

The Official News Letter of Indian Orthodontic Society

The background of the entire page is a festive Diwali scene. It features strings of warm white lights, a small purple oil lamp (diya) hanging in the center, and a large, ornate brass diya in the foreground with a lit candle. The overall atmosphere is warm and celebratory.

Indian Orthodontic Society
Wishes You

A Happy Diwali

May Positivity and Prosperity light up your life
and “Straighten” all your Obstacles and Challenges

President's Message

Dear Friends and Respected Seniors,

Wish you all a happy Diwali in advance and a wonderful festive season. Hope you and your family are taking care in the pandemic. It's a good news that the pandemic is coming down to control. Happy to see the number of cases coming down and there is a great vaccination drive happening throughout the country. Still, let us exert extreme caution and care to protect ourselves and our friends and family.

National Orthodontic Day was celebrated with great jubilation and fanfare throughout the country. IOS members, student members and almost every study group celebrated the National Orthodontic day with great energy and enthusiasm. Positive spirits and value of Orthodontic science and patient care along with Orthodontic education



was spread through out the country on National Orthodontic Day. Awareness campaigns and rallies, public awareness programs, continuing Orthodontic education program, many lighter moments and togetherness, kept up the spirits and enthusiasm of National Orthodontics Day.

I am Proudly presenting the Presidential Calender for year 2021- 2022 through this issue of IOS time. As life, work and routines are coming back to normality, Indian Orthodontic Society is also keen on getting active through physical meetings and events. Thus the calendar of events invariably is planned to be executed via Physical mode CONSIDERING THE COVID GUIDELINES.

We had tried our best to minimize the number of virtual events and convert them to physical events for this IOS year. The Calendar is made with a vision to involve and include enthusiastic IOS members and every Orthodontic study groups with IOS head office events.

This calender is well formatted to balance academic and clinical programmes like Conferences, PG Conventions, IBO awareness programmes, typhodont workshops etc, along with programmes constituting lighter moments like wild life photography, Orthodontic Premiere League (OPL) etc. MORE EMPHASIS IS GIVEN TO PUBLIC AWARENESS THROUGHTOUT THE YEAR ALONG WITH PRACTICE ENHANCEMENT.

I congratulate and wish the IOS Times team for their dedicated efforts in bringing out the October issue of IOS times for year 2021. I am glad that they're back into action on releasing their monthly issue on midnight of last day of every month.

Jai IOS

Jai Hind

Dr SriKrishna Chalasani

President IOS



Hon. Secretary's Message

Respected members of the IOS,

As the words of the popular song “Come September” goes....September ushers in a new beginning that is the start of a new IOS calendar. The decision of the 54th AGM Bhubaneswar to conduct the conference in the September of every year gives the month of September special meaning now for the Indian Orthodontic Society.

So...COME SEPTEMBER IOS reboots to a fresh new year.

As fresh blood is infused into the new executive committee with a new leadership, the year starts with fresh enthusiasm and new thoughts. Yet IOS is a continuous process and the

great work started by previous teams would continue and would be taken forwards very often facilitated by some members of the old guard who remain to ensure continuity.

The various committees of the IOS formed are working on various areas. The calendar of events for the year 2021-22 has been published and the year ahead promises to have several great programmes and this year hopefully, there would be an opportunity to travel and for members to meet physically.

The destination for the Mid Year Convention would be announced soon and there are several more international conferences orthodontic conferences which would be updated on the IOS website and FB page. Please visit www.iosweb.net and do join the IOS FB page to stay connected.

IOS student members are urged to join the FB page for Post graduate students.

The IOS times team also does a great job of keeping members updated on current events. This issue reminds us yet again that it is the first of the month and November dawns.

Here's looking forward to a great IOS calendar year!

Wishing all IOS members a very happy Diwali!

Jai Hind, Jai IOS

Sridevi Padmanabhan

Hon. Secretary, IOS

Editor's Message

Dear Friends and Respected Seniors

Wish you all a Wonderful Festival Season and Happy Diwali in advance. Hope you and your family are staying safe despite the Covid pandemic easing out.

We are presenting you the Presidential Calendar for IOS year 2021-22 in this October 2021 issue.

Glad to see that the President and Hon. Secretary along with the EC had formatted the calendar with predominantly Physical events. The calendar is a morale booster as we are emerging back to normalcy, post CoVID pandemic trauma

The National Orthodontic Day was celebrated with great enthusiasm throughout the country.



IOSTimes had covered the wide array of events in this issue.

IOSTIMES is glad to cover the interview of Dr Silju Mathew, Past President IOS. This is an inspiring coverage, as Dr Silju Mathew shares his experience during his Presidential Tenure, which was tested by the global pandemic. He stayed positive and strong during the troubled times as he gave life and energy to our society.

