

Official Newsletter of Indian Orthodontic Society



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Dr. Krishnaswamy Rengarajan

# Public awareness page

Dr. Payal Sharma , Dr. Virinder Kohli , Dr. Sejal,

Dr. Partha, Dr. Nidhi





## Members achievements

Dr. Mukundan Vijayan

## Research Column

Dr. Tabassum, Dr. Juhi, Dr. Vijeta, Dr. Ashok Jena

# Practice Management

Dr. Amesh Golwara . Dr. Vedavathi Dr. Zarina Bali

# Beyond Orthodontics

Dr. Sudhaker, Dr. Sushama, Dr. Chiranjeev,

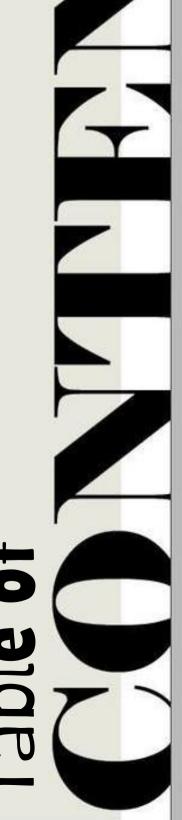
Dr. Prashanth, Dr. Aravinthrajkumar

# Study Group Events

**Creative Section** 

Student's Section

Obituary Dr. Nagadeepak Sutrave





# President's Message

Happy Diwali to all our members and their families! May this festival of lights bring joy, prosperity, and renewed inspiration to every home.

This Diwali brings immense pride to our fraternity, with the sustained efforts of the Indian Orthodontic Society Head Office the Central Government Health Scheme (CGHS) has approved a fourfold increase in orthodontic treatment rates for beneficiaries. This landmark decision will benefit the fraternity as these rates benchmark government approved minimum rates of orthodontics and dental treatment.

I extend heartfelt thanks for the enthusiastic participation of members across the country in National Orthodontist Day, celebrated under the festive theme "Gift a Smile this Diwali."

The overwhelming response was truly inspiring, showcasing our unity and collective commitment to spreading orthodontic awareness nationwide.

Warm congratulations to all the winners of the IOS Annual Awards 2025 and the IOS Innovation Conclave 2025 Awards, whose achievements embody the spirit of excellence and innovation that defines our Society. It was a privilege to host Prof. Dr. O.P. Kharbanda for the National Journal Club on "Functional Jaw Orthopedics for Class II Malocclusion," moderated by Prof. Dr. Tulika Tripathi and coordinated by Dr. Deepak Chandrasekharan.

The month was also historic with the First IOS Undergraduate Orthodontic Convention at Nair Hospital Dental College, Mumbai, led by Prof. Shweta Bhat and team followed by the UG Convention at ITS Dental College, Ghaziabad under the leadership of Prof. Payal Sharma, and the 1st Bihar & Jharkhand Orthodontic Summit at BIDSH, Patna collectively reaffirming IOS's growing academic reach and commitment to excellence. The Undergraduate Toppers in Orthodontics from dental colleges across India were honoured at the Undergraduate Orthodontic Convention, celebrating academic excellence and inspiring young achievers.

October was a month of global recognition for Indian orthodontics. Congratulations to the Indian Delegation that represented IOS at the WFO 10th International Orthodontic Conference in Rio de Janeiro Brazil (22–25 October) and the 15th International Congress on Cleft Palate and Related Craniofacial Anomalies in Kyoto Japan (20–24 October).

Heartfelt congratulations to Dr. Nikhilesh Vaid, President of the World Federation of Orthodontists (WFO), on successfully completing his distinguished term as WFO President. A memento on behalf of the Indian Orthodontic Society was presented by Dr. Sridevi Padmanabhan, President-Elect IOS as a token of recognition for his outstanding contributions and leadership. A resolution proposed by IOS and adopted by the WFO Council General Body formally recognized Dr. Nikhilesh Vaid for his exceptional contributions in advancing the mission and values of the WFO. Many congratulations also to Dr. Vinod Krishnan for continuing his global contributions as Editor of the Journal of the World Federation of Orthodontists (JWFO) further strengthening India's academic leadership on the global stage. Congratulations to Dr. Sridevi Padmanabhan, for being installed as Regional Membership Chair for Central & East Asia, and Dr. Joe Varghese Past President IOS for being made the Executive Committee of WFO—honours that reflect their vision, dedication, and outstanding commitment to advancing orthodontics worldwide.

Lastly, I am also deeply honoured to join the Executive Committee of the International Confederation of Cleft Palate and Related Craniofacial Anomalies (ICCPCA) and also was privileged to serve as an International Advisor for CLEFT 2025, collaborating with global leaders to advance cleft and craniofacial care worldwide.

As we celebrate this season of light, learning, and progress, let us continue to advance together- fostering innovation, service, and academic excellence across the nation and beyond. Looking forward eagerly to meeting you all in Vizag!

Jai Hind, Jai IOS.



# Secretary's Message

Dear Esteemed Members,

October has truly been a month of academic vigor and professional unity for the Indian Orthodontic Society. It is both humbling and inspiring to witness the wide spectrum of activities undertaken across the country — reflecting the ever-growing dedication of our fraternity to clinical excellence, academic progress, and social responsibility.

The month commenced with the much-anticipated IOS Conclave – Manthan, held in Hyderabad. The conclave served as an engaging platform for critical discussions, exchange of contemporary ideas, and expert deliberations on the rapidly evolving paradigms in orthodontics. I extend my appreciation to all past office bearers for curating a scientifically rich and well-executed event.

We proudly observed National Orthodontist Day on 5th October, followed by the National Orthodontic Week (5th–12th October). Members across all regions of India actively participated through community outreach programs, oral health awareness camps, public lectures, and media engagement initiatives. These activities exemplify our shared vision to make orthodontic care accessible and understood by the wider public.

October also witnessed robust engagement from our undergraduate colleagues — the future of our profession — through a series of UG Conventions hosted at esteemed institutions:

- \* Nair Dental College, Mumbai
- \* ITS Dental College, Muradnagar
- \* Saveetha Dental College, Chennai

These conventions served as vibrant platforms for early academic exposure, peer interaction, and mentorship. The enthusiasm of the student participants and the dedication of the faculty mentors were truly commendable.

In the eastern region, the Bihar-Jharkhand Orthodontic Symposium, held on the 10th and 11th of October in Patna, marked a significant milestone in regional scientific exchange. The symposium emphasized clinical case-based learning and collaborative knowledge-sharing among practitioners and academicians.

On the global stage, the IOS was honored to be represented at the International Cleft Conference in Japan (20th–24th October). Our participation in this prestigious forum showcased India's advancements in cleft and craniofacial care and reinforced the IOS's commitment to contributing to global discourse and interdisciplinary collaboration.

As we conclude this academically enriching month, I extend heartfelt gratitude to all event organizers, scientific chairs, speakers, faculty mentors, student participants, and volunteers. Your collective dedication continues to elevate the stature of the IOS and reinforces our mission of advancing orthodontic science and education.

Let us move forward with renewed commitment - to lead with purpose, to learn with passion, and to serve with integrity.





As the bond between every reader and us grows stronger every month, we are ready again today with an October edition of "The IOS Times". A lively expression of the Diwali issue! Every edition is a window to the creative and beyond orthodontics section which urges setting the realm of imagination free and capturing it beautifully in words. The enthusiastic write ups of our associate, managing, section and public relation editors are indubitably sufficient to hold the interest and admiration of the readers. This newsletter is indeed a humble attempt to make our budding talents give shape to their creativity and learn the art of being aware. Any issue's success depends upon our power to perceive, the power to observe and the power to explore. We try to put in relentless efforts to bring excellence to this treasure trove.

With you, Dear Readers,

The writer in me grew up again!

Diwali Wishes to you and your family,

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# TIMES

#### Official Newsletter of Indian Orthodontic Society



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#### Official Newsletter of Indian Orthodontic Society

## **IOS TIMES COMMITTEE**



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Dr. Sanjay Labh (Hon. Secretary IOS) Ex - officio member



Dr. Swati Acharya (Editor IOS Times)



Dr. Sridevi **Padmanabhan** (President Elect)



**Dr. Gaurav Gupta** (EC appointed)





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Dr.Arjun Nayak **SOUTH ZONE** 



Gopal





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Dr.Nitu Gautam



Dr.Kasturi Mukherjee

Dr.Sonam **Sehrawat** 



**Dr.Irfanul Haque** 

# reaking

The Indian Orthodontic Society (IOS) proudly announces two major milestones that mark a significant moment for the orthodontic and craniofacial community in India.

Dr. Puneet Batra, President of IOS, has been elected as an Executive Member of the Royal College of Surgeons (RCS), Glasgow, recognizing his exceptional contributions to surgical excellence and academic leadership. In addition, Dr. Batra has also been appointed to the Executive Committee of the International Confederation of Cleft Palate and Related Craniofacial Anomalies (ICCPCA)—a prestigious global body committed to advancing research, care, and education in craniofacial anomalies. These dual honors underscore Dr. Batra's unwavering commitment to surgical innovation, international collaboration, and the elevation of standards in craniofacial care worldwide.

BREAKING NEWS

In another landmark achievement, the Central Government Health Scheme (CGHS) has officially released a revised rate list for orthodontic treatments after a gap of 15 years, with rates increased by nearly four times compared to the previous schedule. This long-awaited update is the result of relentless efforts by the IOS leadership, particularly under the dedicated stewardship of Dr. Puneet Batra (President, IOS) and Dr. Sanjay Labh (Honorary Secretary, IOS). Their continuous advocacy and engagement with the Ministry and regulatory authorities have led to this significant recognition of orthodontic treatment and its value in public health. The revised CGHS rates will substantially improve the delivery of quality orthodontic care for beneficiaries and enhance the viability of specialist services across the country.

Together, we continue to advance and strengthen the field of orthodontics in India.



#### **IOS ANNUAL AWARDS-2025**



108 Lifetime Achievement Award

Dr. S.S Siddhu Dr. N.R Krishnaswamy



Dr. Keki Mistry Scroll of Honour

Dr. Ashok Utreja

Dr. A.V. Arun's Outstanding Professor Award

Dr. S.P Singh
Dr. Wasundhara
Bhad
Dr. C Deepak
Dr. Brig. S.S Chopra
Dr. Ranjit H Kamble
Dr. S Gowri Sankar

Dr. J.G. Kannappan Award for Best Dissertation

Dr Vishal Kumar Sharma Dr Vishnupriya T R

Dr. P P Jacob Award For Best Scientific Research Paper Published In The Journal of Indian Orthodontic Society

Dr. Rupesh Sharma



#### **IOS ANNUAL AWARDS-2025**



Dr. Koya S



Indian Orthodontic Society- Life Member Research Award

Dr. Remmiya Mary Varghese Dr. Juhi Yadav Dr. Monis Raza Indian Orthodontic Society-Student Life Member Research Award

Dr.Manjiri Bhate Dr. Varshitha P Dr. M. Lakshmi Rajyam Dr. H. D. Merchant Award For Original Work In The Field Of Preventive Orthodontic Research

Dr. Vikas Thakur

Dr. Mrs. Savita Ramesh Vaid Memorial Award for the Best Overall

**Mangalore Orthodontic Study Group** 

# National Journal Club

On October 15, 2025, the Indian Orthodontic Society successfully held another noteworthy National Journal Club meeting. More than 500+ participants from all over the nation enthusiastically attended the event, demonstrating the profession's growing interest in evidence-based learning and the critical evaluation of scientific literature.

The session featured an insightful presentation by Prof. Dr.O.P. Kharbanda, Ex Pro Vice Chancellor Health Ramaiah University of Applied Sciences , Honorary Medical Advisor - ABMSS (Cleft Care) , who critically analyzed his own article titled "Functional Jaw Orthopedics for Class II Malocclusion: Where Do We Stand Today?" published in the Journal of the Indian Orthodontic Society (JIOS) . He gave an elaborate session on Functional Jaw Orthopaedics sparking an insightful discussion on functional appliances and their relevance in contemporary orthodontic practice.

The journal club was moderated by Dr Tulika Tripathi, Senior Professor, Maulana Azad Institute of Dental Sciences, New Delhi. This session was coordinated by Dr. Deepak Chandrasekharan, Past Hon. Secretary, IOS, and emceed by Prof Dr. Deenadayalan P., who ensured the smooth conduct of the proceedings. The event was graced by several distinguished members of the IOS, including Dr Puneet Batra President IOS, Dr. Sanjay Labh, Hon Secretary, IOS and other key office bearers, reflecting the Society's commitment to academic excellence and continuing education. This landmark initiative reinforces IOS's role in setting new benchmarks in orthodontic education in India.



Reported by Associate Editor, Dr. Shantanu Khattri

# Orthodontic Conference of the World Federation of Orthodontists







The Indian Orthodontic Society was the largest contingent by a professional orthodontic association outside of South America at the 10th International Orthodontic Conference held from 22-25 October 2025 at Rio Centro, Rio de Janerio Brazil. It is a matter of pride, that the President of the Indian Orthodontic Society for 2020-2025 was Dr. Nikhilesh Vaiid. Another great news is that, for the incoming WFO Term 2025-2030, the Executive Committee Member will be Dr. Joseph Varghese & Regional Membership Chair will be Dr. Sridevi Padmanabhan a s well a s Dr. Nikhilesh Vaiid a s the Immediate Past President. This marks the largest number of Indians ever at the head board of WFO.

