

Official newsletter of Indian Orthodontic Society

Orthodontic Symposium - Postgraduate years

CDER, AIIMS, New Delhi



Orthodontic Conclave

Lucknow



Orthodontic Symposium - Postgraduate years April 1-2, 2019.

An interactive symposium on “How to make best of post graduate years? A student teacher perspective” was organized on 1-2 April 2019 at Centre for Dental Education and Research, AIIMS New Delhi in collaboration with Indian Orthodontic Society. More than 50 post graduate students and faculty from various institutes of the country participated in the programme. Dr. Randeep Guleria, Director AIIMS New Delhi and Dr. Pradeep Jain, President IOS were the chief guest and guest of honour respectively for the event.

On the first day, Dr. OP Kharbanda, the organizing chairman, briefed about the objective of the programme. An interactive session of post graduate students was coordinated by Dr. Ritu Duggal. The students shared their day to day problems during their postgraduate training. Dr. Priyanka Kapoor talked about writing a good research protocol. Hands on training on AUTOCEPH software was provided by the team from CSIO Chandigarh.

The second day started with practical demonstration on referencing software by Mr. Yogesh Kumar from AIIMS New Delhi. Dr. Ritu Duggal, Dr. Prabhat Kumar Chaudhari, Dr. Rekha Sharma and Dr. Rajiv Ahluwalia lectured on various aspects of student's needs. A panel discussion by Dr. OP Kharbanda, Dr. Rekha Sharma, Dr. Sridhar Kannan and Dr. Gurkeerat Singh was held to guide the students for final exam preparation. The participants were happy and appreciated the detailed organization of the programme.

Lucknow Orthodontic Conclave May 23-24, 2019

Lucknow Orthodontic Conclave was organised by the Department of Orthodontics at Sardar Patel Post graduate institute of medical and dental sciences.

Post graduate students and clinicians from in and around Lucknow attended this 2 day Conclave. The theme of the Conclave was ‘Recent Trends in Orthodontics’. The event was inaugurated by Chairman SPPGIDMS, Shri Anurag Singh, Secretary Dr. Snehlata Singh, Managing Director Dr. Arohan Singh, Dr. Pradeep Jain, President Indian Orthodontic Society, Dr. Praveen Mehrotra, Principal, Dr. Gaurav Singh Vice Principal, Dr. Sudhir Kapoor, Organising Chairman & Dr. Raj Kumar Jaiswal.

Internationally renowned and distinguished speakers; Dr. Pradeep Tandon, Dr. Gurkeerat Singh, Dr. Puneet Batra and Dr. Suryakant Das delivered lectures on techniques by which correcting irregular teeth could be done in shorter duration with excellent treatment results and less discomfort.

The event was well attended and very informative. It was yet another successful effort by Sardar Patel Post graduate institute of dental and medical sciences to keep pace with the current trends around the world and educating budding orthodontists.



INDIAN ORTHODONTIC SOCIETY MID YEAR CONVENTION (MYC with a Difference)

Saint Petersburg & Moscow, Russia



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6 Night | 7 Days**

Scientific Deliberations & Much More
Free Paper Presentation / Poster Presentation

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• Cathedral of the Saviour on Spilled Blood • St. Isaac's Cathedral • Summer Palace
• Hermitage Museum • Pushkin city tour, Peterhof gardens • Dinner cruise

