



गणतंत्र

77 YEARS OF PROGRESS,
UNITY,
AND PRIDE



HAPPY REPUBLIC DAY

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President's Message

Respected members of the Indian Orthodontic Society,

“Every sunset is an opportunity to reset. Every sunrise begins with new eyes.” — Richie Norton

We started 2026 with renewed enthusiasm and the focus of our programmes for the past month has been our new members – the new students who have entered into our prestigious speciality. While December was marked with an orientation programme for the new entrants, January was dotted with three National Integrated typodont workshops organized by TEAM High tech held in Bhubaneswar, Team Govt Dental college, Jaipur and TEAM KMCT, Calicut.

While the faculty in all the three workshops were different, all workshops were planned to strengthen core training and strengthening fundamentals while integrating knowledge and skill. All were without exception very well attended by our young student members and the dedicated organizing teams and experienced faculty gave it their 100% hard to make it a worthwhile experience with extended hours of dedicated teaching.

We had programmes of interests for our life members also. We started with the first National Journal Club for this year, which also involved student presentations and we hope to have many more online programmes organized by the Academic council in the coming months.

The Modular cleft programme was also kicked off this month and team Balaji explained the diverse options that the programme offered with an intent to offer focused training in this area. The IOS public awareness campaign has been launched and other committees are also working behind the scenes to make sure the wheels of the IOS administration are working smoothly for the benefit of its members.

The head office has also circulated information regarding IOS Research grants for both LM and SLM members. The IOS Research foundation offers many more grants this year and we urge members to apply. The IOS international observership programme is also launched with openings in six international universities this year. We welcome LM members to apply and explore new vistas.

If you are not part of the official whatsapp group of the IOS, do contact the headoffice. Also stay connected with the IOS website, our social media handles and of course the IOS times to stay abreast of OUR activities ! Jai Hind . Jai IOS !

Warm Regards
Sridevi Padmanabhan
IOS President
president@iosweb.net





Secretary's Message

Dear Esteemed Members of the Indian Orthodontic Society,

As we step into the New Year 2026, I extend my warm greetings and best wishes to all IOS members and their families. A new year brings with it renewed enthusiasm, fresh goals, and collective responsibility to strengthen our profession through learning, unity, and service.

The Indian Orthodontic Society continues to move forward with a strong academic vision, placing special emphasis on nurturing our postgraduate students—the future torchbearers of orthodontics in India. In this context, it gives me immense pleasure to highlight PRAGNYA 2025, the Orientation Programme for PG Students in Orthodontics & Dentofacial Orthopedics, themed “Let's Learn How to Study.”

PRAGNYA 2025, the first calendar academic event of IOS for the year 2025–26, is a thoughtfully designed online programme aimed at guiding postgraduate students in developing effective learning strategies, academic clarity, and a strong foundation for their orthodontic journey. The programme reflects IOS's commitment to structured education, mentorship, and academic excellence.

I sincerely appreciate the efforts of the organizing team and the host institutions—Malla Reddy Dental College for Women and Malla Reddy Institute of Dental Sciences—for their dedication and meticulous planning in bringing this academic initiative to fruition.

As we embark on this new year, I encourage all IOS members to actively participate in IOS academic programmes, support our postgraduate community, and contribute meaningfully to the growth and progress of our specialty.

Let us make 2026 a year of knowledge sharing, professional integrity, and collective advancement.

Warm Regards

Dr. Shubhaker Rao Juvvadi

Hon. Secretary





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Editor's Message

This year, communication was my foremost priority, ensuring that all members were kept informed through the official newsletter and the official Facebook page of the Indian Orthodontic Society. This was not accomplished single-handedly in my role as Editor; rather, it was a collective effort. The associate, managing, section, and public relations editors supported me diligently and helped ensure that every task was carried out with precision. As the saying goes, "Teamwork divides the task and multiplies the success."

Collaboration and open discussion were consistently integral to our communication process. This note is an expression of my gratitude to the committee members, whose dedication enabled me to deliver the best possible outcome in every publication. A significant amount of hard work remains unseen behind this success.

After navigating a few learning curves, I came to genuinely enjoy selecting and compiling the readings, finding the process somewhat cathartic due to the high quality and beauty of the submissions across categories. It was always exciting to see everyone's work published on the website and social media platforms, where it truly shone. This year, I also introduced the practice of collectively discussing each submission and sharing concerns, ensuring that decisions regarding publication did not rest with a single editor. This collaborative approach reinforced my confidence that every page and every piece of content was reviewed with fairness and care.

In many ways, this experience has been as much about learning as it has been about leadership. I am deeply thankful to my team for their unwavering support and dedication. I also extend my gratitude to the committee for managing the pages so efficiently, and to the designer for maintaining such a high level of organization and visual appeal. Uploading each page to Facebook and Instagram undoubtedly requires time and effort, but it is immensely rewarding when we receive such generous appreciation from our readers. I am especially grateful to our designer for creating visually engaging graphics that garner attention and attract an even wider readership to our newsletter.

I am thankful for this opportunity and eagerly look forward to reading the content of the next issue.
"If you want to change the world, pick up your pen and write."

— Martin Luther

Warm Regards
Dr. Swati Acharya
Editor IOS Times





Breaking news

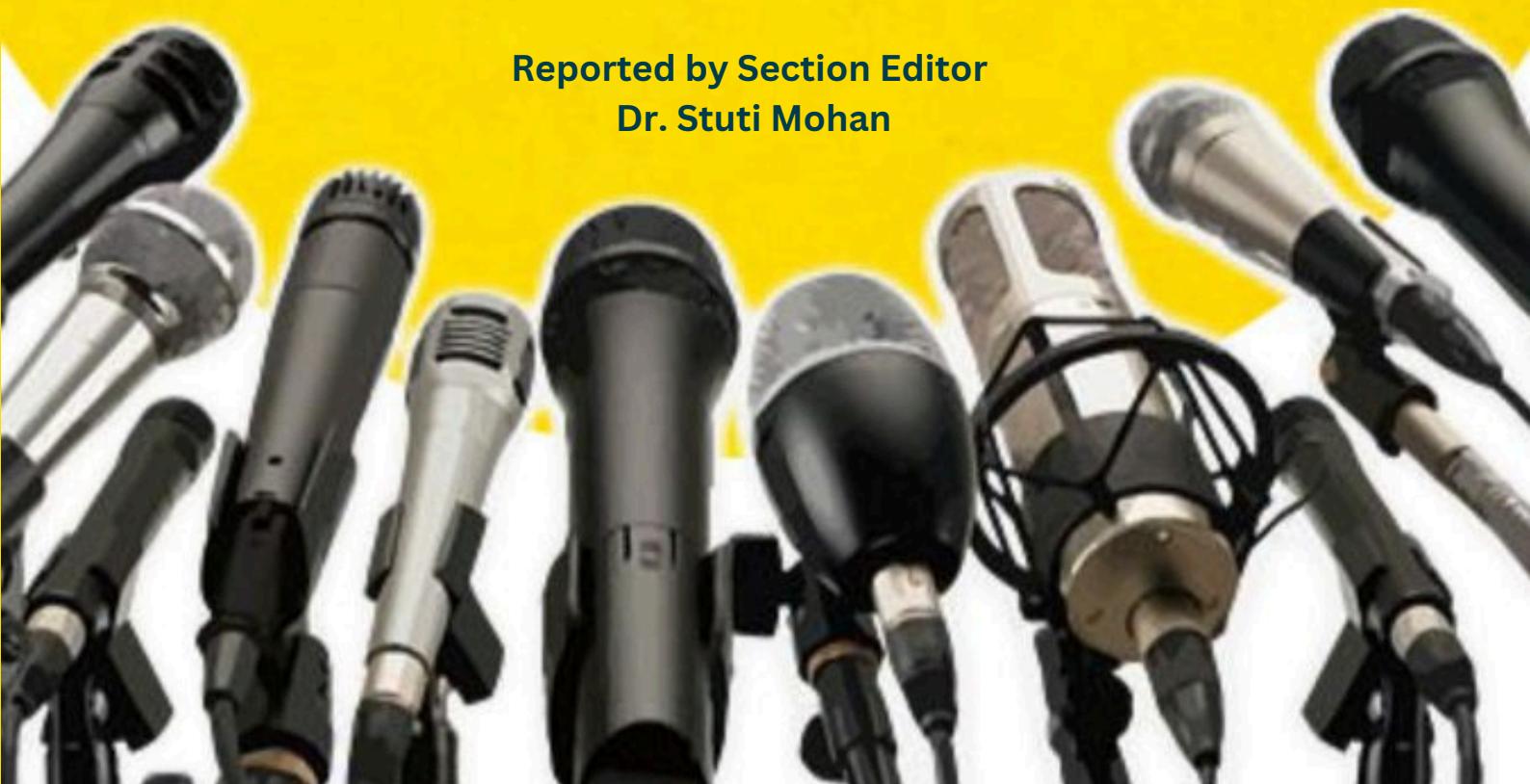
Among the constitutional amendments passed last year during the 59th IOC the Indian Orthodontic Society has removed the upper limit of 4 terms for Executive Committee (EC) members contesting elections. Under the revised rule, a member may contest and serve as an Executive Committee Member (ECM) for any number of terms but can hold the post of ec member only for three terms consecutively.

This revised rule however, will not apply to members contesting for or holding the positions of President, Vice President, Secretary, Joint Secretary, Treasurer, Editors of IOS Journals, and IOS Times.

This decision is intended to promote experience and continuity and thereby strengthen governance within the Indian Orthodontic Society.

Reported by Section Editor

Dr. Stuti Mohan



The National Integrated Orthodontic Skill Workshop, Bhubaneswar

A Landmark Success: The National Integrated Orthodontic Skill Workshop 2026

The dawn of 2026 brought a significant milestone for the Orthodontic fraternity in India as the National Integrated Orthodontic Skill Workshop concluded with resounding success. Held from January 12th to 14th, 2026, at the prestigious Hi-Tech Dental College & Hospital, Bhubaneswar, the event served as a vibrant hub for clinical excellence, academic rigor, and professional camaraderie. Organized under the aegis of the Indian Orthodontic Society (IOS), the three-day workshop was meticulously designed to bridge the gap between theoretical knowledge and clinical proficiency. The atmosphere was charged with enthusiasm as postgraduates and practitioners from across the country gathered in the Temple City to refine their skills and embrace the latest advancements in the field.

Highlights of the Event

The workshop featured a comprehensive curriculum that blended insightful lectures with intensive hands-on wire bending sessions. The "integrated" nature of the program ensured that participants were exposed to a variety of orthodontic philosophies and contemporary techniques. From intricate wire-bending exercises to the nuances of digital workflows, the sessions provided a 360-degree view of modern orthodontic practice.

Beyond the academic schedules, the spirit of Odisha's hospitality- "Atithi Devo Bhava" shone through. The organizers ensured that the cultural and culinary essence of Bhubaneswar was interwoven with the scientific program, making the experience as memorable as it was educational.



Reflections from the Leadership

The success of any event is measured by the satisfaction of its participants and the endorsement of its leaders. The IOS leadership and guest faculties expressed immense pride in the execution of the program.

Honourable IOS President, Dr Sridevi Padmanabhan extended her congratulations, stating:

"Thank you for the great conduct of the program and marvelous hospitality. My gratitude to Dr. Subash Nayak, Dr. Anand, Dr. Vijeta, and the entire team for providing such a great experience."

Respected IOS Vice President, Dr Sarvraj Kohli, reflecting on the seamless coordination, noted:

"Thank you to Dr. Subash Nayak sir, Dr. Anand Garabadu, Dr. Sreeman, Dr. Pragyna, Dr. Vijeta, and the entire team at Hi-Tech Dental College for an efficiently executed workshop and heart-warming hospitality. It was a pleasure to be with all of you at Bhubaneswar."

Further adding to the accolades, the Esteemed Dr. Tarulata S., representing the guest faculty, expressed her appreciation:

"The experience was truly enriching, offering a meaningful blend of teaching and learning. I am especially thankful for the seamless coordination and warm support, which made my time in Bhubaneswar both productive and memorable."



The Powerhouse Behind the Scenes

An event of this magnitude requires a dedicated engine of passionate professionals. The success of the National Integrated Orthodontic Skill Workshop is a testament to the visionary leadership of Dr. Subash Chandra Nayak and the tireless efforts of Dr. Anand Garabadu. Supported by a core team including Dr. Sreeman, Dr. Pragyna, Dr. Vijeta and the postgraduates of Department of Orthodontics at Hi-Tech Dental College, the coordination was nothing short of exemplary.

Looking Ahead

As the curtains fall on this workshop, the ripples of its impact will be felt in the clinics and classrooms of all who attended. It has set a high benchmark for future IOS skill-development programs. The blend of skill-sharing and professional networking has reinforced the IOS mission of fostering a community of lifelong learners.

We congratulate the organizing team once again for putting Bhubaneswar on the map as a centre for Orthodontic excellence and look forward to more such "integrated" success in the future.



Reported by Managing Editor , Dr. Mayank Gupta



ORTHOVERSE 2026

National Integrated Orthodontic Typodont Workshop

RUHS College of Dental Sciences , Jaipur

Overview

ORTHOVERSE 2026, a National Integrated Orthodontic Typodont Workshop, was successfully conducted from 17th to 19th January 2026 at RUHS College of Dental Sciences (Government Dental College), Jaipur. The workshop was organized by the Department of Orthodontics and Dentofacial Orthopaedics under the aegis of the Indian Orthodontic Society (IOS). Among the organising team were Dr Seema Choudhary (organising chairman), Dr Saurabh Chaturvedi (organising secretary), Dr Vandana Kararia (scientific coordinator), Dr Deepak Goyal (treasurer) and the post graduate students of the department of orthodontics.





Inaugural Function

The inaugural ceremony was held in a dignified academic setting and was graced by the presence of eminent dignitaries, including the Dr Sridevi Padmanabhan (President IOS), Dr Mridula Trehan (Editor Jios), Dr Pradeep Jain (past president IOS), Principal, RUHS College of Dental Sciences, and the convenors of ROSG. The inaugural addresses underscored the importance of competency-based training in orthodontics and commended the organizing team for initiating a national platform dedicated to hands-on learning.



Scientific Deliberations

The scientific program was meticulously structured over three days and comprised a comprehensive blend of didactic lectures, clinical demonstrations, and extensive hands-on typhodont sessions. The academic content addressed key domains of contemporary orthodontic practice, including diagnosis and treatment planning, bracket positioning, wire bending and biomechanics, space management, anchorage control, and finishing and detailing.



Distinguished faculty members and experienced academicians from across the country served as resource persons, delivering evidence-based lectures while sharing valuable clinical insights. The interactive nature of the sessions facilitated active engagement, discussion, and clarification of clinical concepts.



Participation and Academic Exchange

The workshop attracted enthusiastic participation from postgraduate students, faculty members, and practicing orthodontists from dental institutions across India. A total of 156 participants registered for ORTHOVERSE 2026, reflecting the wide national interest and academic relevance of the program.

Conclusion

ORTHOVERSE 2026 stands as a significant academic milestone, reflecting a successful integration of theoretical knowledge and practical training in orthodontics. The workshop not only enhanced clinical competence but also fostered academic collaboration and professional growth, reaffirming the commitment of the Department of Orthodontics, RUHS College of Dental Sciences, towards excellence in orthodontic education.



NATIONAL TYPODONT WORKSHOP

Department of Orthodontics & Dentofacial Orthopedics

KMCT Dental College

“Bend – Bond – Align”

The Department of Orthodontics & Dentofacial Orthopedics, KMCT Dental College, successfully organized the 3-Day National Typodont Workshop – 2026 from 19th to 21st January 2026 with the “Bend–Bond–Align.”

The workshop was conducted with the objective of enhancing theoretical knowledge and clinical skills in typodont-based orthodontic training through structured lectures, live demonstrations, and intensive hands-on practical sessions. The workshop recorded 147 participants, which was the highest among all zonal and national-level programs conducted in recent times.

