

Official newsletter of Indian Orthodontic Society



**17<sup>th</sup> Annual**  
**Symposium on Contemporary Orthodontics**  
**and Dentofacial Orthopaedics**

25-27 March 2019



## IOS WILDLIFE PHOTOGRAPHY PROGRAM

27 - 29 MARCH, 2019





# 17th Annual Symposium on Contemporary Orthodontics and Dentofacial Orthopaedics

Pravara Loni

The 17<sup>th</sup> Annual Symposium on Contemporary Orthodontics and Dentofacial Orthopaedics held at Pravara Institute of Medical Sciences, Loni was conducted from 25<sup>th</sup> to 27<sup>th</sup> March, 2019 by Department of Orthodontics Rural Dental College. It was a three day workshop of three theme-based lecture series and hands-on courses with an overall theme "Orthodontics: Discover the Undiscovered", conducted at a measly registration fee of INR 100/- per program. The themes for the three days were 'Functional Appliances: Learn, Unlearn and Relearn', 'Evidence Based Orthodontics- Need of the Hour' and 'TADs – Use of Skeletal Anchorage for Skeletal and Dental Correction'.

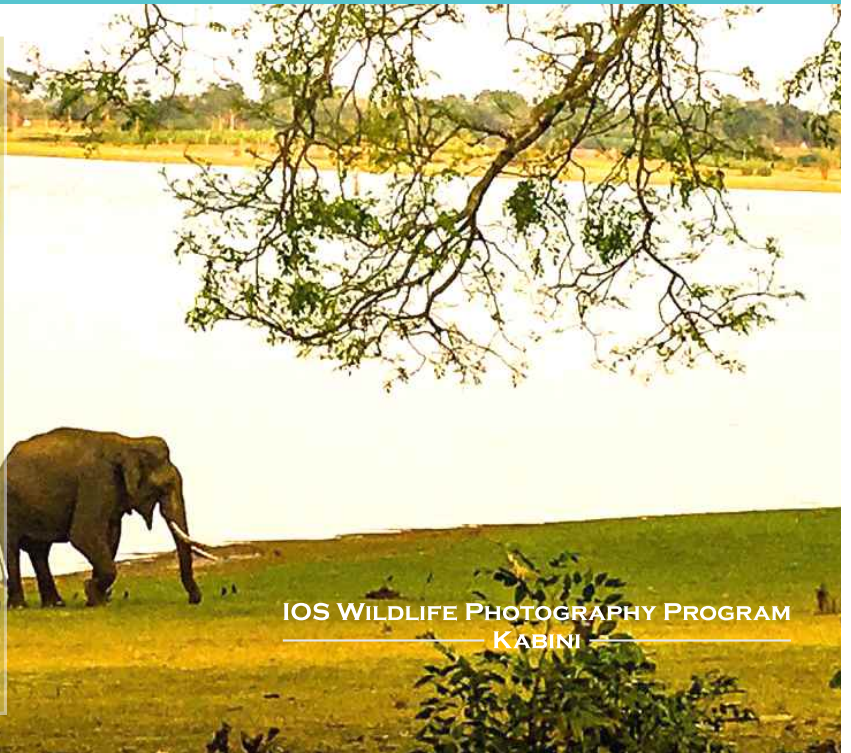
The event saw a simultaneous release of 12 monographs of very senior national and international stalwarts of Orthodontics, probably a world record of sorts. Renowned speakers like Dr. V P Jayade, Dr. P Hazarey, Dr. W Bhad, Dr. Girish Karandikar, Dr. Sonali Deshmukh, Dr Vivek Soni, Dr. Abhijit Misal, Dr. Abhisek Ghosh amongst others performed the scientific deliberations. The event was graced by Dr. Pradeep Jain, President, IOS, Dr. Sridevi Padmanabhan, Secretary, IOS, Dr. Keki Mistry, Founder Member, IOS amongst others. The event also included a visit to the Central Library of Rural Dental College, Orthodontic Section, one of the richest and most expansive Orthodontic Library in the world. The delegates enjoyed and appreciated it along with Sai Darshan and Aarti.

