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नमस्तस्यै नमस्तस्यै  
नमो नमः॥

Happy  
Durga Ashtami

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# PRESIDENT'S MESSAGE



As September is marked by Teachers' Day, I take this opportunity to extend heartfelt gratitude to all our teachers and mentors who continue to guide and inspire generations of orthodontists. Their dedication is the true foundation of our profession.

It is with deep sorrow that we share the loss of three stalwarts who left us recently. Dr. Pablo Echarri, a global pioneer in lingual orthodontics, whose vision shaped contemporary orthodontic practice worldwide, will always be remembered for his immense contributions. We also mourn the passing of our own members — Dr. Ramesh Mani, a pioneering orthodontist from Kottayam, Kerala, and Dr. Saibel Farishta from Raipur, a chirpy, noble soul who left us far too early at the age of 50. Their legacy and spirit will continue to inspire generations of orthodontists. May their souls rest in eternal peace.

On a brighter note, I extend my thanks to all the IOS Executive Committee members for their active participation in the 5th and 6th Executive Committee Meetings, held at Delhi-NCR on 20th–21st September 2025. These meetings, along with the EOGM and the Study Group Conclave, were successfully conducted, and I sincerely thank all the Office Bearers, Study Group Conveners, and IOS members for their presence and commitment.

Hearty congratulations to all the Dental Colleges for their achievements in the NIRF 2025 rankings released this month. Your excellence in academics and clinical training makes the fraternity proud.

September was marked by a series of academically enriching clinical PG programmes. Congratulations to Team Yenepoya Dental College for the successful conduction of the IOS Innovation Conclave 2025 on 28th–29th August 2025. Your efforts made this academic and creative platform a resounding success. Many congratulations Ranchi Orthodontic Study Group led by Dr Poonam K. Jayaprakash for conducting its inaugural event "Symposium & workshop on TADs and In-House Aligners" on 15th September. The Orthodontic Finish Line Program for final-year postgraduates, organized on 16th–17th September by the IOS Academic Council in collaboration with Manipal College of Dental Sciences, Mangalore and the Mangalore Orthodontic Study Group, served as a valuable culmination program to prepare PG students for their MDS exams. Special congratulations to Dr. Ashith M.V. and Dr Siddharth Shetty for bringing together academicians on a single platform to mentor our future specialists. Special appreciation also goes to Team Santosh Dental College, led by Dr. Rajiv Ahluwalia, for the excellent organization of the IOS Clinical Grandeur 2025 in hybrid mode. This initiative provided a dynamic opportunity for showcasing clinical brilliance and innovation to participants across the country with participation of delegates from each state of India.

Special felicitations to the winners of the IOS Innovation Conclave, the IOS Zonal PG Convention (Central India) – ORTHOKUMBH, and the IOS Clinical Grandeur competition. Your creativity and contributions highlight the progressive spirit that drives our Society forward. The academic momentum continued with the National Journal Club on 22nd September, featuring Dr. Vinod Krishnan, who enriched members with his expertise in evidence-based discussions.

Looking ahead, we are excited for the 1st Bihar-Jharkhand Orthodontic Summit on 10th–11th October, followed by the 1st IOS UG Convention to be hosted by ITS Dental College, Ghaziabad on 13th October 2025.

Finally, as we gear up for National Orthodontist Day (5th October), IOS is preparing to celebrate with a variety of culturally rich, regional activities under the festive theme "Gift a Smile this Diwali." The celebrations will include the Smiling Bharat Survey across the country, bringing together our members in a collective effort to spread orthodontic awareness and service. This will be a proud moment for us all as we extend the reach of IOS to every corner of India, uniting science, service, and culture in the true spirit of Diwali.

Together, let us carry forward the spirit of service, innovation, and excellence that defines the Indian Orthodontic Society.

Wishing you all a very Happy and Prosperous Festive Season in the month ahead.

Jai Hind, Jai IOS

**Warm Regards**  
**Dr. Puneet Batra**  
**IOS President**





# SECRETARY'S MESSAGE



Dear Esteemed Members,

As we reflect on the vibrant month of September, it brings me great pleasure to highlight the key events that have shaped our orthodontic community. This month saw several significant milestones that not only advanced our knowledge but also reinforced our commitment to excellence in orthodontics. Clinical Grandeur, held at Santosh Dental College, Ghaziabad, was a remarkable event where distinguished academicians and postgraduate students presented innovative clinical cases, exchanged ideas, and discussed the latest advancements in orthodontics. Finish Line, organized by MCODS, Mangalore, in collaboration with MOSG provided an invaluable opportunity for final-year postgraduate students to refine their clinical skills and gain deeper insights into their preparation for the MDS examinations, featuring interactive sessions, expert lectures, and practical tips for academic and clinical growth. Additionally, an Orthodontic Executive Committee meeting was held, attended by all members, where we engaged in extensive and forward-thinking discussions on the future of orthodontics. We also explored innovative ways to foster a more cohesive and collaborative orthodontic community, emphasizing the need for adaptability and continuous learning in our field. Following this, the Orthodontic Study Group Convenors' meeting took place, uniting convenors from various study groups across the country to strengthen the network, foster academic collaboration, and integrate the latest research and treatment methodologies into study group activities. The convenors outlined strategies to better support postgraduate education, ensuring that orthodontic professionals stay at the forefront of emerging trends and research. Moreover, we were privileged to attend two noteworthy events: the National Invisible Orthodontic Symposium, hosted by AIIMS Delhi, which provided valuable insights into the future of aligner therapy and digital orthodontics, and the National Cleft Lip and Palate Workshop organized by PGI Chandigarh, which underscored the critical role of interdisciplinary collaboration in treating complex craniofacial conditions. Each of these events has contributed significantly to the growth of our field, fostering professional development, collaboration, and the exchange of knowledge. We extend our heartfelt gratitude to the organizing committees, faculty members, and participants whose dedication made these events a resounding success. Wishing you all an inspiring, productive and successful month ahead.

**Warm Regards**  
**Dr. Sanjay Labh**  
**IOS Secretary**



# EDITOR'S MESSAGE



I am highly excited at the launch of "September Issue", the official newsletter of our society, a dynamic and informative newsletter that covers every single aspect of our fraternity ranging from academic achievements of the members to the contemporary events throughout the month.

This issue in simple words, is made by and made for all the members of the fraternity. It covers a very vast area including reports on various topics by various members regarding deep research column, public awareness pages and achievements. The primary goal of this newsletter is to make readers aware of all the latest updates, highlights of the events and beyond orthodontics pages.

While working as the Editor, the experience and exposure I got are inexpressible.

It just gives me immense pleasure while working with the team. The mutual coordination and contribution from each member whether it be the committee members or the fraternity members is also appreciable. We all have worked together during the late hours. I appreciate the support they have been to me during the whole journey of this newsletter. The team worked continuously for hours to accomplish the targets given to them and the continuous guidance from the seniors made it worth doing and was like a cherry on top. Further, I expect all our readers who were unable to contribute in this edition, after going through this issue will be contributing in the next edition.

Regards,

Warm Regards  
Dr. Swati Acharya  
Editor IOS Times

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# TIMES

## Official Newsletter of Indian Orthodontic Society

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## Official Newsletter of Indian Orthodontic Society

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(President IOS)  
Ex - officio member



**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)



**Dr. Uma Revathi**  
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**Dr. Shantanu Khattri**  
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**Dr. Mayank Gupta**  
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**Dr. Irfanul Haque**



### ***Launch of New Orthodontic Study Group in Ranchi***

A pioneering Orthodontic Study Group has been officially inaugurated in Ranchi, representing a significant milestone in advancing contemporary orthodontic practice. The group recently hosted a distinguished symposium and workshop, concentrating on the clinical integration and application of Temporary Anchorage Devices (TADs) and In-House Aligners. The event featured prominent experts in the field, who presented the latest research, advanced techniques, and best practices, providing invaluable insights into the evolving landscape of orthodontic care. This initiative aims to foster a collaborative platform for both seasoned practitioners and budding orthodontists, enhancing knowledge dissemination and promoting professional development within the region. The symposium's success underscores the growing importance of such educational initiatives in elevating the standards of orthodontic practice on a local and national scale.



### ***Nationwide Legal Action Initiated Against Unauthorized Short-Term Orthodontic Courses***

In a significant move to safeguard professional standards and patient safety, legal proceedings have been initiated against multiple orthodontists across India for conducting unaccredited short-term orthodontic courses. These programs, which claimed to offer accelerated training in advanced orthodontic techniques, were found to be in direct violation of guidelines established by recognized dental regulatory authorities. Regulatory bodies have taken strict action to curb the proliferation of such unregulated educational activities, reinforcing that only accredited institutions and duly certified professionals are authorized to deliver specialized orthodontic training. This decisive legal intervention highlights the increasing concern over the integrity of clinical education and serves as a strong deterrent against the commercialization of unverified orthodontic instruction.



## **Indian Orthodontic Society - 5th & 6th EC Meeting (2024-25)**

The Indian Orthodontic Society's 5th & 6th Executive Committee meeting for the 2024-25 term took place on 20th and 21st September, from 9 AM to 5 PM.

- Inaugural Ceremony: Dr. Sanjay Labh, Honorary Secretary, began the meeting by adorning the jewels on Dr. Puneet Batra, the President of IOS.
- Welcome Address: Dr. Puneet Batra (President) welcomed all office bearers and Executive Committee members. All the agendas for the day were discussed in detail, and appropriate recommendations were made.
- Special Events:
  - o On 20th September, a Convenor Conclave was organized by Dr. Vaibhav Misra, Chairman of the Study Group.
  - o An EOGM (Extra-Ordinary General Meeting) followed in the evening, where Dr. Munish Reddy, Treasurer, presented the annual financial report.
- Closing Remarks: Dr. Batra and Dr. Labh thanked the participants for their active involvement, which contributed to the success of the meeting. The meeting concluded with a group photograph.





## Indian Orthodontic Society National Journal Club

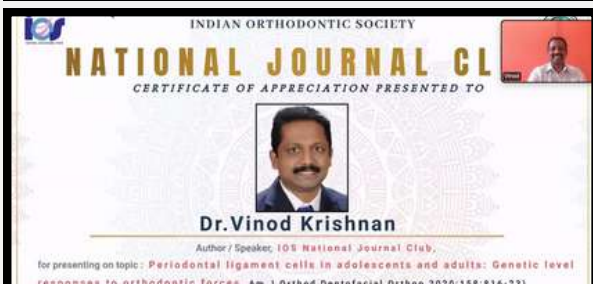
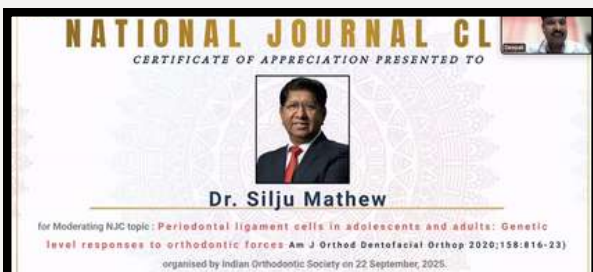
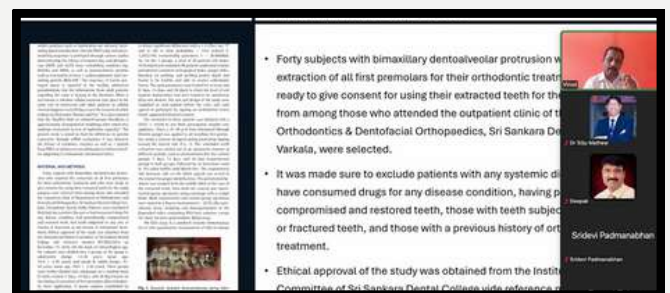
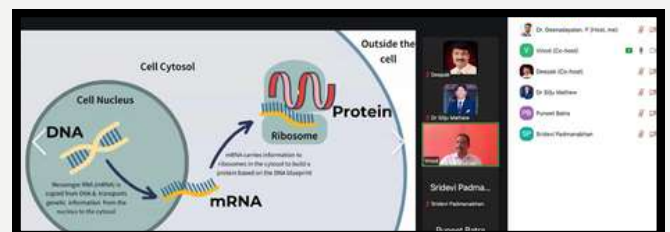
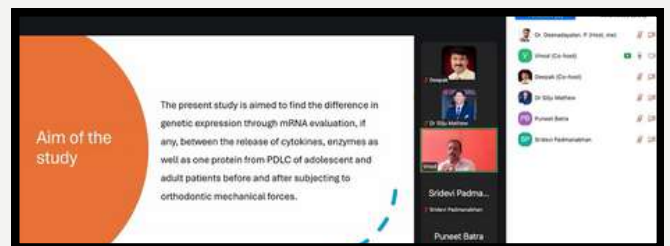
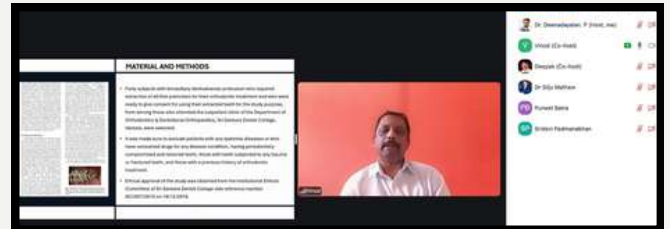
The Indian Orthodontic Society (IOS) successfully conducted yet another impactful session of the National Journal Club on 22nd September 2025. The event witnessed enthusiastic participation from over 270 orthodontic student life members and life members across the country, underlining the profession's growing emphasis on evidence-based learning and the critical appraisal of scientific literature.

The session featured an engaging presentation by Dr. Vinod Krishnan, Editor-in-Chief, Journal of the World Federation of Orthodontists, who critically analyzed his own article titled "Periodontal ligament cells in adolescents and adults: Genetic level responses to orthodontic force," published in the American Journal of Orthodontics and Dentofacial Orthopedics (AJODO). His thought-provoking analysis sparked meaningful discussions on the age-related genetic responses of periodontal ligament cells to orthodontic forces.

The program was moderated by Dr. Silju Mathew, Past President, IOS, and coordinated by Dr. Deepak Chandrasekharan, Past Hon. Secretary, IOS, ensuring the smooth and effective conduct of the session. Dr. Deenadayalan, Professor and Past Executive Committee Member, IOS, served as the MC for the National Journal Club.

The event was graced by several distinguished dignitaries of IOS, including Dr. Puneet Batra [President, IOS], Dr. Sanjay Labh [Hon. Secretary, IOS], Dr. Sridevi Padmanabhan [President-Elect, IOS], Dr. K. Gnanashanmugham [Vice President, IOS], along with other key office bearers—reflecting the Society's unwavering commitment to academic excellence and continuing education.

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



# CLINICAL GRANDEUR

The Department of Orthodontics and Dentofacial Orthopaedics, Santosh Deemed to be University, in association with the Indian Orthodontic Society (IOS), proudly hosted its flagship national scientific event Clinical Grandeur on the 12th and 13th of September 2025. The two-day programme was a resounding success, marked by record participation, a spirit of academic enthusiasm, and a vibrant display of clinical excellence that reflected the growing stature of the institution as a hub for orthodontic education and research. This year's edition of the event was exceptional not only for the quality of the sessions delivered but also for the historic scale of participation. With an unprecedented 173 registrations comprising both Life Members (LM) and Student Life Members (SLM), Clinical Grandeur set a new benchmark in attendance, cementing its place as one of the most sought-after academic platforms for orthodontics in the country. An equally significant milestone was achieved with representation from all 29 states of India, underscoring the truly national reach of the event.

A distinctive feature of this year's event was the introduction of a hybrid format for the very first time. The seamless integration of both online and offline participation expanded the horizons of academic outreach, making the event accessible to orthodontists and students who otherwise may not have been able to attend in person. The academic programme was thoughtfully curated to ensure a dynamic balance between expert-led sessions and young researcher presentations. Leading speakers from across India were invited to share their knowledge, experiences, and insights on a wide range of orthodontic topics, inspiring the younger generation of orthodontists and instilling in them a commitment to evidence-based clinical practice. Alongside these expert talks, paper presentations by delegates formed a vital part of the proceedings. Life Member finalists and Student Life Members, both competitive and non-competitive, presented their research findings to panels of experienced evaluators. The presentations from both the sectors raised the bar of clinical excellence with their well curated presentations.





The vibrant mix of keynote lectures, peer-reviewed presentations, and active student involvement created an atmosphere of scholarly dialogue and exchange. The event was not only an academic meeting but was also a platform that fostered meaningful conversations, collaborative learning, and networking opportunities that would have a lasting impact on their professional journeys. By providing a stage for both established clinicians and budding orthodontists, Clinical Grandeur successfully bridged generational gaps and encouraged mentorship in the field of orthodontics. The inaugural ceremony of the event, graced by eminent leaders of both the institution and the profession. The dignitaries included Dr. Manoj Goyal, Pro Chancellor of Santosh Deemed to be University, Dr. V. N. Mahalakshmi, Vice Chancellor of Santosh Deemed to be University, Dr. Puneet Batra, President of the Indian Orthodontic Society, Dr. Sanjay Labh, Secretary of the Indian Orthodontic Society, and Dr. Akshay Bhargava, Dean of Dental Sciences. The success of the event was also a testament to the dedication and meticulous planning of the organizing team. Spearheading the initiative was Dr. Rajiv Ahluwalia, (Chairman of the Organizing Committee), supported ably by Dr. Nishant Gupta, (Organizing Secretary), Dr. Mayank Gupta (Treasurer), Dr. Tina Chugh (Scientific Convener), and Dr. Dhruv Yadav, (Scientific Co-convener). Together, their tireless efforts ensured that every aspect of the event, from the scientific sessions to the logistics of hybrid participation, ran seamlessly. In his remarks, The two-day event highlighted the growing importance of national academic platforms in shaping the future of orthodontics. The hybrid model, the quality of the scientific programme, and the nationwide participation are indicators of how the profession is evolving to meet the demands of a changing academic and clinical landscape. Clinical Grandeur 2025 will be remembered as a milestone event at Santosh Deemed to be University, one that celebrated knowledge, collaboration, and the enduring pursuit of clinical and academic excellence.

