

Rabindranath Tagore

You were born to bloom... Not to break...

**Life is short...
Smile while you still have teeth...**



**3rd
MAY**





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PUBLIC AWARENESS / RELATION EDITORS

Orthodontist led treatment plans need superstar aligners.

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President's Message

Respected seniors, colleagues, and friends,


“The month of May is the gateway to summer.” — Jean Hersey

In India, it is the gateway to a very, very hot summer! Yet even as a severe heat wave swept across many parts of our country, the spirit, enthusiasm, and commitment of the Indian Orthodontic Society community remained undeterred. May turned out to be a month filled with academic excellence, international collaboration, and service to society—truly reflecting the ethos of IOS.

The month began on a high note with the participation of several IOS members in two major international conferences. At the AAO Annual Session held in Orlando, Florida, from May 1st to 3rd, many of our members showcased their scientific work on a global platform. Their presentations highlighted the quality of orthodontic research and clinical expertise emerging from India. A special word of praise is due to our distinguished members who were honoured with WFO awards. Their achievements not only bring individual recognition but also enhance the global stature of the Indian Orthodontic Society. The details of these awards and recognitions are featured in this issue.

Barely had the momentum of Orlando settled, when another landmark event followed. A delegation of more than 100 IOS members travelled to Sydney, Australia, between May 10th and 15th, forming one of the largest MYC delegations in our history. This remarkable strength in numbers was matched by the warmth and enthusiasm with which we were received. The Australian Society of Orthodontists (ASO) participated wholeheartedly, and we were deeply honoured to have the President of the ASO, Dr. Roslyn Mayne, as the chief guest for the inauguration.

The convention in Sydney was rich in academic content, featuring insightful lectures, case discussions, and exchanges of clinical experiences. The sights of Sydney created the perfect backdrop for strengthening professional relationships, fostering friendships, and building a sense of unity and camaraderie within the IOS family.



May 15th marked another important occasion—World Orthodontic Health Day. Various programmes were conducted to raise awareness about the importance of orthodontic health, early intervention, and the long-term benefits of well-aligned teeth and jaws. To underscore the deeper significance of this day, the IOS Executive Committee launched a new flagship philanthropic initiative—“Gift a Smile.” This outreach programme has been conceptualised to provide orthodontic care to underprivileged individuals who otherwise may never have access to such treatment. With this initiative, IOS aims to bridge the gap between need and access, ensuring that the benefits of our speciality reach those who are most in need.

On the academic front, our continuing education initiatives also made significant progress. The third module of “**Biomechanics Unlocked**” was conducted with a focus on the six geometries, offering participants a deeper understanding of the biomechanical principles that underpin efficient and predictable orthodontic treatment. In addition, the second module of the **Cleft Fellowship** was held in the last week of April, continuing our commitment to training orthodontists in the comprehensive management of cleft lip and palate patients.

Study groups from different regions of India added to the vibrancy of May with a number of thoughtfully planned academic and outreach programmes. Many orthodontic departments in dental colleges also organised lectures, workshops, and World Orthodontic Health Day celebrations, involving students and faculty alike.

As we turn the page to June, we do so with anticipation and optimism. Several exciting initiatives, academic programmes, and collaborative activities are on the horizon. Let us carry forward this momentum, balancing excellence in science with empathy in service, and always remembering the profound impact we can make—one patient, one smile at a time.

Warm Regards
Sridevi Padmanabhan
IOS President
president@iosweb.net





May

Secretary's Message

Dear Members,
Greetings.

May has been a notable month for our orthodontic community, highlighted by important academic events and meaningful observances that reinforce our shared commitment to excellence.

We celebrated World Orthodontic Health Day, a timely reminder of our responsibility to raise awareness about orthodontic health and the benefits of timely care on overall well-being and quality of life. These observances motivate us to serve society with dedication, ethics, and clinical excellence.

The IOS Mid-Year Conference in Sydney, Australia, furthered our academic momentum by providing an outstanding forum for learning, collaboration, and international exchange. Such events underscore the value of continuing education in advancing our specialty.

Let us carry this spirit of innovation, academic growth, and professional unity forward.

Wishing all members continued success and good health.

Warm Regards

Dr. Shubhaker Rao Juvvadi

Hon. Secretary



May

Editor's Message

Dear Readers,

As the editor of the IOS Times e-magazine under the leadership of Madam President IOS Dr. Sridevi Padmanabhan, I am thrilled to present to you the latest edition. Our team has worked tirelessly to bring you a diverse range of articles, features, and news that reflect the dynamic and vibrant community that we are proud to be a part of. This edition displays the achievements and perspectives of our members, beyond orthodontic pages, Mid year Convention and celebrations of world orthodontic health day. It provides insightful commentary on current events and trends as a sneak peek into national activities.

I hope that you find this edition both informative and engaging. Our goal is to provide a platform for the orthodontic community to share their voices, ideas, and experiences and to foster a sense of connection and belonging.

Thank you for being so supportive of the Times. I look forward to your feedback and contributions in future editions.

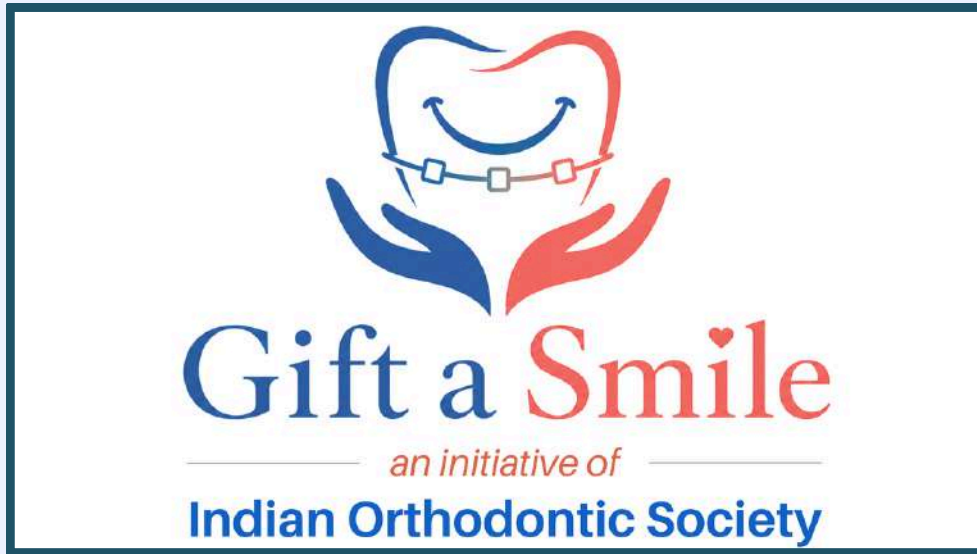
Warm Regards

Dr. Swati Acharya
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BREAKING NEWS



IOS GIFT A SMILE INITIATIVE

An Outreach Programme of the Indian Orthodontic Society.

The GIFT A SMILE Initiative is a philanthropic outreach programme of the Indian Orthodontic Society (IOS) that aims to provide free orthodontic treatment to individuals who are unable to access care due to financial constraints.

The Indian Orthodontic Society, registered under Sections 12A and 80G of the Income Tax Act, undertakes this initiative as part of its commitment to social responsibility and equitable healthcare.

Through this initiative, IOS partners with Orthodontic Departments and Dental Colleges and Dental Clinics with specialised orthodontic practice across the country to expand access to essential orthodontic care for underserved communities.



Every Smile Deserves a Chance
IOS – Making It Possible.

Free
Orthodontic treatment for those who need it most.

Gift a Smile
an initiative of Indian Orthodontic Society

Do you know someone who deserves this gift?

Contact the nearest IOS Endorsed Orthodontist or DM us on Social Media www.iosweb.net

A limited number of cases will be supported each year, selected on a first-come, first-served basis with an appropriate capping on one centre.

<https://iosweb.net/GiftASmile.aspx>

Through the GIFT A SMILE Initiative, the Indian Orthodontic Society reaffirms its dedication to ethical practice, professional excellence, and inclusive oral healthcare.



MID YEAR CONVENTION

SYDNEY 2026

The Indian Orthodontic Society Midyear Convention (MYC) 2026 held in Sydney was a remarkable success, with 106 delegates participating – one of the largest contingents ever from IOS for a Midyear Convention. The event stood as a testimony to the vision and leadership of IOS President Dr. Sridevi Padmanabhan and Organising Chairman Dr. Vadivel Kumar, who ambitiously selected Australia as the destination for this prestigious gathering.

The successful execution of the convention was made possible through meticulous planning and dedicated teamwork over the course of a year. The organising committee, supported efficiently by the IOS Head Office and guided by the travel partners ensured a seamless experience for all delegates. The overwhelming response from members led to registrations closing in record time.





The official MYC was conducted from 10th to 15th May 2026 in the beautiful city of Sydney. Sydney Harbour Marriott Hotel at Circular Quay served as both the venue for the scientific deliberations and the accommodation for delegates during the convention.

The Australian Society of Orthodontists extended exceptional support and warmth towards the event. ASO President Dr. Roslyn Mayne travelled to Sydney to grace the occasion as Chief Guest and actively participated in the scientific sessions held on 11th May 2026.



SYDNEY 2026



The scientific programme featured two outstanding invited lectures by Dr. Ali Darendeliler and Dr. Narayan H. Gandedkar, both of whom graciously accepted the invitation and shared their immense expertise with the delegates. The event also witnessed enthusiastic participation through oral and poster presentations by delegates.



The inauguration ceremony was held on 11th May 2026 at the Sydney Harbour Marriott Hotel. Organising Chairman Dr. Vadivel Kumar welcomed the gathering, followed by the Presidential Address delivered by IOS President Dr. Sridevi Padmanabhan. As a gesture of goodwill and friendship, a painting created by IOS Past President Dr. Akhther Hussain was presented to the ASO President. In return, the ASO President gifted a local Australian heritage painting to the IOS President. What began as a scientific exchange between two professional societies beautifully evolved into a cultural exchange between India and Australia.



