

# ios TIMES

Official newsletter of Indian Orthodontic Society



Navratri/Durga Puja/Vijaydashami Festive Issue

# President's Message

Respected Members of Indian Orthodontic Society

I am truly grateful and humbled to address you as the President of the Indian Orthodontic Society. It is a great honour to lead this esteemed organization, which has consistently upheld the highest standards of orthodontic care, professional ethics, and community service.

It is with great pleasure and honour that I extend a warm welcome to the newly formed editorial board of IOS Times under the leadership of our newly elected editor, Dr. Swati Acharya.

Our main focus for the IOS calendar year 2024-25 is GLOBAL – SUSTAINABLE-DIGITAL ORTHODONTICS. The Presidential Calendar of events has commenced with the call for expression of interest to ensure equal opportunities for all. My aim is to fortify our professional community by fostering collaboration among orthodontists, both within India and on a global scale. I am committed to carrying forward the commendable efforts of my predecessor in raising public awareness, understanding the perspectives of other medical/dental associations on orthodontics, promoting interdisciplinary orthodontics, and expanding our outreach activities through The Smiling Bharat Initiative.

I envision expanding opportunities for continuing education, workshops, and mentorship programs to nurture the next generation of orthodontists and promote lifelong learning. Together, we can build a supportive and innovative environment that not only advances our profession but also enriches the lives of our patients. Let's work hand in hand to realize this vision. Dr. Acharya's vision and dedication are poised to enhance our newsletter, providing a platform for sharing knowledge, insights, and advancements within our field.

I am confident that under her leadership, IOS Times will continue to be a valuable resource for our members, fostering collaboration and communication across our community. Let us all rally behind Dr. Acharya and the newly arrived editorial board as they strive to enrich our collective journey in orthodontics. Together, we can ensure that IOS Times remains a dynamic and informative publication for all. As we come together today, we are reminded of the significant responsibility we bear as orthodontists.

Our role extends beyond just creating beautiful smiles; it involves positively impacting lives. Beyond aesthetics, we work to restore confidence, improve overall health, and enhance the well-being of numerous individuals. Our field, like many others, is witnessing an era of rapid transformation. The advent of digital orthodontics, artificial intelligence, and the rise of aligners and minimally invasive techniques are reshaping our profession at an unprecedented pace. This evolution presents both challenges and opportunities, and I firmly believe that the Indian Orthodontic Society is uniquely positioned not only to adapt but to lead the way. By embracing these innovations, we can enhance patient outcomes, streamline our practices, and improve accessibility to orthodontic care. During my tenure as President, my guiding motto will be GLOBAL – SUSTAINABLE – DIGITAL ORTHODONTICS.

My leadership principles for the coming year will focus on Unity and Inclusion, Innovation and Progress, Transparency and Accountability, and Member Empowerment and Outreach. I am committed to strengthening our professional community by enhancing collaboration among orthodontists, both within India and globally. The Indian Orthodontic Society should serve as a dynamic hub for exchanging ideas, research, and best practices. I envision expanding opportunities for continuing education, workshops, and mentorship programs to nurture the next generation of orthodontists and promote lifelong learning. Together, we can build a supportive and innovative environment that not only advances our profession but also enriches the lives of our patients. Let's work hand in hand to realize this vision.

The future of orthodontics is fundamentally linked to our ethical obligation to provide equitable care. Access to quality orthodontic treatment should not be a privilege for a select few, but a basic right for everyone. To achieve this, I am committed to expanding outreach efforts like The Smiling Bharat Initiative and collaborating with government entities to enhance accessibility to orthodontic care, particularly in underserved and rural areas. Every child and individual deserves the chance to receive treatment that can significantly improve their health and self-confidence. I will also work to engage with the government to incorporate orthodontics into paediatric health, oral health and other health initiatives like Ayushman Bharat.

I want to take a moment to acknowledge the exceptional leadership that has preceded me. Our past presidents and senior members have established a solid foundation for all of us to build upon. I am truly grateful to stand on their shoulders and benefit from their dedication and vision. Fellow orthodontists, let's embrace this period of advancement and creativity. Let's persist in leading with purpose, offering compassionate service, and continually striving for excellence. Together, we will not only propel the field of orthodontics forward but also ensure that we establish a long-lasting legacy of care, ethics, and dedication. I appreciate your trust, support, and dedication. I am enthusiastic about the journey ahead and eagerly anticipate collaborating with each of you to shape a brighter, healthier future for our society and all those we serve.

Jai Hind, Jai IOS! Warm Regards,



**Dr. Puneet Batra**

President,  
Indian Orthodontic Society

# ***Secretary's Message***

Dear Members,

September was a vibrant and transformative month for the Indian Orthodontic Society, as we came together for the highly anticipated 58th Indian Orthodontic Conference in Bangalore. This event marked a significant milestone in our calendar, filled with innovation, collaboration, and fresh beginnings.

The conference witnessed the successful elections of new principal office bearers and Executive Committee (EC) members, setting the stage for a new chapter in our society's journey. It was a privilege to welcome the newly elected EC members during the valedictory function, followed by their very first EC meeting, where they actively contributed to important discussions. The pre-conference workshops were a particular highlight, offering hands-on experiences that were well-received by all attendees. These sessions empowered participants with practical skills and knowledge, enhancing the overall impact of the conference.

We also held the 7th EC meeting, where pressing issues and forward-looking strategies were thoughtfully deliberated. This was a crucial moment for us to ensure that society continues to evolve in response to the changing dynamics of the orthodontic field.

Adding a global perspective, international speakers captivated the audience with their cutting-edge insights and innovations, leaving attendees inspired and motivated for the future.