The able leadership and guidance of highly experienced organisers like Dr. N G Toshniwal and Dr. Shubhangi Mani made it a well organised and well received event that will be remembered by all the attendees for years to come.

The IOS Wildlife Photography program was conducted on 27th to 29th March 2019 at Kabini Forest. The response to the program was tremendous and along with the President, President Elect, was attended by 20 members.

The venue of stay was Kabini River Lodge, the hunting lodge of the erstwhile Maharaja of Mysore, now run by the Jungle Lodges and Resorts under the aegis of the Govt of Karnataka.

The delegates had 4 safaris in to the jungle. The group had a great sightings of various types of wildlife including tigers, leopards, birds etc. Round table discussion of various aspects of photography was conducted as a part of the program. It was a truly enriching experience for all the delegates.



IOS WILDLIFE PHOTOGRAPHY PROGRAM  
KABINI



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For Registration contact:

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**Before**



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beautiful smile, ensure that it is made  
better by an Orthodontist endorsed by  
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Orthodontic/braces specialists receive a 2 to 3 years of specialized education and training at a Dental College, recognised by the Dental Council of India, in addition to the 5 -year basic dental training, training to learn the correct method/s to align and straighten teeth, control and utilize facial growth, enhance smile esthetics and jaw function.

Only those who successfully complete this formal education program may call themselves "Orthodontists," and only those orthodontists can be members of the Indian Orthodontic Society, the national association of qualified orthodontists in India. Selecting a member of the Indian Orthodontic Society for your orthodontic care is your assurance that the doctor is a person most qualified for the job at hand.



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How long does an unevenly paved road last ?! If paver blocks on the footpath are not arranged evenly, or if a few are missing, how difficult will it be for you to trip over and fall ?! If the tiles on the floor, in your living room, are haphazardly put over one another, or, laid out with gaps in between the tiles, do you think you will be comfortable moving within your house ?! The unsightly appearance of the tiles/paver blocks/road is another matter.

### Irregular set of teeth - a disaster waiting to happen !

Similarly, with teeth arrangement. To complicate matters further, unlike the linear and one dimensional arrangement of tiles and paver blocks, teeth are arranged in an arc and have a set of teeth opposing it, making it a three dimensional structure affecting each other's integrity and function. Teeth overlapping each other are difficult to clean and become prone to cavities and gum infections. Teeth with gaps in between, are not able to dissipate the forces they are subjected to, while chewing, biting and swallowing, making them weak in the long run. Teeth jutting out more than normal can fracture more likely than a normal set of teeth.

Getting the teeth arrangement corrected with braces under the care of an IOS endorsed Orthodontist, is the smartest way to ensure that the person most qualified for it, is doing the job.



*Though thrilled at the end result, MK Reddiyar was surprised when braces were recommended for his dental health, at the beginning, by his orthodontist*

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## Official newsletter of Indian Orthodontic Society

**FULL NAME** - Tanuka Laghate

**ZODIAC SIGN** - Virgo

**HOME TOWN** - Pune

**PROFESSION** - Actor

**HIGH POINT IN LIFE** – Crowning moment of Ms. Pune 2010

### AWARDS / ACHIEVEMENTS

Winner – Miss Pune Pageant Pune 2010

Award winning short films - Happy Anniversary by Tanuj Bhatia & The girl at the airport (Writer and Director)

### CURRENTLY

Doing feature films, web series, commercials, TV shows

### ADVICE YOU WISHED HAD RECEIVED

Patience is very important... hold on to it.

### ADVICE TO YOUNGSTERS

Follow your passion... life becomes somewhat easier.

### WHAT IS THE BEST YOU LIKE ABOUT YOUR PROFESSION

The magic created by people in between action and cut. The fact that I am at a position where I can try and make change for the betterment.

