

*"Honoring the sacrifices of
our heroes on this joyous
Independence Day"*





Happy Ganesh Chaturthi

May Lord Ganesha bless us with
wisdom, prosperity, and remove
obstacles from our lives

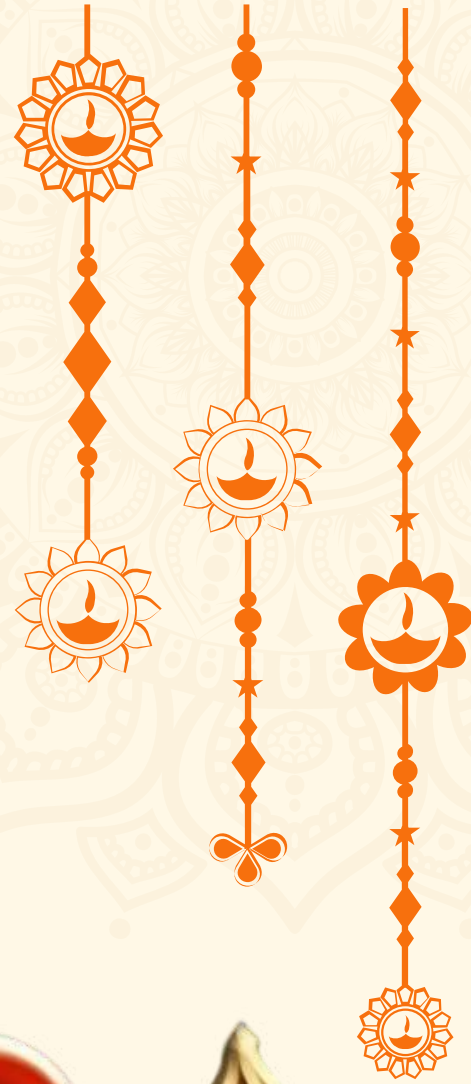


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President's Message

As we celebrate the 79th Independence Day, I extend warm wishes to our fraternity. This proud occasion reminds us of our duty to strengthen our nation through professional excellence. My special thanks to the IOS Executive Committee for the inspiring Independence Day video, featuring the soulful rendition of “Bharat apni aankh ka taara hai”, a heartfelt tribute to the spirit of India.

The culmination of our first modular course was marked by the Orthognathic Surgery Workshop at Dayananda Sagar Dental College, Bangalore. With participation from over 275 delegates, the workshop successfully blended clinical expertise with hands-on training, and attendees were awarded fellowships — making it a landmark academic achievement for IOS.

Hearty congratulations to the Department of Orthodontics, Dr. R. Ahmed Dental College & Hospital, Kolkata, for organizing the 1st Bengal Orthodontic Summit (16–17 August 2025). This enriching scientific platform was further strengthened by a one-day Orthognathic Workshop conducted by the PGI Chandigarh team which drew over 150 delegates.

The 2nd National Orthodontic Journal Club was another academic highlight, offering a valuable platform for critical appraisal of research. Congratulations to Dr. Vignesh Kailasam, Editor, JIOS, for his excellent presentation on “Proximal enamel thickness of the permanent teeth: A systematic review and meta-analysis”. Sincere thanks to Dr. Deepak C for moderating this initiative that sharpens research and evidence-based learning skills.

Following this, the Aligner Workshop, hosted by Subharti Dental College in association with the Meerut Orthodontic Study Group on 29th July, was a resounding success with over 100 participants. This month also marked the successful culmination of the Digital Orthodontics Modular Course at Saveetha Dental College with about 60 participants who successfully graduated.

I also congratulate Dr. Sunanda Roychoudhury for her academic engagement during her visit to the New Zealand and Orthodontic Department at University of Otago, further reflecting IOS's global presence.

I am pleased to announce that the IOS Job Portal is now fully functional on the IOS Facebook page, enabling members to stay updated with new opportunities.

On the events front, registrations for the much-awaited 60th IOC are now open with early-bird rates available until 15th September — I urge all members to register promptly.

For our upcoming 59th IOC in Vizag, the final call for bulk registrations closes on 30th of this month — I look forward to meeting you all there.

Together, these milestones — from celebrating national pride to advancing global collaborations and academic excellence — reaffirm the unity, passion, and leadership that define the Indian Orthodontic Society. Let us continue this journey with renewed energy and commitment.

Jai Hind!

**Warm regards,
Dr. Puneet Batra
President, IOS**





Dear Esteemed Members of IOS,

It was a proud milestone for the Indian Orthodontic Society that both the President of IOS and I had the honour of representing our society at the 7th National Steering Group Meeting on Oral Health under the National Oral Health Programme (NOHP). The meeting was held on 5th and 6th August 2025 at the Centre for Dental Education and Research (CDER), AIIMS, New Delhi.

This prestigious meeting was organized by the Ministry of Health and Family Welfare, Government of India, and focused on the "Establishment of a Tertiary Component under the National Oral Health Programme." The invitation to IOS to participate in this national-level policy discussion is a significant recognition of our society's contribution to the field of orthodontics and oral health at large. It allowed us to voice our perspectives on integrating orthodontic care within the broader oral health framework and to contribute to the shaping of tertiary-level strategies for oral healthcare delivery in India.

This opportunity not only reinforced our commitment to national oral health policy development but also marked IOS's growing presence and influence in shaping public health initiatives in the country. We look forward to continued collaboration with government bodies to ensure that orthodontic care remains an integral part of India's evolving healthcare ecosystem.

As we embrace the closing days of August, I take this opportunity to reflect on a truly eventful and enriching month for the Indian Orthodontic Society. The past few weeks have demonstrated the strength, unity, and academic commitment that continue to define our community.

We began with the National Workshop on Orthognathic Surgery, held on 8th and 9th August 2025 at Dayanand Sagar Dental College, Bangalore. The workshop brought together distinguished surgeons and orthodontists for a hands-on learning experience, focusing on interdisciplinary approaches to managing complex skeletal discrepancies. It was heartening to witness such high-level clinical engagement and participation from across the country.

On the occasion of India's 78th Independence Day, a special tribute video was released on 15th August by the IOS POBS and EC Members, featuring a soulful patriotic song. This gesture was not just a celebration of our nation's pride, but also a reflection of the spirit of service and dedication that binds us all as professionals. I extend my gratitude to all those involved in conceptualizing and creating this thoughtful initiative.

This was followed by the Bengal Orthodontic Summit, held on 16th and 17th August in Kolkata, which emerged as a vibrant regional platform for learning and networking. The summit witnessed enthusiastic participation and highlighted the growing academic presence of the Eastern zone in our national orthodontic landscape.

We now look forward to concluding the month with the much-anticipated Digital Orthodontic Symposium, scheduled on 22nd and 23rd August at Saveetha Dental College, Chennai. This event was designed to explore the cutting-edge developments in digital workflows, AI-driven treatment planning, and the future of tech-enabled orthodontics.

August has been a month of progress, patriotism, and purpose. I am proud of the momentum we are building together and confident that our collective efforts will continue to advance the standards of orthodontic care and education across India.

Warm Regards
Dr. Sanjay Labh
IOS Secretary

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"The heights by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night."

- Henry Wadsworth Longfellow

We must remember if we will, we will and surely will and win as there is nothing that can come in the way of our strong will and determination. It is our strong will power and desire to do something that fires us up to achieve even seemingly unattainable deeds. And to confirm that we only need to turn over the pages of history in the IOS directory that we will find glossed with glorious instances of our senior orthodontists overcoming all odds to rise to the zenith of glory. We must keep on moving on the track to our destination as straight as an arrow strikes the target by each issue. Anything and everything is possible for us to attain in this world provided we have the necessary strength of character relying on our fiery zeal and the unshakable resolution.

I would like to call upon our section editors, committee members and public relation editors to inculcate in them burning desire and unflinching determination infused with missionary commitment for the fructification of these issues. One must remember the words of Mandino that "Failure will never overtake me if my determination to succeed is strong enough".

I am pretty certain that the newsletter is going to be an important instrument for harnessing the embryonic creative potential of our members. Further, I seek to congratulate and commend the team who contributed to the different sections of the newsletter.

The editorial board of the newsletter deserves commendations for its meticulous efforts in bringing forth the current edition. Hopefully, it will continue its good work for the succeeding editions as well taking in its stride the critical inputs and the feedback of the readers.

Lastly, I wish all the readers a very happy and pleasurable reading experience of this edition of the newsletter!

Warm Regards
Dr. Swati Acharya
Editor IOS Times

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Official Newsletter of Indian Orthodontic Society

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Breaking News



LANDMARK INITIATIVES TO REVOLUTIONIZE INDIA'S ORAL HEALTH CARE

In a major step towards enhancing India's oral health infrastructure, the National Oral Health Programme (NOHP) has successfully hosted two key events aimed at shaping the future of oral healthcare in the country.



ON 1ST AUGUST 2025, A VIRTUAL BRAINSTORMING MEETING BROUGHT TOGETHER KEY STAKEHOLDERS FROM ALL 9 DENTAL PROFESSIONAL ASSOCIATIONS, WHERE THE FOCUS WAS ON ADDRESSING CRITICAL ISSUES AND FORMULATING STRATEGIC DECISIONS TO IMPROVE ORAL HEALTH POLICIES NATIONWIDE. HELD AT 12 PM, THE MEETING ENGAGED PARTICIPANTS VIRTUALLY IN DISCUSSIONS TO CREATE ACTIONABLE SOLUTIONS.

Following this, the 7th National Steering Group Meeting on Oral Health took place on 5th and 6th August 2025 at the Centre for Dental Education and Research (CDER), AIIMS, New Delhi. This crucial event centered on the "Establishment of a Tertiary Component under the National Oral Health Programme", marking a significant milestone in the advancement of tertiary oral healthcare across India. The two-day event brought together top leaders in the dental health sector to discuss ways of overcoming challenges and seizing opportunities in improving the nation's oral healthcare framework. The outcomes from these meetings are expected to provide crucial support in shaping public health policies, especially in making quality oral healthcare services more accessible.

Meanwhile, a groundbreaking initiative by the Indian Orthodontic Society (IOS) has been announced in collaboration with the Ministry of Health & Family Welfare—the establishment of Orthodontic Centres of Excellence in every state across India. This initiative, spearheaded by Dr. Puneet Batra, President of IOS, and Dr. Sanjay Labh, Secretary of IOS, is set to transform oral health care by providing advanced orthodontic treatment and care for children and adults suffering from conditions such as malocclusions, jaw deformities, craniofacial anomalies, cleft lip and palate, and airway-related issues.

Aligned with the Government of India's health priorities and the RMNCH+A framework (Reproductive, Maternal, Neonatal, Child, and Adolescent Health), this initiative emphasizes early screening by age 7, early intervention, and preventive orthodontics. These early measures aim to reduce the complexity and cost of future treatments, enhance speech clarity, prevent trauma, and improve psychosocial well-being, thereby raising the overall quality of life for individuals.

In addition to patient care, these Centres will serve as hubs for training, research, and community outreach, fostering capacity building, innovation, and IEC (Information, Education & Communication) activities. By integrating orthodontics with sustainable healthcare practices and technology, IOS envisions a future where every Indian, regardless of geography or socio-economic background, has access to affordable, world-class orthodontic care.

This historic initiative not only sets a new benchmark for public-private collaboration but also exemplifies IOS's commitment to transforming India's dental health landscape. Through these strategic steps, IOS aims to create a healthier, more confident India—one smile at a time.

Stay tuned for more updates as these initiatives unfold and continue to empower the nation with better oral health solutions.

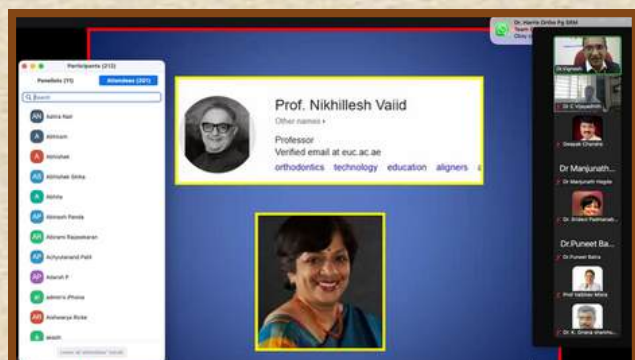
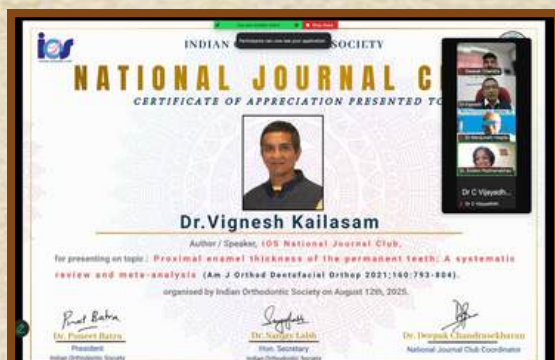
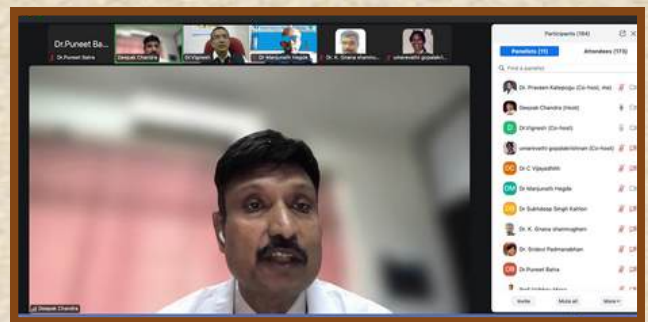
Indian Orthodontic Society National Journal Club August 12, 2025