The program commenced with an introduction by Dr. Binu Purushothaman, Organizing Chairman. This was followed by a lecture by Dr. Shobha Sundareswaran on “Evolution of Fixed Appliances.” The second session was delivered by Dr. Ashok Kumar Jena on “Standard Edgewise Technique.”



The day 2 began with a lecture by Dr. Elbe Peter on MBT Philosophy and Bracket Design.

Inaugural Ceremony

The inaugural ceremony commenced at 10:30 AM with a prayer, followed by the adorning of the jewels of office and the welcome address by Dr. Binu Purushothaman.

The dignitaries were formally introduced, and the inaugural address was delivered by the IOS President, Dr. Sridevi Padmanabhan. The IOS Secretary, Dr. Shubhaker Rao Juvvadi, also addressed the gathering.

The Chief Guest, Dr. Manoj Kumar, delivered the chief guest address. The course manual was unveiled by the IOS President, marking an important academic milestone of the workshop.

Felicitations were carried out by:

- Dr. Elbe Peter
- Dr. Latheef
- Dr. Ravisankar Vijayan



Tokens of appreciation were presented to the IOS President, IOS Secretary, Principal, and organizing team members. The ceremony concluded with the vote of thanks by Dr. Fawaz Varik.

Post-Inaugural Session

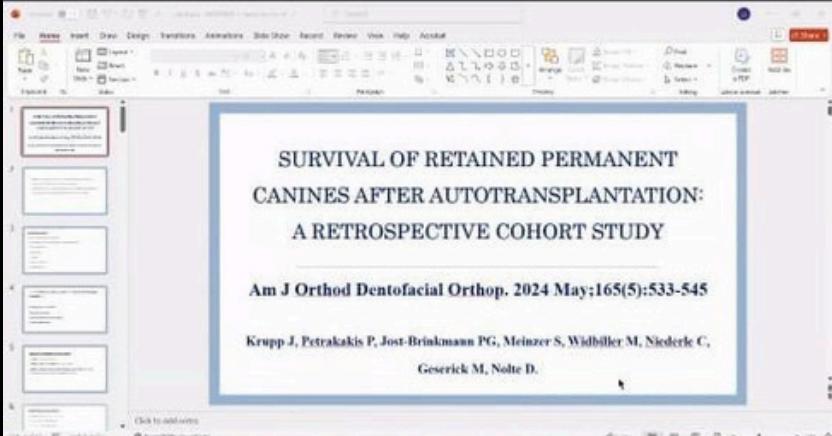
After the inauguration, Dr. Ravisankar Vijayan delivered a session on MBT Bracket Positioning, followed by a bonding exercise performed by delegates on study models.

The third day of the workshop commenced with an advanced clinical session handled by Dr. Manjunath Hegde, who delivered a lecture on the BEGGS Technique.

The second session was delivered by Dr. G. Sreejith Kumar on the topic "Case Selection and Clinical Management of Functional Appliances."

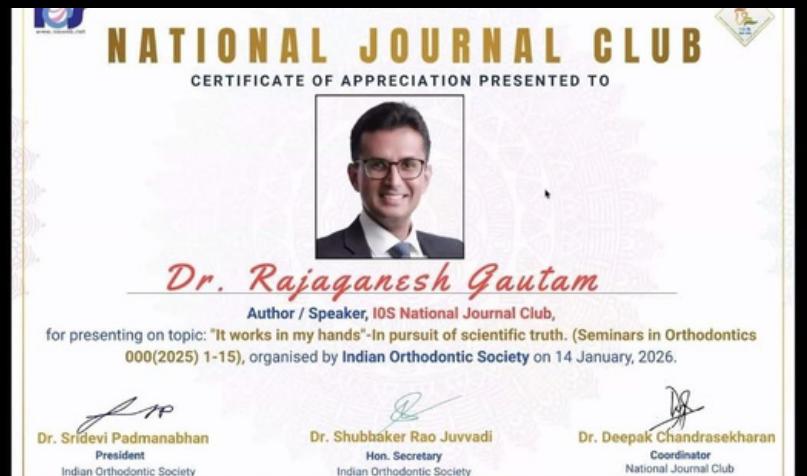


National Journal Club



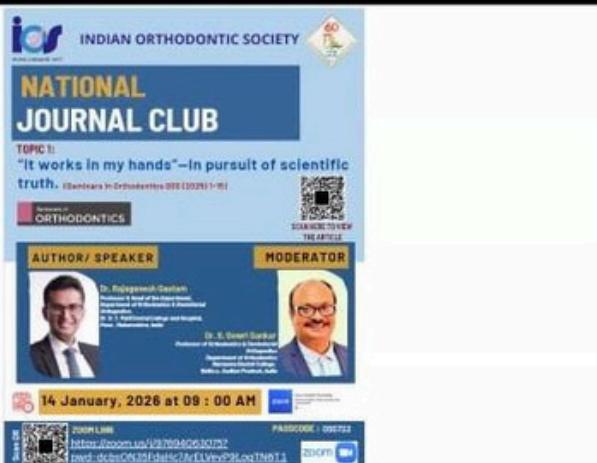
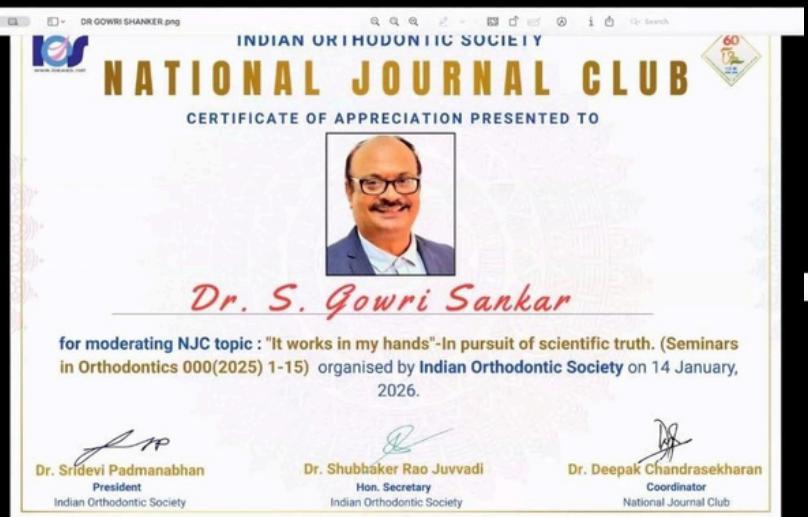
DISCUSSION

- The repertoire of the orthodontist may be based upon expert knowledge and skills, but experience can lead to comfort that ignores evidence for change.
- Individual case successes or even failures cannot be extended indefinitely to an all or none situation, unless it is concretely backed by real sound evidence.
- Till then it just remains a probable outcome.
- Clinical pearls aside, what cannot be accepted is recommendations based purely on clinical experience alone.
- It is important point not to accept new procedures until sufficient supportive data become available.



The Indian Orthodontic Society (IOS) National Journal Club for 2026 began with the first Journal Club of the New Year as well as the first Journal Club of the calendar year, conducted on 14th January 2026 through a virtual platform on the auspicious occasion of Bhogi. The session marked an academically significant start to the year, setting a strong tone for scientific thinking, critical appraisal, and evidence-informed orthodontic practice.

The Journal Club was uniquely distinguished by the fact that the selected article was presented by the author himself, Dr. Rajaganesh Gautam, under the theme "It Works in My Hands – In Pursuit of Scientific Truth," with effective moderation by Dr. S. Gowri Sankar Singaraju. The discussion reinforced a fundamental principle of contemporary orthodontics that neither evidence alone nor experience alone is sufficient, and that excellence lies in their integration with sound clinical judgment. It emphasized the importance of asking the right clinical questions, understanding the limitations of randomized controlled trials and systematic reviews, avoiding overgeneralization from isolated clinical successes, respecting biological variability and patient individuality, and practicing orthodontics that is evidence-informed rather than evidence-restricted.



A major highlight of this year's National Journal Club was the introduction of postgraduate-led journal club presentations at the national level. This initiative provided postgraduate students with a prestigious academic platform to demonstrate their skills in critical appraisal, scientific reasoning, and scholarly communication, thereby strengthening their research orientation and confidence in evidence-based learning.

The postgraduate presentation was delivered by Dr. Sanjana S. Isaac (Postgraduate, Orthodontics), who critically reviewed the article "Survival of Retained Permanent Canines After Autotransplantation: A Retrospective Cohort Study" (AJODO, May 2024). Her presentation reflected clarity of thought, scientific rigor, and strong analytical skills, highlighting the academic competence of postgraduate students in handling advanced orthodontic literature.

Sincere appreciation is extended to Dr. Sridevi Padmanabhan, President, IOS, for her vision and initiative in strengthening the academic framework of the National Journal Club and for encouraging postgraduate participation at the national level. Gratitude is also expressed to Dr. Shubbaker Rao Juvvadi, Honorary Secretary, IOS, for his continued administrative support and national coordination.

Special appreciation to Dr. C. Deepak Chandrasekharan, National Coordinator, IOS National Journal Club, and his entire team, including Dr. Praveen Deena, for their unified efforts, academic commitment, and seamless organization that ensured the smooth and successful conduct of the program.

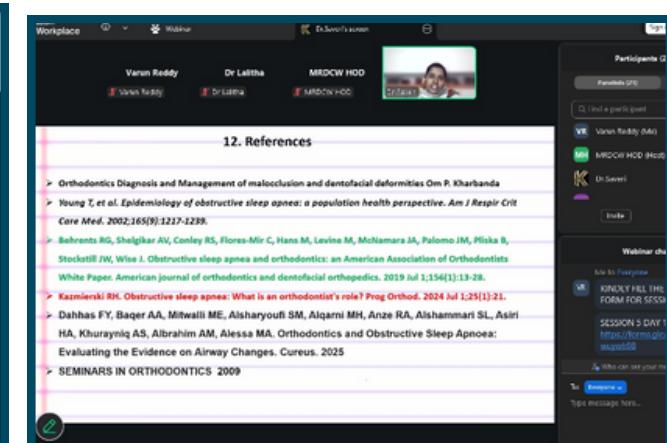
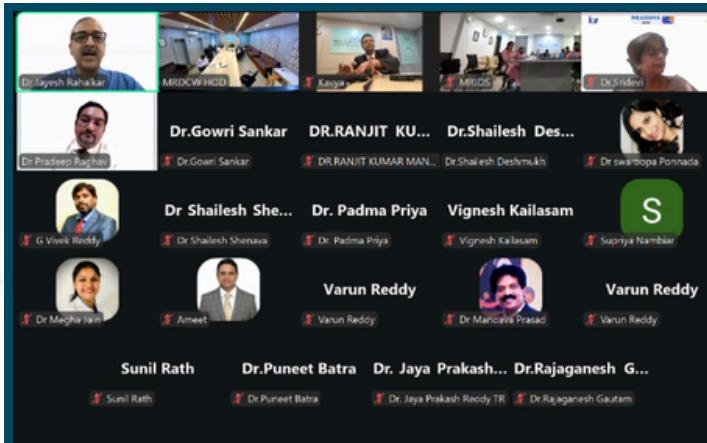
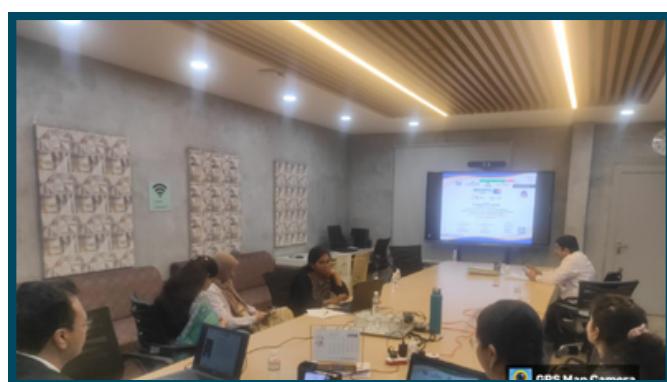
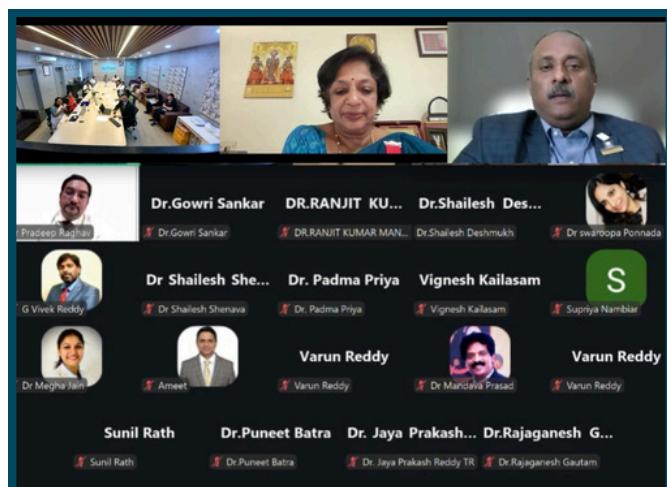
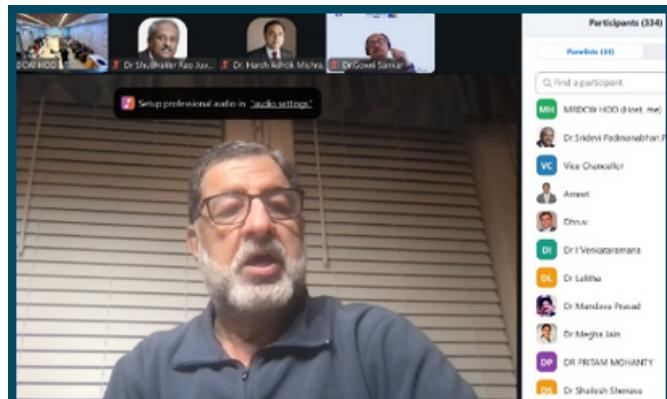
The IOS National Journal Club once again reaffirmed its role as a premier academic platform that bridges scientific evidence with clinical wisdom, nurturing a culture of ethical, patient-centred, and research-driven orthodontic practice across the country.

PRAGNYA 2025

Lets Learn How to Study

Pragnya 2025, the National Postgraduate Orientation Program (online), of the Indian Orthodontic Society (IOS), with a main goal of Guiding Minds, Shaping Orthodontic Futures, was successfully conducted in online mode on 22nd and 23rd December 2025, marking the first academic calendar event of the IOS year 2025–26.

Designed specifically for first-year orthodontic postgraduates in particular and for all the stakeholders involved in Orthodontic PG Training in general, Pragnya 2025 aimed to provide early academic clarity, ethical grounding, and a structured roadmap for postgraduate training. The program was conducted under the guidance of the President, IOS, Dr. Sridevi Padmanabhan, Hon.Secretary IOS, Dr.Shubhaker Rao Juvvadi and the Academic Council of IOS. Pragnya 2025, the maiden Calender event of IOS Year 2025-26, was organised by Dr. P.V.Yudhistar, Dr Lakshmi Prasanna and their dedicated team from the 2 Orthodontic & Dentofacial Orthopedics Departments of Malla Reddy Dental College for Women (MRDCW) & Malla Reddy Institute of Dental Sciences (MRIDS), the 2 Constituent Units of Malla Reddy Vishwavidyapeeth (Deemed to be University) (MRV). This online program was facilitated by Indian Orthodontic Society's Zoom Webinar portal which can host 500 webinar participants and 100 Panelists. The registration is free for all the stakeholders of Orthodontic PG Education. Dr.Lakshmi Prasanna welcomed the dignitaries for the Online event.

