are in the comforts of our home with quite some time in our hands. Thanks to technology, we can keep learning about our subject, and in the luxury of our own time. Not often do we encounter such periods in our life. With the accessibility we have through the internet, education is within the grasp of our palms. The current situation has put virtual learning platform on the spotlight. Zoom conferences, Google classroom, Facebook live, Instagram live, etc..have taken the internet by storm.

Keep building on your knowledge, in the little ways you can. So that the next time you get to deal with a clinical scenario, you are much prepared than what you were before. These are the times we get to brush up on our skills, maybe like practicing some wire bending? As we know practice makes perfect, we can strive to improve on ourselves and productively utilize the time in our hands. Our institutions and the IOS have left no stone unturned to build a learning platform for us post-graduates by means of conducting webinars. Thus virtual learning has garnered more attention and more participation from students and doctors alike. These impeccable efforts have been keeping us close to our beloved subject. Sometimes, it might get a little too dull to study all alone, so to build up some self-motivation, work up a study-buddy with whom you can study with on a daily basis. A team of 2 or more, to help keep each other on track.

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Despite this, we can't help but worry about how we will manage patient work. Will we have to take precautions? Obviously. Will these precautions decrease the speed of our work? Possible, but the situation is the same for everyone and together we have to adapt to new norms. Will we have lost touch because of this break? Probably. This is a fear prevalent especially amongst the first-year postgraduates, because we were only at the beginning of our clinical training, when we took this break. Hopefully we don't have to start at level zero, but

some levelling down is bound to happen. All we can do is to hang on to the hope that we will make up for all the lost time.

Many postgraduate students who were in the middle of their exam preparations are left clueless as to how to go on with getting their cases ready. This just adds up to the pressure which they are already in. It further breaks the flow with which they have been working with. Orthodontic treatment requires time. Even if we leave aside the academic and research part of the course, we don't know if the time we have will suffice for us to come out as competent as our seniors did.

Furthermore, there is a constant paranoia of the review appointments which are being put off too many months, as many patients have arch wires and components for a really long time, which require attention in order to avoid devastating side effects.

Mental health starts with ‘Me’

Having said all these things, there is one important aspect of this lockdown that requires attention and is seldom addressed. Mental health. All of us may not have fallen prey to this virus physically, but the situation certainly strains our mind. In your spare time, you could engage in things that excite you, indoors. Something to rejuvenate your mind. Unleash your creative side. Redecorate your personal space. Create new artwork. Or whatever may be your cup of tea. Learn a new skill via tons of online portals - a doodle, a portrait, some yoga maybe?

It is important to try and maintain some semblance of structure from the pre-quarantine days. Allocate time for all your tasks. Not only will sticking to your normal routine keep you active and less likely to spiral, it will be easier to readjust to the outside world when it's time to get back to work.

In spite of all the lockdown measures and social distancing being practiced, one cannot certainly pin point when this situation will come to an end. Until then, it is safer to assume that this way of lifestyle is the new normal and people have to move on with their lives at some point of time. The return to the “new” normality can be an overwhelming experience, “gradual” being the key. Better equip yourself on all the safety measures you need to be following while you resume work.



Respiratory droplets and physical contact being the primary mode of transmission of this infection, dentists are put at the top of the list of high-risk professionals/individuals. It's vital to keep ourselves informed about what protocols to follow while resuming our orthodontic services back to our patients. A proper history needs to be obtained to elicit any symptoms or contact history relevant to COVID-19. Patients in-person treatment should be postponed to 2 weeks

- A. If the patient has a travel history
- B. If they have had contact with an infected person.
- C. If a patient has been tested positive for Covid- 19 and
- D. 72 hours have passed since recovery,
- E. Has had two negative laboratory tests 24 hours apart
- F. Has had no fever (without using medicines to subside the fever) and has had other symptoms improve.

Although the mortality rate of this infection is as low as it is with many highly contagious diseases, the fact that this disease exists and is capable of causing death must always be put ahead as a cause for concern and suitable precautions must be taken during our routine dental practice.

