

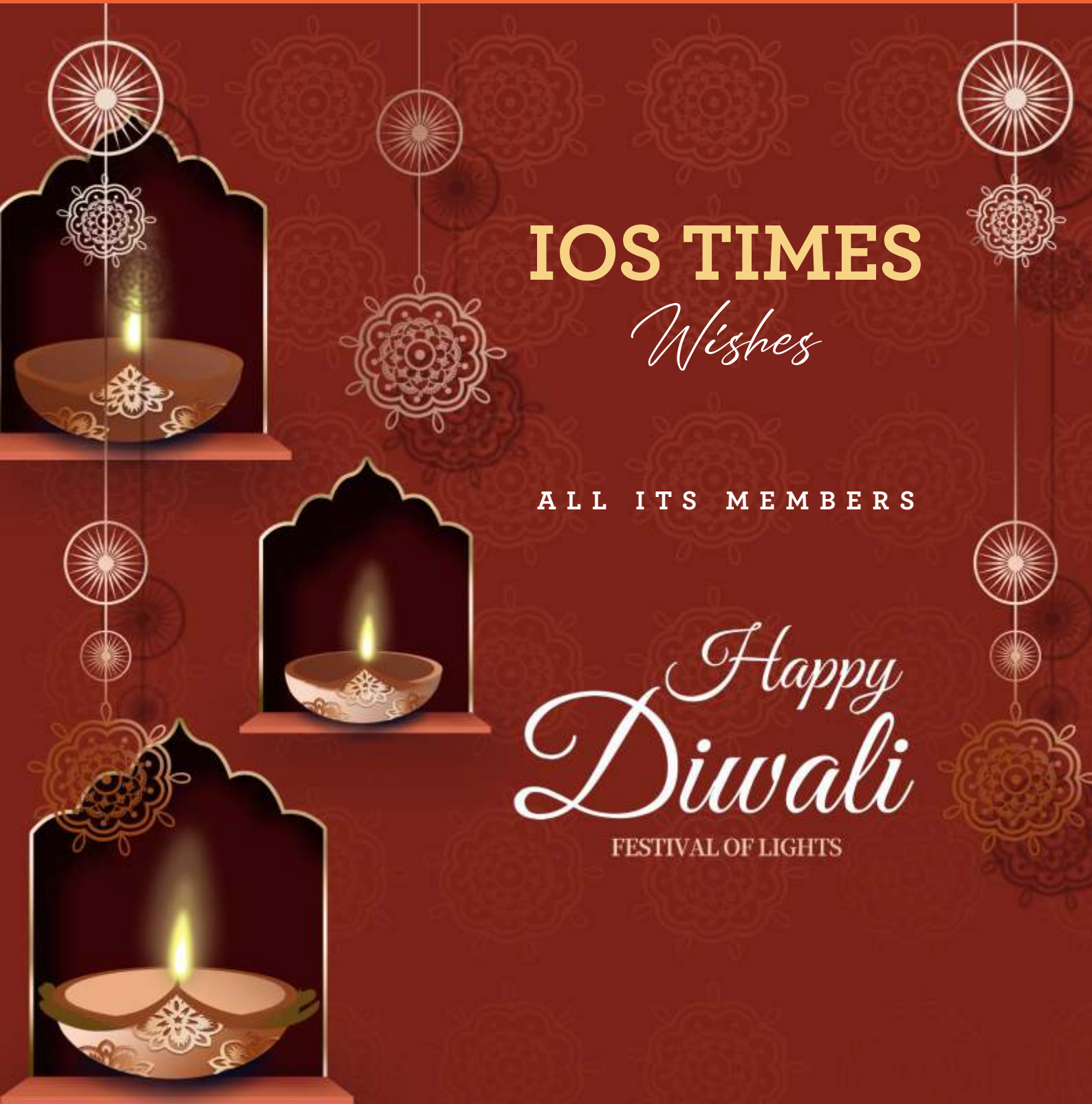


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October 2022 | Volume 47 | Issue 11

Times

The Official News Letter of Indian Orthodontic Society



IOS TIMES

Wishes

ALL ITS MEMBERS

Happy Diwali

FESTIVAL OF LIGHTS

President's Message

Presidents message

Respected IOS Members,

Festive Greetings..!!!