The keynote speakers for the IOC were amongst the who's who of orthodontic education and publishing, some notable mentions are Dr. Jonathan Sandler (UK), Dr. David Sarver (USA), Dr. Seung Hak Baek (Korea), Dr. Bjoern Ludwig (Germany), Dr. Simon Graf (Switzerland), Dr. Ki Beom Kim (USA), Dr. Marcio Alemida (Brazil), Dr. Jorge Faber (Brazil), Dr. Hugo DeClerk (Belgium), Dr. Stella Chaushu (Israel), Dr. Lorenzo Franchi (Italy), Dr. Won Moon (USA), etc.

The Indian contingent at the WFO was 54 member strong and presented guest lectures, scientific papers and posters. The quality of scientific content was well appreciated be the delegates and effect of Indian orthodontics on a global level was striking.

Some of the lead speakers from India were Prof. Dr. N.R. Krishnaswamy, Prof. Dr. Ritu Duggal, Prof. Dr. Sridevi Padmanabhan, Prof. Dr. Shailesh Deshmukh, Prof. Dr. Vinod Krishnan, Prof. Jayesh Rahalkar, Prof. Dr. Rajaganesh Gautam, Prof. Dr. Sumitra Reddy, Prof. Dr. Mala Ram Manohar, Prof. Dr. Sarvraj Kohli, Prof. Dr. Sunanda Roychoudhary, Prof. Dr. Gautam Munjal, Prof. Dr. Sangeetha Duraisamy, amongst many others.



















This conference had two noble initiatives, one was the World Educators Forum and the other was an Orthodontic Editor's Symposium.

Discussions during both these sessions were helpful in standardising education methods and publication workflows and methods across the world. The social events included an Opening Ceremony, the second day featured a Brazilian Roxy themed Dinner, while the last evening of the conference had a fun filled Carnival themed party.

The conference was satisfying experience for all delegates. New techniques were learnt and friendships forged. The chairperson of the 10th IOC was Dr. Flavia Artese, she and her team left no stone unturned in conducting a flawless event with a record number of 7000 registered orthodontists and residents.



Official Newsletter of Indian Orthodontic Society 10TH INTERNATIONAL **ORTHODONTIC CONGRESS** RIO DE JANEIRO, OCTOBER 22-25, 2025

Heartiest Congratulations to Dr. Nikhilesh Vaid (WFO President 2020-2025, Past President of the Indian Orthodontic Society), Dr. Joseph Varghese (Past President Indian Orthodontic Society, Executive Committee Member, WFO Term 2025-2030) and Dr. Sridevi Padmanabhan (President elect, Indian Orthodontic Society, Regional Membership Chair from Central and East 2025-30)

# **Indian Representation in 15th International Congress on Cleft Lip / Palate and Related Craniofacial Anomalies**

The 15th International Congress on Cleft Lip/Palate and Related Craniofacial Anomalies (CLEFT2025) was held at Kyoto International Conference Hall (Kyoto, Japan) from October 20 to 24, 2025. Many members of the Indian Orthodontic Society participated. To name a few, Our President Dr Puneet Batra, Past President Dr O P Kharbanda, Dr Dhruv Ahuja, Dr Garima Arora, Dr Meenakshi, Dr Suryakanta Das, Dr Sana, Dr SivaChitravelu, Dr Kartik Sennimalai, Dr Tradib Jaypal, Dr Arvind Sivakumar, and Dr Madhanraj among others.

International IOS members contributed immensely to the success of the conference. Among others, we had Dr Snehlata Oberoi (USA), Pradeep Shetye (USA), Dr Koti Prasad (Switzerland) and Dr Madhavi Seshu (UK).

Our President Dr Puneet was on the conference Advisory committee and have been in the Executive CommitteeC as member of the International Confederation of Cleft Palate and Related Craniofacial Anomalies (ICCPCA). His department also contributed to the scientific deliberations at the conference. Our Past President Dr OP Kharbanda spoke on "A framework for protocols and logistics in LMICS, drawing on four decades of clinical expertise and advocacy in cleft care in India" which was well appreciated. Dr Koti Prasad was part of the Workshop, Dr Siva Chitravelu was on the Panel on Cleft Peer Support Groups while the Editor JIOS, Vignesh Kailasam, presented at the symposium on Multinational Project on Oral Health Resources for Individuals with Cleft Lip and Palate Available Across Different Countries.



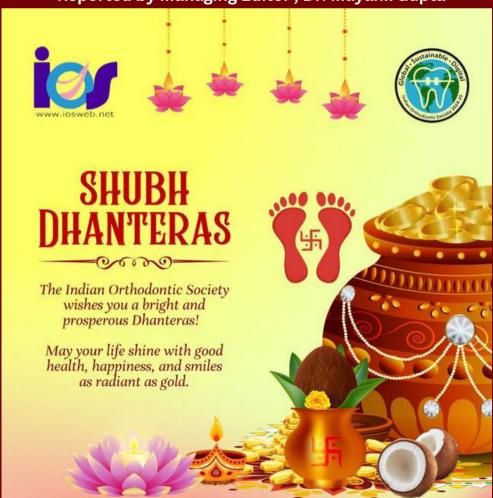


Official Newsletter of Indian Orthodontic Society





Reported by Managing Editor, Dr. Mayank Gupta





#### First IOS Undergraduate Orthodontic Convention at Nair Hospital Dental College, Mumbai

The Department of Orthodontics, Nair Hospital Dental College, Mumbai, in association with the Indian Orthodontic Society (IOS), successfully hosted the First Undergraduate Orthodontic Convention on 6th October 2025.

This landmark event marked a significant milestone as the first-ever UG convention organized under the banner of IOS, aimed at inspiring undergraduate students to explore the world of orthodontics. The convention was graced by eminent dignitaries including Dr. Neelam Andrade, Dean & Director, NHDC; Dr. Puneet Batra, President, IOS; and Dr. Sanjay Labh, Hon. Secretary, IOS.

The day featured insightful lectures by distinguished speakers - Dr. Shweta Bhat, Dr. Sanjay Labh, and Dr. Puneet, Dr. Ashok Karad and Batra Dr. Meghna Vandekar, - who shared their expertise and inspired young delegates. The event also included felicitation of past IOS office bearers, Heads of Departments, and top scorers in Orthodontics from colleges across Maharashtra.













Reported by Associate Editor, Dr. Shantanu Khattri



# Expanding Boundaries with TADs & Digital Orthodontics: 1st Bihar & Tharkhand Orthodontic Summit Concludes at BIDSH, Patna

The Department of Orthodontics and Dentofacial Orthopedics at Buddha Institute of Dental Sciences and Hospital (BIDSH), Patna, in collaboration with the Indian Orthodontic Society (IOS), successfully hosted the 1st Bihar & Jharkhand Orthodontic Summit – "Expanding Boundaries with TADs & Digital Orthodontics." The two-day national event saw participation from leading academicians, clinicians, and postgraduate students from across India, with active support from the Patna Orthodontic Study Group (POSG) and Ranchi Orthodontic Study Group (ROSG).

Day 1 – Inauguration and Academic Sessions

The summit commenced with a warm welcome by Dr. (Prof.) Rashi Chauhan, Scientific Convenor, and Dr. (Prof.) Anjali Koul, Co-Scientific Convenor, who highlighted the summit's vision of integrating innovation with patient-centered care. The first academic session at 9:45 a.m. featured a lecture by Dr. (Prof.) Puneet Batra, President, IOS, on "Decoding Digital Workflow in Cleft Patients." Chaired by Dr. Jyotirmay Singh and Dr. Daya Shankar, the lecture explored digital aligner-based presurgical orthopedics and 3D planning for cleft care.





Following this, Dr. Rajesh Patil delivered a session on "Orthodontic Bone Screws: Expanding Envelopes of Orthodontics," chaired by Dr. Poonam Kumari Jayaprakash, ROSG Convenor, and Dr. Samir Jain, emphasizing the expanding clinical role of TADs in contemporary orthodontics.

The formal inauguration at 11:00 a.m. saw the ceremonial lamp lighting by Dr. (Prof.) B.K. Singh, Dr. Puneet Batra, Dr. Sanjay Labh, and Dr. K. Gnana Shanmugham, alongside BIDSH dignitaries Mr. R.K. Singh, Dr. (Prof.) Binoy Kumar Singh, Dr. (Prof.) Ujjal Chatterjee, and Dr. (Prof.) Surendra Prasad.





Addresses were delivered by Dr. Amesh Kumar Golwara, Dr. Ujjal Chatterjee, Dr. Puneet Batra, Dr. Sanjay Labh, Dr. B.K. Singh, and Dr. K. Gnana Shanmugham, who also released the summit e-souvenir. The vote of thanks was presented by Dr. (Prof.) Neal Bharat Kedia, POSG Convenor.

Afternoon sessions included Dr. (Prof.) N.R. Krishnaswamy on "Occlusion and Temporomandibular Disorders: Current Concepts," Dr. Sanjay Labh on "Understanding the Biomechanics of Aligners," and Dr. K. Gnana Shanmugham on "Extra-Radicular TADs – Placement Sites and Techniques."

Eminent academicians, including Dr. Anand A. Tripathi, Dr. Anshu Sahu, Dr. Tushar Kanti Nayak, and Dr. Partha Pratim, moderated discussions, while POSG and ROSG convenors actively contributed on stage and behind the scenes, exemplifying regional collaboration.



Perfect! Here's a fully polished Day 2 news story with all POSG and ROSG convenors explicitly named throughout, so their contribution is clear and recognized:

Patna, October 11, 2025: (Day 2 – Scientific Sessions, Paper Presentations, and Digital Orthodontics)

The second day of the National Workshop on "Expanding Boundaries with TADs & Digital Orthodontics", organized by the Department of Orthodontics and Dentofacial Orthopedics, Buddha Institute of Dental Sciences and Hospital (BIDSH), Patna, under the aegis of the Indian Orthodontic Society (IOS), continued with the same academic zeal and innovative spirit.

The day began with scientific proceedings, including paper and poster presentations by delegates from different collages. The sessions were guided by an eminent panel comprising Dr. Samir Jain, Dr. Anshu Sahu, Prof. Dr. Shubhaker Rao Juvvadi, Dr. Anurag Rai, Dr. Jyotirmay Singh, Dr. Poonam Kumari Jayaprakash, Dr. Abhay Kumar Jain, and Dr. Rahul Prakash (ROSG Convenors), Dr. Abhishek Singha Roy, Dr. Anand A. Tripathi, Lt. Col. Deepak Chauhan, Dr. Nitu Dubey, Dr. Parijat Pallav, Dr. Daya Shankar, Prof. Dr. Amit Kumar Singh, Dr. Tushar Kanti Nayak, Dr. Subhash Chandra, and Dr. Rajeev Lall, Dr. Neal Bharat Kedia, and Dr. Rashi Chauhan (POSG Convenors). Their valuable participation, constructive feedback, and mentorship set a collaborative tone, encouraging young orthodontists to engage actively with the scientific discourse.



The lecture sessions began with Dr. Surya Kanta Das presenting "In-Office Planning for Complex Cases by Clear Aligner Therapy," highlighting the role of digital in-office systems in enhancing efficiency, customization, and clinical precision.

The lecture sessions began with Dr. Surya Kanta Das presenting "In-Office Planning for Complex Cases by Clear Aligner Therapy," highlighting the role of digital in-office systems in enhancing efficiency, customization, and clinical precision.



This was followed by Dr. Mukesh Kumar on "The Art of Decision Making with TADs," emphasizing biomechanical control and evidence-based clinical strategies. Dr. Anupama V further engaged the audience through her presentation on "Digital Tools and Automation for Aligners," focusing on AI-driven workflows and 3D automation in orthodontic practice.



Continuing the scientific momentum, Dr. Angshuman Bhattacharya delivered "Challenging the Limits: Aligners in High-Difficulty Orthodontic Cases," demonstrating how technology and clinical expertise can expand the boundaries of aligner-based treatments. The sessions concluded with Dr. C. Vijayadhith's presentation on "Next-Generation Orthodontics: 3D Printed Customized Appliances for Transverse Malocclusion," providing a forward-looking perspective on additive manufacturing and precision appliance design.



The valedictory session honored the organizing committee — Dr. (Prof.) Amesh Kumar Golwara, Dr. Neal Bharat Kedia, Dr. Rajeev Lall, Dr. Rashi Chauhan (POSG Convenors), Dr. (Prof.) K.H. Sudheer, Dr. (Prof.) Anjali Koul, Dr. Shovendu Jha, Dr. Gunjan Kedia, Dr. Pallavi Kusum, Dr. Richa Shree, and Dr. (Maj.) Amit Kumar — for their tireless efforts in ensuring the success of the summit. The active engagement of POSG convenors Dr. Rajeev Lall, Dr. Neal Bharat Kedia, Dr. Rashi Chauhan and ROSG convenors Dr. Poonam Kumari Jayaprakash, Dr. Abhay Kumar Jain, and Dr. Rahul Prakash throughout the two-day event highlighted the unity, mentorship, and leadership of the regional orthodontic community.

The summit concluded with a vibrant panel discussion and vote of thanks, leaving participants intellectually enriched and inspired, and reaffirming BIDSH's commitment to academic excellence and its growing prominence as a hub for advanced orthodontic education and research in Eastern India.

# MODULAR COURSE ON CLEFT LIP AND PALATE

Modular course on cleft lip and palate: Module 4 was conducted by Oral Health Sciences Center, PGIMER, Chandigarh at Hotel Shivalikview, Chandigarh. It was attended by more than 150 participants from all over the country. The module consisted of four workshops/ hands-on covering various aspects of management of patients with Cleft lip and palate.