SYDNEY 2026



Dr. Roslyn Mayne expressed her happiness in being associated with the event and appreciated the solidarity shown by IOS members and the Head Office in organising such a memorable convention in Australia. The inauguration ceremony was graced by several distinguished dignitaries, including President-Elect Dr. Surya Kanta Das, Vice President Dr. Sarvaraj Kohli, JIOS Editor Dr. Mridula Trehan, and EC members Dr. Deenadayalan, Dr. Raj Vikram, Dr. Akhil Agarwal, and Dr. Harsh Mishra.



The Vote of Thanks was delivered by Dr. K. Gnana Shanmugham, who acknowledged the relentless efforts of the organising team, including Scientific Chairman Dr. Vignesh Kailasam, Organising Co-Chairman Dr. Deepak Chandra, Joint Organising Secretary Dr. Deenadayalan, other extended committee members, Tour Manager Mr. Bala and his team, as well as sponsor for their invaluable support.



SYDNEY 2026



Beyond academics, the convention also offered memorable experiences exploring Sydney. Delegates enjoyed a spectacular harbour cruise with breathtaking night views of the Sydney skyline, a visit to the majestic Blue Mountains, and tours of iconic landmarks including the Sydney Opera House and Sydney Tower Eye. A grand gala dinner was organised on 13th May 2026, during which organising team members and delegates were honoured for their dedication and patronage. The evening concluded on a vibrant note, with IOS members entertaining the audience through their musical talents and camaraderie.



The contingent finally embarked on their return journey from Sydney to Bengaluru on 15th May 2026, carrying with them unforgettable memories, strengthened professional bonds, and the pride of having participated in a truly historic MYC.



SYDNEY 2026





SYDNEY 2026



Reported by Organising Secretary Dr. Gnana Shanmugam and Associate Editor, Dr. Shantanu Khattri



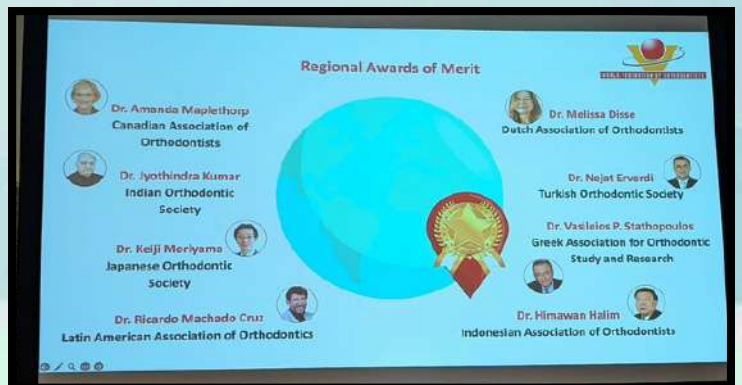
Indian Representation in AAO , Orlando



Congratulations to our senior member and past president Dr. Jyotindra kumar for being awarded the *WFO regional award of merit for 2026!*

Congratulations also to Dr. Jayesh Rahalkar and Dr. Joseph Varghese for receiving the *WFO changing lives award for 2025!*

Congratulations to Dr. Asif Ali and Dr. Anaisha Kering for being selected for the *Alan R Thom art awards* which will be given in the next WFO presidents breakfast at Vancouver.



CLEFT FELLOWSHIP PROGRAMME

Module 2: Infant Orthopaedics — Planning, Treatment & Hands-On
April 20 & 21, 2026 | **Sree Balaji Dental College and Hospital, Chennai**

OVERVIEW

The second module of the Modular Course on Cleft and Craniofacial Orthodontics and the first physical, in-person module of the series was successfully conducted on April 20 and 21, 2026, at Sree Balaji Dental College and Hospital (SBDCH), Chennai. The programme was jointly organised by the Indian Orthodontic Society (IOS) and SBDCH, Bharath Institute of Higher Education and Research (BIHER), and focused on Infant Orthopaedics, covering planning, treatment principles, and hands-on training.

The two-day event brought together 13 participants (Orthodontists) and 4 speakers (Orthodontists, Nutritionist and Speech-language pathologist) committed to advancing comprehensive cleft care in India.

INAUGURATION CEREMONY



The training programme commenced with a traditional lamp-lighting ceremony, symbolising the pursuit of knowledge and excellence in healthcare. Faculty members and dignitaries from SBDCH and IOS were present for the formal inauguration, setting an auspicious tone for the event.

PROGRAMME STRUCTURE

Day 1 Highlights

The first day covered foundational knowledge in cleft care and pre-surgical infant Orthopaedics:

- Embryological development of the face and palate
- Introduction to and classification of cleft lip and palate
- Introduction to Pre-Surgical Infant Orthopaedics (PSIO) and patient selection
- Nasoalveolar Moulding (NAM) - principles and technique

Day 2 Highlights

The second day focused on clinical and interdisciplinary aspects of infant cleft care:

- Feeding challenges in cleft lip and palate - neonatal assessment and early intervention
- Growth monitoring, nutrition, and pre-operative optimization
- Early speech assessment and appropriate referrals
- Live patient démonstration
- Hands-on NAM Appliance



TRAINING SESSIONS & HANDS-ON COMPONENT

A key feature of the programme was its strong emphasis on experiential learning. Each participant's workstation was equipped with training models and NAM simulation materials. The hands-on component allowed participants to practice techniques under faculty supervision, bridging the gap between theory and clinical practice.



CERTIFICATE DISTRIBUTION

The programme concluded with a formal certificate distribution ceremony, during which speakers were recognised for. Certificates and mementoes were presented by the Dean of SBDCH and Organising Chairman for their contribution.



CONCLUSION

The second module of the Cleft Care Technical Training Programme was a resounding success, attracting enthusiastic participation from dental professionals across the country. The combination of didactic lectures, interdisciplinary discussions, and hands-on simulation provided participants with a comprehensive foundation in infant cleft orthopaedics. The organising team extends sincere gratitude to all faculty speakers, participants, and support staff for their valuable contributions. The programme represents a significant step towards building a skilled workforce capable of delivering high-quality, evidence-based cleft care in India.

Reported by Associate Editor , Dr. Shantanu Khattri



Biomechanics Unlocked

In the third introduction seminar on predictable orthodontics, The clinical importance of the Six geometries was discussed giving clinical clarity to alignment of the dental arches. Also discussed was minor bends and molar uprighting in a manner that the practitioners can have the confidence to understand the application in clinical practice. The final session on 5th and 6th of September under the programme “Bio-Mechanics Unlocked for predictable orthodontics with International Biomechanics stalwarts, Dr. Kwangchul Choy, Dr. Paola Merlo and Dr. Vincenzo D’Anto to understand the nuances of tooth movement will create a foundation for students and practitioners to plan predictable orthodontic tooth movement.

Senior practitioners in the country claimed this is the first Bio-Mechanics session that explained these difficult topics with clarity and linked the theoretical aspects to practical application.

Recognize geometries by clinical observation

LOW GEOMETRIES

- Geometry I:** The two slots have parallel orientations.
- Geometry II:** Slots' orientations intersect out of the interbracket space, on the side of the bracket with the largest angle.
- Geometry III:** Slots' orientations intersect on the bracket having the largest angle.

HIGH GEOMETRIES

- Geometry IV:** Slots' orientations intersect at 1/3 of the interbracket distance, closer to the bracket with the largest angle.
- Geometry VI:** Slots' orientations intersect in the middle of the interbracket distance.

Imagine a line representing the slot orientations, which are the dotted lines in this picture.

In geometry I the lines never intersect, while they cross out of the interbracket space in geometry II. In geometry III the intersection takes place in the middle of one of the 2 bracket, while in geometries larger than the III, the crossing is located within the interbracket space: In geometry VI is right in the middle of it, in geometry IV is at the conjunction between the 1/3 and the 2/3 of the interbracket distance.

To identify the bracket with the larger angle (B) this is the closest to the crossing of the dashed lines. In geometries I and VI, that are symmetrical, this concept cannot be applied.

Paola Merlo 19



President Dr. Sridevi Padmanabhan and Honorable Secretary Dr. Subhaker Juvadi were called for a stakeholders consultation of BDS & MDS curricula in NDC representing Indian Orthodontic Society



Members appointed as members of special Advisory group under Curriculum Architecture Panel

Member Curriculum Architecture Panel

- **Dr. Kanhoba Keluskar**

Special Advisory panel on curriculum development - Orthodontics

- **Dr. Supriya Nambiar, Member Coordinator**
- **Dr. Rajkumar Maurya, Member**
- **Dr. Ravindranath V. K, Member**
- **Dr. K. Jyothindra Kumar, Member**
- **Dr. Vignesh Kailasam, Member**

Special thanks to the IOS curriculum committee task force. President ma'am , Secretary sir , Dr. Surya Kanta Das, Dr. Umarevathi, Dr. Chetan, Dr. Akhil Agarwal , Dr. Madhav Chandran (PG Curriculum) , Dr. Sarvraj Kohli , Dr. Suryakant Powar, Dr. Bhagyalakshmi A., Dr. Harneet Kaur and Dr. Partha Pratim Choudhary (UG Curriculum)

Reported by Associate Editor , Dr. Uma Revathi and Section Editor, Dr. Stuti Mohan

Prof. Dr.K.Jyothindra Kumar

The Indian Board of Orthodontics — The Early Years: Trials, Tribulations and a Vision Realised. Musings of the Founder Secretary of IBO.

The Indian Board of Orthodontics recently celebrated a proud milestone — its Silver Jubilee — marking twenty-five years of upholding clinical excellence in one of dentistry's most demanding specialties. Yet the story of its birth is one of vision, perseverance, and no small measure of professional courage. To understand what the IBO means today, one must go back to the turbulent, exciting years of its making.

The early 1980s were a time of genuine transformation in Indian orthodontics. The Begg technique, which had dominated clinical practice for decades, was steadily giving way to the Straight Wire appliance — a more nuanced, demanding system that placed greater responsibility on the treating orthodontist. With this shift came a new urgency. The profession was asking itself harder questions about the standard of finish, the quality of outcomes, and the accountability owed to patients. A desire for measurable, peer-validated excellence was quietly but unmistakably taking root.