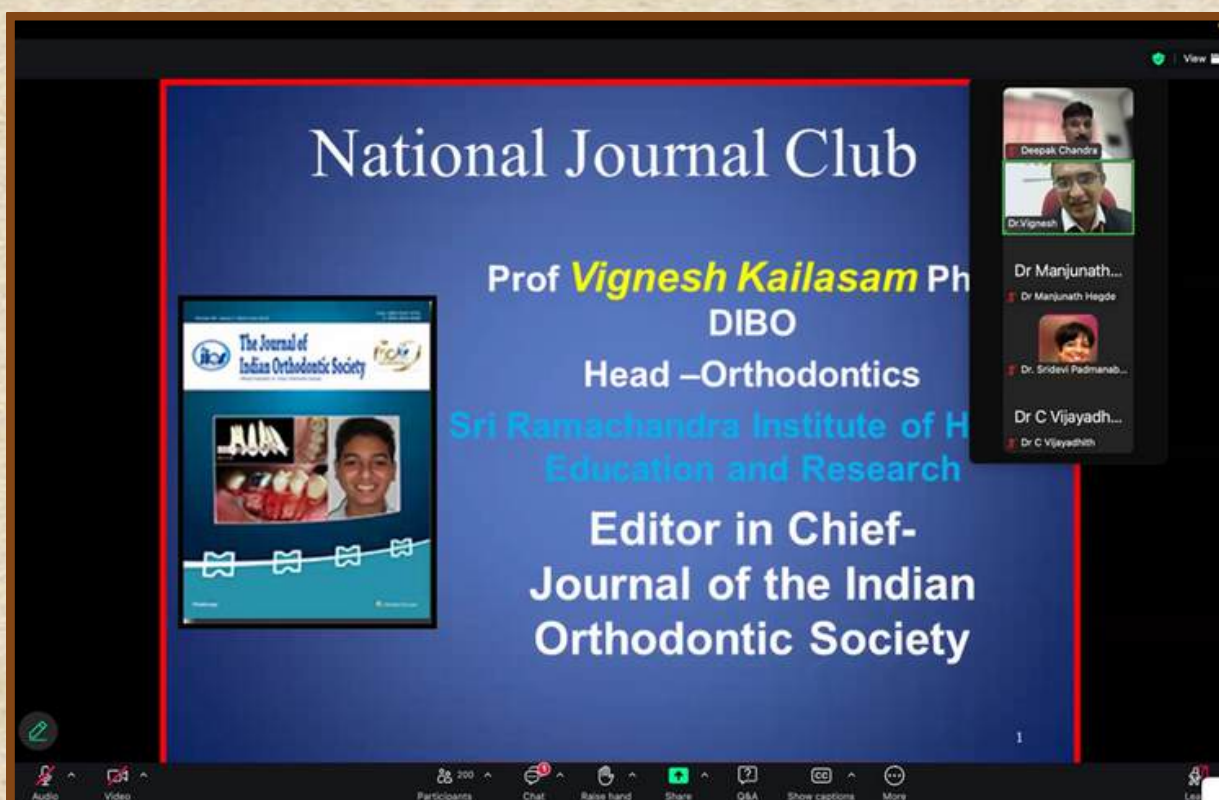
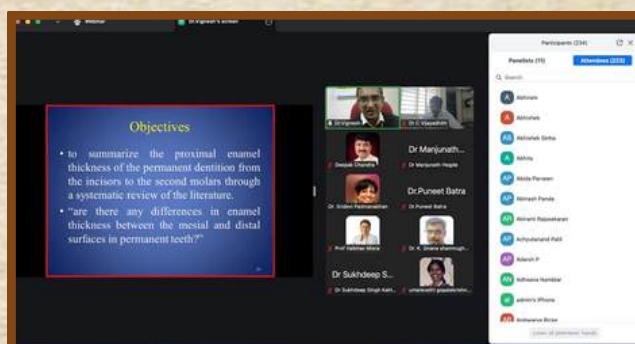
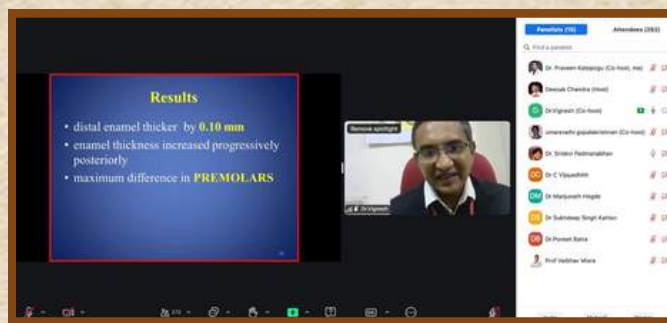
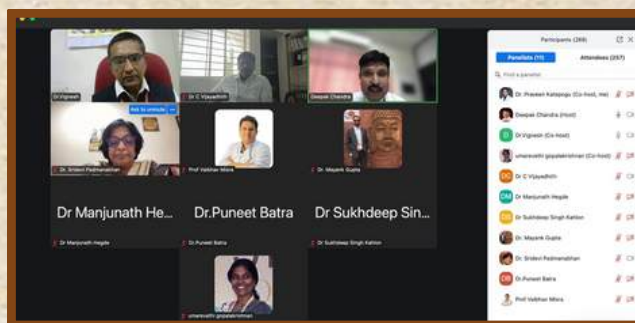
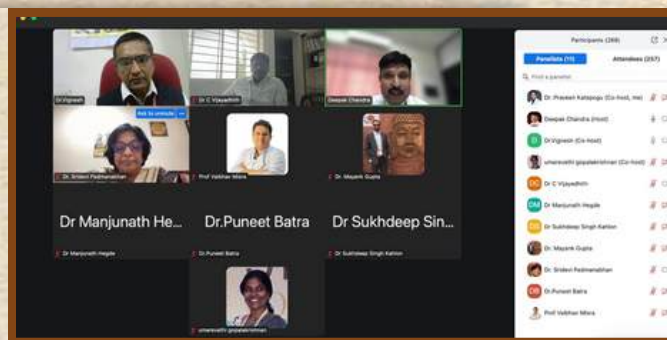
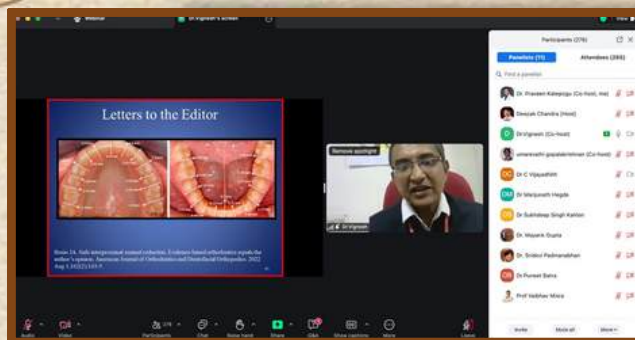
The Indian Orthodontic Society successfully conducted another impactful session of National Journal Club on August 12, 2025. The event witnessed enthusiastic participation from over 280 + Orthodontic Student life members and life members across the country, highlighting the profession's growing interest in evidence-based learning and the critical appraisal of scientific literature.

The session featured an insightful presentation by Dr. Vignesh Kailasam, Editor of the Journal of the Indian Orthodontic Society, who critically analyzed his own article titled "Proximal enamel thickness of the permanent teeth: A systematic review and meta-analysis," published in the American Journal of Orthodontics and Dentofacial Orthopedics (AJODO). His analysis sparked insightful discussions proximal enamel thickness and its clinical implications.

The journal club was moderated by Dr. Deepak Chandrasekaran, Past Honorary Secretary, IOS, National Coordinator for National Journal Club, and this session was coordinated by Dr Praveen Katepogu, Associate Professor, SRM Kattankulathur Dental College, who ensured the smooth conduct of the session. The event was graced by several distinguished members of the IOS, including Dr Puneet Batra President IOS, Dr. Sanjay Labh, Hon Secretary, IOS, Dr. Sridevi Padmanabhan, President-Elect, IOS, Dr K Gnanashanmugham, Vice President, IOS, and other key office bearers, reflecting the Society's commitment to academic excellence and continuing education.

This landmark initiative reinforces IOS's role in setting new benchmarks in orthodontic education in India.





Reported by Managing Editor, Dr. Mayank Gupta

ROAR 2025 REPORT

The Department of Orthodontics, Sri Ramachandra Dental College and Hospital in association with the Indian Orthodontic Society, conducted its 10th annual rapid review program “ROAR” from 23rd July to 25th July 2025. The program was conducted on a hybrid mode both physical and online. 190 participants attended the program, of which 145 registrants attended the program physically and 63 registrants attended the program online. The participants included post graduate students, life members from various parts of the country. The program included lectures from eminent faculty across the country covering topics to help students prepare for the final MDS examination. To mark ten years of success, the 10th year commemorative lecture was delivered by an eminent orthodontist and post graduate teacher renowned both within our country and across the globe, Prof. Dr. N. R. Krishnaswamy. On the overall, the program was well received by the participants and the feedback from them was excellent.



NATIONAL CONFERENCE & WORKSHOP ON ORTHOGNATHIC SURGERY

The Department of Orthodontics & Dentofacial Orthopedics, Dayananda Sagar College of Dental Sciences, Bengaluru in association with the Indian Orthodontic Society conducted a National Conference & Workshop on Orthognathic Surgery, comprising of 03 online modules followed by the offline conference and workshop on 08TH & 09TH of August 2025.

The conference aimed to provide a comprehensive academic and clinical learning platform for postgraduate students, orthodontists, and maxillofacial surgeons in the field of orthognathic surgery. The future of orthognathic surgery will be driven by: AI-powered diagnosis and treatment planning, 3D printing for surgical splints and models, Augmented and virtual reality in surgical training, Minimally invasive techniques with maximal precision, Teleconsultation and virtual surgical simulation.

Hence this program was designed as a four-module program combining theoretical knowledge, practical exposure, and the latest technological innovations. This program consisted of 03 online webinars beginning with the renowned international speakers Dr Farhad Naini on may 16th 2025, Dr. Miguel Hirschhaut on the 5th of June 2025 and with Dr. Muhammed Nawwar On the 15th of July 2025. the online webinars were carefully curated to cover all the topics required prior to the scheduled workshop on orthognathic surgery.



The highly anticipated workshop was conducted on the 8th of August 2025 covering a vast majority of topics and provided hands on learning experience to the participants.



The scientific program was inaugurated by the Honourable Vice Chancellor of RGUHS, Bengaluru, Dr Bhagavan B. C. The participants were also addressed by the Principal and organizing chairperson Dr. Hemanth M, the Chairman, Chancellor of Dayananda Sagar group of institutions Dr. D Hemachandra Sagar, and by Dr. Puneet Batra, President IOS and Dr Sanjay Labh, Secretary Indian Orthodontic Society.

This was followed by scientific lectures by reputed National speakers both from the field of Orthodontics and Oral Surgery on the 09th of August 2025. The program had a huge turnout with around 300 delegates from all over the country registering for this program.

**VENUE: Dayananda Sagar
College of Dental Sciences, Bengaluru**

The program mainly focused on the surgical correction of jaw deformities, employed to realign the maxilla, mandible or both to achieve functional occlusion, facial symmetry, and improved airway patency. The prevalence of malocclusion in India varies from 20% to 43%. While this does not directly represent the need for orthognathic surgery, it highlights the significant number of individuals potentially requiring intervention for bite problems and dentofacial deformities. The impact of malocclusion extends far beyond the physical appearance. The affected individuals often face a lot of challenges in their daily lives. Speech difficulties, nutritional deficiencies, and dental issues are very common. Additionally, they may experience social stigmatization, leading to emotional and psychological struggles leading to lowered selfesteem and confidence, affecting their overall quality of life and growth.

India is experiencing a significant increase in the demand for orthognathic surgery, driven by advances in surgical techniques and increased awareness of the procedure.

The program received a roaring response from all participants and concluded successfully.



1st Bengal Orthodontic Summit

Indian Orthodontic Society in association with Department of Orthodontics & Dentofacial Orthopedics, Dr. R. Ahmed Dental College & Hospital, Kolkata organized the 1st Bengal Orthodontic Summit at Hotel Hindusthan International on 16th and 17th August 2025 followed by a post conference workshop on orthognathic surgery on 18th August at Dr. R. Ahmed Dental College & Hospital, Kolkata.

Around 200 Orthodontists and post graduate students from West Bengal, Odisha, Bihar and Jharkhand participated in the event. Prof.(Dr.) Puneet Batra, President IOS and Prof.(Dr.) Sanjay Labh, Secretary IOS graced the event with their valuable insights and attractive scientific deliberations.



An well crafted scientific extravaganza ornamented by fifteen eminent speakers of the country with varied and enriching lectures, was the main attraction of the summit. Prof.(Dr.) N.R. Krishnaswamy delivered the prestigious 'Dr. R. Ahmed Oration' and Prof.(Dr.) Vinod Krishnan presented the 'Bengal Orthodontic Summit Oration'.

Prof.(Dr.) Ritu Duggal, Prof.(Dr.) Puneet Batra, Prof.(Dr.) Sanjay Labh, Prof.(Dr.) Suryakanta Das, Prof.(Dr.) Madhan Balasubramanian, Prof.(Dr.) Salil Nene, Prof.(Dr.) Vaibhav Misra, Prof. (Dr.) Pritam Mohanty, Prof.(Dr.) Swati Acharya, Dr. Ejaz Anwar were the other keynote speakers.



The post conference full day orthognathic surgery workshop was conducted by team PGI Chandigarh where Prof.(Dr.) Sanjeev Verma, Prof.(Dr.) Raj Kumar Verma, Prof.(Dr.) Vinay Kumar were the resource persons along with Prof.(Dr.) S.P. Singh and Prof.(Dr.) Vidya Rattan in virtual mode.