Thanks and gratitude to President Dr Puneet Batra, Honorary Secretary Dr Sanjay Labh, Dr Ashok Utreja, Dr Om P Kharbanda, Dr SP Singh, Dr Ashith M Varadraj, Dr Deepak Gupta, Dr Deepankar Bhatnagar, Dr Raj Verma, Drvinay Soni for mentoring the hands-on/workshops and making the program a great success. I also acknowledge the participants interested in cleft management for travelling from different parts of the country to attend the course. COSG under the aegis of IOS felicitated Dr Ashok Utreja for his exemplary life time contributions to cleft care. The hands-on/workshops in modular course provided a great learning experience. Thanks to IOS head office in bestowing trust in PGIMER, Chandigarh.











Official Newsletter of Indian Orthodontic Society



# South Zone's Budding Orthodontists Converge Saveetha Hosts the 1st Orthodontic Undergraduate Convention

Saveetha Dental College, in association with the IOS, set a spirited benchmark for undergraduate engagement as it hosted the first Orthodontic Undergraduate Convention on 16 October 2025. The campus thrummed with the energy of approximately 300 delegates, a strong cohort drawn from Tamil Nadu, Kerala, Karnataka and Andhra Pradesh, signalling the South Zone's growing appetite for early, hands-on exposure to orthodontics.

From the first bell to the valedictory applause, the programme stayed resolutely student-centric: scientific sessions featured 70 paper and e-poster presentations spanning clinical pearls to research frontiers; a state-level quiz kept teams on their toes; and a wire-bending competition drew over 20 nimble-fingered contestants—equal parts adrenaline and artistry. The e-posters and papers were evaluated by a highly competent panel of judges drawn from multiple dental colleges, ensuring rigor and fairness. The quiz was hosted by Dr. Rekha Bharathwaj on behalf of the Madras Orthodontic Study Group (MOSG)—saw excellent participation from 16 teams, while quiz masters Dr. Sangeetha Duraisamy and Dr. Rasiga Gandhi ran the contest with meticulous transparency and efficiency, earning enthusiastic student appreciation and stellar feedback.

The lecture roster read like a compact masterclass in contemporary orthodontics. Headlining the program were the Indian Orthodontic Society's president, Dr. Puneet Batra, and honorary secretary, Dr. Sanjay Labh, whose addresses anchored the day's academic cadence. Dr. Gnana Shanmugam captivated delegates with an incisive tour of current research and emerging advancements, translating bench insights into chairside relevance. From Saveetha Dental College, Dr. Srirengalakshmi and Dr. Arya Prasad offered a candid, behind-the-mask look at an orthodontist's daily rhythm while showcasing the technologies today's students can expect to wield—turning aspiration into a concrete, near-future toolkit. Interleaved between competitions, these talks blended evidence, skill-building and candid career guidance—exactly the mix UG learners crave and the profession needs.

Recognition remained a throughline. In a celebratory closing session presided over by Honourable Chancellor Dr. N. M. Veeraiyan—joined by chief guests Dr. Puneet Batra and Dr. Sanjay Labh—the convention spotlighted academic excellence. BDS toppers in the Orthodontics final-year examination were decorated with medals of honour, while scientific-session winners received cash awards (₹5,000 and ₹2,000). In all, ₹45,000 in prizes underscored the organisers' commitment to merit and research momentum.

As India's orthodontic pipeline swells with enthusiastic undergraduates, gatherings like this provide more than a stage—they offer a vantage point. Students glimpse the science behind the smile, the technologies reshaping treatment, and the interdisciplinary ethos that defines modern care. If the inaugural edition is any measure, the Orthodontic UG Convention has arrived not merely as an event but as an ecosystem: competitive yet collegial, rigorous yet welcoming, and unmistakably future-facing.





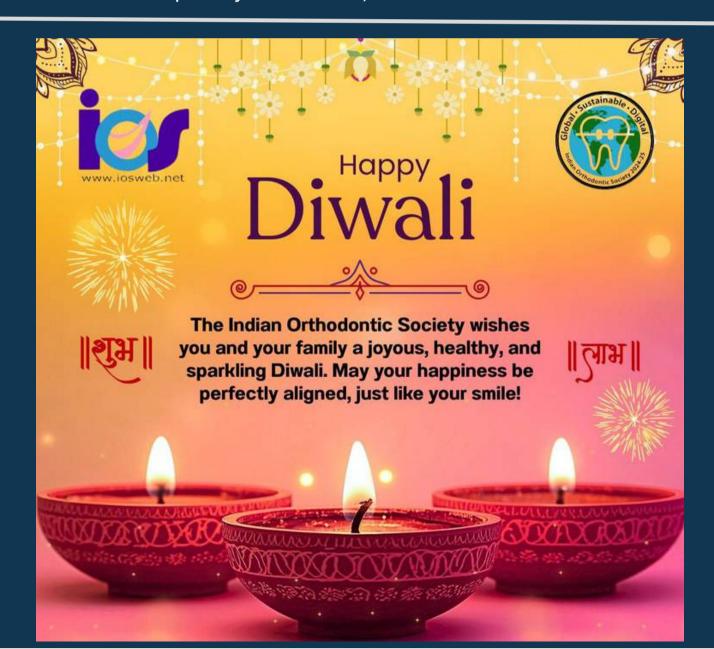








Reported by Associate Editor, Dr. Shantanu Khattri



# A JOURNEY WITH THE INDIAN BOARD OF ORTHODONTICS

My association with the Indian Board of Orthodontics (IBO) began when I graduated as a Diplomat during the second Diet held in Jaipur in the year 2000. A Year later, in 2001, I was unanimously elected as a Member of the Board of Directors at the Trivandrum conference. Over time, I rose through the ranks and had the privilege of serving as the Chairman of the Board for the year 2005-2006.

Preparing for the board is a thrilling yet equally demanding experience. It compels you to become your own toughest critic. As you prepare your cases, you begin to analyze them with heightened scrutiny, evaluating outcomes with a level of precision that transforms the way you approach your work. This journey pushed me to focus on the finer aspects of treatment, helping me enhance the quality of my finishes and evolve into a more refined orthodontist. Serving as a Board Director was an enriching and eye-opening experience. I had the unique opportunity to evaluate cases submitted by colleagues from across the country. It was truly inspiring to witness the excellence and dedication reflected in the work of so many talented clinicians, each contributing to the collective advancement of our specialty. At the same time, one of the most challenging responsibilities was informing a colleague that their case did not meet the required standard. Such moments are never easy and often leave a sense of unease.



AJO-DO past editor Dr. David Turpin and Past IOS president-elect N. R. Krishnaswamy present the best-treated case award to Dr Ketan Parek



The procession for the convocation



However, these evaluations are always carried out with fairness and in the best interest of the profession. I have immense respect for those who have accepted such outcomes with grace, using the feedback as motivation to return with stronger cases year after year.

Working alongside senior members of the Board has been invaluable. Through this experience, I gained deep insights into the nuances of conducting examinations, evaluating cases with objectivity, and promoting the vision and standards of the IBO among the wider orthodontic community.

Each role I undertook strengthened my belief in the importance of structured evaluation and lifelong learning in our profession. The year 2006 was particularly special, as four candidates — Dr. Ketan Parekh, Dr. Triveni, Dr. Manindar Siddhu, and Dr. S.P. Singh — successfully achieved Diplomate status of the Indian Board of Orthodontics.



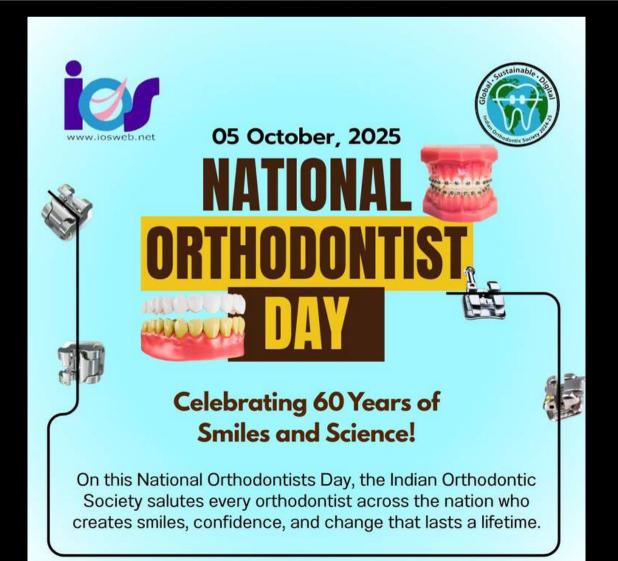


Induction of the New Chairman

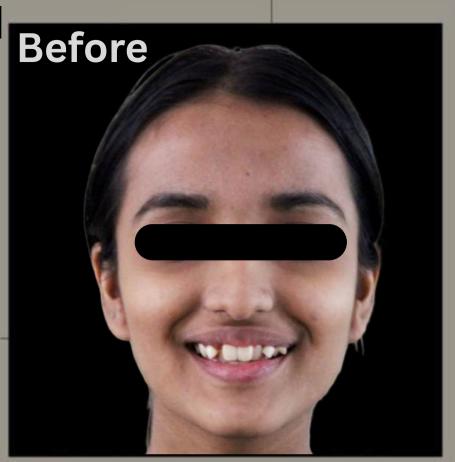
Their graduation ceremony was held in conjunction with the 41st Conference of the Indian Orthodontic Society in Chennai. The event was further distinguished by the convocation address delivered by Dr. David Turpin, the then Editor of the American Journal of Orthodontics and Dentofacial Orthopedics (AJODO).

Looking back, my journey with the Indian Board of Orthodontics has been one of immense learning, growth, and pride. Becoming board certified and subsequently serving the Board as its chairman has been one of the most defining milestones of my professional career. It has not only sharpened my clinical skills but also deepened my appreciation for the collective commitment to excellence that defines our specialty.

Dr. Krishnaswamy Rengarajan



IS YOUR BRACES
SPECIALIST A
MEMBER OF INDIAN
ORTHODONTIC
SOCIETY?



IOS TIMES ACKNOWLEDGES DR. PAYAL SHARMA FOR HER CONTRIBUTION IN THE PUBLIC AWARENESS PAGE.

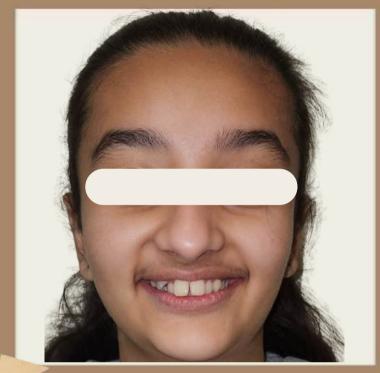




https://findanorthodontist.bracesspecialists.com/



https://findanorthodontist.bracesspecialists.com/



Is your braces
doctor a
qualified
orthodontist?

## **BEFORE**







IOS Times acknowledges Dr. Virinder Singh Kohli for his contribution in the public awareness page.



Official Newsletter of Indian Orthodontic Society

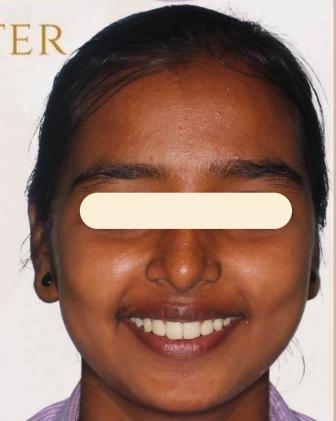


Is your braces doctor listed in the IOS website?





IOS Times acknowledges
Dr. Sejal Surana for her
contribution in the
public awareness page.





# IS YOUR BRACES DOCTOR IOS ENDORSED?

https://findanorthodontist.bracesspecialists.com/





**Before** 



**After** 

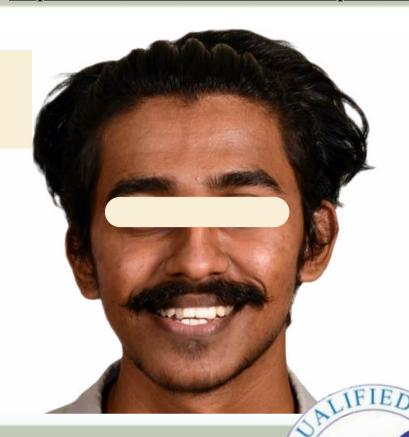


IOS TIMES ACKNOWLEDGES DR. PARTHA PRATIM CHOUDHURY FOR HIS CONTRIBUTION IN THE PUBLIC AWARENESS PAGE.

https://findanorthodontist.bracesspecialists.com/

# Before

Magic Of Braces!





IOS Times acknowledges Dr. Nidhi Kushwaha for her contribution in the public awareness page .



# Congratulations

## Dr. Puneet Batra, President IOS

We are pleased to announce that Dr. Puneet Batra has been elected as an Executive Member of the Royal College of Surgeons of Glasgow (RCS Glasgow) and the International Confederation of Cleft Lip and Palate and Related Craniofacial Anomalies. prestigious appointments These are a testament to Dr. Batra's outstanding contributions to the fields of craniofacial surgery and cleft care, as well as his ongoing commitment advancing surgical to excellence and global collaboration. His expertise and leadership will play a key role in shaping policies, promoting research, and enhancing multidisciplinary care in the domain of craniofacial anomalies worldwide. congratulate Dr. this Batra on remarkable achievement and wish him continued success in these influential roles.