The spark that would eventually become the Indian Board of Orthodontics was struck in 1989, at the 23rd Indian Orthodontic Conference held in Trivandrum. It was here that Dr. Dale Wade, then Chairman of the American Board of Orthodontics, conducted the first hands-on Straight Wire course in India. Beyond the clinical instruction, Dr. Wade offered the Indian orthodontic community something equally valuable — a idea. He proposed the establishment of an Indian Board of Orthodontics as a formal, structured means of striving for higher clinical standards, drawing inspiration from the model that had served American orthodontics so well.

The idea found immediate resonance. Dr. Jyothindra Kumar and Dr. Samraj, then Secretary of the Indian Orthodontic Society, took it upon themselves to translate the vision into a workable framework, drafting the foundational bye-laws that would give the proposed Board its shape and purpose. At the 25th Annual General Body Meeting of the IOS in Mumbai in 1990, the executive committee placed a formal proposal before the membership — a call to establish an autonomous, independent specialty Board with clear guiding principles. The members voted unanimously in favour. It was a historic moment, though the road ahead would prove far from straightforward.

What followed were years of genuine deliberation and, at times, perplexing difficulty. The profession grappled with questions that were as practical as they were philosophical. Who would be qualified to serve as examiners? What types of cases should candidates be required to present? And perhaps most critically — what would constitute an acceptable standard of clinical result? These were not questions with easy answers, and they demanded honest, sometimes uncomfortable, professional debate.



Gradually, a consensus emerged around a principle that would define the Board's character: that every orthodontist seeking Diplomate status must, as the expression went, "put the plaster on the table" — presenting actual treated cases to be judged by peers, with no shortcuts and no exceptions. For those senior professionals who had already given decades of distinguished service to the specialty — past presidents, secretaries and editors of the IOS — Honorary Fellowship was extended as a mark of recognition and respect.

After years of careful deliberation, the constitution of the Board was formally presented to the AGM of the IOS at Manipal in 1998 and was accepted. The Indian Board of Orthodontics came into being as an autonomous body under the aegis of the Indian Orthodontic Society, with its own constitution, its own governance, and its own uncompromising standard of excellence.

The first diet of the IBO was held in Bengaluru, Karnataka, in 1999. Twelve candidates were awarded Diplomate status — the first cohort of Board-certified orthodontists in India. The occasion was graced by two true doyens of Indian orthodontics, Dr. S. Rangachari and Dr. Prem Prakash, who served as the first examiners, lending the proceedings both gravitas and the weight of accumulated wisdom. The Diplomates from among themselves elected the first set of officers of the IBO. Dr. Vijay Jayade was elected as the Chairman, Dr. Ashok Karad as Vice Chairman and Dr. K. Jyothindra Kumar as the Founder Secretary. The baton has been handed over diligently these twenty five years.

The purpose the Board set out to serve remains as relevant today as it was at its founding. The IBO exists to stimulate the spirit of self-improvement among teachers, practitioners and students of orthodontics alike — to encourage continued professional review and the elevation of standards of education and treatment throughout an orthodontist's entire career, not merely at its outset.

Board certification, at its heart, is a voluntary act of professional integrity. It is a process by which an orthodontist submits to examination by peers — a rigorous assessment of both knowledge and clinical skill. To pass is to demonstrate, to the profession and to the public, a commitment to continued proficiency and excellence that goes well beyond the minimum required by law. A Board-certified orthodontist has reached a distinct level of achievement — one that speaks not merely of technical competence, but of a personal and lifelong commitment to the highest quality of patient care.

The Indian Board of Orthodontics remains the only specialty Board recognised by the Indian Orthodontic Society. Its certification process — a demanding series of written and clinical examinations in which the candidate's knowledge and skill are thoroughly evaluated — culminates in the designation of "Diplomate of the Indian Board of Orthodontics." It is a title earned, never given. And as the IBO marks its Silver Jubilee, that distinction means as much as it ever did.

Prof. Dr. K. Jyothindra Kumar, MDS, M.Orth RCS Ed, MDORCPS (G) FDSRCS.Ed, DIBO, DSc
Past President IOS, Past Chairman IBO

Reported by Section Editor, Dr. Pavithra M Bai





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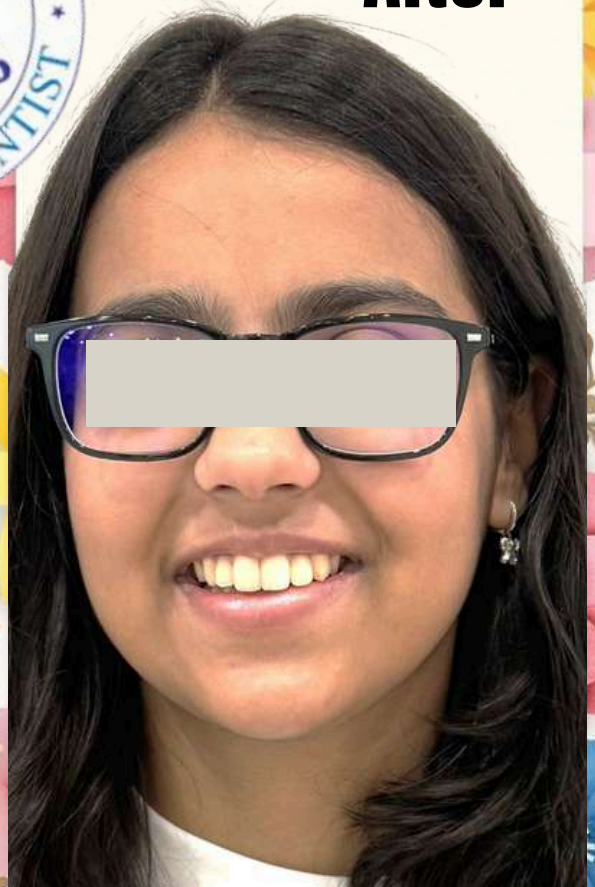
Before



Is your Braces specialist MDS orthodontics?



After



**IOS Times
acknowledges
Dr. Maninder S Sidhu
for his contribution in
the public awareness
page**



Before



***Is your braces doctor
a member of Indian
Orthodontic Society?***

After



**IOS Times acknowledges
Dr. Deepak Chandra for his
contribution in the public
awareness page.**



Before



After

Is your braces doctor MDS Orthodontist?



IOS Times acknowledges Dr. Mohit Sharma for his contribution in the public awareness page.



Before



After

Magic of Braces



**IOS Times
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Dr. Rupa Ghosh
for her
contribution in
the public
awareness page.**



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Is your braces specialist IOS Endorsed?



Before



After



IOS Times acknowledges Dr. Shreya Naik for her contribution in the public awareness page



Magic of braces



Before



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After

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Dr. Abhiram for his
contribution in the public
awareness page.**





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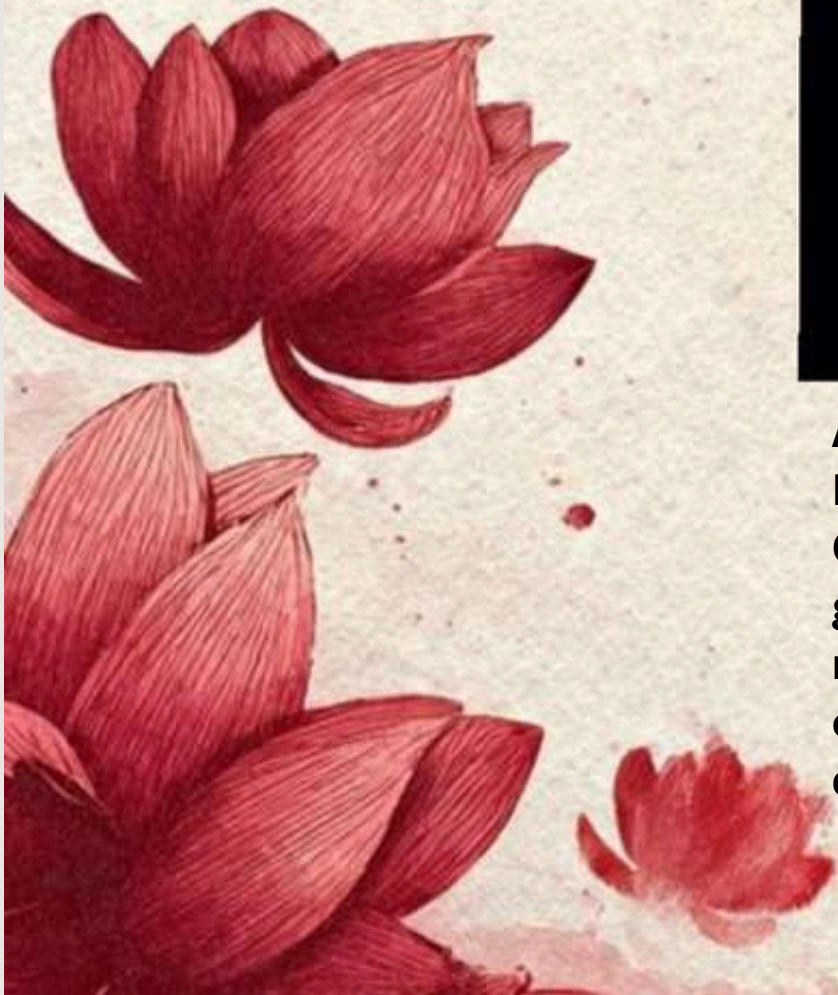


IOS Times acknowledges Dr. Ishaan Grover for his contribution in the public awareness page.



At IADR annual meet at San Diego , Dr. Deepak Chandra won the IADR Centennial award and a travel grant of USD 2000 which was recognized at the inaugural ceremony attended by 2000 delegates globally.