As we move forward, I look ahead with optimism, hoping for another energetic and productive year. The new leadership brings with it a wealth of ideas, enthusiasm, and a shared vision of progress. Together, we aim to push the boundaries of orthodontics and ensure that our society continues to thrive.

Here's to embracing new ideas and fostering growth as we look forward to what lies ahead!

Warm regards

**Dr. Sanjay Labh**

Honorary Secretary  
Indian Orthodontic Society



# ***Editor's Message***

Dear Members,

It's indeed a great honour to be the Newsletter Editor of our prestigious society and it gives me immense pleasure to launch this first issue during this festive season of the year. In this issue, we have recounted the various activities of our national conference at Bengaluru which our members were actively involved in. The accentuation of public awareness pages and themed content of entertainment like marathons, festivities and creativity are the highlights of this season. There will be even more curative content and participation from members in the forthcoming issues.

Furthermore, our new committee which is well known for the hard work, dedication and brotherhood of its members will be articulating unique content. I also have a few creative contents for Orthodontic Awareness Week which would be definitely an issue to remember.

We will also be having reviews on viewpoints from aspiring members and newly sworn-in members of the committee. Through this newsletter, we aim to create a platform that will inspire, educate, and inform our esteemed members. As we want the newsletter to be as inclusive as can be, we encourage all of you to share your ideas, stories, and feedback with the editorial team. We value your input and look forward to hearing from you.

I would like to take this opportunity to express my gratitude to the previous editors, and newsletter team for their work. Their efforts have paved the way for us to continue working in the same zeal and spirit. Let's work together to make a positive impact in our community and beyond.

A huge thank you to all the members who contributed to writing the wonderful content, without which there wouldn't have been this newsletter issue.

Last but not least, I would like to thank President Sir, Secretary Sir, POBs and Executive Committee members for their everlasting support throughout the creation of this issue.

Best wishes

## **Dr. Swati Acharya**

Editor, IOS Times  
Indian Orthodontic Society

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Heartiest Congratulations to Dr. Puneet Batra Sir on taking up the role of President of the Indian Orthodontic Society for 2024-25. We eagerly anticipate your guidance.

A big round of applause to Immediate Past President Dr. Jayesh Rahalkar Sir for successfully completing his tenure. Your leadership has made a significant impact!

Congratulations to Dr. Sridevi Padmanabhan Ma'am on being elected as President Elect.

Kudos to Dr. K. Gnana Shanmugam Sir for stepping into the role of Vice-President and to Dr. Pritam Mohanty Sir for being elected as Editor-in-Chief for JCO, the official publication of IOS.

And many congratulations to all the Principal and other office bearers! Your dedication and commitment to the society are truly commendable.

### ***PRINCIPAL OFFICE BEARERS / OFFICE BEARERS***



Dr. Puneet Batra  
President



Dr. Sanjay Labh  
Hon. Secretary



Dr. Jayesh Rahalkar  
Past President



Dr. Sridevi  
Padmanabhan  
President-Elect



Dr. K Gnana  
Shanmugam  
Vice-President



Dr. Munish Reddy C  
Hon. Treasurer



Dr. Amit Bharadwaj  
Hon. Jt. Secretary



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Editor, JIOS



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Mohanty  
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Dr. Swati Acharya  
Editor, IOS Times



Dr. Salil Nene  
Chairman IBO

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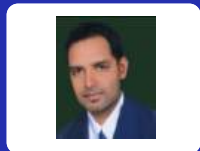
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Dr. Sanjay Labh ( Hon. Secretary IOS )

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## 58th INDIAN ORTHODONTIC CONFERENCE 20-22 SEPTEMBER, 2024 CLARKS EXOTICA, BENGALURU

Extremely professional and well organized 58th Indian Orthodontic Conference with Explicit Marathon of lectures held @ Clarks Exotica, Bengaluru between 20th and 22nd of September 2024 in line with their theme of "Embracing Emerging Technologies" impeccably organized by COC, 58th IOC, Bengaluru headed by Organizing Chairman Dr. Silju Mathew, Organising Secretary Dr. Anup Belludi, Treasurer Dr. Prashantha.G.S, Scientific Convener Dr. Akshai Shetty, Trade Convener Dr. Raghunandan C. The inauguration ceremony was grand started by our Esteemed President Dr. Dr. Jayesh S Rahalkar, Vice President Dr. Edeinton Arumugam, Honorary Secretary Dr. Sanjay labh, President Elect Dr. Puneet Batra which included the exquisite events of awards. The conference then began with an array of lectures by the extravagant international speakers Dr. Eric liou (Taiwan), Dr. Ute Schneider Moser (Italy), Dr. Simon Littlewood (UK), Dr. Kenji Ojima (Japan), Dr. Paola Merlo (Italy), Dr. Madhur Upadhyay (USA), Dr. Narayan Gandedkar (Australia), Dr. Adit Venugopal (NZ), Dr. Nandakumar Janakiraman (USA), Dr. Vivek Vasisht (Australia) who all created unique galaxies that ensembled in the universe of the conference. Stalwart national speakers diamond studded the event with their hallmark lectures. Here are some of the exquisite excerpts from the 3 days of scientific bonanza.