**Reported by Managing Editor, Dr. Mayank Gupta**



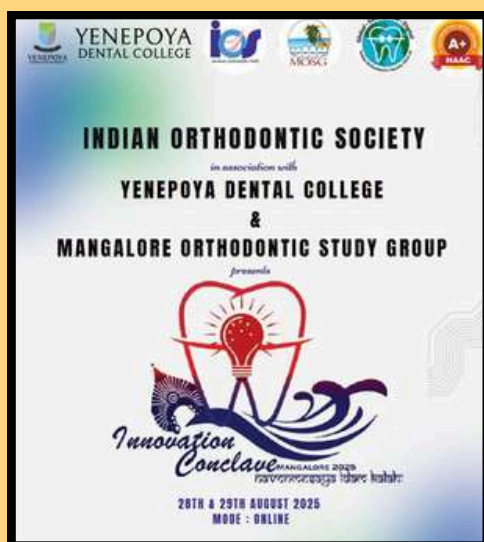


# INNOVATION CONCLAVE 2025 “नवोन्मेषाय इदं कालः”

The Innovation Conclave 2025 “नवोन्मेषाय इदं कालः” (Navonmeṣāya Idam Kālah), which means “This is the time for innovation.” was successfully organized on the 28th and 29th of August 2025 by Yenepoya Dental College in collaboration with the Mangalore Orthodontic Study Group (MOSG) and under the aegis of the Indian Orthodontic Society (IOS).

The Innovation Conclave 2025 commenced with a dignified inauguration ceremony at 9:30 a.m., setting the stage for two days of academic enrichment and collaborative learning. The welcome address was delivered by Dr. Sandeep Shetty, who warmly greeted the delegates, dignitaries, and participants while emphasizing the importance of fostering innovation as a cornerstone of modern orthodontic education and practice. Dr. Mithun K Naik, Chief Convenor of the Mangalore Orthodontic Study Group (MOSG), addressed the gathering with an overview of the meticulously curated scientific schedule. The event was further enriched by inspiring messages from Dr. Sanjay Labh, IOS Hon. Secretary, and Dr. Puneet Batra, IOS President, both of whom underscored the pivotal role of the Indian Orthodontic Society in creating platforms that empower practitioners and students to innovate and excel on a national and global scale. The presence of Guest of Honour, Dr. M. Vijayakumar, added gravitas to the occasion, while the Presidential Address delivered by Dr. Laxmikanth Chatra reaffirmed the institutional commitment of Yenepoya Dental College to foster research, collaboration, and academic advancement.

The inaugural ceremony concluded with a heartfelt vote of thanks by Dr. Vivek Amin, who acknowledged the contributions of the organizing committee, advisory members, invited speakers, and all participants whose efforts made the event a reality.



The Innovation Conclave 2025 was envisioned and designed with a purpose that went far beyond presenting scientific content. The theme of the conclave was to create a journey for every participant whether you come here with just a spark of an idea or with an innovation already tested in clinics to see how that spark can be nurtured, structured, validated, and eventually scaled into something that creates real impact.

On Day 1, the conclave began with a wave of inspiration. Dr. Puneet Batra spoke about innovation in presurgical orthopaedics, emphasizing how ideas had the power to transform clinical practice. Following this, Dr. Asim Syed delved into the world of incubators, illustrating how institutions and frameworks helped shape raw concepts into structured innovations. This was followed by a highly significant session by Dr. M. Vijayakumar on Funding in Research and Innovation, highlighting that every idea, however brilliant, required resources to grow.

The morning then transitioned to the competitive paper presentations by Life Members, where original ideas were shared, debated, and refined through insightful discussions. Post-lunch, the scientific program continued with Dr. Pritam Mohanty's session on Patents and Intellectual Property Rights, which underscored the critical importance of protecting innovations as a key step in transforming ideas into impactful outcomes.

On Day 2, the momentum continued with Dr. Akther Hussain urging participants to think out of the box. This was followed by Dr. Hardik Makkar's exploration of bioengineered models, taking participants into the emerging frontiers of innovation.

The highlight of the day was the Innovative Smile Tank, an innovation pitch platform where participants presented their ideas before an expert panel, much like entrepreneurs pitching to investors. This was the stage where creativity met scrutiny, and ideas were evaluated for feasibility, relevance, and impact. The focus then shifted to the Student Life Members, who presented their competitive papers, showcasing the enthusiasm and potential of the next generation of orthodontists to push the boundaries of the field. The conclave concluded with a dynamic panel discussion featuring Dr. Dhiraj Shetty, Dr. Diganth, and Dr. Arjun Segal on Scaling Innovations: Challenges and Opportunities, offering insights into how innovations could evolve from conceptual projects into scalable, market-ready, and sustainable solutions.

The Innovation Conclave 2025 concluded as a landmark event, leaving a significant impact on the orthodontic fraternity by fostering a culture of creativity, research, and collaborative growth. The combined efforts of the Mangalore Orthodontic Study Group, Yenepoya Dental College, and the Indian Orthodontic Society, along with the unwavering support of the advisory and organizing committees, made this conclave a resounding success. It not only provided a platform for presenting groundbreaking ideas but also inspired participants to pursue innovative solutions for the evolving challenges in orthodontic practice and research.





## **Winners : Clinical Grandeur 2025**

### ***Competitive Paper ( Life Member)***

**1**

**Dr. Gaurav  
Gupta**

**2**

**Dr. Harsha  
vardhan**

**3**

**Dr. Harpreet  
Singh**

### ***Competitive Paper Student (Student Life Member)***

**Saveetha  
Dental  
College  
Chennai**

**1**



**KLE Societies  
Institute of  
Dental  
Sciences  
Bangalore**

**2**



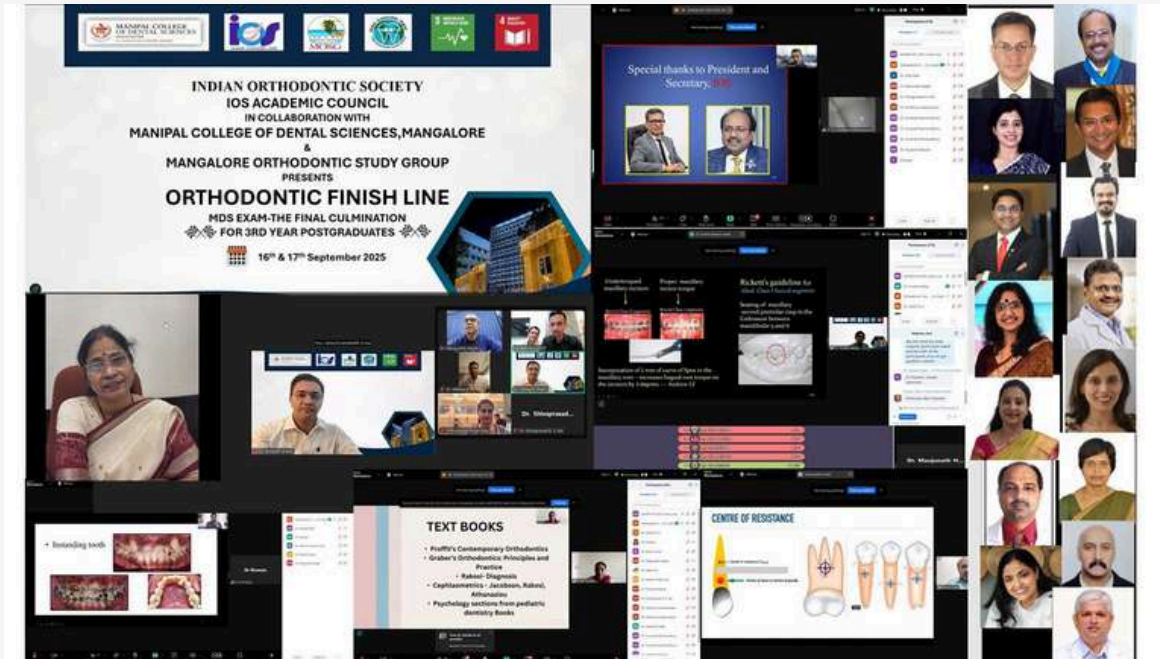
**Bangalore  
Institute of  
Dental  
Sciences  
Bangalore**

**3**





# Orthodontic Finish Line - MDS Exam Orientation: The Final Culmination



Organized by the Department of Orthodontics and Dentofacial Orthopaedics, MCODS Mangalore, in association with the IOS Academic Council, the Indian Orthodontic Society (IOS), and the Mangalore Orthodontic Study Group (MOSG).

The IOS National Postgraduate Exam Orientation Program titled “Orthodontic Finish Line – MDS Exam Orientation: The Final Culmination” was conducted on the 16th and 17th of September 2025 at the Manipal College of Dental Sciences, Mangalore. The program was meticulously curated to guide final-year MDS postgraduate students with a structured, exam-oriented approach. With more than 800 participants registering from across the country, the event marked itself as a resounding success, reflecting its value and relevance in preparing students for their final MDS examinations.

Day 1 commenced with the Inaugural Ceremony at 9:00 AM. The Guest of Honour was Dr. Ashith Upoor, Dean, MCODS Mangalore, who lauded the initiative and stressed the importance of structured preparation. The Welcome Address was delivered by Prof. Dr. Ashith MV, Professor and Head, Department of Orthodontics, MCODS Mangalore, who emphasized examiner-oriented training and the collaborative spirit of the program. The inaugural session concluded with a Vote of Thanks proposed by Dr. Shravan Shetty, who acknowledged the contributions of the organizers, faculty, and participants.

Following this, the keynote introduction was delivered by Prof. Dr. Puneeth Batra, who elaborated on the concept and vision of the Orthodontic Finish Line. He emphasized the importance of aligning preparation with examiner expectations, conceptual clarity, and confident presentation. The academic orientation sessions then unfolded with paper-specific guidance. Prof. Dr. Priyanka Kapoor addressed Paper I, Prof. Dr. Haritha focused on Paper II, and Prof. Dr. Kiran Kumar explained Papers III and IV, along with concluding remarks. Each of these sessions detailed content distribution, writing strategies, and critical focus areas, offering students precise direction in their theory preparation. This was followed by Prof. Dr. P. P. Biswas, who discussed the biomechanics of headgear in detail.

Further, Prof. Dr. Praveen Nair delivered an insightful session on functional case examination, covering diagnosis, appliance selection, and bite registration—essential aspects of the MDS practical evaluation.

Complementing this, Prof. Dr. Dilip Patel provided practical guidance on Twin Block appliance fabrication and viva preparation. Post-lunch, Prof. Dr. Sumitra Reddy and Prof. Dr. Swati Acharya showcased finished clinical cases, elaborating on case selection, finishing protocols, and examiner marking schemes. Their sessions provided students with a clear blueprint for approaching the clinical component of the final examination.

Day 2 continued with sessions aimed at strengthening technical and communication skills, both vital for clinical and viva performance. Prof. Dr. Roopak Naik opened the day with a demonstration on wire bending using the finishing wire, while Prof. Dr. Sanjay Labh followed with an in-depth discussion on the biomechanics of space closure. These sessions offered essential insights into finishing mechanics and biomechanical efficiency. Subsequently, Prof. Dr. Shobha Sundareswaran addressed bonding basics and viva preparation, and Prof. Dr. Vignesh Kailasam led an extensive long case discussion. Both sessions were widely appreciated for their practicality in addressing challenges typically faced during the clinical examination.

Pre-lunch, Prof. Dr. Sunanda Roychoudhury delivered an engaging session titled “Pedagogy – The Art to Speak, Enterprise, and Audience Engagement,” highlighting strategies to improve communication and presentation skills, which are critical in both academic and professional spheres. After lunch, Prof. Dr. Siddarth Shetty led an interactive panel session covering short case discussions, role plays, common errors and their remedies, and grand viva preparation. The simulated scenarios and real-time Q&A created an engaging environment, motivating students to refine their exam strategies.

A highlight of the program was the quiz competition designed to reinforce learning and encourage active participation. Winners were presented with academic books as prizes. The first prize was secured by Dr. Simarpreet Bhamra from MCODS, Manipal, who received “Cleft Orthodontics” by Om P. Kharbanda. The second prize was awarded to Dr. Avani Jha from Sardar Patel Post Graduate Institute of Dental and Medical Sciences, Lucknow, who also received “Cleft Orthodontics” by Om P. Kharbanda. The third prize went to Dr. Sonia Vaswani from Nair Hospital Dental College, Mumbai, who was presented with “Essentials of Orthodontics” by Rohan Mascarenhas.

The program concluded with the Valedictory Function, where Prof. Dr. Manjunath Hegde, Chairman of the IOS Academic Council, delivered the concluding remarks. His address highlighted the collaborative effort of the organizers, IOS, Academic Council, and faculty in shaping this academic initiative and commended the enthusiastic participation of students nationwide.

The Orthodontic Finish Line – MDS Exam Orientation: The Final Culmination established itself as a landmark academic initiative, thanks to the invaluable contributions of eminent faculty members and the support of the IOS Academic Council and the Indian Orthodontic Society. It not only guided students in their immediate exam preparations but also instilled confidence and clarity in their academic journey.

**Reported by Associate Editor , Dr. Shantanu Khattri**

# Dr. Girish R Karandikar

I attended the Silver Jubilee celebrations at Goa, held on August 1st and August 2nd of the IBO's independent governance (that began when the first BoDs took charge in the year 2000). There, I heard many aspects about IBO history that I wasn't aware of and therefore I thought of interviewing Dr. Girish R Karandikar, the Past Chairman, Indian Board of Orthodontics.

Dr. Swati Acharya

## **Q#1 by IOST: What was it like being a part of formation of the Indian Board of Orthodontics (IBO)?**

For me, being a part of the formal genesis of the IBO did not feel out of place. This was despite the presence of many a 'superstar senior' in the think-tank that piloted the birth of the IBO.

## **Q#2 by IOST: What were the reasons for this?**

A variety of reasons, really. I was not exactly a beginner in Orthodontics in 1999. I had been in 'Orthodontics Exclusively' practice for over two decades. Beyond private practice, in teaching, I was a post graduate teacher. I had presented a paper at every conference of IOS I attended. I had been a Faculty for every IOS PG Convention conducted till then. I had organised courses, taught courses too with Dr VP JayadeSir and my friend, Dr K Jyothindra Kumar. I had been an invited speaker at the AAO Annual Meeting. My clinical work was awarded internationally. So, I had done my hard yards! But, in my books, all these were secondary reasons.

## **Q#3 by IOST: So, what was the main reason?**

That the institution I graduated in Dentistry (1972-76) and Orthodontics (1976-78) was the iconic Nair Hospital Dental College (NHDC).





**Q#4 by IOST: Can you please elaborate?**

I am blessed to be trained in Nair. Arguably, no dental college in the country can claim to have a better pedigree across all forms of formal education in dentistry (LDSC, BDS & MDS) than the NHDC. My teachers at Nair were a veritable "Who's Who" in every branch of the dental science. They all ran a very tight ship. Dr MSN Ginwalla and Dr Mrs TMS Ginwalla were revered pioneers in MxFac Surgery and Periodontology respectively. Dr VM "Appa" Kher was a giant in Conservative Dentistry. Dr FE Antia in Pedodontics had a similar status. Dr Ashok B Modi, after the hard yards under Dr HD Merchant was firmly in the saddle in Orthodontics. Dr HM Dholakia was teacher par excellence in Oral Pathology. In Prosthodontics, under the tutelage of Dr FD Mirza, Dr AA Rahimatulla, Dr GC Sujan, Dr Mrs Shirley W Mhatre, Dr Dilip Deshpande ensured that we tread the correct path. The dashers/ Movers and Shakers in various subjects included Dr AP Chitre, the best teacher in NHDC; Dr Sudarshan Diwan, Dr KHC "Kali" Kapadia and in later years Dr Mrs Neelima Malik (all in Oral Surgery), Dr MKP Sir in Orthodontics; Dr Dayal R Shahani with Dr Anil Gavand in Conservative, Dr Ram P Nayak and Dr Anilkumar Bhoweer Sir in Periodontics and OMDR respectively, Dr AP Bhatt (Oral Path) and many others. The training imparted (excepting today's Community Dentistry, which wasn't a formally taught subject then) was very exacting, methodical and unrelenting.

We learnt to deliver time-bound, quality results. That too with relentless monotony. This was so in every aspect of the formal training: lab work, practicals, viva, clinics and theory, etc. This was a 'default setting' for us.

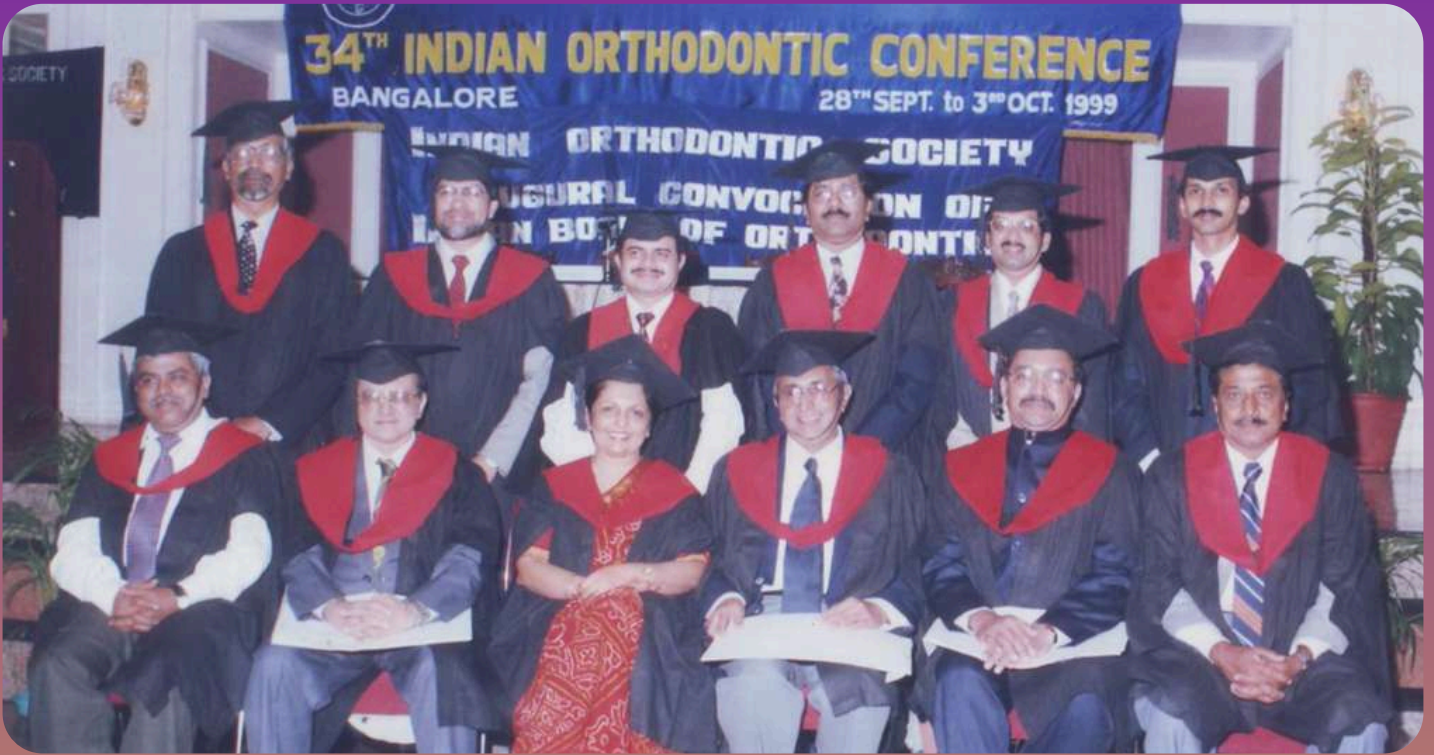
Since we grew up amidst omnipresent clinical excellence during BDS and MDS days at Nair, we were indelibly impressed by it all.