Hope you enjoy the October Issue of IOSTimes

Jai IOS

Jai Hind

வாழ்க, வளமுடன்

DR. M.S.KANNAN

Editor

IOSTIMES

Team IOSTIMES

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INDIAN ORTHODONTIC SOCIETY

CALENDER OF EVENTS 2021-22

EVENT	DATE	VENUE	CONTACT PERSON	Phone No. / Email ID
1st EC MEETING	26th SEPTEMBER	2021 AMRITSAR	DR.AMANISH SINGH	+91-9815991401 amanish_sinh@yahoo.co.in
ORTHODONTIC WEEK CELEBRATIONS/IOS FOUNDERS DAY	05th OCTOBER 2021	PAN INDIA	DR.DIGVIJAY PATIL	+91-9545455007 patildk1983@gmail.com
IOS FRIDAY RENDEZVOUS	26th NOVEMBER	2021 VIRTUAL	DR.RAJAGANESH GAUTHAM/AJAY KUBAVAT	+91-9890389945 +91-9824122642
IOS PG ORIENTATION PROGRAM	09th DECEMBER 2021	NELLORE, ANDHRA PRADESH	DR.MANDAVA PRASAD	+91-9440976666 mandavabruno9@gmail.com
2nd EC MEETING	19th DECEMBER 2021	VISHAKAPATNAM	PRESIDENT DR.SRIKRISHNA CHALASANI	+91-9876061283 +91-9896305095
IOS PG ORIENTATION PROGRAM	JANUARY 2022	J.N.KAPOOR D.A.V DENTAL COLLEGE,YAMUNA NAGAR,HARYANA	DR.SARABJEET SINGH DR.VIKAS SEHGAL	+91-9876061283 +91-9896305095
IOS FRIDAY RENDEZVOUS	28th JANUARY 2022	Virtual	DR.RAJAGANESH GAUTHAM/AJAY KUBAVAT	+91-9890389945 +91-9824122642
OPL	JANUARY 2022	CHENNAI	DR.KANNAN SABAPATHY/ DR.VIJAY ADHITH	+91-9840453666 +91-9894758681
IOS PG CONVENTION	24th to 27th FEBRUARY 2022	MANGALORE	DR.NILLAN SHETTY +	91-9845278015 nillanshetty@yahoo.co.in
3rd EC MEETING	6th MARCH 2022	JAIPUR	PRESIDENT ELECT DR.BALVINDER SINGH THAKKAR	+91-9829213700 doctorbalvinder@gmail.com
NATIONAL INTEGRATED TYPHODONT WORKSHOP	7th to 9th MARCH 2022	DELHI	DR.SUNANDA ROY CHOWDHURY	+91-9810007709
IBO DIPLOMATES MEET	30TH JANUARY 2022	DUBAI		
IBO AWARENESS PROGRAMME	MARCH 2022	CHENNAI, MOSG	DR.VADIVEL KUMAR M DR.RAJAGANESH GAUTHAM DR.EDEINTON ARUMUGAM	+91-9443741415 +91-9890389945 +91-9841121575

CALENDER OF EVENTS 2021-22

EVENT	DATE	VENUE	CONTACT PERSON	Phone No. / Email ID
IOS WILDLIFE TIGER TRAILS PHOTOGRAPHY EXPEDITION	24th to 27th MARCH 2022	TADOBA	DR.DIGVIJAY PATIL DR.HARISH ATRAM	+91-9545455007 +91-9370106938
IOS FRIDAY RENDEZVOUS	25th MARCH 2022	VIRTUAL	DR.RAJAGANESH GAUTHAM/AJAY KUBAVAT	91-9890389945 +91-9824122642
ROAR (Ramachandra Orthodontic Accelerated Review)	4th - 6th APRIL	2022 SRIHER, CHENNAI	DR.VIGNESH KAILASAM	+91-9840237177
INDIAN ORTHODONTICS (Far and Beyond Precints)	10th APRIL	DIMAPUR HYBRID)	DR. MOHIT SHARMA /DR.RAJKUMAR MAURYA	+91-7507994058 +91-9419707804
INTERDISCIPLINARY SYMPOSIUM ON SURGICAL ORTHODONTICS	APRIL 2022	RAJAMUNDRY	DR.SUNIL GHANTA	+91-9849551234
2nd IBO AWARENESS PROGRAM	MAY 2022	GOSG,AHMEDABAD	DR.KETAN VAKIL	+91-9377666998 dr.kkvakil@yahoo .com
WORLD ORTHODONTIC HEALTH DAY	15TH MAY 2022	INTER DISCIPLINARY SYMPOSIUM	DR. SRIDEVI PADMANABHAN	+91-9600077428 secretary@iosweb.net
FINISH LINE	MAY 2022	Panineeya Dental College Hyderabad	DR. G CHANDRA S EKHAR	+91-9246155116 gcsekhar@gma il.com
IOS FRIDAY RENDEZVOUS	27th MAY 2022	VIRTUAL	DR.RAJAGANESH GAUTHAM/AJAY KUBAVAT	+91-9890389945 +91-9824122642
4th EC MEETING	12th JUNE 2022	CHENNAI	DR.SRIDEVI PADMANABHAN	+91-9600077428 secretary@iosweb.net
NATIONAL INTEGRATED TYPHODONT WORKSHOP	JUNE 2022	PATNA	DR.AMESH GOLWARA	+91-9931633001 drameshgolwara@yah oo.com
IOS SYMPOSIUM ON CLINICAL CASE REPORTS "GRANDEUR"	JUNE 2022	VIRTUAL	DR.SURYAKANTA DAS	+91-9861099237 orthosuryakantadas@gm ail.com

CALENDER OF EVENTS 2021-22

EVENT	DATE	VENUE	CONTACT PERSON	Phone No. / Email ID
MID YEAR CONVENTION	JULY 2022	TO BE ANNOUNCED SOON		
IOS FRIDAY RENDEZVOUS	29th JULY 2022	VIRTUAL	DR.RAJAGANESH GAUTHAM/AJAY KUBAVAT	91-9890389945 +91-9824122642
JIOS SYMPOSIUM	AUGUST 2022	DELHI	DR.PUNEET BATRA	+91-9810335961 drpuneetbatra@gmail.com
INVISIBLE ORTHODONTIC SYMPOSIUM	5th - 6th AUGUST 2022	NIMS UNIVERSITY RAJASTHAN, JAIPUR	DR. MRIDULA TREHAN	+91-9829008289 mridula.jaipur@gmail.com
56TH IOC	16TH-18TH SPTEMBER	PUNE	DR.SHAILESH DESHMUKH/ DR.JAYESH RAHALKAR	+91-9822558201 +91-9822056681
EOGM	15th SEPTEMBER 2022	PUNE	DR.SRIDEVI PADMANABHAN	+91-9600077428 secretary@iosweb.net
5TH EC MEETING	16th SEPTEMBER 2022	PUNE	DR.JAYESH RAHALKAR	+91-9822056681 jayeshrahalkar@gmail.com
AGM	17th SEPTEMBER 2022	PUNE	DR.SRIDEVI PADMANABHAN	+91-9600077428 secretary@iosweb.net

* Note :A series of Practice Enhancement Symposium have been planned for the year. Schedule for the same to be released soon.