**INAUGURATION  
CEREMONY**

**CULTURAL  
EVENTS**



**INAUGURATION**



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## ARRAY OF INTERNATIONAL SPEAKERS



## ARRAY OF NATIONAL SPEAKERS

## IOS ORATION BY DR.ASHWIN MATHEW



## IOS ORATION BY Dr.ROHAN MASCARENHAS

## DELIGHTFUL PARTICIPATION BY CHALLENGING PERSONALITY



## EXCERPTS FROM OCEANIA 1

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## EXCERPTS FROM OCEANIA 2



## EXCERPTS FROM GALAXY 2



## EXCERPTS FROM GALAXY 1



## EXCERPTS FROM ORCHID HALL



## EXCERPTS FROM LILY, TULIP AND JASMINE HALL



## EXCERPTS FROM ROSE HALL





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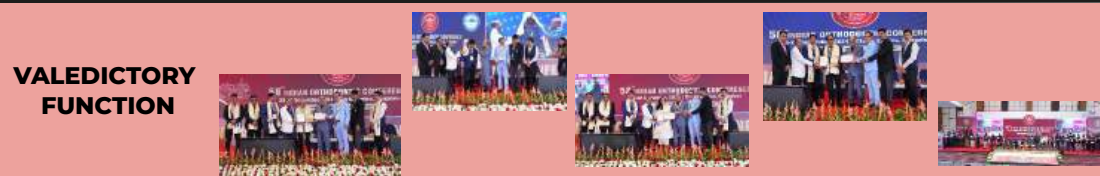
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**EXCERPTS FROM  
SUNFLOWER HALL**



**BANQUET  
GALA NIGHT**



**VALEDICTORY  
FUNCTION**

Reported by : Dr. Uma Revathi, Associate Editor , IOS Times



Ormco says **Thank You!**



Dr Vas Srinivasan



Dr Hrushikesh Aphale



Dr Shendre Shrikanth



Dr Venkatesh Garla



Dr P V Girish



Dr Gaurav Gupta



Dr Anupam Agarwal



Dr Harshvardhan Shirmal

Team Ormco heartily thanks **all the KOLs** who enlightened orthodontic learners and practitioners. We also extend our gratitude to **team IOS** for successfully organising the 58<sup>th</sup> Indian Orthodontic Conference, providing a wonderful platform for the exchange of knowledge. A big thanks to **all the participants** who made Ormco Learning Zone a huge success.



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**FEEDBACK SECTION**

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Speaker testimonial, 58th IOC, 2024 Eric Liou, DDS, MS

It was such a great honor for me to give oration in the 58th Indian Orthodontic Conference (IOC). Thanks for the organizing committee of the 58th IOC, specially Dr. Akshai Shetty to bring me to Bengaluru and give me this opportunity to join this one of the best conferences I have even been. I had a great time to meet all the Indian colleagues, friends, speakers, and all my former fellows. I enjoyed the conference, welcome reception, and the party night. The topic I gave was "Is non-surgical orthodontic therapy possible in Class III mandibular asymmetry". I was astonished for a full-housed attendee for my oration. Thanks for all the Indian colleagues for your wonderful support for my presentation. I am expecting you to bring me back and meet you all again in the future.



**Dr. Eric Liou**



**Dr. Kenji Ojima**

Dear Indian Orthodontic Society I was really impressed here in 2024, Bengaluru with speakers, topics and attendees. I wanna be there again , see you soon. Best Wishes , Kenji

The 58th Indian Orthodontic Society Conference took place in Bengaluru 20-22 September and what a triumphant event it was. A conference full of colour, excitement, over 100 exciting speakers (from India and overseas), dancing, social events and even an early morning conference run for the more energetic delegates. It was my first time lecturing in India, and what a pleasure it was to be part of this vibrant event. I was asked to speak about the key subject of orthodontic retention. I chatted about how our patients need to continue wearing retainers for as long as they want to keep their teeth straight, and I discussed the current best evidence showing that removable retainers only need to be worn at night as well as looking at the most recent research comparing traditional bonded retainers with CAD/CAM fixed retainers. My congratulations to all those involved in organising and running this successful event and my thanks for making this Englishman feel so welcome in India.



**Dr. Simon J Littlehood**



**Dr. Sharmila Arjunan**

Attending the 58th Indian Orthodontic Conference in Bangalore was an enriching experience. I am grateful to the organizing committee for the opportunity to present a guest lecture on "The Application of Extended Reality (XR) in Orthodontics." I found inspiration in the diverse lineup of speakers from across the country and abroad, who shared the latest research on cutting-edge technology and clinical applications in orthodontics. Beyond the lectures, networking with peers was a highlight. I had the chance to meet senior professionals and emerging talents, fostering connections that I hope will lead to future collaborations. Overall, the 58th Indian Orthodontic Conference was not just an educational experience; it was a celebration of our shared commitment to excellence in orthodontics.

Reported by Dr. Swati Acharya & Dr. Pavithra M. Bai



Promo/ Sneak Peek of National Orthodontic Week by Indian Orthodontic Society ! The highlights of celebrations throughout the country is Coming Soon in the next issue of IOS Times . Stay tuned to the official newsletter of Indian Orthodontic Society.

Collage Credits : Dr Sukhdeep Singh Kahlon Prof. & Head Department of Orthodontic SGRD Institute of Dental Sciences & Research Sri Amritsar



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### IOS LIFE TIME ACHIEVEMENT AWARD



DR. GIRISH KARANDIKAR



DR. U.S KRISHNA NAYAK

### DR. K K MISTRY SCROLL OF HONOUR



DR. O. P. KHARBANDA



### DR. J. G. KANNAPPAN AWARD FOR BEST DISSERTATION SUBMITTED

DR. MADHURA RAO

### DR. A. V. ARUN'S OUTSANDING PROFESSOR AWARD



DR. P. JANARDHANAM



DR. ROHIT KHANNA



DR. SHAILESH DESHMUKH



DR. SILJU MATHEW



DR. MAJ. GEN. B. JAYAN



### DR. P. P. JACOB AWARD FOR BEST SCIENTIFIC RESEARCH PAPER PUBLISHED IN THE JOURNAL OF INDIAN ORTHODONTIC SOCIETY



DR. ANUSHREE MK



DR. VIVEK PATNI

### DR. GEORGE JACOB AWARD FOR BEST INNOVATION IN CLINICAL ORTHODONTICS PUBLISHED IN THE JOURNAL OF INDIAN ORTHODONTIC SOCIETY