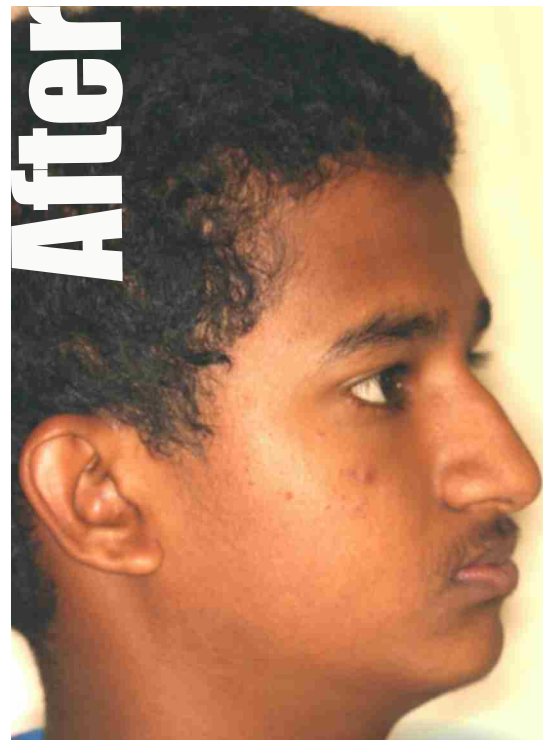
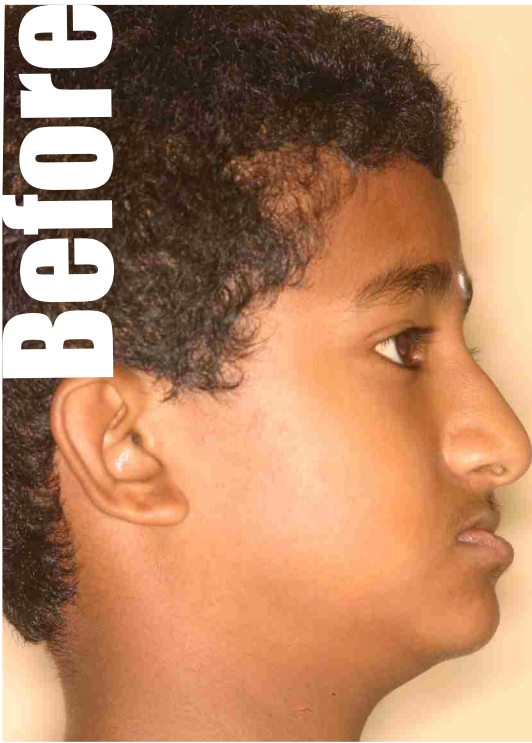
Moscow Highlights: • City tour • Kremlin tour • Red Square • Tank ride
• AK-47 shooting • Victory Park • Sparrow Hills • GUM Mall • Russian circus

For Registration contact:

**Dr. Balvinder Singh Thakkar - +91-9829213700
Dr. Divyaroop Rai - +91-8233625656**



Is your braces doctor an Orthodontist ?!



*For a lifetime of healthy
beautiful smile, ensure that it is made
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Indian Orthodontic Society.*

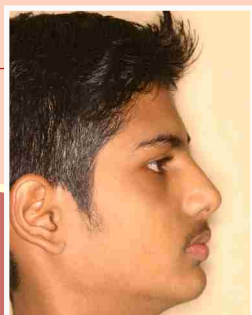


Orthodontic/braces specialists receive a 2 to 3 years of specialized education and training at a Dental College, recognised by the Dental Council of India, in addition to the 5 -year basic dental training, training to learn the correct method/s to align and straighten teeth, control and utilize facial 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.

The rule of thumb, while undergoing orthodontic treatment, is, that anything that could be hard or sticky must be avoided. However, if treatment is being done with removable braces, the rule does not apply. Braces which are fixed on teeth are stuck with a dental adhesive. The adhesive is supposed to be strong enough to resist fracture, when pressure is applied on the braces with wires, springs & elastics. However, it should not be too strong, so that the braces can be removed with ease, at the completion of orthodontic treatment. The adhesive used for such a purpose is designed to be poor in resisting shear stresses. When hard and sticky food are chewed upon, or, if big bites of food is chewed upon, shear forces are applied on the braces, separating them from the tooth. The right kind of food, while undergoing orthodontic treatment, helps keep the process on track, without any unnecessary delay.

WHY THE DIET RESTRICTIONS WHILE UNDERGOING ORTHODONTIC TREATMENT ?



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Magic of Braces



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Official newsletter of Indian Orthodontic Society



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BIRTHDAY IS ON: 04/10/1993

ZODIAC SIGN: LIBRA

PLACE OF BIRTH: MYSORE

HOME TOWN: BANGALORE

SCHOOLING AT: DELHI PUBLIC SCHOOL

COLLEGE: RV COLLEGE OF ARCHITECTURE

YOUR INSPIRATION IN LIFE: MY MOTHER AND MY HUSBAND

HIGH POINT IN LIFE: WINNING MISS INDIA:

Have the courage to follow your dreams, Take failures only as small hurdles. You can always overcome them with hard work and commitment

ADVICE YOU WISHED HAD RECEIVED: Take more risks when you are young

YOUR EXPERIENCE WITH BRACES:

Had a great team of doctors working with me on my dental corrections and braces. They contributed immensely to my success and will always be grateful to them

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

conveys the warmth in your heart

WHAT DO YOU KNOW ABOUT ORTHODONTIC TREATMENT & ORTHODONTISTS

Was able to make me much more confident to speak and get photographer during Miss India

ONE WORD/ PHRASE/QUOTE THAT DESCRIBES YOU BEST

Doesn't give up easily

PERSONAL INTERESTS:

Fashion

FITNESS REGIME:

Weights + Cardio/Pilates/Dance: Do any of it 4-5 times a week and eat right!