With regular presenting of work at conferences under my belt, I already was in possession of immaculate records for the clinical work presented by me. So, threading together evidence of excellence 'within the asks of IBO Requirements' was far from being a daunting task.

**Q#5 by IOST: Doing MDS Ortho, in Nair Dental; what was it like in that era?**

If we recall that MDS began in India from Bombay with the father of Indian Orthodontics Dr. HD Merchant being our Founder HoD, our MDS Orthodontics program at Nair was a well settled one. It took the quest for excellence to an entirely different level. 'Observe and Learn' was the axiom in that era of postgraduation; wherein, the teaching wasn't as structured as it got to be by the mid-1990s through the unifying efforts of the DCI. We were rarely 'taught' (as was the national trend). Rather, we were 'guided'. We aimed to observe others' work too in addition to treating own cases. Thus, we learnt from mistakes of others rather than making them ourselves.

Full banded appliances (with custom made bands carrying soldered molar tubes) ruled the roost. For adult cases with 12-14 mm crowding, this wasn't easy at all. We did not consider us to be slaves. But, felt blessed to have unending supply of patients (aka clinical material) that made the 'self-learn' and 're-learn' process possible. This was after doing a quantum of pre-clinical exercises that the present generation will call insane. The smart among us learnt skills faster. The hard work needed was monumental. But, it toughened us up to face later challenges.



***\*Sitting L to R: \* Dr K Sadashiva Shetty, Dr Vijay P Jayade, Dr Mrs Asha Verma, Dr Vinod Verma, Dr K Jyothindra Kumar, Dr D. Sudhindra***  
***Standing, L to R: Dr Sanjeev V Shevade, Dr Girish R Karandikar, Dr Gautam Munjal, Dr Ashok Karad, Dr C S Ramchandra, Dr Joseph Varghese***



***\*Left to Right: \* Dr T Samraj (Hon Secretary, IOS, Ex-officio Member), Dr Joseph Varghese (Freshman Director), Dr Ashok Karad (Vice Chairman), Dr Vijay P Jayade (Chairman), Dr K Jyothindra Kumar (Hon Secretary-Treasurer), Dr Girish R Karandikar (Asstt Secretary-Treasurer)***



**Q#6 by IOST: Any interesting memories you can share with us of that era ?**

Our teachers were hard task masters. None more than Dr M K Prakash, the 'Young Turk' of that era. And, his teacher, Dr HS Shaikh, incidentally the best teacher who taught me. Exams, by the way, were conducted by the Bombay University. And Nair and GDC students appeared together at the Centre where the practicals were conducted: which was the college of the Chairman of Examiners. Exams were tough. Really tough. As an example, for the long clinical case, we had 20 minutes. That included time for self tracing the Lat Ceph. With three chair-side vivas, in 90 minutes, we had to make and pin a set of Stage 3 Begg Base Arch Wires and all auxiliary springs. Passing in the first attempt was not a norm at all.

There was zero spoon-feeding in the teaching program. Then, there were no search engines to figure out what to read from where. No computer retrievable data existed. Journals and text books were the gold. Nair had the best library in India. "*What else could one ask for*", was the mindset for us.

The clinical ways of our teachers (Dr Ashok B Modi, Dr Naishadh H Parikh, Dr Jagdish Kulkarni, Dr MK Prakash, Dr VO Sanghvi, Dr Mrs TM Bhagtani and Dr Anil Malik) and even seniors, we eyeballed and strove to emulate. With Dr MKP Sir, this went beyond treating patients. It included clinical photography, prepping for presentations (always award winning ones) which he wowed audiences at IOCs with. And more.

It was inspiring for me to see how Dr MKP Sir did it all in his private practice too. Especially the use of records: self-done Ceph tracings used in diagnosis and treatment planning, taking photographs at various stages and maintaining them in a retrievable way. And then weaving such treatment records for a coherent presentation to emerge from the facts at his disposal. All this was a revelation. I saw it as education beyond the mundane curriculum. It helped that I wasn't exactly a slow learner. So, I simply told myself that I will follow suit from the first day of my practice. Now, I haven't followed up on every promise I made to myself. But, this one, I did. This included my visiting / 'consulting' practice. Even at outstation locations too. Extremely expensive it was in the days of analogue color photography, especially in converting photos into 35 mm slides. But, I gritted through the mistakes I made and, over decades, became a tad better, I guess.

Then again, at every IOS Annual Conference I attended, I made a clinical presentation, sometimes more than one. Awards may never have come my way (except the aberration of the Best Scientific Paper Award for my first ever free-communication-paper presentation in 1978) right through my career for reasons that aren't of any relevance today, but I did have a small place in the hearts of many, I guess! So, I felt comfortable in my skin to be amidst the 'superstar seniors' in what turned out to be the birthing moments of the IBO.







**A one time fellowship conferred to all past Presidents, past Secretaries of IOS and Editors of JIOS**



Standing: L-R: Dr. OP Kharbada, Dr. VP Jayde, Dr. D. K. Sudhendra, Dr. V. Surendra Shetty, Dr. Asha Verma, Dr. Vinod Verma, Dr. Pradip Jayna, Dr. S. S. Sidhu, Dr. M. K. Prakash, Dr. Rupesh Godavalla  
Sitting: L-R: Dr. B. Seshadri, Dr. D.N. Kapoor, Dr. D S Gupta, Dr. T. Samraj, Dr. Suresh B. Shetye, Chief Guest, Dr. U. S. Krishna Nayak, Dr. J. G. Kannappan, Dr. K. Jyothindra Kumar, Dr. Dr. Naishadh Parikh





**Q#8 by IOST: What was this birthing process like, back then?**

A super senior had approached all us successful candidates when we were having lunch on the last day of the Bangalore IOC. This was just prior to our departing from the venue to begin our return journey. Five names of Seniors in some sort of order were scribbled on the back of a booklet of F & B. Every successful candidate was shown this with a verbal quip "these will be the first Board of Directors... on the basis of credibility/seniority".

While others may/may not have countered with active opposition to this, I refused to be intimidated by the seniority of the proposer. My dissent was clear in " This is no way to decide. There must be a better and a fair manner to do this". But, I was made to understand that "that's the way its going to be, like it, or not".

I heard nothing after this for quite some time. Then arrived a letter from the IBO that announced the first meeting of the Board of Directors at Bombay. The venue was to have been Smile Care Centre, an establishment that was Dr Ashok Karad's office.

I was incensed. So was my good friend, Dr SV Shevade. Our objection was based on the randomness of the act and not adhering to a sane, proper protocol in electing this Board of Directors when the basis of instituting IBO was of Clinical Excellence and not seniority.

Dr Shevade and me, we reached the venue early. We found an equally angry Dr Joseph Varghese there too. We waited for others to assemble. Dr Karad and his staff did not prevent us from doing so, since we all were friends 😊

Once the meeting started our individual and collective objections were impossible to ignore. Ultimately, after a spirited discussion, things came to "why not this way" and "if not this way, then which way". I suggested a way. No better recourse could be found by anyone. So, with Dr VP Jayade Sir in agreement with both the logic behind our objections and the remedial ways suggested, and Dr Samraj agreeing, an election was conducted.

Those who polled top five spots were announced as elected. These five were then left to choose who would be taking up which post within the Board. We strategised in keeping a right balance between respect for the occasion and honor for the Posts as well as ensuring the continuity of presence of a 'strong' personality to be there to counter critics/ naysayers (who, we thought were sure to take the Board exam and be a part of the BoDs in the near future). So it continued for the first crucial decade or so in putting the IBO on its sound path.

I must hasten to add that 'what' we were opposed about was important, and not 'who' proposed what we objected to. Ultimately, we all wanted the good for the Board. So, yes, there were differences in opinions, but never any doubt about anyone's intent being a common one (the progress of the IBO to achieve greater heights).

That is how, collective contributions from everyone has made the IBO what it is today. Strong. Principled. Fair. Able to discuss things right down to the bone. IBO owes a lot to many, but none more than Dr Dale Wade, IOS Hon Secretary Dr T Samraj, Dr Prem Prakash Sir and Dr S Rangachari Sir as well as Dr V P Jayade Sir for the timely, gutsy and logical decisions taken and help rendered.



**Q#9 by IOST: Anything about your tenure you recall?**

I recall taking up the challenge of motivating those who were unlucky in the exams and were dejected enough to not appear again for clearing the final hurdle in attaining the Diplomate status. I am happy I found the right words. That a few of such Bravehearts went on to be a Chairperson is a matter of special delight for me.

**Q#10: What was the exam conduction like in your time?**

The exam has always been a perfect combination of serious, no-nonsense, business like manner combined with a generous touch of pragmatism along with the common denominator of being compassionate and humane. I recall the way in which my examiners, both of them absolute giants of the profession in their own right (Dr Prem Prakash and Dr S Rangachari) evaluated my work in what came across as a casual chat over a cold, amber colored brew on a hot summer day. However, lest their seriousness is doubted, let me hasten to add of a wonderfully principled manner they tackled the written plaint against of one of the luminaries having presented the cases of a student. The quick, forthright manner in the said teacher being given the face saving option of withdrawing from the examination was a saving grace for everyone including the person against whom this allegation was made.

This experience, coupled with appearing for the M Orth examinations conducted by the Royal College of Surgeons, Edinburgh made us conduct the Part 3 IBO Exam in a very "chilled-out" manner. I recall the occasion of the exam results being announced once and one of the unsuccessful candidates saying " I couldn't have failed...my exams went off so well...all the Examiners chatted so well with me".

I am sure, even now, this tradition continues and every candidate is made to feel welcome and already treated like a winner for having put his/her neck on the chopping block electively (in aspiring for Board Certification) when it was not necessary to do so.

**Q#11 by IOST: What you see for IBO for the future?**

I hope there is no dilution in the standards in the quest for seeing more numbers achieving the Diplomate status, be it for an intra-IOS enterprise, or towards possible merging or accepting other diplomates from sister organizations. I mean, we ask/ insist on post treatment records, when some other Boards do not. I hope we don't blindly follow what some other boards do.

I am sure the BoDs to come will do as good a job as their predecessors have done. I wish them and the IBO well, forever. God Bless. Jai IBO, Jai IOS. 🙏🙏🙏



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*Before*



*After*



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**BEFORE**

*Is your braces doctor  
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***IOS Times acknowledges  
Dr. ABHISEK GHOSH for  
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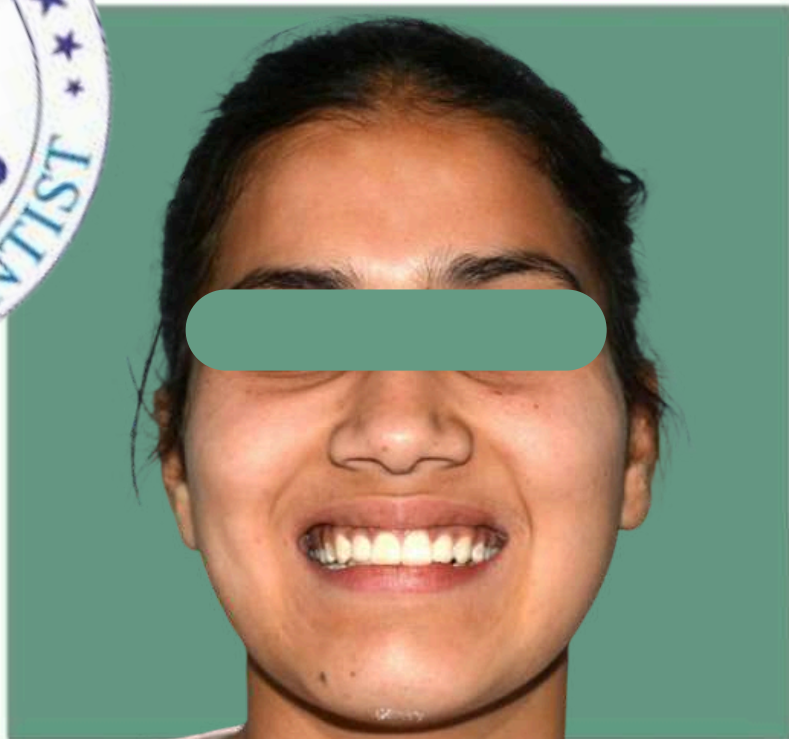
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## IS YOUR BRACES DOCTOR MDS (ORTHODONTICS) ?



BEFORE



AFTER

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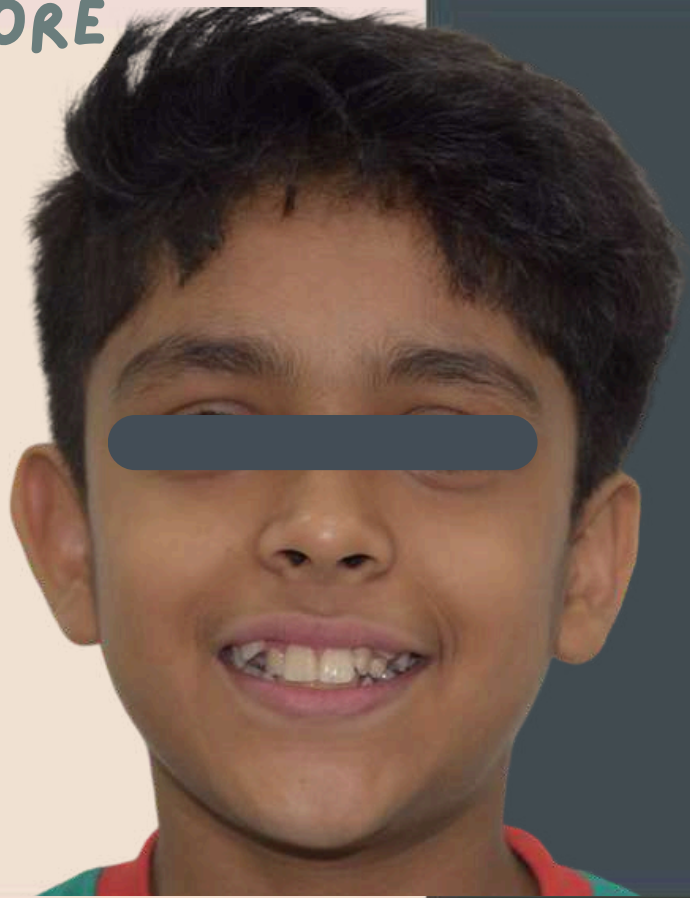


**DOES YOUR  
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MEMBERSHIP ?**



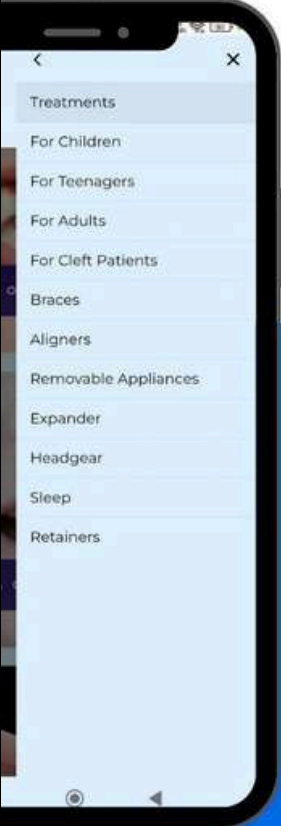
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# ***Dr. Bhagyalakshmi***

The Department of Orthodontics at JSS Dental College & Hospital takes immense pride in having Dr. Bhagyalakshmi, Professor and an inspiring academician, who has consistently redefined what it means to be an orthodontist in today's world. Dr. Bhagyalakshmi began her journey at JSS Dental College purely out of passion for academics and teaching. Over the years, her vision has expanded far beyond classroom walls. She recognized a critical gap: in the minds of most medical professionals, the role of dental specialties—especially Orthodontics—remains largely unknown. While the terms “Dentist” and “Oral Surgeon” are familiar, “Orthodontist” is still an unfamiliar concept to many. Determined to change this narrative, she has worked relentlessly to establish Orthodontists as more than just smile experts.



Her pioneering work bridges dentistry with medical specialties, particularly Otorhinolaryngology (ENT) and Pediatrics. With a keen interest in sleep-disordered breathing, sleep apnea, snoring, and the vital role of nasal breathing, she has actively collaborated with ENT specialists and pediatricians across the country. She emphasizes early recognition of mouth breathing and its long-term consequences, thus bringing orthodontics into the forefront of holistic health. Her nationwide survey of Indian Otorhinolaryngologists, conducted through the Otorhinolaryngology Society of India, explored their perspectives on upper airway management and highlighted the unique role Orthodontists can play. Several of these significant research contributions have been published in reputed Scopus-indexed journals (Scopus ID: 57990290500). Beyond her clinical and research contributions, Dr. Bhagyalakshmi is a passionate health professions educator. She believes in transforming dental education with student-centered learning approaches, competency-based curricula, and innovative teaching strategies. Her undergraduate students resonate deeply with her lectures, which are enriched with technology, game-based learning, and team-based approaches that make complex concepts engaging and memorable.

Her leadership journey has been equally remarkable. A proud FAIMER Fellow from the prestigious Manipal Academy of Higher Education (MAHE), she now serves as Faculty for FAIMER, training and mentoring health professions educators. She has also completed the International FAIMER Competency-based Education (I-FACE) Fellowship, an initiative by FAIMER, a division of Intealth. To her knowledge, she is the only dentist (orthodontist) in India to have achieved this distinction—an accomplishment that positions her at the forefront of competency-based health professions education at a global level.

Her versatility extends beyond teaching and research; she has also made significant contributions as an administrator. Whether it is NAAC, NIRF, or IQAC-related initiatives, she has been a sharp, dependable, and resourceful leader for her institution.