## INDIAN ORTHODONTIC SOCIETY LIFE MEMBER RESEARCH AWARD



DR. AKHTER HUSAIN



DR. SHEETAL POTNIS



DR. AMOL SOMAJI PATIL

## INDIAN ORTHODONTIC SOCIETY STUDENT RESEARCH AWARD



DR. SINJIMOL THOMAS



DR. MANIK BHAGWAN SASWADHKAR



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**DR. HD MERCHANT  
AWARD FOR ORIGINAL  
WORK IN THE FIELD OF  
PREVENTIVE  
ORTHODONTIC  
RESEARCH**



**DR. MAYANK MALIK**

**DR. MRS. SAVITA  
RAMESH VAID  
MEMORIAL AWARD  
FOR BEST  
OVERALL STUDY  
GROUP**



**MADRAS ORTHODONTIC STUDY GROUP**

**MOST PROMISING STUDY GROUP**



**MANGALORE ORTHODONTIC STUDY GROUP**



**NOIDA GAZIABAD ORTHODONTIC STUDY GROUP**

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

**NOVEMBER 2024**

**23rd & 24th  
International Lingual  
Orthodontic  
Conference Courtyard  
by Marriott Kochi  
Airport Cochin , Kerala ,  
India**

**OCTOBER 2024**

**5th  
Pan India  
IOS Foundation Day**

**DECEMBER 2024**

**14th & 15th  
World Dental  
Conference ,Bali ,  
Indonesia  
Bintang Bali Resort**

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### Pre conference courses

Pre conference courses are always a very integral part of our annual conference and this year the 58th Indian orthodontic conference took it to another level. The scientific committee ably lead by the very meticulous and diligent Dr Akshai Shetty hit it out of the Park. The IOS marathon Razmatazz 100 mins of action was an absolute blockbuster of an event. Conceptualized to perfection ,this pre conference workshop saw some of the absolute champions in the subject come together to debate on everyday clinical scenarios challenging methodologies and interpretations showcasing some fantastic cases in support. The topics debated were

1. SURGERY FIRST ORTHOGNATHIC APPROACH vs TADS By Dr Narayan Gandedkar and Dr Adith Venugopal respectively.
2. COMPANY vs INHOUSE ALIGNERS by Dr Dhiraj Shetty and Dr Aneesh Katyal and last but not the least PASSIVE SELF LIGATING vs MARPE by Dr Siddharth Shetty and Dr Hrushikesh Aphale.

The sold out event was moderated by none other than Dr Kenneth Tan and Dr Rabindra Nayak.



The 58th IOC witnessed some of the best Subject Experts share their knowledge at the Plethora of pre-conference workshops held at the venue and various institutes in the lovely city of Bangalore.

A Sold out full house pre-conference Workshop on BIOMECHANICS AND FORCE SYSTEMS OF EFFICIENT SPACE CLOSURE AND DEEP BITE CORRECTION WITH SUPPORTING CLINICAL CASES was conducted at the conference venue Clarks Exotica Resort in the 1 9th of September. Teacher of Teachers most respected Prof Dr Sadashiva Shetty was the course Mentor . Dr Paola Merlo was the course Director. The workshop was conceptualized and structured by Dr. Gauri Vichare ,Dr. Sarojini Joseph and Dr. Sumitra Reddy. Many Experts in the field like Dr. Kiran Kumar H. C,Dr. Mala Ram Manohar Dr. Nandini Kamat ,Dr. Shobha Sundareswaran, Dr. Srivedi Padmanabhan Dr. Sunanda Roychoudhury and Dr. Supriya Nambiar were also a part of the faculty.

A comprehensive hands-on workshop titled OBSTRUCTIVE SLEEP APNEA: Capacity building of Orthodontists on the roles and responsibilities of Orthodontists in the management of OSA followed by hands-on relevant appliance fabrication was held at Krishnadevaraya college of dental sciences and Hospital, Bengaluru. Dr B Jayan was the course director and Mentor. Dr Rajkumar Maurya was the chief coordinator. Dr Abhijeet Kadu, Dr Oomen Nainan and Dr Amrit Thapa were the other resource person. Dr Mahesh and Dr Mahendra were the local co ordinators at Krishnadevaraya institute.

A lecture series and Hands on dental training on Izc AND BUCCAL SHELF IMPLANTS FOR ORTHODONTIC ANCHORAGE was held at VS Dental college , Bengaluru. Faculty for the workshop were Dr Edeinton Arumugam, Dr Thirunavukarasu and Dr Sangeetha Duraiswamy. Dr Santosh Ramegowda and Dr Soumya KS were the course co ordinators. MR AMBEDKAR dental college and Hospital , Bengaluru Hosted a workshop on In office aligners SCAN - PLAN - PRINT on the 1 9th of September .Dr Tarulatha R Shyagali, Dr Ujjwal Pyakurel ,Dr Abhishek Gupta ,Dr Madhur Navlani and Dr Manish Bajracharya were the resource persons. The course highlighted the A to Z of aligner Planning to Execution and was well appreciated by the participants.