This is the time when the entire Indian Community celebrates the festival of Lights, meeting relatives, friends and strings of love between each other are strengthened.

The first calendar event, Orthodontic Week and Orthodontists day was widely celebrated across the country. I am thankful to entire membership for using the social media frame as profile picture on all social media platforms showing solidarity in front of other associations and reaching out to general public with a buzz word i.e. Orthodontist.

Due to increased demand, the last date to receive the competition entries was extended to Oct 15th 2022. The head office received more than 250 emails of the entries for IOS week celebrations on which the judges were amazed to see the talent of participants. The category of wire bending - Inspiring Wires received the maximum entries.

On the subsequent Sunday, 16th October, a webinar on Practice Management-Season 1 was held in which two senior Orthodontists- Dr. Joseph Verghese (Past President IOS) & Dr. Amish Mehta (past Vice President IOS) mesmerized the members for 2 hours.

It was a very successful event & was very well appreciated by all members. We shall be having 5 seasons of this Practice Management series during this academic year.

One of the major challenges to Orthodontic Community is the DIY Aligners for which the vibrant executive committee is working from all the fronts like Public Awareness, Legal Council, talking to experts, social media campaigns etc. We are sure to bring an end to this soon.

This year we have planned a variety of activities.

Looking forward to everyone's participation to make them successful.

Jai Hind, Jai IOS !!!

Dr. Balvinder Singh Thakkar

President IOS



Secretary's Message



Esteemed Members of IOS

Happy Orthodontist's Day to all of you.

I hope this issue of IOS TIMES finds you in good health and happiness.

This month was full of activities and celebration all around the nation in various departments and study groups.

Program Endorsed in this months

1. **Biomechanics in Orthodontics**, Date 10-11 oct
Speaker- **Dr Vinay Chugh**
Organized by- Babu Banarasi Das Dental College, Lucknow
2. **Clinical Enrich**, Webinar by Madras orthodontic study group, Date- 9 oct
Speakers- **Dr Eser Tufekci** and **Dr Binnaz Leblebicioglu**
3. **Hands on course on Aligner Treatment Mechanics**, Date 17-18 oct
Organized by Bapuji Dental College, Davangere
4. Hands on on contemporary edgewise and segmented arch mechanics
Date- 14,15 oct, Speaker -**Dr Balasubramanian Madhan**
Organised by -AME'S Dental College, Raichur
5. **Hands on Workshop on In House Aligners**, Date-11-12 Nov
Speaker - **Dr Dhiraj Shetty** and **Dr Shravan Shetty**
Organized by GSL Dental College, Rajahmundry
6. **Avant-garde Orthodontics**, Date- 11 Oct
Speakers- **Dr Ashwin Mathew George**, **Dr Vineeth Vt**, **Dr C Nirupama**
Organized by ANIDS VIZAG
7. **Pathways to Morthrcs**, Date-19 Nov
Speakers- **Dr Jagadish Prabhu**, **Dr Sanjay Labh**,
Dr Mukundan Vijayan, Organized by Trivandrum orthodontic study group
8. **IOS Practice Management Webinar**, Date 16 oct
Speakers-Dr Joseph Verghese, Dr Amish Mehta
9. **Orthodontic Conscientia II: Footsteps to PEA Mechanics**, Date 21-22 nov
Speaker-**Dr P Janardhanam**, Organized by Azeezia Dental College, Kollam
10. **IZC and BS -a new paradigm in orthodontics**, Date-22 nov
Speaker- Dr Suryakanta Das, Organized by – Himachal Dental College, Sundernagar
11. **Aligner Workshop on Staging and Biomechanics**, Date-16 Oct
Speaker-**Dr Ivan Pelalez Duque** and **Dr Chindan Valia**
Organized by OSGOD & NOSG
12. **Biomechanics from Basics to Advanced**, Date-20 Oct
Speakers-**Dr Jayesh Rahalkar** and **Dr Chetan Jayade**
Organized by- D Y Patil Dental School, Lohegaon
13. **Enlightment 2022**, Date- 16 oct
Speakers-**Dr Sumalatha**, **Dr MM Varadhraja**, **Dr Rajasekhar**, **Dr Nagalaxmi**, **Dr Anusuya**
Organized by Vivekananda Dental College for Women
14. **Basic Life Support**, Date 20Nov
Organized by Bombay orthodontic study group
15. **Passive Self Ligation in Orthodontics**, Date- 16 nov
Speaker -**Dr C S Ramchandra**, Organized by OSGOL

We have received overwhelming response from orthodontist all around nation on this special occasion ,this is definitely going to be very helpful in popularizing orthodontics in general public.