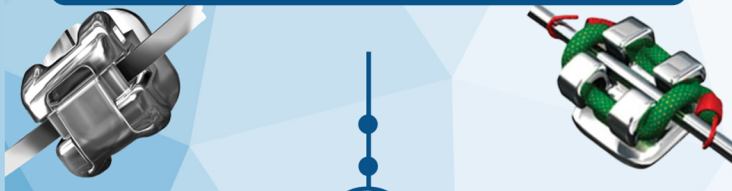
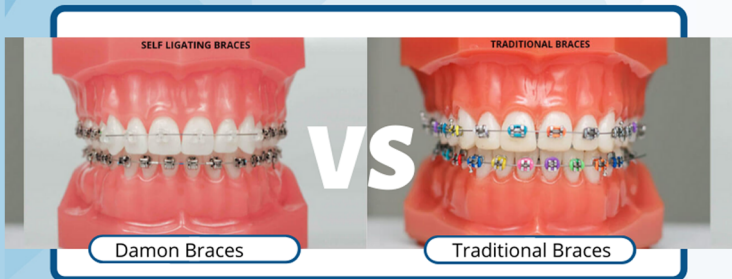
Keep Going

Keep Growing

Meanwhile, while we are in this lockdown situation, for those of you, who are at home, with your family, try to realize how blessed you are and be grateful for the family time you now have to bond a little better with everyone. To those who are away from home, it is still important to count your blessings. It is important to stay safe wherever we are. We should try to equip ourself intellectually, physically and mentally. Nobody is alone in this!

Enjoy every day and be as productive as you can. It's no competition. It is just you vs yourself. Be better than what you were yesterday, and you have already won half the battle! It is indeed a stressful time. We are trying to find the silver lining, but we have to keep our heads above water and just keep swimming!

You Have a Choice, Choose the Best!



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More comfortable than traditional braces, according to clinical studies	Comfort	Less comfortable than Damon braces, according to clinical studies
Visit required every 8-10 weeks	Appointment Intervals	Visit required every 3-5 weeks
12-18 months on average	Treatment Time	18-24 months on average
Lesser in-clinic chair time needed	Chair Time	Greater in-clinic chair time needed
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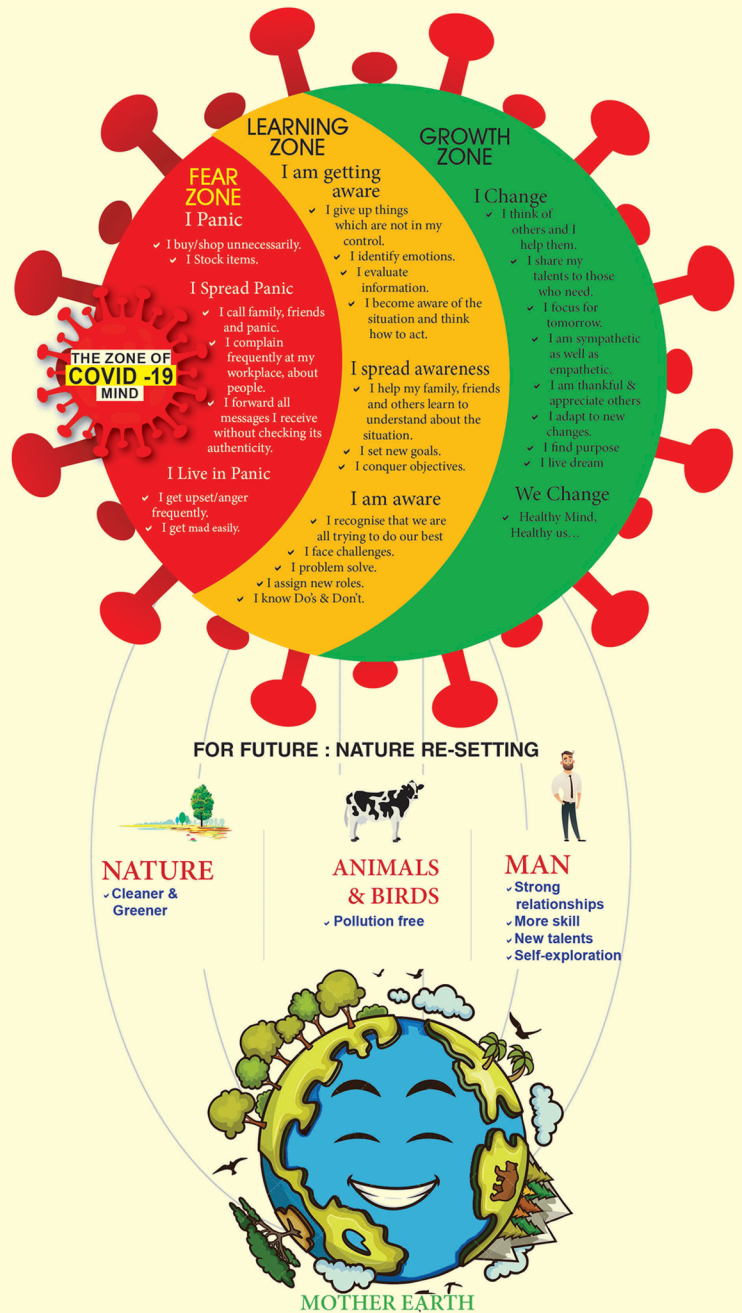
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Concept by