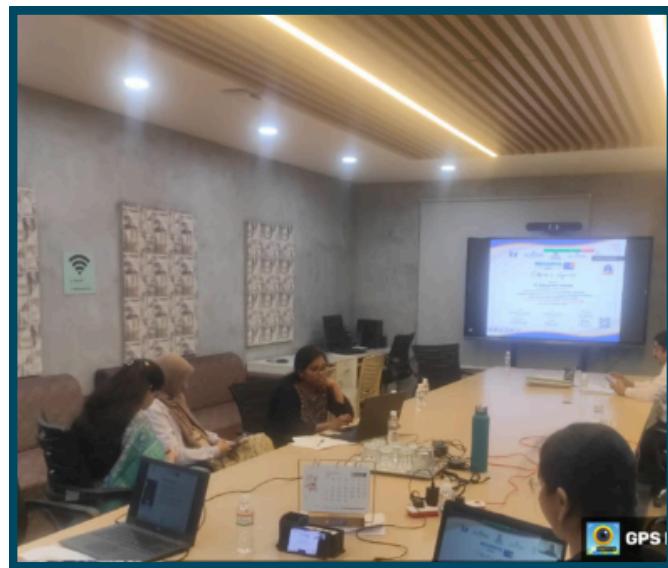
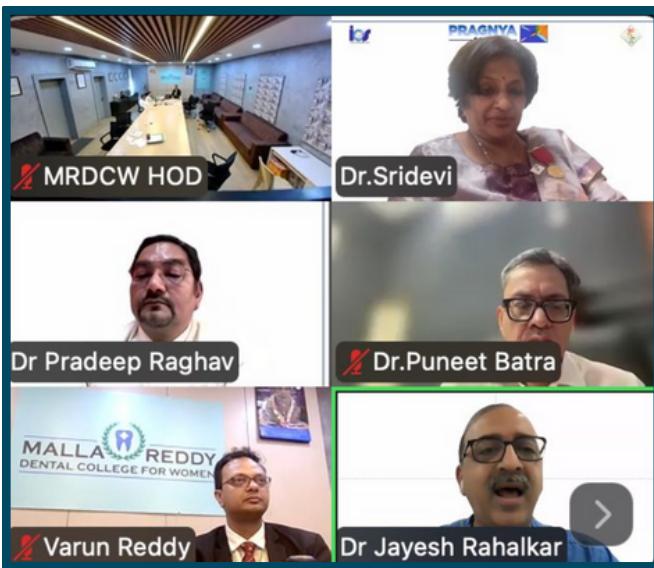


Dr.Yudhistar.P.V. presented a brief history of Pragnya since its inception in 2015 along, with an inspiring recorded message for the attendees, from DrNikhillesh Vaid, Past President IOS, APOS & WFO. The Guests of Honor, Dr K N Sudha Ramana Honble Chancellor & Prof.Dr.Anil Kaul Honble Vice Chancellor MRV Addressed the august gathering of the Inaugural Ceremony, and in conveying the message from Chairman Dr.Ch.Bhadra Reddy & Vice Chairman Dr.Preeti Reddy, Malla Reddy Vishwavidyapeeth (Deemed to be University), the Chief Guests of the Inaugural of Pragnya 2025. Hon.Secretary Congratulated the team for organizing the event in their careful planning and execution. President IOS Dr.Sridevi Padmanabhan stressed the importance of Pragnya 2025 in giving a good platform for the Newly joined PG Students and the conceptualizing of the Scientific content was carefully done to create an appraisal of the educational ecosystem and also thanked the speakers for accepting the invite with in a short notice and in making Pragnya 2025 a very successful 1st Calender event of IOS Year 2025-26.

Day 1, 22nd December 2025, focused on postgraduate orientation covering curriculum expectations, seminar, journal club, Photography, Clinical case documentation, Communication skills

Day 2, 23rd December 2025, featured Research Protocols, so very well discussed by Dr Shoba Sundareswaran madam, research methodology, ethics, and emerging technologies including AI in orthodontics, future prospects of Entrepreneurship, placements.

The highlight of day 2 were the inclusion of innovative and engaging sessions on Panel Discussion on Contemporary Orthodontic Controversies, moderated by Dr. Jayesh Rahalkar, and elite Panel members, addressing key clinical debates such as Extractions vs Non Extractions, Phase I vs Phase II, ligation methods, and MARPE expansion protocols discussed by Dr.Sridevi Padmanabhan, Dr.Puneet Batra, DrPradeep Raghav & Dr Sahilesh Deshmukh Respectively.



Another key highlight were the talks delivered, by Young mentors, a first of its kind in IOS History, brainchild of President IOS, where 2 talks

- 1.By Dr.Eshwar, RGUHS topper who graduated from KLE Bengaluru in 2024 &
- 2.Joint lecture given by Dr.Harsha Lalit spoke from Edinburgh and Dr.Niharika Bhatia Delhi (Both from Saveetha Dental College, Chennai who hold a joint record of Debonding 100 Orthodontic cases EACH during their 3years PG tenure) respectively and in discussing their experiences and Journey of Academic & Clinical achievements.

(Report and photos Courtesy: Dr.P.V.Yudhistar, Organizing Chair Pragnya 2025, Prof & Head Orthodontics & Dentofacial Orthopedics, Malla Reddy Dental College for Women, Hyderabad)

The Cleft & Craniofacial Orthodontics IOS Fellowship Program

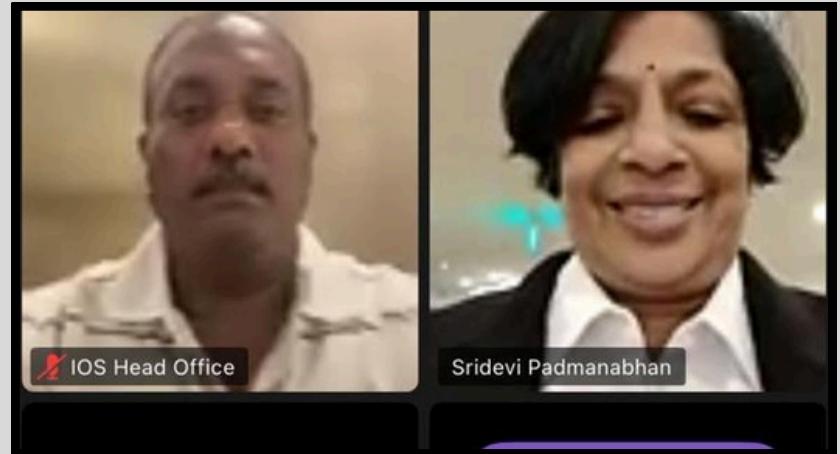
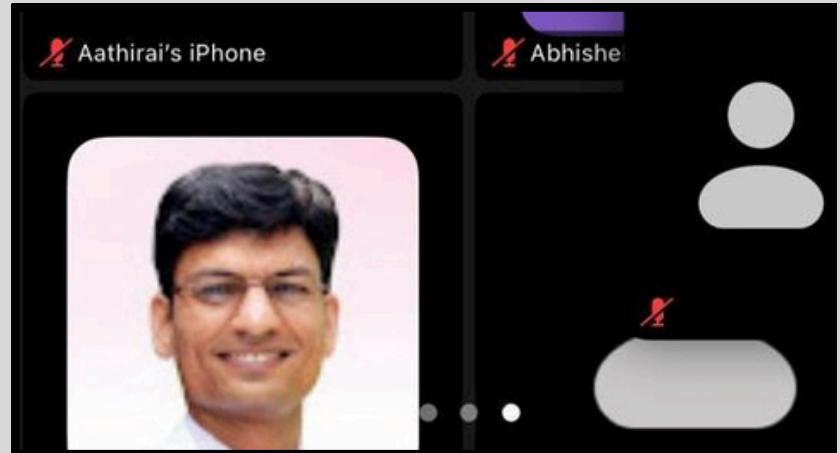
The Cleft & Craniofacial Orthodontics IOS Fellowship Program IN association with Bharath Institute of Higher Education & Research, Deemed University- Sree Balaji Dental College Chennai, invites student delegates and life members of the Indian Orthodontic Society (IOS) to be part of a landmark academic initiative.

For the first time, the Indian Orthodontic Society, in association with Bharath Institute of Higher Education and Research (BIHER), launches a one-year, structured fellowship designed to go far beyond conventional orthodontic Cleft training.

What makes this fellowship unique?

This comprehensive program goes beyond cleft orthodontics alone, offering intensive, multidisciplinary exposure including:

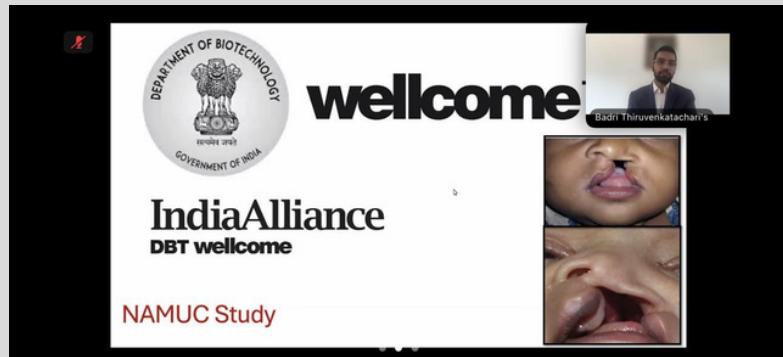
- Orthodontic management of cleft & craniofacial anomalies
- Surgical perspectives and treatment planning
- Nutrition and feeding protocols
- Speech therapy and rehabilitation
- ENT/EMP-related considerations
- Team-based cleft care approach



Academic & Research Excellence

Fellows will undertake a guided research project, culminating in the submission of a dissertation with a mandatory publication, a key requirement for successful completion of the fellowship.

This fellowship is ideal for those who aspire to become clinician-academicians and leaders in comprehensive cleft care.



Details on eligibility, structure, and certification are available in the brochure.

Kindly refer to the brochure for complete information.

Certification Options

A dedicated certification program in cleft and craniofacial orthodontics is included as part of the program.



Enroll. Evolve. Empower lives through multidisciplinary cleft care.



Reported By Associate Editor
Dr. Shantanu Khattri

BIOMECHANICS UNLOCKED

The Department of Orthodontics and Dentofacial Orthopaedics at St. John's National Academy of Health Sciences, Bangalore, is organising an Indian Orthodontic Society event in association with Bangalore Orthodontic Study Group: Biomechanics Unlocked- a national workshop for predictable orthodontic treatment. This is a wonderful programme that is aimed at improving the understanding of Biomechanics among budding Orthodontists in India. It hopes to assist every clinician in delivering predictable treatment results, ultimately shortening treatment time and creating beautiful smiles. It has been designed as consisting of 2 modules- a series of online sessions and an offline workshop.



BIOMECHANICS UNLOCKED: NATIONAL WORKSHOP FOR PREDICTABLE ORTHODONTIC TREATMENT.
[COMPREHENSIVE CERTIFIED MODULAR BIOMECHANICS WORKSHOP INCLUDING, TRAINING OF TRAINERS, HANDS-ON SESSION]

SAVE THE DATE

4TH, 5TH & 6TH SEPTEMBER 2026
ST. JOHN'S NATIONAL ACADEMY OF HEALTH SCIENCES - BANGALORE.

WITH 4 ONLINE SESSIONS PRIOR TO THE WORKSHOP
[FEBRUARY 2026 - JUNE 2026] AND A QUIZ AFTER EACH SESSION WITH ATTRACTIVE PRIZES.

Dr. KC Choy, DDS, MS, PhD
Dr. Paola Merlo, DDS, MS, PhD
Dr. Vincenzo D'Anto, DDS, MS, PhD

BIOMECHANICS UNLOCKED: NATIONAL WORKSHOP FOR PREDICTABLE ORTHODONTIC TREATMENT
4TH, 5TH & 6TH SEPTEMBER 2026
ST. JOHN'S NATIONAL ACADEMY OF HEALTH SCIENCES - BANGALORE.

4 ONLINE LECTURES!!!
To be held 4 months prior [1 lecture/month], to the commencement of the workshop!

3 DAY WORKSHOP
Day 1 - Training of trainers
Day 2 & Day 3 - Lecture series for everyday orthodontics

QUIZ TIME!!!
Quizzes held by Dr. Sumitra Reddy and Dr. Abhiram Chennuri, with Attractive Prizes to be won!

Venue: St. John's National Academy of Health Sciences, Koramangala, Bangalore.

Email id: natbiomechworkshop2026@gmail.com

Phone number: 9187299700

3 renowned international speakers, Dr. Kwangchul Choy, Dr. Paola Merlo and Dr. Vincenzo D' Anto will address topics close to their hearts that are essential for the evolution of an Orthodontist into an expert.

The online lectures will be delivered by Dr. Paola Merlo. They have been scheduled across the next few months at noon on Sundays for the convenience of students and clinicians alike.

Lecture 1: 22nd February -> Introduction and basics of biomechanics

Lecture 2: 8th March -> Cantilevers, force systems and treatment of deep bite

Lecture 3: 19th April -> Burstone's geometries, alpha- beta springs and molar uprighting springs

Lecture 4: 12th July -> Hybrid system, management of impacted canines

The offline workshop will be conducted from the 4th to the 6th of September: Day 1: Training of trainers

An exciting opportunity for 40 trainers across India for exclusive access to Dr. Paola Merlo and Dr. Aristea Cedrone for a more in-depth understanding of concepts. They are members of the European Board of Orthodontics, both enthusiastic and proficient Biomechanics experts.

Days 2 and 3: Lecture series for everyday Orthodontics by our speakers Dr. Kwangchul Choy: Asymmetry Management

Dr. Paola Merlo: Basics and Cantilevers

Dr. Vincenzo D' Anto: Aligners

This educational initiative has been created and brought to all of you with a lot of thought and care. We look forward to you enjoying it and making it yours.



SAFE SMILES ARE NEVER DIY

Braces and Aligners work best
with the **right diagnosis**.



This New Year be safe and choose an
IOS Endorsed Orthodontist

HAPPY NEW YEAR
- Indian Orthodontic Society





“Indian board of Orthodontics (IBO) Awareness Programme- Blueprint to Board Certification” in organized by Orthodontic Study Group of Delhi

The Orthodontic Study Group of Delhi (OsGOD), organized the “IBO Awareness Programme- Blueprint to Board Certification” at the FTK-CIT Conference Hall, Jamia Millia Islamia, New Delhi on 5 January 2026.

The programme was inaugurated by the Registrar, Jamia Millia Islamia — Prof. Mahtab Alam Rizvi, in the presence of Officiating Dean, Faculty of Dentistry — Prof. Ashu Bharadwaj, along with distinguished dignitaries, faculty members, orthodontic practitioners, postgraduate residents, and students. The programme witnessed the immaculate participation of over 90 delegates, including faculty members, private practitioners, and postgraduate students from various dental colleges across the Delhi–NCR region. The scientific deliberations included structured presentations on IBO Certification Categories I to V, delivered by IBO Board Members — Prof. (Dr) Mala Ram Manohar, Prof. (Dr) Ajit Kalia, Dr. Ashish Garg, Dr. Kiran Kumar H. C., and Prof. (Dr) Sunanda Roychoudhury.

The programme commenced with an address by Prof. Maninder S. Sidhu, Convener, OsGOD, who presented the Convener's Update and formally invited Prof. (Dr) Mala Ram Manohar to the dais to deliver the opening lecture. In her introductory lecture, Prof. (Dr) Mala Ram Manohar, Chairman IBO, introduced the audience to the recently published IBO Index, elaborating on its structure, relevance, and application to clinical case assessment and documentation. The sessions focused IBO Categories I to V on case selection protocols, treatment records, evaluation criteria, and presentation standards, offering participants practical clarity on certification preparedness.