Stay happy, keep creating beautiful smiles

Jai hind, Jai ios

Sincerely,

Prof. (Dr.) Sanjay Labh

Hon. Secretary, IOS

“Our Unity is our Strength and Diversity is Power”

Kamala Harris

As the year gradually comes to an end, with a treasure full of memories we are looking ahead to creating more memories and milestones for the years to come.

I have always wanted this publication to be a reflection of the work, power and spirit of our community.

In this issue we present the nationwide celebrations of Orthodontic week by various colleges and clinicians in a big thumping way. The sheer number of participation has us in awe and it was quite a task to include everyone in the issue. It is such a proud feeling to see all our members participating in unison for a common cause “Our love for Orthodontics”!

You will also get a glimpse of the various enriching IOS endorsed programs carried out in the country with national and international speakers including the newly introduced practice management webinars .

This issue might look and sound a bit different from the usual as this time we have got some novel interesting content to engage our readers.

A section of “Orthotainment” where we get to showcase the creativity, talents and alternate career achievements of our members will add some flavour and spice to our magazine. It’s always interesting to know more about your fellow members apart from regular academics.

The interview with Dr Karishma Parker in this section gives a sneak peek into the sheer grit and determination of this orthodontist and am sure will motivate many of us.

A section for case presentations by student members has been included to showcase their work and achievement.

With the new year unfolding, we wish to include more engaging content to bring the best of Orthodontics and our Orthodontists to you! A big thank you for the continued support!

Jai Hind, Jai IOS.

Regards

Dr. Santosh Ramegowda

Editor, IOS Times

Editor's Message



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ORTHODONTIC WEEK *Celebrations*



Respected Sir, Warm Greetings.

Hereby, sharing details of Ortho week celebration in Ahmednagar District.

The Orthodontists of Ahmednagar came together in collaboration with Dental colleges in Ahmednagar District and conducted this programs as part of a 3 day event called "ORTHOSYNERGIA"

Day 1: Bike Rally & School Lecture session for Public Awareness on orthodontics

On 3rd October we had an 18km Bike Rally which was inaugurated by Dr Nilima Rajhans Dean YCDC Dental college & Headed by Dr Tushar Patil Hod Dept Of Orthodontics of same college. A School lecture on "Public Awareness about Orthodontics" was conducted by Dr Rajlaxmi Rai which had a panel discussion consisting of Dr Abhijit Misal, Dr Rahul Baldawa, Dr Krishna Jaju, Dr Vijaysinh Tanpure, Dr Vijay Sonawne, Dr Reyali Gajare & Dr Kanchan.

Then on 4th October we conducted programs for students and staff of YCDC Dental College. The honourable guest for the session was Dr NG Toshniwal sir. He spoke on various aspects of Evidence based Orthodontics & the future of Orthodontics. The main highlight of the event was the lecture conducted by Dr Abhijit Misal on "Orthodontics for General Practitioners: Mile surr mera tumhara" the lecture spoke about what can be and what shouldn't be attempted by a general practitioner in a potential orthodontic case. The program concluded by Orthodance performed by UG students which

was very refreshing & entertaining. Later the guests proceeded to see the artistic display done by the students for various competitions conducted for them like-Orthoartwist (wirebendings), Reel competition, logo competition, funful Hawleys, Best Smile Photography etc.

Day 2: Various Activities in YCDC college, Ahmednagar

On 6th October a zoom lecture involving all three dental colleges of Ahmednagar viz- SMBT Dental college Sangamner, Rural Dental College Loni, YCDC Dental College Ahmednagar. The zoom lecture was conducted by Dr NG Toshniwal sir, lecture topic being "Orthodontic Relapse: Revision of Reality". Thus bonding the Staff & students of all 3 colleges in a sacred thread of knowledge. Special thanks to HODs of these colleges Dr NG Toshniwal, Dr Sunil Nagmode & Dr Tushar Patil.