The entire organizing team headed by Dr. Partha Pratim Choudhury (Organizing Secretary), Dr. Angshuman Bhattacharya (Joint Organizing Secretary), Dr. Amal Kumar Chakrabarti (Organizing Chairman), Dr. Rupa Ghosh (Scientific Convenor) and Dr. Srikrishna Chattaraj (Treasurer) worked hard to execute such a grand event with precision and perfection.



Dr. Ekta Lahoti (Scientific Co-Convenor), Dr. Sreetama Bhattacharyya (Hospitality Co-Convenor), Dr. Prakash Banerjee (Trade Convenor) and Dr. Sutanu Modak (Trade Co-Convenor) did a wonderful job of taking care of every minute details of the event.

Dr. Subhas Seth (Post Conference Convenor), Dr. Kasturi Mukherjee (Post Conference Co-Convenor), Dr. Megha Jain (Press & Publicity Convenor), Dr. Abhisek Ghosh (Advisory Committee member), Dr. Shyamal Bar (Convenor Reception committee), Dr. Rajib Seal (Advisory Committee member), Dr. Amit Shaw (Registration Convenor), Dr. Snigdha Mondal Chowdhury (Co-Convenor, Reception committee) and Dr. Sudipa Meyur (Press & Publicity Co-Convenor) need special mention for their constant support and help.



Dr. Soma Halder Biswas (Hospitality Convenor), Dr. Manidipa Das (Hospitality Co-Convenor), Dr. Pintso Tshering Lepcha (Registration Co-Convenor), Dr. Anirban Shome (Registration Co-Convenor), Dr. Subhasish Sheet (Post Conference Co-Convenor), Dr. Biswarup Sengupta (Gift & Souvenir Convenor), Dr. Arkajit Goswami (Gift & Souvenir Co-Convenor), Dr. Pinaki Roy (Transport & Accommodation Convenor), Dr. Ali Asger Nakib (Transport & Accommodation Co-Convenor), Dr. Arunava Chatterjee (Trade Co-Convenor), Dr. Manas Banerjee (Advisory Committee member), Dr. Sanjay Kumar (Advisory Committee member), Dr. Bibek Mondal (Advisory Committee member) and all the post graduate students of Dept. of Orthodontics, Dr. R. Ahmed Dental College & Hospital played instrumental role in the success of the event.

The entire program of three days was flawless, vibrant and glamorous with house full scientific sessions, post graduate paper and poster presentation competition, felicitation of senior Orthodontists of West Bengal, excellent food, great hospitality and teacher - student interactions.

Overall 1st Bengal Orthodontic Summit 2025 was truly a landmark event in recent times in West Bengal.



It is with immense joy, pride, and a profound sense of gratitude that, I write to you on the occasion of the Silver Jubilee year of the Indian Board of Orthodontics. To stand here, twenty-five years after the Board's inception, and witness the extraordinary journey of growth, achievement, and influence that the IBO has undertaken, is nothing short of remarkable. This milestone is more than a celebration of time—it is a celebration of vision, values, and the unwavering pursuit of excellence that has united us as a community.

My own relationship with the Indian Board of Orthodontics is deeply personal. It began in 2002 when I took the Board examinations and earned the honour of becoming a diplomate. I still remember the intensity of that period—months of preparation, long hours of refining clinical cases, meticulous attention to detail, and the constant self-questioning that comes with striving for perfection. The process was demanding, even daunting at times, but it was also transformative. It compelled me to raise my own standards, to critically evaluate my work, and to understand that true excellence is not an endpoint but a lifelong commitment.

The day I was conferred as a diplomate remains etched in my memory—not merely for the recognition it brought, but for the personal and professional growth it represented. That certificate was not just a credential; it was a pledge. A pledge to uphold the highest standards of clinical care, ethical conduct, and continuous learning. Looking back, I can say with certainty that the diplomate journey changed the way I viewed my profession, my responsibilities, and my role in shaping the future of orthodontics in our country.

Years later, when I was entrusted with the role of Chairman of the Indian Board of Orthodontics, it felt like a full circle—returning to serve the very institution that had shaped me. In that capacity, I had the privilege to witness up close the extraordinary dedication of our examiners, the determination of our candidates, and the selfless service of those who worked behind the scenes to keep the Board's processes fair, transparent, and rigorous. I have seen the quiet courage of candidates presenting their life's work for scrutiny, the humility of experienced clinicians submitting themselves to peer evaluation, and the deep satisfaction that comes when hard work meets recognition.

The IBO's journey over these 25 years has been one of setting benchmarks. It has consistently maintained itself as the gold standard of clinical proficiency in orthodontics in India. Our diplomates are not just highly skilled clinicians—they are ambassadors of ethical practice, mentors to younger colleagues, and role models in professional integrity. Together, we have built a reputation that inspires trust among patients and respect among peers, both nationally and internationally.

Dr. Shailesh Deshmukh





IBO Felicitation and Dinner-3 Nov 2016

This Silver Jubilee is a time for reflection as much as celebration. We must remember and honour our founders; whose vision and determination laid the foundation for what we now proudly uphold. We must acknowledge the contribution of successive Boards, who carried forward that vision, adapting to new challenges while staying true to core values. We must also celebrate the collective achievements of our diplomates—each one of you who, in your own practice and sphere of influence, has kept the IBO's flag flying high.

But anniversaries are not only about looking back; they are also about looking forward. The landscape of orthodontics is evolving rapidly. Advances in technology, materials, and treatment philosophies are transforming the way we diagnose, plan, and deliver care.

While we embrace these changes, our commitment to fundamentals must remain unwavering. Excellence in orthodontics will always be rooted in sound scientific knowledge, precise clinical skill, and an ethical compass that puts the patient's interest above all else.

As we step into the next chapter of the IBO's history, let us rededicate ourselves to these principles. Let us mentor and inspire the next generation of diplomates, ensuring they inherit not just our skills, but our values. Let us continue to challenge ourselves, to refine our craft, and to seek knowledge beyond our comfort zones.

On this historic occasion, I extend my heartfelt congratulations to every diplomate—past, present, and future. Together, we are part of a proud legacy, one that will outlast us and continue to shape the profession for decades to come. May the flame of excellence we have nurtured for twenty-five years burn even brighter in the years ahead.

**With Warm regards and Best wishes,
Prof. Dr. Shailesh Deshmukh
Past Chairman
Indian Board of Orthodontics**

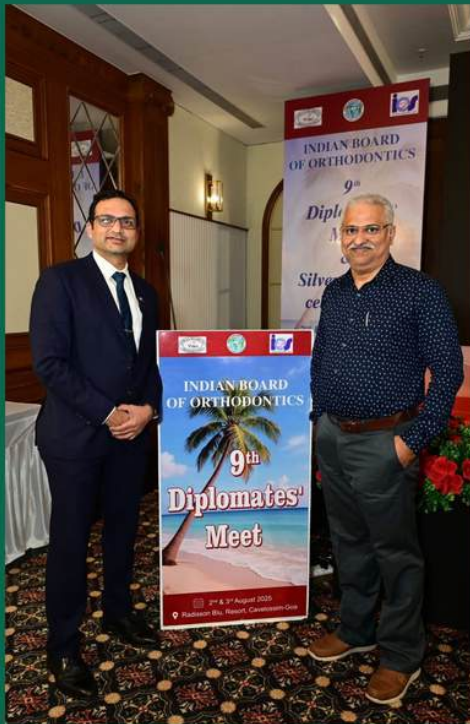


Reported by Section Editor , Dr. Pavithra M Bai

Silver Jubilee Celebrations

What a truly remarkable and unforgettable two days ! I'm still filled with immense pride and gratitude after our Indian Board of Orthodontics (IBO) Silver Jubilee Celebration and IBO Diplomates' Meet.

Celebrating 25 years of the IBO was a significant milestone, and seeing our esteemed founder Board of Directors, past IBO chairmen and Diplomates, come together to commemorate this journey was a sight to behold. The energy and camaraderie were simply incredible.



A heartfelt thank you to everyone who made this event a resounding success. Big thanks to my team of BOD's Dr.Mala Ram Manohar , Dr. Ajit Kalia , Dr.Kiran Kumar and Dr.Ashish Garg for their tireless efforts and hard work in successfully organising the event .

The landmark event of the program was releasing the Postal Stamp by India Post with the hands of our esteemed IOS president Dr.Puneet Batra sir to commemorate the Silver Jubilee of the Indian Board of Orthodontics , celebrating 25 years of clinical excellence ! I thank IOS President Dr.Puneet Batra and IOS Hon. Secretary Dr.Sanjay Labh for all the support from the head office for the program.



Big thank you to our guest speaker, Dr. Kee-Joon Lee for sharing his invaluable insights, and most importantly, to all the IBO Diplomates for their excellent presentations during the 9th Diplomates' Meet. Thank you for upholding the highest standards of our profession – your presence and contributions are what make the IBO what it is today.

On the personal front, it was a big honour for me and the BOD's to felicitate all the Past IBO chairmen with the Chest Jewel and all the Diplomates with the Silver Jubilee mementos. It was indeed the moment to cherish for a lifetime!

The musical night which saw melodious performances by fellow Diplomates was an icing on cake! Big thank you to Dr. Shobha Sundereshwaran ma'am and Dr. Swati Acharya for all the arranging it with a very short notice.



The words will not be enough to express sincere thanks to Dr.Vidyesh Nadkarny who helped us immensely with almost everything .

The knowledge shared, the connections renewed, and the new friendships forged over the past two days were truly inspiring. As we reflect on our journey, we also look forward to the future with renewed vigor and determination. The IBO remains committed to elevating the quality of Orthodontic care and fostering a culture of continuous learning and excellence.

Here's to the next 25 years of fostering clinical excellence !

By Chairman , IBO
Dr. Salil Nene



Crystle™

Clear Aligner Orthodontic Appliance

**Designed by Orthodontists, Driven by Smiles****BUILD PATIENCE TRUST & CONFIDENCE**

Orthodontist led treatment plan

PREDICTABLE TREATMENT OUTCOMES

Say Goodbye to refinements

AGILITY LIKE NEVER BEFORE

Your first aligners in under an hour

CONSISTENT FORCES & DEFORMATION RECOVERY

Tri-laminar German aligner material

TECHNOLOGY INTEGRATION

Precise Laser cut scalloped margins

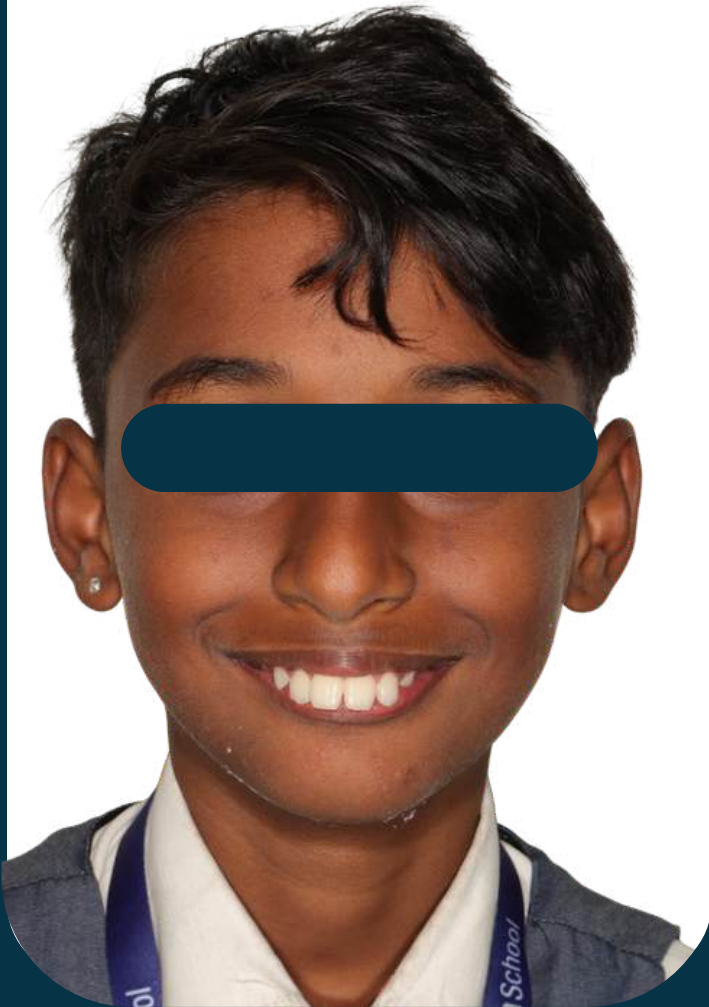
COST EFFECTIVE

Grow your aligner practice

[contact us](#)

IS YOUR BRACES DOCTOR IOS ENDORSED ?

BEFORE



AFTER



IOS Times acknowledges Dr. Chandrasekhar B.S for his contribution towards the public awareness page .



<https://findanorthodontist.bracespecialists.com/>

Does your braces doctor have an MDS degree in Orthodontics ?