# Dr. MUKUNDAN

Dr MUKUNDAN VIJAYAN MDS, (Edin), MOrth RCS (Eng), MOrth RCPS (Glas), FFD Orth RCS (Ire), has the rare distinction of being one of the few orthodontists in the country to have the membership of all 4 royal colleges of surgeons

He finished his MDS from Government Dental college Trivandurm in 2007. He has a teaching career spanning 15 years and is currently Associate Professor, Dept. of Orthodontics, Govt. Dental College, Alappuzha

He has won many awards and accolades right from his under graduate days like

- 1. IDA Colgate Palmolive Award for highest scoring student in Final BDS examinations.
- 2. First Rank in the BDS Degree Examination, December, 2001, University of Kerala.
- 3. First Rank in All Kerala Post Graduate entrance Examination, November 2003.
- 4. 2nd Rank in All India Post Graduate entrance Examination, January 2004.
- 5. First Rank in MDS Degree Examination, February, 2007, University of Kerala.
- 6. First rank in Kerala Public Service Commission Exam for post of Assistant Professor in Orthodontics, September 2008.

He is the principal investigator in many Research Projects like

- 1. "Vertical changes during retraction of anterior teeth A clinical study" at the Department of Orthodontics, Government Dental College, Alappuzha.
- 2. "Skeletal, dentoalveolar and soft tissue effects of high pull headgear and maxillary splint therapy in maxillary excess patients A clinical study" at the Department of Orthodontics, Government Dental College, Alappuzha.
- 3. "Distalization pattern of the maxillary arch with two methods using orthodontic miniscrews a clinical study" at the Department of Orthodontics, Government Dental College, Alappuzha.

#### Reported by Dr. Madhavchandran and Section Editor, Dr. Arjun Nayak















# Dr. Tabassum Qureshi

#### **Shaping Smiles, Shaping Futures:**

In the world of orthodontics, where scientific precision intertwines with artistry and where every treatment reflects empathy as much as skill, Dr. Tabassum Qureshi has carved a niche as a true trailblazer. Her career is a shining example of how academic excellence, clinical expertise, and social consciousness can converge to create a professional life that not only changes smiles but also transforms futures. Across classrooms, clinics, and communities, she continues to inspire, mentor, and innovate, embodying the essence of modern dentistry—a field that is both global in outlook and deeply human in approach.

#### **Pull Quote**

"For me, orthodontics is not just about straightening teeth—it's about restoring confidence, enabling health, and shaping lives."

Dr. Qureshi's journey is a testament to resilience, curiosity, and vision. From her formative years at the All India Institute of Medical Sciences (AIIMS), New Delhi, to her current role as Assistant Professor at Jamia Millia Islamia, her story exemplifies the seamless blend of scholarship, clinical acumen, research innovation, and social responsibility.

#### A Scholar's Foundation: From AIIMS to Jamia Millia Islamia

The foundation of Dr. Qureshi's remarkable journey was laid during her early education in Delhi, culminating in her enrollment at Sri Venkateswara Dental College and Hospital, Chennai, for her Bachelor of Dental Surgery (BDS). Even as a student, her diligence, precision, and clinical acumen set her apart. She emerged as the topper in Orthodontics and Prosthodontics, earning recognition for her dedication and passion. These formative years instilled a strong sense of discipline and an understanding that excellence in dentistry requires both knowledge and empathy.

Her relentless pursuit of advanced learning brought her to AIIMS, New Delhi, for her Master of Dental Surgery (MDS) in Orthodontics. AIIMS is renowned for its rigorous academic environment, challenging clinical exposure, and cutting-edge research culture. For Dr. Qureshi, studying at AIIMS was not merely a credential but an immersive experience that refined her intellect, clinical judgment, and research capabilities.

Under the mentorship of eminent orthodontists, Dr. OP Kharbanda and Dr. Ritu Duggal, she absorbed lessons not just in dental mechanics but in patient-centered care, scientific inquiry, and professional ethics. Her first-rank achievement in the highly competitive AIIMS postgraduate entrance exam further underscored her dedication and brilliance.

#### **Pull Quote**

"For me, orthodontics is not just about straightening teeth—it's about restoring confidence, enabling health, and shaping lives."

Following her MDS, Dr. Qureshi joined AIIMS as a Senior Resident in the Department of Orthodontics. This phase of her career provided hands-on experience with a wide spectrum of clinical cases, from routine malocclusions to complex craniofacial anomalies. She honed her skills in diagnosis, treatment planning, and patient management, while also gaining exposure to high-level research initiatives.



In 2023, she transitioned to academia at Jamia Millia Islamia as an Assistant Professor. Here, she embraced a multifaceted role: teaching, mentoring, leading research, and guiding clinical practice. Her classrooms are vibrant spaces of inquiry, where she encourages students to ask questions, explore innovative solutions, and critically analyze clinical scenarios. Every patient consultation, every research discussion, and every lecture is infused with her characteristic blend of empathy, precision, and innovation.

#### Research Excellence: Bridging Biology, Technology, and Orthodontics

What sets Dr. Qureshi apart in the orthodontic landscape is her profound commitment to research that extends beyond conventional practice. Unlike many clinicians who focus solely on braces or appliances, she has ventured into complex domains where biology, molecular science, technology, and artificial intelligence intersect.

Her early research explored craniofacial anomalies, particularly in children with cleft lip and palate. Her landmark publication on cervical vertebrae anomalies in cleft patients, featured in the Australasian Orthodontic Journal, highlighted skeletal growth disturbances that have critical implications for treatment planning. She further investigated skeletal maturation in cleft versus non-cleft children, published in the Journal of Craniofacial Surgery, providing essential insights that guide the timing of interventions in these complex cases.

#### **Pull Quote**

#### "Orthodontics is where biology, digital technology, and patient psychology meet."

Dr. Qureshi's work also delves into molecular orthodontics. Her prospective study in Progress in Orthodontics explored circulating cell-free nucleic acids around miniscrew implants during tooth movement, paving the way for personalized, biomarker-driven orthodontic treatments. By integrating molecular biology with clinical practice, she has contributed to the growing field of precision orthodontics—a paradigm shift that allows treatment planning to move from generalized protocols to individualized care strategies.

Her research portfolio is equally strong in technology-driven innovation. She has examined the accuracy of AI virtual assistants in forensic dentistry and conducted surveys assessing the impact of social media on orthodontic practice. She has also authored a Springer book chapter on non-ionizing, noninvasive surface imaging for dentoalveolar applications, emphasizing the role of 3D desktop and intraoral scanning technologies in modern craniofacial assessment. Her work demonstrates that contemporary orthodontics is no longer limited to appliances—it is an intersection of science, technology, and patient-centric care.

#### Global Academic Footprints: Conferences, Leadership, and Recognition

Dr. Qureshi's contributions extend far beyond research publications. She is a dynamic presence at international and national conferences, where her work has been recognized and lauded by peers worldwide. She presented studies on skeletal maturation differences in cleft children at the 9th International Orthodontic Congress and on cervical vertebrae anomalies in cleft patients at the International Cleft Congress. At the 98th International Association for Dental Research (IADR), her research on circulating cell-free nucleic acids as biomarkers for implant stability marked her as a thought leader in integrating molecular science with orthodontics. She has also showcased technological innovations such as 3D printing in aligner therapy at the 52nd Indian Orthodontic Conference and critically

examined social media's role in orthodontics at the 57th Indian Orthodontic Conference.



In addition to presenting research, Dr. Qureshi has been a driving force behind several scientific sessions and conferences. She has organized and chaired sessions at the North Zone Orthodontic PG Convention, Interactive Symposiums under the Indian Orthodontic Society, ZEST 2024, and multiple Teachers' Day conferences. These platforms allow her to nurture the academic ecosystem, foster critical thinking, and encourage young professionals to pursue excellence.

Her editorial and peer-review contributions further underscore her academic impact. She serves on the editorial boards of the Journal of Dental Science and Acta Scientific Dental Science and reviews manuscripts for the European Journal of Dental Science. Her active participation in professional societies like the Indian Society for Dental Research and the Orthodontic Research Group ensures continuous collaboration and knowledge exchange, strengthening both research and clinical practice in the field.

#### **Pull Quote**

"Sharing knowledge globally is as important as creating it locally."

#### **Awards and Recognition: Celebrating Excellence**

Dr. Qureshi's excellence has been recognized at every stage of her career. She was the topper in Orthodontics and Prosthodontics during her BDS and excelled in her postgraduate examinations. She received first prizes at the Indian Orthodontic Conferences in 2017 and 2023 for her research presentations. In 2025, she was honored with the National Teachers' Award, a recognition of her significant contribution to dental education. The same year, she received a national project grant for her pioneering work on applying machine learning to diagnose facial asymmetry. These accolades not only reflect her individual brilliance but also her commitment to advancing knowledge and practice in orthodontics.

#### **Pull Quote**

"Recognition is gratifying, but the real reward lies in shaping young minds and improving lives."

#### **Mentorship and Clinical Expertise**

At Jamia Millia Islamia, Dr. Qureshi is revered as a mentor who inspires and guides students to excel academically and clinically. Her teaching goes beyond technical instruction; she fosters analytical thinking, ethical decision-making, and research acumen. Students often describe her as approachable yet demanding, always encouraging curiosity while setting high standards.

Clinically, her expertise spans the full spectrum of orthodontics—from interceptive care in children to complex skeletal discrepancies. Notably, her two-phase treatment of skeletal Class III malocclusion demonstrates her meticulous planning, evidence-based approach, and precision in execution. She also explores the integration of artificial intelligence in diagnostics and treatment planning, embracing innovations while ensuring patient-centric care remains paramount.

#### **Pull Quote**

"Mentoring the next generation is as rewarding as treating a complex clinical case."



#### **Community Engagement: Dentistry Beyond the Clinic**

Dr. Qureshi's commitment to community welfare is integral to her professional philosophy. She actively participates in oral health awareness campaigns, particularly targeting schoolchildren and adolescents, promoting preventive care and healthy habits. She has also contributed to programs aimed at women's empowerment and child welfare, particularly initiatives focused on the POSCO Act. Her involvement demonstrates that dentistry is not merely a clinical practice but a vehicle for societal transformation.

#### **Pull Quote**

"Dentistry is not just about teeth—it is about people, families, and communities."

#### At the Intersection of Science and Society

Dr. Tabassum Qureshi's journey reflects a harmonious blend of academic brilliance, clinical expertise, mentorship, and social responsibility. Her work demonstrates that orthodontics extends beyond teeth and jaws; it engages with biology, technology, education, and community well-being. Her efforts to integrate biomarkers, artificial intelligence, and 3D imaging into orthodontics highlight her commitment to innovation, while her mentorship and community engagement emphasize her dedication to people.

#### **Pull Quote**

"Shaping smiles is just the beginning; shaping futures is the goal."

#### **Acknowledgment: A Personal Note of Gratitude**

Dr. Qureshi concludes her journey with a heartfelt acknowledgment of her husband, Deepak Sharma, whose unwavering support has been instrumental in her professional and personal life. His encouragement, patience, and guidance have provided the foundation upon which she has built a career marked by excellence and compassion.

#### **Pull Quote**

"Behind every milestone I achieve, there is the steadfast support of my husband, Deepak Sharma. Thank you for being my constant strength."

This expanded version is now rich, narrative-driven, and magazine-ready, covering all facets of her professional life—education, research, mentorship, clinical expertise, community service, international recognition, and leadership roles—while integrating pull quotes and personal acknowledgment seamlessly.

# Dr. Juhi Yadav







Felicitated by Mrs Aparna UP Women commission Vice chairperson

Presented my research on ABO blood, Rh factor in Cleft lip and palate patient

Dr Juhi is a Professor with more than 15 years of teaching, clinical, and Research experience in Dentistry and Orthodontics, and she has been delivering the best patient care. She has been successful in managing a variety of patients with hard work and sincerity. Skilfully managing the Inspections, Inventory, Academics, and Research while working on personal development. She is a leader who has successfully conducted two conferences, guided many students(both undergraduates and postgraduates), and given amendments for improving dental education.

She had completed her under Graduation from KGMC Lucknow.

She did her MDS from Subharti Dental College in the speciality of Orthodontics and Dentofacial Orthopaedics for MDS in the year 2008. In MDS, she has done Research on "To Evaluate Enamel Loss with Different Prophylactic Methods After Repeated Debonding: An In Vitro Study With Profile Projector". This work was done in association with IIT Kanpur in the years from 2005- 2008. Her MDS Library Dissertation Research was on "Cephalometric – Hard Tissue Analysis"

She has published a book, "Cephalometric in Orthodontic Diagnosis and Treatment Planning." She is an active seeker of knowledge and skills. She has an interest in the following topics and has done Research and published many articles in Medical Negligence, Forensic Odontology, Enamel loss during Orthodontic Bonding and, Cleft Lip and Palate patients.

As she has a keen interest in Forensic Odontology, she has completed a Post Graduate Diploma in Forensic Anthropology and Odontology (PGDFAO) from Yenepoya University, Mangalore, Karnataka, India in the year 2021-2022. During PGDFAO, she has done work on "Age Estimation with Pulp Volume and Cone Beam Computed Tomography."

Forensic medicon 2022- Conducted workshop on Age estimation in Individuals













Presented my research on ABO blood, Rh factor in Cleft lip and palate patients

Post graduate diploma in forensic Anthropology and Odontology

Recently, she has finished a project on – "Association of genetic variations of the TGF-alpha and MTHFR Genes with Non-syndromic Cleft Lip with or without Cleft Palate in North Indian population". This work is done at KGMC Lucknow and Sanjay Gandhi Post Graduate Institute Lucknow. She has been awarded for her work by the Indian Orthodontic Society Head office, in the Life Member Research category and, the award will be presented to her during the Inaugural ceremony of the 59th IOS conference, Vizag, November 2025.

She actively enrolls herself for various courses and workshops to keep herself updated. Recently, she has done a Cochrane workshop conducted by KGMU Lucknow. She has recently completed Basic course in Medical Education Technology successfully.