Reported by Section Editor , Dr. Stuti Mohan





Dr. Devinder Preet Singh

Bestowed with Bharat Vibhushan Samman 2026

Dr. Devinder Preet Singh, Convener Of Chandigarh Orthodontic Study Group has been bestowed with the prestigious BHARAT VIBHUSHAN SAMMAN 2026 by the Hon'ble Speaker of Punjab Vidhan Sabha, Shri Kultar Singh Sandhwan Ji at a glittering ceremony in Punjab Vidhan Sabha on 28.04.2026. He was conferred the award in the category of Centre of Excellence in Healthcare Services, owing to his outstanding achievements and remarkable contribution in the field of Dental Sciences and Nation Building. The award was conferred in the august presence of other office bearers namely, Sardar Jai Krishan Singh Rouri (Hon'ble Deputy Speaker), Shri Ram Lal Khatana (Secretary) and Sardar Surinder Singh Moti (Secretary to the Hon'ble Speaker) of the Punjab Vidhan Sabha. The ceremony was organized by the Institute of Social Reforms and Higher Education Charitable Trust which is a nonprofit trust registered under the Indian Trust Act and NITI Aayog by the Government of India.

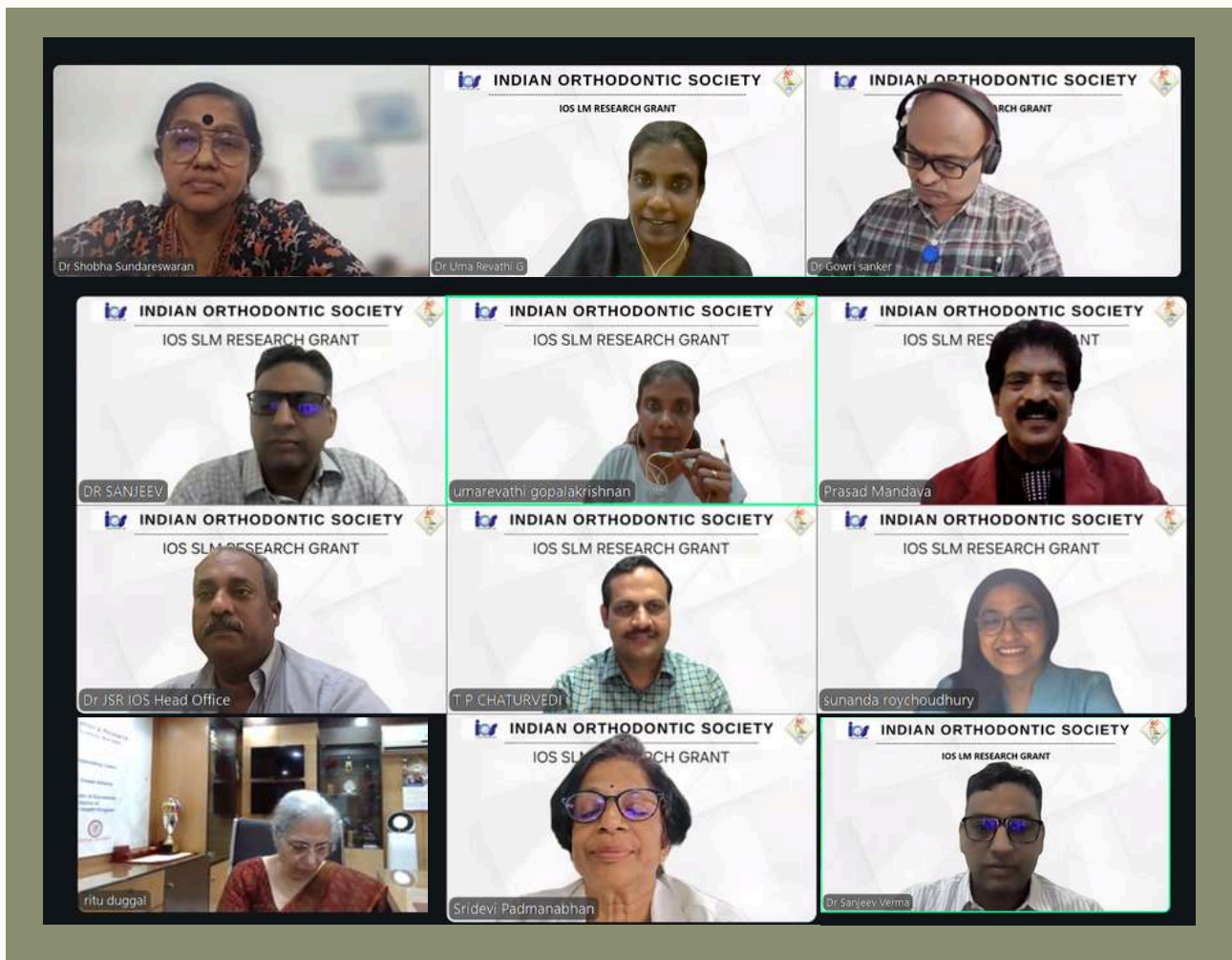


IOS RESEARCH COLUMN

Since the constitution of the current research committee, the major work done was towards the IOS research grants, both SLM and LM grants. The calls for both SLM and LM proposals were open by the 1st week of January 2026 and the portal was open till the 15th of Feb, 2026 as scheduled. We received a total of 84 SLM proposals and 17 LM proposals from institutions across India.

LM proposals:

Since the LM proposals were less than 20, the entire list was selected for the final proposal submission which happened on 20 and 21st April, 2026 and was judged by a panel of 3 members.



SLM proposals:

A panel of 9 head office designated judges evaluated the 84 SLM proposals based on which 21 are selected for the final submission. A panel of 3 judges evaluated the 21 selected proposals.



Indian Orthodontic Society

PRESIDENT

Dr Sridevi Padmanabhan

HON. SECRETARY

Dr. Shubbaker Rao Juvvadi,

Indian Orthodontic Society Research Grant: Life Members: 2026**List of selected candidates**

Rank	Name	LM No	Institute	Contact no.
1	Dr. Nillan Shetty	LM0964	A J Institute of Dental sciences	9845278015
2	Dr. Raghu Devanna	LM1861	Kims Dental College And Hospital	7349361016
3	Dr. Amoli Singh	LM4863	Manipal College of Dental Sciences	9632403296
4	Dr. Ridhi Kothari	LM 4562	Department of Orthodontics Institute of Dental Studies & Technologies	7877490650
5	Dr. Pritam Mohanty	LM2543	Institute of Dental Science	9777453388
6	Dr. Parag Vishnu	LM1432	Bharati Vidyapeeth (Deemed to be University) Dental College and Hospital	9892580848
7	Dr. Tarulatha	LM-1979	Ambedkar Dental College and Hospital	7742129768
8	Dr. Phavithrasri	LM6187	PGIMER, Chandigarh	9003616081
9	Dr. Hitesh Ramdas Sawant	LM5115	Bharati Vidyapeeth (Deemed to be University) Dental College and Hospital	8928444822
10	Dr Rekha	LM1213	Post Graduate Institute of dental Sciences, Rohtak	8076190296



Dr Shubbaker Rao Juvvadi
Hon Secretary - IOS

IOS Head Office:**THE DENTISTS**

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Registered Office:

Indian Orthodontic Society
Reg No: Vellore Sr No 75-1992
25, Seru Munusamy Mudaliar Street,
Velapadi, Vellore, Tamilnadu



**Congratulations Dr Mrigank Shekhar
Jha for successfully completing his PhD**

**Topic:- Effectiveness of TENS and
Acetaminophen for Pain Control During
Orthodontic Treatment: A Comparative Study**



Congratulations

**Dr. Abhinav Raj Gupta for successfully
completing his PhD**

**Clinical and Epidemiological Profile Of Patients With
Cleft Lip and Palate: A 5 years Experience From A
High Volume Center**



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NEXT GEN LINGUAL ORTHODONTICS



LECTURE SERIES AND INTENSIVE WORKSHOPS

The programme, organized by the Department of Orthodontics, marked the first lingual orthodontic workshop in North Karnataka, representing a significant milestone in advancing orthodontic education in the region.

The program began with a warm welcome address by Dr. Prasad Konda, Head of the Department of Orthodontics, who highlighted the importance of lingual orthodontics in modern dental practice and emphasized the need for continuous learning in evolving orthodontic techniques.

The guest speaker, Dr. Dharmadeep, was formally introduced at the event. He was felicitated as a mark of respect and appreciation. His contributions to the field of orthodontics were highlighted. The institution expressed gratitude for his esteemed presence.

The guest speaker, Dr. Sanjay Labh, a pioneer in lingual orthodontics, was formally introduced and felicitated during the event. His notable contributions to the advancement of invisible orthodontic techniques were highlighted, and the institution expressed gratitude for his esteemed presence.

The event commenced with an inauguration ceremony conducted by the Chairman Dr. M.A. Mujeeb, marking the formal beginning of the program.





Dr.Sanjay Labh delivered detailed lectures on lingual biomechanics, emphasizing force systems and tooth movement control. His sessions covered complete lab setup protocols for accurate appliance fabrication.He explained indirect bonding techniques with focus on precision and efficiency.Clinical case discussions highlighted systematic treatment planning and execution.

Dr.G Dharmadeep delivered a lecture on lingual self-ligating bracket systems and their design principles.The session emphasized reduced friction mechanics and improved treatment efficiency.He discussed clinical advantages including patient comfort and effective tooth movement.The lecture provided insights into modern advancements in lingual orthodontics.

Wire Bending Workshop –Dr. G. DharmadeepThis workshop emphasized the principles and techniques of precise wire bending in lingual orthodontics.Participants learned to customize archwires for controlled and efficient tooth movement.Step-by-step demonstrations helped in understanding intricate wire adjustments.



Reported by Managing Editor , Dr. Akhil Agarwal

Ranchi Orthodontic Study Group

“Mastering In-House Clear Aligners: From Design to Delivery”, organized by the Ranchi Orthodontic Study Group (ROSG) in association with the Indian Orthodontic Society (IOS) on 26th April 2026 at Hotel Radisson Blu, Kadru, Ranchi.

The scientific session was led by Dr. Ajit Jaiswal, who delivered a comprehensive lecture on the complete in-house aligner workflow, including case selection, digital treatment planning, biomechanics, use of attachments and IPR, aligner materials, and clinical protocols. The lecture emphasized practical, cost-effective implementation of in-house aligner systems in routine orthodontic practice.

The post-lunch session comprised an interactive hands-on demonstration conducted by Dr. Ajit Jaiswal and Dr. Rahul Prakash, covering digital setup, aligner planning software, 3D printing workflow, thermoforming techniques, and clinical delivery protocols. Participants also gained insights into troubleshooting common issues and improving treatment efficiency.