Dr. Bhagyalakshmi Avinash
Mysore, LM1771

RISE TO EVERY CHALLENGE

Dr Manasa Penumatsa

1st Year PG Student, Department of Orthodontics
Vishnu Dental College, Bhimavaram, Andhra Pradesh

Students Section

Have you ever imagined that our lives would be this amusing?

Have you ever wondered if you could ever give your parents your time and trouble at the same time?

Have you ever given it a thought about how excellent your cooking skills are?

Have you ever been so intimidated about not knowing what could have possibly happened if you stepped out of your house?

Well, I know most of us would agree to the answer, “No.”

Just so we all know, THE COVID-19 pandemic has changed the way we live, work and connect. Somehow, this situation has helped me rejuvenate our love for our family. Although, I miss meeting my friends, going to the movies, having dinner at a restaurant and shopping for no reason. The only thing I’m concerned about is myself, and I’ve never been so self-conscious.

These two months have been a blessing for me. Though I miss going to the clinics and interacting with patients, with my colleagues and my teachers, I interact with them almost everyday. Video calling friends and relatives is a stress buster. Not that there’s a lot of stress, but it’s good to say so. The one thing that is worth mentioning is ‘webinars.’ I don’t think I’d ever happen to attend lectures by some great practitioners as well as academicians in such a short span & It was all worth listening to them. Academically, I’m able to complete my Journal clubs and seminars at a faster pace. The only thing I miss is the clinical work and also, I’m worried about my thesis. I hope we get through this situation as soon as possible.

One thing worth mentioning during this lockdown is about how health care professionals like us could actually serve the society in this situation. I’ve been a part of the National Rapid Response Teams (RRT-COVID), and have attended the duties for 14 days. Initially, I was really nervous, my family was very apprehensive but later it was all under control. I get to collect the samples from people who have been quarantined. Most of the people were secondary contacts. It was scary at first, but I was able to deal with it. It is indeed one of the greatest experiences. Although, I hope nobody had to face this situation ever.

I would want to conclude that, what we’ve been facing might worsen in the future, so we have to be very cautious and follow proper infection control protocols and overcome this pandemic.



Athlete of the month

Dr. Karishma, Margao, Goa



- Consultant Orthodontist, Dr . Parker's Dental Care
- Bikini Bodybuilding Athlete 2019
- Gold in Sheru Classic championship
- Boss classic Championship ,
- Shawn Ray NPC championship ,
- TEDx Panaji speaker
- Mom of a 6 year old daughter Kaira parker

How Body Building made you somebody from nobody? I mean, have you ever felt that you don't matter or you are not good enough?

Alright ! (Dr. Karishma smiles!)

I am quite sure atleast some of us may relate to what this feeling of being a NOBODY is ! Well I almost lived my entire life feeling like one .Till something wonderful happened and changed my life four years back !

I grew up in a family like they showed in 3 idiots, the famous Bollywood movie , where at birth the family decides which profession their child would take up ,if it's a girl she should be a doctor and if its a boy an engineer. My father gave me a good upbringing, he instilled in me self dependence and gave me the opportunity to pursue best of education, so that I was self equipped to survive if something wrong happens in my married life. It was like he anticipated it or may be he was overcompensating for the complex he had in his mind. Probably because he was not raising a pretty daughter ! So I grew up with a lot of focus, excelled in dentistry , stood 21st at all India entrance, did my post-graduation, opened a clinic and became a consultant. I still felt like a nobody ... My first feeling of nobody was in comparison of my dad and his achievements.... He is a big guy a civil engineer , been an executive engineer , he was a real estate developer, builder ...so I always felt my achievements were tiny in front of his. .It wasn't something I was troubled with , we had the best of living.