Prize distribution to the winners of different competitions conducted in YCDC was also done.

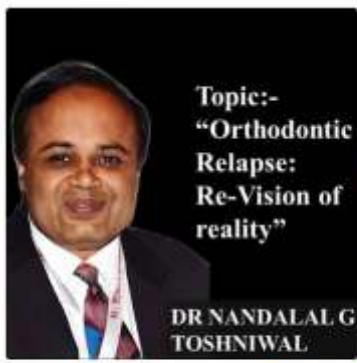
Day 3: Zoom Lecture session & Prize distribution

A week long radio program for awareness about orthodontics amongst common masses in radio nagar 90.3 FM along with RJAnu.

Many thanks to the support & guidance received from IOS members like Respected Dr Balvinder Thakkar sir, Dr Sanjay Labh sir, Dr Sheetal Patni sir & Dr Ajay Kubavat sir we could conduct our 1st event in Ahmednagar with such ease.

Last but not the least Thanks to the immense support by all 3 college, their staffs, students & practicing Orthodontists of Ahmednagar who have been part of this event.

Jai Hind, Jai IOS





Dr. K Pavan Kumar (3rd year PG) SLM No. 11126
Bangalore institute of dental sciences

Dr. Partha Pratim Ghosh (3rd year PG) SLM No.1136
Bangalore institute of dental sciences

BANGALORE INSTITUTE OF DENTAL SCIENCES DEPARTMENT OF ORTHODONTICS AND DENTOFACIAL ORTHOPAEDICS

ORTHODONTIST WEEK was organized by the Department Of Orthodontics and Dentofacial Orthopaedics from Bangalore Institute of Dental Sciences.

The programme began on 7th October, Friday in BIDS Auditorium. The audience were addressed by The Principal and Head of the Department of Orthodontics and Dentofacial Orthopaedics, Dr. Vinaya.S. Pai. She briefed the audience about the Indian Orthodontic Society and Do-it-yourself aligners. She discussed in detail about the risks involved in Orthodontic treatment by untrained hands. She also emphasized on the importance of proper diagnosis before treating an Orthodontic patient.

Various events were organized in the college which included Quiz, Orthodontic Reels, Wire bending and Minute to fame. Forty students from the Interns

batch actively participated in all the events.

The Quiz competition consisted of four teams and six rounds. The final scores were compiled for each team. Reels were based on Orthodontic Awareness, which were played on the screen. Minute to fame included Poetry, Singing, Dancing and Craft which were performed by the students on the spot. The Wire bendings showcased very innovative ideas of the participants. First and second prizes were distributed for all the respective events.

All the above-mentioned events were planned and organized by Dr. Harish Kumar, Dr. Chanchal Gupta, Dr. Sapna Kumari under the guidance of Dr. Vinaya.S. Pai, Dr. Siri Krishna, and Dr. Manjunath Hegde.

BANGALORE INSTITUTE OF DENTAL SCIENCES BANGALORE

DEPARTMENT OF ORTHODONTICS

ORTHODONTICS WEEK CELEBRATION 2022



"FOSTERING SMILES GLOBALLY"

REPORT ON NATIONAL ORTHODONTIST DAY

Department of Orthodontics & Dentofacial Orthopaedics, Sri Aurobindo College of Dentistry, Indore along with MPOSG has organized a program on the occasion of National Orthodontist Day in our esteemed institution on 4th October 2022.

The theme of program was creating awareness about Orthodontics and overall health. The tagline of the program as given by WHO was "A LOOK CAN CREATE RELATIONSHIP AND A HEALTHY SMILE CAN CHANGE A LIFE".

The program was aimed to celebrate National Orthodontist Day, the foundation day of the Indian Orthodontic Society (IOS). IOS was established on 5th October, 1965 by 7 founding members. The program comprised of various enthusiastic activities: Rangoli Competition, Meme Competition, Reel Competition, Creating wire bending Competition, Slogan Competition, followed by prize distribution to the winners.