### WHY, IN YOUR OPINION, IS A GOOD SMILE IMPORTANT?

Makes a good first impression

### WHAT DO YOU KNOW ABOUT TEETH BRACES, ORTHODONTIC TREATMENT & ORTHODONTISTS

Had some gum infection for which gum surgery was done followed by invisible fixed braces. Friendly doctors, tender care made the entire experience a pleasant one. While other dentists were suggesting me veneers which I wasn't sure of, braces offered me a more long lasting and healthy alternative.

### ONE WORD THAT DESCRIBES YOU BEST.

Ocean

### STRATEGY IN CRISIS

Not a strategic person... totally with the flow.



*Tanuka Laghate*  
Actor



## Official newsletter of Indian Orthodontic Society



### IBO AWARENESS PROGRAM



The last weekend of March saw yet another fantastic programme hosted by the Pune Orthodontic Study Group. The Indian Board Orthodontics Awareness Programme held in Pune, was well attended by delegates from in and outside of Pune city. The programme which was structured to increase awareness about the IBO exam featured some of the Who's Who of Indian Orthodontics. The programme was inaugurated jointly by Team IBO Chairman Dr Jayesh Rahalkar, Vice Chairman Dr Ketan Vakil, Secretary and treasurer Dr M Vadivel Kumar, Directors Dr Ashwin George and Dr Rajaganesh Gautam and the POSG convenors Dr Shirang Joshi, Dr Milind Darda and Dr Gaurav Gupta. Past Chairmans of the Board Dr Gauri Vichare and Dr Shailesh Deshmukh were also present for the programme and they shared some valuable pointer to the IBO aspirants.

The mentors tackled every facet of the IBO exam, explaining the nuances and adding clarity to the examination process. The session was interactive and was conducted at length for the whole day. The programme also witnessed the end of tenure of Dr Milind Darda as POSG convenor after an illustrious stint. Dr Salil Nene was elected as the new POSG convenor.



### Pune Orthodontic Study Group



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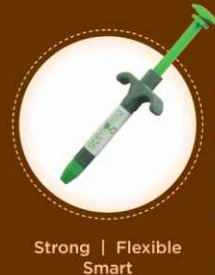
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With braces fixed on teeth

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### Terna Dental College, Navi Mumbai Activity

- The department of Orthodontics of Terna dental college Navi Mumbai along with IOS conducted a hands on workshop for two days on Lingual Orthodontics.
- The course was conducted Dr. Suryakanta Das on 15, 16 March 2019. It was well attended by 35 delegates from all over the country.
- The programme focused on introduction to Lingual Orthodontics, Bio-mechanics, simplified lab. procedures & hands on.....on wire bending and bonding of the lingual brackets on Typodonts.
- There was also a live video relay of the bonding procedure on a patient. The course was well appreciated by all the participants.

### Trivandrum Orthodontic Study Group activity



Trivandrum Orthodontic Study Group organised KOSG's All Kerala CDE programme "Reinventing Orthodontics" on March 31st at Hotel Central Residency in Thiruvananthapuram. The program included two scientific sessions aimed on updating the novel methods of managing complex malocclusions. Dr. N R Krishnaswamy, Vice Prinipal, Professor and Head, Ragas Dental College spoke about "Contemporary solutions for treatment of skeletal malocclusions".

Dr Vivek Patni, Professor MGM Dental college presented on "Mini implants and Bone screws, clinical applications revisited". The delegates were welcomed by Dr. Madhav Manoj, Chief convenor TOSG. The delegates were addressed by Dr. Tradib Jayapal, Vice President, IOS. The faculty were introduced by Dr. Prasanth Prathap, Convenor KOSG. The programme was inaugurated with lighting of the lamp by Senior Orthodontists of Kerala and the faculties. After the faculties response, Dr. Hari P convenor TOSG thanked the speakers and delgates. The sessions were well attended by close to 100 delegates. Following the scientific sessions, general body meeting of KOSG was successfully conducted.