DR. GAURAV GUPTA

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54th INDIAN ORTHODONTIC CONFERENCE

SCIENTIFIC PRESENTATION WINNERS

COMPETITIVE ORAL PRESENTATIONS

Research Category



Dr. Praveen Kumar Neela
1st Prize
Dr. Shivratna C Savadi's Award



Dr. Venkata Naidu Bavikati
2nd Prize
MS. Sandhya Seshadri's Award



Lt Col Gagan Deep Kochar
(LM2988)

Clinical Category



Dr. Shiv Shankar Agarwal
1st Prize
Dr. Ashima Valiathan's Award



Dr. Alekhya Ghandikota
2nd Prize
Dr. Anil Kumar Mehrotra Award



Dr. Amit Bhattacharya
3rd Prize

Clinical Innovation Category



Dr. Ashith Varadaraj
1st Prize
Dr. Neeta Bhagtani Award



Dr. Vipul Sharma
2nd Prize
Sai Pranav Memorial Award



Dr. Pavan Kumar Maillapalli
3rd Prize

COMPETITIVE POSTER PRESENTATIONS

Research Category



Dr. S .P Saravana Dinesh
1st Prize
Mr. Kanyalal Chatwani's Award



Dr. Pasupureddi Keerthana
2nd Prize



Dr. Smita Nimbalkar
3rd Prize



Dr. Sangeetha Guhan
3rd Prize

Clinical Category



Dr. Siddarth Shetty
1st Prize



Dr. Manisha Kamal Kukreja
2nd Prize



Dr. Ashish Handa
3rd Prize

General Category



Dr. Karan Nehra
1st Prize



Dr. Vaibhav Mishra
2nd Prize



Dr. Aparna Palla
3rd Prize

Competitive Table Clinic - Clinical Category



Dr. Ajit Kalia
1st Prize



Dr. Pratik Chandra
2nd Prize



Dr. Pradeep.K
3rd Prize

Dr. Sridevi Padmanabhan,
Hon Secretary, IOS Head Office

56th INDIAN ORTHODONTIC CONFERENCE

“Mavens to Millennials”



Pune Orthodontic
Study Group

Date : 16th to 18th September, 2022

**Venue : Bharati Vidyapeeth Campus, Dhankawadi, Pune
(Deemed to be University)**

BOOK YOUR SEATS NOW!



BENGALURU

58TH INDIAN ORTHODONTIC CONGRESS 2024

26th September Friday to
28th September Sunday

**ADVANCING THE VISION IN ORTHODONTICS
NEW CONCEPTS AND MODERN SOLUTIONS**



National Orthodontist Day Celebrations

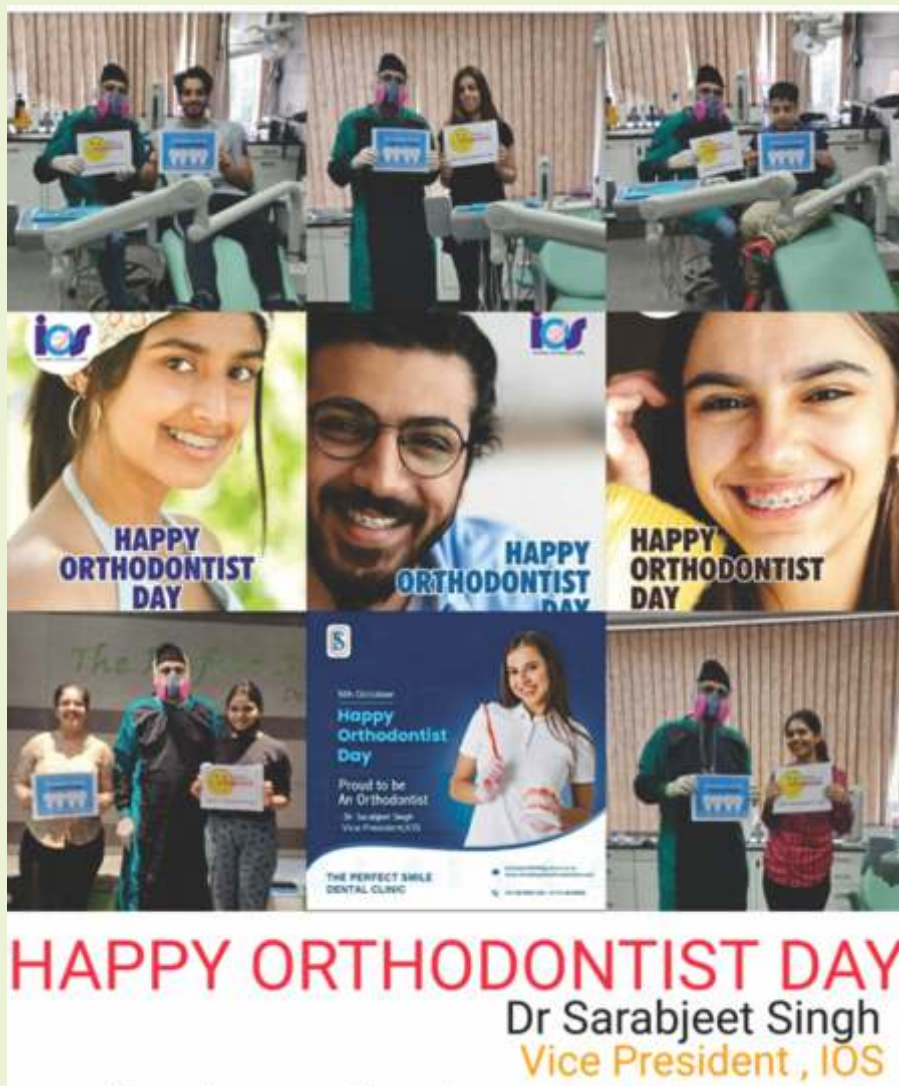
5th October 2021

Reported By Dr. Ankit Sikri, Section Editor

National Orthodontist Day was celebrated on 5th October 2021, with great energy and fanfare throughout the country. IOS Members, Student Members, Study groups and Dental colleges celebrated the grand day with peers and patients. There were many lighter moments, togetherness and public awareness programs from the IOS members on the wonderful day.