To grace the occasion Principal Dr Kanteswari was present and appreciated the importance of the event, HOD Dr Ashish Garg talked about the awareness against malpractices. Dr Suryansh Dilliwal and Dr Kamal Shikha Baheti convenors of MPOSG judged the competition and awarded the winner along with other dignitaries, Dr Amit Singh Choudhary and Dr Amit Tripathi were also present at the event.

Overall the event was a huge success by active participation of BDS 1st, 2nd, 3rd, Final year students, Interns and Post-graduate students.

Jai Hind. Jai IOS.

Winners of the Slogan competition- Ruquaiah, Atharv Agrawal.

Winners of the Meme competition- Kanika Gupta, Sania Khan.

Winners of the Wire bending competition- Lipika, Aman Vatsa.

Winners of the Reel competition- Sakshi Sharma & Saloni, Vedangi Shrivastava.

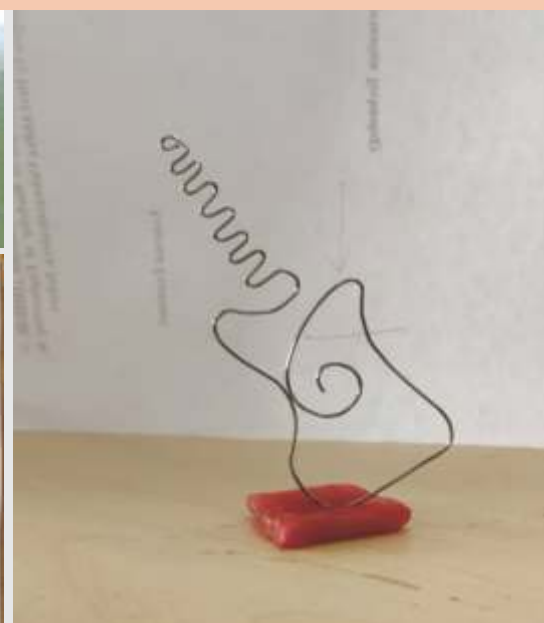
Winners of the Rangoli competition- Dr. Sania Khan, Dr. Subhi aliya.



RANGOLI COMPETITION



CREATIVE WIRE BENDING COMPETITION



MEME COMPETITION







Class II Correction in Class I Time

- Synchronizing Mandibular Advancement with Orthodontic Treatment
- Convenient and Easy-to-Use
- Engineered for Efficient Correction



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Half the Size with Greater Comfort

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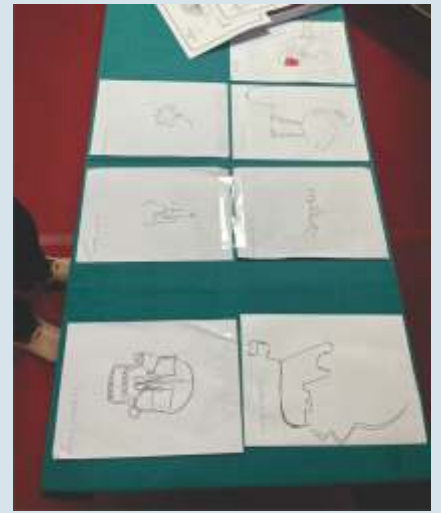
MADHYA PRADESH STUDY GROUP

Glimpses of Orthodontic week celebrated in department of orthodontics, on 06/10/2022 at College of Dental Science and Hospital, Rau, Indore, occasion was observed by Dr Suryansh Dilliwal (convener MPOSG) and Dr Kamalshikha Baheti (co-convener MPOSG). Post graduate as well as under graduate students participated in various competitive events like Rangoli, Innovative wire bending, slogans competition, department was also decorated.

Dr Amit Singh Nirwan (Dean), Dr Rakesh Thukral (HOD), Dr Rajeshwar Singh (Reader), Post graduate students of Orthodontics - Dr Janhvi Rane, Dr Rachna Rajani, Dr Ruchi Kansana, Dr Abhinav Panchoriya, Dr Kratika Lalwani, Dr Ushhma Jindal and under graduate students, all enthusiastically participated in the program.







The Oxford DENTAL COLLEGE, BANGALORE

Department of Orthodontics Orthodontic week celebration



I only trust my orthodontist to straighten my smile

Ormco
Your Practice. Our Priority.