Dr Ajit Kalia and Dr Nasim Mirdehghan were the faculty for a pre conference workshop on BIOMECHANICS OF ALIGNERS. The course emphasized on Biomechanical principles, force systems and tooth movement of clear aligners. The workshop was held at the conference venue Clarks Exotica resort and convention centre.

TADs assisted Maxillary expansion : Integrating evidence with clinical experience, a preconference course was held at VS dental college and Hospital , Bengaluru.Dr MK Anand, Dr VK Shakeel ,Dr Rekha Bharadwaj and Dr Shobana Thakur were the Experts was this well curated programme. The local co ordinators at VS dental college were Dr Shanshank Kumar and Dr Bharath Reddy.



**Reported by  
Section Editor  
Dr Arjun Nayak**

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### *PLEDGE TAKEN BY THE NEWLY ELECTED EXECUTIVE COMMITTEE OF THE INDIAN ORTHODONTIC SOCIETY 2024-25*

Dr. Puneet Batra congratulated the newly elected Executive Committee members and led them in an official pledge, affirming their commitment to fulfilling the responsibilities and obligations entrusted to them by the esteemed membership of the Indian Orthodontic Society. He noted, "We have initiated a new tradition of having the Principal Office Bearers and Executive Committee Members take a pledge at the Valedictory Function, thereby enhancing the significance of the installation ceremony."



#### FIRST EC MEETING OF INDIAN ORTHODONTIC SOCIETY 2024-25

The inaugural Executive Committee (EC) meeting of the Indian Orthodontic Society for the year 2024-25 took place on 22nd September 2024, at the Clarks Exotica, Bengaluru, Karnataka. This gathering followed the Valedictory Function of the 58th Indian Orthodontic Conference and was graced by the presence of all Principal Office Bearers and EC members. The meeting commenced with Honorary Secretary Dr. Sanjay Labh ceremoniously adorning the office jewels on President Dr. Puneet Batra. The President extended a warm welcome to the newly elected office bearers: Dr. Sridevi Padmanabhan (President Elect), Dr. K. Gnana Shanmugham (Vice President), Dr. Swati Acharya (Editor of IOS TIMES), Dr. Pitam Mohanty – Editor JCO-IOS and all Executive Committee members.

The Honourable President recently hosted an elegant induction ceremony for the Principal Office Bearers and the Executive Committee (EC) members. President, Dr. Puneet Batra addressed the Principal Office Bearers and EC members, outlining his objectives and focal areas aimed at advancing the Indian Orthodontic Society (IOS) and its members. He emphasized the importance of integrating both curricular and extracurricular activities to enhance the academic and clinical enrichment of our members. Dr. Batra underscored the IOS's commitment to raising public awareness at the crucial role of orthodontists as specialists within the broader healthcare community. Furthermore, the Honourable President highlighted the urgent need to strengthen international relationships and elevate the profile of the Indian Orthodontic Society on the global stage. He called upon the distinguished life members of IOS to support the Executive Committee in realizing another successful year for the organization, which is the premier society representing the first specialty of dentistry.

To ensure the efficient operation of the Indian Orthodontic Society, President Dr. Puneet Batra announced the various committees and their members. During the inaugural Executive Committee Meeting, various agenda items were thoroughly discussed and deliberated upon. The minutes of this meeting will soon be available on the official website, [www.iosweb.net](http://www.iosweb.net).

Jai Hind! Jai IOS!



**Reported by**

**Managing Editor Dr Mayank Gupta**



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## ***FROM THE DESK OF THE CHAIRMAN IBO 2023 - 2024***



Dr Rajaganesha Gautam  
MDS,DNB  
Past Chairman (2023-2024)  
Indian Board of orthodontics

As all of us reminisce the fond memories of the recently concluded very successful 58th Indian Orthodontic Conference at Bengaluru, the Indian Board of Orthodontics completed another Board year with the ceremonious grand conduct of the 25th Convocation of the Board that conferred the Diplomate status on six of our IOS life members, who successfully completed the Phase III exams at Bengaluru. Coincidentally, we have come a full circle as the 1st Convocation of the Board was celebrated in 1999 in this beautiful city of Bengaluru. We had the opportunity to express our gratitude and respects to Dr. Vijay P. Jayade, the Founder Chairman of the Board, by felicitating him on this occasion.

The Chief Guest for the Convocation was Dr. Ute Schnieder- Moser, President, Italian Society of Orthodontists and a Diplomate of the Italian Board of Orthodontics. We also had the gracious presence of Dr. Jayesh Rahalkar, President IOS and Dr. Sanjay Labh, Hon. Secretary IOS

I had the great privilege of completing a very satisfying tenure as Chairman, Indian Board of Orthodontics 2023-24 as I passed on the mantle to my dear friend Dr. Salil Nene, who was installed as the new Chairman of the Board for the year 2024-25 at this Convocation ceremony. I reflect upon my years in the Board with sweet nostalgia. I was elected to this prestigious office in 2018 when I was inducted as a freshman Director of the Indian Board of Orthodontics. I have had the very good opportunity of being a part of the Team in various roles such as a Freshman Director, Senior Director, Secretary and Treasurer, Vice Chairman under the able Chairmanships of Dr. Jayesh Rahalkar (2018-2019), Dr. Ketan Vakil (2019-2021), Dr. M. Vadielkumar (2021-2022), Dr. Ashwin Mathew George (2022-23) respectively and took over as Chairman of this distinguished office for the term 2023-24.