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The National level CDE programme on the topic "FIRST SURGERY" was conducted at Annor Dental College and Hospital, Muvattupuzha, by the Department of Orthodontics and Dentofacial Orthopaedics. The guest speakers for the day were Prof (Dr.) Ratna Padmanabhan and Prof (Dr.) Sherry Peter along with our faculty Prof (Dr.) Vinod Abraham. The CDE program started with an inaugural function, followed by the release of a new textbook on "Clinical Insights into the Surgery First Approach". The first session was on "Guidelines and principles of case selection and management" by Prof (Dr.) Vinod Abraham.



### ANNOOR DENTAL COLLEGE MUVATTUPUZHA ACTIVITY

The next session was on "Diagnostic planning and orthodontic considerations with SFOA" by Prof (Dr.) Ratna Padmanabhan. A competitive E-poster presentation on the topic "Clinical innovations" was held before proceeding to the last session by Prof (Dr.) Sherry Peter on the topic "Case criterion and surgical considerations for improved post-operative stability". The CDE programme was attended by 70 delegates including senior faculties and post graduate students from the department of orthodontics and department of oral and maxillofacial surgery.



### Calendar Events 2019

**APRIL**  
2019

1, 2  
How to make best of PG years  
Delhi

23, 24  
Recent Trends in Orthodontics  
Lucknow

**MAY**  
2019

15  
World Orthodontic  
Health Day

18, 19  
Orthodontic Research  
Orientation Program  
Navi Mumbai





#### **President's Message**

**Dr. Pradeep Jain, President**

Dear Members,

Greetings to all the members of Indian Orthodontic society on the occasion of holi, the festival of colors. This holi showcased the multi facet talent of our members excelling in fields other than orthodontics also. The hall mark was the successful conduct of 17th Annual symposium with a theme 'Discover the Undiscovered' at Pravara Institute of medical Sciences from 25th to 27th march 2019. The event was organized with minimal registration fees for 3 days workshop, held by a senior faculty and topics ranged from functional to evidence based orthodontics, subjects benefitting all postgraduates.

The university released 12 monographs commemorating the life and achievements of Giants of Orthodontics across the world and stalwarts of the country. My congratulations to the management of Pravara Medical Trust and Dr NG Toshniwal for conducting such an event.

Dr Raghunandan and Dr Sanjay Somiah needs to be applauded for organizing the wild life photography event, this time at Kabini, an interesting mix of adventure, learning in natural surroundings. The camaradiere among the old and young orthodontist was palpable and infectious.

Plans are afoot to launch the next public awareness campaign of IOS within the next month itself.

Please continue to follow IOS Times on the social media and know more. I am extremely happy that our society is on right path.

*Jai IOS, Jai Hind*



#### **From the Secretariat**

An active membership base is the backbone of any successful association. A healthy organization is where its members are engaged, involved and active participants in the activities and initiatives of the society.

Along with the official website of the IOS, social media also helps in keeping members connected as the society grows in numbers. The IOS times reflects the involvement and activities of study groups and the editorial team is extremely successful in getting contributions from study groups, institutions, members and patients.

As we approach World Orthodontic Health Day on May 15th, the public awareness committee hopes to further engage and activate study groups across the country to reach out to the public by organizing a wide array of activities. The study group with the widest reach would receive an award in the 54th IOC and we are sure that the study groups would come up with several innovative and fresh ways to do this – I am sure we all look forward to seeing some healthy competition. The IOS also plans to involve orthodontic departments across the country to involve undergraduate students in an essay competition on Orthodontics and health.

In other news, a welcome package is being dispatched to new life and associate members who join our fold. Smart ID cards with QR codes will reach you soon.

Student members would soon be able to download a soft copy of their ID card with QR code.