Dr. Bhagyalakshmi stands today as a multi-faceted professional—an academician, researcher, entrepreneur, and administrator—who has devoted her career to elevating Orthodontics and dental education in India. Her journey is not just about personal milestones, but about creating awareness, breaking barriers, and inspiring the next generation of dental professionals to see Orthodontics as an integral part of overall health and wellbeing.



# ***Bridging Clinical Orthodontics and Biostatistics: Reflections on a Journey in Evidence Synthesis***

When it comes to statistical analysis of our clinical research, we always seek the guidance of a statistician. When the statistician himself has the same clinical expertise as us, it becomes a blessing in disguise. This research column introduces an orthodontist who did his statistical degree from a prestigious Indian institute.

## **Educational and Professional Journey**

Dr. A. Selva Arockiam has built a career that bridges dentistry, epidemiology and statistics. His academic path began with a Bachelor of Dental Surgery (BDS), which established his clinical foundation. To broaden his perspective, he pursued an MSc in Epidemiology at Utrecht University, Netherlands where he studied systematic reviews, causal inference, clinical epidemiology and critical appraisal. This training gave him the methodological framework through which he now views clinical questions.

He then specialized in orthodontics, completing an MDS in Orthodontics and Dentofacial Orthopaedics which allowed him to integrate methodological training into patient care. During this period, he earned a certificate in spatial data analysis gaining skills to handle geospatial and complex datasets. To strengthen his quantitative expertise, he completed a Postgraduate Diploma in Applied Statistics at the Indian Statistical Institute, Kolkata. This program advanced his knowledge in regression modelling, survival analysis, Bayesian inference, multivariate analysis, design of experiments and non-parametric methods. These stages shaped an integrated approach combining clinical orthodontics with statistical rigor.

## **Contributions to Evidence Synthesis**

Since 2019, Dr. Selva has contributed extensively to systematic reviews and meta-analyses across dentistry, medicine, and allied health sciences. His aim throughout has been to ensure clinical conclusions are supported by robust methodology and sound statistics. He has contributed to over 230 systematic reviews including Cochrane projects, and co-authored 34 Q1 publications of which 18 were meta-analyses and eight as first or corresponding author.

## **Research Impact and Peer Review**

As of 2025, Dr. Selva's Google Scholar profile records 533 citations with an h-index of 7 and an i10-index of 3. These metrics reflect the reach of his work and the role of systematic reviews in shaping practice. He views them as evidence of collaborative progress achieved through teamwork between clinicians and methodologists.

He has also served as a peer reviewer for leading journals, including the European Journal of Orthodontics, Journal of Orthodontics, AJODO, International Endodontic Journal, BMC Oral Health, BMC Public Health, Clinical Oral Investigations, JCDE, JADA, BMJ, Lancet, BDJ, Evidence-Based Dentistry, IOCPD, Dental Research Journal and the Journal of Stomatology and Maxillofacial Surgery. His reviewer portfolio spans orthodontics, endodontics, public health, pedodontics and general medicine reflecting broad expertise.



## Advanced Statistical Expertise

Dr. Selva integrates advanced statistical methods into clinical research. In meta-analysis, he has applied fixed-effect and random-effects models, meta-regression, subgroup and sensitivity analyses and influence diagnostics to address heterogeneity. He has used network meta-analysis to compare multiple treatments and generate hierarchies with SUCRA values and trial sequential analysis to limit random error. He has also employed the GRADE framework to evaluate certainty of evidence.

Beyond meta-analysis, he has applied Bayesian hierarchical models in orthodontic relapse prediction and treatment stability. His work also employs generalized linear models, logistic regression, Cox proportional hazards models, survival analysis, PCA, discriminant analysis, econometric models, non-parametric tests and design of experiments. These tools strengthen both clinical trials and systematic reviews.

## Mentorship and Capacity Building

Alongside research, Dr. Selva has contributed to teaching and mentorship. Since 2019, he has conducted 13 workshops on systematic reviews, meta-analysis and biostatistics training over 750 postgraduate students, faculty and researchers. His sessions emphasize practical application of advanced statistical methods.

He has taught through the Stata forums, the Technical Resource Centre – Centre for Evidence for Guidelines at Sri Ramachandra Dental College and Hospital and delivered invited lectures at Meenakshi Ammal Dental College and Hospital. Internationally, he has trained participants at the University of Ioannina, Utrecht University and M2RP workshops. These engagements underline his role in building research capacity in evidence-based dentistry. He has also developed specialized web applications including Meta-Dent, Meta-Corr, the Effect Size Calculator and SWiM to facilitate advanced statistical and meta-analysis tasks.

## Recognition and Professional Engagement

Dr. Selva's work has been recognized with several honours. He received the Frits de Waard Medal in Epidemiology (2020), the American Academy of Endodontics Award for Best Meta-analysis (2020) and the Dr. Macleod Fellowship. In 2022, he was awarded Honorary PStat® accreditation by the American Statistical Association marking his standing in applied statistics.

He also contributes to the Cochrane Oral Health Group which advances review methodology, and to the Nature Publication Quality Improvement Project (NPQIP) which promotes transparency and reproducibility in biomedical science.

## Conclusion

Dr. A. Selva's academic journey demonstrates the integration of clinical orthodontics and biostatistics. From his training in BDS, MSc Epidemiology and MDS Orthodontics to advanced work in spatial data analysis and applied statistics, each stage has reinforced his ability to balance clinical care with methodological rigor. Through systematic reviews, meta-analyses, advanced modelling and mentorship, he has contributed to strengthening the foundation of evidence-based dentistry. Moving forward, he aims to expand research capacity, refine statistical applications and foster interdisciplinary collaborations that improve the reliability and clinical value of dental research worldwide.

**Reported by Associate Editor, Dr. Uma Revathi**

# Dr K V Sujan Kumar

## Practice Management in the Orthodontic Office: Balancing Efficiency, Excellence, and Patient Care

Orthodontics is both a science and an art — but running a successful orthodontic practice requires much more than clinical skill. It is essential not just giving excellent results but displaying them for public to view them is important too.

A successful orthodontic practice must also be a well-managed system—where clinical skills, patient experience, and operational efficiency work hand in hand. In today's competitive and evolving dental environment, practice management is not simply administrative; it is integral to ensuring clinical excellence, patient satisfaction, and financial sustainability. Today's orthodontist must be a clinician, manager, entrepreneur, marketer, HR leader, and visionary. Whether you are in solo practice, a group setting, or part of a multi-specialty clinic, effective practice management is what turns your expertise into a thriving, sustainable business

This article explores key aspects of orthodontic practice management with an emphasis on clinical adaptability, highlighting strategies that can be seamlessly incorporated into any practice model. It also enlists what we use in our practice making it easy for readers to use same or similar in their practices too.

**1**

**Vision** Every orthodontic office must begin with a clearly defined vision—what the practice stands for, whom it serves, and how it differentiates itself, alignment of goals across the team ensures consistency in patient care and communication. Orthodontics is not just for kids, school children, college goers or young adults, our branch is witnessing an increased demand for adult orthodontics with aligners, esthetic braces, aligning teeth facilitating for rehabilitation of lost teeth. It is time to incorporate advanced technology including digital scans, 3D printing (in house or out sourced), AI assisted treatment planning and cloud based record systems, to name a few.

**2**

**Clinic Setup.** As the saying goes 'first impression is the best impression'. Patients should feel welcomed into the practice, light instrumental music and good aroma will soothen the patient. First dental visit can be quite traumatic to the patients, if they are already in pain. Atmosphere should be such that the patients will have a calming experience. Reception need not have lots of posters and pictures, but should have some brochures of procedures, can be any company brochures too. Magazines not just pertaining to dental, books, will help to take the mind out of fear and apprehension. Sometimes, patients do ask for the appliances/ procedures they see in the brochures while discussing options for treatment. Your front desk is your brand's voice and face. Warm greetings, eye contact, and proactive assistance matter more than expensive interiors.



## 3

**Patient-Centered Care and Communication**

The orthodontic journey is lengthy, often spanning 12–24 months or more, making communication and relationship-building critical. The tone should be set from the initial consultation with a structured yet empathetic approach. Clear explanations of problems, options (fixed appliances, aligners, surgical adjuncts), and expected timelines instill confidence. It is always better to inform the patient about the usage of mini screws, bite planes, any other accessories, if necessary, during the course of treatment. Use of visual aids like digital simulations, photographic records, and model demonstrations enhance understanding. Taking photographs of the patient with a camera or a mobile phone indicates the professionalism of the practice. It not only helps in record keeping but also helps in transfer of cases with the present moving around cities for studies or jobs. Informed consent is a must which ensures patients and parents are fully aware of treatment limitations, compliance requirements, and retention protocols to reduce misunderstandings. Regular Feedback like Periodic reviews, progress updates, and positive reinforcement improve motivation and compliance.

We use a Three shape trios 3 scanner at our practice, use web cephal for cephal analysis, a canon EOS R 10 for records, kiwi health software for record keeping. A patient who feels heard and respected is more likely to adhere to instructions and recommend the practice to others. Many patients do like to take back something from clinic, either physical handouts of the treatment, case files or cephal analysis, if not physical, mails can be done to them.

## 4

**Time and Appointment Management** In the current scenario where everyone is always busy, most of kids engaging in extracurricular activities, be it cultural, arts or sports and many having evening classes, it is always important to be good at scheduling. Also commute in cities is becoming harder due to traffic woes. Time is a finite resource in orthodontics, and efficiency is key to balancing clinical excellence with patient flow. Scheduling by Procedure: Short, routine visits (wire changes, aligner checks) should be balanced with longer appointments (bonding, debonding). Digital Reminders: Automated SMS or app-based reminders reduce no-shows and improve punctuality. Always train your staff to take care of emergency situations like breakages. Having a designated slot each day for breakages or urgent issues prevents disruption of the entire schedule.

Efficient time management benefits both patients and the team, minimizing stress and enhancing productivity. With so many apps and softwares available, it is very use to use them. We use the same kiwi health for appointments and now we are in the process of integrating the same in our clinic website which will eliminate usage of external softwares, keeping our data to ourself.

**5**

Clinical Efficiency and Quality Control Orthodontic practice management directly influences treatment outcomes. Streamlined protocols can reduce variability and maintain high clinical standards. Standardized Bonding Protocols like Ensuring proper moisture control, bonding agents, and bracket placement accuracy reduces bond failures. Chairside Efficiency includes training auxiliaries for tasks like archwire changes, impressions, and intraoral scanning speeds up processes. Technology Integration: Digital radiography, 3D scanning, and aligner systems improve diagnostics, treatment planning, and patient experience. Outcome Assessment: Regular use of indices such as ABO or peer assessment ratings maintains accountability and consistency. It is always advisable to take pictures or scans in the idle of treatment as patients seldom forgot their pretreatment teeth. Showing them increases trust and motivates them for using aligners or elastics.

**6**

Team Dynamics and Staff Training An orthodontic office is only as strong as its team. Effective practice management requires leadership and continuous staff development. Defined Roles include Clear allocation of responsibilities (clinical assistants, front-desk staff, lab technicians) avoids overlap and confusion. Scheduling regular workshops on sterilization, communication, and clinical protocols keep staff updated, internal meeting with staff members to know lacunae, changes to be made, any updates from patients will help in making practice more patient friendly and staff friendly. It is important to acknowledge the staff contributions, celebrating small occasions like birthdays, assigning roles to decorate clinic during festivals will foster loyalty and reduces attrition. Also, issues can be addressed before they escalate with open communication.

A motivated, well-trained team not only enhances efficiency but also strengthens the patient experience. Patients would like to see the same faces everytime as they feel more comfortable and also shows a sign of a healthy practice.

Look beyond technical skills — attitude, adaptability, and alignment with your values are critical.

**7**

Financial and Administrative Management. Clinical success must be supported by sound financial practices. Transparent, structured financial policies instill trust and ensure sustainability. Treatment Fees should be clearly communicated at the start, with flexible payment options to accommodate different patient needs. Always better to tell the patient beforehand the possibility of any deviations from the plan use of additional accessories as necessary. Digital Record-Keeping like use of an efficient software for billing, scheduling, and charting minimizes administrative errors. Inventory Management: Regular stock audits of consumables, wires, brackets, and aligners prevent last-minute shortages. Buying in bulk along with friends or in conferences will help in getting good deals and prove to be cost effective



## 8

Marketing and Reputation Building. Traditionally, practices were depending on mouth to mouth publicity and that still stands the test of time. A happy patient is our brand ambassador. But in an era of digital connectivity, reputation and visibility are central to practice growth. Professional Networking including but not limited to collaboration with general dentists, pediatric dentists, and other specialists enhances referrals. Digital Presence is very important and should include, A professional website, social media updates, and educational content establish credibility. Patient Testimonials. Always advisable to encourage satisfied patients to share experiences builds trust and attracts new patients, can be video or written. Community Engagement, try to connect with neighbouring schools for dental health programs or awareness camps strengthen goodwill and visibility. Though we need not compete with the marketing budgets of corporate, a well maintained digital presence will build confidence.

We always ask patient to give testimonials, we have a QR code posted in our reception which we ask the patient to use for testimonial. Many may not accept for video recordings but will be happy to share it on your google page. Always take consent before posting patient photographs on digital platforms.

Ethical, patient-centered marketing sustains long-term practice reputation.

### Conclusion

Orthodontic practice management is the art of balancing clinical excellence with operational efficiency. A well-managed practice ensures not only better treatment outcomes but also improved patient satisfaction, motivated teams, and sustainable growth. By integrating clear vision, efficient systems, patient-centered care, team training, financial discipline, and modern technology, orthodontists can create practices that thrive in today's dynamic healthcare landscape. By mastering the pillars of practice management outlined here, orthodontists can achieve growth, profitability, and — most importantly — lasting patient trust.

Ultimately, the orthodontist's role extends beyond aligning teeth—it involves orchestrating a seamless system where science, service, and smiles converge.

Reported by Dr. Hasini Gopal

*Dr. Neal Kedia*

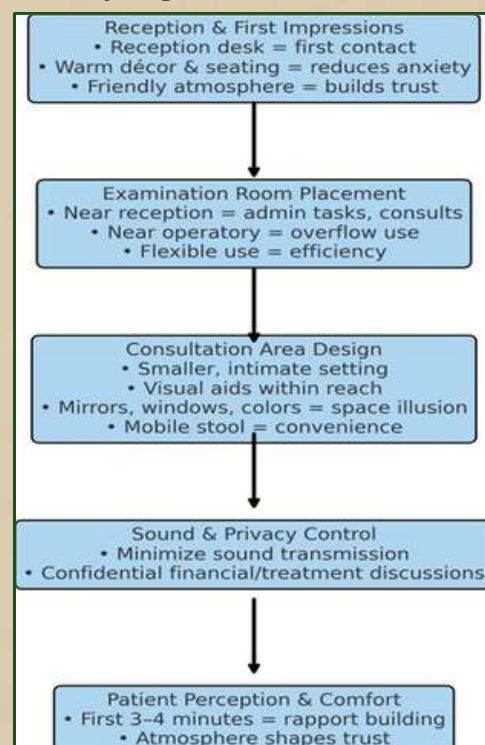
## Looking Back Before Moving Forward: A Journey from Tucson to 2025

Looking Back Before Moving Forward: A Journey from Tucson to Patna 2025

To truly understand the evolution of Practice Management in orthodontics, one must first take a step back in time.

In June 2019, I had the unique opportunity to visit the Tweed International Foundation in Tucson, Arizona—an experience that turned out to be nothing short of transformative. Encouraged by my postgraduate mentor, Dr. Prof. Vikas Sehgal from Yamuna Nagar, I enrolled in the prestigious Tweed Course and travelled with him for over 24 hours from New Delhi to Tucson, unaware of the profound impact the next 11 days would have on both of us.

The course was intense and deeply immersive. It involved managing seven distinct types of pre-oriented malocclusions, all practiced on typodonts. Unlike modern-day techniques where much of the prescription lies within the bracket system, the Tweed philosophy demanded that the precision be built directly into the wire—meticulously crafted through intricate wire bending, case after case, to achieve ideal results. What stood out even more was Dr. Tweed's clinic itself—a masterclass in purpose-driven design, developed nearly 90 years ago. Patients would often spend hours there, not just due to the treatment's complexity but also because of the clinic's sheer functionality. Orthodontists from across regions travelled to learn the biomechanics of tooth movement. The clinic featured dedicated zones for academic materials, patient records, typodont work, tooth brushing, photography, and radiography. There were clearly demarcated spaces for patients and clinicians, including waiting lounges, refreshment areas, ample parking, and separate restrooms. Today's time with more awareness footfall has increased in our practices and we need to have team of doctor's assistant and staff to manage a modern practice. All of this was envisioned and implemented nearly a century ago. So now, as we stand in 2025, the question is—what has truly changed?





## Practice management in Orthodontics

For today's orthodontist, clinical skill is just the beginning. True success lies in mastering the art of practice management—a blend of patient psychology, savvy business strategy, and meticulous operations. Here's how to build a practice that thrives. Orthodontics, unlike many other dental specialties, is a long-term and dynamic process. Treatments often span months or even years, requiring careful planning and excellent communication, especially when patients relocate or need to transfer mid-treatment. In such cases, efficient record-keeping, clear treatment documentation, and professional coordination ensure seamless continuity of care.

An essential aspect of practice management is the use of consent forms. These not only safeguard the orthodontist legally but also empower patients by providing clarity about the nature, duration, and possible risks of treatment. Informed patients are more cooperative, leading to smoother clinical outcomes.

Equally important is the management of orthodontic materials and inventories. With numerous appliance systems, prescriptions, and auxiliaries in use, maintaining well-organized stock, monitoring usage, and ensuring timely replenishment is vital. Streamlined inventory systems not only prevent treatment delays but also improve efficiency and cost-effectiveness.

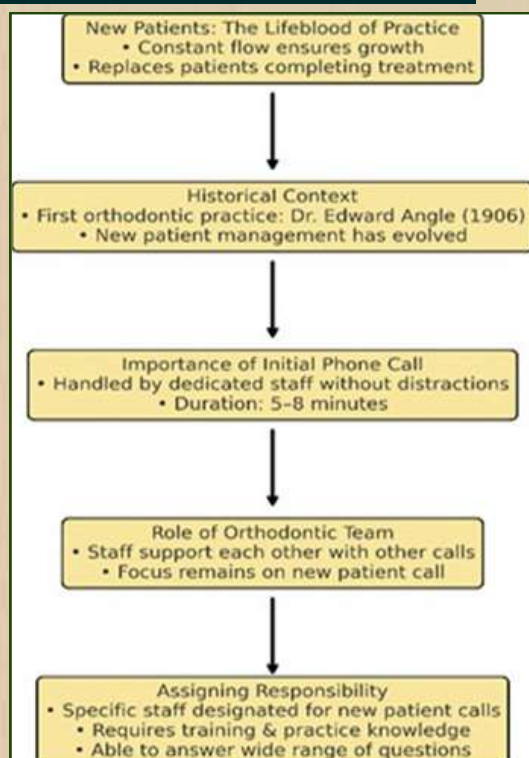
In essence, practice management in orthodontics is about harmonizing clinical expertise with operational excellence. By addressing patient transitions, legal documentation, and material logistics, orthodontists can create a practice that is not only clinically sound but also resilient, patient-centered, and future-ready.