Sushruthi Krishna
Miss India

YOUR FAVOURITE CITY: Mumbai

TRAVEL DESTINATION: Sri Lanka

FOOD: Pani Puri

MOVIE: Dil Toh Pagal Hai

Celebrating Life



Photo: @San



IOS EXECUTIVE COMMITTEE MEETING

— APRIL 21, 2019 —

Chennai

The Third meeting of the IOS EC was held in Chennai at Hotel Airport Inn on April 21, 2019. The meeting started on time with the Honorary Secretary adorning the President with the Jewels of the office. Except for a few excuses, all the EC members were present. Members deliberated upon the items on the agenda and the meeting. Former Treasurer, Dr K. Balaji was welcomed to finalise the transition of the IOS accounts. With the permission of the EC, Dr. Gnana Shanmugham invited a investment consultant, to explain the options available for Group Insurance. The next Braces Awareness Whiteboard Animation Video was released during the course of the EC meeting.



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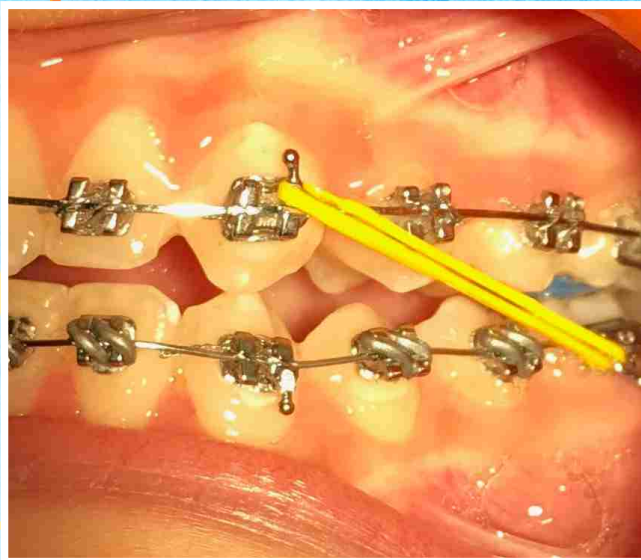
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teeth**



**Wear the elastics,
as advised by
your orthodontist**



Official newsletter of Indian Orthodontic Society

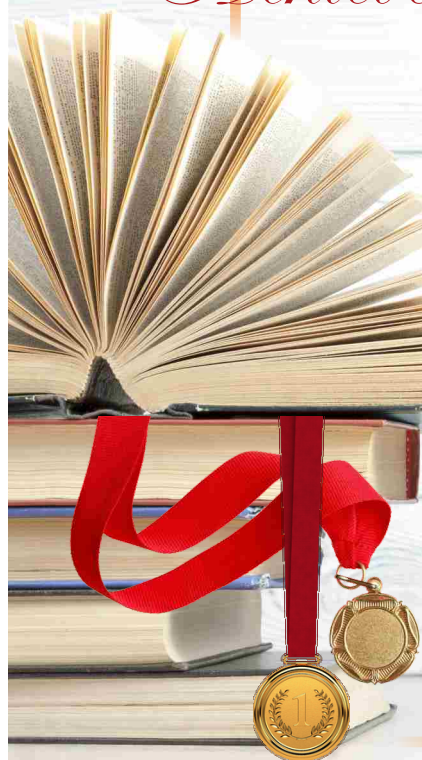
Achievement

Dr. S. GOWRI SANKAR



Graduated from GDCH, Hyderabad in 1994 and postgraduation from Manipal of Higher Education in 1998. Won many awards and Gold medals for being topper. Being awarded the 'International Plaque award' for the best outgoing student of the Indian and Srilankan chapter. The name is synonymous with MDS entrance preparation in India. Encouraged by his Guide Dr. V. Surendra Shetty, authored the Entrance preparation book when pursuing Post graduation. This is the first comprehensive book and almost enjoyed 15 years of monopoly after its publication.

At present working as Professor at Narayana Dental college, Nellore. Along with the wife Dr. E. Vanaja are the Hon. Dental Consultants of the famous TTD Devasthanams. Besides Academics, has been a stage-actor and an ardent voluntary Blood donor and have donated around 30 times.



Kolkata Orthodontic Study Group Activity

Kolkata Orthodontic Study Group(KOSG) conducted a full day CDE program on 21st April, 2019

Sunday at Life line dental clinic, Kolkata. The guest speakers were Dr. Nikhil Vashi and Dr. Bhuma Vashi from Mumbai and topic was "Effective and efficient Orthodontic treatment & Useful adjuncts to fixed appliance therapy in Orthodontics".