Dr. Rahul Prakash further enriched the program by sharing clinical case experiences, hybrid treatment approaches, and practical strategies for integrating in-house aligner systems into daily practice.

The workshop was efficiently organized under the convenorship of Dr. Poonam K Jayaprakash, Dr. Abhay Kumar Jain, and Dr. Rahul Prakash, with support from the scientific committee (Dr Aditya Narnoly and Dr Anant Jyothi). The program was conducted smoothly with excellent coordination and enthusiastic participation.



Bombay Orthodontic Study Group

"Lingual to Aligner: The Invisible Orthodontics Continuum"

The scientific program "From Lingual to Aligner: The Invisible Orthodontics Continuum" marked a significant academic milestone for the Bombay Orthodontic Study Group (BOSG), reflecting its continued commitment to advancing excellence in contemporary orthodontic practice. The program emphasized the integration of aligner therapy and lingual orthodontic techniques, highlighting the transition towards more aesthetic, patient-centric treatment modalities.

The insightful deliberations by distinguished speakers, Dr. Suryakanta Das and Dr. Sanjay Labh, underscored the importance of combining clinical precision with technological advancements to achieve optimal treatment outcomes. Their sessions focused on practical workflows, case-based learning, and the synergistic application of lingual systems alongside aligners in managing a wide range of orthodontic cases. Organized under the Convenors Dr. Javed Khan, Dr. Yash Shekatkar and Dr. Nayana Dandwate, the event brought together leading experts and clinicians to explore the evolving paradigm of invisible orthodontics. Supported by Orthomatrix, the event witnessed enthusiastic participation from BOSG members and delegates, further strengthening the organization's reputation as a premier academic forum within the Indian Orthodontic Society (IOS). The success of this scientific session reflects BOSG's unwavering dedication to promoting evidence-based orthodontics, fostering interdisciplinary collaboration, and embracing innovation in invisible orthodontic care. Through such initiatives, BOSG continues to uphold its legacy of academic excellence while paving the way for the future of modern orthodontic practice.





Hubli Dharwad Orthodontic Study Group (HDOSG) CDE Webinar Series – 2026

The Hubli Dharwad Orthodontic Study Group (HDOSG) successfully conducted a Continuing Dental Education (CDE) webinar as part of its 2026 academic series on 23rd April 2026. The topic of the webinar was “Virtual Surgical Planning in Asymmetry Cases.” The session featured an expert lecture by **Dr. Akhil Shetty, Professor, Department of Orthodontics, A B Shetty Memorial Institute of Dental Sciences, Mangalore.** The webinar was moderated by **Dr. Sunil Kumar Nagmode, Professor and Head of Department at SMBT Dental College & Hospital.**

The session was organized under the leadership of the convenors: **Dr. Anupama V, Dr. Sangamesh B and Dr. Shantesh M**

The webinar focused on the application of **Virtual Surgical Planning (VSP)** in managing facial asymmetry cases, highlighting its clinical relevance in diagnosis, treatment planning, and outcome prediction in orthodontics and orthognathic surgery. The session witnessed active participation from postgraduate students, academicians, and practicing orthodontists.

The event was conducted under the aegis of the Indian Orthodontic Society, with support from:

- Dr. Sridevi Padmanabhan, President, IOS
- Dr. Shubhaker Rao Juvvadi, Hon. Secretary, IOS

HUBLI DHARWAD ORTHODONTIC STUDY GROUP - CDE WEBINAR SERIES 2026

Topic : Virtual Surgical Planning in Asymmetry Cases

Registration link:
https://zoom.us/webinar/register/wn_Dx44npzPTiyTbVbMti-Afg

Date : 23.04.2026 (7 pm -8:30pm)

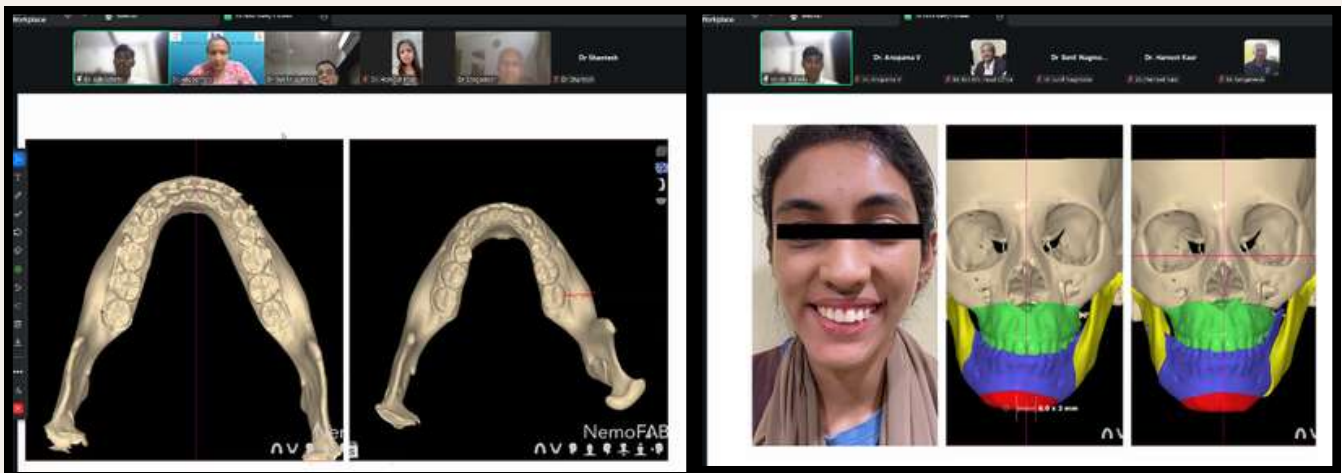
Dr. Akhil Shetty
 Professor
 Dept of Orthodontics
 A B Shetty Memorial Institute of Dental Sciences
 Mangalore

Moderator
Dr. Sunil Nagmode
 Prof & HOD, SMBTDC&H

Dr. Anupama V
 Convenor- HDOSG

Dr. Sangamesh B
 Convenor- HDOSG

Dr. Shantesh
 Convenor- HDOSG



One Day CDE Program by Mamata Institute of Dental Sciences, Hyderabad In Association with Hyderabad Orthodontic Study Group

A one-day CDE program was conducted on April 16, 2026, at Hansa Auditorium, Mamata Institute of Dental Sciences, Organized by the Department of Orthodontics and Dentofacial Orthopaedics at Mamata Institute of Dental Sciences, alongside the Hyderabad Orthodontic Study Group (HOSG) and ORMCO India.



The event drew 170 delegates including Heads of Departments, Postgraduates, and Clinicians from Telangana and Andhra Pradesh.

Dr. Hrushikesh Aphale, Professor at SMBT Dental College, Sangamner, delivered a session on “Maximizing the DAMON appliance utility—from basics to DAMON Ultima.” and Dr. Apoorva Sahu, Chief Practitioner at Dr. Apoorva Sahu’s Dental and Orthodontic Care, presented his session on “Tips and Tricks for predictable biomechanics with Spark Clear Aligners.”



The event featured Chief Guest Dr. Satheesh Kumar Reddy (Past Incharge President, DCI), Guests of Honour Dr. G. Chandrasekhar (Past President, Indian Orthodontic Society) and Dr. Shubhaker Rao Juvvadi (Hon. Secretary, Indian Orthodontic Society), plus HOSG Convenors Dr. KV Sujan Kumar, Dr. Yudhistar PV, and Dr. Anirudh Mathur.



The event ended with felicitations for the speakers, chief guest, guests of honour, HOSG convenors, and ORMCO India representatives. This gathering highlighted cutting-edge orthodontic innovations, fostering professional networking and education in the field.



Reported by Managing Editor Dr. Akhil Agarwal

Madras Orthodontic Study Group



The Madras Orthodontic study group, in association with IOS organized a Basic Life Support program -Batch 2, first of its kind among all study groups. The program was conducted on 02-05-26, with limited participants aimed at training in essential emergency skills, emphasizing the timely recognition of life-threatening conditions, effective CPR and immediate interventions that can save lives. the audience. The program included some interactive lectures followed by hands-on workshop. All the participants were awarded two-year valid digital certificate towards the same. On behalf of the MOSG, my heartfelt thanks to the office bearers of IOS, President Dr. Sridevi Padmanabhan for the everlasting support and Honorary Secretary Dr. Shubhakar Rao for his video message congratulating the study group and its unique initiative. I thank all the members of the study group for the constant support and hearty congratulations to all the participants.

Reported By Managing Editor , Dr. Akhil Agarwal



Bhubaneswar Orthodontic Study Group

Bhubaneswar Orthodontic Study Group Hosts High-Impact Academic Program

The Bhubaneswar Orthodontic Study Group successfully conducted a prestigious academic program on “Adult Orthodontics and Interdisciplinary Care” on 10th May 2026 at the esteemed Kalinga Institute of Dental Sciences Auditorium. The event witnessed enthusiastic participation from nearly 70 orthodontists, including postgraduate students, private practitioners, senior faculty members, and academicians representing various dental institutions across Odisha.



Distinguished Dignitaries

The program was honored by the presence of eminent personalities in the field of orthodontics. The **Chief Guest, Dr Asish Kumar Barik, Member nominated to the Dental Advisory Council, National Dental Commission**, lent great prestige to the event.

He was joined by senior founder member **Dr Ashok Kumar Jena, Professor and Head of Department at AIIMS Bhubaneswar**.

The scientific session featured **renowned keynote speaker Dr Jayesh Rahalkar, former President of the Prestigious Indian Orthodontic Society**, whose expertise was the highlight of the program.

Inauguration and Opening Ceremony



The program commenced with a formal inauguration and ceremonial lighting of the lamp, symbolizing the pursuit of knowledge and academic excellence.

The ceremony was led by **Chief Convenor Dr Bhagabati Prasad Dash**, along with the fellow Convenors **Dr Mitali Mishra and Dr Subrat Sahani**, in the esteemed presence of the Chief Guest, distinguished faculty, and senior founder members.