## First Impressions Are Everything

Your clinic's design sets the tone. A warm, welcoming reception area immediately puts anxious patients and families at ease. The consultation room is your strategic hub; use it to build trust, discuss treatment plans privately, and showcase visual aids that help patients envision their new smile. Every detail, from lighting to layout, should communicate professionalism and care.

## Mastering the Patient Journey

The journey from inquiry to committed patient is critical. The first phone call, handled by a knowledgeable and empathetic team member, is your first chance to build rapport. The subsequent consultation must be more than an exam; it's a presentation. Use digital imaging to visually demonstrate needs and solutions, transforming clinical data into an understandable and compelling story. Today's families choose a practice based on three pillars: a trusting personal connection, operational excellence (like punctuality), and belief in the quality of care.

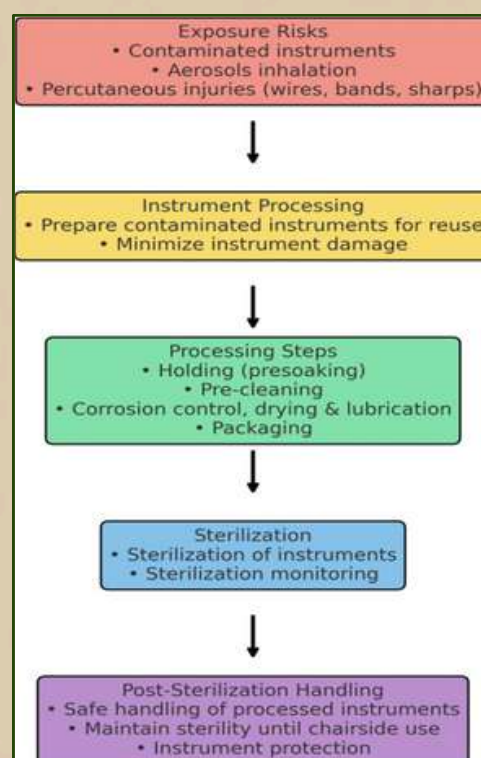


## The Foundation of Trust: Ethics & Transparency

Trust is your most valuable currency. This means practicing with unwavering ethics. Patients must be active partners in their care, which requires transparent conversations about all treatment options, potential compromises, and costs. Informed consent is both a legal necessity and an ethical obligation. Being upfront about financial options, including EMI plans, builds lasting trust and makes care accessible.

## Waste Management

The strategy for sustainable growth  
Growth is intentional. While satellite offices can expand your reach, they come with significant costs and management complexities. A more sustainable strategy is nurturing your referral network. Since over half of all new patients come from other dentists, building genuine relationships with general practitioners and their staff is a powerful investment. Remember, protecting your practice from internal risks is also crucial. Implement strict financial controls to prevent fraud, a sadly common issue in dental practices.



## Planning for the Long Game

A successful career should end in financial security, not stress. This requires planning that starts on day one. Your peak earning years are your prime opportunity to save and invest aggressively. Know the value of your practice through regular valuations and have a clear transition plan—whether that's selling or partnering—long before you plan to retire. This foresight ensures that the legacy you've built provides for you and your family when you're ready to step away.

Ultimately, a thriving practice is a harmonious ecosystem where exceptional patient experiences, sound financial management, and strategic operations work together. It's about building more than a business; it's about creating a lasting legacy of health and trust.



# Orthodontic Practice Management: Blending Clinical Excellence with Modern Promotion



*Dr. Shishir Singh*

Successful orthodontic practice today goes beyond delivering excellent clinical outcomes. While clinical expertise remains the cornerstone, practice growth and patient trust are increasingly influenced by effective management strategies, patient engagement, and the smart use of digital platforms. In a world where patients often search online before they step into a clinic, Orthodontists must combine traditional practice management with modern promotional tools like social media, branding, and digital communication.

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## 1. Foundations of Good Practice Management

### a) Clinical Excellence and Patient-Centred Care

No amount of marketing can substitute for high-quality care. Long-term success rests on consistent treatment outcomes, patient satisfaction, and word-of-mouth referrals. Practices should focus on:

- Comprehensive treatment planning and evidence-based care.
- Clear communication with patients and parents.
- Ethical decision-making — balancing patient needs with realistic expectations.

### b) Teamwork and Staff Training

A well-trained orthodontic team enhances efficiency and patient experience. Staff should be:

- Skilled in scheduling and chairside assistance.
- Trained in communication and patient education.
- Empowered to contribute ideas for practice improvement.

Happy and motivated staff project positivity that patients notice immediately.

### c) Patient Experience and Environment

The practice ambience strongly influences perception. A clean, welcoming, and child-friendly environment makes orthodontic visits less intimidating. Simple touches like comfortable seating, digital entertainment, and friendly greetings build a lasting impression.

## 2. Financial and Administrative Management

### a) Transparency in Costs

Orthodontic treatment is a long-term commitment. Patients and parents value clear, upfront information about costs, payment plans, and financing options.

### b) Efficient Scheduling

Time is precious for both patients and practitioners. Efficient scheduling minimizes waiting times, balances chairside load, and enhances patient satisfaction. Using digital appointment reminders reduces no-shows.

### c) Monitoring Practice Metrics

Tracking key performance indicators (KPIs) such as case starts, conversion rates, treatment completion times, and patient retention helps measure growth and identify bottlenecks.

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## 3. The Role of Social Media in Orthodontic Practice

Social media has transformed the way patients find and connect with healthcare providers. For Orthodontists, it offers a unique opportunity to not only highlight their skills and treatment outcomes but also to create a genuine sense of trust and community. By sharing educational content, patient success stories, and behind-the-scenes glimpses of the practice, orthodontists can engage with current and prospective patients in a more personal and approachable way — building lasting relationships beyond the clinic.

### a) Why Social Media Matters

- **Visibility:** Today's patients often begin their search for orthodontists online.
- **Trust:** Regular, authentic content builds credibility.
- **Engagement:** Interactive posts keep patients connected even outside the clinic.

### b) Platforms That Work Best

- **Instagram & Facebook:** Ideal for before-and-after results (with consent), practice updates, and patient testimonials.
- **YouTube:** Great for short explainer videos on treatment options or oral care tips.
- **LinkedIn:** Professional networking and sharing academic achievements.

### c) Content Ideas for Orthodontists

- **Educational posts:** "Braces vs. Aligners – Which is better?"
- **Patient journey stories** (with consent).
- **Fun content:** "Braces-friendly recipes" or "Life hacks with aligners."
- **Staff introductions** — showing the human side of the practice.
- **Celebrating patient milestones** — "Debonding Day" posts generate enthusiasm and referrals.

### d) Ethical Considerations

While promotion is important, professional ethics must guide all content. Always obtain patient consent before posting pictures or testimonials. Avoid misleading claims or promises of guaranteed results.



#### 4. Practice Promotion Beyond Social Media

While digital platforms play a leading role in modern marketing, a well-rounded promotional strategy for any practice, including Orthodontics, should also include offline efforts.

##### a) Community Engagement

- Conduct school dental camps and oral health awareness drives.
- Sponsor local community events to build goodwill.
- Offer free consultation camps on “Orthodontic Awareness Day” etc.

##### b) Professional Networking

- Maintain strong referral relationships with general dentists and paediatric dentists.
- Participate actively in society meetings and local dental associations.

##### c) Branding and Identity

- A consistent logo, colour theme, and clinic branding help patients remember you.
- Uniforms, signage, and patient information brochures should reflect professionalism.

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#### 5. Integrating Digital Tools in Practice

Beyond social media, digital technologies streamline orthodontic practice:

- Practice Management Software: Handles scheduling, billing, and patient records.
- Digital Imaging & 3D Scanning: Improves diagnosis and patient education.
- Automated Reminders: Reduces missed appointments and enhances communication.
- Patient Portals: Allow families to check appointments, payment schedules, and progress online.

These tools not only increase efficiency but also align with modern patients' expectations for convenience.

#### 6. Building Reputation and Trust

Ultimately, the best promotion is a satisfied patient. Word-of-mouth remains the most powerful referral source in orthodontics. Practices should focus on:

- Consistent follow-up and aftercare.
- Respectful and empathetic communication.
- Creating memorable experiences — small tokens like “braces-off certificates” or photos on completion day go a long way.

Encouraging patients to leave online reviews (Google, Facebook) strengthens credibility and helps new patients make decisions confidently.

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#### 7. Future Trends in Orthodontic Practice Promotion

- Influencer Collaborations: Partnering with local health influencers for awareness campaigns.
- AI-driven Marketing: Personalized ads based on demographics and interests.
- Virtual Consultations: Offering initial online consultations to reduce barriers.
- Gamification: Apps that reward patients for maintaining oral hygiene or attending appointments regularly.

#### CONCLUSION

Orthodontic practice management is no longer limited to clinical expertise and scheduling efficiency. In today's digital-first world, a successful practice blends clinical excellence with smart patient engagement, effective financial planning, and innovative promotion strategies. Social media and other digital tools provide orthodontists with unprecedented opportunities to connect with patients, build trust, and grow their practices.

The essence, however, remains unchanged: treat every patient with integrity, empathy, and skill. Technology and promotion amplify what we already stand for — quality care and lasting smiles.



## Dr. Anuradha Pandey

A summary of my key accomplishments in the field of Orthodontics and Dentofacial Orthopaedics.

### *Academic Excellence*

Dr. Anuradha Pandey's academic journey is marked by outstanding achievements, including securing an All India Rank of 2279 and a Bihar State Rank of 5 in the highly competitive 2018 National Eligibility cum Entrance Test (NEET). She further distinguished herself by earning a Master of Dental Surgery (MDS) with a specialization in Orthodontics and Dentofacial Orthopaedics.

### *Awards & International Recognition*

In recognition of her professional dedication and contributions to the dental field, Dr. Anuradha Pandey was awarded a prestigious fellowship from the Pierre Fauchard Academy, an esteemed international honor dental organization. Her multifaceted talents were also celebrated with a second-place award at the 'Ortho Got Talent' event during the 2022 National Orthodontic Week.





## Leadership & Speaking Engagements

Dr. Anuradha Pandey has had the honor of being an invited Guest Speaker at both national and international forums. Her speaking engagements include a presentation on the advanced topic of Infrazygomatic Crest and Buccal Shelf Implants at the 57th Indian Orthodontic Conference, an international keynote for the Pierre Fauchard Academy, and a guest lecture at KLE's Society's Institute of Dental Sciences in Bangalore on "Decrypting the Power of Infrazygomatic and Buccalshelf Implants in Orthodontics." Her leadership capabilities are also demonstrated through her appointments as Chairperson for scientific sessions at major conferences, including the 58th IOC Bangalore and the 26th and 27th IOS National PG Conventions. Furthermore, she has actively mentored the next generation of specialists as a Table Instructor at national workshops and presented a competitive paper at a national conference.

## Professional Contributions & Research

Dr. Anuradha Pandey has made significant contributions to orthodontic literature, serving as the Co-Editor of the academic book "Surgical Orthodontics" and lending her expertise as a Peer Reviewer for the Journal of Advances in Medicine and Medical Research. She is a published author with five scientific articles in reputable, peer-reviewed journals, including the Journal of Family Medicine and Primary Care and The Journal of Contemporary Dental Practice. She remains dedicated to continuous learning and global collaboration through her active participation in major international congresses like the 9th International Orthodontic Congress (IOC) and the 12th Asian Pacific Orthodontic Conference (APOC).



## **Dr. Mithun K Naik**



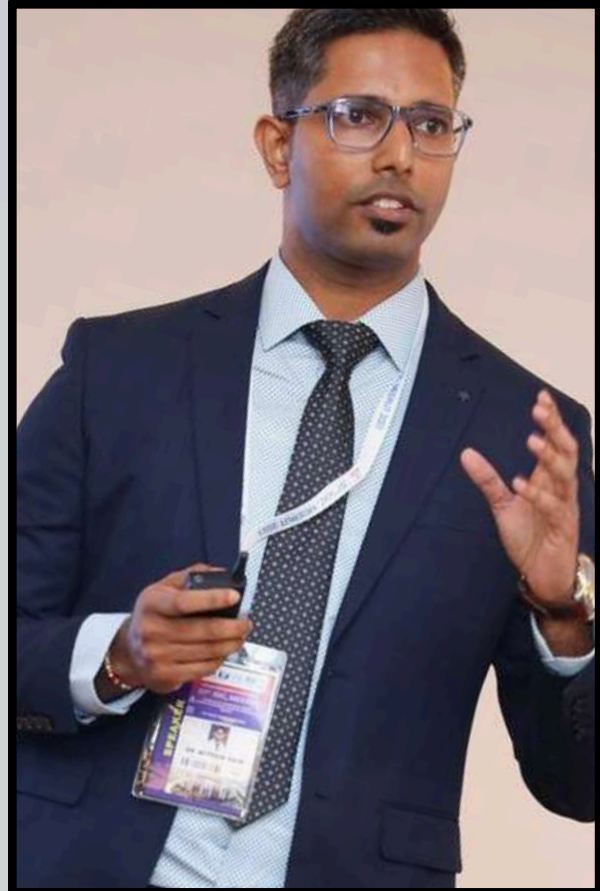
The academic odyssey of Dr. Mithun K Naik exemplifies a commitment to lifelong learning, academic distinction, and professional advancement in the field of orthodontics. Currently serving as a Reader at Yenepoya Dental College, Mangalore, and with over a decade of experience including his tenure at A.J Institute of Dental Sciences, he has made significant contributions to the field of orthodontics. His journey commenced with his Bachelor of Dental Surgery (B.D.S) at A.J. Institute of Dental Sciences, Mangalore (2006–2011), where he established a strong foundation in dental sciences. For his overall outstanding performance during his undergraduate days, he was honored with the Best Outgoing Student Award with Gold Medal (2011). This early recognition set the tone for his future contributions to orthodontics.

Building on this foundation, he pursued a Master of Dental Surgery (M.D.S) in Orthodontics and Dentofacial Orthopaedics from the College of Dental Sciences, Davangere, Karnataka (2012–2015). Beyond his formal postgraduate training, Dr. Naik's commitment to professional growth continued with significant milestones in his academic and professional journey.

He successfully completed the Membership in Orthodontics (M.Orth) from the Royal College of Physicians and Surgeons of Glasgow & Royal college of surgeons of England in 2022, a credential that affirmed his expertise at an international level. Further solidifying his global standing, he attained the Membership in Orthodontics (M.Orth) from the Royal College of Surgeons of Edinburgh in 2025, His distinguished profile and contributions to the field have also led to his appointment as the International Advisor for the Royal College of Surgeons of Glasgow (2025)

Dr. Naik's academic and professional achievements are not limited to degrees and titles. He has authored more than 38 peer-reviewed publications in reputed journals, contributed to key textbooks such as Essentials of Orthodontics and Mode d'action of Functional Appliances, and introduced innovations including the modified, Swe Mi appliance ( Modified Twin block ) 3D NAM appliance, Twinkle R 3D appliance, and 3D Versascrew for cleft lip and palate management. He has been an invited keynote speaker at leading platforms such as the Indian Orthodontic Conference, World Dental Conference, and Kerala State Dental Conference, sharing his expertise in treating skeletal class III malocclusion and orthognathic surgery.





Today, as a Reader at Yenepoya Dental College, Mangalore, Dr. Mithun K Naik continues to mentor undergraduate and postgraduate students, fostering research and academic excellence in orthodontics. Under his guidance, students have achieved notable accolades, including the IDA Student Research Award (2016), the Best Poster Award at the 49th Karnataka State Dental Conference (2023), and the prestigious IOS Research Grant (2025).

Beyond his academic and clinical achievements, Dr. Naik has played pivotal roles in organizing and leading major orthodontic events, serving as Co-Scientific Chairman of the 25th IOS Post Graduate Convention, Chairman of the Student Committee at the 49th IDA Karnataka State Dental Conference, and Organiser of the Innovation Conclave 2025. Currently serving as the Chief Convenor of the Mangalore Orthodontic Study Group, he has been instrumental in elevating the group to new heights of excellence. Under the guidance of seniors and past convenor Dr. Ashith M.V, Dr. Arjun Nayak, the team achieved multiple national recognitions including the Most Innovative and Impactful Orthodontic Awareness Award (2023-24), the Most Promising Study Group Award (2023-24), and the First Prize in Orthodontic Awareness Program(2024-25)

Through his unwavering dedication to clinical excellence, research innovation, and organizational leadership, Dr. Mithun K Naik continues to shape the future of orthodontics while inspiring the next generation of professionals to pursue excellence with vision and purpose.

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



## Dr Meenakshi Jayant Gavankar

### Sculpting Faith, Sketching Smiles

Dr. Meenakshi Gavankar, an Orthodontist and general dental practitioner in Pune since last 6 years. She is also an artist whose devotion and creativity find expression in sketches and eco-friendly Ganapati sculptures crafted from shadu mati. For her, Orthodontics and art share a common thread—precision, patience, and an eye for detail.

Her sketches of Lord Ganesha, created with delicate shading and intricate textures, mirror the same devotion. Whether through clay or pencil, her art is a prayer, a dialogue with the divine.

Dr Meenakshi believes Hobbies are not just pastimes; they are windows into our inner world. They reflect our passions, our patience, and often, our deepest emotions.