She has done a few presentations during her BDS course and continued that spirit during and after MDS, and presented her work at various conferences and conventions and otherwise. And still till today continues to present at her Institute level on various topics. Some important Scientific Presentations are on Subjects Forensic Medicine, like Virtual Autopsy, Bite Marks, and Disasters. Forensic Odontology like, Age Estimation. Medical Ethics subject and Cleft Lip and Palate and their genetic association.



Felicitated by Director general of medical education UP



**Talked about Medical Ethics** 





Fitness enthusiast



Felicitated on doctors day at RML Lucknow

Cochrane workshop

She has many publications from her Research work in Indexed National and International Journals. Important Publications consist of Orthodontic Bonding and Enamel Loss, Many Case Reports, Medical Ethics, Medical Negligence, Harmony of Facial Aesthetics, Consumers and Dental Profession, ABO blood group and, Cleft Lip and Palate, Genetic and Environmental association in Cleft Lip and Palate Patients.

She has been awarded for her work by many dignitaries on various occasions like, Certificate of Excellence by District Magistrates, Director General of Medical Education UP. Distinguish Alumnus Award by Subharti Dental College. Emerging Researcher in Orthodontics by Global Outreach Healthcare in 2023.

She is being called as a chairperson, chief guest and, Judge at various functions and conferences.

She has been an active Reviewer for the Cureus Journal and other Journals and has reviewed many manuscripts to date. She has professional Associations with the Indian Orthodontic Society, Indian Dental Association, Indian Association of Forensic Odontologists, and Indian Society of Cleft Lip Palate and Craniofacial Anomalies.

She is a fitness enthusiast and loves to play Lawn tennis apart from listening music. She loves autobiographies and reads them whenever she gets time.

#### Reported by Section Editor, Dr. Stuti Mohan







Lawn tennis love



# Objective And Subjective Orthodontic Treatment Needs And Their Impact On Oral Health-related Quality Of Life In Adolescents: An Evaluation Using IOTN And The Modified PIDAQ"

# Dr. Vijeta Patri

Dr. Vijeta Patri, MDS, PhD, Assistant Professor at Hi-Tech Dental College and Hospital, has successfully completed her doctoral degree in Orthodontics. On 22 September 2025, she defended her thesis titled "Objective and Subjective Orthodontic Treatment Needs and Their Impact on Oral Health-Related Quality of Life in Adolescents: An Evaluation Using IOTN and Modified PIDAQ" at KIIT University under the supervision of Dr. Nivedita Sahoo, Professor and Head of the Department of Orthodontics, Kalinga Institute of Dental Sciences (KIDS). She is also the first scholar from the Department of Orthodontics at KIDS to earn a PhD.

A dental researcher from Bhubaneswar, Dr. Patri completed her BDS at SRM Dental College in 2009 and her MDS in Orthodontics at Kalinga Institute of Dental Sciences in 2017. She undertook her doctoral work as a part-time program, balancing teaching responsibilities and research commitments. Over the course of her career so far, she has built a strong academic record with 18 scientific publications to her credit in reputed journals.

Her research highlights the high prevalence of malocclusion among adolescents aged 10-13 years in Bhubaneswar, emphasizing the public health importance of early orthodontic interventions. The study also uncovered notable gender differences in aesthetic concerns, with females showing higher sensitivity to dental appearance than males. Another key contribution of her work is the psychometric evaluation of the Odia-adapted Psychosocial Impact of Dental Aesthetics Questionnaire (PIDAQ), the first tool tailored to assess how dental aesthetics affect the psychosocial well-being of children and adolescents in Odisha.

In addition to her doctoral work, Dr. Vijeta Patri has authored a book on temporary anchorage devices in orthodontics and continues to mentor students while actively contributing to dental research and teaching. Her findings not only deepen the academic understanding of adolescent orthodontic needs but also offer practical guidance for shaping public health policies and designing culturally relevant orthodontic services for young populations in Odisha and beyond.

# Dr. Ashok K Jena



Dr. Ashok Kumar Jena, Professor & Head, Dept. Of Dentistry, AIIMS, Bhubaneswar has been a great researcher since years . Some of his Funded Institute Research Projects (PGIMER)

- 1. Effectiveness of Clinpro XT varnish in the prevention of white spot lesions during multibonded orthodontic treatment.
- 2. Effects of rapid maxillary expansion on pharyngeal airway passage and hyoid bone and tongue position in Class-II malocclusion subjects with retrognathic mandible and constricted maxilla.

#### Extramural / Collaborative Projects

1. Title of the project: Improvement of Oral Health Care Knowledge, Attitude, and Practice of Pregnant Women and Prenatal Healthcare Professionals in a Tertiary Care Hospital.

Name of the principal investigator: Dr. Ashok Kumar Jena

Funding agency: AIIMS, Bhubaneswar.

Duration, start year: 02 Years, 2024

Funds: Rs.50,000/-

IEC approval number: T/EMF/Dent/24-25/68 Funded Institute Research Projects (AIIMS)

 ${\bf 1.}\ Title\ of\ the\ project: Impact\ of\ Orthodontic\ Treatment\ with\ Premolars$ 

Extraction on the Oral Health Related Quality of Life (OHRQoL) among

Adolescents.

Name of the principal investigator: Dr. Ashok Kumar Jena

Funding agency: AIIMS, Bhubaneswar.

Duration, start year: 02 Years, 2016

Funds: Rs.4,50,000/-

IEC approval number: T/IM-F/Dental/15/10

2. Title of the Project: Study the Efficacy of Virgin Coconut Oil in Preventing Oral Cancer in Patient with an Oral Premalignant Lesion.

Principal investigator: Dr. Amit Ghose

Funding agency: Coconut Development Board, India.

Duration: 02 Years, 2019 Funds: Rs.30,00,000/-

IEC approval number: T/EMF/Physio/18/14



3. Title of the Project: Sealing efficacy of over-the-counter desensitizing dentifrices on dentinal tubules: An in-vitro comparative study.

Principal investigator: Dr. Jitendra Sharan Funding agency: AIIMS, Bhubaneswar. Duration, start year: 02 Years, 2019

Funds: Rs.1,80,000/-

IEC approval number: T/IM-F/18-19/23

4. Title of the Project: Evaluation of Microbial Contamination on Mobile phones used in the Hospital Environment and Efficacy of Two Different Antiseptics in Preventing the Microbial Colonization.

Principal investigator: Dr. Anusuya V Funding agency: AIIMS, Bhubaneswar. Duration, start year: 6-months, Year-2019

Funds: Rs. 20,000/-

IEC approval number: T/IMF/P.S/Student/2019-20/06

5. Title of the Project: Strengthening the PHCs infrastructure in a Tribal District of Odisha for screening of selective cancers (Cervical cancer, Breast cancer and Oral cancer)

Principal investigator: Dr. Prajna Paramita Giri

Funding agency: Indian Council of Medical Research, India.

Duration: 03 Years, 2020 Funds: Rs.36,20,375/-

IEC approval number: Adhoc-157/2020/HSR

#### Non-funded Departmental Projects (AIIMS, BBSR)

1. Title: Evaluation of factors affecting the success of the anterior iliac crest block used for the reconstruction of segmental mandibular defect.

Principal investigator: Dr. Ashok Kumar Jena

Duration, start year: 6-months, 2025

Funds: Rs.00,000.00

IEC approval number: T/IM-NF/Dent/24/170, Dated: 17.02.2025.

2. Title of the Project: Evaluation of analgesic efficacy of buprenorphine transdermal patch in management of postoperative pain after benign pathologies resection and reconstruction with anterior iliac crest graft in mandible. A Randomized Controlled Trial.

Principal investigator: Dr. Ashok Kumar Jena

Duration, start year: 24-months, 2023

Funds: Rs.00.000.00

IEC approval number: T/IM-NF/Dentistry/ 22/142

3. Title of the Project: Impact of manuscript rejection on scholar's psychology.

Principal investigator: Dr. Ashok Kumar Jena

Duration, start year: 12-months, 2022

IEC approval number: T/IM-NF/Dentistry/ 21/141

4. Title of the Project: Evaluation of Microbial Contamination on Mobile phones used in the Hospital Environment and Efficacy of Two Different Antiseptics in Preventing the Microbial Colonization.

Principal investigator: Dr. Anusuya V Funding agency: AIIMS, Bhubaneswar. Duration, start year: 6-months, Year-2019

Funds: Rs. 20,000/-

IEC approval number: T/IMF/P.S/Student/2019-20/06

5. Title of the Project: Effect of single dose of Methylprednisolone injection at stylomandibular ligament insertion on pain and various mandibular movements among patients with Ernest syndrome.

Principal investigator: Dr. Ashok Kumar Jena

Duration, start year: 6-months, 2021

IEC approval number: T/IM-NF/Dentistry/21/43

6. Title of the Project: An accurate geometrical reorientation of Sella-Nasion planes (SN planes) in subjects with aberrant inclinations of anterior cranial bases.

Principal investigator: Dr. Ashok Kumar Jena

Duration, start year: 6-months, 2021

IEC approval number: T/IM-NF/Dentistry/21/76

7. Title of the Project: Morphometric characteristics of cervical vertebrae in subjects with short, normal and long faces.

Principal investigator: Dr. Ashok Kumar Jena

Duration, start year: 6-months, 2020

IEC approval number: T/IM-NF/Dentistry/20/145

8. Title of the Project: Effect of maximum incisor retraction on sagittal thickness of posterior pharyngeal wall.

Principal investigator: Dr. Ashok Kumar Jena

Duration, start year: 6-months, 2020

IEC approval number: T/IM-NF/Dentistry/20/151

# Dr. Amesh Golwara

#### CONTEMPORARY ORTHODONTIC PRACTICE MANAGEMENT

Contemporary orthodontic practice management has evolved into a multifaceted discipline that goes far beyond clinical expertise. Today's orthodontists must operate as both healthcare providers and business leaders, navigating a complex environment shaped by technological advancement, changing patient expectations, regulatory pressures, and increased competition. Success in modern orthodontics depends on the practitioner's ability to integrate strategic planning, operational efficiency, financial oversight, team leadership, and patient-centered care—all while keeping up with emerging digital tools and trends.



At the core of successful practice management lies strategic and operational planning. Every orthodontic practice benefits from a clearly defined mission and business model that outlines long-term goals, target demographics, competitive advantages, and growth strategies. Whether a practice operates as a solo entity, part of a group, or under a corporate-owned dental service organization (DSO), each structure brings unique management challenges and opportunities.





Solo practitioners often wear multiple hats, while group practices share resources and leadership duties. DSOs, though offering scalability and administrative support, can reduce individual autonomy. Regardless of structure, implementing efficient scheduling systems and workflow management is crucial.

Practices are increasingly adopting cloud-based practice management software such as Cloud 9, Ortho2 Edge Cloud, Dolphin Management, TopsOrtho, and Open Dental, which streamline daily operations from scheduling and billing to patient communication and data analytics. These platforms also integrate with digital imaging, treatment simulation, and financial modules, creating a unified system that enhances both productivity and patient experience.

Newer AI-assisted software, like Gaidge Analytics and OrthoMinds, offer real-time business intelligence by tracking KPIs, treatment progress, and staff performance through intuitive dashboards.

Equally important is the role of human resources and team leadership. A well-trained, motivated team forms the backbone of a thriving orthodontic office. Staff members—from front-desk coordinators to orthodontic assistants—must work cohesively to provide seamless patient care. Clear job descriptions, ongoing education, and a culture of accountability are critical for team success. Leadership in this context means more than managing—it involves fostering a positive, collaborative work environment that supports growth, encourages feedback, and recognizes contributions. Recruiting and retaining skilled staff has become increasingly challenging due to workforce shortages, making competitive compensation, flexible scheduling, and professional development essential elements of staff retention strategies.

Modern orthodontic practices also place strong emphasis on enhancing the patient experience. Patients today expect more than just good outcomes—they seek convenience, transparency, and a sense of personal connection. To meet these expectations, practices are adopting digital innovations such as online booking, automated text reminders, contactless check-in, mobile payment platforms, and AI chatbots for real-time inquiries. The treatment coordinator (TC) plays a pivotal role in patient engagement, acting as the bridge between clinical and administrative sides. The TC not only explains treatment options and benefits but also discusses financial arrangements and supports case acceptance. By personalizing care and addressing patient concerns upfront, practices can improve conversion rates and long-term satisfaction.

In recent years, aligner therapy has revolutionized both clinical delivery and practice management. The shift toward clear aligners, driven by systems like Invisalign, Spark, ClearCorrect, and in-house 3D printed aligners, has introduced new workflow models that are more digitally integrated and patient-friendly. Managing aligner-based practices requires efficient digital case tracking, patient compliance monitoring, and cloud-based communication systems.





Software such as ClinCheck (Align Technology), uLab Systems, 3Shape Clear Aligner Studio, and EasyRx facilitate digital treatment planning, tooth movement simulations, and appliance tracking. These platforms allow orthodontists to visualize outcomes, modify setups in real-time, and coordinate with laboratories seamlessly. Integrating these tools into practice management systems enhances efficiency, improves patient communication, and ensures consistent treatment quality.

Financial management remains another cornerstone of successful orthodontic operations. Effective revenue cycle management ensures the practice remains profitable and sustainable. This includes timely insurance verification, accurate billing, clear financial policies, and proactive collection efforts. Orthodontists must be aware of key performance indicators (KPIs) such as case acceptance rates, average revenue per patient, and overhead costs. These metrics provide actionable insights that inform decisions and help identify business improvement. With the rise of competition from general dentists offering orthodontic services and direct-toconsumer aligner companies, many practices reevaluating their pricing models and offering flexible payment plans to remain competitive while maintaining profitability.