The program was attended by almost 30 Orthodontists from Kolkata and West Bengal..the program focused on various contemporary topics and clinical innovations like Effective and Efficient orthodontic treatment , Multi-purpose Attachments (MPA), Management of impacted and ectopically erupted teeth, Continuous wrap - Around tie , Buccal expander etc.



Official newsletter of Indian Orthodontic Society

Dr Sandeep Lele from Satara, Maharashtra a beloved friend, Batchmate, alumni of GDC Mumbai & KLE Dental college, Belgaum was a role model for many as an athlete, On April 27th morning, cycling with his friends, preparing for a triathlon scheduled in Goa later this year and he met with an accident and was no more.

As days & weeks go by, it's still not sinking into us that our friend is no more with us ... it's astonishing to know more and more about our great friend who had so many fans across India.. many friends from IOS have called me to express their shock & disbelief.. he has inspired & helped so many friends everywhere & never told us or bragged about.. he never wanted or needed publicity even though he deserved every bit of it ... Power & Money meant nothing to our friend.. he was humble & grounded & was loved by everyone around....

Lele is definitely a person who will remain in everybody's hearts for a long time. he was a totally chilled out, gutsy personality. Lele was a simple & humble Orthodontist who was also an adventure sports person who set an example that age is nothing to do with fitness.

Still can't believe he is no more. Surely it will take a long time to heal, May God give strength to his family.

Rest in peace dear friend

~ Dr Anup Belludi

Obituary



Dr SANDEEP LELE

12TH FEBRUARY 1972
27TH APRIL 2019



Calendar Events 2019

MAY
2019

15
World Orthodontic
Health Day
India

JUNE
2019

Orthodontic Research
Workshop
Navi Mumbai

INDIAN ORTHODONTIC SOCIETY

PRESENTS



MAY 15 2019



GUEST EDITOR



Dr. Kavitha Iyar

GUEST EDITOR
JUNE 2019



Dr. Gaurav Gupta

GUEST EDITOR
JULY 2019

Dear friends,

The fraternity of Indian Orthodontic Society was shocked this month with two tragedies which happened this month. The events as such reminded in no uncertain manner that life is short and unexpected. Explosions across Sri Lanka on 22nd April claimed more than 290 lives and left at least 500 people injured in Colombo. Dr Sandeep Lele, Eminent Orthodontist and one of the founder of Satara Hill Half marathon met with an accident while cycling which highlighted that sometimes technology can lead to disasters. The Member Benefit program has been introduced and discussed in the 3rd EC held in Chennai. The EC deliberated extensively on the details of the program to be submitted and passed in AGM at Bhubaneswar. The EC also dwelled on the public awareness program to be held this year, - "Mission Embrace" which will be introduced on World Orthodontic Health Day on May 15th. All the study Groups and Departments are requested to celebrate World Orthodontic Health Day and participate in "Mission Embrace", a significant public awareness initiative.



President's Message
Dr. Pradeep Jain,
President

The month of April saw two excellent programs conducted under the aegis of IOS. The first one was clinical Interactive Symposium on "How to make Best of Post Graduate Years" to train the postgraduates based on examiners expectations on the various aspect of theoretical and practical examinations. This program was first of its kind, very well conceptualized and discussions between faculty and students were very fruitful. Prof O P Kharbanda, Chief of CDER AIIMS and his team really came out with gem of a program. Parallel to this was "Orthodontic Conclave" conducted successfully by Prof Sudhir Kapoor and his team in SPIDMS, Lucknow, emphasis on the recent trends in Orthodontics, updates being very significant for all clinicians and academicians. A symposium on Biomechanics, a problem oriented event by Dr Madhur Upadhyaya was conducted by Dr Vinay Chugh and staff of AIIMS, Jodhpur which was very well received, to the extent that some members could not be entertained and registered due to the capacity.

I am happy that IOS is having so many activities for the benefit of its members and hope we have a successful launching of Mission Embrace in line of IOS Endorsed Orthodontist Seal of Assurance. I also request all members to register for Mid Year Convention to be held in Russia.

Jai Hind, Jai IOS

Greetings from Chennai

The month of April has been an eventful year for the country with the great show, the Indian elections where billions go to the polls. The summer months are peak summer for most of India but doesn't deter the activities of the Indian Orthodontic Society.