Events conducted by Chandigarh Study Group on the occasion of Indian Orthodontist Day held on 5th Oct 2021





National Orthodontist Day (5th October) celebrations started with early morning public awareness drive at Sukhna Lake, Chandigarh. Orthodontic study group of Chandigarh organised this event and public was made aware about the speciality of Orthodontics and various myths about braces. Braces treatment are possible at all ages and children should be shown to an Orthodontist as early as 8 years so that developing malocclusion can be prevented or intercepted. Awareness about adult orthodontics was also told as more adults have started accepting braces treatment due to shorter durations, braces becoming invisible and more patient friendly. Dr Sarabjeet Singh, Vice President of Indian Orthodontic Society and convenor of Chandigarh Orthodontic study circle addressed the general public along with Dr S P Singh, Head of Unit of Orthodontics, PGI, Chandigarh and Dr Deepak Gupta, Professor and Head, Dept of Orthodontics, HS Judge Dental College, Sector 25. More than 40

prominent Orthodontist of the region were present on this occasion. Similar awareness programmes were done at clinics also.

Dr Sarabjeet Singh

Vice President, Indian Orthodontic Society
The Perfect Smile Dental Clinic
Chandigarh

Events conducted by Orthodontic Study Group of Lucknow(Osgol) with six Dental College on the occasion of Indian Orthodontist Day held on 5th Oct 2021





Rajasthan Orthodontic Study Group

5th October 2021

Rajasthan Orthodontic Study Group celebrated the “IOS FOUNDATION DAY” with full zeal and enthusiasm on 5th October 2021. The Conveners of ROSG, Dr Divyaroop Rai, Dr Anshul Mathur and Dr Shiva Gupta organized a SMILE CYCLOTHON in the guidance of President Elect, Dr Balvinder Singh Thakkar with 50+ Life & Students Life members coming together wearing at the famous Jawahar Circle in Jaipur and did a 10 Km Cycle Ride spreading Orthodontic Awareness amongst general public using informative Placards and wearing SLOGON T-Shirts saying “Get your Braces done by an Orthodontist” – The Smile Architect. The activity was widely covered by various National and Daily Newspapers of Rajasthan and State News Channels. It was a very well appreciated activity by ROSG.



Various Dental Colleges of Rajasthan Jaipur Dental College, NIMS Dental College, Rajasthan Dental College also Celebrated the IOS Foundation Day with full enthusiasm and participation by the Dental graduates and Post Graduates and did various activities like Essay and Poster Competition, Wire Bending Competition, etc and did Dental Health Camps in nearby Govt. Schools as a social initiative






26th October 2021

Ormco's University Education Program was organized by Jaipur Dental College, Maharaj Vinayak Global University, Jaipur in association with Rajasthan Orthodontic Study Group. The 1st Module was done very successfully with Dr Sanjay Labh as the mentor of the program and was well attended by 60+ Life & Student Life Members from across Rajasthan. We were very fortunate to felicitate Dr Balvinder Singh Thakkar, President Elect IOS at the program and the 1st module was a very comprehensive and detailed program along with the Live Demonstration of Bonding procedure by Dr Labh. A very well organized event by Dr Vijay Agarwal, Organising Chairman and Dr Karamdeep Singh Ahluwalia, Organising Secreteray along with the convenor(s) of ROSG, Dr Anshul Mathur, Dr Shiva Gupta and Dr Divyaroop Rai.





**Department of Orthodontics & Dentofacial Orthopedics,
Jaipur Dental College, Maharaj Vinayak Global University**
in association with
Rajasthan Orthodontic Study Group
presents

**Broaden your Knowledge & Clinical Skills in DAMON SYSTEM
Ormco's University Education Program**



An Interview with our Past President, Dr Silju Mathew

Interview Covered by - **Dr. Kannan**, Editor & **Dr. Kavitha Iyer**, Associate Editor



Good afternoon sir. We, the members of Indian Orthodontic Society, would love to know more about the person who stood in front as a leader at the difficult times for past 2 years and guided us in all ways. Dynamic personality, Critical evaluator, Excellent crisis manager, Empathy to fellow members, a real commander to the team and what not! Would love to know a little more about our beloved Past President, Dr Silju Mathew, The man with a smile !

Dr Kavitha Iyer:- *Where did you spend your childhood and basic education and about your family*

Dr Silju Mathew :- First of all let me thank you for the kind words and giving me an opportunity to share my thought in IOS Times. They

say smile can open all doors and this has been my mantra to face challenges and the theme and mascot for the tenure of two years. Fortunately we managed to face the most challenging times with smile on our face, passion in our heart and determination as a team to served the society to the best of our abilities. My father being an army officer it had been an interesting childhood of exploring newer destinations and being exposed to many languages and traditions from a young age. I was fortunate to be able

to travel the length and breadth of the country at a young age studying in different schools, understanding and adapting to newer environment and different types of culture. With transfers every few years, growing up in a defence cantonment was a wonderful experience of coexisting with people from different parts of the country and learning to respect different languages, tradition and religion of this great nation, with the army culture of discipline and order. My parents basically hail from Kerala, my mother was a teacher and after my father's retirement we settled in Bangalore, which has been our home for the last three decades. My wife is an endodontist and we are blessed with three children, eldest daughter is an endodontist married to an emergency medicine physician and settled in Bangalore, second son is a software engineer and the youngest son is in eleventh grade. After completing my graduation at M R Ambedkar Dental College, Bangalore in 1991, I worked for two years at College of Dental Sciences, Manipal, and subsequently completed post-graduation at A B Shetty Memorial Institute of Dental Sciences,

Mangalore in 1995, under the dynamic and charming Dr Krishna Nayak Sir.