<https://findanorthodontist.bracespecialists.com/>



Before

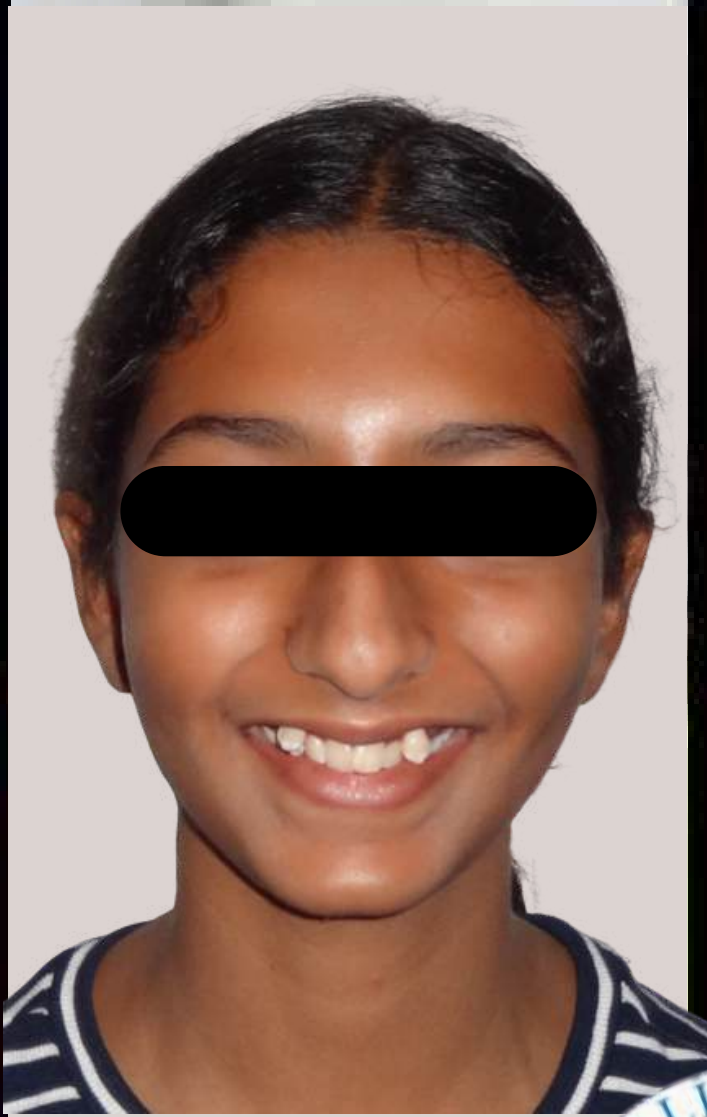


After

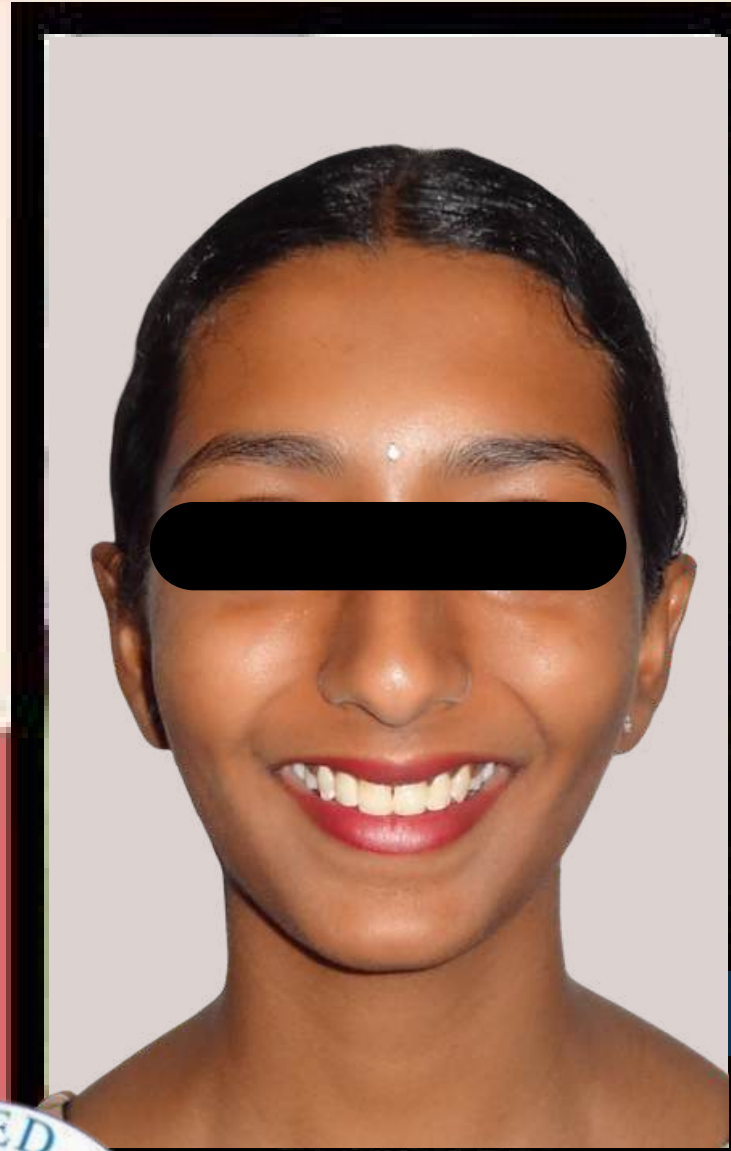
IOS Times acknowledges Dr. Kunal Mehta for his contribution towards the public awareness page .



MAGIC OF BRACES !



BEFORE



AFTER



IOS TIMES ACKNOWLEDGES DR. GAGAN DEEP KOCHAR FOR HIS CONTRIBUTION TOWARDS THE PUBLIC AWARENESS PAGE .

Is your braces doctor a qualified orthodontist?

BEFORE



AFTER



IOS Times acknowledges Dr. N Ibemcha Chanu for her contribution towards the public awareness page .

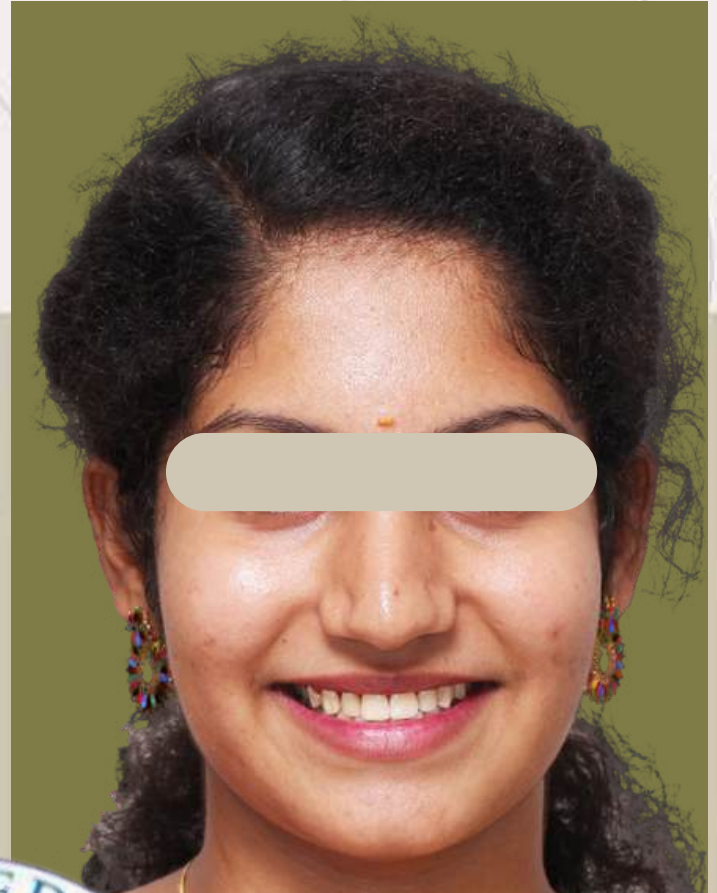
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<https://findanorthodontist.bracespecialists.com/>

Is your braces doctor a member of Indian Orthodontic Society ?



Before



After



**IOS TIMES ACKNOWLEDGES DR. SAIKRUPA GANESHAN FOR
HER CONTRIBUTION TOWARDS THE PUBLIC AWARENESS PAGE .**

<https://findanorthodontist.bracespecialists.com/>

**IN ASSOCIATION WITH****SARDAR PATEL POST GRADUATE INSTITUTE OF
DENTAL & MEDICAL SCIENCES, LUCKNOW****SAVE THE DATE****MONDAY
29th
SEP, 2025****VENUE :
LUCKNOW
GOLF CLUB****REGISTRATION
FEE
RS. 8500/-**

Interested members please confirm your participation to
Dr. Sudhir Kapoor (+91 9415022735)
So that Necessary Arrangements & Bookings can be made

DETAILS TO FOLLOW SOON



29th IOS PG CONVENTION

FEB 05th-08th, 2026

"Aligning with the Future"



**LAST DATE TO
SUBMIT ABSTRACTS
FOR PAPER, POSTER AND
TABLE CLINIC**



**15TH OCTOBER
2025**

For more information

Visit us at 29iospgconvention.com



Dr. O.P. Kharbanda



Professor O.P. Kharbanda was honoured with the "Lifetime Achievement Award" in the glittering ceremony during the 23rd Conference of the Indian Society for Cleft Lip, Palate, and Craniofacial Anomalies at Bombay Hospital on August 4, 2025.

Lifetime achievement Award for Prof. Kharbanda in Cleft Care

This Award is a significant recognition for the orthodontic profession and the Indian Orthodontic Society by the interdisciplinary organisation of experts in Plastic Surgeons, Oral and Maxillofacial Surgeons, Speech and ENT, Orthodontists and scientists involved in holistic cleft care. Dr. Kharbanda is a life member and past president of the Indian Orthodontic Society. His contributions to the orthodontics, cleft care and dental profession are numerous and impactful.

Dr Kharbanda responded :

"I am deeply humbled to receive the Lifetime Achievement Award for contributions to cleft care, a subject so dear to me. This recognition is a testament to the power of collaborative effort and dedication. This honor highlights the impact of teamwork and the resilience of the numerous cleft patients from across the country and overseas I have had the privilege to serve."

Thank you, Drs., Abbas Mistry, President, Mushtaq Ahmad and the entire ISCLP and CA team, for this remarkable recognition.





Life Journey of Dr. Kharbanda in Cleft Care has been long and arduous with serious indulgence beyond his duties at AIIMS in various other capacities. Here is a brief about events and his contributions.

Early 80s in Lucknow and AIIMS, New Delhi

Dr. Kharbanda's journey into the field of cleft lip and palate began during his Master's course at King George Medical University in Lucknow from 1977 to 1978. During this time, he observed cleft surgeries in the Plastic Surgery department and prepared feeding plates for newborn cleft patients.

In 1985, Dr. Kharbanda joined as faculty at the All India Institute of Medical Sciences (AIIMS) in New Delhi, working with Dr. S.S. Sidhu, who had previously worked with Dr. Olav Bergland in Oslo, Norway, on cleft lip and palate. Working at the "Combined Cleft Clinic" at AIIMS, led by Dr. Sidhu, and much inspired by him and Dr. Ashok Utreja, PGI Chandigarh, he engaged himself deeply in cleft care.

British Commonwealth Medical Fellowship in Cleft Care :1995

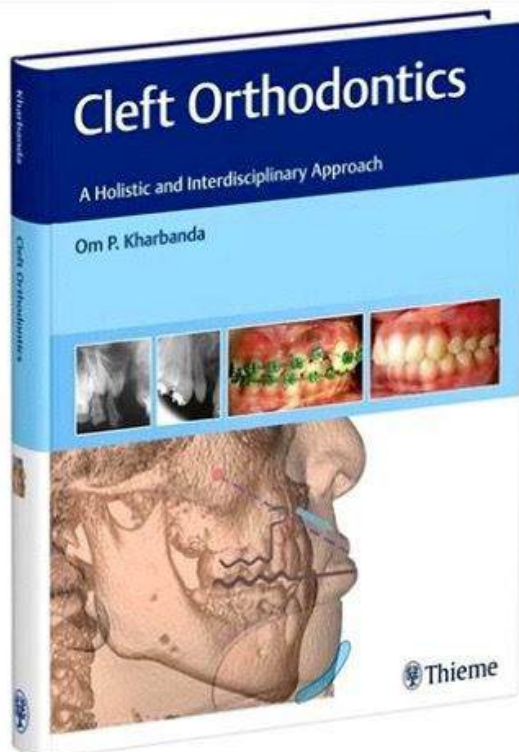
In 1995, Dr. Kharbanda was selected as a British Commonwealth Medical Fellow in Manchester. During his fellowship, he received specialized training in cleft care and collaborated with Prof. William C. Shaw, Dr. Gunvor Semb, and the Oslo Cleft team. He was introduced to the 'Eurocleft' project, working on the palatal volume of EuroCleft records, which resulted in publications in the Cleft and Craniofacial Journal*.

American Cleft Palate Craniofacial Association

In the late 1990s, Dr. Kharbanda served as an American Cleft and Craniofacial Association (ACPA) Visiting Scholar, visiting cleft centers in Arizona, Saint Louis, Lancaster, and Toronto. At the Lancaster Cleft Clinic, he met Dr. Rusty Long. During the ACPA conference in Arizona, he encountered Dr. Jyotsna Murthy, an eminent pediatric plastic surgeon from Paris. This meeting further deepened his desire to collaborate with surgeons in providing care to cleft patients.

The knowledge and experiences gained from international training and visits significantly fueled his passion for cleft care.





Back Home in India

Motivated by his commitment to the field, Dr. Kharbanda returned to India with the goal of establishing dedicated Cleft care Center and assembling specialised teams. In 1996, he played a key role in sensitising orthodontic professionals by organising a full-day workshop on Holistic Cleft Care at Hotel Ashok during the International orthodontic conference. Dr. William Shaw and Dr. Gunvor Semb were the lead speakers, focusing on data from Eurocleft and highlighting how a team approach can achieve optimal outcomes. This was followed by many CMES and cleft trainings across the country.

Indian Society for Cleft Lip, Palate, and Craniofacial Anomalies
Dr. Kharbanda's contributions to founding the Indian Society of Cleft Lip, Palate, and Craniofacial Anomalies (ISCLPCA) in 2002 have been widely recognised. The ISCLPCA brought together plastic surgeons, maxillofacial surgeons, orthodontists, speech therapists, and other professionals dedicated to improving the lives of individuals affected by cleft lip, palate, and craniofacial anomalies. He contributed to the Indian Cleft Society in various roles, including serving on the executive committee, as vice president, and as Chair of the scientific committee for the Asia Pacific Orthodontic Conference in Goa and the Chair of Indian Cleft Conference in Delhi.