Inauguration Ceremony_ Registrar, Jamia Millia Islamia Prof. Mahtab Alam Rizvi along with Dean, F/o Dentistry Prof Ashu Bharadwaj, IBO Chairman Prof Mala Ram Manohar and OsGOD Conveners Prof Sunanda Roy Choudhury, Prof Maninder S. Sidhu and Prof Harneet Kaur inaugurated the IBO Awareness Programme: Blueprint to Board Certification



A key highlight of the programme was the special interactive session, "IBO Certification & Me — From Aspiration to Achievement," addressed by Prof. (Dr) Puneet Batra, Imm. Past President, IOS and Group Captain (Dr) Mohit Sharma, who shared their professional journeys and reflections on the transformative value of board certification. The event concluded with a valedictory Session by Prof. Harneet Kaur, Professor of Orthodontics, Jamia Millia Islamia, and Convener of the Orthodontic Study Group of Delhi (OsGOD), acknowledging the contributions of the speakers, organizers, OsGOD members, institutional support teams, and delegates for their enthusiastic participation and support.



Group Photograph & Members' Glimpses



IBO Chairman Prof. (Dr) Mala Ram Manohar presenting the IBO Index and its application in clinical case assessment



"IBO Certification & Me — From Aspiration to Achievement," addressed by OsGODians Prof. (Dr) Puneet Batra, Imm. Past President, IOS and Group Captain (Dr) Mohit Sharma

The IBO Board of Directors (Lt to rt): Prof Kiran Kumar H. C. (Secretary), Dr. Ashish Garg (Director), Prof. (Dr) Mala Ram Manohar (Chairman), Prof. (Dr) Ajit Kalia (Vice Chairman), and Prof. (Dr) Sunanda Roychoudhury (Director).



Reported by Section Editor
Dr. Harneet Kaur

Indian Board of Orthodontics: a beacon of excellence



Dr. Joseph Varghese

The Indian Board of Orthodontics, established in 1999 by the IOS has these objectives:

- To stimulate the spirit of self-improvement amongst teachers, practitioners and students of orthodontics.
- To encourage continued professional review, elevation of standards of education and treatment in orthodontics throughout one's professional career.

IBO Board Certification is a voluntary achievement that represents an orthodontist's personal and public commitment to high standards of specialty practice and lifelong learning.

At present, the Indian Board of Orthodontics (IBO) has 133 board-certified Diplomates. Its governing board comprises five Directors. The Chairman demits office at the conclusion of the annual convocation, following which the Vice-Chairman assumes the role of Chairman. Each year, a new Director is elected from among the Diplomates and formally inducted.

The IBO's certification process was originally modeled in 1999 on that of the American Board of Orthodontics (ABO), with one key distinction: IBO candidates are required to present five cases for the final examination, whereas the ABO then required ten. In 2006, the ABO reduced this requirement to six cases and, in 2018, transitioned to a completely new, scenario-based oral clinical examination that no longer involves case presentations. This change enabled the ABO to evaluate a significantly larger number of orthodontists and contributed to an increase in board-certified members within the American Association of Orthodontists—from approximately 30 percent to over 60 percent of its membership.

The IBO, however, has not found it necessary to modify its examination format, except for transitioning the written examination to an online mode conducted simultaneously across thirty-five centers nationwide. Despite this modernization, the number of new Diplomates certified each year remains in single digits, even as the membership of the Indian Orthodontic Society (IOS) has expanded rapidly.

In my capacity as an Executive Committee Member of the World Federation of Orthodontists, I serve as Chair of the WFO's Society of Specialty Orthodontic Certification Boards (SOSCB) Committee. During the International Orthodontic Congress held in Brazil in October 2025, the committee organized a Global SOSCB Symposium to examine the structure and functioning of orthodontic certification boards worldwide. Representatives from twenty boards across different countries participated. The discussions underscored the reality that each nation has unique needs, expectations, and challenges that influence the evolution of its certification processes.

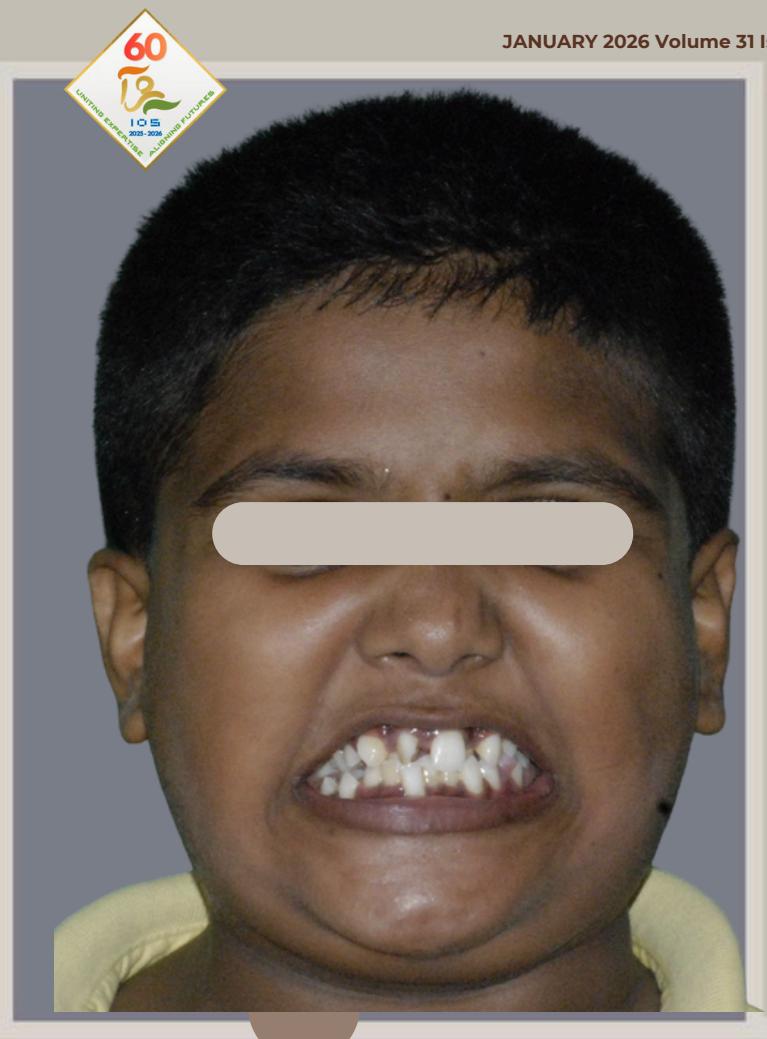
The IBO examination, in its present form, is rigorous and continues to meet the Board's current objectives. However, as the number of Board-Eligible candidates—those who have successfully completed the written examination—increases, logistical challenges may arise in accommodating a growing cohort for the final clinical and oral examinations, which are traditionally conducted immediately prior to the annual Indian Orthodontic Conference. The ABO faced similar challenges in the past and addressed them by appointing past presidents as examiners, reducing the number of examiners per candidate from three to two, and scheduling examinations approximately two months before the AAO Annual Session.

One of the most valued privileges of attaining IBO Diplomate status is participation in the two-day Annual Conclave of the College of Diplomates of the IBO (CDIBO). Over the past several years, this conclave has featured extensive case presentations and in-depth discussions of diverse clinical scenarios by Diplomates. It has consistently proven to be a major success and has become one of the most anticipated events of the year for members of the College.

Dr. Joseph Varghese MS(USA), FDS RCS(Edin)
Diplomate & Past Chairman, Indian Board of Orthodontics
Board-Certified, American Board of Orthodontics
Executive Committee Member, World Federation of Orthodontists



Magic of Braces !



Before

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



After

**IOS Times acknowledges
Dr. Vaishali vadgaonkar
for her contribution in the
public awareness page**

Before



After

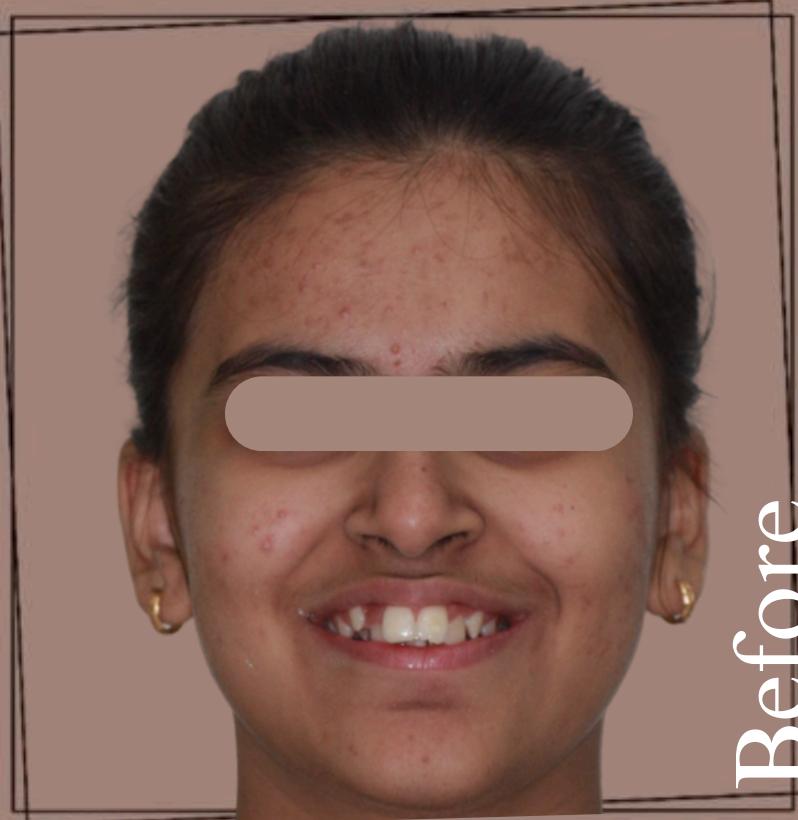


Is your braces
doctor an
orthodontist ?



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Dr. Prakash A T
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contribution in
the public
awareness page

Is your braces
doctor member of
Indian
Orthodontic
Society ?



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**IOS Times
acknowledges
Dr. Sachin Lad for
his contribution
in the public
awareness page**





**IOS Times
acknowledges
Dr. Harsh Vardhan S
for his contribution in
the public awareness
page .**



Before & After



**Is your braces
specialist IOS
Endorsed ?**



**Before**

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**IOS Times
acknowledges
Dr. Ankit Garg
for his
contribution in
the public
awareness page**

After

IOS Times acknowledges
Dr. Trisha Ghosh for her
contribution in the public
awareness page



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

After



**Magic of
Braces**





Reel vs Real Smile



Aligners are tool
Alignment is a **Treatment!**



When teeth move,
so do the **roots,**
gums, and bite.

That's why alignment can't be chosen for ease.
IT HAS TO BE DIAGNOSED.



Before choosing
aligners
Ask an **IOS Endorsed**
Orthodontist

RESEARCH GRANTS CURRENTLY OPEN

Call for Investigator-Initiated Research Proposals for “ICMR SMALL Extramural Grants” (“ICMR ANVESHAN Extramural Grants”) - 2026 GRANT AMOUNT : The budget for the project must range between ₹10 lakhs to less than ₹2 Crores. The project duration will be up to a maximum period of three years. SUBMISSION PORTAL: (<https://epms.icmr.org.in>)

Timelines

Activities	Dates	
Release of Call	19 th December 2025 (Friday)	
	From	To
Submission of proposal	29 th December 2025 (Monday) 10:00 hrs	16 th March 2026 (Monday) 17:00 hrs
Review and selection	July, 2026	
Proposal improvement & final submission of documents	September, 2026 (tentative)	
Approval and release of funds	October, 2026 (tentative)	

Call for Investigator-Initiated Research Proposals for “ICMR Intermediate Extramural Grants” (“ICMR NISCHAYAK ANVESHAN Extramural Grants”) 2026

The budget for the project must range between ₹2 Crores to less than ₹8 Crores. The project duration will be up to a maximum period of four years.

Timelines

Activities	Dates	
Release of Call	19 th December 2025 (Friday)	
	From	To
Submission of proposal	29 th December 2025 (Monday) 10:00 hrs	20 th March 2026 (Friday) 17:00 hrs
Review and selection	July, 2026	
Proposal improvement & final submission of documents	September, 2026 (tentative)	
Approval and release of funds	October, 2026 (tentative)	



Dr Rohan Mascarenhas

Heartiest Congratulations for Successfully completing his PhD on Studies on Three Dimensional Finite Element Method as a Tool to Improve Efficacy of Lingual Orthodontic Techniques.



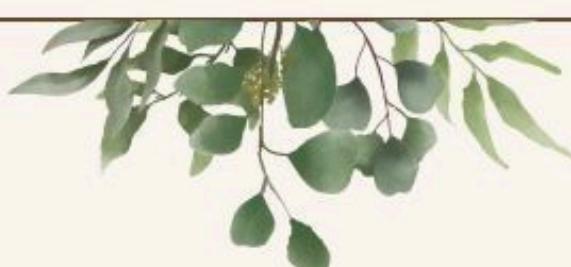
The Finite element method is a very useful tool to study and compare different aspects of biomechanics in lingual orthodontics to improve efficacy of lingual orthodontic techniques

Finite element models to simulate lingual orthodontic techniques were created and validated.

Comparison and evaluation of 7th Generation and LMX showed that they were comparable. Study of ideal requirements necessary for optimum tooth movement showed that customized CAD/CAM LMX lingual orthodontic appliance is comparable with existing 7th Generation lingual orthodontic appliance.

A New bracket design with modifications such as slot for ribbon archwire and self retaining mechanism has been proposed to make lingual orthodontics more effective.

Study of lingual archwires of various dimensions, shapes and materials suggested that ribbonwise nitinol straight archwire is best suited for lingual orthodontics. The properties of the wire can be changed by using variable thickness or different materials to bring about movements required during different phases of lingual orthodontics.

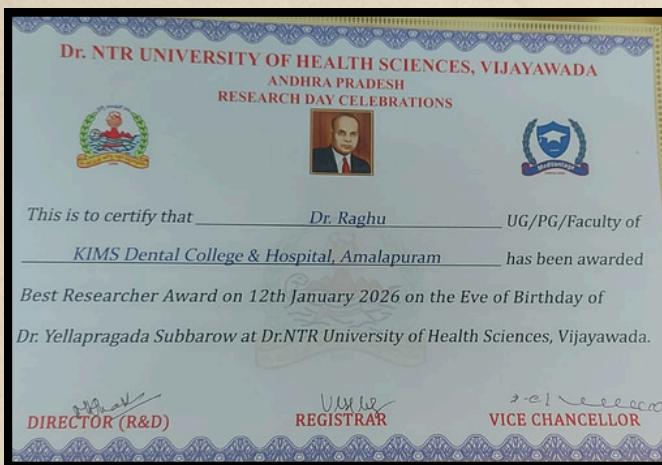


Reported by Section Editor
Dr. Arjun Nayak

DR. RAGHU DEVANNA



Dr. Raghu (LM 1861), Professor of Orthodontics in the Department of Orthodontics at KIMS Dental College and Hospital, KIMSRF, located in Dr. B. R. Ambedkar Konaseema District, Amalapuram-533201, Andhra Pradesh, is scheduled to be present/associated with an academic or professional engagement on Monday, 12 January 2026, highlighting the institution's continued contribution to dental education and orthodontic expertise in the region.



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Different systems. Different teams.
Suddenly, you're managing more than just orthodontics.

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It is the world's first fully web-based, AI-powered clear aligner planning platform, designed to think like an orthodontist.