We have had two calendar events this month, one in AIIMS, Delhi and one in Lucknow and the Executive committee braved the heat of Chennai when they met on 21st for an additional EC meeting for the year. As April turns to May, fresh post graduates and orthodontic aspirants join numerous institutions across the country. The next few months will see several typodont workshops and PG orientation courses in the Indian Orthodontic Society to welcome fresh post graduates into the fold. All student members of the IOS will soon have a E card with an unique QR code linked to the IOS website. Heads of departments and faculty are requested to encourage their students to become members of the IOS in order to enable them to attend these programmes. Also this time of the year, many post graduates complete their course and go out into the real world to make their living. In the bustle of everyday life, please do not forget to convert your student membership to full life member of the Indian Orthodontic Society. It does not cost you anything and takes just a few minutes of time. JUST VISIT www.iosweb.net. As we witness the circle of life in the above instances, the sudden, premature and unnecessary demise of one of our members Dr. Sandeep Lele who was in his prime of life saddens us. As we pray to the Almighty to give his friends and family to bear this loss, we are forced to look at the prosaic side of things. The member benefit committee of the IOS will soon announce their plans for group insurance for members of the Indian Orthodontic Society.

Last but not the least, the public awareness committee launches on May 15th - MISSION EMBRACE, Indian Orthodontic Society's next Public Awareness campaign. Looking forward to a wholesome participation from all members.



From the Secretariat
Dr. Sridevi Padmanabhan,
Honorary Secretary

Dear friends,

The song in the movie Kal Ho Na Ho goes- Har pal yahaa, Jee bhar jiyo; Jo hai samaa, Kal ho na ho !! (Live every moment of your life to the fullest ! Whatever you have now, may not be there tomorrow)

Dr Sandeep Lele's demise was as shocking as it could get !! It goes on to show, how unpredictable can our lives be. A fun loving gentleman, a great clinician and an athlete. Was around a few days back. Not any more. Dr Sandeep did live his life to the fullest. It is unfortunate that his demise was so sudden. May God give strength to his immediate family members to bear his loss. Meanwhile, it is up to us, to share and shower the love we have, onto those around us and make our present, a present in the true sense of the word. Incidentally, less than a week before Dr Sandeep's demise, the IOS EC decided upon the modalities of the Member Benefit Program, for similar incidences, and will present the same at the next AGM. Look forward for the General Body approval of the same.

Another important event is scheduled on World Orthodontic Health Day. The Indian Orthodontic Society will introduce its new Public Awareness campaign - Mission Embrace, to its member on May 15, 2019 at Jaipur. It will be a campaign that is not just focused on creating orthodontic awareness, it would focus on raising the standard of orthodontic care and the establish the brand and commercial value of an orthodontist, too. Looking forward to a wholehearted cooperation from members.

Best wishes.



From the Editor's Desk (top)
Dr. Biju Abraham,
Editor, IOS Times

IOS TIMES Committee Members

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

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IOS TIMES thanks
Dr. Vadivel Kumar M.
for his contribution
for Pages 3 & 4



Acknowledgement

IOS TIMES thanks
Dr. Aravind M.
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

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. For any specific requirements, the Secretariat may be contacted on secretary@iosweb.net with a CC to dr.biju.ios@gmail.com

The world unites when people smile !

Best wishes.

**Public Awareness Committee
Indian Orthodontic Society.**

The world unites when people smile

Care by a Specialist Orthodontist
... transforming lives ,one smile at a time !

An initiative of the : 
WORLD FEDERATION OF ORTHODONTISTS





CELEBRATING WORLD ORTHODONTIC HEALTH DAY

The Indian Orthodontic Society invites various orthodontic departments across the country to join us in conducting this event to celebrate World orthodontic health day.

Together, we invite and encourage final year BDS students and house surgeons to participate in an essay competition.

Date: 15 May, 2019

Venue: Individual colleges

Time: One hour

Title: "Braces for health or braces for beauty - A critical appraisal"

Maximum 2500 words

As the title suggests, the essay must deliberate on the benefits of Orthodontic treatment and its effect on esthetics and other perceived health benefits.

The best two essays selected by the department will be forwarded to the Indian Orthodontic Society Secretariat for consideration for the winning entries. 1st and 2nd prize

Time line:

College to conduct essay competition on World Orthodontic health day - MAY 15th

Entries to reach IOS Secretariat by May 21st.

Prizes to be announced by June 1st week.

Certificates to be distributed at the 54th Indian Orthodontic Conference, Bhubaneswar.

The world unites when people smile !

Best wishes.

Contact

IOS Headoffice- secretary@iosweb.net



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Care by a Specialist Orthodontist

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