Life happened to me and like any typical Indian girl soon after education and career. It was marriage. I was always this ambitious person with so many dreams and ideas, a complete

go-getter, a humanitarian and a feminist kind of a person. And I got married in an arranged fashion in a typical rigid conservative family where women did not have much rights and their life was confined to the kitchen. Obviously there was a huge clash of culture and upbringing. Things had to fall apart because there wasn't any common ground. I was getting suffocated. My opinion was not considered, my career was disregarded, there was no scope of mutual growth as a couple. Things were already very bad but the final nail in the coffin was when my husband didn't allow me to name my child which both of us had thought of and instead gave her a name which his sister wanted, without even letting me know once. I am sure you would think it's a petty right thing, but for me, you can imagine I was a nobody for him . As he is the father I am the mother of the child. I tried explaining him to keep both names or find a middle way out. But arguments turned into abuses. After one such abusive incident I decided to walk out of the house with my daughter. I may have been made to believe I was a NOBODY but I wouldn't let my child grow up believing that ! The process of my divorce process started. Internally, I was dealing with a lot of stress and coping up by eating junk, finishing Nutella bottles in a single day and trying to feel ok with life. But this costed me 10 kgs of gaining weight and moving from medium to large sized clothes. I was fat but still comfortable with myself. But there was this incident that happened .I took up a Sunday couple dance class and a guy refused to dance with me because I looked fat and ugly.

This was it u know Dr. Swati ! I sat and thought that day. I was feeling quite uncomfortable and frustrated being a nobody . Two critical things had happened by this time. One, I had hit the rock bottom of being a Nobody. Two, the society

Interviewed by Dr. Swati Acharya





and my family had absolutely no hopes and expectations from me .The optimist in me, felt good in a way because the only way out from this bottom was to go up. Life had to be good from here on!

The road to become somebody!

Dr. Karishma asked me back the same question ! (She smiled !)

I had to remind her that it was her interview!

One positive step leads to another and all your cants changed to can which is evident . How did you join the broken pieces of your life ? I strongly believe your physical well being has a strong influence on your mental wellbeing. So I decided to change the way I look and my shape .

The first step was the most difficult, I was so ashamed of my body.I didn't have the courage to join the gym right away .So I decided to run on a ground for 21 days and shed some weight , once I had done this and when I was confident I started to gym. I had a huge mountain to climb!With polycystic ovarian syndrome , things wouldn't happen as fast as I wanted and I was aware of this so I had to set small goals to remain motivated. And now my love affair with lifting heavy weights is bang on. When I would be lifting weights, for that particular time there would be extreme focus on the action with no other thoughts . I would forget the worldly stress....and leave from the gym so happy post workout . Ofcourse this was because of the happy hormones released in my brains or the endorphins. That happiness was addictive , it was therapeutic. Soon after my workout I would check myself out in the mirror. In a female body the muscles are not obvious until they are developed so I would get amazed when I would see a new muscle develop and popping under my skin. This timid woman was developing a bold muscular physique and an even stronger mind. The results are always proportional to the efforts you put in . you don't need to be sportsmen prior to taking up this sport. Currently I have a lot of bodybuilder friends, I would research so much on social media about workouts , gather knowledge from my new friends , read about diet and watch local bodybuilding competitions. I would get goosebumps watching the efforts of others I was researching on Instagram one day and I found the profile of Indian female bikini bodybuilder Sonali Swami who was a mother of 2 , 38 years , I was so inspired and excited to know that I could take my passion to a higher level something I had fallen in love with so intensely .In Goa it was still a male dominated sport with hardly any goan female athlete competing. While watching one of the local comps a dream was born. To become the first bikini athlete of Goa ! That was a game changer Dr. Swati !

Competing in bodybuilding was as good as introducing the love of my life to my parents. Competing in a bikini, being a doc, divorced, single mother ,the society wouldn't approve this love affair so easily , this was also first of its kind out there.That was still ok but I had more critical issues ,there

was no proper training of bikini bodybuilding in Goa. No bikini body building coaches either. And so with whatever knowledge I got from the internet and some from a coach based in Australia; I had my first competition in 2018 and I came last. And with this came criticism and the opinion that this was not for me , what was I doing here again?