I consider it my good fortune for being a part of some very cohesive teams over the last six years and I submit my sincere gratitude to all the Diplomates of the Board for entrusting this lofty responsibility upon my shoulders. Tools don't translate into an exemplary professional, rather the hands of a professional backed with knowledge, talent and experience is what translates into outstanding results. In spite of all advances in technology or armamentarium, the orthodontist, the clinician still remains at the heart of creating beautiful confident smiles for our patients. Friends, the biggest competitor you have to deal with is "the person you were yesterday." The process of IBO certification evolves that clinician in you! I thank my fellow Directors, my parents, family and the Lord Almighty for the support and blessings that allowed me to discharge my duties to the best of my ability. It has been an honour to serve alongside dedicated colleagues, and I look forward to seeing the continued growth and success of our Board and our Indian Orthodontic Society in the years to come.

The fresh graduates of IBO 2024 are Dr Umal Doshi, Dr Kasturi Mukherjee, Dr Pavithra Bai M, Dr Suryakanta Das, Dr Virendra Kohli and Dr Bhadrinath Srinivasan.

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***Is your  
Orthodontist  
IOS endorsed ?***



**The patient was treated during Covid with necessary precautions**



# TIMES

Official newsletter of Indian Orthodontic Society

**IS YOUR BRACES DOCTOR A MEMBER OF  
INDIAN ORTHODONTIC SOCIETY ?**



**BEFORE**

**AFTER**



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MEMBERS' SECTION

ENTERTAINMENT SECTION

## Official newsletter of Indian Orthodontic Society



One of the many highlights of the 58th IOC was the Smiling Bharat Marathon on the beautiful morning of Saturday 21st September at the lovely conference venue Clarks Exotica. The weather in Bangalore did not disappoint making it a perfect way to kickstart the day and get our delegates pepped up for the scientific extravaganza and AGM to follow.

Following a brief warm-up session led by the Mr Marathon of the Indian Orthodontic Society Dr Arun Nayak, the Marathon was flagged off by Dr Jayesh Rahalkar, President Indian Orthodontic Society at 6:30 am with 317 participants all in readiness with the T-shirts provided for the 5k run.

It was overwhelming to see so many of our members, past presidents, past office bearers, senior members and everyone else run with such zeal and enthusiasm and come together for a common cause the SMILING BHARAT a flagship project of our esteemed society. The Spirit and camaraderie were at an all-time high. In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, 'I have finished.' There is a lot of satisfaction in that".

With most of the runners finishing the run, the results of the Marathon were as follows.

### Men's winners

1. Dr Abhishek Singh, Krishnadevaraya college of dental sciences and Hospital, Bangalore
2. Dr Sanjeev Verma, PGI Chandigarh
3. Dr Simon Littlewood, lead consultant in the orthodontic department of Bradford Hospitals NHS, UK

### Women's winners

1. Dr Shubangi, ITS Dental college, Ghaziabad
2. Dr Megha Markand, M A Rangoonwala college of Dental Sciences and Research centre, Pune
3. Dr Tanuja Rankhamb, M A Rangoonwala college of Dental Sciences and Research centre, Pune.

The event was proudly sponsored by Ormco and Mulmina energy drink , with convoys by the big guns of automobile engineering like Mercedes, BMW ,Volvo and Ducati cycles. Certificates and medals were handed over to all the participants. Dr Sujala GD and Dr Mahendra S co-ordinated the event as a part of the COC. All in all an event to be remembered and a lot of memories to take back for our members.

Reported by Section Editor: Dr Arjun Nayak

## Official newsletter of Indian Orthodontic Society



### MUSICAL NIGHT 58 TH IOC BANGALORE

Music as they say the language of the soul connects the heart. It was a unique musical feast with a vibrant mix of melodies, rhythms and creativity that will endure into the memory on the eve of 58 th IOC Bangalore, musical night.

The melodious evening was full of dazzling stars. The sweetness and calmness of the voices were there as a part. The night started with Dr. Chandrashekar Halloli's canorous song to motivate the vibrant singers. Our Honourable SECRETARY Dr.Sanjay Labh was way ahead leading with his dynamic and Charismatic performance. The night was more enlightened by Dr. Kavitha Iyer and Dr.Binu Purushothaman, a duo performance followed by Dr.Shobha Sundareswaran, Dr. Sanjeeb Kumar Sahu,Dr. Sudheer KH , duo performance by Dr.Swati Acharya and Dr. Arun Nayak, Dr.Vipul Sharma, Dr. Arvinthraj Kumar and Dr. Anuradha Pandey.

Melodies were reminiscing the whole night and they have created an era. ERA OF LIFE AND ERA OF MELODY.

**By Dr Anuradha Pandey**

### ORTHODONTICS AND MUSIC

I have often wondered why Orthodontists are so passionate about Music! Are there any similarities between the two? I firmly believe that they are 2 sides of the same coin and will highlight some remarkable commonalities :

1. Music brings aesthetic pleasure to the listener and has cognitive benefits, improving focus and creativity. Similarly, orthodontic braces enhance a person's smile while also improving the functionality of their bite and oral health
2. Both music and orthodontic braces rely heavily on structure and precision. In music, notes, rhythms, and harmonies must be carefully aligned to create a pleasing sound. Similarly, orthodontic braces are meticulously adjusted to apply precise pressure on teeth, guiding them into proper alignment over time.
3. Just like a musician tailors a piece of music to their style or the preferences of an audience, orthodontic treatment is customised for each individual. Orthodontists carefully design each treatment plan, selecting braces, wires, and adjustments that suit the patient's unique dental structure.
4. Both music and orthodontics require discipline and patience. Mastering a musical instrument or composition demands consistent effort over time, just as wearing braces involves following orthodontic guidelines, maintaining oral hygiene, and patiently waiting for the results.
5. In both fields, progress though gradual eventually leads to remarkable transformation. In music, a beginner's practice slowly shapes their skill, culminating in the ability to create beautiful compositions. With braces, the slow adjustment of teeth over time results in a transformed, healthier smile. These parallels highlight how both music and orthodontic braces, though different in form, contribute to the enrichment and improvement of the human experience.