Dr Bhagabati Prasad Dash delivered the welcome address, setting a warm and scholarly tone for the proceedings. The dignitaries and keynote speaker were felicitated in recognition of their significant contributions to orthodontics.



Engaging Scientific Session

The highlight of the program was the scientific lecture by Dr Jayesh Rahalkar, which focused on complex adult orthodontic cases and the importance of interdisciplinary treatment approaches.

The session stood out for its Comprehensive case-based discussions, Emphasis on clinical decision-making Integration of multidisciplinary perspectives.

The interactive format encouraged active participation, fostering meaningful dialogue among attendees. A lively question-and-answer session followed, allowing participants to engage directly with the speaker and clarify clinical challenges.



Academic Impact and Participation

Participants greatly benefited from the depth of knowledge, clinical insights, and practical expertise shared during the session. The program served as a valuable platform for: Academic exchange Skill enhancement, Networking among orthodontic professionals.

The event reinforced the importance of continuous professional development and interdisciplinary collaboration in modern orthodontic practice.

The program concluded with a formal vote of thanks delivered by **Convenor, Dr Mitali Mishra, Assistant Professor at SCB Dental College, Cuttack.**

She expressed heartfelt gratitude to the dignitaries, keynote speaker, participants, and organizing team for their invaluable contributions in making the event a grand academic success.



Overall Impression

The program was a resounding success, reflecting the commitment of the Bhubaneswar Orthodontic Study Group to academic excellence, clinical advancement, and professional collaboration. It stands as a significant milestone in promoting advanced orthodontic education in Odisha.

Trivandrum Orthodontic Study Group

“From Good To Great: Mastering Orthodontic Finishing”

The Trivandrum Orthodontic Study Group (TOSG) successfully conducted a Continuing Dental Education (CDE) Program titled “From Good To Great: Mastering Orthodontic Finishing” on 14th May 2026 at Hotel Apollo Dimora, Thiruvananthapuram. The program witnessed enthusiastic participation from approximately 100 specialist orthodontists and postgraduate students from various institutions and private practices across Kerala.

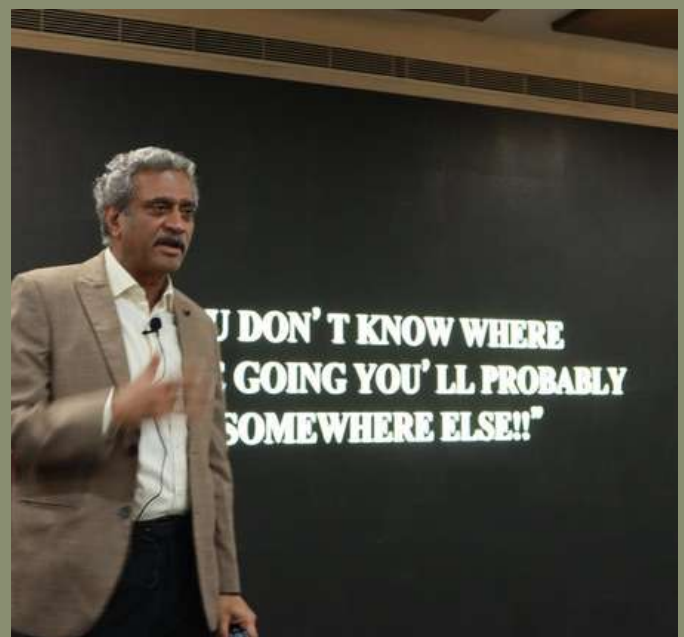
The scientific program was organized with the objective of enhancing clinical knowledge and refining orthodontic finishing protocols, emphasizing efficiency-driven mechanics and evidence-based treatment outcomes. The event served as an excellent academic platform for interaction among clinicians, academicians, and postgraduate students.

The program was hosted under the leadership of the TOSG convenors:

- Dr. Biju Sebastian
- Dr. Anil Abdul Kaphoor
- Dr. Deepak DR

The organizers expressed gratitude to the office bearers of the Indian Orthodontic Society. The scientific sessions were delivered by the distinguished speaker Dr. N. R. Krishnaswamy, Former Professor and Head, Department of Orthodontics, Ragas Dental College and Hospitals, Chennai. Dr. Krishnaswamy is a highly respected academician and clinician with decades of experience in orthodontic education and clinical practice.

The scientific sessions were thoughtfully structured into three focused lectures addressing the critical phases of orthodontic finishing.





The lectures were highly interactive, with participants actively engaging in discussions and clarifying clinical doubts.

The case-based presentations and practical insights provided valuable learning experiences for both practicing orthodontists and postgraduate students.



Chandigarh Orthodontic Study Group



The “Saturday Orthodontic Carnival” by Chandigarh Orthodontic Study Group under the aegis of the Indian Orthodontic Society at Hotel Shivalikview, sector 17 Chandigarh. This event was strategically timed to coincide with “World Orthodontic Health Day”, specialty’s commitment to clinical excellence. By aligning regional expertise with the international celebration of orthodontic health, the event underscores the Indian Orthodontic Society’s role in setting global standards for patient care and practitioner development. The proceedings were graced by the “august presence” of senior luminaries, including Dr. S.P. Singh (Head & Chair, Oral Health Sciences Centre; Former Vice President, IOS), Dr. Gautam Munjal (Former-President IBO), and Dr. Sarabjeet Singh (Former Vice President, IOS).

Dr. Vinay Kumar presided over the opening, welcoming the delegates and highlighting the strategic theme of the event as, “Saturday Orthodontic Carnival”.

Dr. G. K .Singh’s presentation, titled “Management of Class III and a Case Report with Unusual Finding,” enlightened the audience through a meticulous analysis of complex cases.

The focus of the second session led by Dr KS Negi pivoted to the complexities of orthodontic retreatment and the strategic importance of occlusal stability.



Reported by Managing Editor , Dr. Akhil Agarwal

Mangalore Orthodontic Study Group

Workshop on “Mastering Aligner Science”

The Department of Orthodontics and Dentofacial Orthopaedics, Srinivas Institute of Dental Sciences, Mukka, Mangalore, in association with the Mangalore Orthodontic Study Group (MOSG), conducted a 2-day workshop titled “Mastering Aligner Science... from Pin to P(r)in(t)”. The program focused on comprehensive clear aligner therapy, from case selection to in-house fabrication.

Patrons: Late Shri Dr. CA. A. Raghavendra Rao; Dr. A. Srinivas Rao, Honorable Chancellor, Srinivas University; Smt. A. Vijayalakshmi R. Rao; Prof. Er. Smt. A. Mitra S. Rao

Resource persons:

Dr. Rohan Rai

Dr. Ajit Kumar Jaiswal

Dr. Anupama V

Inaugurated by: Prof. Dr. M.S. Ravi, Vice-Principal & HOD, ABSMIDS, Mangalore

Chief Guest: Prof. Dr. K. Reshma Pai, Dean, Srinivas Institute of Dental Sciences



Supported by Managing Editor, Dr. Akhil Agarwal

Day 1 focused on fundamentals: principles of clear aligner therapy, case selection, rationale of planning, and case reports of complex malocclusions. Included live demos of intra-oral scanning, IPR, and attachment placement.

Day 2 covered in-house aligner workflow: treatment planning & set-up, STL file transfer, 3D printing, model curing, aligner fabrication, plier usage, and predictability of tooth movements.

The workshop provided hands-on exposure to digital workflows and in-house aligner systems, bridging clinical concepts with practical application for postgraduate students and practitioners.



Supported by Managing Editor , Dr. Akhil Agarwal

Reported by Managing Editor , Dr. Akhil Agarwal

2026 THE LINGUAL ORTHODONTICS ELITE SUMMIT “FIRST-EVER GLOBAL ON-PATIENT DIRECT LINGUAL BONDING PROGRAM”

Department of Orthodontics and Dentofacial Orthopaedics, G. Pulla Reddy Dental College and Hospital, Kurnool, AP in association with Indian Orthodontic Society conducted “2026 The Lingual Orthodontics Elite Summit” on 15th and 16th May 2026, on the occasion of “World Orthodontic Health Day, 2026”.

The objective of this program was to provide participants with hands-on exposure to direct lingual bonding and to build their confidence in performing lingual orthodontic procedures. A total of 60 orthodontists performed direct lingual bonding with Selfy Lingual Bracket System on 30 patients in a single day, creating history as the world’s first-ever on-patient lingual summit.

The Speakers include **Dr. Sanjay Labh**, who explained the *SLIB technique*; **Dr. G. Dharmadeep**, Course Director of *Direct Lingual Bonding Procedures*; and **Dr. Suryakanta Das**, who explained the *CVPU technique* through an online forum.





2026 THE LINGUAL ORTHODONTICS ELITE SUMMIT



G Pulla Reddy Dental College & Hospital, Kurnool, AP

Reported by Managing Editor, Dr. Mayank Gupta

Dr. Amrita Puri

MY VIEW ON SUCCESSFUL PRACTICE MANAGEMENT IN ORTHODONTICS

In my view, a successful orthodontic practice is not defined only by how well I can align teeth, but by how effectively I can manage people, time, and trust. Orthodontics is a long-term commitment for patients, and I see my role not just as a clinician, but as a guide throughout their journey to a better smile.



For me, patient centered care is the foundation of everything. Since orthodontic treatment often lasts months or even years, I believe building a strong relationship with patients is essential. Most of my patients would be children and teenagers, so gaining their trust—as well as their parents'—is very important. I would focus on explaining treatment plans in a simple and honest way, setting realistic expectations, and motivating patients to follow instructions like wearing elastics or aligners properly. I feel that when patients understand the process, they become active participants in their treatment, which leads to better outcomes.



I also believe that a well-managed team is the backbone of a successful practice. I would rely heavily on my assistants and staff for smooth day-to-day functioning. Therefore, I would prioritize proper training, mutual respect, and clear communication within the team. Creating a positive and supportive work environment is important to me, because a happy and motivated team naturally provides better care and creates a welcoming atmosphere for patients.