Dr Kavitha Iyer:- *Why or how did you become an orthodontist ?*

Dr Silju Mathew :- Dentistry's first speciality was Orthodontics, a speciality that was considered the most elite and associated with improving the smile of an individual and thereby enhancing the self-belief, confidence and personality. Interacting with the primary age group of youngsters and shaping their smile and moulding their growth potential to produce a pleasing smile, optimal function brings in a feeling of happiness, joy and



Childhood memories with parents and sister growing up in the army cantonments.

positivity to all concerned. During the final stages of my graduation it was a common notion that you need to have top grades and be the best to be an orthodontist. It was the speciality I most dreamt to pursue, influenced by some of the finest orthodontists at that time. I decided to master in nothing less than the best in dentistry, having graduated with top honours, getting orthodontics was the happiest moment in my life and till date I have no regrets. The passion and zeal to work as an orthodontist has only increased over the years for if you love your profession, work becomes a pleasure and you are at peace. I have been regular at all conferences from my postgraduation till date, in my early days I was awe struck at the academic brilliance, grandeur and traditions of IOS. After a decade



Undergraduate days at M R Ambedkar Dental College passing with proficiency and as the best outgoing student, gratitude to the amazing teachers and wonderful batchmates for the great memories to cherish for a lifetime.



Postgraduation with distinction from the prestigious A B Shetty Memorial Institute of Dental Sciences, Mangalore. An experience that changes my perspective to life and learned to look at life holistically beyond academics and achievements

of academic participation through presentations and interactions, decided to be part of the prestigious executive committee and be part of the administration. After working with many experienced and some young leaders which was a great learning experience decided to serve at the highest post in the profession and bring about a change and serve the society.

Dr Kavitha Iyer:- *What all were your vision when you took over as president of IOS?*

Dr Silju Mathew :- Any responsibility of leadership needs a lot of planning and analysis of prevailing circumstances and strategies to address issues on priority to bring in a change for the betterment of the organisation. Placing systems and processes in place for a seamless administration, academic excellence, and financial stability. Compliance and aligning to the guidelines and strictures of the government and

competent authorities. A vision gives you a roadmap to work on and a structured and systematic means of achieving them with a definite time frame. The vision statement was a long list of activities but some of the key action taken on the vision statement can be summarised as follows:

- a. **Registration of the Society:** The renewal of the registration of our society at the sub-registrar's office, Vellore was pending for 20 years, subsequent to the efforts of past office bearers and HO, today we are a legally registered society.
- b. **Conduct of Quality Academic Programs:** Conducting all calendar events on virtual mode and for the first time introduced the highly successful international lecture series- "Ortho Illuminati" and "Ortho trend Master Class". Encouraged all study groups to utilize the IOS digital platform for conducting scientific programs
- c. **Member Benefit Program:** Introduction, policy document and implementation of IOS Care (Life Endowment) with approval for payment of 2 lakh each to the family of the deceased member during the Pandemic period 2019-21 and in future. IOS Protect (Personal Indemnity).
- d. **Research Grant:** Policy document for the selection, disbursement and monitoring of the Research grants and establishing its standard operating procedures. Resolution for an additional grant of 20 Lakhs towards Research funds. e. **Online Election:** Introduction of protocols and implementation of online elections with remote voting giving the entire members an opportunity to vote, making it a truly democratic election.
- f. **Innovative Conclave:** For the first time Innovative Conclave provided a platform for innovators in orthodontics to showcase their talent and be recognized.

- g. **Finishline:** For the first time 'FINISHLINE' a finishing school for exam going Postgraduates, introduced for fine tuning preparation for MDS examinations.
- h. **Research Workshop :** For the first time a workshop on Research Methodology introduced for first year PG students and a repository of lectures created for future reference.
- i. **Women empowerment :** Recognition of distinguished women of the society on International Women's day.
- j. **Constitution :** Constitutional amendments and segregation of constitution and bye laws of IOS for better clarity.
- k. **Public Awareness:** Innovative public awareness activities, posters and videos to spread awareness on the role of orthodontists in the society.
- l. **Publications :** JIOS, JCO, IOS and IOS Times issues published on time, JIOS in the last stage of being Pub Med indexed.
- m. **Finance:** Closure of financials of 50th, 51st, 52nd, 53rd, 54th and 24th PG Convention with the settlement of all Tax liabilities and substantial contribution of surplus to the IOS Corpus. Prompt filing of IT returns of IOS accounts with payment of all tax liabilities till date, obtaining IT refund for IOS for the first time, frugal management of the fund and establishing a corpus in excess of 11 crores.
- n. **Virtual Conference:** Successful conduct of the first virtual conference of IOS, the "Orthobyte" and followed by "Orthosynergy". 55th IOC also successfully conducted virtually.
- o. **Youth empowerment:** Talented young members were given opportunity to express their talent through Orthosynergy virtual conference.

Many more progressive policy decisions and actions that cannot be listed due to limitation of space.

All this has been possible only because of the efforts of the entire team of Executive Committee members and with special thanks to Dr Sridevi Padmanabhan the hard working Hon Secretary of IOS for her support and meticulous execution of all the policy and administrative decisions. My gratitude to seniors, friends and well-wishers in believing in my team. I am sure this team building exercise and nurturing and grooming of the youngsters will inspire them to achieve greater heights in their profession and take the society to establish it as a global leader in the world of Orthodontics.

Dr Kavitha Iyer:- *Unlike any other previous presidents you have faced the most unfortunate situation in your tenure. How did you change this unfortunate situation into your success especially in academic support?*

Dr Silju Mathew :- I would not call it unfortunate situation as it was a biological phenomenon and nature's way of controlling the pace of growth and human's interference with nature. It was a new experience and gave us all an opportunity to introspect and reflect on life and family. "When life gives you lemons, make lemonade", is a proverbial phrase used to encourage optimism and a positive attitude in the face of adversity. The challenge of the pandemic was converted into an opportunity to be innovative and explore newer means to connect with members. The pandemic gave us a great opportunity to go digital and transform the way the society functions. Fortunately we were lucky to get a lot of top academicians and clinicians from across the world to share their knowledge and expertise to our members and that greatly helped to lift the spirits of our members and take their mind off the ravaging pandemic.



Team Bangalore Orthodontic Study group, happy to be the part of vibrant study group of wonderful people, whose wishes and blessings helped me to grow and serve in IOS.