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Plan cases from the ground up



Automate tedious steps without losing control



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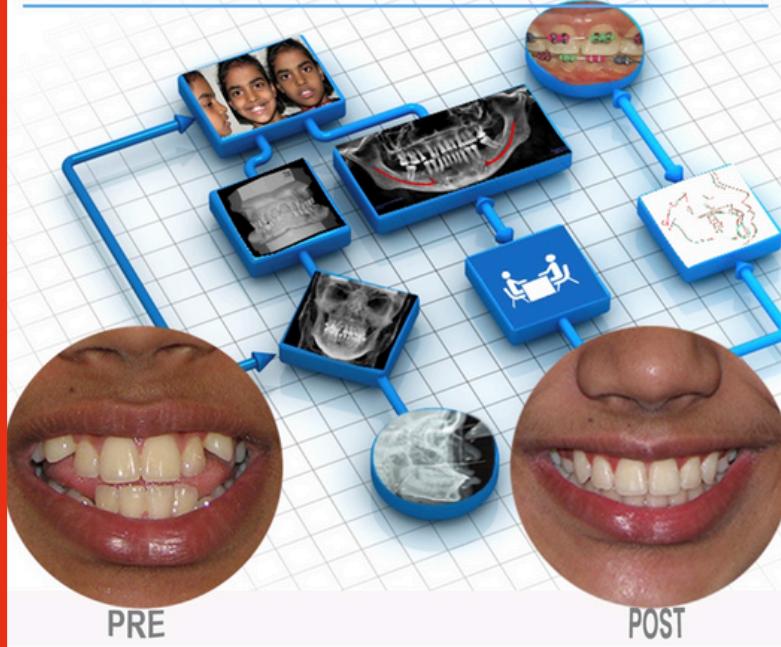
Neural Hive Technologies pvt Ltd

Part 3

PRACTICE PROTOCOLS 2.0

WHAT CHANGED IN 10 YEARS ?!

PRACTICE PROTOCOLS



TREATMENT INITIATION & PROGRESS 17

It is the author's observation that many orthodontic practitioners begin treatment immediately after consultation without making diagnostic records, analysing the case, or deciding a definitive plan and mechanics. Our degree says Master of Dental SURGERY— no surgeon operates without investigations. The same applies here. Make time for CSA. Patients appreciate the effort you put into understanding their problem and reciprocate with cooperation. With consumer protection laws leaning toward the patient, it is prudent to document all cases thoroughly. Besides pre- and post-treatment images, mid-treatment photographs are advisable especially when things go awry and later when your skill and knowledge bring the case back on track. All mid-treatment breakages should be documented.

A printed or emailed instruction sheet must be given at treatment initiation, outlining patient responsibilities. Patients must understand that orthodontic treatment is like driving a race car across rough terrain: the patient is the driver, the landscape is the malocclusion, and the orthodontist is merely the navigator. While the orthodontist reviews the case every 4-6 weeks, the patient lives with the braces/aligners 24x7, making their role perhaps even more important.

CARE CALL



18

Traditionally, a Care Call is made the day after the appointment. Your voice is often the best balm for aching lower incisors. Care Calls remain one of the best internal marketing tools. Calling whenever distress is expected, also works well.

The author follows a DEFERRED CARE CONNECT protocol. Before bonding, the patient is primed with worst-case scenarios and taught how to deal with them. Promise difficulty, deliver comfort. Thereafter, instead of a call, a WhatsApp message sent, when you know they are actually better, does an equally good job.

CONNECTING / COMMUNICATING WITH THE ONE SEEKING ORTHODONTIC CARE 19

Those active in cyberspace, website, social media, either, directly or through agencies, ensure that, while showcasing yourself as "worthy," the dignity of the profession is maintained across reels, posts, blogs, vlogs, videos, collaborations, etc

Once treatment begins, communication must follow a system whose contents can be retrieved with a click. Patient-management software helps, but Gmail and Google Calendar (Fig. 7) are equally good

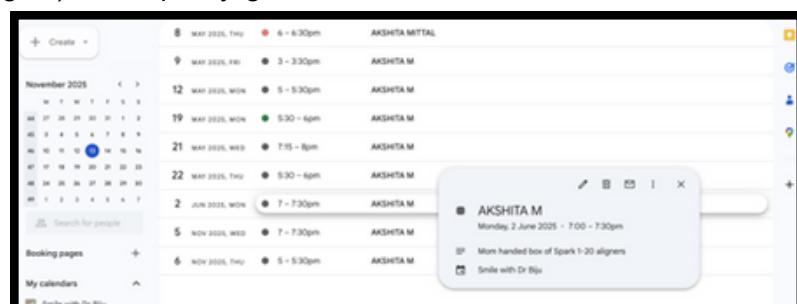


FIG. 7 - TREATMENT DONE AS SEEN ON GOOGLE CALENDAR

20



If WhatsApp is used for communication, ensure that NOBODY is selected for "Last Seen" and "Online Status" to maintain stress-free interactions. Besides mid-treatment Care Calls/Connects, documented communication-for payment reminders, breakages, missed appointments, poor brushing, and all relevant instructions will go a long way in protecting your interests. All procedures and communication must be recorded on a physical or digital treatment card (Fig. 8 & 9). A copy may be given to the patient if requested.

Date	Work Done	AW
08.05.25	Cn, pre pics, s/m done for CSA	
09.05.25	Scan done for Sp @3.65/4	
12.05.25	Treatment design explained	
19.05.25	Tooth 41 extracted under LA	
21.05.25	Attachments in. DAO delvd with ins	
02.06.25	Mom handed box of Spark 1-20 aligners	
05.11.25	Lo ant px done. Aligners tracking well	
06.11.25	Pics done - No 10 on	

Fig. 8 - Work done entered on a digital treatment card

Date	Work Done	Next Work
18.8.14	DP done with Dad	
2.10.14	Uplo 018 AO in with 016 Niti	
3.10.14	Xm r P.54 done under LA	
11.10.14	33 redone 118 10 14 47 redone	
7.11.14	15 bonded to 17 X2.5 Niti in Rcp given a brief of changes of earlier it given	
17.12.14	Lo 18 X2.5 in Up 17 X2.5 Niti	
29.11.15	Dental Check up due Ch Up 18 31518 31518 31518	

Fig. 9 - Work done entered on physical Case Card (Left) or. MS Excel Sheet (Right)



DEBOND CONSENT 21

To protect your interests and make the patient aware of possibilities after braces are removed, send a debond consent at least one appointment before debonding. If the finish is below the standard you desire, but the patient insists on debonding, do not skip the signatures (Fig.10 & 11).

4/1/18	Debanded with consent of father + pt. Case not fully completed. However, d/t patient's lack of concern in brushing & wearing elastics, mutually decided to terminate the case, at the status quo.
25/1/18	Appl. delvd
30/1/18	Up to the adjust fit fit

Fig. 10 - Debond consent on physical treatment card

Dear Dr Biju Abraham, I am satisfied with the results of the orthodontic treatment of my self / ward with you / your associate/s & have no concern regarding the treatment outcome. The retention / maintenance protocol explained is understood and I resolve that the instructions for the same will be adhered to.

NAME OF SIGNATORY Althea Pereira



Signature

Fig. 11 - Debond consent on digital treatment card

22 TERMINATION OF TREATMENT



The DTP session must cover:

- The Detailed Treatment Plan
- Treatment fee and payment schedule

The session may last 5-30 minutes, depending on whether your approach is to-the-point, storyboard-style, or a mix. Simulation and photo-editing applications can help patients visualise outcomes.



RETENTION PROTOCOLS 23

Retention is one of the most important-and sadly, most neglected-steps. Braces fixed on teeth forced patients to comply; retainers can be removed at will. Many simply stop wearing them. A careless aligner-wearer rarely reaches the retention phase.

If the orthodontist does not emphasise retainer wear correctly, the patient will invariably fail. A detailed retention protocol, with instructions for retainer care, must be emailed. With fixed retainers, stress the need for proper cleaning and periodic professional checks. It is wise to provide a back-up removable retainer designed over the fixed one, to be worn at night. If the wire breaks or a bond fails, the back-up keeps teeth from shifting until the orthodontist intervenes.

24 PRICING RETENTION



One way to ensure compliance is to attach value. An iPhone 17 is cared for far better than a Nokia Asha. If a removable retainer is given at the price of a 4DX movie ticket, sincerity in the retention phase is more likely to drop; if priced in five figures, compliance will likely be higher. A bonded retainer may be considered a series of Class V restorations. It may be priced accordingly.

You may include the cost of retainers from the beginning and inform the patient at the DTP session, or, decide the type toward the end and charge separately. Whichever the case, the signed consent must mention it clearly.

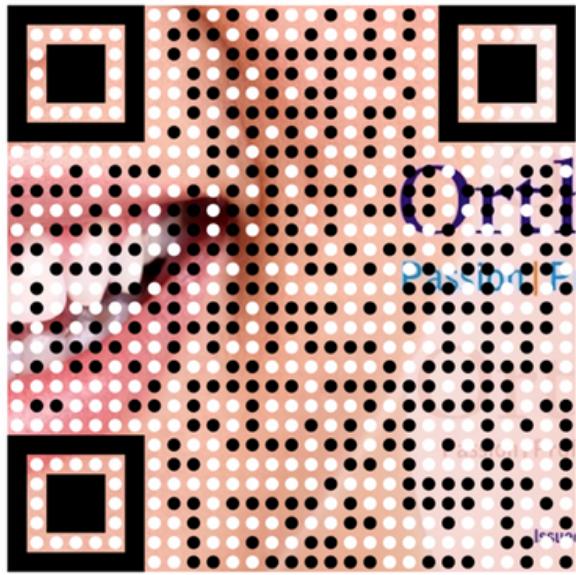


Fig. 12

QR code for feedback of treatment experience

25 THE FINAL SAY



In 2016, Practice Protocols recommended capturing a memorable moment at the end of treatment and sharing it with the patient. With social media ruling the roost today, memorable moments can be shared throughout treatment. A word of caution. Always take consent before posting images/videos. If the patient posts from their account request them to tag or collaborate with you.

Feedback always comes at the end. Since Google is the top search engine, request a Google review and share the link or QR code (Fig. 12). ideally, while the patient/parent/guardian is still in your office



THE CHOICE IS ALWAYS YOURS

26

To quote a successful franchise "Our lives are the sum of our choices." You become what you believe in and put into practice. Should you choose to accept, these protocols are simple guidelines. You may adopt them whole or in part to suit your working style. Seasoned practitioners may have even better ideas. Whatever you follow, ensure the dignity of the profession is never compromised in earning a livelihood and that you enjoy a peaceful night's sleep when your head hits the pillow.



About the author

DR. BIJU ABRAHAM

Private practitioner in Mumbai, since 1997, has two offices of his own & is attached to Dr LH Hiranandani Hospital, Powai, Mumbai. A graduate of King George's Medical College, Lucknow (1995) is the past Editor of IOS TIMES (2017-19) & former Chairman of the Public Awareness Committee of Indian Orthodontic Society (2012-16, 2017-19). Beside his YouTube channel - Braces Takes U Places, he continues to disseminate orthodontic awareness amongst the general populace via his social media handle #smilewithdrbiju.

Reported by Section Editor, Dr. Himija Karia

With critic inputs from -
 Dr Ashwin George (Chennai)
 Dr Sachin Lad (Mumbai)
 Dr Gauray Gupta (Pune)

Management of an Orthodontic Practice

Orthodontics has undergone significant advancements in recent decades. While clinical knowledge remains the core of speciality practice, an orthodontic clinic's success and longevity are also dependent on excellent practice administration. Orthodontists are no longer just clinicians; they are also leaders, administrators, and strategists.

Every successful orthodontic office starts with a clear vision and stated goals. Strategic planning enables orthodontists to define their practice objectives, target specific patient demographics, and assess their long-term growth potential. Whether you run a single practice or a group, having a clear mission and direction ensures constant decision-making and progress.

A highly motivated and well-trained workforce is the foundation of any orthodontic practice. Orthodontic assistants, receptionists, treatment coordinators, and practice managers all play important roles in ensuring efficient day-to-day operations. Clear job descriptions, regular training programs, performance assessments, and a nice work atmosphere all improve teamwork and employee retention.

Effective financial planning is critical for practice stability. This comprises budgeting, fee structuring, overhead monitoring, and efficient billing and collection. Regular examination of financial data, such as production, collections, and case acceptance rates, enables the orthodontist to make informed business decisions while adhering to ethical guidelines.

Patient satisfaction is strongly tied to effective communication and trust. A clear explanation of treatment plans, duration, costs, and expected outcomes promotes realistic expectations. Efficient appointment systems, effective reminder mechanisms, and timely resolution of patient issues all enhance the overall patient experience and foster long-term compliance.

Ethical and strategic marketing is critical for practice growth. A competent web presence, patient referrals, and coordination with general dentists all help to ensure regular patient intake. Community engagement and educational initiatives help to build the practice's reputation.

Effective leadership is critical for successful practice management. An orthodontist must set a favourable example, follow ethical values, and promote a culture of professionalism and continual progress. Compliance with legal obligations, informed consent, and rigorous record-keeping protect both the patient and the practitioner.

To summarize, managing an orthodontic office is a multifaceted responsibility that goes beyond clinical competency. A healthy blend of excellent treatment, efficient systems, financial discipline, team leadership, and patient-centered care is required. Orthodontists who implement systematic practice management can assure professional satisfaction, patient trust, and long-term success in an increasingly competitive healthcare industry.

Teleorthodontics uses communication technology to improve traditional orthodontic practices by boosting accessibility, efficiency, and patient convenience.

Integrating tele-orthodontics into clinical practice offers several major benefits, ranging from initial patient screening to fewer clinical appointments. It is advantageous for both clinicians and patients since it allows for the optimization of daily schedules. Furthermore, reducing normal orthodontic appointments is critical for alleviating overcrowding in public and private orthodontic facilities, which is especially important during the COVID-19 pandemic. Integrating tele-orthodontics helps practitioners to create prioritized treatment procedures, which significantly reduces chairside visits. This strategy improves cost-effectiveness for patients, particularly those living in remote or rural areas, while also streamlining clinical access and operational procedures for orthodontic practitioners.

Dental Monitoring (DM) is a significant improvement in teledentistry, since it uses artificial intelligence (AI) and mobile technology to enable longitudinal remote observation of orthodontic patients. This platform uses sophisticated algorithms to generate precise occlusal records by analyzing intraoral video sequences acquired by the patient using a smartphone camera and specific cheek retractors. The software allows clinicians to accurately assess tooth movement by converting these patient-acquired recordings into three-dimensional reconstructions. As a result, this Software as a Medical Device (SaMD) enables practitioners to retain continuous, real-time oversight of treatment progress and clinical outcomes, thereby overcoming the geographic and temporal limits of in-office monitoring.

Clinicians may now use AI-driven algorithms to examine massive volumes of patient data—from imaging scans to health records—allowing for more accurate, real-time assessments of treatment progress. These algorithms can not only follow tooth movement more precisely, but also detect problems like root resorption and periodontal disease before they become clinically important. Furthermore, AI serves as an intelligent clinical assistant, assisting orthodontists in making patient-specific alterations to the treatment plan, hence reducing treatment time, optimizing outcomes, and minimizing human error in clinical decision making. This eventually improves the overall effectiveness of orthodontic workflows, increases treatment predictability, and enhances patient satisfaction.

The professional landscape of orthodontics has experienced a considerable structural evolution, defined by the expansion of Orthodontists' clinical responsibilities and the strategic integration of orthodontic therapists into the multidisciplinary team.

Orthodontic technicians play an increasingly important part in clinical processes, performing specific diagnostic and preparatory duties under the direction of a specialist. Following advanced training, these specialists enhance practice efficiency by taking charge of intraoral imprints, facebow recordings, occlusal registrations, cephalometric tracings, and clinical photography. The technical proficiency of the orthodontic technician is mostly indispensable in the management of complex orthognathic cases. Their precision in laboratory procedures and effective communication within the multidisciplinary team are fundamental to achieving predictable and successful surgical-orthodontic outcomes.

Dr Deepankar Bhatnagar
Professor and Head
Department of Orthodontics
MM college of Dental sciences and Research
Mullana,Ambala,Haryana

Reported by Dr. Hasini

Practice Management in Orthodontics – From First Visit to Lifelong Patient Loyalty

ABSTRACT

Modern orthodontic practice demands a balance between clinical expertise and professional management. Excellent technical skills alone are not sufficient for long-term success. Structured systems, effective communication, strategic planning, and coordinated teamwork are equally important. This manuscript presents a comprehensive and practical approach to orthodontic practice management covering the entire patient journey—from the first walk-in to lifelong loyalty and referral generation.