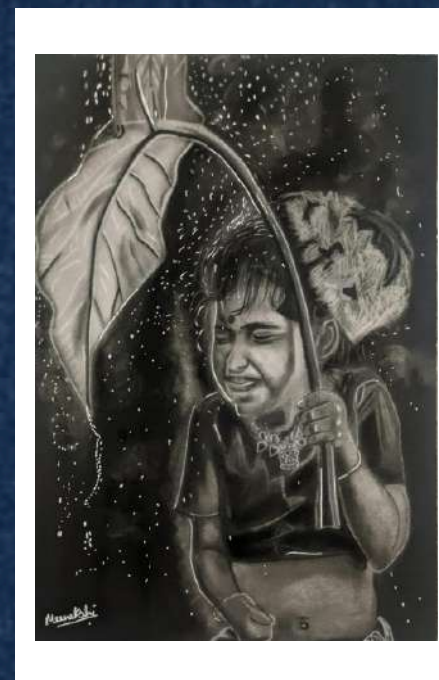
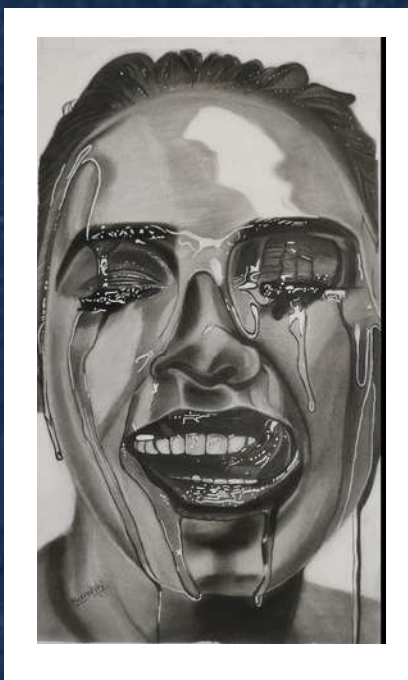
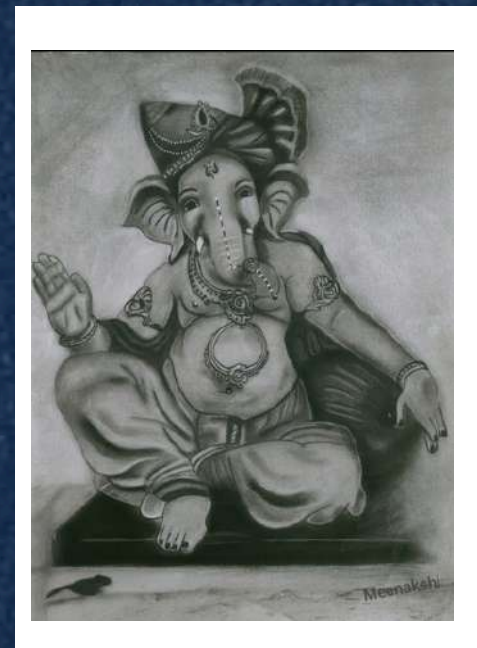
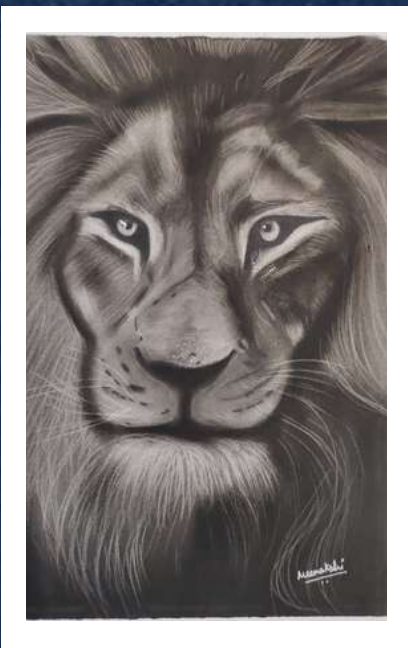


For her, two creative pursuits have become not only hobbies but also profound forms of self-expression-pencil sketching and Ganpati murti sculpture making. While sketching allows her to capture moments and emotions on paper with the simplicity of graphite and charcoal, sculpting Lord Ganesha idols connects her to a spiritual and cultural essence that is both grounding and uplifting. Together, these art forms have shaped her as an individual, giving her patience, discipline, and a sense of inner peace.

#### Lessons These Hobbies Have Taught her

Both pencil sketching and murti making have been great teachers in her life. From sketching, she learned patience, observation, and the value of practice. It taught her that small details matter, and that perfection is a journey, not a destination. From murti sculpture making, she learned devotion, humility, and respect for tradition. It showed how art can be more than just aesthetics-it can be prayer, offering, and service. The process of sculpting taught her not to rush; great things take time and care. It also taught that the value of art is not just in how it looks, but also in the emotions and intentions behind it.

Reported by Dr. Section Editor, Dr. Himija Karia





# Dr. Ajay Nitturkar

The musical journey of Dr. Ajay Nitturkar from Pune began during his very first year of BDS, at the annual gathering. With no prior experience of singing before an audience, stepping onto the stage was both thrilling and nerve-racking. Hands trembling and heart racing, he rendered the timeless classic “Ye Chand Sa Roshan Chehra” from the film Kashmir Ki Kali. The performance struck a chord with everyone, going “viral” within the college, and marked the true beginning of a lifelong passion for music.

Year after year, singing became an integral part of his college life, growing into a cherished pursuit alongside dentistry. After completing BDS, Dr. Nitturkar served at SB Patil Dental College and Hospital, Bidar, Karnataka, for five years, and later at DY Patil Dental College and Hospital, Pimpri, Pune, for over a decade as a Lecturer in Prosthodontics. Eventually, his quest for deeper knowledge led him to pursue Orthodontics at MGM Dental College and Hospital, Navi Mumbai, through the private college association entrance exam.

Post-MDS, a new musical milestone arrived at the IOS Conference in Pune (2022), where Dr. Nitturkar was part of the celebrated program “Mere Sur Tere Geet”. This opportunity opened doors to a vibrant community of music and camaraderie within the IOS family, an experience that remains close to his heart.

Beyond music and orthodontics, Dr. Nitturkar is also an enthusiastic sports lover, actively participating in cricket and table tennis tournaments at society sports events. In 2023, his passion for singing reached yet another high when he won first prize in the Voice of Pune Karaoke Singing Competition (45+ category) during the Pune Festival.

Truly, the journey of Dr. Ajay Nitturkar reflects how passion for the arts and sports can harmoniously coexist with professional excellence in orthodontics.



Reported by  
Section Editor  
Dr. Himija Karia



# DR. ANANYA HAZARE

Swami Vivekananda has once said, "All power is within you; you can do anything and everything. Believe in that, do not believe that you are weak; Stand up and express the divinity within you."

With this beautiful quote, I would like to introduce to you all one such free spirited, courageous and fearless soul who walks way past of what people could only think of doing. He is just out there with passion for his profession and zeal for his extraordinary hobbies.

Dr Ananya Hazare, a name well known in the field of Orthodontics and Dentofacial Orthopaedics with 12 years of clinical experience, an excellent academician, a gold medalist and first PhD scholar for Orthodontics & Dentofacial Orthopaedics from Nagpur.

He has been an enthusiast in fitness right from his post graduate years, started as a stress buster activity, but eventually rolled himself into consistency and discipline for his body.

A gym is not just a place to exercise for him but a space of motivation, self-improvement and satisfaction.

He just knows he must wake up for his body and mind at 5am in the morning and prioritize fitness over comfort, pushing himself beyond his limit each day, inspiring so many people around him to adopt for perseverance and focus.

I remember when I had first seen Dr Hazare in 2014, I was intimidated by his personality. He represents a modern wave of health-conscious influencer with a lifestyle choice that reflects commitment, self-control and dedication.



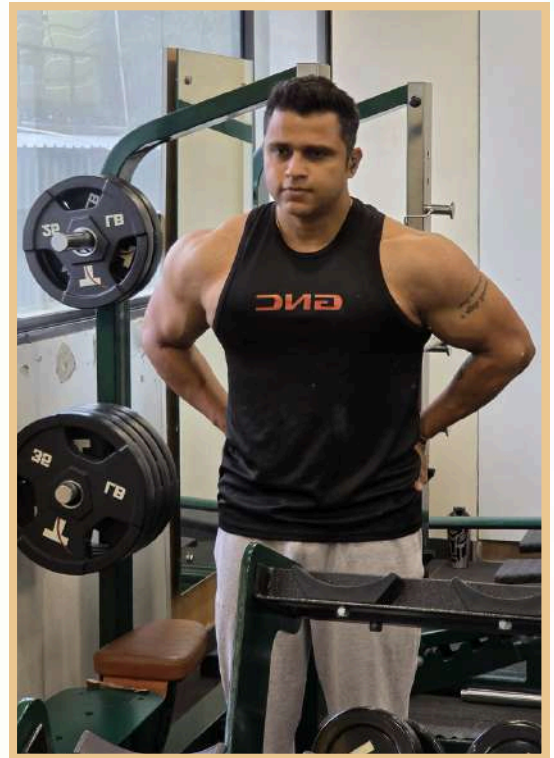
Dr Ananya is an adrenaline seeker who strives for speed, precision and the raw thrill of two wheels tearing on the road. Riding isn't just about transportation for him, it's his high-performance bike, stylish gear and his attitude that reflects confidence and fearlessness.

The culture of sport biking is also about expression showcasing individuality through bike customization, unique helmets, and a shared love for the open road.

With his love for the rush of acceleration, the lean into sharp turns and the ability in handling such powerful machine he also understands the importance of safety gear, riding etiquette, and maintaining peak fitness to handle his rides.

He has his own riding community under the name "Wildones" where brotherhood and mutual respect has bid them together.

He is living his dreams of a warrior on wheel- chasing speed, adventure and pure joy.



With his rugged personality comes along a soft side too, a side of his which is very close to nature and greenery. He hugs the warmth in sowing little seeds, water them and watch them grow and nurture.

He never misses an opportunity where he can spend time with his family on the farms, harvesting crops and detaching himself from the metropolitan lifestyle for a couple of days to feel a deep connection with peace and nature.

Alongside his fervour of farming, he also has an exciting hobby of taking drone shots to capture stunning aerial views.

He enjoys experimenting with angles, lighting, and movement to create breathtaking photographs and videos. It is not just about recording visuals but about telling stories from the sky.

He is truly a one-man army with so many talents. Whether it is creativity, skills, or knowledge, he excels in everything he takes up. His versatility and passion make him stand out, proving that one man can indeed carry countless abilities within him.

With his colours of personalities, his diverse interests reflect a balance between thrill, health, and simplicity, making him truly unique and inspiring especially to the youth of the society.

As Vivekananda has rightly said, he bravely did stand up and expressed the vast divinity that had always been within him. It's just a matter of courageously taking a step forward towards your dream.

Take the step and I bet it will definitely be the one which is taking you closer to your dream.





# Dr. Supriya

**Beyond Academics: The Many Dimensions of Dr. Supriya**

In a world that often tries to place people into neat little boxes, Dr. Supriya is a living example of what it means to break barriers and redefine success on your own terms.

While many may know her for her academic excellence, Dr. Supriya is far more than just a scholar. She is a fitness enthusiast, a Guinness World Record holder in Kuchipudi dance, and a professional model—a rare blend of strength, grace, creativity, and discipline.

Fitness is more than a hobby for Dr. Supriya—it's a way of life. She believes in the deep connection between physical strength and mental clarity, and she actively promotes the idea that well-being starts from within. Whether it's through high-intensity workouts or mindful practices, she encourages others to prioritize their health and embrace the energy that comes from a balanced lifestyle.

Dance has always been a sacred space for self-expression in Dr. Supriya's life. Her commitment to the classical Indian dance form Kuchipudi has not only led her to artistic fulfillment but also global recognition. As a Guinness World Record holder, she has demonstrated not just her talent, but also the discipline, patience, and cultural reverence required to master such a profound art form. Dance, for her, is a language that speaks of tradition, dedication, and identity.

Modeling, too, is more than skin-deep for Dr. Supriya. As a professional model, she uses her platform to promote creativity, confidence, and individuality. Each project she undertakes is approached with professionalism and passion, turning every shoot and show into a celebration of self-expression.

What ties all of these roles together is Dr. Supriya's commitment to inspiring others. She uses her multifaceted journey to encourage people to pursue what lights them up—whether it's an art form, a fitness goal, a fashion dream, or something completely different. Her message is clear: You don't have to choose just one path. You can be strong and graceful, academic and artistic, grounded and glamorous.

**Reported by Section Editor , Dr. Arjun Nayak**



# Dr. Priyal Billaiya

Dr. Priyal Billaiya is a consultant orthodontist based in Bhilai, Chhattisgarh, and a dedicated wildlife photographer whose journey bridges two seemingly distinct worlds — the discipline of medical science and the art of observing and capturing life in the wild. Her story is defined by patience, precision, and a quiet passion for both her profession and her creative pursuits.

Dr. Billaiya's path toward orthodontics began in 2002, when her own orthodontic treatment as a young student sparked a fascination with the field. What began as a personal experience grew into a professional calling, one that she pursued with determination and purpose. Since 2018, she has been practicing as a consultant orthodontist, bringing her patients not only technical expertise but also the calm reassurance of someone who values steady progress and long-term results.

Alongside this professional journey, Dr. Billaiya nurtured a lifelong love for the natural world. Childhood trips to central India's tiger reserves, the Bharatpur bird sanctuary, and hilltop guesthouses first ignited her curiosity. She was drawn not just to the beauty of animals and landscapes but to the subtleties of their behavior — the way a bird hovers, the patience of a predator, the quiet resilience of life in the wild. Over time, her fascination evolved from observation into documentation, and photography became her chosen medium for capturing fleeting moments and preserving them for others to see.

Her work as a wildlife photographer has taken her across India and beyond. She has explored for Himalayan Wildlife in the remote regions of Ladakh, Spiti, Uttarakhand, Himachal Pradesh, Assam, and Meghalaya, immersing herself in their landscapes and ecosystems. Her journeys have also extended to Africa, with expeditions in Tanzania, Kenya, Namibia and South Africa, where she photographed some of the most iconic wildlife. Dr. Billaiya specializes in portraits and behavioral photography, often working under demanding conditions — waiting in subzero Himalayan temperatures, enduring long hours in the rain, or sitting silently for entire days to witness rare encounters, such as the elusive snow leopard.

Patience, the central principle of her career, proves equally essential in photography. Just as orthodontics requires careful observation and long-term vision, wildlife photography demands stillness, resilience, and respect for nature's rhythms. For Dr. Billaiya, this shared foundation connects her two callings, making them complementary rather than separate. Her dedication to both fields has been recognized in multiple photography exhibitions, where her images have conveyed both the beauty and fragility of the wild.

The Himalayas remain her greatest source of inspiration. Beyond their landscapes, they are home to species she holds especially dear — the brown bear, snow leopard and plateau pika. These creatures symbolize both strength and vulnerability, embodying the essence of wilderness that she strives to capture through her lens.

Today, Dr. Priyal Billaiya stands as one of the examples where professional life and personal passion can coexist. Her journey affirms that one need not be confined to a single pursuit; with patience, commitment, and vision, it is possible to balance science and art, career and calling, discipline and wonder.





African Pelican fluttering in waters of South Atlantic Ocean at Namibia.



Seal pup (baby) resting on Mother's Belly for a mid day nap at Namibian coast.



Indian Roller couple impressing each other with beautiful colored wings during the mating season at Tadoba national tiger reserve, Maharashtra.



Himalayan Mama Bear with her two grown cubs grazing shrubs at the foot of the mountain in the World's second most coldest place, Drass, Ladakh.



Ladakh Urial walking down a highly mineral rich rocky Himalayan mountain, an endemic and endangered specie found in a very small area of Eastern Ladakh.





Oryx an African Antelope walking down a sand dunes at desert of Namibia.



Post Hibernation season time Himalayan Brown Bears feasting on wild flowers at second coldest place in world - Drass, Ladakh.



Himalayan Plateau Pika is a furry ball found in very high altitude in rocky region, feeds on high mineral rich himalayan herbs.



Snow leopard couple leisurely walking after a settled snow storm, on Himalayan mountain at Spiti at sub zero 30 degree Celsius temperature.



Fearless Seagull having a still born seal in midst of Seal colony at Coast of Namibia.





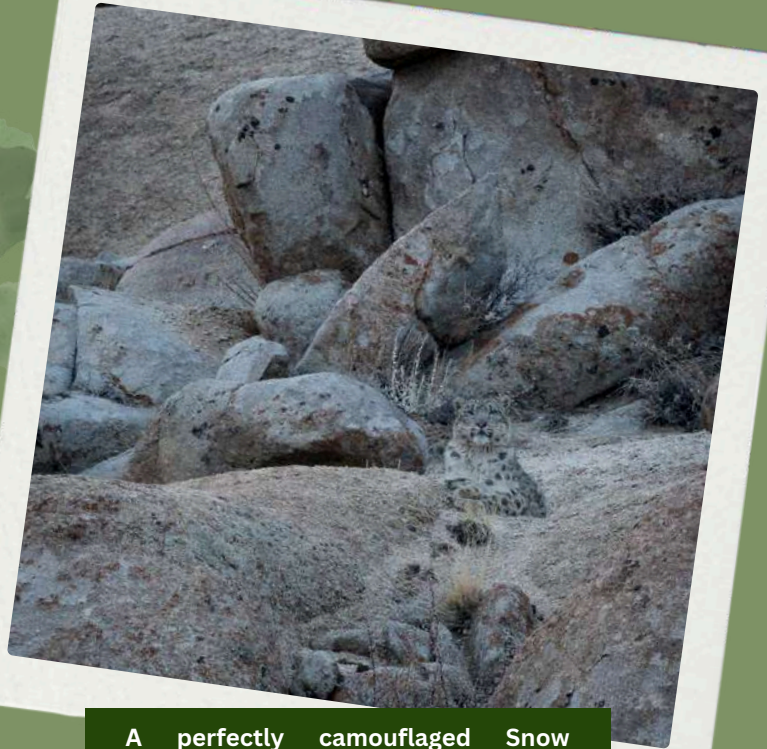
Subadult Tiger with its Gloomy eyes watching the visitors of Taboba National Park.



Tibetan Gazelle found at no man's land region of Ladak near Nurbula top at above 17000 feet from sea level.



African Waterbuck in South African Jungle.



A perfectly camouflaged Snow leopard in Rocky Himalayan region of Ladakh.



Wild dog spotted at early morning sunrise time feeding on spotted deer.





## ***FROM WIRES to WONDERS- Crafting Our OWN Little Bappa***

Department of Orthodontics & Dentofacial Orthopaedics, G Pulla Reddy Dental College and Hospital, Kurnool, Andhra Pradesh celebrated Ganesh Chaturthi this year in a true unique way by blending art with devotion— through wire bending. Using orthodontic wires, staff and students crafted intricate idols of Lord Ganesha, symbolising not only creativity but also the harmony of science and spirituality.