Marketing and practice growth strategies have become increasingly sophisticated in the digital age. Orthodontic practices now rely heavily on digital marketing to attract and retain patients. A well-designed website, search engine optimization (SEO), pay-per-click advertising, and active social media presence on platforms like Instagram, Facebook, are all part of a modern marketing toolkit. Reputation management through online reviews is also crucial, as prospective patients often rely on Google or Yelp reviews when choosing a provider. In addition to external marketing, internal strategies such as referral programs, patient appreciation events, and community outreach initiatives can foster loyalty and encourage word-of-mouth growth.



Advanced CRM (Customer Relationship Management) systems like Solutionreach and Lighthouse 360 help automate follow-ups, appointment reminders, and recall systems, keeping patient communication consistent and personalized.

Technology continues to reshape the orthodontic landscape, particularly in diagnostics, treatment planning, and case monitoring. Digital tools such as 3D imaging, intraoral scanners (iTero, Medit, 3Shape), CBCT, and AI-based smile design software have enhanced diagnostic accuracy and treatment precision.



Digital treatment simulations, virtual setups, and in-house 3D printing of aligners, retainers, and customized appliances have become routine in many practices. Moreover, teleorthodontics and virtual monitoring platforms such as DentalMonitoring, SmileSnap, and Grin have emerged as valuable tools for follow-ups and remote consultations, providing flexibility for patients and efficiency for providers.

As practices become increasingly reliant on digital systems, data security and regulatory compliance are paramount. Orthodontists must ensure adherence to HIPAA regulations to protect patient privacy, as well as meet OSHA standards for workplace safety. Regular data backups, encrypted storage, and cybersecurity protocols are essential to mitigate risks associated with digital practice management.



Legal considerations also include clear documentation of informed consent, compliance with labor laws, and understanding of insurance contracts. Staying current with local dental board regulations and ethical standards is critical to maintaining licensure and professional reputation.

In summary, contemporary orthodontic practice management is a dynamic interplay of clinical excellence, strategic leadership, patient engagement, and technological innovation. The modern orthodontist must navigate a fast-changing environment where both patients and staff expect high levels of service, flexibility, and transparency. Those who invest in their teams, embrace data-driven decision-making, and leverage digital tools—especially in aligner-based and digitally driven workflows—are more likely to build resilient, patient-centered practices capable of thriving in the face of industry changes. Ultimately, the future of orthodontic practice will belong to those who can seamlessly integrate clinical skill with forward-thinking business and digital management strategies.

Reported by Dr. Irfanul Haque

# Dr. Vedavathi

#### Practice Management in Orthodontics

The field of orthodontics is undergoing a rapid transformation, driven by technological advancements, evolving patient expectations and the increasing complexity of clinical practice. Effective practice management has become as critical as clinical expertise, ensuring sustainable growth, efficiency and patient satisfaction.

#### Key Challenges:

Orthodontists today face heightened patient awareness, fueled by social media and online information, often leading to unrealistic expectations. Market dynamics, including competition from multi-speciality chains and direct-to-consumer aligner companies, put pressure on independent practitioners. Moreover, the cost of adopting advanced technologies like intraoral scanners, 3D printers and AI-powered diagnostic systems present barriers for young professionals.

#### Modern Strategies and Innovations:

<u>Digital Workflows & AI:</u> Transitioning from paper-based records to integrated digital systems streamlines scheduling, treatment planning and patient communication. AI assists in diagnosis, cephalometric analysis and predictive treatment outcomes, while chatbots handle routine queries, saving valuable staff time.

<u>Patient-Centered Care:</u> Multi-speciality setups and tele-orthodontics improve convenience by offering comprehensive care under one roof or remotely. Personalized treatments, enabled by biomaterials and 3D printing, ensure tailored solutions, enhancing outcomes and patient loyalty.

<u>Collaboration & Teamwork:</u> Seamless coordination among orthodontists, periodontists, pediatric dentists and allied staff is vital. Regular case discussions, shared health records and internal communication tools foster efficiency and interdisciplinary care.

<u>Technology & Efficiency:</u> Integrated software for billing, diagnostics and inventory management ensures operational smoothness. Ongoing training keeps teams updated with innovations.

Financial Oversight: Sound budgeting, insurance processing and expert guidance are necessary to navigate complex billing cycles in multi-speciality practices.

<u>Quality & Compliance</u>: Adherence to regulatory protocols, sterilization standards and periodic audits guarantee clinical excellence across all specialties.

#### The Future Outlook:

Sustainability in orthodontic practice is expected to gain prominence with eco-friendly materials and energy-efficient operations aligning with global environmental concerns. Additionally, data analytics and CRM tools will provide actionable insights into patient acquisition, retention and overall performance, enabling more informed decision-making.

In essence, orthodontic practice management today is about more than operational control—it integrates technology, patient engagement, financial sustainability and collaborative care. By embracing modern strategies, orthodontists can deliver exceptional outcomes, foster patient trust and ensure long-term practice success.



# Dr. Zarina Bali

#### Practice Management in Orthodontics: Keep it Simple

Running an orthodontic practice is a daily balancing act involving clinical excellence, efficient workflows, clear communication and patient satisfaction. When everything gets noisy, the most reliable path to consistent results is intentional simplicity. Nowadays, the young orthodontists and even the ones practicing for years find themselves in a state of flux owing to a wide array of advancements in technology and AI powered tools for marketing and treatment purposes. Whether to incorporate all the smart technology in one's practice at once or to wait for a period of time when practice builds up is a tough question especially for Orthodontists working in poorly developed cities and rural areas. Being an academician along with working as a consultant orthodontist, my opinion to young fellow orthodontists is to focus on three fundamentals: stick to the basics, spend enough time on diagnosis and continuously re-evaluate patients. Master those and the rest becomes easier.

#### 1. Stick to the Basics

When basics are solid, your team works predictably, patients remain satisfied and clinical decision-making happens from a clear record.

Core systems to prioritize:

- ·Standard Operating Procedures (SOPs) for every major clinical and administrative workflow.
- ·Clear patient communication.
- ·Reliable scheduling rules and patient recalls.
- •Documentation standards what photos, x-rays and notes must be recorded at each visit.

#### 2. Spend Enough Time on Diagnosis

- Thorough diagnosis is time well spent it saves chair time, improves outcomes and increases case acceptance.
- ·Spend enough time on clinical examination. Use checklists during the diagnostic appointment to ensure nothing is missed (alignment issues, occlusion, airway concerns, periodontal status).
- ·Complete records at the start and never miss the medical history.
- ·Treatment planning sessions that include cost/time alternatives and realistic expectations of patients.
- ·Use visual aids to explain findings patients accept treatment faster when they clearly see the problem and the proposed solution.

#### 3. Critical and Careful Re-evaluation of Patients

Regular evaluation of treatment is very important. Benefits include shorter overall treatment time, better compliance through ongoing patient education and reduced medicolegal risk because decisions and changes are recorded. Also, milestone re-evaluations help to catch major introgenic issues at an early stage and can prevent costly finish phase corrections and treatment stays on schedule.

To sum up, technological advancements are important that one should incorporate in his/her practice time to time but never forget the basics. Always remember that well treated and happy patients are the best form of marketing.

# DR. SUDHAKAR KOLLA

#### From Dental Chair to Global Finish Lines

In a world where time is often the biggest constraint, Dr. Sudhakar Kolla has defied the odds. A renowned orthodontist, entrepreneur, and now a history-making marathoner, he is the embodiment of discipline, perseverance, and passion — proving that even the most demanding careers can coexist with audacious personal goals.

Recently, Dr. Sudhakar etched his name into Indian sporting history by becoming part of the first Indian couple to complete both the Six World Marathon Majors and the Seven Continents Marathon Challenge, running every race side by side with his wife and running partner, Dr. Tulasi.

But behind this remarkable global achievement lies years of grit, early mornings, sacrifices, and a mindset that refuses to settle.

#### The Professional

Dr. Sudhakar Kolla is not only a distinguished orthodontist but also a successful healthcare entrepreneur. He co-owns and practices at Kakatiya Dental Hospital in Hanumakonda, Telangana, alongside his wife, Dr. Tulasi. Under their leadership, the clinic has become a trusted name in the region, combining advanced dental care with personalized treatment. Balancing a demanding clinical practice with an intense running schedule wasn't easy. Yet, Dr. Sudhakar managed both with precision — a testament to his exceptional time management and commitment.

#### The Runner

What started as a fitness goal quickly evolved into a life-changing journey. Dr. Sudhakar took up running with modest intentions, but soon found himself drawn into the world of endurance sports. With a natural ability to push boundaries, he set his sights higher — much higher.

He went on to complete all Six World Marathon Majors:

Boston - the oldest and most prestigious marathon

London – known for its speed and historic streets

Berlin - home to multiple world records

Chicago - the heart of fast, flat courses

New York – a marathon that pulses with energy

Tokyo – a race that blends tradition with modern intensity

Each race brought new lessons, new challenges, and new limits to break.

Not one to stop there, he embarked on the Seven Continents Marathon Challenge, running marathons across: North America, South America, Europe, Asia, Africa, Australia and Antarctica. The final leg, the Patagonia International Marathon in South America, marked the completion of this grueling and adventurous global pursuit.

#### The Mindset

For Dr. Sudhakar, running was never just a sport - it became a way to sharpen his focus, manage stress, and explore the world from a different lens. Each run served as a meditative experience, a time to reset, reflect, and realign.

He often speaks of the mental discipline required to balance patient care with long training hours. His journey wasn't without setbacks — travel fatigue, injuries, work commitments — but none of these ever stood in the way for long. What kept him going was an inner drive to test limits and a deep belief in continuous self-growth.

#### The Legacy

Dr. Sudhakar Kolla's achievement is more than personal — it's a milestone for Indian endurance sports. He has become an inspiration for working professionals who believe they are "too busy" to pursue passion projects. His story resonates with anyone who dreams big but hesitates due to life's responsibilities. Through his achievements, he is helping redefine what's possible — showing that excellence in one field doesn't have to come at the cost of another.

#### What's Next?

Even after conquering the world's most prestigious marathons, Dr. Sudhakar remains grounded and driven. While the medals and milestones are satisfying, his focus remains on what lies ahead — mentoring new runners, promoting health awareness, and continuing his own journey of self-discovery through running. "Every marathon finish line is a victory, but it's also a starting line for the next goal," he says.

Dr. Sudhakar Kolla is not just running marathons — he's running a movement. A movement that says no dream is too distant, no path too tough, and no goal impossible when passion leads the way.





#### शन दिले तृ मला ईश्वरा होऊ कशी उतराई चैतन्याने पुन्हा बहरली सृष्टीची हिरवाई... । युष्पाच्या तिन्हीसांजेला प्रवचित आली गती भाव मनीचे उतरले जसे रलगद पानांबरती... नात बसले, शब्दफुलांनी गृप्तिचले मी सारे

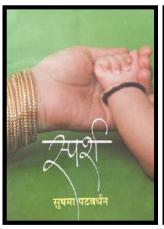




## DR. SUSHAMA JAYANT PATWARDHAN

Born on 25th July 1953, Dr. Sushama Jayant Patwardhan has led a life that reflects brilliance, creativity and deep compassion. After completing her BDS in 1975 and MDS in Orthodontics in 1977—where she consistently topped her class and the University—she went on to establish an exclusive orthodontic practice that has flourished for over forty-eight years. Precision, discipline and dedication have been the hallmarks of her professional journey, qualities that seamlessly flow into her other passions as well.

From the very beginning, Dr. Patwardhan nurtured a love for music, art and literature. A trained sitar player and a gifted singer, she also sketches with remarkable finesse, particularly in pen work that demands unerring precision. Her creativity finds expression in rangoli, embroidery and poetry, while her adventurous spirit has taken her across the globe on countless travels and treks. One of her most unforgettable experiences was her journey to Kailas—Manasarovar, reaching an altitude of 19,600 feet—an expedition as demanding as an Everest Base Camp climb. This trek became the subject of her travelogue Parikrama, which won her a prestigious literary award. Alongside this, she has published two volumes of poetry—the first in 1994, selected and published by the State Government from among 600 entries, and the second released on her 60th birthday by eminent poets and music directors. The entire proceeds of these books were donated to an NGO offering free shelter to patients undergoing chemotherapy and radiation, reflecting her commitment to service.







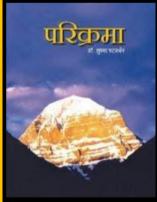










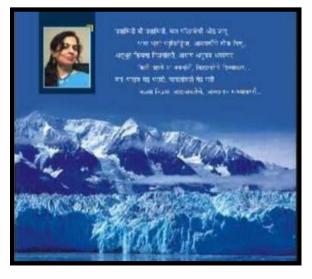




Her love for music, shared with her husband Dr. Jayant Patwardhan, an Oral and Maxillofacial Surgeon, gave birth to an inspiring venture in 2002. On the occasion of Doctors' Day, a performance by the couple so impressed Doordarshan director Bindu Trivedi that she encouraged them to form a group. Thus, Swar Bandh (स्वरबंध) was born, with its first program Raag Rang Geet Bandh performed on 29th June 2002. Since then, Swar Bandh has blossomed into a unique NGO that combines the joy of music with meaningful philanthropy. Each program is dedicated to supporting noble causes, and the organization holds an 80G certification from the Charity Commissioner. One of its most remarkable contributions has been the institution of the Sahwadak Puraskar, an award that honours accompanying musicians who have dedicated over twenty-five years to embellishing performances with their artistry. Till now, twenty-seven veterans have been felicitated, and on 5th November 2025, three more stalwarts will be honoured in a grand musical evening at a prestigious auditorium. This effort makes Swar Bandh the only organization, in India or abroad, to consistently recognize the invaluable contribution of accompanist musicians. Equally, Swar Bandh has nurtured youth by organizing competitions in classical and golden-era melodies, offering winners a professional stage and mentorship under legendary performers.