INTRODUCTION

Orthodontics is a unique specialty that combines medical science with personalized patient care. While most orthodontists are extensively trained in diagnosis and treatment mechanics, formal training in practice management is often limited. As a result, many capable clinicians struggle to translate their skills into sustainable practice growth.

Practice management functions as the bridge between clinical excellence and professional success. A well-managed clinic ensures smoother workflow, higher case acceptance, predictable treatment outcomes, better patient relationships, and consistent growth. This article provides a structured roadmap for transforming an orthodontic clinic into a professionally managed practice.

THE PATIENT JOURNEY – FOUR CRITICAL STEPS

Every orthodontic practice passes through four essential stages:

1. Getting the patient walk-in to the clinic
2. Convincing the patient for treatment
3. Achieving desired clinical outcomes
4. Getting referrals from satisfied patients

Understanding and managing each of these stages effectively is the foundation of a successful orthodontic practice

GETTING THE PATIENT WALK-IN TO THE CLINIC

1

Patient inflow is the lifeline of any orthodontic clinic. Regardless of the orthodontist's skills, treatment can begin only when the patient walks through the door.

Sources of Patient Walk-ins

Patients reach the clinic through multiple channels:

- Word-of-mouth referrals from satisfied patients
- Recommendations from general dentists
- Online searches and Google reviews
- Social media visibility
- Local reputation and community presence

Among these, patient referrals and digital visibility have become the strongest drivers of modern orthodontic practices.

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CONVINCING THE PATIENT FOR TREATMENT

2

Getting the patient into the clinic is only half the job. The next challenge is converting the inquiry into a confirmed treatment case.

Elements of Successful Case Conversion

- Effective and empathetic communication
- Clear explanation of the orthodontic problem
- Visual demonstration using photographs and models
- Presentation of multiple treatment options
- Transparent discussion of duration and fees
- Addressing patient fears and doubts

Patients do not buy treatment plans; they buy trust and confidence. The orthodontist must therefore focus on relationship building rather than technical lecturing.

3

ACHIEVING DESIRED CLINICAL OUTCOMES

Case acceptance alone does not define success. Real success lies in delivering results that match or exceed patient expectations.

Key Factors for Clinical Success

- Accurate diagnosis
- Proper treatment planning
- Selection of the correct appliance
- Regular monitoring and adjustments
- Timely management of complications
- Effective patient motivation
- Realistic expectation management

When promised outcomes and delivered results are aligned, patient satisfaction naturally follows.

4

GETTING REFERRALS FROM SATISFIED PATIENTS

The final stage of the patient journey is referral generation. This is the ultimate indicator of practice success.

Satisfied patients lead to:

- New family members seeking treatment
- Friend referrals
- Positive online reviews
- Long-term loyalty

Referral-based growth is the most ethical, economical, and sustainable form of practice expansion.

THE 4M MODEL OF PRACTICE MANAGEMENT

Efficient orthodontic practice can be summarized through the 4M principle.

Man – Human Resources

- Selection of the right team members
- Clear job descriptions
- Continuous training and motivation
- Team spirit and leadership

A motivated and well-trained team is the backbone of every successful clinic.

Money – Financial Management

- Transparent and ethical fee structure
- Proper billing systems
- Planned investments
- Financial counseling for patients

Good financial management builds trust and ensures stability.

Material – Infrastructure and Technology

- Modern orthodontic equipment
- Comfortable clinic design
- Quality materials
- Proper sterilization protocols

Good infrastructure directly enhances patient confidence.

Method – Systems and Protocols

- Standard operating procedures
- Appointment systems
- Follow-up and recall mechanisms
- Documentation protocols

Well-defined methods convert random efforts into predictable results.

WHY DO PATIENTS SAY “NO”?

Understanding objections is essential for better conversion.

Common Reasons

- Fear and anxiety
- Financial concerns
- Lack of time
- Misconceptions about pain
- Influence of relatives or friends

How to Overcome Objections

- Active listening
- Empathetic communication
- Visual education
- Flexible payment options
- Proper re-counseling

Most refusals are temporary barriers rather than final decisions.

PATIENT DEMANDS VS DOCTOR CONCERNS

In modern orthodontics, patient expectations are rapidly changing.

Common Patient Demands

- Faster treatment
- Lower cost
- Invisible appliances
- Pain-free procedures
- Perfect results

Doctor's Professional Concerns

- Biological limitations of tooth movement
- Long-term stability
- Ethical boundaries
- Scientific protocols

The orthodontist must bridge this gap through education, transparency, and honest communication.

ART OF CHOOSING THE RIGHT APPLIANCE

Appliance selection is a strategic clinical decision.

Factors Influencing Choice

Clinical Considerations

- Type of malocclusion
- Severity of problem
- Need for extractions
- Biomechanical requirements

Patient Factors

- Age and growth status
- Compliance potential
- Oral hygiene levels
- Aesthetic and Financial Factors
- Visibility concerns
- Lifestyle needs
- Budget considerations

Available Options

- Conventional braces
- Ceramic braces
- Self-ligating systems
- Lingual braces
- Aligners

Scientific reasoning and individualized planning must always guide appliance selection.

ROLE OF THE ORTHODONTIC TEAM

An orthodontic clinic functions efficiently only through coordinated teamwork.

1. Front Desk Executive

Responsibilities

- Managing appointments
- Handling phone calls
- Greeting patients
- Record maintenance
- Recall and reminders

Impact

Creates first impression and strongly influences case acceptance.

2. Clinical Assistant

Responsibilities

- Chairside assistance
- Instrument preparation
- Sterilization protocols
- Inventory management
- Patient comfort

Impact

Improves clinical efficiency and treatment quality.

3. Treatment Coordinator

Responsibilities

- Explaining treatment plans
- Discussing fees
- Handling patient queries
- Motivating hesitant patients

Impact

Directly improves conversion rates.

4. Orthodontist

Responsibilities

- Diagnosis
- Treatment planning
- Appliance selection
- Clinical execution
- Leadership

Impact

Defines the vision and standards of the practice.

5. Team Coordination

- Regular meetings
- Clear communication
- Defined protocols
- Continuous training

A coordinated team transforms a clinic into a well-managed professional organization.

CONCLUSION

Every orthodontic journey begins with a dream—to create change, not just corrections. Behind every appliance and workflow lies a human story of trust, hope, and expectation. When we listen beyond teeth and align our expertise with patient emotions, resistance turns into belief. The art of orthodontics is not only in mechanics, but in compassion, timing, and informed choice. In the end, we do not merely build smiles—we shape confidence, futures, and lasting human connections.

KEY MESSAGE

Clinical excellence builds smiles. Practice management builds success.

Prof. Dr. Dhaval Somanı

Reported by Section Editor
 Dr. Mohit Chaturvedi



DR. RAJLAXMI RAI

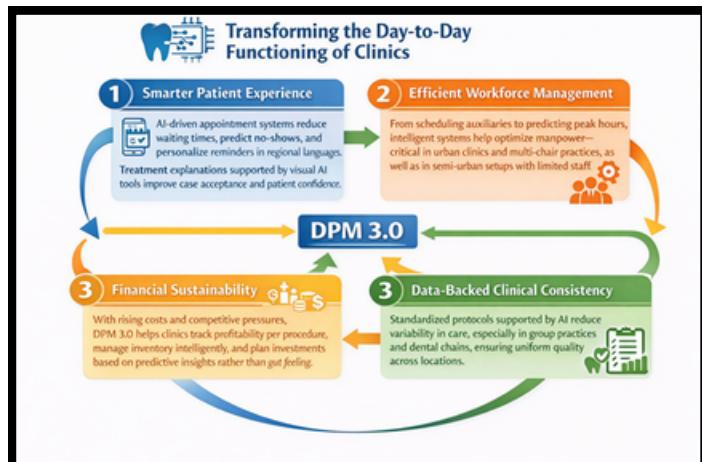
“Digital was the era of information; Intelligence is the era of Insight”

THE EVOLUTION OF CLINICAL INTELLIGENCE IN GENERAL AND ORTHODONTIC PRACTICE.

Historically, Dental Practice Management(DPM) has been anchored in manual record-keeping and the subjective interpretation of analog data. The first digital wave—DPM 2.0—successfully transitioned the industry toward paperless environments. In the orthodontic suite specifically, this era brought digital models and cephalometric tracing, yet these tools still required exhaustive manual manipulation to extract clinical insights. Today, the profession is undergoing a definitive paradigm shift into DPM 3.0, characterized by the transition from mere digital storage to intelligence-led partnership.

DENTISTRY AT THE CROSSROADS: AN INFLECTION POINT WE CANNOT IGNORE

Dentistry today stands at a defining turning point—a convergence of clinical excellence, business acumen, and technological responsibility. Senior practitioners and practice owners are navigating a landscape marked by rising patient expectations, increasing operational costs, intensifying competition, and ever-evolving regulatory frameworks. Patients today are informed, time-sensitive, experience-driven, and digitally connected. They expect transparency, personalization, efficiency, and trust—often simultaneously. Meanwhile, dentists are expected to balance chairside care with staffing, compliance, marketing, finances, and long-term growth. This is where Artificial Intelligence (AI) emerges—not as a disruptor of dentistry's soul, but as a paradigm shift in how practices are managed, scaled, and sustained. Yet, it is crucial to recognize a fundamental truth: “This transformation does not start with technology—it starts with us as practitioners.” This editorial explores how dentists can adopt AI without losing professional control, ethical grounding, or legal safety. It explores how AI is merely an enabler; and how Leadership, ethics, and vision remain human. A key concern among practitioners is whether AI will dilute clinical autonomy or the traditional doctor–patient relationship. In reality, DPM 3.0 is designed to augment, not replace, the dentist's expertise.



TRANSFORMING THE DAY-TO-DAY FUNCTIONING OF CLINICS

SECTION 1: TRADITIONAL PRACTICE MANAGEMENT – THE DO'S & DON'TS

AI cannot compensate for weak fundamentals- Strong systems must exist before automation.

Sr.No	Area of Practice	Traditional Do's	Traditional Don'ts
1	Patient Communication	Clear explanations, empathy, follow-ups	One-way communication, jargon-heavy counselling
2	Scheduling & Time Management	Structured appointment slots, buffer time	Overbooking, manual tracking
3	Team Management	Regular training, delegation, SOPs	Micromanagement, unclear roles
4	Marketing & Branding	Ethical visibility, patient education	Aggressive advertising, discount-led branding
5	Financial Tracking	Periodic audits, cost control	Reactive bookkeeping, cash-only tracking
6	Clinical Documentation	Accurate records, informed consent	Incomplete notes, delayed documentation
7	Patient Retention	Recall systems, relationship building	Transactional care, no follow-ups

SECTION 2: AI IN DENTAL CLINICS: DO'S & DON'TS

Sr.No	AI Do's (Best Practice)	AI Don'ts (Risk Zones)
1	Use AI for support, not diagnosis	Allow AI to decide treatment
2	Disclose AI assistance where	Conceal digital involvement
3	Validate outputs clinically	Assume algorithmic accuracy
4	Use privacy-conscious platforms	Upload data to unknown tools
5	Retain manual override always	Fully automate patient care

SECTION 3: HOW AI IS REDEFINING PRACTICE MANAGEMENT

AI does not replace experience—it multiplies its impact.

Sr.No	What Changed	How AI Improves It	Why It Matters to Senior Practitioners
1	Patient Communication	AI chatbots & automated responses for FAQ	Saves chairside time without compromising
2	Appointment Scheduling	Predictive scheduling & no-show analysis	Improves chair utilization and revenue predictability
3	Recalls & Follow-ups	Automated, personalized reminders	Enhances retention without staff overload
4	Marketing	AI-driven content & audience insights	Ethical, consistent branding without agency dependency
5	Financial Management	Expense categorization & trend forecasting	Data-driven decisions rather than intuition
6	Documentation	Voice-to-text & smart templates	Reduces medico-legal risk and clinician fatigue
7	Decision Support	Non-diagnostic pattern recognition	Supports clinical judgment without replacing it

SECTION 4: WHERE AI GENUINELY REDUCES DENTIST LOAD

Sr. No	Administrative Efficiency	Clinical Support (Non-Decisional)	Practice Oversight
1	Automated appointment confirmations & reminders	Radiograph pattern highlighting	Recall systems
2	Chair-time optimization	Drafting case notes & summaries	Feedback trend analysis
3	Billing, invoices & follow-up alerts	Patient education visuals & explanations	Ethical digital presence monitoring

SECTION 5. FREE & HIGH-VALUE AI TOOLS FOR DENTISTS (ETHICAL & NON-DIAGNOSTIC)

All tools must be used as assistive technologies, not clinical decision-makers.

Sr. No	Tool Name	Primary Use	How It Helps a Dental Practice	Free/Freemium
1	ChatGPT	Content & communication	Patient education, SOP drafts, FAQs	Freemium
2	Canva	Visual design	Posters, consent forms, social media	Freemium
3	Grammarly	Writing assistance	Professional patient & email communication	Freemium
4	Google Gemini	Research & ideation	Professional patient & email communication	Free
5	Notion AI	Documentation	Professional patient & email communication	Freemium
6	Otter.ai	Voice transcription	Professional patient & email communication	Freemium
7	Hootsuite	Social media scheduling	Professional patient & email communication	Freemium
8	Remove.bg	Image enhancement	Professional patient & email communication	Freemium
9	Google Looker		Basic practice performance	Free

SECTION 6 : LEGAL & ETHICAL CONSIDERATIONS FOR DENTISTS IN INDIA

Indian jurisprudence is clear: the use of technology, including AI, does not reduce professional responsibility. AI adoption must therefore be anchored in compliance, transparency, and accountability.

- Professional Liability: Dentists remain fully responsible for all clinical decisions; AI outputs are strictly advisory. Liability continues under the Consumer Protection Act, 2019.
- Data Privacy & Compliance: Identifiable patient data must not be uploaded without verified compliance with the IT Act, 2000 and mandatory adherence to the Digital Personal Data Protection (DPDP) Act, 2023.
- Consent & Disclosure: Patients must be informed when AI tools are used for communication or documentation.
- Clinical Boundaries: AI must not replace diagnosis, treatment planning, or clinical judgment.
- Record Integrity: Maintain complete, verifiable, and auditable records irrespective of AI assistance.
- Advertising Ethics: All communications must comply with Dental Council of India (DCI) norms, avoiding misleading or exaggerated AI-related claims.
- Judicial trends consistently affirm that:
- Accountability cannot be transferred to software
- Inadequate supervision of digital systems constitutes negligence
- Robust documentation often determines legal outcomes

CONCLUSION: LEADERSHIP IN THE AI ERA

Today, dentistry stands at a pivotal crossroads. Artificial Intelligence has moved beyond academic discussion and entered clinics quietly—through scheduling systems, diagnostics support, patient communication tools, and marketing automation. This transition is neither a threat nor a miracle. It is a structural shift that demands leadership, restraint, and legal awareness. AI is not here to replace dentists. It is here to amplify leadership, sharpen vision, and restore focus to what truly matters—clinical excellence and human connection.

Senior practitioners are uniquely positioned as torchbearers of this paradigm shift. Your experience provides the ethical compass; AI simply provides the acceleration. Early adopters will gain not just efficiency, but strategic clarity and resilience in a rapidly changing healthcare landscape.

The true promise lies in partnership: Technology that thinks, Clinicians who lead, and Practices that thrive. Those who lead this transition responsibly will not just run efficient practices—they will shape the future of dentistry in India & globally.

“The best way to predict the future is not to wait for it, but to create it—responsibly.”