*Please do visit the website [www.iosweb.net](http://www.iosweb.net) and stay connected.*



#### **From the Editor's Desk(top)**

**Dr. Biju Abraham, Editor, IOS Times**

Dear members,

As an orthodontist we are trained to move teeth into their most optimal position such that they function in unison with the oro facial structures. Additionally, we need to understand our role in the bigger scheme of things. We need to accept the fact that in many a cases, especially involving adult dentition, our role will perhaps be a very vital one, where our work forms the foundation over which, the rest of the dental work is carried on. In such cases, the credit more often than not, goes to the other specialist for restoring the smile /dentition. I don't mean that we stop performing our duties for lack of due credit being bestowed upon. Instead, we must make it a point to emphasise to the patient, the significance of the treatment we render, in the best possible manner. Documentation of records help our cause, in more ways than we can imagine. Further, it is in our best interests that we keep ourselves up to date with the latest in the other specialities of dentistry. Only then, will we be able to position ourselves better, as a team leader, whenever needed, in comprehensive dental treatment cases. To help propagate the work we do and to make other aware, who we are, IOS TIMES is at your service. A new issue every 2nd Friday of the month. A social media post every Friday 2100 hrs and every Sunday 0900 hrs on Facebook. The same post is put up in Instagram and Twitter later during the day.

Yours truly makes it a point to share the Friday post on Tuesday on his personal account. Do share, repost or retweet the posts from IOS TIMES onto your social media accounts and help propagate the cause of orthodontics to the people who matter most - the common man.

Best wishes.

#### **IOS TIMES Committee Members**

**Dr. Silju Mathew, Dr Kavitha Iyer, Dr. Gaurav Gupta**

#### **Editorial Office :**

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IOS TIMES thanks Dr. Sanjay Ganeshkar for his contribution of patient pictures on Pages 3 & 4



#### **Acknowledgement**

IOS TIMES thanks Dr Gaurav Gupta for facilitating the celebrity interview.



## CELEBRATING WORLD ORTHODONTIC HEALTH DAY

The Indian Orthodontic Society invites and encourages Study Groups to conduct activities promoting the cause of Orthodontics and orthodontic health to celebrate World Orthodontic Health Day on May 15, 2019. The study group with the widest array of activities will be awarded at the National Conference in Bhubaneswar.

***The activities may include, though not limited to:***

1. Orthodontic health awareness camps in the private dental offices, hospital, or, any medical facility.
2. Lecture series in non-dental schools and colleges
3. Essay competition in schools and colleges
4. Ads by Study Groups or colleges on Radio, local cable highlighting treatment to be done by an IOS endorsed orthodontists.
5. Articles in the print or electronic media talking about Orthodontics.
6. World Orthodontic Health Day marathon, cyclothon or walk.
7. Flash mob

In addition to the above, the Indian Orthodontic Society invites orthodontic departments of the various Dental Colleges to conduct an essay competition for the Final year undergraduates and the Interns/House surgeons on the topic - "Braces for healthy living". The best two essays selected by the department will be forwarded to the Indian Orthodontic Secretariat for consideration for the winning entries.

Lookout for the notice from IOS Secretariat for the timelines.

The required content, for printing, for the study group activities, are available on [iosweb.net](http://iosweb.net). For any specific requirements, the Secretariat may be contacted on [secretary@iosweb.net](mailto:secretary@iosweb.net) with a CC to [dr.biju.ios@gmail.com](mailto:dr.biju.ios@gmail.com)

***The world unites when people smile !***

*Best wishes.*

**Public Awareness Committee  
Indian Orthodontic Society.**

*a healthy smile*

*a gift for a lifetime !*

*An initiative of the :*

**The world unites when people smile**

**Care by a Specialist Orthodontist**

**... transforming lives ,one smile at a time !**

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**WORLD FEDERATION OF ORTHODONTISTS**

**WORLD ORTHODONTIC HEALTH DAY**  
15th MAY