Dr. Kharbanda also served as President of the ISCLP and CA and organised the National Conference at AIIMS. He was invited to deliver the prestigious "Founders Oration" at the 15th Annual Conference of Cleft Lip, Palate, and Craniofacial Anomalies in Chandigarh and was honored for his outstanding contributions during the annual conferences in 2020 and 2024.



Cleft Orthodontic Mentorship Across the Globe

Starting in 2001, Dr. Kharbanda made significant contributions to the field of cleft orthodontics. He was regular speaker to deliver specialised modules in Sydney, and Perth through for 2 decades. . This collaborative effort, which spanned several years, allowed him to share his expertise in cleft orthodontics and educate students in Australia many of those were also international postgraduate students.

Recognising his expertise, Dr. Kharbanda received invitations to share his knowledge at numerous national and international conferences. He conducted lectures, interactive sessions in cleft modules and hands-on courses in cleft orthodontics at prestigious institutions, including University Teknologi MARA and University SAINS in Malaysia, the Orthodontic and Dentofacial Orthopaedic Association of Nepal (ODOAN), as well as in Sri Lanka and Bangladesh.

In addition to being a speaker at multiple cleft conferences worldwide and conducting training programs in cleft orthodontics, he made significant contributions as a distinguished panel member at the 14th Cleft Congress held in Edinburgh in 2022. There, he engaged in discussions with Dr. Maria Constanza Meazzini on the critical topic of Class III correction in growing cleft patients.

India Cleft Project

Professor O.P. Kharbanda has made remarkable contributions to the field of cleft care, notably through the prestigious "IndiaCleft" Project, a national initiative aimed at understanding current practices and solutions for holistic cleft care. This multi-Centre project, funded by the Indian Council of Medical Research (ICMR), benefited from his role as curator and principal investigator. He developed the "IndiaCleft" Tool in collaboration with the ICMR headquarters and the National Informatics Centre of the Government of India. This web-based tool is a valuable resource for cleft care professionals, aiding in data collection, analysis, and decision-making.

Post-MDS Fellowship in Cleft Orthodontics

In 2017, Professor Kharbanda curated and initiated a formal three-year, fully paid residency Fellowship in Cleft Orthodontics at the Centre for Dental Education and Research, All India Institute of Medical Sciences (AIIMS), New Delhi. This was a significant advancement in cleft care training, providing aspiring orthodontists with specialized instruction to address the unique challenges associated with cleft lip, palate, and craniofacial anomalies.

In 2019, he served as the Organizing Chairman for the National Training Program on Cleft and Craniofacial Orthodontics at AIIMS, New Delhi. His leadership and expertise were instrumental in the program's success.

ICMR Dr. C.G. Pandit National Chair

Professor Kharbanda was honored with the prestigious Dr. C.G. Pandit National Chair by the Indian Council of Medical Research, recognizing his exceptional contributions to the field and his unwavering commitment to improving the lives of individuals affected by cleft conditions.

Under Professor Kharbanda's visionary guidance, cleft clinics have been established at multiple locations throughout India, including AIIMS Rohtak, and Ramaiah University of Applied Sciences, Bangalore.

ABMSS Smile

Professor Kharbanda serves as a medical advisor for the Akila Bharatha Mahila Seva Samaja (ABMSS), which runs the SMILE initiative—a significant NGO in India. His expertise and guidance have greatly advanced cleft care and support for individuals affected by cleft lip, palate, and craniofacial anomalies. He mentors cleft centres across India for quality treatment outcomes and clinical guidance.

Research and Books

His passion for research in cleft and craniofacial orthodontics is evident through his publication of over 30 scientific papers on the subject

With over four decades of experience in cleft care, Professor Kharbanda has compiled his knowledge into two educational booklets for patients, available in English (2010) and Hindi (2019).

He has also authored a textbook on Cleft Orthodontics (2021), which stands as a definitive work integrating extensive experience in managing cleft cases across all ages and complexities. This textbook presents a thorough synthesis of knowledge, procedures, techniques, and contemporary approaches in cleft orthodontics, filling a crucial gap in postgraduate cleft orthodontic training. It emphasizes a global perspective and internationally accepted protocols, serving as an excellent resource for practitioners focusing on facial growth, orthodontic diagnosis, therapy, and relevant techniques.

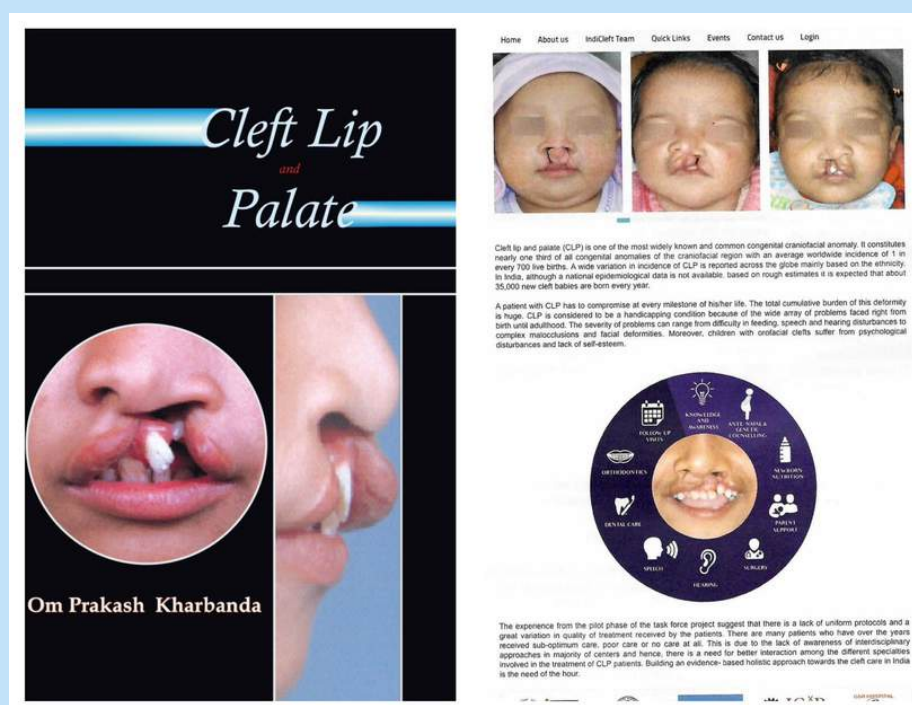
Summary

Professor Kharbanda's unwavering dedication has significantly impacted the field of cleft care in India, benefiting countless patients and families. This progress was initiated by his participation in the British Commonwealth Fellowship and his collaboration with prominent figures such as Professor William C. Shaw, OBE, Gunvor Semb from Norway, Rusty Long from the USA, and others.

His mentored disciples are now working across India and have attained significant positions in their professional careers as cleft orthodontists, benefiting thousands of patients

He has dedicated his accolades solely to his patients and the team he has worked with. He expresses his deep gratitude to his mentors, and to his family for their unwavering support.

He continues to mentor and inspire research, deliver lectures, and offer services to cleft patients who are now in second generation.



Dr. Ameet Revankar

Dr. Ameet V Revankar is an eminent figure in the field of Orthodontics and academia, serving as Professor of Orthodontics at SDM College of Dental Sciences, a constituent institution of Shri Dharmasthala Manjunatheshwara University, Dharwad. A proud alumnus of the same institution, he successfully attained his MDS in Orthodontics in 2008 and has since devoted his professional endeavors to the enhancement of orthodontic education, research, and clinical practice.



Throughout the past 17 years, Dr. Revankar has served in various capacities, while making substantial contributions to orthodontic pedagogy and research. His scholarly output includes over 55 publications and 36 scientific presentations, many of which have been showcased on international platforms, with his clinical contributions prominently featured multiple times on the cover of the American Journal of Orthodontics & Dentofacial Orthopedics (AJODO). Furthermore, he has authored a "Special Article" and has been highlighted in the AJODO's "Research of the Month" series, which corroborates the global acknowledgment of his scholarly contributions.

Dr. Revankar has been actively engaged in editorial and scientific endeavors, having served as Associate Editor of the Journal of Asia Pacific Orthodontic Society from 2012 to 2018, Section Editor of the Journal of the Indian Orthodontic Society since 2017, and as a member of the Editorial Board of BMC Oral Health (Springer Nature). He also routinely participates as a reviewer for prestigious international journals. His leadership capabilities were prominently displayed as the Scientific Chairman of the Zonal PG Convention in Dharwad in 2017 and as a member of the Indian Orthodontic Society Research Committee from 2018 to 2021. His recognitions encompass the Guident Dental Academic Excellence Award (2018), which acknowledged him as the most proactive senior academician in orthodontics, along with competitive research grants from both the Indian Orthodontic Society and the Indian Council of Medical Research. Significantly, a postgraduate research initiative under his mentorship was awarded the esteemed Charley Schultz Award at the American Association of Orthodontists Annual Conference in 2018, marking a historic achievement as the first of its kind for an Indian.

As a dedicated life member of the Indian Orthodontic Society and a Fellow of the World Federation of Orthodontists, Dr. Revankar actively encourages both students and his professional peers. His research endeavors at this time include areas like orthodontic biomechanics, the application of temporary anchorage devices, accelerated methods in orthodontics, and the utilization of artificial intelligence within orthodontic research and practice—reflecting his forward-looking vision for the specialty's evolution. He is presently advancing his academic qualifications through a PhD focusing on the application of Artificial Intelligence in Orthodontics at SDM University, Dharwad.

Reported by : Section Editor
Dr. Stuti Mohan

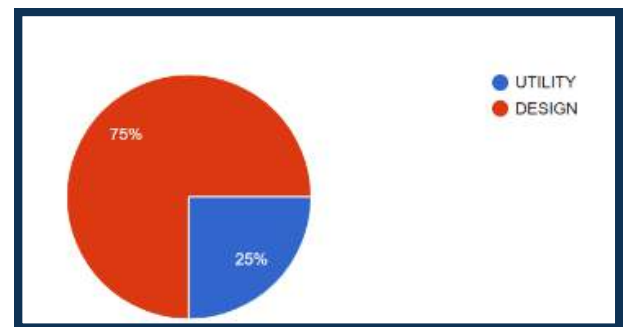
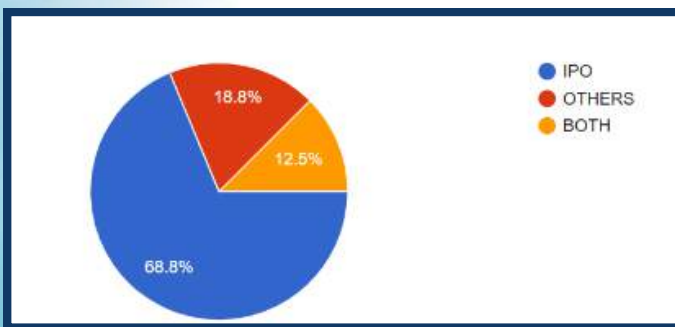


RESEARCH COLUMN

Patents from Indian Orthodontists – plan to create a repository

A google form was sent to IOS students and life members in the June issue of IOS TIMES. The purpose was to create a Central Repository in the IOS WEBSIE of the available patents from the Indian Orthodontists. We received a good number of 21 responses so far with a few members having more than one patents registered. We will send the link again in groups as well here in IOS TIMES, members those who have patents registered and yet to respond kindly fill the form and enable us to showcase the proud patents and innovations of Indian Orthodontists to the world. A separate column of IOS PATENTS will be created in the IOS website soon.

RESULTS SO FAR:



Google form for towards patents:

<https://forms.gle/pNDZLk5hwhfMhaK68A>

RESEARCH GRANTS OPEN CURENTLY

CALL FOR INVESTIGATOR-INITIATED RESEARCH PROPOSALS FOR FIRST IN WORLD CHALLENGE GRANTS (2025) – A research grant from ICMR is open till September 30.

Following three types of projects will be considered under this scheme:

- Project to develop 'Proof of concept': Projects submitted at conceptual stage to design proof of concept. (up to 1 Cr each); maximum duration 2 years
- Project to develop 'Prototypes': Shortlisted projects to develop prototype of product in the next stage. (up to 4 Cr each); maximum duration 3 years
- Project to develop 'Final product/model': Shortlisted projects to develop final product/ implementation model (up to 8 Cr each); maximum duration 4 years

Link:

[https://epms.icmr.org.in/extramuralstaticweb/callforproposal/FIWC%20CALL%202025%20\(FINAL\).pdf](https://epms.icmr.org.in/extramuralstaticweb/callforproposal/FIWC%20CALL%202025%20(FINAL).pdf)

DOCTORAL DEGREE



The Indian Orthodontic Society is proud to share that three of its life members have successfully completed their Ph.D. program in Orthodontics from Swami Vivekanand Subharti University, Meerut.

* Prof. Dr. Ajit Kalia, (Professor and Head, Department of Orthodontics, M.A. Rangoonwala Dental College)

* Prof. Dr. Shubhaker Rao Juvvadi (Principal and Head, Department of Orthodontics, Balaji Dental College), Hyderabad

* Dr. Jitendra Bhagchandani, (Professor and Head, Department of Orthodontics, Sardar Patel Post Graduate Institute of Dental and Medical Sciences, Lucknow)

This remarkable achievement was accomplished under the esteemed guidance of Prof. Dr. Pradeep Raghav and Prof. Dr. Munish Reddy. The doctoral research work was critically evaluated by distinguished examiners, Prof. Dr. N.R. Krishnaswamy (Professor and Head, Department of Orthodontics, Ragas Dental College, Chennai) and Prof. Dr. Sandhya Maheshwari (Professor, Aligarh Muslim University).