Reported by Section Editor , Dr. Mohit Chaturvedi

Dr Alka Manish Banker



Dr. Alka Manish Banker's journey extends far beyond the boundaries of orthodontics. With over four decades of clinical excellence in Ahmedabad, she chose a path guided not by legacy but by purpose—devoting her life to working with children and teenagers during their most formative years. For Dr. Banker, orthodontics is not merely about aligning teeth; it is about shaping faces, confidence, and futures. She views her work as deeply holistic and almost spiritual, rooted in the belief that a smile can alter destiny.

An academic leader and innovator, Dr. Banker has served as Professor, Head of Department, and held key administrative roles within the Indian Orthodontic Society. Her five patented innovations—have propelled her onto a global stage, earning recognition from the Government of India

through prestigious BIRAC and NIDHI-SSS grants. Her work has even been acknowledged by world leaders, including Prime Ministers Narendra Modi and Benjamin Netanyahu, reinforcing her role as a pioneer in healthcare innovation. Today, she channels this vision through her ventures—Pulse Orthodontics and EZee Braces—blending clinical care with cutting-edge technology.

Equally passionate about art and culture, Dr. Banker is the founder of The Thread Story, a platform that empowers Indian artisans and designers by connecting them with discerning patrons through a curated annual exhibition. A connoisseur of craft, design, and cuisine, she brings people together through creativity—whether by promoting Made-in-India design or hosting thoughtfully curated culinary evenings. Balancing her professional life with a close-knit family, Dr. Alka Banker stands as a rare blend of clinician, entrepreneur, patron of the arts, and mentor—someone who nurtures people and their ideas with equal conviction.

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Beyond Orthodontics

Dr. Pallavi Thombare



"A fulfilled life is one where passion and purpose walk hand in hand."

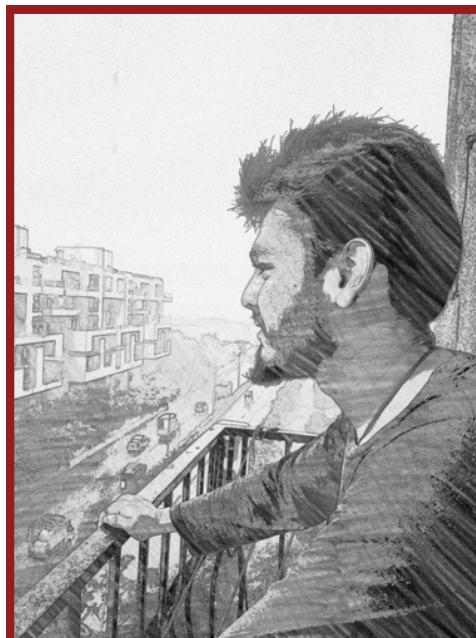
Dr. Pallavi Thombare is a dedicated orthodontist who beautifully embodies this philosophy. While her professional expertise lies in creating healthy, confident smiles, her life beyond the clinic is a vibrant canvas of art, culture and creativity.

A trained Kathak dancer, she finds rhythm, discipline and storytelling in movement, using this classical art form to express emotions with grace and precision. An avid traveller, she believes that every journey adds a new perspective, allowing her to draw inspiration from cultures, people and experiences across the world.

Her artistic eye extends into photography, where she captures fleeting moments, emotions, and natural beauty through thoughtful composition. Sketching serves as a meditative outlet, helping her translate imagination and observation into expressive lines and forms. Through poetry, she articulates her inner world, giving voice to emotions, reflections and life's quiet nuances.

Music is another integral part of her identity. As a singer and orchestra director, she not only performs but also leads—bringing together voices and instruments to create harmony. This role reflects her leadership, creativity and ability to inspire collective expression.

Dr. Pallavi Thombare's journey is a seamless blend of science and art. She stands as a testament to the belief that one can pursue excellence in healthcare while nurturing creativity, passion and soulful expression—proving that true fulfillment lies in embracing every dimension of oneself.



"VIRAGO"
I get happy with a cup of black coffee;
No need to embrace me with black coal diamond.

I get honored with a smile full of LOVE;
No need to blossom me with roses and tulips.

I get mitigated with a shoulder to burst out;
No need of glasses full of beers to vent out.

I get cherished with kids along;
No need for fancy expensive vacations.

I burst out with my foolish talks;
No need for a room full of advisors.

I crave for;
a "helping hand",
a mind to "think alike and care",
a heart to "understand and respect",
an ear to be "listened",
a hand to be "held and loved",
a blink to "appreciate",
a smile to "console",
a wink to say "it's ok",
a nod to "appreciate" and show faith to say "go ahead".

I starve for;
Time in bed with calm Sundays and lazy mornings; clumsy days, boring nights and time for self;

Do not tag me "VIRAGO"
I am happy being "INDOLENT"



Reported by Dr. Honey Gurbaxani

Dr. Sergio

Dr Sergio Martires is currently a Lecturer at Goa Dental College and Hospital, Bambolim Goa, a department with individuals that work amicably and in tandem with each other under the able guidance of HOD Dr Nandini Kamat. He grew up in Goa in a family that loved breaking into song at every opportunity they got. It is no surprise then that Music became an integral part of his life. He trained early on to play the violin and piano but his love for singing surpassed all other interests and he ultimately did his vocal training in Western classical music in Goa. During his childhood, he participated and won singing competitions across the state in different languages English, Hindi, Konkani, French and Portuguese. He recalls that with time, it became difficult to continue pursuing music training especially when student life became intense. Through BDS and then MDS, there was very little time for music but the passion for music never died down. MDS brought a new chapter in his life, one of the pursuit of clinical and academic excellence. He recalls winning prizes at the 51st IOC and 8th WIOC in Goa at the hands of Dr Park and the 3rd best clinical paper at the 53rd IOC in Kochi, Kerala. Presenting and public speaking has always been a passion and he's happy that this profession gives him the opportunity to do both while continuing to learn new things as the field keeps evolving. Dr Sergio recalls how not having music in his life had begun to bother him and that's when he rediscovered his passion for Choral singing first with the Goa University Choir and currently with a over 110 member Stuti choir. The choir functions as a professional commitment with rehearsals twice a week. While it may not be much, he's grateful for the ability to be able to balance both his professional and personal interests to the best of his ability. Another recent memory was an invitation by the Fundação Oriente in Goa, an organisation that promotes Portuguese language and culture to perform a Fado (Portuguese Traditional song. Singing a solo on stage after years was nerve wrecking yet gratifying, he recalls. Additionally, he mentions that it is lovely that the IOS encourages talent within its fraternity and that they even have a lovely group for singers and musicians to share their talent on a regular basis.

Reported by Dr. Sonam Sehrawat

Beyond Orthodontics



Madras Orthodontic Study Group

**VARIABLE PRESCRIPTION ORTHODONTICS
AN INDIVIDUALISED APPROACH FOR
BRACKET SELECTION AND PLACEMENT**

MOSG 4.1.2026

Dr.S.Venkateswaran. MDS, D
Diplomate of Indian Board of Orthodontics
Former Professor, RAGAS DENTAL COLLEGE



The Madras Orthodontic study group conducted the clinical enrich program on 4th January 2026 on a very intriguing and contemporary topic- “VARIABLE PRESCRIPTION ORTHODONTICS- AN INDIVIDUALIZED APPROACH TO BRACKET PRESCRIPTIONS”

Dr. S. Venkateswaran, the speaker, enlightened the participants highlighting some interesting clinical scenarios where individualized prescriptions are preferred in an evidence-based manner. The lecture was very informative and engaging to the audience. The program involved participants across various states with many senior academicians, practitioners, fellow colleagues and post graduate students who were actively involved in the lecture followed by a very interactive Q&A session. The program was exceptionally moderated by

Dr. Chetan Jayade and Dr. Thirunavukkarasu with interactive Q & A sessions. On behalf of the MOSG, my heartfelt thanks to the office bearers of IOS, President Dr. Sridevi Padmanabhan and Honorary Secretary Dr. Shubhakar Rao for joining with us amidst their busy schedule. My sincere gratitude to the speaker, Dr. S. Venkateswaran for the brilliant rendering of cases, our moderators for the wonderful moderation and discussions, Dr. Bharathi for the fantastic MC, my co-convenor Dr.N.R.Shrinivasan for delivering the vote of thanks and finally to all the members and students for making this program a grand success.

Bombay Orthodontic Study Group

This event represented a historic milestone for BOSG as it concludes the tenure of two dedicated convenors, Dr. Harshvardhan S and Dr. Harsh Mishra, who have championed orthodontic excellence and professional development throughout their leadership period. Their commitment to bringing international expertise and fostering interdisciplinary collaboration has strengthened BOSG's position as a premier academic forum in Indian orthodontic Society (IOS). The H.S Shaikh Memorial Lecture series underscore the continuous evolution of orthodontic practice toward integration of digital technologies, functional principles, and evidence-based treatment strategies. H.S Shaikh Memorial Lecture represents commitment to honouring pioneers while advancing innovation BOSG contributes significantly to IOS's mission of evidence-based orthodontic practice.

BOSG Leadership Transition: Dr. Harshvardhan S and Dr. Harsh Mishra conclude their successful tenure as convenors. Dr. Javed Khan assumed leadership with two newly appointed convenors Dr. Nayana Dandavate and Dr. Yash Shekatkar during the AGM conducted by BOSG unanimously. Transition reflects continuity and renewed commitment to BOSG's scientific and academic mission recognizes contributions of outgoing convenors through this landmark educational event.



Core Topics and Learning Objectives:

1. Temporomandibular Joint (TMJ) Fundamentals and Clinical Relevance.
2. TMJ Screening, Splint Concepts, and Jaw Motion Tracking.
3. Complex Orthodontic Cases and Periodontal Considerations.
4. Fixed Appliances, Aligners, and Auxiliaries in Functional Treatment.
5. Digital Appliances and 3D Printing Technologies.
6. Power Bar Biomechanics and Clinical Indications.
7. Live OnyxCeph Work ows with TAD Planning and Guided Insertion.

**Conclusion**

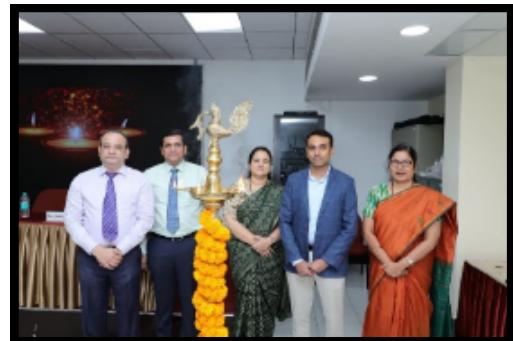
The H.S Shaikh Memorial Lecture on December 21, 2025, represents a defining moment in BOSG's history and India's orthodontic landscape. By uniting cutting-edge digital technologies with fundamental principles of functional orthodontics and periodontal integration, this program equips clinicians and educators with contemporary knowledge for delivering evidence-based, interdisciplinary care. The event's emphasis on biodigital orthodontics reflects the global paradigm shift toward precision medicine in dentistry, positioning Indian orthodontists at the forefront of innovation. The transition in BOSG leadership, celebrated through this exceptional program, signals continued growth and renewed energy in the organization's commitment to advancing orthodontic excellence. As Dr. Harshvardhan S and Dr. Harsh Mishra conclude their tenure, their legacy of fostering international collaboration, embracing digital innovation, and maintaining rigorous academic standards will continue to inspire BOSG members. The program itself stands as a testament to their vision of orthodontics, one that integrates function, aesthetics, technology, and interdisciplinary expertise for superior patient outcomes.

Jai Hind! Jai IOS!

Reported by Managing Editor , Dr. Akhil Agarwal

Mangalore Orthodontic Study Group

PITTS21 Orthodontic Course Report

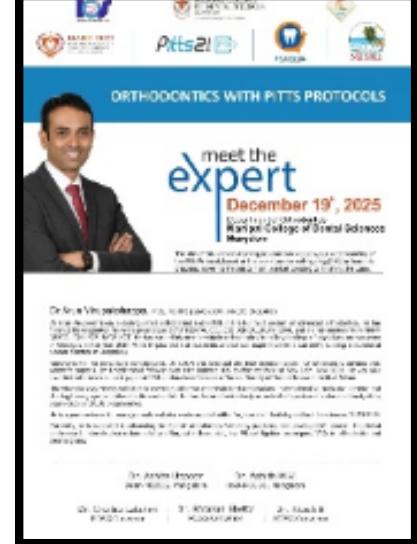


The Department of Orthodontics, Manipal College of Dental Sciences (MCODS), Mangalore, hosted an exclusive one-day course on "Orthodontics with PITTS Protocols" on December 19, 2025, in association with Mangalore Orthodontic Study Group (MOSG).

Focus Areas: PITTS Protocols, precision-driven mechanics, efficient treatment planning, and aesthetic outcomes. The program covered: Understanding PITTS Protocols, Precision-driven orthodontic mechanics, Efficiency in treatment planning, Achieving superior aesthetic outcomes with PITTS21.

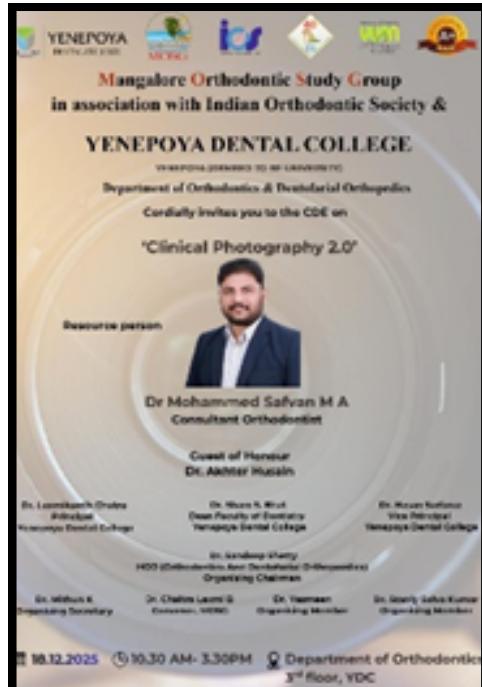
Target Audience: Orthodontic practitioners and postgraduate students, turning out of more than 80 registrations. Organizing team: the program was inaugurated by the Dean – Dr. Ashita Uppoor. In the presence of HOD – Dr. Ashith M.V. and MOSG Convenors – Dr. Chaithra laxmi B, Dr. Shravan Shetty, Dr. Ritesh Bangera. HODs and senior professors graced the program with their presence.

The "Orthodontics with Pitts Protocols" program at Manipal College of Dental Sciences, Mangalore, attracted participants from across the states of Karnataka & Kerala, indicating its popularity and relevance in the field of orthodontics.





Mangalore Orthodontic Study Group



The "Clinical Photography 2.0" CDE organized by the Mangalore Orthodontic Study Group (MOSG) in association with the Indian Orthodontic Society and Yenepoya Dental College was held on 18.12.2025 from 10:30 AM to 3:30 PM at the Department of Orthodontics, 3rd floor, Yenepoya Dental College.

Guest of honor: Dr. Akhter Husain.

Principal Dr. Laxmikanth Chatra inaugurated the program and delivered the presidential address, Dean Dr. Sham S. Bhat, Vice Principal Dr. Hasan Sarfaraz were also present.

Organizing team: HOD Dr. Sandeep Shetty (Orthodontics & Dentofacial Orthopaedics), Organizing Chairman: Dr. Chaitra Laxmi B, Secretary: Dr. Mithun K, and members Dr. Yasmeen & Dr. Stanly Selva Kumar.

The event focused on **clinical photography techniques for orthodontic practice**.

The hands-on workshop focused on enhancing clinical photography skills, covering topics like: Camera settings and equipment, Lighting techniques, Composition and framing, Image editing and management.

Participants praised the workshop's practical approach and Dr. Safvan's engaging teaching style. The workshop equipped orthodontic professionals and students with advanced clinical photography skills, boosting their confidence in capturing high-quality images for documentation, presentations, and publications.

The program had 45 participants from various dental colleges of Karnataka & kerala.