**By Dr Sridhar Kannan**



**Reported By  
Dr Sonam Schrawat**

## Official newsletter of Indian Orthodontic Society



### FESTIVE CORNER: CELEBRATING SMILES & STRENGTH

Reported by Section Editor Dr Himija Karia

Our country celebrates the vibrant festival of Navratri for nine days, dedicated to the divine feminine and the virtues of the goddess. Unarguably, female orthodontists are modern embodiments of transformation and empowerment, bringing the virtues of the divine into their professional lives. Unwavering strength and resilience, both physically and mentally. With a deep knowledge of various techniques, she advances through workshops & lectures continuously strengthening her skills. Her devotion to orthodontics is evident in the care she takes at every step of patient treatment. Her wisdom shines as she educates, empowers, and transforms the lives of her patients and students. In the face of adversity, she remains courageous and calm. She is forgiving, empathetic, and abundantly kind. Creativity is her superpower, enabling her to change smiles—and lives. She nurtures and protects her patients with care. Strength and leadership go hand in hand as her visionary approach turns a regular workplace into a flourishing kingdom of growth and greatness. Her pure commitment to her purpose, and the graceful balance she strikes between work and life, will become the pinnacle of her achievements.

In every smile she transforms, the modern female orthodontist exemplifies the spirit of the Navratri goddess—proving that she is an unstoppable force of empowerment.

Dr. Hita Rangarajan Chennai



### *Vijayadasami and Orthodontics: A Confluence of Mythology, Cultural Grandeur and Modernity*

Vijayadasami, a resplendent Hindu festival enshrined within the tapestry of Indian tradition is celebrated in the month of October with great fervor across India. The term "Vijayadasami" is derived from two words: "Vijaya" meaning victory and "Dashami," referring to the tenth day. Vijayadasami or Dussehra epitomises two pivotal events in Hindu mythology. In northern India, it epitomises Lord Rama's victory over the demon king Ravana and commemorates the triumphant conquest of good over evil. In southern and eastern India, it honors Goddess Durga's defeat of the buffalo demon Mahishasura, representing the vanquishing of ignorance and malevolence and the restoration of cosmic order.

The philosophical undertones of Vijayadasami can be linked to the patient's journey in orthodontics. Much like how Vijayadasami marks a new beginning after a period of strife, the conclusion of orthodontic treatment brings forth a new phase in a patient's life where aesthetic and functional enhancements open doors to renewed self-esteem and opportunities. In essence, Vijayadasami and orthodontics, while seemingly disparate, converge on the balance between tradition and sustainability in an ever-evolving modern society by transcending the mythological moorings and aligning themselves with the timeless principles of truth and virtue.

May the hopes of happy times and smiles propel us forward. Happy Vijaya Dasami to all !!!

Dr. Hasini Gopal Chennai

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## Durga is Calling for Aligner Awakening!

Dr. Honey Gurbaxani, Nagpur

As much as Goddess Durga symbolizes power, protection and good over evil, she makes sure that we apply this to our daily dental health lifestyle!

**Power:** to not surrender to the online unsupervised alignment promising aligner companies

**Protection:** from online scams propagating the same

**Good over evil:** wins only when you visit an orthodontist for aligner treatment. The only Do It Yourself thing that you should always do is visit your orthodontist personally at their clinic. Everything that you need to know about your malocclusion and aligners will be explained by them, bonus: the procedure shall also be carried out by a thorough professional who knows how to monitor the progress.

### Tips to approach an orthodontist:

Google and hunt for an Indian Orthodontic Society certified orthodontist near your location/in your city

Visit Instagram:

[https://www.instagram.com/indianorthodonticsociety?](https://www.instagram.com/indianorthodonticsociety?igsh=YTBoeWdpZWwxcM4x)

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Thus, this Durga pooja festival make sure you are Dur from DIY aligners!

## CELEBRATION OF DURGA PUJA

Durga Pooja is a Hindu festival celebration of the Mother Goddess and the victory of the warrior Goddess Durga over the demon Mahisasura. The festival represents female power as 'Shakti' in the Universe. It is a festival of Good over Evil. Durga Pooja is one of the greatest festivals in India. As per Hindu scriptures, the festival marks the victory of goddess Durga in her battle against the shape-shifting asura, Mahishasura. Thus, the festival epitomizes the victory of good over evil, though it is also in part a harvest festival celebrating the goddess as the motherly power behind all of life and creation.

By Dr Kasturi Mukherjee Kolkatta

Reported by Section Editor Dr. Himija Karia

# Official newsletter of Indian Orthodontic Society

## Member Creativity Section

### "BLUEPRINT USED IN BUILDING A SMILE": VR, AR and AI in Education and Research of Orthodontics.

An artificially created setting with realistic-looking scenes and goals.  
Technology has the potential to completely transform research and education

Artificial intelligence-infused digital technology not only improves student and teacher capacity to absorb and transmit knowledge, respectively, but also fosters a mutually beneficial interaction between the two. In the age of AI, VR, and AR, emphasis is also placed on comprehending and putting into practice the interaction between professionalism, a strategic framework, and patient care delivery in order to support dynamic engagements in pedagogical, morally sound, community-centered, culturally sensitive, and financially feasible teaching and research.