This innovative celebration reflected how even the smallest tools of our profession could be transformed into symbols of faith, reminding everyone that devotion knows no boundaries. The wire-bent Ganesha stood as a testament to patience, skill and the belief that both smiles and spirituality can be shaped with dedication.



Reported by Managing editor  
Dr. Mayank Gupta



## **LECTURE AND HANDS-ON WORKSHOP ON "CLEFT LIP AND PALATE: FROM ETIOLOGY TO EXCELLENCE IN MANAGEMENT"**

### **Theme: Educational and Skill Upgrading Program**

The Department of Orthodontics, BBDCODS, BBD University, Lucknow, in-association with: Indian Orthodontic Society (IOS), on 14<sup>th</sup> August 2025, organized a one-day CDE program on "Cleft Lip and Palate: From Etiology to Excellence in Management".

The program was organized with the aim to provide complete multi-disciplinary treatment approach from diagnosing to appliance making and delivery to the postgraduate students and practitioners from the field of Orthodontics, Oral Surgery and Prosthodontics, Pedodontics. Since the patients with Cleft lip and palate needs to be treated with an approach of team effort from different specialties, hence the program planned had 3 lectures from these 3 different branches of dentistry put in together for a complete overall outcome. This started with Dr. Puneet Batra (President IOS) enlightening the participants on orthodontic perspective of managing cleft lip and palate patients. Then for the surgical part, Dr. Gaurav M. Gupta covered the surgical approach for cleft lip and palate repair. And Lastly Dr. Saumyendra V. Singh shared his knowledge on clinical application of NAM (Naso-Alveolar molding) appliance. After that a hands-on workshop was conducted by Dr. Deeksha Arya and Dr. Saumyendra V. Singh to add on the practical clinical exposure of the NAM appliance to the participants with the pre-gained theoretical knowledge.

This program was organized under the supervision of Dr. Shantanu Khattri (Professor & Head), Organizing Secretary, Dr. Tripti Tikku (Professor), Organizing Chairperson, with valuable guidance of Dr. Kamna Srivastava, Dr. Srishti Aditi, Dr. Prateek Asthana, Dr. Anjali Singh, Dr. Sparsh Srivastava, Dr. Rashi Chaturvedi and Dr. Priyanka Singh.







The event started with Lamp lightening and welcome speech by the dignitaries including Prof. (Dr.) S.K. Srivastava, Hon'ble Vice Chancellor, BBD University, Prof. (Dr.) S.C. Sharma, Hon'ble Pro-Vice Chancellor, BBD University, Dr. Neeta Pasricha, Principal BBDCODS, Dr. Tripti Tikku (Professor), Organizing Chairperson and Dr. Shantanu Khattri (Professor & Head), Organizing Secretary. Felicitation of the guest speakers was done followed by lectures by the speakers Dr. Puneet Batra (President IOS), Dr. Gaurav M. Gupta and Dr. Saumyendra V. Singh and hands-on workshop post lunch by Dr. Deeksha Arya and Dr. Saumyendra V. Singh on NAM appliance which indeed helped in upgrading the skill for all the participants.

The program was attended by about 120 delegates including Clinical practitioners, Faculty members and postgraduate students of various departments of dental colleges of Lucknow, to enhance their knowledge on the subject. The event received a tremendous response from all the participants making it a success. At the end of the event, certificate distribution and group photograph were done.



## Pune Orthodontic Study Group

The second POSG event of the year: "Ortho Surgical Rendezvous : An Interdisciplinary meet" was conducted in collaboration with the Maharashtra Chapter of AOMSI at PYC gymkhana on 24th August 2025. We had a series of lectures followed by a very interesting Panel Discussion. It was an opportunity to learn from and interact with the stalwarts from both the fields.

The Speakers for the Orthodontic lectures were Dr Jayesh Rahalkar sir and Dr Gowri Vichare ma'am. Kudos to them for covering all the aspects of such a vast topic and making it very informative and insightful. The chairpersons for this session were Dr Shrirang Joshi and Dr Sonali Deshmukh. From Oral & Maxillofacial Surgery, Dr.Pushkar Waknis , Dr Laxmi Shetty and Dr Pushkar Gadre gave excellent lectures with video demonstrations.

The Orthodontic faculty for the panel discussion were Dr Shailesh Deshmukh, Dr Salil Nene, Col Amrit Thapa who enthralled the attendees with their knowledgeable responses. The Oral Surgery faculty were Dr Kiran Gadre , Dr Rajshekhar Halli and Dr Rajesh Kshirsagar. The panelist threw a lot of light on their thought process and gave key inputs on several aspects of planning, execution and trouble-shooting in Orthognathic Surgical cases.

We would like to thank our moderators Dr Rajaganesh Gautam and Dr Samratt Sablok for the excellent planning and conduct of the panel discussion.

We had an overwhelming response with more than 150 enthusiastic participants from both the specialities. We thank all the participants and look forward to conduct more such programmes in future.



Reported by Managing Editor , Dr. Mayank Gupta



## Orthodontic Study Group of Delhi

### OsGOD Dialogues Beyond Orthodontics: “Smile and Save – Finance for the Future”

The Orthodontic Study Group of Delhi (OsGOD), under its monthly academic lecture series OsGOD Dialogues, hosted a Beyond Orthodontics session on “*Smile and Save: Finance for the Future*” on Sunday, 24th August 2025 at Jamia Millia Islamia, New Delhi. The programme aimed to equip orthodontic professionals with vital financial knowledge alongside enriching clinical insights.

The event was graced by **Hon. Secretary IOS, Dr. Sanjay Labh**, who attended as the Invited Guest, and eminent IOS Executive Committee members **Dr. Vaibhav Misra, Dr. Mayank Gupta, and Dr. Stuti Mohan**. Senior OsGOD members, including **Dr. Ragini (Former Dean, Faculty of Dentistry, JMI) and Dr. Neena Moitra**, lent their support and wisdom. Conveners of the Noida-Ghaziabad Orthodontic Study Group, **Dr. Achint Juneja and Dr. Dhruv Yadav**, also marked their presence, underscoring collaboration between regional study groups.

As part of the OsGOD Conveners’ commitment to members through the “*Clinical Case Conversations*” segment, the academic proceedings opened with a thought-provoking discussion led by **Dr. Ankita Jain**. She presented an Ortho-Perio compromised case, which encouraged participants to actively engage with the complexities of diagnosis and management. The interactive exchange not only addressed practical clinical challenges but also enriched members’ understanding of the critical interrelationship between orthodontics and periodontal health. Continuing with the main theme of the programme, the focus shifted to financial literacy. Notable speakers **Ms. Neha M. Sikka and Mr. Samant Sikka**, co-founders of Siddh Capital PCG, delivered engaging presentations on personal finance, wealth management, and investment planning tailored for clinicians. Ms. Neha, serving as a pro bono financial consultant, and Mr. Samant, a seasoned financial expert, offered practical, actionable insights that resonated strongly with orthodontists balancing clinical and financial responsibilities. A lively Q&A session, moderated by **Dr. Sridhar Kannan**, encouraged direct interaction with the experts. Participants explored real-world financial dilemmas, gaining clarity and solutions that bridged the gap between theory and practice.

The OsGOD Conveners — **Dr. Sunanda Roy Choudhury, Dr. M.S. Sidhu, and Dr. Harneet Kaur** — shared updates on the IOS Smiling Bharat initiative, unveiling the emblem for the campaign and urging OsGODians to actively participate in this national orthodontic diagnostic survey. They emphasized that the survey would not only generate robust epidemiological data but also strengthen advocacy for orthodontics as a public health priority. **Hon. Secretary IOS, Dr. Sanjay Labh**, elaborated on the broader vision of the project. He highlighted how IOS is engaging with ministries and higher authorities to integrate malocclusion into national oral health policies. He also outlined government requirements for establishing Centers of Excellence in Orthodontics across all States and Union Territories, underscoring IOS’s leadership in policy-level advocacy.

The “OsGOD Dialogues... Beyond Orthodontics” session emerged as a resounding success, striking a balance between academic enrichment and practical life skills. The programme not only empowered orthodontists with financial knowledge but also highlighted OsGOD’s contribution to IOS’s flagship Smiling Bharat initiative. The presence of senior mentors such as **Dr. Ragini and Dr. Neena Moitra**, combined with the support of IOS leaders and EC members, added immense value and credibility. Beyond knowledge-sharing, the event fostered networking, collaboration, and professional camaraderie.

This initiative reaffirms OsGOD’s mission to Connect, Share, and Inspire and sets the tone for future dialogues that continue to expand horizons both *within and beyond orthodontics*.





**“Connect, Share & Inspire – OsGOD With the IOS Smiling Bharat Emblem”**



**Clinical Case Conversations: Dr. Ankita Jain presented an Ortho-Perio compromised case, sparking interactive discussions & fresh insights on perio-ortho synergy!**



**Dynamic talks by Ms. Neha M. Sikka & Mr. Samant Sikka on personal finance, investments & practice success**



**Dynamic OsGODian, Dr. Sridhar Kannan, set the stage by introducing the speakers and the theme of the session, energizing the audience with his engaging style and thoughtful insights**



**Hon. Secretary IOS, Dr. Sanjay Labh, together with the OsGOD Conveners, presented the IOS Smiling Bharat awareness initiative to the audience, encouraging active participation in this national movement for orthodontic health.**



# A Full House & A Fulfilling Day | POSG Patna CDE Program

On Wednesday, 20th August 2025, the Patna Orthodontic Study Group (POSG), endorsed by the Indian Orthodontic Society, successfully hosted a scientific session on:

## “Class III Malocclusion: Different Treatment Modalities”

We had the honour of welcoming Dr. Anshul Singla, Professor & Head, Department of Orthodontics and Dentofacial Orthopaedics, ITS Dental College, Hospital & Research Centre, Greater Noida. An alumnus of JN Kapoor DAV (C) Dental College, Yamuna Nagar, Dr. Singla shared invaluable insights on the complexities and evolving approaches to Class III management.

The overwhelming participation and packed hall reflected the orthodontic community's enthusiasm, dedication to lifelong learning, and commitment to clinical excellence.

As Convenor of POSG Patna, I extend my heartfelt gratitude to:

- Our esteemed speaker, Dr. Anshul Singla
- All participating clinicians and colleagues
- Our dedicated Co-Convenors Dr. Rashmi & Dr. Rajeev Lal
- Our organizing team; Dr. Amesh, Dr. Neal Bharat Kedia, Dr. Major Amit, Dr. Anushka, Dr. Apurva, Dr. Najibah, Dr. Shika, Dr. Jyotirmay Singh, Dr. Vishal, Dr. Anuradha Pandey, Dr. Goldi, Dr. Saloni, Dr. Neetu Dubey, Dr. Anmol Kedia, Dr. Adit, Dr. Shalini, Dr. Pinak and Dr. Kajol.





This event reinforced our shared vision — to strengthen orthodontic practice through knowledge exchange, collaboration, and professional development.

Looking ahead, we are excited to announce that in October 2025, the Patna Orthodontic Study Group will be hosting its first Bihar-Jharkhand Summit, in collaboration with the Ranchi Orthodontic Study Group, at Buddha Institute of Dental Sciences & Hospital, Patna.

Thank you to everyone for being a part of this successful initiative. Together, we continue to build a stronger orthodontic community.



Reported by Managing Editor , Dr. Mayank Gupta



**Every 3rd Child  
in India has an  
Orthodontic  
Problem.**

Has your child been  
assessed yet?

If Not, Book a  
Check-up with  
a IOS Endorsed  
Orthodontist  
today.



## HUBLI DHARWAD ORTHODONTIC STUDY GROUP



### **Simplifying the treatment mechanics in SLBs - A conception**

- The use of SLBs in orthodontics is not new but rather it was revived in the early 20th century.
- SLBs have been lauded for their purported benefits over traditional ones, which include quicker ligation, less friction, a shorter treatment period, fewer office visits, and less discomfort overall (higher treatment efficiency).
- SLB systems have been praised for their prospective benefits, the most persuasive of which include shorter treatment times and reduced subjective pain.
- As a result of reduced bio-stability, chair- side manipulation, and periodontal health promotion are also said to be enhanced.



Dr. Kishor Bagalkot MDS is presently working as Professor at PNMN Dental College Bagalkot and has a full-time practice. His meticulous work has been recognized and has been speaker at various Symposiums, Conventions and Conferences.



## Contemporary challenges for Orthodontists:

### Presentation highlights:

- Time/travel of an orthodontist
- Journey with changing trends of market needs
- Dentist vs Orthodontist cordial relationships
- The days of visiting and solo practice to present day multi-speciality interdisciplinary approach in corporate set up
- The challenges we face due to direct consumer approach of manufacturers, expansion of General Dentist into Orthodontic treatment modalities.
- Discuss the possible solutions to the existing difficulties and it's future.



Dr Anand K. Patil BDS ,MDS, MOrth RCSEdinburgh has worked in various capacities including Professor and Head of Department at SDM College Dental Science for over two decades, now into full time practice. Has numerous national & international scientific presentations to his credits . Published over 35 scientific and clinical articles in various national & international journals.








## WEBINAR

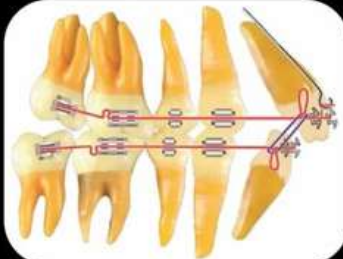
PRESERVING THE LIMITS OF THE DENTITION THROUGH USE OF DIRECTIONAL FORCES IN TWEED MERRIFIELD EDGEWISE TECHNIQUE

**8TH OCTOBER 2024**

**SPEAKER**  
**DR. NEAL KEDIA**  
 PROFESSOR,  
 BUDDHA DENTAL COLLEGE, PATNA

### Steps of treatment


Denture Correction  
 Closing loop application with directional force



Maxillary and Mandibular closing loops are used to close spaces mesial to the distalized canines.

Vertical support in maxillary arch is through J hook HG (hook b/t central and lateral).

Vertical support for mandibular anterior teeth through anterior vertical elastics.



Event Date : 10/10/2024

Educational Talk Topic "Orthodontist – Smile expert "on occasion of orthodontic awareness week celebration.

Speakers- Dr Anupama V, Dr Anand Patil



Event Date:04/02/2025

Venue : Board Room ,Hotel Naveen

Topic : Workshop on 3D Virtual Surgical Planning using Nemofab Software

• Speakers : Dr. Sanjay Ganeshkar, Prof & HOD, PMNM Dental College, Bagalkot  
Dr. Manish Sharma



## Conventional Orthognathic Model Surgery

1. Conventional orthognathic model surgery is a pre-surgical planning method using dental casts mounted on an articulator.
2. It helps simulate jaw movements and osteotomies before the actual surgery.
3. Facebow transfer and centric relation records are used for accurate cast mounting.
4. Surgical splints are fabricated on the repositioned casts to guide intraoperative movements.
5. Though effective, it is time-consuming and less precise compared to virtual surgical planning.





## Virtual Surgical Planning in Orthognathic Surgery

1. Virtual surgical planning uses 3D imaging and CAD/CAM technology for precise pre-surgical simulation.
2. It allows accurate visualization of skeletal discrepancies and planned osteotomies.
3. Customized surgical splints and cutting guides are fabricated digitally.
4. VSP improves accuracy, predictability, and surgical efficiency compared to conventional methods.
5. It also enhances patient communication by showing realistic treatment outcomes.



## Certificates Issued to the Speakers and Participants



Reported By Managing Editor , Dr. Mayank Gupta

## DEPARTMENT OF ORTHODONTICS AND DENTOFACIAL ORTHOPAEDICS G. PULLA REDDY DENTAL COLLEGE AND HOSPITAL, KURNOOL, A.P



Department of Orthodontics & Dentofacial Orthopaedics, G. Pulla Reddy Dental College and Hospital, Kurnool, Andhra Pradesh had conducted the Orthodontic Awareness Camp at KREDO School, Kurnool as a part of nationwide initiative Smiling Bharat 2.0 by the Indian Orthodontic Society. The screening of over 300 school students were done by the staff and post-graduate students of our college. Along with camp, a rally was also conducted to promote a message of healthy smiles among community.

The camp aimed at educating young students about maintaining healthy smiles, instilling good oral hygiene habits, importance of early orthodontic care and highlighting the role of orthodontics in building confidence. With interactive sessions and check-ups, the initiative successfully reached young minds, ensuring brighter and healthier smiles for the future.



Reported by Managing Editor, Dr. Mayank Gupta



# ***Symposium and Workshop on TADs and In-house Aligners in Contemporary Orthodontic Practice***

## **Introduction**

The Ranchi Orthodontic Study Group, in collaboration with the Indian Orthodontic Society, successfully organized its inaugural event combined with a one-day Symposium and Workshop on Temporary Anchorage Devices (TADs) and In-house Aligners in contemporary orthodontic practice. The event was held on 15th September 2025 at Hotel Radisson Blu, Ranchi, and brought together clinicians, academicians, postgraduate students, and practitioners to enhance knowledge and clinical application of modern orthodontic solutions.

## **Resource Persons**

The symposium was graced by eminent personalities of the Indian Orthodontic Society:

- Dr. (Prof.) Puneet Batra – President, IOS
- Dr. (Prof.) Sanjay Labh – Hon. Secretary, IOS
- Dr. Swati Sharma – Senior Consultant, Dept. of Orthodontics & Dentofacial Orthopaedics

Their insightful lectures and hands-on sessions provided valuable perspectives on advanced orthodontic techniques.







The meticulous planning and teamwork of the organizing and supporting committees ensured the seamless execution of the event.

## Participation

The program witnessed excellent participation from:

- Faculty members and postgraduate students from multiple institutions
- Members of Ranchi Orthodontic Study Group
- Delegates from across Jharkhand, Bihar, and neighboring states

The active interaction during the lectures and workshop reflected the enthusiasm and relevance of the subject matter.

## Highlights & Outcomes

On 15th September 2025, the Ranchi Orthodontic Study Group, in association with the Indian Orthodontic Society, organized a Symposium and Workshop at Hotel Radisson Blu, Ranchi. The event marked a historic day with the installation and pinning ceremony of the Ranchi Orthodontic Study Group.

During the pinning ceremony, the Conveners were honored and IOS pins were pinned. All the members of the Ranchi Orthodontic Study Group were also pinned with the IOS lapel pin, symbolizing their official installation into the Indian Orthodontic Society fold. This inaugural event was then followed by a series of academic sessions.

The first lecture was delivered by Dr. Sanjay Labh, who discussed in detail the biomechanics of Temporary Anchorage Devices (TADS) and emphasized their importance in achieving optimal orthodontic results. He elaborated on biomechanics principles and showcased complex treated cases. His session was highly interactive and concluded with a stimulating question-and-answer round.