With this milestone, three members of the Indian Orthodontic Society have successfully cleared the prestigious Ph.D. program, marking a moment of pride for the fraternity.

IOS extends its congratulations and best wishes to them for continued success and contributions to the field of Orthodontics.



Reported by Associate Editor, Dr. Uma Revathi

The Visiting Bag

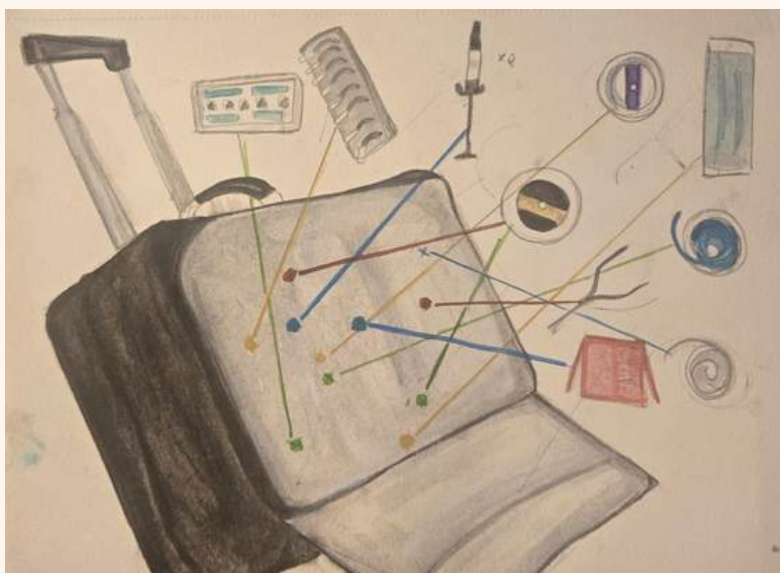
ESSENTIALS FOR A BEGINNER

One of the decisions I took once I completed my post-graduation was to be an ‘exclusive practitioner’ of Orthodontics. While it is debatable whether it was the right choice to make, I have thoroughly enjoyed restricting myself to the practice of orthodontics alone.

While most of us enjoy working at our own clinic, a consequence of doing only orthodontics meant that it is imperative that we engage in visiting practice within the city and outstation. Out-station practices run the gamut of clinics - from clinics in tier-3 hamlets, to state-of-the-art centers in a tier-1 cities. In either scenario, we should aim to deliver a *class 1 canine, normal overjet/overbite, good posterior occlusion and pleasing, balanced extraoral features*. To achieve optimal outcomes, one has to equip themselves with the right armamentarium.

Now coming to the topic of this article, I would like to share the contents of my ‘visiting bag’. This is not for the seasoned practitioner, rather for the newbies who would benefit from a ‘ready reckoner’ for the fresh postgraduate. The experienced visiting orthodontist might glance cursorily at my list and find the odd item missing, or wonder of wonders! something he might add to his already well stocked bag.

Coming first to the bag itself, I prefer an overnighter suitcase or a carry-on luggage of about 40 liters capacity with 4 rotation wheels and a retractable handle so that I can roll it on smooth surfaces wherever possible and avoid carrying the bag which can weigh around 10kg when fully packed.



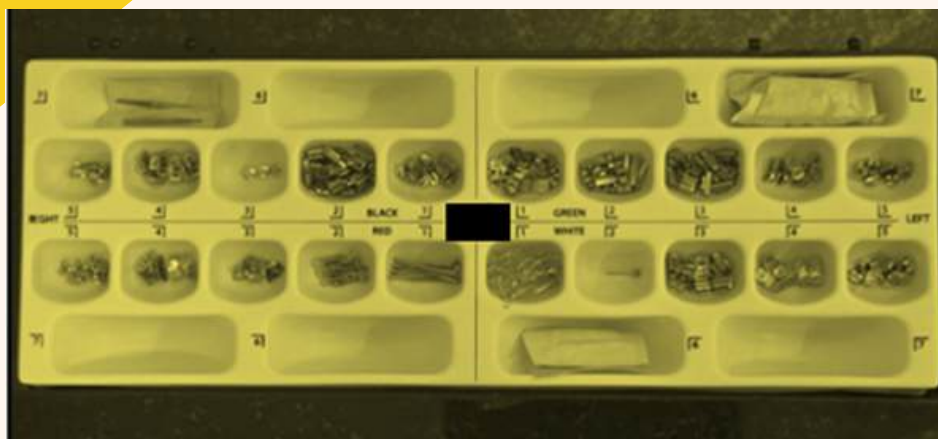
BRACKETS AND OTHER ATTACHMENTS

The practitioner will have to carry bracket kits – The standard metal kit, ceramic bracket kits, self-ligation bracket kits. The number and proportion will depend on the nature of your practice. But make sure that you have sufficient kits of all varieties to avoid a situation where you have to frantically call a colleague for a particular kit. Happens!

Along with the brackets you will need an assortment of attachments. The attachments must all be kept in a single bracket container box with multiple compartments.

The standard metal kit, ceramic bracket kits, self-ligation bracket kits.
Bondable single molar tubes (both first and second molars)
Bondable molar double tube – some versatility (for engaging auxiliary wires and springs) preferably convertible tubes (first molar)
Lingual buttons
Begg brackets – flat and curved (best to bond impacted teeth)
Crimpable hooks for retraction (long and short)
Kobayashi ties
Lingual cleats
Weldable molar tubes (both first and second molars)





ROUTINE CHECKUP INSTRUMENTS

The pliers that we use most on a routine checkup carry 4 sets of these to circulate while cleaning between patients.

Invest in a thick (denim like) cloth plier carrying folder, especially for your cutters to help them last long.

Ligature cutter – preserve it, so that it lasts long

Ligature tying – Mathieu

Weingart – utility plier

Distal end cutter

WIRE FORMING INSTRUMENTS

(If you're into not lots of wire bending – you should be, makes life simpler in the long run)

Tweed loop former – for bulbous loop bending

Nance loop former – for straight bends

De la Rosa plier – Arch forming

Turret - Arch forming of straight length wire

A pair of Tweed pliers – for 1st, 2nd and 3rd order bends incorporation

Bird beak plier - wire bending

A heavy wire cutter – make sure you grasp the wire's free end to avoid mishaps

Hollow chop plier / canine contour plier

BONDING ARMAMENTARIUM

Bonding is the basic bedrock on which the modern fixed appliance rests on so make sure you have all the required stuff to bond on all surfaces efficiently so that the appliance lasts the duration of the treatment with minimum breakages.

Light cure adhesive paste and liquid
Etchant
Color changing composite (useful for ceramic brackets)
Applicator brush with multiple tips
Bite raising composite
Aligner attachment composite and primer– A1 shade bulk fill (my preference)
Bracket holders (at least 2 to enable assistants to load adhesive)
Ceramic etchant (HF) - carefully packed separately and a bottle of Silane
Flowable composite to bond BLR's
A HIGH INTENSITY WIRELESS LIGHT CURE unit which can cure adhesive in sub-5 second pulse
MBT gauges
Cheek retractors (include a pedo one too)
Tongue guards (usefull while bonding lower BLR
All surface bonding resin



DEBONDING

A much neglected aspect, If done well you can minimize the scars of orthodontic treatment and leave the patient with lovely gleaming enamel. Delegate to a well-trained assistant if time is an issue.

Debonding plier
Debonding burs – TC burs – for removing the bulk of the composite – with good air evacuation to minimize particulate matter
Ultra-fine diamond burs – to remove the residual layer of composite
Composite polishing disks – for final removal without crazing the enamel surface
Flat retainer wire spool for bonded retainers

A PORTABLE INTRAORAL SANDBLASTER

for those situations where air abrasion is warranted. Just take care to ensure precautions like covering the patient's eyes and nose with a mouth mask and wet gauze intra orally to avoid inhalation of the sand along. Adequate high vacuum suction adjacent to the sandblaster nozzle to suck out the excess sand.

WIRES

A purpose-built wire organizer box full stocked with the size and selection of wire that you use in your sequence. Wire like SS, Niti, TMA, braided wire of all the cross sections that you use. Keep an eye on your inventory and keep it well stocked. Those that come in spools must be kept out side.

Superelastic NiTi – round, rectangular Thermal Niti. RCS Niti.
SS – round from spool and various cross sections of rectangular SS
TMA – one tube straight length for those rare situations requiring retraction springs or intrusion arches
Braided wires – for settling



TAD'S

Carry pre sterilized and pouched micro implants, both inter radicular screws and IZC/Buccal shelf with appropriate drivers so that you are always prepared to place TAD's when indicated. Contra-angle handpiece with adaptor and engine driver for palatal/retromolar implant placement must be available.

Inter radicular screws (mm)– 1.6X10, 1.3X8, 1.8X10

IZC/BSS (mm)– 2X12, 2X10

Long hand drivers

Contra-angle handpiece with adaptors and engine driver for palatal implant placement

IPR KIT

Make sure you have a good equipment to carry out IPR. If you prefer burs then stock up on the suitable IPR burs sets with a good Airotor handpiece. If you use a reciprocating handpiece with abrasive strips of various grits, then keep those at hand. Make sure you have composite polishing strips or micromotor discs (with adaptor) to polish the enamel post IPR.

ELASTOMERICS AND SPRINGS

The various elastomeric force delivery components must be available for all scenarios of space closure, space creation, derotation, intrusion and extrusion. Here quality is paramount for optimal treatment outcome. No compromises!

E-chains – Short and closed

Elastic thread

Elastomeric ligatures or O-rings (grey, clear and assortment of colours)

Latex intraoral elastics of various dimensions for class 2, class 3, settling etc. along with a pouch of extraoral elastics (16oz).

Elastomeric Separators

Niti open coil spring

Arch wire protective tubing

A set of Niti closed coil springs (you need them sometimes)

A tension gauge e.g. Dontrix (cause you need to know how much tension or pressure you're applying)

HAND INSTRUMENTS THAT COME 'HANDY'



Ligature tuckers

SL brackets opening tool

Cement carrier to place composite into attachments templates or to make bite blocks

Hand scaler - to remove flash, calculus and to open the cap on interchangeable molar tubes.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

N95 mask – preferable to regular 3 ply in the flu season

Apron and or scrubs

Disposable head caps to keep your hair free of the aerosol

Protective eyewear if you don't wear glasses

FINAL ROUND - UP

The essentials to round off the kit!



Instrument stand

Ligature spool (I use 0.009" and 0.012")

Ligature ties (Pre-formed by my assistant)

A hook crimping plier (for that secure crimp)

Young's universal plier - for adjusting that ill fitting retainer!

A three-prong plier (useful for intra-oral wire bending)

Orthodontic relief wax

A camera for good documentation (maybe you prefer a high-end smartphone!)

Aligner chewies – for dispensing to patients who run short of them

Appointment book/ collection book

That concludes my kit for visiting practice, I thought it covers most things. I have left out some things like luting cement, intraoral scanners and disinfectant scrubs as clinics generally provide these. I am sure you find things missing, you can update is list by emailing me at drsidshetty@gmail.com. All the best !

Dr. Siddarth Shetty

Mangalore Orthodontic Study Group

**ORTHODONTIC PRACTICE MANAGEMENT
WITH WORKFLOW****FIRST CONTACT &
SCHEDULING**

The patient journey begins with a phone call, message, or website inquiry. A trained front desk team should gather essential details and schedule appointments promptly. Digital systems with automated confirmations and reminders help to minimize no-shows.

**CONSULTATION &
RECORDS**

During the initial visit, clinical photos, radiographs and scans are taken. The orthodontist explains diagnosis and treatment options. Digital simulations increase understanding and case acceptance.

**TREATMENT PLAN &
CONSENT**

Once the patient agrees, the treatment coordinator provides financial counseling, obtains consent and schedules bonding or aligner delivery. This stage must be seamless and informative.

**ACTIVE TREATMENT
WORKFLOW**

Appointments should be scheduled strategically—short slots for minor adjustments and longer ones for new appliance placements. Clear chairside protocols, checklist systems and delegations to trained assistants ensure efficiency.

**COMMUNICATION &
COMPLIANCE**

Maintain constant communication with patients through automated reminders, follow-ups and educational messages. Monitor missed appointments and ensure timely intervention to avoid delays.

**DEBONDING
& RETENTION**

After treatment, celebrate debonding, deliver retainers and provide instructions. Schedule post-treatment reviews and track retention compliance to ensure long-term results.

**STAFF TRAINING &
KPI REVIEW**

Hold regular meetings to review performance metrics; case starts, collections, cancellations and improve workflow. Encourage continued education and team development to boost morale and performance.

**MARKETING & PATIENT
EXPERIENCE**

Build your brand with patient testimonials, before-after images and referral programs. Ensure every patient touchpoint, from reception to chairside is welcoming, efficient and aligned with your clinic's values.

By :
Dr Preethi
Udhayaraja



Dr. GAUTAM MUNJAL

Dr. Gautam Munjal's journey in dentistry started in 1983 with BDS from Dental Wing, Government Medical College Patiala (now GDC Patiala). After working in Safdarjung Hospital, Delhi (1987, 1989), he secured admission in the prestigious PGIMER Chandigarh for MDS in Orthodontics and Dentofacial Orthopaedics (Jan 1990 batch).

He has been in exclusive Orthodontics practice for more than thirty two years, along with pursuing academics; being Professor and Head in Department of Orthodontics and Dentofacial Orthopaedics in Bhojia Dental College and Hospital, Budh, Baddi (Himachal Pradesh) and later in Rayat and Bahra Dental College, Mohali, Punjab.

He is practicing edgewise orthodontics in its various variants, his special interest being Ortho – aesthetics, interceptive orthodontics, biomechanics, cleft lip and palate orthodontics and inter-disciplinary approach.