A vital component of contemporary orthodontics is the use of intraoral scanning, laser scanning, CBCT, stereophotogrammetry, and 3D imaging. CBCT scans can be combined with information from intraoral and/or face scanners to provide a more comprehensive picture of underlying clinical problems. Treatment planning can be completed quickly because of AI, which enables precise and accurate automatic cephalometric tracing. Sagittal profile analyses and curvature maps can be used to automate the interpretation of 3D pictures from facial 3D scanners. Additionally, intraoral scanners provide data to certain software that permits adjustments to the interdental relationships. Connecting these softwares to different aligner manufacturers completes the circle of an entirely computerized orthodontic treatment planning workflow.

Patients can have a better understanding of their issues, and possible therapies by using interactive presentations of the gathered data.

IOS Times thanks Dr. Kamal Bajaj and Dr. Ashwith Hegde for their valuable contribution in the public awareness page

**Author: Dr. Mohit Chaturvedi, Jaipur**

**Disclaimer:** The views expressed are solely of the author, IOS Times editorial board does not bear any responsibility of its accuracy. Reader discretion is advised.

### The Smile of Tomorrow

Brackets and wires still shaping the way,  
Yet digital advances brighten each day.  
Clear aligners that hide in plain sight,  
Shift teeth gently, day and night.

AI whispers secrets of how teeth will sway,  
Predicting each step along the way.  
3D printers hum with a rhythmic beat,  
Creating smiles that are custom and neat.

With lasers and scans, a future unfolds,  
Where treatments are shorter and stories retold.

Yet through all these changes, one truth remains,  
The artistry of smiles still needs human brains.

For amidst all the tech, the data, the trends,  
The heart of a healer's where true care extends.

Emerging tomorrow, yet driven by skill,  
Orthodontics advances, but values stay still.

**Dr. Niha Naveed, Chennai**

**You can reach the public relation editors for your feedback .**

**We are also available in Instagram and Facebook .  
Reach out at our official email id  
editoriostimes@iosweb.net**

**We are looking for member's achievements ( awards, recognitions, new degrees, publications and patents ) for the next issue.**

**IOS Times thanks Dr. Kamal Bajaj and Dr. Ashwith Hegde for their valuable contribution in the public awareness page**

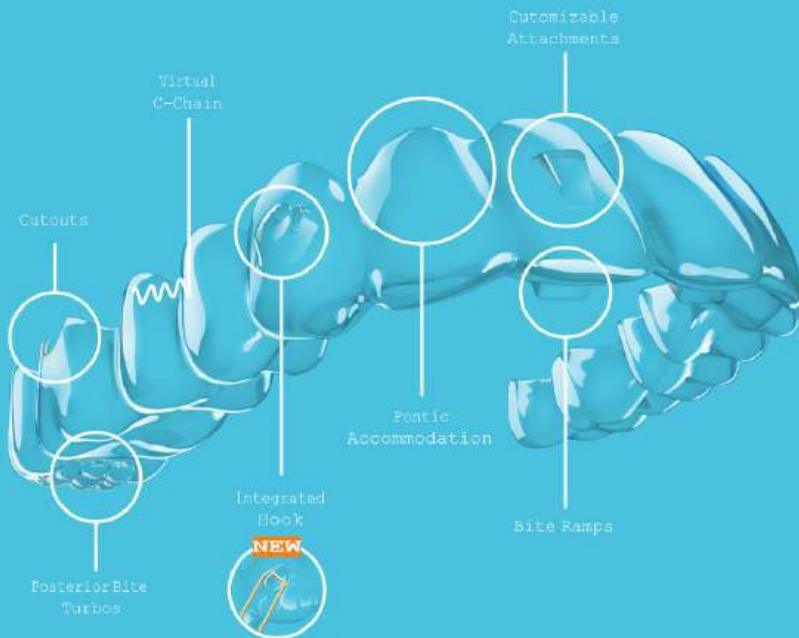


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CLEAR ALIGNER SYSTEM

## DESIGNED FOR THE NEEDS OF ORTHODONTISTS



## GREATER CONTROL AND FLEXIBILITY

Spark - An Advanced Clear Aligner System  
Designed for more predictable and efficient treatment  
planning from start-to-finish.



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## Introducing NiTime™

**The First And Only FDA-Cleared Aligner System  
Designed Explicitly For Shorter Wear Time**

A one-of-a-kind, patented HyperElastic™ polymer that straightens teeth with 12 hours of continuous daily wear, designed to treat all classes of dental malocclusions.\*



## NiTime™ Is Designed For Effortless Patient Compliance And Better Predictability

### Powered By OrthoFX's Proprietary Airshell™ Technology

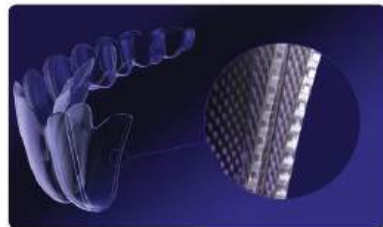
An innovative polymer structure shaped into separate shells,  
creating the first hyper-elastic aligner.\*

#### ✦ Flexible inner shell

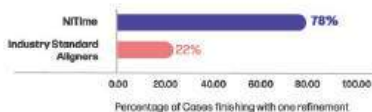
Accommodates up to 4 weeks of random teeth movement, addressing relapse and eliminating the need for refinements due to unseating issues.

#### ✦ Firmer outer shell

Compresses air, gently guiding teeth toward their intended positions with consistent and gentle movement, ensuring predictable outcomes.



### A New Standard In Treatment Predictability



NiTime is designed with favorable cellular physiology to stimulate the ideal generation of osteoclasts and osteoblasts for bone tissue remodeling at its natural pace. The result, a 3x increase in predictability compared to other brands.\*\*

\*Data on file \*\*Data on file

Scan to know more about NiTime and Unlock Special Offers