Time management is another area I consider crucial. Orthodontic practices usually have a high patient flow with short, repeated visits. I would aim to maintain a well-organized schedule that minimizes waiting time while ensuring that each patient gets adequate attention. Balancing efficiency with quality care is something I would consciously work on.



From a financial perspective, I understand that orthodontic treatment can be a significant investment for patients. I would try to keep my practice both ethical and patient-friendly by offering clear fee structures and flexible payment options whenever possible. At the same time, I recognize the importance of maintaining the financial health of the practice so that I can continue to provide quality care and invest in better technology.





Speaking of technology, I am keen on incorporating modern advancements like digital impressions and clear aligner systems into my practice. I believe these tools not only improve treatment accuracy but also help patients visualize outcomes, which can increase their confidence and acceptance of treatment.

I also feel that building a good reputation is essential for long-term success. Rather than relying only on advertisements, I would focus on patient satisfaction, as happy patients are the best source of referrals. Maintaining good communication, following up regularly, and creating a positive treatment experience would be my priority.



At the same time, I would strictly adhere to infection control protocols, ethical standards, and professional guidelines. Even though orthodontics is less invasive, I believe there is no compromise when it comes to patient safety and professional integrity.

Finally, I see continuous learning as a lifelong responsibility. Orthodontics is constantly evolving, and I would make an effort to stay updated with new techniques and innovations. This would help me improve my skills and provide the best possible care to my patients.



In conclusion, my approach to managing an orthodontic practice is centered around trust, efficiency, teamwork, and continuous improvement. I believe that if I focus on delivering honest, patient centered care while maintaining a well-organized and ethical practice, success will naturally follow.

Dr. Nitu Gautam

Practice management in orthodontics is a comprehensive approach that integrates clinical excellence with efficient administrative systems, patient communication, financial planning, and ethical practice. An orthodontic clinic is not only a treatment centre but also a service-oriented organisation where smooth coordination between the orthodontist, staff, and patients determines overall success. Effective practice management ensures optimal utilisation of time, resources, and skills while maintaining high standards of care. It includes appointment scheduling, inventory control, sterilisation protocols, financial management, staff training, patient education, and the use of digital technologies such as orthodontic software and electronic health records. A well-managed orthodontic practice enhances patient satisfaction, improves treatment outcomes, and builds long-term trust and reputation.

Daily patient record management is one of the most critical components of orthodontic practice. Accurate and well-maintained records include patient personal details, medical and dental history, clinical findings, diagnostic records (photographs, radiographs, study models), treatment plans, progress notes, and financial transactions. In modern orthodontics, digital record-keeping systems have largely replaced manual files, allowing easy storage, retrieval, and sharing of patient information. Each patient visit should be documented carefully, including procedures performed, appliance adjustments, patient compliance, oral hygiene status, and any complications observed. This systematic documentation helps monitor treatment progress, make timely modifications, and ensure continuity of care.

Effective patient record management directly impacts day-to-day clinical practice. It improves efficiency by reducing time spent searching for information and minimising errors in treatment planning. It also enhances communication among the dental team, ensuring that every member is aware of the patient's treatment status. Poor record management, on the other hand, can lead to confusion, treatment delays, patient dissatisfaction, and even legal complications. Missing or incomplete records may result in inappropriate treatment decisions or repetition of diagnostic procedures, increasing both cost and time. Therefore, maintaining standardised and updated records is essential for the smooth functioning of an orthodontic clinic.

To enhance orthodontic practice, several practical strategies can be implemented. First, adopting digital management systems or orthodontic practice software can streamline scheduling, billing, and record-keeping. Second, effective appointment management—such as proper time allocation for different procedures and minimising patient waiting time—improves workflow and patient experience.

Third, continuous staff training ensures that assistants and front-desk personnel perform their roles efficiently and professionally. Fourth, maintaining clear, empathetic communication with patients and parents improves compliance, especially during long-term orthodontic treatment. Fifth, implementing strict sterilisation and infection control protocols builds patient confidence and ensures safety. Sixth, regular follow-ups and reminders through phone calls or automated systems help maintain treatment continuity.

By adopting organised systems and modern technologies and by continuously improving communication and administrative practices, an orthodontist can build a successful, patient-centred, and sustainable practice.





Dr. Muralidharan Dhanasekaran

M.D.S, Professor, Karpaga Vinayaga Institute of Dental Sciences, Chengelpet
Specialized in Aligner Designing & Treatment Planning

Aligner centric practice in the digital era

As an academician and professor of orthodontics, I see practice management as a natural extension of teaching—where the clinic becomes a live classroom. In parallel with my professorial role, I work as a consultant in private orthodontic practice and as a clinical–digital designer in clear aligner therapy. This triad—professor, clinician, and aligner designer—shapes how I structure workflows, train students, and operationalise digital practice management.

Structured workflow from consultation to retention

My workflow begins with a structured assessment sheet that captures malocclusion, patient expectations, photographs, and intraoral scans—exactly the format I teach postgraduate students. As an academician, I treat each case as a teaching opportunity: the same protocols used in private practice are mirrored in classroom teaching and Aligner design modules. This ensures that my roles as professor, privatepractice consultant, and aligner designer all reinforce the same clinical and academic standards.

Planning and designing in aligner software

As a professor and clinician, my most active role lies in planning and designing treatment within clear aligner software. I translate biomechanical principles into precise movement sequences, attachment design, and staging logic, then test these plans in my own aligner cases. These live setups become anonymised teaching modules, so my work as an aligner designer directly feeds into lectures, demos, and Academy Notes.

Team roles and delegation in a dualrole practice

In my clinic, the team is clearly divided—frontdesk, scan coordinator, and clinical coordinator—while I retain oversight of diagnosis, treatment planning, and refine design. As a professor, I consciously delegate only what supports learning, so residents and trainees handle preliminary steps under supervision. Weekly academy slots are reserved for live demos, design reviews, and “oneminute” planning tips, where my clinical and Aligner design work becomes structured academic content.

Fee structure, time, and productivity in aligner practice

Because I balance professorial duties, privatepractice consulting, and alignerdesign work, fees are transparently separated into assessment, primary treatment, refinements, and retention. Tracking “timecost per doctorhour” helps me maintain a viable mix of academic, clinical, and industryfocused roles, ensuring that my practice remains both educationally sound and professionally sustainable.

Aligner notes and digital documentation for teaching and practice

Each aligner case carries a structured “aligner note” that merges clinical documentation with teaching potential. As a professor and designer, I ensure these notes include diagnosis, software used, movement scheme, attachments, refinements, and final outcomes. They function as both medicolegal records and academic resources, reinforcing my identity as an academician, clinician, and clear aligner designer.

Ethics, communication, and internal marketing in aligner practice

As an academician, I anchor my practice in ethics, evidencebased consent, and honest communication. I use digital visuals from my own clinical and Aligner cases to illustrate treatment scope and compromises, turning every case into a teaching story. Daily huddles and short design tips keep the clinic feeling like an extension of the academic environment, aligning privatepractice management with the values of the Indian Orthodontic Society.

Reported by Dr. Hasini Gopal

ios
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Who is an Orthodontist?

An orthodontist is a **dental specialist** trained to study **teeth, jaws, bite,** and facial growth in detail.

Extra 3+ Years of specialization

An orthodontist gets their dental training + **3 additional years mastering** the mechanics of how teeth move, why bites go wrong, and how jaw growth can be guided before problems become permanent.

What do they Check Diagnose?

- ✓ Bite problems
- ✓ Jaws misalignment
- ✓ Airway concerns
- ✓ Crowded or Spaced Teeth
- ✓ Chewing Comfort
- ✓ Long Term Smile Stability

WHEN TO VISIT THEM?

- Crowded teeth
- Gaps between teeth
- Confused about Braces or Aligners
- Forwardly placed teeth
- Mouth breathing
- Jaw pain or clicking
- Difficulty chewing
- Uneven teeth or jaw growth in children

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World Orthodontic Health Day
Beyond Straight Teeth (15th May)



DR. P. RAJAKUMAR

Effective practice management in orthodontics extends beyond clinical expertise, encompassing strategic planning, patient engagement, and efficient workflow systems. A well-designed orthodontic office forms the foundation of efficient practice. The treatment area, being the core, should occupy approximately 45% of the total space, with around 110 square feet per chair to ensure optimal functionality. The reception area (15%) serves as the first point of patient contact and should be welcoming and organized. Laboratory, storage, and support areas account for about 12%, while a dedicated consultation room (10%) ensures privacy for case discussions. The remaining space accommodates circulation areas, facilitating smooth movement within the clinic.

A key distinguishing factor in orthodontic practice is patient compliance, given the long duration of treatment. Clear communication regarding aligner wear, elastic usage, and retention protocols significantly influences treatment success. Equally important is the “hostess concept,” which emphasizes the importance of first impressions. In an era where patients often seek multiple opinions, nearly 20–40% of potential patients may be lost due to poor initial interactions. A warm, professional, and patient-centered environment is therefore critical in building trust and improving case acceptance.

Beyond structural and administrative considerations, the application of theoretical knowledge into everyday clinical practice forms the backbone of successful orthodontic care. A thorough understanding of growth and development, biomechanics, diagnosis, and treatment planning must be effectively translated into clinical decision-making. This integration ensures that treatment approaches are not only scientifically sound but also individualized to each patient’s needs. The ability to bridge theory with practice allows the clinician to anticipate challenges, modify mechanics appropriately, and achieve stable, long-term results.

Recent advances in clinical orthodontics have significantly influenced practice management strategies. The introduction of orthodontic mini-implants has expanded the scope of anchorage control, allowing for more predictable and efficient tooth movement while reducing dependence on patient compliance. Similarly, the growing popularity of clear aligner therapy has transformed patient expectations, emphasizing aesthetics, comfort, and convenience. This shift necessitates effective patient education, careful case selection, and structured monitoring systems within the practice.

Intraoral scanning and digital workflows have further revolutionized orthodontic practice by enhancing diagnostic accuracy, improving patient communication, and reducing chairside time. Digital models, virtual treatment planning, and streamlined laboratory communication contribute to increased efficiency and precision. However, successful incorporation of these technologies requires sound financial planning, continuous staff training, and regular updating of clinical skills.