But I wasn't fine giving up on my dreams to become this **SOMEBODY**

In the same competition that I had come last , I found my coach, the coach who had trained the gold and silver medalists of the show , Asadhussain. My coach understood the strength and weakness of my physique and also that I was not the most genetically gifted athlete . But he didn't give up on me probably because he saw the bigger picture, my need to become Somebody. I learnt that this sport needed many dedicated years to reach a level of a champion. But I had immense confidence in myself and the ability of my coach to sculpt me and someday I would win a show. It didn't matter how many years that would take. I knew I was competing against women /girls way younger to me who



were not mothers . I never thought even once that I couldn't do it. Bangalore Sheru classic 2019 , And that was the reward!

Within a week (gold 2) Mumbai Boss Classic 2019

And then (gold 3) Shawn Ray Classic 2019 This was the greatest achievement I had in my life. Something which was truly mine !

Does Your journey end here ?

Right now I feel I am somebody , but having said that my journey doesn't end here .I have set newer and bigger goals for myself. It has been an exciting journey and I aspire to improve my physique to the next level and compete for a pro card which will officially declare me as a pro athlete. I would be able to compete internationally with other pro competitors. I am also a finalist at the international glamour project Mrs. India 2020.

All the best for your journey folks from **NOBODY** to **SOMEBODY** !

Voice of Your EC Member

Interview of EC Members

Covered By **Dr. Kavitha Iyer**

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

To excel in profession is our moral and ethical duty, prescribed even in our constitution. Professional associations are always a great platform to showcase your vision and commitment. Anybody's status, may it be social or financial, synchronizes with the status of your profession. Since I belong to a family of dental specialists, I always promise myself of putting sincere efforts for upgradation of Orthodontics vis-à-vis IOS. I believe all of us are recognized because of IOS. My teachers, my friends, my parents, all have inspired me to be part of the esteemed association and work sincerely for the benefit of the profession and the society at large.



Dr. Ankit Sikri,
Chandigarh, EC Member

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

Without dedication and passion, I feel no one can serve any association. More so, if you are not passionate as regard to your commitment for the profession, you will not be able to achieve your goals. Once you are sincere and committed, time constraints do not exist; since time is limited and fixed, you will have to fix the priorities. I always feel happy and elated, spending time for Indian Orthodontic Society.

3. What is your current responsibility in this EC?

I am currently the Chairman of International and National Academic Exchange Program Committee. This committee facilitates the Life and Student Members of IOS to visit Foreign Universities or Dental Schools having Orthodontic Departments. It is through a proper selection protocol which runs on the guidelines of IOS and a team/delegation visits a designated university every year. As the travel is under lockdown in the current year due to an unfortunate pandemic, I along with my team members are coming up with another planned options so that the year doesn't go waste. The matter is still under discussions.

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

I would love to serve the association in any format and put my sincere efforts for upliftment of the profession. In coming years, global exposure of our members would be a challenge; together we strive hard to compete with the nuances of Orthodontics at international level.

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

The word 'advice' may not be appropriate; however, I must suggest my fellow members to come forward and share the platform, where your ideas and vision can be discussed in details. The seniors and experienced colleagues would clear all doubts, if any, enabling you to serve the society in a befitting manner. Once in EC, a person gains confidence of sharing his views, which otherwise remain buried somewhere. Once views are expressed and discussed, your thoughts exude with positivity and the additional confidence which is gained makes you a better professional. I make a sincere appeal to all my fellow friends in profession to come forward, share your views and vision for a better tomorrow.



Dr. Rajaganesh Gautham,
Pune, EC Member

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

A. Our Indian Orthodontic Society, the representative body of orthodontists in India has been growing leaps and bounds since its inception. I have been an IOS member since the past 17 years and a regular participant in its various events, the national conferences and its AGMs. During these various meetings, I have always felt an inner calling in me to contribute in a meaningful way to the governance of this esteemed body by being a part of the head office as an EC member. My aim was to be in a position that allows me to take up a common member's problem that falls within the purview of the IOS, be able to clearly

articulate and deliberate it with colleagues in the office, brain storm an effective solution and contribute to implementing the same. With these lofty, genuine intentions in mind, I first contested and became elected as an EC member for the term 2017 - 18 and again got a chance to be a part of the team for the term 2019 - 20.