Mangalore Orthodontic study Group

One-Day Orthodontic Education Program Report

On January 12, 2026, Manipal College of Dental Sciences, Mangalore, hosted a one-day Orthodontic Education Program in association with Mangalore Orthodontic Study Group.

The event, "Ignite the Spark: Translating Digital Plans into Real Tooth Movement," featured Dr. Venkatesh Garla, MDS (Orthodontics), M Orth - RCS, Edinburgh, as the speaker.



Program Highlights:

- Converting digital treatment plans into predictable clinical outcomes
- Practical insights into Spark clear aligner workflows
- Improving efficiency, precision & biomechanics in aligner therapy
- Clinical tips for predictable tooth movement

Event Details:

Date: January 12, 2026

Time: 09:00 AM – 03:00 PM

Venue: Manipal College of Dental Sciences, Mangalore

Registration Fee: ₹1500/-

Inauguration & Keynote Addresses:

- Dean Dr. Ashitha Uppoor inaugurated the program, emphasizing the importance of healthy and ethical practice of aligners by professionals.

- Prof. Dr. Ashith M V, HOD, highlighted the importance of learning the technicalities of using aligner treatment and advantages of SPARK over other aligner companies.

- Vice Dean Dr. Shrikanth and other heads of the department, deans of neighboring colleges, convenors, and members of MOSG, and practitioners graced the occasion.

The event was a success, with attendees benefiting from the expert insights and interactive discussions.

“Ignite The Spark”

Translating Digital Plans into Real Tooth Movement

SPARK
CLEAR ALIGNER SYSTEM



Dr Venkatesh Garla
MDS., M Orth(RCS) Edinburgh

Madras Orthodontic Study Group



The Madras Orthodontic Study group organized the Shuttle Badminton tournament in association with Indian Orthodontic Society.

The event was held on 21st December 2025 at Fireball Badminton Academy, Chennai. We had some amazing participation in big numbers with both members and post graduate students put a great show and played thrilling matches.

Heartfelt thanks to IOS President Dr. Sridevi Padmanabhan for joining with us and participating in some wonderful matches.

My sincere thanks to all members Dr. Janardhanam, Dr. Ashwin Mathew George, Dr. C. Deepak, Dr. A.V.Arun, Dr. Dilip, Dr. G. Sriram, Dr. Ramasamy, IOS Treasurer, Dr. Vijay Adhith, Dr. Edinton and many more for the participation and intense matches.

My gratitude to Dr. Sushil for arranging the courts and scheduling the matches. My heartfelt thanks to my co-conveners Dr. Uma Revathi and Dr. N. R. Srinivasan for all the support and guidance.

Thank all the Head of the Departments, practitioners, fellow colleagues and post graduate students for joining and making this a memorable event.

Winners

Singles Category

Champion- Dr. Aravind

Runners up-Dr. Ram Vibhakar



Doubles Category

Champion- Dr. Aravind/Dr.Param

Runners up- Dr.Janardhanam/Dr.Ram Vibhakar

Mixed Doubles Category

Champion- Dr.Sushil/Dr.Sobitha

Runners up- Dr.Isaac/Dr.Kamini

Most Valuable player-Male-Dr.Ashwin Mathew George

Most Valuable player -Female-Dr.Disha

Young Champ Trophy-Master Siddhanth



Reported by Managing Editor, Dr. Akhil Agarwal

Madras Orthodontic Study Group

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The Madras Orthodontic study group, in association with IOS organized a Basic Life Support program, first of its kind among all study groups. The program was conducted on

17-01-26, with limited participants aimed at training in essential emergency skills, emphasizing the timely recognition of life-threatening conditions, effective CPR and immediate interventions that can save lives. The audience. The program included some interactive lectures followed by hands-on workshop. All the participants were awarded two-year valid digital certificate towards the same. On behalf of the MOSG, my heartfelt thanks to the office bearers of IOS, President Dr. Sridevi Padmanabhan for the everlasting support and Honorary Secretary Dr. Shubhakar Rao for his video message congratulating the study group and its unique initiative. I thank all the members of the study group for the constant support and hearty congratulations to all the participants.



Central Kerala Orthodontic Study Group

Greetings from the Central Kerala Orthodontic Study Group (CKOSG).

The third webinar of the CKOSG webinar series titled “Around the World in 60 Minutes” was successfully conducted on 11th January 2026, commencing at 7:00 PM. This academic webinar series, initiated in 2025, has steadily gained popularity, and this third edition—also the first program of the year—was well received by participants from India and abroad. The webinar witnessed enthusiastic participation, with over 150 delegates attending the session.

The distinguished speaker for the event was Dr. Martin Pedemonte T, Professor at Universidad del Desarrollo, Chile. He delivered an enlightening lecture on the topic “3D Printing Systems and Graphy Direct Print Aligners.”

The session began with a warm welcome to the participants and an introduction of the speaker by Dr. Reji Abraham, Convenor, CKOSG. The occasion was graced by Dr. Shubakar Rao Juvvadi, Hon. Secretary, Indian Orthodontic Society (IOS), and Dr. Suryakanta Das, President-Elect, IOS, who felicitated the speaker and appreciated the consistent academic efforts of CKOSG.

The question-and-answer session was effectively moderated by Dr. Elbe Peter, Co-Convenor, CKOSG. Dr. Aby Jose, Co-Convenor, CKOSG, proposed the vote of thanks. A Certificate of Appreciation was presented to the speaker by Dr. George Jose, Treasurer, CKOSG.

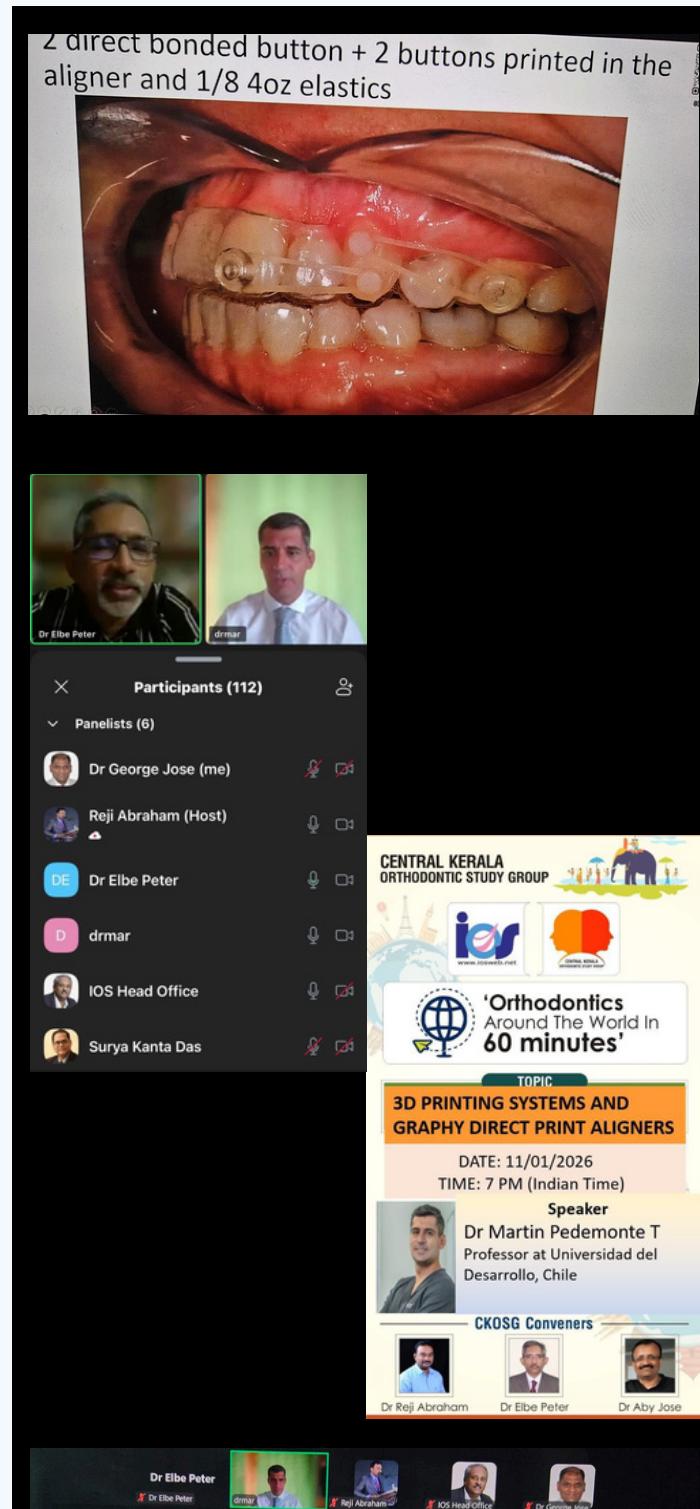
The webinar provided participants with a comprehensive understanding of direct aligner printing, including fabrication protocols and clinical management strategies. Dr. Pedemonte clearly demonstrated the workflow followed in his clinical practice and elaborated on the nuances of managing both extraction and non-extraction cases, supported by excellently treated clinical cases. He patiently addressed all queries raised by the participants, making the session highly interactive and educational.

The next webinar in this series will be conducted soon, featuring yet another international speaker on a topic of significant clinical and academic relevance.

“CKOSG gratefully acknowledges the support of the IOS President, Hon. Secretary, the entire Executive Committee, and the IT team for generously providing the Zoom platform and ensuring seamless technical support throughout the webinar.”

Best wishes to all, and learning never stops in IOS.

Jai IOS. Jai CKOSG.



2 direct bonded button + 2 buttons printed in the aligner and 1/8 4oz elastics

Participants (112)

Panelists (6)

- Dr George Jose (me)
- Reji Abraham (Host)
- Dr Elbe Peter
- drmar
- IOS Head Office
- Surya Kanta Das

CENTRAL KERALA ORTHODONTIC STUDY GROUP

'Orthodontics Around The World In 60 minutes'

TOPIC

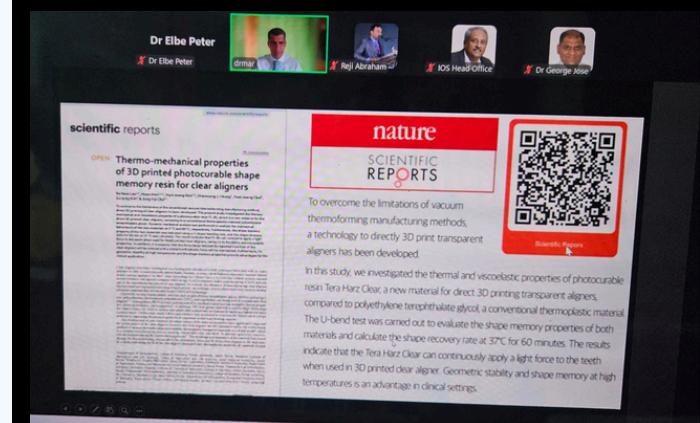
3D PRINTING SYSTEMS AND GRAPHY DIRECT PRINT ALIGNERS

DATE: 11/01/2026
TIME: 7 PM (Indian Time)

Speaker
 Dr Martin Pedemonte T
 Professor at Universidad del Desarrollo, Chile

CKOSG Conveners

Dr Reji Abraham, Dr Elbe Peter, Dr Aby Jose



scientific reports

nature

SCIENTIFIC REPORTS

To overcome the limitations of vacuum thermoforming manufacturing methods, a technology to directly 3D print transparent aligners has been developed.

In this study, we investigated the thermal and viscoelastic properties of photocurable resin Tera-Hard Clear, a new material for direct 3D printing transparent aligners, compared to polyethylene terephthalate glycol, a conventional thermoplastic material. The U-bend test was carried out to evaluate the shape memory properties of both materials and calculate the shape recovery rate at 37°C for 60 minutes. The results indicate that the Tera-Hard Clear can continuously apply a light force to the teeth when used in 3D printed clear aligner. Geometric stability and shape memory at high temperatures is an advantage in clinical settings.

Reported by Managing Editor , Dr. Akhil Agarwal

Dr. Saathvika Srinivasan

Dr. Saathvika Srinivasan is a third-year postgraduate resident in Orthodontics at Saveetha Dental College and Hospitals. With an early fascination for orthodontics, she has pursued the speciality with consistent dedication and academic rigor.

During her postgraduate training, she has demonstrated outstanding academic and clinical proficiency, earning recognition as the Academic and Clinical Topper of her batch. She has actively engaged in scholarly activities, with her research being presented at international platforms in Taiwan and South Korea, in addition to participation and presentations at several Indian Orthodontic Society postgraduate conventions.

Dr. Saathvika has published multiple research articles in indexed peer-reviewed journals and has filed several patents, reflecting her strong interest in research and innovation.

Recently, she was conferred the "Young Inventor in Dentistry – Orthodontics" award by the Association of Dental Innovation for the development of an innovative orthodontic debonding plier featuring an adjustable hinge and a controlled flexible head for universal clinical application.

With a commitment to academic excellence, clinical innovation, and continued research, she aspires to further contribute meaningfully to the advancement of orthodontics.

Reported by Dr. Ankita Labh



Obituary



Dr. P G MAKHIJA

A gentle giant of Orthodontics and a profound influence in our life, Dr. P. G. Makhija Sir left us a few hours ago. Not only has the orthodontic fraternity lost a brilliant teacher, but many of us have lost the guiding hand that shaped our thinking, our ethics, and our identity as clinicians. Dr. Makhija Sir did not just teach mechanics and prescriptions; he taught us discipline, humility, and respect for the science behind every wire we bend and every decision we take. May his soul rest in peace 

INDIAN ORTHODONTIC SOCIETY



International Observership Programme 2025-26

Empowering Orthodontic Excellence Worldwide



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Vice-President, IOS

Dr Shubhaker Rao Juvvadi
Honorary Secretary, IOS

Dr Partha Pratim Choudhury
Executive committee member

Dr Harneet Kaur
Executive committee member



Eligibility: "This program is open to Life Members of the
Indian Orthodontic Society only."



Limited 12-14 slots available
Deadline- 10th Feb 2026

Send completed application forms to vicepresident@iosweb.net

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Crystle™ aligners offer:



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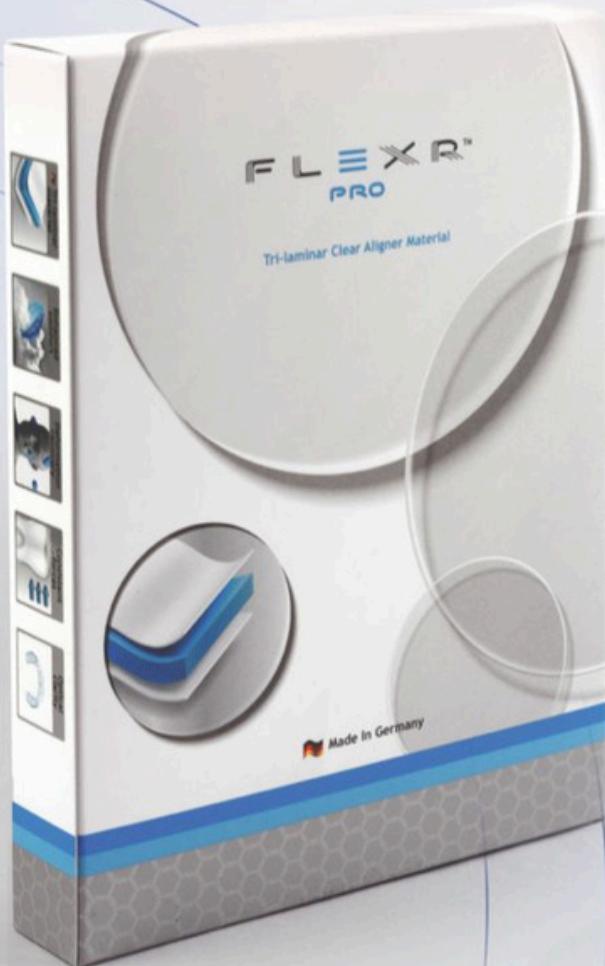
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