Dr Kavitha Iyer:- *You have achieved all this in a younger age and you can contribute so much more to our society. What are your future plans towards IOS.*

Dr Silju Mathew :- A leader is only as good as its team, when you empower your team and infuse the confidence and self-belief that if you tap your internal sources of talent then you can do wonders, that inspires your team to perform with passion and a sense of responsibility to deliver beyond expectations. Appreciation and recognition is the fuel that powers your teams engines to perform with great efficiency and greater output. Blessed to have some wonderfully talent and committed members in the team who went the extra mile beyond ordinary towards excellence and brilliance and inspired the young members and groomed them for future responsibilities. Today the society is standing on a stable foundation of legal propriety with registration, financially stable with no tax liabilities and IT compliant, healthy corpus fund and all systems and guidelines in place for a smooth functioning. IOS has always been my passion and will work tirelessly in any capacity with the future administration towards the progress and well-being of the society, it is my dream to see in the distant future, IOS playing a greater role as a global leader in Orthodontics.

Dr Kavitha Iyer:- *What you would like to share especially for the youngsters who are aspiring these positions?*

Dr Silju Mathew :- I am happy to see a lot of youngsters coming forward to serve the society. My message to youngsters is to have interest, inclination and passion in whatever you do. Commitment, dedication and a fire in the belly to serve the society will help you sustain your dreams and aspirations. The future looks bright for IOS with such talented and bright youngsters coming up the ranks to take greater responsibilities and serve the society.

Thank you so much for taking time out of your busy schedule for IOS Times. We wholeheartedly wish you success in all your future endeavours.



My mentor and role model Dr U S Krishna Nayak who has been a great influence in my life.



My family and strength, ever grateful for their love, support, encouragement and standing by me in the up and down in my life.



Dr Tradib Jayapal: A friend who stood by me at all crucial moments in my journey in IOS. Gratitude for his unflinching support and for being a true friend.

STUDY GROUP ACTIVITIES

HYDERABAD ORTHODONTIC STUDY GROUP

ONE DAY CERTIFIED PITTS 21 TRAINING PROGRAM BY ACDS, SECUNDERABAD & HYDERABAD ORTHODONTIC STUDY GROUP.

20th October, 2021

- Dr SHUBHAKER RAO JUVVADI



Dr. Prasad Chitra, Professor and Head, Department of Orthodontics and Dentofacial Orthopedics conducted a full day certified training program on the latest Pitts 21 self- ligating bracket system at the Army College of Dental Sciences on 20th October. This program was approved by the Indian Orthodontic Society and was conducted under the aegis of the Hyderabad Orthodontic Study Group and was supported by H. S Dental Products, the authorized importers and dealers for H4 and Pitts 21 in India. The course was also accredited by the Telangana State Dental Council with 6 CDE points. The training commenced with an address by Prof Dr Shubhaker Rao Juvvadi, Chief Convener, Hyderabad Orthodontic Study Group & Prof Dr Rajesh Reddy, President Telangana state Dental council, and HOSG conveners Dr Rakesh Rao A & Dr Prasad Konda.

The program received an overwhelming response with more than 100 participants comprising of post graduates, faculty and clinicians from Telangana, Andhra Pradesh and Karnataka. Dr. Prasad Chitra lectured on the design and benefits of the latest square wire passive self-ligating Pitts 21 system which was followed by a live demonstration of SAP bonding on a patient. An intensive hands-on session with participants bonding brackets according to SAP protocols was conducted post lunch. The feedback received from all participants was very positive with many clinicians evincing interest in using Pitts 21 which enables an orthodontist to complete treatment faster with better overall results.





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CLINICAL ENRICH

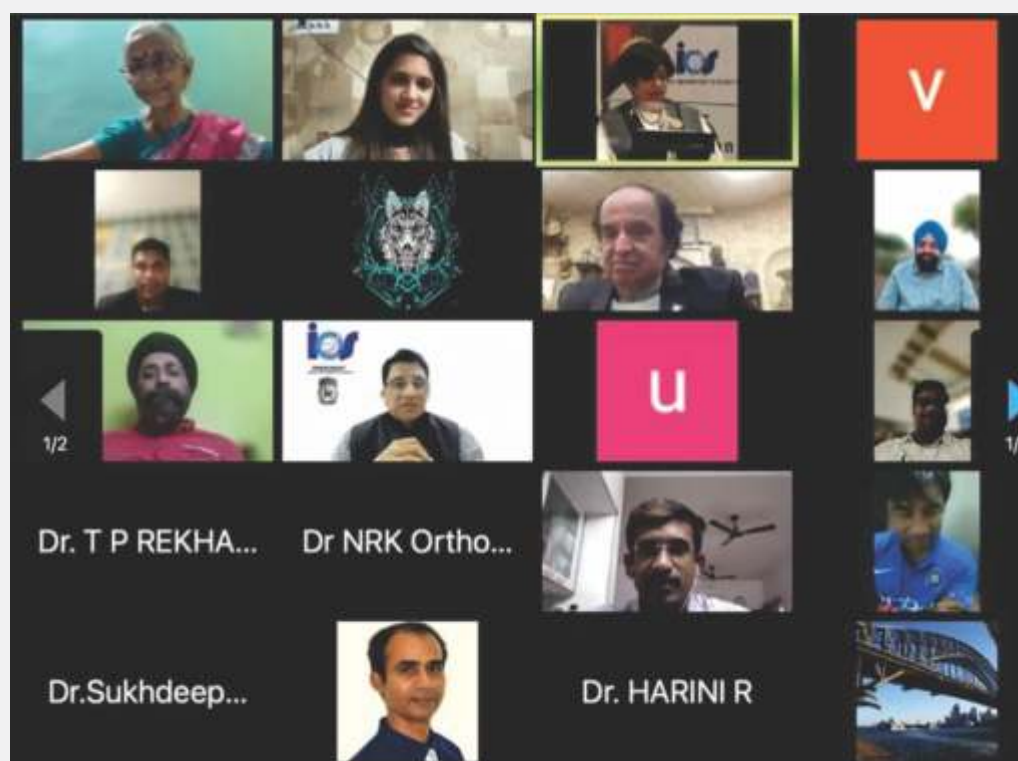


Dr. Venkat Ambekar.