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

A. A responsibility in the IOS head office as an EC member indeed involves a lot of dedication, passion and personal time. Though honorary, it definitely is very satisfying in the end, because this is something that each one of us have taken up as a personal choice, as an expression of service to our brethren, towards the greater welfare of our community. To me, the idea that this is an opportunity to give back to the community that nurtures me, is a source of strength that drives my dedication and passion towards this cause.

Q. What is your current responsibility in this EC

A. In the present EC, I am a member of the Academic Council and International Academic Exchange sub committees.

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

A. I would think, if given a chance, having worked and interacted with some amazing colleagues and leaders in our society, I should have accumulated some deep expertise in the working of a professional body like ours and would be happy to take up and discharge any suitable responsibility given to me.

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

A. If you think you have the enthusiasm, commitment and ideas that can prove to be useful for the betterment of our professional community, be there, do it! The IOS needs you.

Dr. Salil Nene,
Pune, EC Member

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

I filed my nomination just a week prior to the last date. I always had seen my seniors, teachers being a part of the EC and contributing for the betterment of the society, but never thought of myself to contest an election. Just before Jaipur Conference in 2017, my colleagues and teachers asked me to be a part of an EC to have like minded members which makes decision making much easier. If you want to have changes for the advancement of our speciality, you need to share your views and help towards the right decision making. Once got elected I enjoyed every bit of it and tried to contribute to the best of my abilities. I wholeheartedly would like to thank all the members for supporting me in this endeavour.



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

“Find your passion, and it's no longer work!”. If you do any work passionately you will enjoy it! Yes, it requires lots of dedication and personal time but also gives immense satisfaction for contributing towards your speciality.

3. What is your current responsibility in this EC?

Currently I am the Chairman of the Study group coordination committee. I am also apart of program endorsement committee and the committee for the International affairs.

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

It's my third consecutive year as an EC member and I am satisfied with my contribution during this period. I also have been elected as a Director, Indian Board of Orthodontics, which is a five-year term and demands time and commitment. I am not looking beyond these five years and really have not thought of any future plans as of now.

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

IOS needs passionate, dedicated member to come forward and be a part of the process. New members will have fresh ideas and solutions. I request all the seniors and young members of the society to come forward and serve the Indian Orthodontic Society. It will be a wonderful experience and a great learning curve.



Dr Sanju Somaiah

EC Member, Professor
Coorg institute of dental sciences, Virajpet

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

The dedication of my beloved teachers and senior colleagues towards the fraternity inspired and motivated me to serve our society and become an EC Member

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

I have always considered myself lucky for being bestowed upon this opportunity to serve the society and for this we need to sacrifice our personal time and be dedicated to take up administrative responsibilities

3. What is your current responsibility in this EC

Ethics committee- chairman

Legal and Disciplinary committee-member

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

I will strive hard to give my best in the years to come irrespective of the position held for the betterment of our prestigious society

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

Service above self and a passionate zeal to serve IOS to take it to greater heights on par with other international professional bodies and to protect members rights

What IOS Members do during the Lockdown ?

The Lockdown Birthday”- The birthday celebrated with family after 14 years.

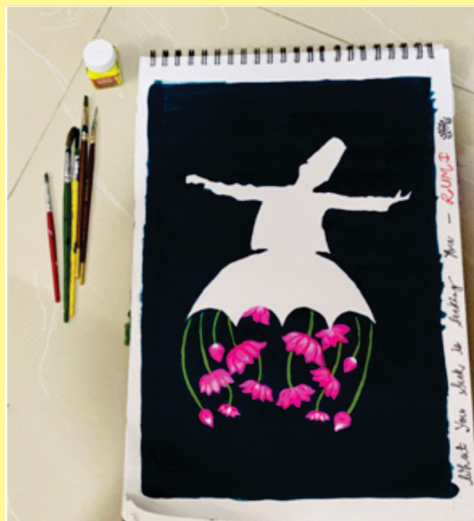
Every kid has a beautiful fantasy of celebrating birthday with more and more enthusiasm every year with parents. Mine was not so different till I was living full time with my parents up to 12th standard, after that I got admission in BDS course in Jaipur in 2005, then in MDS course in the same college and yes again got job there only, and birthday celebrations with parents stopped because of the long distance between the home town & study place/work place. I used to come at home in March month for Holi celebrations with family; & return back to Jaipur after Holi. My birthday is on 27th April; so it was not feasible to come back home in such a short span of time because of long distance, so after long 14 years I was at home due to covid-19 lockdown, and 27th April came; yes!!!! Finally I was with my whole family. It was 11:59 am of 26th April & what a surprise, my room was beautifully decorated with lights and my childhood photos, homemade cake was there & most importantly got blessings from the parents being physically present there making it the most memorable “lockdown birthday”.