He is

- Diplomate of the Indian Board of Orthodontics (first batch-1999).
- Chairman Indian Board of Orthodontics (2014-2015)
- Executive Committee member of Indian Orthodontic Society (three consecutive terms -2011 to 2014).
- Founder convener - Chandigarh Orthodontic Study Group.
- Founder member- Indian Society of Cleft lip and Palate and Craniofacial Anomalies.
- President- Indian Dental Association, Chandigarh State Branch (2019 & 2012), and was awarded the best state branch president 2012 & 2019 by IDA Head office.
- Fellow World Federation of Orthodontists (since 2001)
- Fellow- Pierre Fauchard Academy (since 1998),
- Fellow- Academy Dentistry International (1999),
- Fellow- International College of Dentists (since 2002).

He cleared his Diplomate, Indian Board of Orthodontics in the first batch in 1999. (Being the youngest candidate of the first diet of IBO and incidentally the first one to take the exam)



With teacher and mentor Dr. Ashok Utreja



First batch of Diplomates Indian Board of Orthodontics 1999



He received best clinical paper award in 42nd Indian Orthodontic Conference in 2008 for his work in Ortho aesthetics - Walk an extra mile for a better smile.



Receiving Best Clinical Paper Award at 43rd IOC Mumbai for 42nd IOC Nagpur presentation.



He got elected as Director Indian Board of Orthodontics in 2010 at Mangalore.



He took up as chairman of IBO in 2014.

Dr. Gautam Munjal has the honour of being selected for four consecutive terms for presentation in International Orthodontic Congress of WFO. In 7th International Orthodontic Conference of World Federation of Orthodontics at Sydney, Australia, in 2010, his clinical paper was one of the 5 Oral presentations selected for presentation in the category -, "Orthodontic Treatment-Finishing And Excellence", and received a letter of appreciation from Dr David Sarver.



With Dr. David Sarver at 7th IOC Sydney.

In 8th International Orthodontic Conference of WFO at Excel Centre London, being chairman of Indian Board of Orthodontics, took part in the Board Certification process in his capacity as then Chairman of IBO and was the team leader for the Clinical Examination part.



(L-R) Dr. Chun-Hsi Chung, Director, American Board of Orthodontics, Dr. Gautam Munjal Chairman Indian Board of Orthodontics, Dr. Eladio DeLeon, Jr. ; President, American Board of Orthodontics, Dr. Steve Dugoni, Vice President, and President Elect American Board of Orthodontics at 8th IOC London





ABO / WFO Symposium for Orthodontic Board Certification at 8th IOC, London, 2015



Subsequently he had the honour to address the faculty at the University of Leeds in 2015.



In the 9th IOC of WFO, he presented two virtual presentations (conference went online due to Covid in 2020, Yokohama Japan).



As chairman of Indian Board of Orthodontics, conducted various IBO awareness programmes, and even the Smile Torch events held in 2014-15 and as chairman he introduced the concept of Diplomates meet, where diplomates in a symposium would present clinical cases and techniques, being scrutinised and reviewed by other board members.



First Diplomates Meet: "Learning through Sharing" 18th July 2015, Chandigarh.



Director PGI addressing IBO Awareness Program ,Chandigarh.



Dr. Munjal was invited as guest speaker at 1st Asian Regional Congress of Dental Traumatology organized by International Association of Dental Traumatology & Indian Society of Dental Traumatology on 17th - 18th December 2022.

Dr. Munjal was invited as Key Note speaker at 47th Indian Society of Periodontology National Conference (with joint scientific sessions with International Periodontology Societies), at Amritsar, on 1st- 3rd December 2023.



Besides being invited as guest/key note speaker in various National/International Orthodontic Conferences, he has been invited as guest/key note speaker in various other national / international speciality conferences as well including ISPPD, Periodontics, International conference of Indian Society of Oral Implantology, Indian Society of Cleft Lip and Palate, addressing Plastic Surgeons on Cleft Lip and Palate, along with numerous state and regional conferences, as even lone faculty for full day programmes of Orthodontic Study groups and Dental Colleges and Universities etc.



Dr. Gautam Munjal was invited as Guest Faculty by Baba Farid University at their Master Class Programme at DDC Faridkot (2022) and NDC Dera Bassi (2023).

Dr. Gautam Munjal served as President of Indian Dental Association, Chandigarh State Branch in 2012-13 and 2019-20 and received best state branch president award for both the terms.



24 02 2013 Kolkata IDA Best state branch President.



Indian Dental Association Chandigarh 2019
President Best President Award_Idc 2020
Kovalam 25 01 2020



Dr. Gautam Munjal is a proud Rotarian (Rotary Club Chandigarh, since 1998) and a Paul Harris Fellow. Taking Smile Torch to Past Rotary International President Mr. Raja K Saboo, at my home club.



Dr. Gautam Munjal is married to Madhuri Munjal (M.Sc. Clinical Biochemistry) and has two sons: Advocate Aarush Munjal B.A.LLB; M.A. LL.M and Dr. Arnav Munjal B.D.S.; M.D.S. Orthodontics.

Honoured and privileged to be felicitated as Guest of Honour by Shri Banwarilal Purohit Ji, Hon'ble Governor of Punjab at FAP (Federation of Private Schools and Associations of Punjab, Regd.) National Awards 2022.

Dr. D. K. SABHARWAL memorial ORATION

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Contemporary Orthodontics

Dr. GAUTAM MUNJAL ORTHODONTIST

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PAST PRESIDENT INDIAN DENTAL ASSOCIATION CHANDIGARH STATE BRANCH

1194, SECTOR 8 - C, CHANDIGARH 160 009, INDIA
TEL: +91-9872540550, +91-172 - 2540550, +91-172 2544219.

www.drgautammunjhal.com

Dr Munjal is looking forward for his oral presentation at the 10th IOC at Rio De Janeiro, being his 4th consecutive presentation on the World Federation of Orthodontics forum.

Reported by Dr. Sanjeev Verma and Section Editor ,
Dr. Stuti Mohan



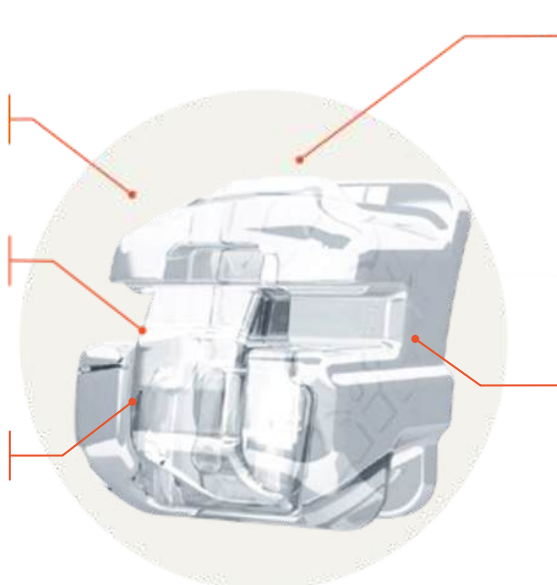
DAMON™ Clear 2

Damon Clear 2 combines the properties of low friction passive self-ligating technology with the aesthetics that image-conscious patients demand. The result is a crystal-clear appliance that goes beyond all aesthetic and functional expectations. Damon Clear 2 is a real innovation in transparency.

100% clear bracket body and slide for the supreme aesthetics patients demand.

Polycrystalline alumina (PCA) material is resistant to staining from coffee, mustard, red wine and other agents.¹

Self-ligating bracket design elastomers, which are known to stain and collect bacteria² during treatment.



Sturdy construction with fortified slide, window channel and tie-wings for exceptional strength and durability.

Customized base design with patented laser-etched pad provides optimal bond strength for greater reliability.

References: 1. Data on file. 2. Ligature wires and elastomeric rings; two methods of ligation and their association with microbial colonization of streptococcus mutans and lactobacilli. Forsberg, Brattstrom V, Malmberg E and Nord CE. European Journal of Orthodontics 1991; 13:416-420.

Dr. Sunanda Roychoudhury

Our senior Orthodontist, Dr. Sunanda Roychoudhury, recently visited the University of Otago in Dunedin, New Zealand — an institution ranked 33rd among the world's top dental schools. Representing the Indian Orthodontic Society (IOS), Dr. Roychoudhury's visit marked a significant step toward building stronger academic and research linkages between India and New Zealand. She was warmly received by the faculty and leadership of the University, reflecting the shared enthusiasm for international collaboration.

During the visit, Professor and Chair of Orthodontics, Dr. Mauro Farella, graciously accepted the felicitation from IOS. He expressed a keen interest in establishing collaborative research initiatives with Indian universities. Dr. Farella is internationally recognized for his pioneering work in pediatric sleep disorders, Temporomandibular Disorders (TMDs), and other complex orthodontic conditions. His willingness to partner with Indian institutions opens new avenues for joint research, exchange of expertise, and enhanced academic dialogue between the two countries.

The visit was further enriched by the presence of Dr. Adith Venugopal, one of our distinguished alumni, who is now serving as a Senior Lecturer in the Department of Orthodontics at Otago. Dr. Venugopal is actively engaged in both advanced research and clinical orthodontics, and his contributions are a source of pride for our country. His achievements stand as a testament to the global impact of our alumni network.

Dr. Roychoudhury's visit not only strengthened institutional bonds but also underscored the growing global recognition of the Indian Orthodontic Society's efforts to foster collaboration, innovation, and excellence in orthodontics.



When we think of an orthodontist, we often picture precision, science, and clinical expertise. But for Dr. Nilima Kakade, life extends far beyond the dental chair. Her journey outside the clinic reflects a blend of service, culture, art, and leadership—proving that a truly fulfilled professional life is a tapestry of diverse passions.

A HEART FOR SERVICE

As the Medical Director for Pulse Polio Eradication with the Rotary Club, Kalyani Nagar, Pune, Dr. Kakade played an active role in one of India's most impactful public health initiatives. Her contribution to community health reflects her commitment to service and her belief that healthcare extends beyond private practice into societal responsibility.

CELEBRATING CULTURE THROUGH DANCE

For Dr. Kakade, the rhythm of life is often set to the beat of music. A passionate dancer, she has not only participated but also earned awards for Best Dancer at Garba competitions. Dance, for her, is more than performance—it's an expression of joy, tradition, and community bonding.

LEADERSHIP IN THE SPOTLIGHT

In 2022, as the Cultural Head for the 56th Indian Orthodontic Society Conference held in Pune, Dr. Kakade curated an unforgettable cultural experience. The event featured a phenomenal Dhol-Tasha performance and a grand banquet for over 2,500 delegates from all over India—a vibrant celebration that carried extra meaning as it came immediately after the challenges of the COVID-19 pandemic.

A STUDENT OF MUSIC AND LIFE

Adding yet another dimension to her personality, Dr. Kakade is learning Hindustani Classical Music and regularly performs at various events. Her dedication to the art form shows that continuous learning and creative expression are vital to a well-rounded life.

BEYOND ORTHODONTICS – DR. NILIMA KAKDE

INSPIRING BEYOND THE CLINIC

From public health advocacy to cultural leadership and artistic performance, Dr. Nilima Kakade embodies the philosophy that professional excellence is enriched by personal passions. Her journey inspires peers and patients alike to explore life beyond their core profession—because it's often in those "beyond" moments that we find the richest experiences.

Dr. Gargi Sarkar : A Beacon of Balance and Resilience

As a successful orthodontist and clinician, Dr. Gargi Sarkar's professional life is a testament to her dedication and expertise. With a thriving practice and a growing family, including her young toddler, she seems to have it all together. However, what sets Dr. Sarkar apart is her unwavering commitment to her passions and well-being. A fitness enthusiast since her younger days, Dr. Sarkar had always prioritized staying active. Nevertheless, life had other plans. She underwent multiple surgeries due to ovarian cysts, polyps, and fibroids, which forced her to reassess her approach to fitness. The road to recovery was long and arduous, but Dr. Sarkar's spirit remained unbroken.

As she navigated her way back to health, Dr. Sarkar rediscovered an old hobby that brought her immense joy – dancing. What began as a gentle form of exercise soon became an integral part of her routine. The rhythmic movements, the music, and the freedom of expression all combined to create a sense of happiness and fulfillment that she hadn't experienced in a long time.

Dancing became Dr. Sarkar's sanctuary, a space where she could let go of her worries and simply be. It also helped her maintain a healthy balance between her work and personal life. As she twirled and swayed to the music, she found that her stress levels decreased, and her overall well-being improved.

In addition to dancing, Dr. Sarkar also enjoys trekking and swimming, activities that challenge her physically and mentally while providing a sense of accomplishment. These hobbies have become essential to her self-care routine, allowing her to recharge and refocus.

Dr. Sarkar's journey is a powerful reminder that life is about finding balance and embracing our passions. Despite the challenges she faced, she refused to give up on herself. Instead, she adapted and evolved, discovering new ways to prioritize her well-being.

Today, Dr. Sarkar is an inspiration to those around her. Her commitment to self-love and self-healing is evident in every aspect of her life. As a mother, she sets a positive example for her child, demonstrating the importance of taking care of oneself. As a professional, she brings a sense of calm and confidence to her work, which is reflected in her exceptional patient care.

Dr. Sarkar's story teaches us that it's never too late to rediscover our passions and prioritize our well-being. By embracing our hobbies and interests, we can create a sense of purpose and fulfillment that extends beyond our professional lives. As Dr. Sarkar so aptly demonstrates, balance is key, and self-love is the foundation upon which a happy, healthy life is built.

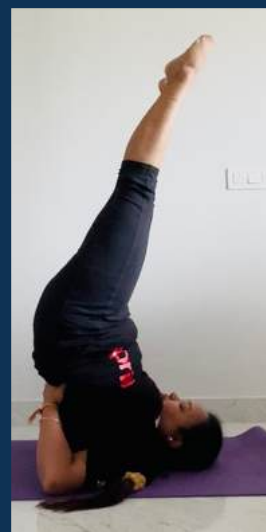
In the end, Dr. Gargi Sarkar's journey serves as a beacon of hope and resilience, reminding us that with determination and courage, we can overcome any obstacle and live a life that truly reflects our values and passions.