MOSG initiated an excellent continuous learning program in association with IOS “The Clinical Enrich”. It is the brain child of MOS Gconvenor Dr. Edienton Arumugam. The main motto being enriching the postgraduates and practitioners with continuous update on clinical aspects of orthodontics along with recent advancement. Another speciality of the program is giving opportunities for young masters in the field in addition to the stalwarts. The very first edition happened successfully on 24th October, 2021.

Our first speaker was Dr. Venkat Ambekar. The session was honored by the presence of Dr. Keki Mistry sir Dr. Shyamala Chandrashekarmam, Dr. N.R.Krishnaswamy Siras the guest of honor. The program was addressed by the Honorable president of IOS Dr. Sri Krishna Chalasani sir, Hon Secretarymam Dr. Sridevi Padmanaban. The session was moderated by Dr. PuneetBatra sir Dr. Kannan Sabapathy sir and Dr.Kanagasabapathy sir.

It went successful with excellent case array by the speaker. Many cases which required orthognathic surgery were successfully treated with mini implants by the speaker. On the whole it was a great show and excellent teamwork by Dr. Edienton, Dr. Umarevathi, Dr. Sumanth Kumar, Dr. Rekhaand Dr. Annapoorna.



E-POSTER COMPETITION FOR MOSG ORTHO WEEK

Greetings from MOSG!!! On behalf IOS, Madras Orthodontic Study Group organized a host of events to commemorate IOS foundation day in the month of October 2021. E- poster competition was conducted for postgraduate students in three categories – Research, Clinical and Public Awareness posters. The response was overwhelming with about 91 e-posters in the three categories; students from colleges from all over Tamilnadu participated and made the event a grand success. The students were asked to do a 3 min video presentation of the poster in zoom platform. They adapted to it exceedingly well and stuck to the time limit.

The Convener, co-conveners and organizing committee would like to take this opportunity to thank all the HODs, professors, colleagues and friends for encouraging their postgraduates to participate in the event. We extend our heartfelt thanks to the three judges,

Dr. Reji Abraham, Dean (Admin), Professor and Head, Department of Orthodontics, Sri Hasanamba Dental College

Dr. Chandrasekar Setty, Professor, Department of Orthodontics, Krishnadevaraya Dental College ,

Dr. PadmaPriya C.V, Professor & Head, Department of Orthodontics, Vishnu Dental College, for having meticulously judged the e-poster.

We thank and congratulate all the students who participated in the event. We thank Dr. Sri Krishna Chalasani, President IOS and Dr. Sridevi Padmanabhan, Hon . Secretary, IOS for the opportunity. The organizing committee extends its thanks to Dr. Edeinton Arumugam, convener, Dr. Dilip. S and Dr. Shahul Hameed Faizee, co-conveners for trusting us with the job.

The winners in the three categories are as follows

RESEARCH POSTERS

1ST PRIZE WINNER

1ST PRIZE- DR. SWAPNA SREENIVASAGAN, SAVEETHA DENTAL COLLEGE

2ND PRIZE- DR. ANJALI ANNA THOMAS

3RD PRIZE – DR. AKRITI TIWARI, SAVEETHA DENTAL COLLEGE

CONSOLATION – DR. HEMAMALINI MOHAN, SATHYABAMA DENTAL COLLEGE

DR. ABHINAYA RAVI, RAGAS DENTAL COLLEGE



CLINICAL POSTERS

1ST PRIZE WINNER

1ST PRIZE- DR. ABIRAMI SELVARAJ, SAVEETHA DENTAL COLLEGE

2ND PRIZE- DR. ARYA. S. PRASAD, SAVEETHA DENTAL COLLEGE

3RD PRIZE- DR. ANJALI VALIA RAJAN, MEENAKSHIAMMAL DENTAL COLLEGE

DR. AISHAMOHADALI

CONSOLATION – DR. RAJALAKSHMI THAKSHINAMURTHY, SRIVENKATESHWARA DENTAL COLLEGE.



PUBLIC AWARENESS POSTERS

1ST PRIZE WINNER

1ST PRIZE- DR. KAVIYA SRINIDHI, RAGAS DENTAL COLLEGE

2ND PRIZE- DR. RAM VIBAKAR RAJ, RAGAS DENTAL COLLEGE

3RD PRIZE- DR. CHANDNEE SRI V.M, FACULTY OF DENTAL SCIENCES, SRIHER

CONSOLATION – DR. SUREKHA, FACULTY OF DENTAL SCIENCES, SRIHER



Organizing Committee:

Dr. Poornima Jnaneshwar
Dr. Mohamed Iqbal
Dr. Haritha

Dr. Sangeetha Duraisamy
Dr. Keerthi Venkatesan
Dr. Sangeetha MG

MOSG STATE LEVEL UG QUIZ COMPETITION-2021: Report

The second edition of the virtual UG Quiz Competition-2021 held as part of National Orthodontic Week celebrations was conducted on 28th October 2021 in association with Madras Orthodontic Study Group and South West Tamil Nadu Orthodontic Study Group. This state level Quiz Competition had 139 undergraduate teams competing from 24 colleges all across Tamil Nadu. Our beloved President Dr Srikrishna Chalasani, Honorary Secretary Dr Sridevi Padmanaban and the convenor of MOSG Dr Edeinton Arumugam graced the Virtual inauguration function and addressed the participants. The preliminary round consisted of multiple-choice questions and six teams were selected based on their scores and response time for the Grans Final. The finalists included teams from Meenakshi Ammal Dental College, Sri Venkateswara Dental College- Pondyicherry, Saveetha Dental College, CSI Dental College- Madurai, Adhiparasakthi Dental College and Chettinad Dental College. After 6 interesting rounds of rigorous quizzing by quiz masters Dr. Sangeetha Duraisamy and Dr. Kavitha Iyer, the team from Sri Venkateswara Dental College consisting of Bathmapriya, Ashwanthini and Ashwini (CRIs) emerged as the winners of the Grand Finale. The Organising team behind the event was steered by Dr. Sangeetha Duraisamy, Dr. Kavitha Iyer, Dr. Deenadayalan, Dr. Veera Sankar, Dr. M.G Sangeetha, Dr Janani Ravi and Dr. Annapurna.