Chiranjeev Singh, Jaipur



Dr, Gujan Kedia

Consultant Orthodontist, Mumbai



I have done few acrylic paintings during covid period. First is Rumi the poet and second is Turkish motif painting....



I had side table cover painted by me using acrylic and pearl acrylic colors. The sides of table cover were then decorated with lace.



Dr, Khyati Narula

New Delhi



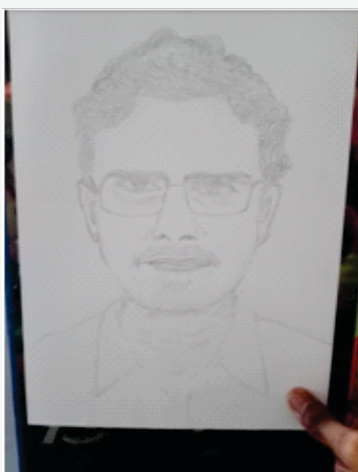
Dr. Deepti Gupta
Abudhabi, UAE



I have been using the time to paint -acrylics on canvas to depict the emotions I felt during the lockdown period. First one is called 'Anxiety' - There is a play of dark and light with an overall gloom in the night sky. Second one is called 'Solitude' - Soft sea waves on the beach with no living thing in sight. I used a wax knife from our preclinical days as I was missing a palette knife to create the sea foam.

Dr.Umarevathi Gopalakrishnan
Chennai

It just started as part of sitting along with my son to make him do drawing, sketching, painting.etc..never have i tried anything beyond our first year anatomy drawings...initially I tried to sketch an eye... It came out really well... Slowly progressed to sketch a face.... It turned out to be so good that everyone at home identified it as my son... Every time when I sketch someone... the emotions that I shared with them kept on reverberating.. ..when I sketched my late Mom n dad....my favorites musician n so on... .. And more over being an orthodontist helped a lot in knowing the proportions and how drastically they changed the person even with minor alterations.... Every face is unique...and I felt like doing a meditation whenever I sit n sketch ...attached some of my sketches..



Dr.Namrata Ramesh
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Warm greetings from 'God's own Country'!

We have been told since childhood that 'Change is the only permanent thing in life'. Though we expected some major changes by the end of this decade, we never imagined it coming in the form of a global pandemic. With the entire mankind experiencing a backlash, we have been challenged to keep our presence of mind and sanity intact in these testing times.

As is said that diamonds are made under pressure, this lockdown period has helped us discover ourselves, our hidden potential & value the little things in our everyday lives. While staying inside the four walls of the house for some has been a blessing, for certain others it has led to building up a lot of steam, a major reason being the inability to channel their energies.

I have been lucky to take some inspiration and lessons from my mother to help channel that energy into something constructive and I couldn't find a better way to do it than expressing it through art, a form of expression with no boundaries.

I began with making the experience of washing hands a pleasurable one which involved transforming the usual little towels to crocheted hand towels that proudly occupy the kitchen shelf now.

My next aim was to transform the wooden stool occupying a corner in my room into a colourful piece of art that could brighten up anyone's day who would tend to slip into boredom!

Having wanted to try my hand at jewelry making, I did succeed to an extent with this designer choker and a pair of earrings, being a few from my basket.

Channeling my dormant energies into such activities has not only helped me develop new interests but also reinforced in me virtues like patience, humility and confidence. The pleasure of seeing things around us that we could contribute to and learn from are indeed achievements that we all must be proud of. I am sure that we will come out of this lockdown period as better human beings and even better orthodontists !