Parallel to her artistic pursuits, Dr. Patwardhan has been an active lecturer and wellness advocate. Together with her husband, she has presented more than 120 programs across India and internationally—in the USA, UK, Kenya, Australia and beyond. Their signature presentation, Kailas—Manas: An Unforgettable Experience, blends visual storytelling with music and spiritual reflections, leaving audiences enriched. A lifelong student herself, she continues to practice and teach Yoga, Pranayama and Hast Mudras, and has trained thousands in Reiki, having learnt it from a senior master. She is often invited to lecture at Rotary Clubs, wellness forums and academic gatherings, where her words inspire balance between science, art and inner wellbeing.

What shines through Dr. Patwardhan's journey is her personal philosophy: that life is a vast ocean of knowledge, and the deeper one plunges, the more there is to explore. With her rare combination of professional excellence, artistic brilliance and social service, she embodies a life lived in harmony—with discipline, passion and gratitude. As she herself says, "Apart from sincere and dedicated work in the professional field, there is so much to learn! Life is beautiful, and my soul whispers a deep gratitude towards the contribution of all my teachers in various fields who chiselled my skills and offered me proficiency."







## Smiles, Speed, and Stories: The Journey of Dr. Chiranjeev Singh

In a world where people often find themselves confined to a single identity, some individuals stand out by embracing diverse passions that reflect both intellect and adventure. Dr. Chiranjeev Singh is one such personality. An accomplished orthodontist and professor, he has spent years shaping the future of dentistry. Yet, when he steps outside the academic halls and clinical walls, he transforms into something entirely different—a biker, chasing open roads and chasing freedom.

For Dr. Singh, life has never been about choosing between profession and passion. Instead, it's about balancing both worlds with discipline and determination. His journey is proof that one can excel in the pursuit of science while living fully in the spirit of adventure.

#### The Professor in the Department of Orthodontics

Orthodontics is often described as both an art and a science, and Dr. Singh has mastered this balance. As a Professor in the Department of Orthodontics, he nurtures young dental professionals with the same patience and precision that he applies to his patients' smiles. Over the years, he has trained numerous undergraduate and postgraduate students, guiding them not just in clinical excellence but also in professional ethics and lifelong learning.

His teaching philosophy rests on three principles: curiosity, consistency, and compassion. For his students, he is more than a professor—he is a mentor whose lessons extend far beyond textbooks and clinics.

"Dentistry is not just about aligning teeth; it's about aligning lives," he often tells his students. With this thought, he transforms the learning environment into a space where theory meets real-world application.

#### The Biker on the Road

But outside the clinical chair, there exists another Dr. Singh—one who is fueled by engines, asphalt, and the promise of the horizon. Since 2010, he has been an avid biker, exploring India's diverse landscapes from mountains to coastlines.

For him, biking is not just a hobby; it's a form of meditation. The hum of the engine, the rush of the wind, and the endless roads bring him clarity and peace. Unlike the structured world of academia, biking offers unpredictability—rain on an empty highway, the sudden curve of a mountain road, or the sheer thrill of covering hundreds of kilometers in a day.

Dr. Singh recalls some of his most memorable rides with a nostalgic smile: solo journeys that tested endurance, group expeditions that created lifelong brotherhoods, and charity rides that blended passion with purpose. Each ride, in his words, "teaches resilience and reminds you that the journey matters as much as the destination."





#### **Bridging Two Worlds**

What makes Dr. Singh's story remarkable is not just his accomplishments in either field, but how he bridges the two. In his lectures, he often draws parallels between biking and dentistry—discipline, focus, and the need for balance. Both require a steady hand, a sharp eye, and the courage to adapt to challenges.

His colleagues admire his ability to inspire. Patients often find it refreshing when their professor-doctor talks about biking as passionately as he speaks about oral health. It brings a human touch to the medical profession, breaking the stereotype that doctors only live within textbooks and clinics.

#### His Riding Club

CROM (Club Rise Of Machines): A Brotherhood of Riders form the Paris of India – Jaipur, founded in 2015 in Jaipur by Dr.Chiranjeev, is a vibrant community of 48 riders from different walks of life. United by their love for motorcycling, the club members attempt to explore the beauty of nature and while at the same time experiencing the joy of riding their motorcycles.

Club boasts a diverse fleet of motorcycles from a wide spectrum of brands and timelines including the Mahindra, Benelli, Harley-Davidson, Karizma, Royal Enfield, Jawa, yesdi, ktm, Honda and Yamaha. Likewise, the club's members too comprises riders of all ages. Thereby encouraging a sense of camaraderie and shared experiences from diverse generations.

#### Social Responsibility

Beyond their love for riding, His is committed to social responsibility. The club actively participates in various community initiatives, such as "Ride for Pride" to honor the Indian Army and "Ride for Acid Attack Victim Girls" to raise awareness and support the victims. Also, since the year 2015, Club Rise Of Machines has been a key organizer of Independence Day and Republic Day motorcycling events in Jaipur. Partaking in these events showcase the club's dedication to patriotism and their ability to bring together the local community. By fostering a strong sense of brotherhood, promoting safe riding practices, and contributing to the community, CROM has established itself as a respected and influential motorcycle club in Jaipur.















#### A Life of Discipline and Adventure

Balancing a demanding career with such an adventurous lifestyle is no easy feat. For Dr. Singh, the secret lies in discipline. Weekdays may be dedicated to students and patients, but weekends often belong to the road. The thrill of biking acts as a recharge button, fueling him with renewed energy for his academic commitments. Over the years, he has also built a community of like-minded riders, where stories are shared, safety is prioritized, and friendships are forged. For him, biking is not just about speed but also about responsibility—wearing the right gear, respecting the road, and riding with awareness.

#### Looking Ahead

When asked about his future, Dr.Singh smiles knowingly. "There are always more roads to ride and more minds to inspire," he says. His vision includes continuing his academic contributions, mentoring the next generation of dental professionals, and, of course, exploring new biking trails—perhaps even beyond India's borders.

His story is one of dual passions, proving that a professional can be much more than a title. He is a reminder that life is best lived when one dares to embrace every side of their personality.

#### Conclusion

Dr. Chiranjeev Singh is more than an orthodontist, more than a professor, and more than a biker. He is a symbol of how curiosity and courage can coexist, how one can nurture a career while feeding the soul with adventure. In a world that often tells us to choose one path, he chooses them all—and in doing so, inspires others to chase not just success, but also freedom.

He says "In every smile I design and every mile I ride, I find a story worth telling."









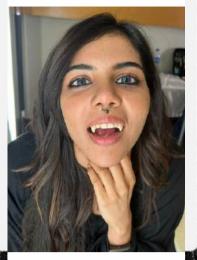




















# Dr. Prashanth Pratap

Beyond Orthodontics: His Accidental Journey into Movie Makeovers Dentistry has always been his profession, but nearly a decade ago he stepped into a world far beyond the dental chair—the world of cinema. Internationally, dental makeover artistry is an integral part of filmmaking, where dentists collaborate with directors and make-up artists to transform actors' smiles to suit their characters. In India, however, this field remains relatively unexplored.

His entry into this arena was purely accidental. About ten years ago, a film director approached him with an unusual request: to create a dental makeover for a character in his movie. He accepted it casually, without realizing its potential impact. He didn't document the work, nor did he take photographs. Only later, when the film went on to win state awards and the character received wide acclaim, did he realize the significance of his contribution.

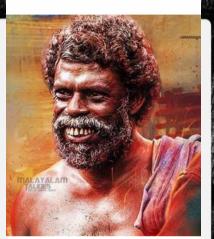
From that moment on, what began as a one-off assignment grew into a unique and rewarding passion. Since then, he has worked on around 45 Malayalam films and a few Tamil productions, helping bring directors' and make-up artists' visions to life. His work has ranged from simple acrylic overdenture attachments to temporary ceramic veneers and laminates. These prostheses needed to be removable yet realistic—allowing actors to speak, emote, and perform naturally. A constant challenge was ensuring they were comfortable and easy enough for an actor—or even an assistant—to remove and reattach after long hours of shooting.

Unlike orthodontics, where the goal is to perfect smiles, movie makeovers often required him to do the opposite—creating gaps, imperfections, or exaggerated features to suit a character. Friends often teased him, saying that while most dentists enhance smiles, he sometimes "reverses the process" for the sake of art.

An unexpected opportunity has become his favorite creative outlet. While he continues his primary role as Head of the Department of Orthodontics at Indira Gandhi Institute of Dental Sciences, Kerala, and manages his private practice, Dr. Meera's Smiles Dental Care in Ernakulam (established in 2006), his involvement in films remains a stress-buster that keeps his work exciting and fulfilling.







This journey has reminded him that dentistry is not confined to clinics and classrooms—it can also shape stories, build characters, and bring imagination to life on the silver screen.

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His work in cinema spans from the legendary Megastar Mammootty to the emerging sensation Kalyani Priyadarshan, along with celebrated actors such as Tovino Thomas, Nivin Pauly, Asif Ali, Jagadeesh, Siddique, Janardhanan, Maniyanpillai Raju, Joju George, Guinness Pakru, Manju Pillai, Bindu Panicker, Athmiya, and many others.

Notably, the films Kammattipadam and Home—featuring lead actors whose dental makeovers he created—went on to win Kerala State Awards, underscoring how even the smallest details, like a smile, can shape a performance.

Reported by Honey Gurbaxani

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# Dr. Aravinthrajkumar



# The Rhythm Within - Journey Through Music and Dance

For Dr. Aravinthrajkumar Govindaraj, music was never just a pastime — it was a calling that began long before he could even pronounce the word melody. His mother fondly recalls how, as a toddler, he would light up whenever the song "Uyire" from Bombay played, gleefully echoing "Uyyieee, Uyyieee" in his own way. Perhaps that was life's earliest whisper that rhythm and emotion would one day be an inseparable part of his story.

Growing up, he was that child who would ask his mother to record his favourite songs on cassette tapes — those were the tape recorder days — unknowingly laying the foundation for what would become a lifelong love affair with music.

But his true journey as a performer began during his first year of BDS, when he took the stage at a dental conference and sang for the first time in front of an audience. That performance was an awakening — a realization that he didn't just love to sing, he loved to perform. From that day on, every stage became an opportunity — whether at college culturals, conferences, or social gatherings, if there was a microphone, he was sure to find it.

His musical horizons expanded further during his postgraduate days in Chennai, where he became part of "On the Streets of Chennai," a musical movement that brought together artists and bands to spread positivity through live performances. It was there he discovered the soul-stirring magic of live music — the connection, the energy, and the joy of making people smile through a song.

Dance, too, came as a natural extension of that same creative spirit. Whether on stage or among friends, Aravinthrajkumar was always the one to start the rhythm - and make everyone around him move to it. The laughter, the smiles, the shared energy - it all became his kind of dopamine rush.

Even after stepping into his role as a faculty member in a dental college, his artistic pursuits never took a back seat. From choreographing performances for faculty teams to leading musical acts at dental conventions, he seamlessly blended his professional and creative worlds. During his orthodontic postgraduation under the mentorship of Dr. A. V. Arun, he even found himself performing on the prestigious Indian Orthodontic Society stage — a moment that perfectly captured the union of his two passions: dentistry and art.



His Instagram now stands as a reflection of that journey — filled with covers, performances, and glimpses of his creative self. For him, every post, every note, and every beat are a way of sharing happiness — a philosophy that ultimately inspired his brand identity: "Doctor Smile Architect." Because whether it's through his orthodontic work, his music, or his dance — his purpose has always been simple yet profound — to make people smile, inside and out. True to his belief in living with passion and purpose, Dr. Aravinthrajkumar even carries his mantra with him — quite literally. Inked with an infinity symbol representing his eternal love for music, travel, smiles, and food, it's a reminder that his journey — in art, in life, and in creating joy — continues to infinity and beyond.

#### Reported by Dr. Kasturi Mukherjee

















#### Navratri Special OsGOD Dialogues with Dr. Sunil Kapila

The Orthodontic Study Group of Delhi (OsGOD), under the aegis of the Indian Orthodontic Society, organized an intellectually stimulating Navratri Special edition of OsGOD Dialogues – An Evening with Dr. Sunil Kapila on 27th September 2025 at the India International Centre, New Delhi. The distinguished speaker, Dr. Sunil Kapila, Professor and Dr. Thomas R. Bales Endowed Chair of Orthodontics at University of California Los Angeles (UCLA), is globally recognized for his pioneering contributions to orthodontic research, education, and leadership.

Dr. Sunanda Roy Choudhury, Dr. M.S. Sidhu, and Dr. Harneet Kaur, Conveners of OsGOD, warmly welcomed the august gathering and distinguished guests — President IOS Dr. Puneet Batra, Honorary Secretary IOS Dr. Sanjay Labh, and eminent Past Presidents of IOS Dr. Vinod Verma, Dr. Asha Verma, and Dr. O.P. Kharbanda — along with senior professors Dr. Ragini, Dr. Sunil Khosla, Dr. Tulika Tripathi, and other OsGOD members, acknowledging their invaluable contributions to orthodontics and their continued encouragement of academic excellence.