The winners of the Quiz Programme as follows,

1. Sri Venkateswara Dental College - Pondicherry
2. Adhi parasakthi Dental College and hospital
3. CSI Dental College - Madurai



**Madras Orthodontic Study Group &
SouthWest TN Orthodontic Study Group**
invite entries for
Quiz Competition to be held on 28-10-21.
as a part of
IOS founders day celebrations.

President IOS
Dr. SriKrishna Chalasani
Hon.Secretary IOS
Dr. Sridevi Padmanaban

Convenor MOSG
Dr.Edeinton Arumugam
Co-Convenors MOSG
Dr. S. Dilip
Dr. Shahul Hameed Faizee

Convenors SWTNOSG
Dr. Dhivakar Selvaraj
Dr. Nagalakshmi
Dr. Jason Roy

Organising Team
Dr. Sangeetha Duraisamy, Dr. Kavitha Iyer
Dr. Deenadayalan , Dr. Veerashankar
Dr. M.G.Sangeetha , Dr. Annapurna kannan

HAVE WE FINALLY FOUND THE HOLY GRAIL OF ORTHODONTICS?

For decades orthodontists around the globe have been struggling to achieve the optimum esthetic and functional result and to deliver every treated patient a stunning smile and stable occlusion, however all practicing clinicians are faced with the bitter reality that the expected final result is not identical to the one both patient and clinician were hoping for and that is due to a multitude of factors the most important being:

1. Control of anchorage and limiting unwanted tooth movement
2. Delay of tooth movement and extension beyond common sense of the estimated treatment time
3. Delivering the required orthodontic biological force that is simultaneously effective in moving teeth and comfortable for the patient.

However recent advances in orthodontic research, evidence based orthodontics and state of the art orthodontic product manufacturing has allowed us to conquer the obstacles we struggle with every day and paved the way for taming almost all unwanted and unsatisfactory orthodontic treatment results we strive to avoid.

I will try during my lecture to showcase how it is possible to achieve close to excellence in every orthodontic case managed, take full control of orthodontic forces, accelerate tooth movement and build a reproducible system that if followed can achieve the holy grail of orthodontics.

SPEAKER



DR BILAL KOLEILAT
LEBANON

- ★ Assistant Professor in orthodontics, Faculty of dentistry Lebanese University Beirut-Lebanon since 2002
 - ★ Former Director of the postgraduate program in orthodontics (2009-2010)
 - ★ Co-chairman of the 4th Asian Micro Implant Anchorage congress held in Beirut, October 2011.
 - ★ Certificate of lingual orthodontics, Indiana University 2001
 - ★ Master of Science In orthodontics, University of Kuopio-Finland 1996
 - ★ Doctor in Dental Surgery, Saint Joseph University, Faculty of Dentistry Beirut-Lebanon 1993.
 - ★ Certified speaker for the Absoanchor - micro implant system, Dr Bilal Koleilat's main interest in orthodontics is mechanics with special emphasis on low force systems , microimplants.
 - ★ He has lectured in Lebanon, Syria, Egypt, UAE, Tunisia, Morocco, Turkey, Spain, Thailand, Poland, South Korea, India and USA. He is a member of the Lebanese dental association, Lebanese orthodontic society Emirates medical association and The European lingual orthodontic society.
- Dr Koleilat maintains a private practice dedicated to orthodontics in Beirut-Lebanon, and Dubai UAE.



Dr. VEERABAHU
President
AOMSI



Dr. PRITHAM
Hon. Secretary
AOMSI

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INDIAN ORTHODONTIC
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**present an exclusive 1-day
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Dr. SRIKRISHNA
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IOS



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Hon. Secretary
IOS



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**VENUE: TMA Pai International Convention Centre,
MANGALORE**

DATE: 3rd December, 2021

THEME: Unraveling the Face

Dear Colleagues,

On behalf of the Organizing Team of the 45th Annual Conference of the AOMSI, we deem it our privilege to invite you to the **CITY OF SUN, SAND, SPICE, ORTHODONTICS & SURGERY – MANGALORE.**

Day 2 of the Conference (**3rd Dec 2021**) is dedicated to **Orthognathic Surgery, Surgical Orthodontics, Clefts & Craniofacial Deformities** as a collaborative effort by the AOMSI & the IOS.

This effort will go a long way to foster the idea of comprehensive treatment.

	IOS LIFE MEMBER	IOS STUDENT LIFE MEMBERS
REGISTRATION FEES:	Rs 1,500/-	Rs 750/-

Last date for registration: 22nd Nov, 2021
Registration for IOS members only



TEAM MANGALORE

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1 Do a **SOCIAL MEDIA AUDIT** to know your presence



3 Define a **PARTICULAR NICHE** you want to focus on



5 Use a **FRIENDLY TONE** in your posts



7 **DON'T BE ARROGANT** in your posts



9 Post your **ACHIEVEMENTS** and **ACCOLADES**



Choose an **EXCLUSIVE PAGE** for your clinic

2



Keep it **SIMPLE** and be **SPECIFIC**

4



Focus on your **DIFFERENTIATOR**

6



TREAT all social channels **DIFFERENTLY**

8



Share posts at the **RIGHT TIME** for your audience

10



IOS
is a abbreviation for
**INDIAN
ORTHODONTIC
SOCIETY**



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Obituary



Dr. Anil Gulati born on 3rd May 1956. Schooling from DPS (Delhi Public School) Mathura Road, Delhi. BSc from Hansraj College, Delhi University. BDS and MDS from Government Dental College, Ahmedabad in 1977. He was in exclusive orthodontic practice. Was a former Convenor OsGOD. Was President IDA, West Delhi Branch, Secretary IDA, West Delhi Branch and also Vice President, IDA, Delhi State Branch. He is survived by his wife and daughter Shreya who has just finished her Masters in Endodontics.

He was an active sports person who always participated in cricket tournament of Delhi State IDA held between the President XI VS the Secretary XI.

Orthodontists in India, especially in Delhi, and Dentist will always miss the ever-smiling Dr Anil Gulati. They don't make men like him anymore.



Reported By Dr Swati Acharya & Dr Ashish Gupta



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