Reported by Kasturi Mukherjee



DR. RATNA SHIL

**BDS (Kolkata 2013) , MDS
(ORTHODONTICS AND DENTOFACIAL
ORTHOPEDICS, Kolkata 2016) , FMC
(Germany 2018)**



Dr. Ratna Shil completed her BDS in the year 2013 and MDS in Orthodontics and Dentofacial Orthopedics in the year 2016 both from GURU NANAK INSTITUTE OF DENTAL SCIENCE AND RESEARCH , Kolkata then did Fellowship In Medical Cosmetology in 2018. Now attached to SKS MEDICAL COLLEGE AND HOSPITAL, Durgapur and Private Practitioner. She was a yoga freak right from her School days. Now practices yoga through art of living .

She has done yoga level 1 and level 2 . Despite her busy schedule she practices yoga on daily basis. Yoga is an ancient Indian practice. She believes Yoga is not just a physical exercise it synchronizes one's physical mental and spiritual being.

Though foreign cultural got influenced by it and started its various types but the very essence lies in its Indian origin. Which is as Follows: Pranayama then Hatha yoga followed by MEDITATION is a full process that keeps body flexible healthy and mind relaxed. Each step is beautiful in its own way.

According to her she was physically weak as a child, used to fall sick and couldn't participate in school sports activities , she was a studious girl but due to ill health she couldn't perform her best. Then her parents introduced her to Yoga and she immediately started loving it as it made her stronger and confident. She says from there onwards whether it's scuba diving, skydiving or trekking to the highest point of North Bengal she has done it all.

She says SURYA NAMASKAR also known as Sun Salutation is one of the best exercise , as it is a sequence of 12 yoga poses (asanas) performed in a flowing manner. It is a comprehensive practice that is traditionally done in the morning in empty stomach and it is believed to offer numerous physical and mental benefits.

The sequence typically includes 12 asanas, such as Pranamasana (Prayer Pose), Hasta Uttanasana (Raised Arms Pose), Pada Hastasana (Standing Forward Bend), Ashwa Sanchalanasana (Equestrian Pose), and others. Benefits of Surya Namaskar:

Physical Fitness: Improves flexibility, strength, and balance, while also providing a cardiovascular workout.

Mental Well-being: Reduces stress and anxiety, promotes relaxation, and can improve focus and concentration.

Improved Circulation: Enhances blood circulation and oxygen flow throughout the body.

Stimulation of Internal Organs: Activates and stimulates various internal organs, potentially improving their function.

Weight Management: May aid in weight loss by burning calories and improving metabolism.

She wishes everyone to take out time from their busy schedules and practice yoga at least 3 to 4 times weekly. She says it is an absolute requirement for an individual to take care of physical and mental well being in this fast moving world.

(Report) Aligner Workshop – Evidence-Based Strategies for Optimum Outcomes

Meerut Orthodontic Stud Group in association with Department of Orthodontics and Dentofacial Orthopaedics, Subharti Dental College and Hospital, Swami Vivekanand Subharti University, organized a 1 day Continuing Dental Education (CDE) program on “Aligner Workshop: Evidence-Based Strategies for Optimum Outcomes” on 29th July 2025.

The event featured eminent speakers from the field of Orthodontics, including:

- Dr. N.R. Krishnaswamy, Vice Principal and Professor & Head, Department of Orthodontics, Ragas Dental College & Hospital, Chennai
- Dr. Ajit Kalia, Professor & Head, Department of Orthodontics, M.A. Rangoonwala Dental College, Pune
- Dr. Shubhaker Rao, Principal & Head, Balaji Dental College, Hyderabad
- Dr. Jitendra Bhagchandani, Professor & Head, Department of Orthodontics, Sardar Patel Dental College, Lucknow
- Dr. Dhruv Yadav, Director, Saturn Aligners & Associate Professor, Santosh Dental College, Ghaziabad

These distinguished speakers shared their expertise on various aspects of aligner therapy, culminating in a hands-on workshop on aligner planning software. The CDE was attended by around 100 delegates, including orthodontists from various institutions and private practitioners from Delhi and the NCR region.



Program Structure:

The program was divided into two main sessions comprising four lectures and one hands-on workshop. The event began with an inaugural function chaired by the Hon'ble Vice-Chancellor, Dr. Pramod Kumar Sharma, Dr. N.K.Ahuja Sir, Professor Emeritus Ex.Vice Chancellor of Subharti University, Dr. Nikhil Srivastava Sir, Principal and Dean, Subharti Dental College, Heads of all departments of dental college. Dr. Sanjay Labh, Secretary of Indian Orthodontic Society also grace the event and share his wisdom of words.

Session Highlights:

- Lecture 1: Historical Aspects of Aligners by Dr. Jitendra Bhagchandani
- Lecture 2: Clear Aligners and Treatment Efficiency: Putting the Facts into Perspective by Dr. N.R. Krishnaswamy
- Lecture 3: Types of Attachments in the Aligner System by Dr. Ajit Kalia
- Lecture 4: Remarks and Takeaway Points by Dr. Shubhaker Rao, who presented compelling case records and scientific evidence underscoring the effectiveness of aligners in orthodontics

Following the lectures, participants enjoyed a lunch break, after which the hands-on workshop on aligner treatment planning using Maestro 3D Dental Studio software took place.

The event concluded with a felicitation ceremony, where the guest speakers were honored, and participation certificates were distributed to all attendees.



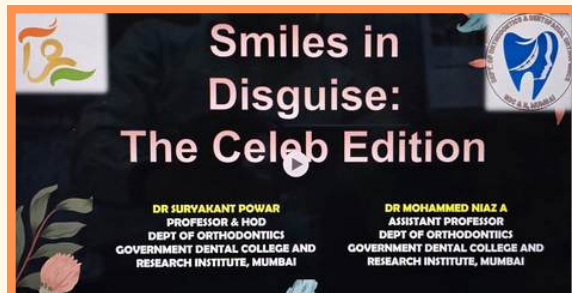
Kalinga Institute Of Dental Sciences

The Department of Orthodontics & Dentofacial Orthopaedics, KIDS (Kalinga Institute of Dental Sciences), successfully hosted the second edition of KPAR Recap, a unique academic initiative designed to help final-year postgraduate students prepare confidently for their exams. We were honoured to have three eminent speakers – Dr. Sridevi Padmanabhan, Dr. Jayesh S. Rahalkar, and Dr. Rajiv B – who enriched the sessions with their expertise and insights. The program was graced by our respected Director Dr. Jugojyoti Pathi Sir and Principal Dr. Aswini Sir, whose constant encouragement made this event possible. Special thanks to our HOD, Dr. Nivedita Sahoo Ma'am, for her vision and tireless efforts in bringing this academic platform to life. The event also celebrated the vibrant culture of Odisha with a beautiful Odissi dance performance and a soulful Odia group song, adding colours of tradition and joy to the academic spirit. A perfect blend of knowledge, mentorship, and culture – KPAR 2 continues to inspire and support young orthodontists on their academic journey!



SMILING BHARAT PUBLIC AWARENESS PROGRAM

**Government Dental
College & Hospital
Mumbai**



The Department of Orthodontics & Dentofacial Orthopaedics at Government Dental College and Hospital, Mumbai, proudly celebrated the "Smiling Bharat Public Awareness Program" on the 19th July 2025, under the esteemed initiative of the Indian Orthodontic Society.

Program Highlights:

1. Continuation of the National Orthodontic Diagnostic Drive
- Orthodontic Awareness Skit – Performed by our undergraduate students to spread awareness among the general public.
2. Creative Wire Bending and Reels Competition – Enthusiastically participated by UG and PG students.
3. "Selfie Point" – Set up to engage and motivate the public with active participation by patients visiting the department
4. Inauguration of Public Awareness creating videos and pamphlets.
5. Cake Cutting Ceremony – Marking the occasion with celebration and unity.

The program witnessed an overwhelming response and active participation from faculty members, postgraduate students, and patients and their relatives. It was a true reflection of our commitment to community engagement and oral health awareness.

We extend our heartfelt gratitude to the Indian Orthodontic Society for giving us the platform and opportunity to organize this impactful event. Special Thanks to Dr. Shailesh Shenova (vice president, IOS) for constant support and motivation. Thanks to Dean Dr. Wasundhara Bhad for leadership and encouragement...!!! Special thanks to our staff Dr Sumit Ghonmode, Dr Niaz, Dr Disha, Dr Animesh, Dr Avinash and all the Post-graduate students.



Dr. Suryakant Powar
Professor and Head

Department of Orthodontics & Dentofacial Orthopaedics

TRIVANDRUM ORTHODONTIC STUDY GROUP



Trivandrum Orthodontic Study Group celebrated Onam with a get together filled with songs dance and fun.

The Smiling Bharat campaign of IOS was kicked off during the celebrations by Dr Jyothindra Kumar by handing over the memento to the convenors of TOSG

Multiple programs are planned across Trivandrum as a part of the campaign .



Reported by Section Editor Dr. Harneet Kaur

Smile stories by Dr. Nitin Gadhiya

“Braces at Home: When Your Kids Become Your Patients”

As orthodontists, we are trusted every day with the responsibility of transforming smiles. But when the patients happen to be your own family, the journey becomes extra special—and, at times, extra challenging!

I recently had the privilege of treating two very dear girls in my family—my daughter Tvisha, a Bharatanatyam dancer, and my niece Prisha, a talented chess player.

For my daughter, dance is all about grace and expression, and a confident smile adds to her stage presence. My niece, with her sharp mind for chess, needed the quiet confidence of a radiant smile in competitive and social settings. Treating them was both a professional responsibility and a personal joy.



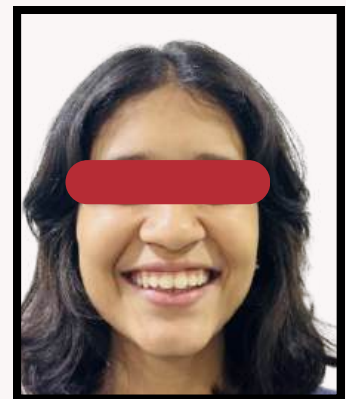
**Before and after
smile, Tvisha**

Reported by
Dr. Sonam Sehrawat

Of course, being the in-house orthodontist came with its fair share of comic moments. My daughter could probably write a thesis on the colour options of elastic modules—each visit turned into a fashion consultation! My niece, on the other hand, was far more concerned about how to enjoy her favourite crunchy snacks without me catching her breaking the “no hard and sticky food” rule. Between tantrums about food restrictions and debates over which colour looked ‘cooler,’ I sometimes wondered who was really testing whom—the patients or the orthodontist!

But looking at their beautiful smiles today, I can say it was all worth it. Beyond the alignment of teeth, what we truly achieved was an alignment of confidence, discipline, and joy. Treating family has reminded me that orthodontics is not just about moving teeth—it’s about moving people closer to the best version of themselves. And in my home, these new smiles shine brightest.

Dr Nitin Gadhiya,
Professor,
D Y Patil University
School of Dentistry,
NAVI MUMBAI



**Before and after
smile, Prisha**

Smiling in to Freedom's horizon

On this bright Independence Day,
We smile in a unique way.
With wires that guide, with bands that hold,
Stories of strength and care unfold.
Stainless steel stands firm and true,
Like our nation, resilient too.
Elastics stretch, yet never break,
Teaching us patience in every ache.
Clear aligners, gentle and light,
Show us that freedom is subtle, yet bright.
Each material, crafted with aim,
Echoes the tricolour's proud flame.
Just as arches expand and grow,
Our country's spirit continues to glow.
In every smile, both simple and grand,
Lives the promise of a free homeland.

Dr Hasini Gopal



DAMON ULTIMATM SYSTEM

Ormco
Driving the Future of Orthodontics
together

The first true full expression system

Introducing the revolutionary Damon UltimaTM System: A bracket that works hard, so you don't have to. Re-engineered to virtually eliminate play for faster, more precise finishing. The first archwire-bracket assembly finally capable of delivering true full expression.

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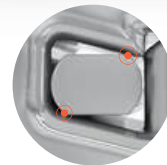
Rotation

The round-sided rectangular Damon Ultima wire engagement at the horizontal contact points delivers earlier rotation control



Angulation

Vertical contacts help resolve angulation issues earlier in the treatment process



Torque

Engagement at vertical contact points provides precise torque control and full expression of the prescription, utilizing lighter forces. This results in no wire bending required and significantly reduced treatment time

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1. Data on file. 2. Dr. Dwight Damon is a paid consultant for Ormco. The opinions expressed are those of Dr. Damon. Ormco is a medical device manufacturer and does not dispense medical advice. Clinicians should use their own professional judgement in treating their patients.



tri-laminar clear aligner material

COMFORT on the move



Enhanced comfort



Deformation recovery



Consistent forces



Optical clarity



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FlexrPro™ is a best in class aligner material made in Germany. It comprises three distinct layers - an inner elastomeric lamina sandwiched between two thinner and more rigid elastic shells. The characteristics of tri-laminar materials today are considered the industry gold standard of care in the clear aligner space.



**Formation of Ranchi
Orthodontic Study
group.
First time in Jharkhand**

**Founder Convenors of Ranchi
orthodontic study group
Dr. Poonam K Jayaparakash
Dr. Abhay Kumar jain
Dr. Rahul Prakash**



SANTOSH
Deemed to be University



CLINICAL GRANDEUR



ENCOURAGING CLINICAL EXCELLENCE

12th & 13th September 2025

Venue:

**Department of Orthodontics and Dentofacial Orthopaedics
Santosh Dental College, Ghaziabad (Delhi NCR)**