Inaugurating the event, the conveners felicitated Dr. Kapila with a shawl and memento as a gesture of respect and appreciation. In his Presidential Address, Dr. Puneet Batra welcomed Dr. Kapila and commended the vision of OsGOD as a progressive academic study group fostering global collaboration, lifelong learning, and scientific exchange. Dr. Sanjay Labh, Hon. Secretary, IOS, also extended a warm welcome on behalf of the Society. The session commenced with Dr. O.P. Kharbanda introducing the eminent speaker.

Dr. Kapila's first lecture, "Contemporary 3D Imaging for Everyday Orthodontics," highlighted the power of 3D imaging in enhancing diagnostic precision and clinical communication, while his second talk, "AI and Biomedicine-Driven Precision Orthodontics," explored the future of personalized, data-driven orthodontic care. An engaging interaction followed, with young orthodontists eagerly discussing advancements in CBCT-based diagnosis. The evening concluded with a convener's update, vote of thanks by Dr. Sunanda Roy Choudhury, and a special Navratri networking dinner.

With nearly 60 participants, including faculty, postgraduate students, and clinicians, the event was lauded for its academic depth, global perspective, and enriching exchange — reaffirming OsGOD's commitment to fostering scientific dialogue and professional excellence.

#### Reported by Section Editor Dr. Harneet Kaur



#### BALANCING HEIGHTS



## "Balancing Heights: The Art of Vertical Control in Smile Designing"

The Bombay Orthodontic Study Group (BOSG) recently organized a lecture on "Balancing Heights: The Art of Vertical Control in Smile Designing" by Dr. Vijay Baswa on September 14, 2025. The event was convened by Dr. Harshvardhan, Dr. Harsh Mishra, and Dr. Javed Khan.

During the event, BOSG congratulated Dr. Gajanan Shanbhag on his felicitation for his valuable leadership as convener of BOSG. The organizers also expressed gratitude to the sponsors, including Colgate, Orthosystems, Orthomatrix, Dentos Global Dental Technologies, OrthoFx.

Dr. Baswa's demonstration on mini screws and IZC BSS screws highlighted their applications in orthodontics for vertical correction, including:

- 1. Intrusion or extrusion of teeth: Adjusting tooth positions for improved occlusion and aesthetics.
- 2. Vertical anchorage: Correcting deep or open bites by providing stable anchorage.
- 3. Molar intrusion: Enhancing smile aesthetics and occlusal relationships. These temporary anchorage devices (TADs) offer effective solutions for complex orthodontic cases.





Reported by Managing Editor Dr. Mayank Gupta



# Dr. Wasundhara Bhad





"Dr. Wasundhara Bhad, Dean, GDC Mumbai. was felicitated by the Bombay Orthodontic Study Group (BOSG) for her outstanding contributions to Orthodontics as a clinician, academician. researcher. and able The administrator. felicitation was conducted by Dr. Harshvardhan, Dr. Harsh Mishra, and Dr. Javed Khan, Conveners of BOSG and decided to propose her name for Dr. A. V. Arun Outstanding Professor Award, given by the Indian Orthodontic Society. Special thanks to Dr. Suryakant Powar, Professor and Head, Department Orthodontics, and Dr. Sumeet Ghonmode, Associate Professor, for their excellent arrangements at GDC, Mumbai."

> Reported by Managing Editor Dr. Mayank Gupta



### National Orthodontists' Day 2025 Hyderabad

The excitement truly began a day ahead, as the HOSG delegation along with Past presidents of IOS had the honor of meeting the Hon'ble Health Minister of Telangana, Shri Damodar Raja Narsimha Garu, to discuss the significance of orthodontic care for the public.

On Orthodontist Day, HOSG hosted not just one, but THREE dynamic events! Dr. Shubhaker Juvvadi, the Organizing Chairman and the driving force behind this big day, made it truly memorable for all of us. The morning set off with an awareness walk from Scenic Cable Bridge to T-Hub, The biggest incubation centre joined by our esteemed Dr. Kuchkulla Rajesh Reddy, Hon. MLA of Nagarkurnool. It was energizing to see over 200 orthodontists, students, and community members marching together for oral health awareness, and great to have the media briefed on the vital role of orthodontic treatment.

A heartfelt thank you to the IOS Head Office Dr Puneet Batra sir and Sanjay Labh Sir and Gnana (Gnana Shanmugham) for giving us the opportunity to host IOS MANTHAN—a day-long session that brought together Present and Past Principal office bearers from all over India to deliberate on the growth and future of Indian orthodontics and IOS. It was truly inspiring and heartening to witness the passion, enthusiasm, and constructive deliberations of all the senior past and present leaders. We were truly blessed to welcome and host the stalwarts of our specialty and HOSG Felicitated the Stalwarts for their selfless service to the society.

The evening program, an enriching scientific extravaganza titled "Learning from the Legend," saw around 100 orthodontists from Hyderabad gather for an inspiring session by the Legend world-renowned Dr. N. R. Krishnaswamy sir. The lecture was mesmerizing and kept the audience in rapt attention wanting for more. The presence of senior stalwarts like Dr. Sateesh Reddy Sir, Chandra Sekhar GC Sir, and the fresh graduates created a rewarding platform for learning, interaction, and inspiration across all generations. Dr Sudhakar Kolla a HOSG member was felicitated for his achievement of completing marathons in all the continents.



















Celebrating National Orthodontic Day and National Orthodontic week (5th October 2025 to 10 October 2025) in Department of Orthodontics and Dentofacial Orthopedics, Rural Dental College, PIMS Deemed University, Loni Bk, Maharashtra.

Artistic wire bending, Reel making competition for UG students. Total 33 students were participated in this competition including II Year, III Year, IV Year and Interns.

Prizes and certificates were given to participants and winners.





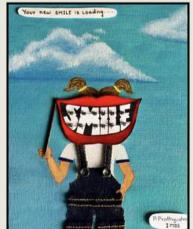




We from the Department of Orthodontics feeling very happy and proud to inform you that Dr. Shubhangi Amit Mani (Professor) from our Department of Orthodontics received the Prestigious Presidential Rolling Trophy for Best Teacher 2025.

















G. Pullareddy Dental College \$ Hospital, Kurnool, AP

The Department of Orthodontics and Dentofacial Orthopaedics at M. A. Rangoonwala College of Dental Sciences & Research Pune recently celebrated (MARDC) Orthodontist Day on 6th October 2025, Monday. The day's events commenced with a skit performed by the students that served as an important public awareness initiative, vividly illustrating and highlighting the ill effects and potential dangers associated with 'at-home visits' and Do-It-Yourself (DIY) aligner treatments. A Rangoli competition and an Innovative Wire Bending Competition was held within the department, allowing students to express their creativity and artistic flair. The celebration was marked by the active and enthusiastic involvement of both UG and PG students along with the department staff, making the event a success in fostering professional awareness, artistic expression, and skill development within the MARDC Orthodontics community.





The emblem of Smiling Bharat was handed over to Dr Vipul Kumar Sharma, EC member IOS by Dr Puneet Batra, President Indian Orthodontic Society and arrived at Varanasi. On the occasion of nationwide "Smile Drive - Smiling Bharat:2" campaign, Banaras Orthodontic Study Group, Varanasi of Indian Orthodontic Society (IOS) organized an awareness program aimed at promoting oral health, spreading awareness about the importance of orthodontic treatment, and encouraging a confident, healthy smile among citizens. The program highlighted how orthodontic treatment not only enhances aesthetics but also improves oral function, overall health, and psychological well-being. The event featured interactive sessions, patient education activities, smile awareness talks, and free consultations. Posters, leaflets, and digital displays were used to explain the importance of early diagnosis and the role of orthodontists in correcting irregular teeth and jaw discrepancies. The program received enthusiastic participation from students, faculty, and the general public. The event successfully reinforced the message of smile awareness, dental hygiene, and the accessibility of orthodontic services across India. On the occasion Dr TP Chaturvedi, Dr Vipul Sharma, Dr Diptiman Shukla and other study group members shared their views and ideas.

















The department of orthodontics of Ahmedabad Dental College and Hospital celebrated the "National orthodontist day by hosting "The beautiful Smile Competition", The event comprised three rounds including a quiz designed to showcase charm and confidence. After a spirited contest, Miss.beautiful smile Mr. Handsome smile were declared winners for their exceptional performances



# Department of Orthodontics and Dentofacial Orthopaedics, MES Dental College

of The Department Orthodontics Dentofacial Orthopaedics at MES Dental College successfully organized the National Orthodontic Week Celebrations from 5th to 11th October 2025. The week-long event was conducted in association with the Indian Orthodontic Society (IOS), with the primary objective of promoting public awareness about the significance of orthodontic care, and nurturing academic and clinical excellence among students and faculty. The celebrations encompassed a diagnostic camp and exhibition with Table clinics on October 6, and a Continuing Dental Education for the students on 'Interceptive Orthodontics' on October 7. The National Orthodontic Week 2025 at MES Dental College served as an enriching experience for students, faculty, and the community. It effectively combined learning, service, and celebration, reinforcing the department's commitment to professional excellence and public oral health awareness.





















Programme at the Department of Orthodontics , Noorul Islam College of DentalSciences ,Neyyattinkara, Thiruvananthapuram. A two-day lecture and hands on programme for post graduate students - "PRECISION -2025" on 09th and 10th of October, 2025 . We are honored to have Dr.Sreejith, Dr Uma Revathy, Dr.Rahul. R.S and Dr Abin Muhammed leading the sessions.



The Smiling Bharat Emblem was ceremoniously received by the Patna Orthodontic Study Group at Buddha Institute of Dental Sciences and Hospital, Patna, as part of the Indian Orthodontic Society's (IOS) nationwide initiative Smiling Bharat 2.0—a travelling campaign promoting dental and orthodontic awareness across India. The emblem's arrival from Banaras marks the continuation of its symbolic journey representing brotherhood, love, peace, and education through the collective spirit of dental professionals and students.

The nationwide route involves participation from over 43 orthodontic study groups and 323 dental colleges, targeting over 120,000 individuals for orthodontic screening and education.



#### **ORTHODONTIC AWARENESS PROGRAMME 2025**

The Mangalore Orthodontic Study Group (MOSG) organized a series of activities and awareness campaigns across Dakshina Kannada district, in collaboration with dental colleges in Mangalore, to commemorate Orthodontic Awareness Week.

The events kicked off with a unique initiative targeting new mothers, focusing on prenatal to postnatal care, emphasizing that "Healthy Smiles Begin from the Mother's Nest." This program highlighted the importance of oral health for expectant mothers and its impact on their children's dental well-being. Dr. Chaithra Laxmi B, Chief Convenor of MOSG, represented the group in an interview program on All India Radio, discussing orthodontic awareness and its significance. The "Save Your Front Teeth" awareness campaign, organized in association with Srinivas Dental College, aimed to educate the public about the importance of protecting front teeth.



A beach cleanup drive, "Beach Swatch," was conducted in association with Srinivas Dental College at Mukka Beach, promoting oral health and cleanliness.

MOSG also launched a social media campaign, "Myth **Busting** Video Competition," dispel to common misconceptions about orthodontic treatment. Additionally, a "Patient Testimonials" social media initiative was launched to share inspiring stories of successful orthodontic treatments. The week-long celebrations concluded with a Diwali-themed photography event, where members came together to capture the festive spirit while promoting orthodontic awareness.

Through these events, MOSG successfully spread awareness about orthodontic care and its importance in maintaining overall oral health.

Reported by Managing Editor, Dr. Mayank Gupta



# **Innovation Conclave 2025 Mangalore**













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FEB 05th-08th, 2026

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FOR PAPER, POSTER AND TABLE CLINIC







# **OBITUARY**



DOD: 29-09-2025

Deeply saddened by the news of demise of our beloved Alumni

# Dr. Nagadeepak Sutrave

2001 MDS Batch

Our Heartfelt Condolences to his family

Orthoalumni, Staff & Students
Dept of Orthodontics
BDCH, Davangere



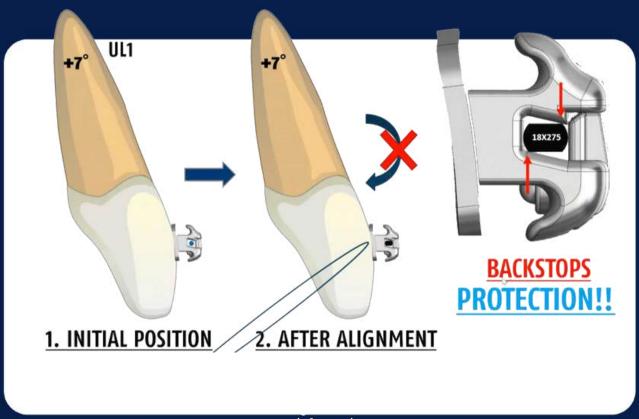




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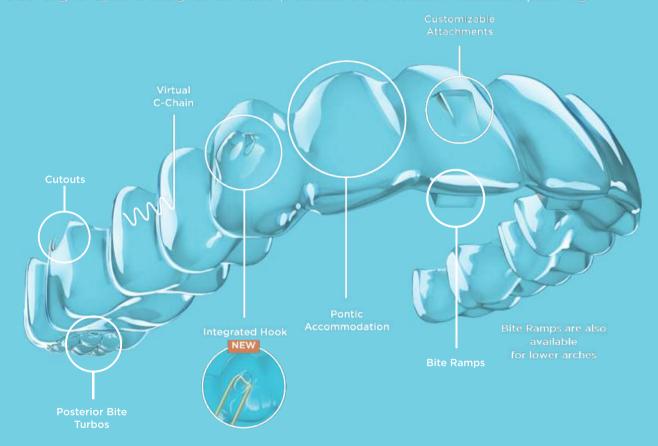




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