Effective communication and interpersonal skills remain central to successful practice management. Building rapport with patients and parents, addressing concerns, and maintaining transparency throughout treatment foster trust and improve compliance. Regular follow-ups, motivation, and reinforcement strategies are particularly important in younger patients undergoing long-term orthodontic care.

Staff management is another critical component of an efficient orthodontic practice. A well-trained and motivated team contributes significantly to smooth day-to-day functioning. Delegation of responsibilities, establishment of clear clinical protocols, and ongoing training programs enhance productivity while minimizing errors. The leadership skills of the orthodontist play a crucial role in maintaining a positive work environment and ensuring coordinated team efforts.

Financial sustainability, team coordination, and the judicious adoption of digital technologies collectively strengthen overall practice efficiency. In today's orthodontic landscape, success is no longer defined solely by clinical outcomes, but by the ability to deliver a seamless, patient-centered experience supported by efficient systems and thoughtful practice design.

In conclusion, contemporary orthodontic practice management represents a dynamic integration of clinical expertise, technological advancement, efficient infrastructure, and patient-centered care. As the specialty continues to evolve, orthodontists must adapt to changing trends while upholding the principles of ethical practice and clinical excellence. Effective practice management thus remains the cornerstone of a successful, sustainable, and progressive orthodontic practice.

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Reported by Dr. Hasini Gopal

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INDIAN ORTHODONTIC SOCIETY

5

Things Your Orthodontist Sees That You Don't

- Your jaw, not just your teeth
- Gum problems due to crowded teeth
- Mouth breathing that affects your bite
- Straight-looking teeth with hidden issues
- A bite that looks fine but works wrong

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World Orthodontic Health Day
Beyond Straight Teeth (15th May)

Dr. Roopal Patel

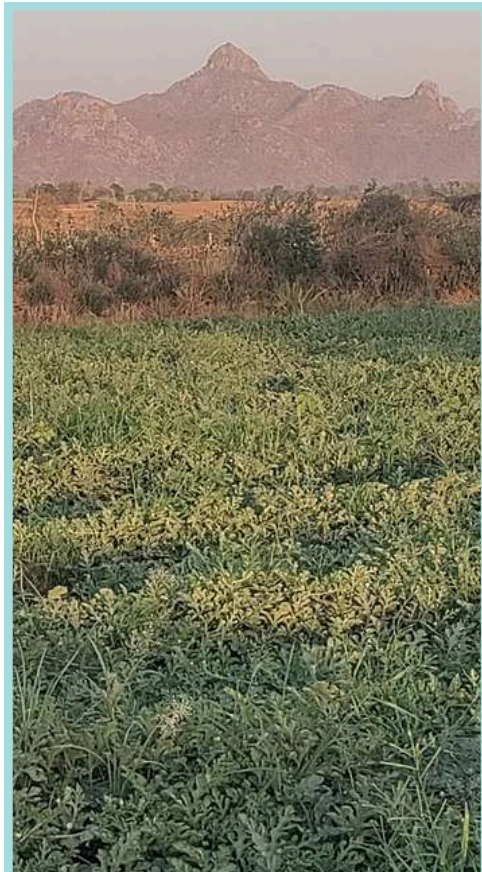
Turning dust to destiny – Revive and rise

Under her guidance, dedication & supervision of over 12 years her hobby of planting trees have paved the way of barren land to green blossom. Over the time more than 10000 trees were planted on barren land and ensures sustainability and climate resilient species were chosen to ensure sustainability and long term ecological balance what was once dry and life less has gradually turned into patches of green and improved biodiversity and hope.

Adopted two villages Rampura and Vadla in Banaskantha district Gujarat

In the world increasingly gobbling with environmental degradation & social inequality meaningful change often begin with small determined steps. that's the story of two neglected villages which has blossomed into living example of ecological restoration and human empowerment

Local tribal communities were actively involved at early stage of this project from land preparation and plantation to nurturing & maintenance This created a sturdy source of employment and skill development. For Many families it was not just work, it was pathway to self-reliance & dignity.



Reported By Dr. Sonam Sehrawat

Dr. Nayeemullah Khan



This segment of “Beyond Orthodontics”, is totally relatable as it speaks about the very important and rather popular topic - FITNESS; unleashing a very interesting journey of the physical transformation of Dr. Nayeemullah Khan who happens to be a fitness enthusiast and an ardent preacher at that. Throwback to over a decade ago, when completing post-graduation followed by becoming a Faculty was considered the norm for most of us, Dr. Khan was no different. He completed his UG, PG and got appointed as a staff member all in the same Meenakshi Ammal Dental College, Chennai.

Meanwhile, he was also setting up his private clinic KHAN DENTISTRY MULTISPECIALITY CLINIC (Mogappair East, Chennai) alongside his wife who is a Periodontist. His days would be spent in college and evenings at clinic. So for years together his routine remained the same that consumed major chunks of his time and energy. But what hadn't changed was his sheer passion and hunger for growth not just in terms of his profession but also personally. His mundane routine and lack of real growth demanded a change. As the common saying goes “If you have to change your life, you have to change something you do daily.” Cut to the chase, he resigned from his post as an Associate Professor and continued his private practice full time. He quit from serving an Institution to working on an institution that really matters - His Body. Speaking of which, a noteworthy mention of one of his toughest sacrifices is that it's been 3 years since he quit sugar intake and intends to continue with the same discipline. On a personal note, during his “not-so-fit” phase, he was criticised about how his better half was better looking than him. He thought “Looks don't really matter unless they really do.” And more so when you have a new born child along the way, life's perspectives begin to change. Every man wants to be the best in every role. But Dr. Khan not just wanted this for his wife or his daughter but most importantly for himself. Because the greatest gift you can give yourself and your loved ones is good health. When you work out and work on yourself every single day, not only do you build yourself physically, but you also exercise your mental muscles; and that directly reflects not just on your face, or physical stature but also on your professional work. Dr. Khan's days started becoming more balanced beginning with a 3 hour long workout at the gym followed by clinic and later quality family time spent at home to end with.

Work life had tremendous progress and improvement with more patients wanting to be treated by him due to his social media presence as well. The level of strength and conviction started showing in his confidence in conversing with patients. The endurance shows when he treats his patients. And his consistency still remains as he continues to stay determined in unlocking his own potential of achieving greatness. After all, being a good looking doctor and a very fit one at that gives you a little cutting edge doesn't it?! This story isn't about winning some highly proclaimed tournament of bodybuilding. This is just an example of how crucial self-care leads to such simple daily gains that are infact priceless. And just like Orthodontics, this journey is about aligning yourself in every meaning in every form that this beautiful life has to offer and beyond.

Dr. Mugdha

With years of training in Kathak under guru Smt. Priyanka Abhyankar in Nagpur, Dr. Mugdha completed 4th year or Madhyama Poorna exams. She performed the first Kathak concert in 2024.

Drawing and painting has been her hobby since childhood and she has been actively invested in this hobby throughout her life.

From filling numerous drawing book pages, exploring new materials and techniques, serving as decoration in charge in graduation college fest, painting hostel room walls during post graduation, and finally hosting her first exhibition, painting has always been a strong support and motivation. She also has a startup Picpari (picpari.com) an online store for downloadable colouring pages and designs. Singing came as a surprise during COVID times when friends and family invited her on a karaoke app (StarMaker) . She found it really interesting and motivating during those difficult times .

At the same time numerous benefits of moderated and regular singing kept disclosing like voice quality, throat health and breathing efficiency and she continued this impressive and interesting newly found hobby till date.

She believes our basic (childhood) and collected (over a lifetime) hobbies define our physiological and psychological well being.

As orthodontists many of us have experienced back and lower extremity issues. She did herself, and after trying many prescribed remedies which didn't work. One fine day she learnt how Kathak moves work and decided, let's try Kathak ! It worked!





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World Orthodontic Health Day Celebrations Guru Nanak Dev Dental College, Sunam (Punjab)





World Orthodontic Health Day Celebrations at Santosh Dental College and Hospital.



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World Orthodontic Health Day Celebrations at Bhabha Dental College and Hospital.



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Reported by Managing Editor , Dr. Mayank Gupta

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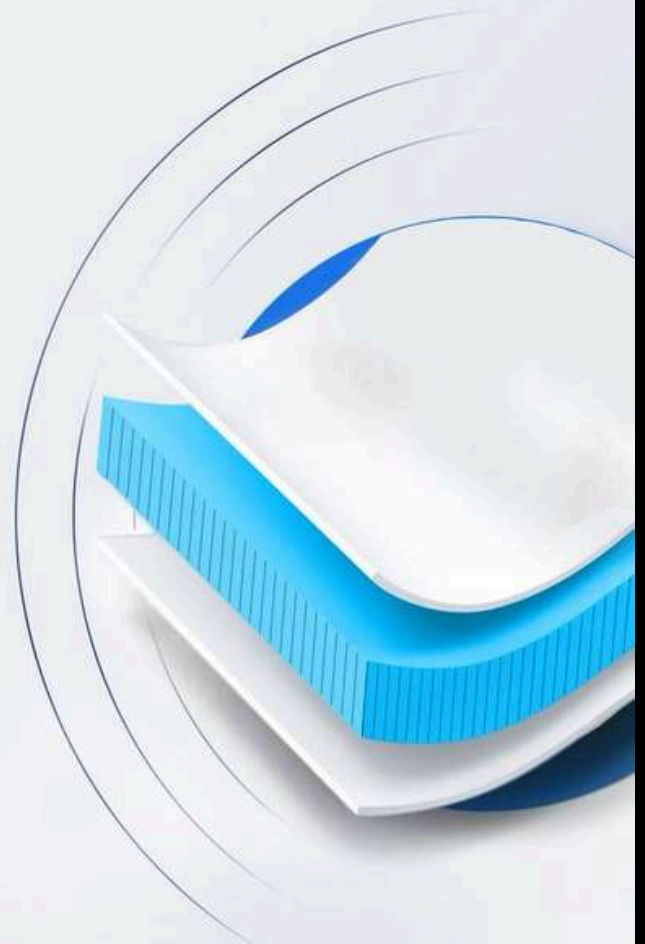
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