The second lecture was delivered by Dr. Puneet Batra, who highlighted the digital workflow for the management of cellular molding in cleft care. He demonstrated the most updated methodologies and digital integration in this field, which added immense value to the audience.

This was followed by Dr. Swati Sharma's lecture on in-office aligners. She provided insights into the entire workflow, from intraoral scanning to 3D printing of aligners, showcasing the practicality and efficiency of in-office aligner fabrication.

The academic sessions paused for lunch, offering a networking opportunity among delegates and faculty members.

Post-lunch, Dr. Sanjay Labh, again took the stage and delivered an engaging lecture on biomechanics of In-office aligners in different clinical scenarios, followed by a live demonstration of TADS placement on skull models. He explained the various types of skeletal anchorage devices and illustrated the positioning of IZC and BSA screws at different sites, enhancing the clinical understanding of the participants. Dr Swati Sharma to give a demonstration of the software used for in-office aligner.

The program concluded with the Valedictory Function, marking the successful completion of the Symposium and Workshop. The event was enriching, interactive, and a milestone for the Ranchi Orthodontic Study Group in its academic journey.







**Resource Persons**



First-of-its-kind workshop in Ranchi focusing exclusively on TADs and In-house Aligners. Hands-on demonstration enabled participants to gain practical exposure to aligner planning software (Archform) and TADs placement techniques. Strengthened academic collaboration between IOS and ROSG. Participants appreciated the clarity of presentations and the opportunity for direct interaction with leading orthodontists of India. A gala dinner was arranged in Jharkhand state cricket stadium which was attended by the speakers and all the participants with their families for lifelong memories and bonding among the orthodontists practicing in Jharkhand state.

## **Conclusion**

The Symposium and Workshop on TADs and In-house Aligners was a resounding success, fulfilling its objective of enhancing clinical knowledge and promoting digital innovations in orthodontic care. The Ranchi Orthodontic Study Group expresses sincere gratitude to the Indian Orthodontic Society, the eminent speakers, and all participants who contributed to making this academic event memorable.

**Reported by Managing Editor , Dr. Mayank Gupta**



# Report Smart Technology, Smarter Hands – Navigating Digital Orthodontics

## Introduction

The Department of Orthodontics and Dentofacial Orthopedics, Dental Institute, RIMS Ranchi, in collaboration with the Indian Orthodontic Society and Ranchi Orthodontic Study Group, organized a guest lecture on the theme “Smart Technology, Smarter Hands – Navigating Digital Orthodontics” on 9th September 2025. The session aimed at equipping Students, Faculty, and practicing Orthodontists with insights into the latest advancements in digital orthodontics.

## Guest Speaker

The invited speaker was Dr. Vaibhav Misra, MDS, PhD, Dean Academics, Professor and Head, Department of Orthodontics, D.J. College of Dental Sciences and Research, Modinagar (U.P.).

Dr. Vaibhav Misra is a well-recognized academician and clinician who has significantly contributed to digital innovations in orthodontics. His lecture focused on practical applications of digital technologies and their integration with clinical expertise.

## Learning Objectives

By the end of the session, participants were expected to:

1. Understand the basic principles of digital orthodontics and its role in modern practice.
2. Identify common digital tools such as intraoral scanners, 3D printers, aligner software, and CBCT.
3. Recognize the advantages and limitations of digital workflows compared to conventional methods.
4. Appreciate the importance of integrating technology with clinical skills for better patient outcomes.



## Dignitaries and Patrons

The program was held under the guidance of the following dignitaries:

● Chief Patron: Prof. (Dr.) Raj Kumar, Director and CEO, RIMS, Ranchi

● Patrons:

Prof. (Dr.) Shashi Bala Singh, Dean (Academics), RIMS, Ranchi

Prof. (Dr.) Hiren Birua, Medical Superintendent, RIMS, Ranchi

Prof. (Dr.) Jayaprakash M.B, Principal, Dental Institute, RIMS, Ranchi

Prof. (Dr.) P. Bhattacharya, Dean (Research), RIMS, Ranchi

## Program Flow

- Welcome Address: Delivered by Prof. Dr. Poonam K. Jayaprakash, Organizing Chairperson and Head, Dept. of Orthodontics, RIMS Ranchi.
- Introduction of the Speaker: Given by Dr Awanindra Kumar Jha, the organizing joint secretary of the programme.
- Keynote Lecture: Dr. Vaibhav Misra presented an engaging lecture enriched with case demonstrations and practical insights into digital orthodontics.
- Interactive Session: Participants actively engaged in Q&A, discussing real-world applications of digital tools in orthodontics.
- Vote of Thanks: Offered by Dr Subhash Chandra, Additional Professor and the organizing secretary committee acknowledging the speaker, dignitaries, IOS, and all attendees.

## Organizing Committee

- Organizing Chairperson: Prof. Dr. Poonam K. Jayaprakash
- Organizing Secretary: Dr. Subhash Chandra
- Organizing Joint Secretary: Dr. Awanindra K. Jha and Dr. Abhay Kumar Jain
- Reception & Hospitality: Dr. Shrestha Singh
- Supported by other conveners (Dr Rahul Prakash) and members of the Ranchi Orthodontic Study Group (Dr Anant Jyoti and Dr Swati Mrinal).



## Participation

The event witnessed enthusiastic participation from:

- Students and faculty members from RIMS, Ranchi
- Delegates from the Ranchi Orthodontic

### Study Group

- Members of IOS and neighboring institutions

The interactive format facilitated meaningful discussions, and attendees gained valuable perspectives on adopting digital orthodontic workflows.



## Conclusion

The guest lecture successfully achieved its objectives by enriching participants with knowledge about digital orthodontics and its clinical applications. It highlighted the importance of combining smart technology with skilled hands to achieve optimal patient outcomes.

The Department of Orthodontics, Dental Institute, RIMS Ranchi, expresses gratitude to the Indian Orthodontic Society for their support and guidance in making this event a grand success.

## Attachments

- Program poster (as circulated)
- Group photographs and lecture highlights



Reported by Dr. Irfanul Haque



## Smiling Bharat at Narayana Dental College



ios IOS Smile Drive 2025  
A Pan-India Orthodontic Awareness Rally



Reported by Section Editor , Dr. Harneet Kaur

SMILING BHARAT



## The 'many' types of orthodontic patients

A lighthearted take on the personalities we meet in the ortho chair

Orthodontics is as much about people as it is about wires, brackets, and aligners. Each patient brings a unique personality to the journey of a better smile. Here's a fun (and very relatable!) look at the types of orthodontic patients every orthodontist has met at least once.



### Over Enthusiast

This patient wears their braces like a badge of honor. They're always smiling wide, clicking selfies, and telling everyone how excited they are about their "smile transformation." Even a poking wire can't dampen their spirit!



### The Googler

Armed with late-night Google searches and YouTube binge sessions, this patient often knows (or thinks they know!) all the treatment options available. They come in with questions like: "But, doctor, won't self-ligating brackets finish my treatment in half the time?"



### The Silent Nodding One

No matter what you explain, this patient just nods politely with wide eyes. Do they understand what interproximal reduction or torque means? Probably not. But their poker face never reveals a thing.



### The Snack Lover

We've all met this one. Despite the clear "no sticky food" rule, they somehow manage to sneak in popcorn, chewing gum, or candy. When asked, they innocently reply: "But it was just one piece!"



### The Perfectionist

These patients want every single tooth in flawless alignment. Even when their results look picture-perfect, they'll point out, "Doctor, this one incisor could be half a millimeter straighter, don't you think?"



## The Forgetful

Elastics? Left at home. Retainers? Misplaced. Aligner trays? Sitting at the bottom of a school bag. This patient's memory often takes longer to align than their teeth.



## The Fashionista

For them, braces are not just treatment, they're a fashion accessory. They plan their ligature color changes to match festivals, outfits, or even mood boards. Diwali = gold, Christmas = red and green, Valentine's = pink.



## The Reluctant One

Dragged into treatment (often by parents), this patient shows up with folded arms, dramatic sighs, and minimal cooperation. But when they see their final smile, the transformation in attitude is almost as dramatic as the teeth themselves.



## The Gen Z Attitude

They walk in with swag- oversized hoodies, sneakers, wireless earbuds firmly in place and often an iced coffee in hand. Eye rolls are part of their vocabulary, and their braces are just another accessory in the aesthetic. Every adjustment is instantly broadcast on stories, often captioned with a meme or dramatic one-liner. Their treatment journey is less about months and more about "vibes".



## The Bargainer (or Negotiator)

"Can we make it faster? Cheaper? Fewer visits?" They're always negotiating timelines, costs, or even retainer rules. Sometimes it feels less like an appointment and more like a boardroom deal.

Of course, every patient is unique, and most are a delightful mix of these types. Orthodontics may straighten teeth, but along the way it also gives us stories, smiles, and personalities that make the journey unforgettable.





# INDIAN ORTHODONTIC SOCIETY

*presents*

## 1st Bihar & Jharkhand Orthodontic Summit

**Expanding Boundaries with TAD's &  
Digital Orthodontics – A promising future**

**10th - 11th October 2025**

**Registration  
OPEN!**

### *Hosted By*

**Buddha Institute of Dental Sciences and Hospital  
(Gautam International Pratisthan)  
Patna & Ranchi Orthodontic Study Group**

**Venue: Dr. R P Singh Memorial Auditorium  
Buddha Institute of Dental Sciences and Hospital, Patna**

	Registration Fee	Spot Registration
Delegates LM	4000	5000
Delegates (SLM)	3500	5000



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# ***Academic national event student exchange programme***



Academic National Level Student Exchange Program was organised on 7th – 12th July 2025, supported by the Indian Orthodontic Society in association with the Department of Orthodontics & Dentofacial Orthopedics, Bapuji Dental College & Hospital, Davangere, Karnataka. Following the students visit the students and H.O.D had hereby forwarded an expression of gratitude towards the same inclusive of the overall feedback. We have hereby attested the letter as received and photographs of the glimpse of the week to be published on IOS times.





## IN LOVING MEMORY



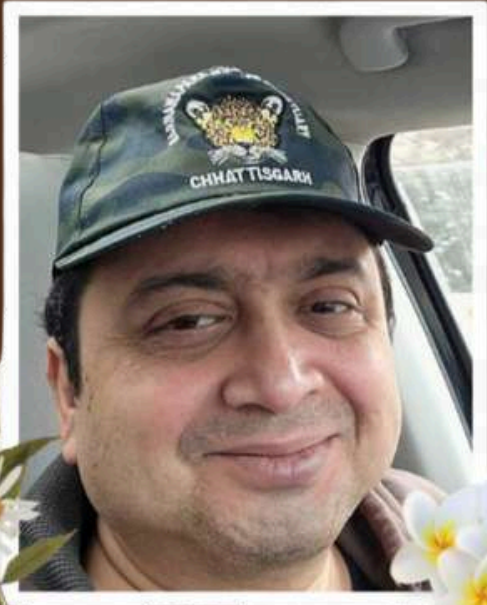
*Dr. Romesh Mani*

With deep sorrow, we mourn the passing of Dr. Romesh Mani, a pioneer orthodontist in Kerala and the first orthodontist from Kottayam District. An esteemed alumnus of GDC Trivandrum, Dr. Mani's contributions to dentistry will always be remembered with pride. In 2016, he donated his father Late Shri V.K. Mani's dental chair and equipment to GDC Kottayam, now displayed in its main lobby – an enduring symbol of his generosity and legacy.

Known for his jovial nature and kind spirit, Dr. Romesh Mani was truly a gem of a man who touched many lives with his warmth and wisdom.

We extend our heartfelt condolences to his family and loved ones.

May his noble soul rest in eternal peace. Add a little bit of body text



IN LOVING MEMORY

# Dr. Saibel Farishta

*We mourn the untimely loss of Dr. Saibel Farishta, a dedicated son, caregiver, and healer, whose life touched many. As the owner of Farishta Nursing Home, his commitment to serving others will always be remembered. May his soul find eternal peace, and may his family find strength in this difficult time.*

*Team IOS*





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Driving the Future of Orthodontics

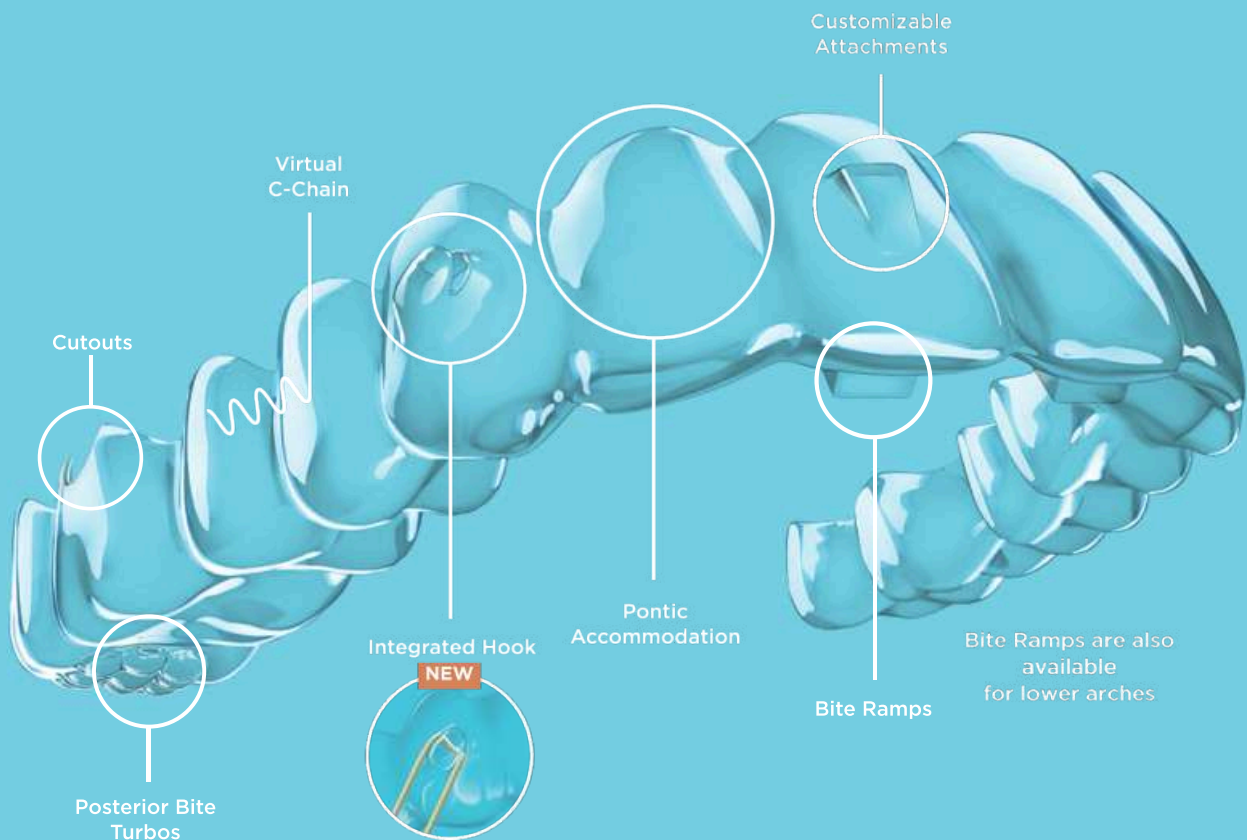
*together*

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CLEAR ALIGNER SYSTEM

Advanced Clear Aligner System

# DESIGNED FOR THE NEEDS OF ORTHODONTISTS

Developed with clinical experts from around the world, Spark™ Aligners are an advanced clear aligner system designed for more predictable and efficient treatment planning.



## 100% PATIENT RECOMMENDED\*

The Spark aligner system is clearer, designed to be more comfortable and more stain resistant than the leading brand.\*



## MORE CONTROL. MORE FLEXIBILITY.

Spark's Approver™ Software is designed to give doctors more control and flexibility for more efficient and predictable treatment planning.



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\*Data on file

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## Introducing the revolutionary **DAMON ULTIMA**<sup>TM</sup> SYSTEM

Re-engineered to virtually eliminate play, for faster, more precise finishing

A bracket that works hard, so you don't have to.



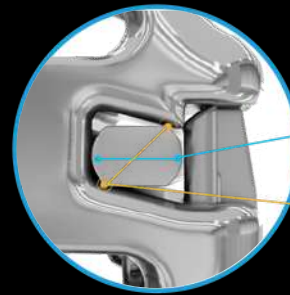
### Traditional Passive Self-Ligation



Brackets and wires have significant play, resulting in

- Poor control
- Manual adjustments
- Extended treatment time

### Damon Ultima Difference




Horizontal contact points

Vertical contact points


### How Damon Ultima system virtually eliminates play?

- ➡ The Damon Ultima system's bucco-lingual contact points minimize play, allowing for nearly 0-degree play and 99% rotation control. This is a significant improvement over traditional PSL slots, which have around 2 degrees of play with a 14x25 wire.
- ➡ With 19x25 wires, traditional PSL slots permit bidirectional spin, resulting in 12-13 degrees of play on each side and limiting torque expression, often necessitating wire bending for case completion.
- ➡ Damon Ultima's unique parallelogram slot and vertical contact points ensures the play is on one side and also acts as a back stop preventing the wire spin on other side thus resulting in 100% torque expression, eliminating unwanted play and ensures no wire bending is needed.

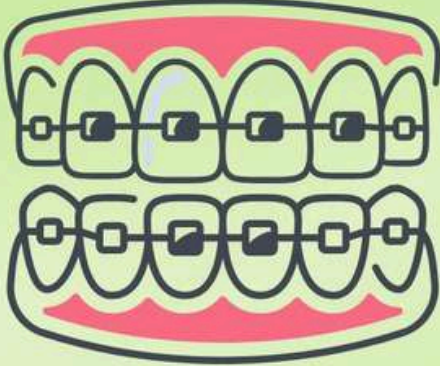




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## DON'T WE LOOK BEAUTIFUL WHEN ALIGNED



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# Can You See Who's Wearing Braces?

(Your patients can't see them either)

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Driving the Future of Orthodontics  
*together*



## DAMON™ Clear2

- Experience outstanding results with Damon Clear, the 100% clear self-ligating bracket system offering enhanced rotational control and precise finishing.
- The ultimate aesthetic solution for image-conscious adults and teens, delivering exceptional performance and control for a wide range of cases.

\*As compared to Damon Clear, data on file. Standard torque, upper 3-3 brackets.

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more information