When image is everything **DAMON[®] CLEAR[™]**

- Virtually invisible
- Fast treatment



- + Outstanding comfort with no tightening
- + Easy to keep clean
- + No headgear or tooth extractions in most cases

The orthodontic week was celebrated by Banaras Orthodontic Study Group in the department of orthodontics, in the prestigious faculty of dental sciences, Banaras Hindu University and Varanasi. On 1st October celebrated with cake cutting and decoration in the department. Post-graduation students and teachers were discussed the current norms of the treatment aspects of orthodontic treatment and future aspects of orthodontics. Students were educated in patient management and treatment objectives by faculty Teachers. The general public at the orthodontics department was educated about treatment for teeth and the importance of healthy teeth and maintenance of oral hygiene. Discussed orthodontic treatment, and problems occurring during the treatment. Different types of treatments, available were told to the general public. Information and awareness were also spread by the means of social media. Treatment needs for teeth were presented in the form of banners and digital pamphlets.

Orthodontist day was also celebrated on 5th October on Digital social platforms. On the 6th of October, Students made posters on the orthodontic week. On the 7th of October Department was decorated with colorful balloons.

BANARAS HINDU UNIVERSITY





RUNGTA DENTAL COLLEGE

Department of Orthodontics and Dentofacial Orthopaedics, Rungta College of Dental Sciences & Research of Sanjay Rungta Group of Institution celebrated National Orthodontic Awareness Week on the occasion of 57th Foundation Day of Indian Orthodontic Society.

The Hon. Chairman of SRGI, Shri Sanjay Rungta, Directors, Mr. Saket Rungta, Mrs Harsha Rungta, Dean Dr. Karthik Krishna M, Vice-Dean Dr. Deepak Thakur. Vice Principal RIPS, Harish Sharma and Dean Student Welfare, Rinki Sahu inaugurated this event. The programme was successfully coordinated & guided by Prof. & Head Dr. Sumit Gandhi, Prof. Dr. Javed Sodawala, Reader Dr. Shaheen Hamdani, Sr. Lecturers Dr. Harsha Malhotra & Dr. Gaurav Agrawal and post graduate students of Department of Orthodontics and Dentofacial Orthopaedics, RCDSR.

The department organised free check-ups and consultations for orthodontic treatment from 1st to 12th October. Also, many awareness campaigns were conducted by the doctors and students of RCDSR to encourage and motivate people to improve their smile and oral function. The skit was performed by PG students along with interns and UG students for braces awareness. Reels, Photography competition were planned for students and faculties of RCDSR and certificates were distributed to all the winners and participants.





NELLORE NARAYANA DENTAL COLLEGE

Opening ceremony: The Orthodontic week was commenced with an opening ceremony held on 6th October 2022 in Narayana Dental College Nellore to mark the occasions of National Orthodontist's day (5th Oct). Due to overlapping of Dasara Holidays it was deferred to 6th Oct 2022. The Chief guests of the program were Dr. Ajay Reginald, Principal and professor of oral pathology, and Dr. Siva Kumar, Dean. Various Heads and staff of all the departments were invited. Program was started with a prayer song by I MDS PG students and followed by lamp lightening. Dr. Mandava Prasad, Professor and Head of the Department presided over the function. He addressed the occasion with an introductory speech on foundation of Orthodontic society and the base for celebration of National orthodontist's day. He also stressed on discouraging the Direct and in-house aligners and the false advertising that public are falling prey for. Undergraduate students who are undergoing orthodontic treatment were invited to share their personal experiences and the program was led further with cake cutting by Undergraduate students.

The following are the different events organized during the whole orthodontic week.

6th October: Quiz programs for undergraduate students on orthodontics. Soap carving on orthodontic context.

7th October: Screening camp was conducted by our Postgraduates at few nursing, and pharmacy colleges. During the camp session, awareness about orthodontic treatment was elaborated by Dr. S Gowri Sankar, professor, Department of orthodontics.

8th October: Valedictory function was held on 8th October and prizes were distributed to the winners. Vote of thanks was given by Dr. G Vivek Reddy professor, Department of orthodontics

1st -12th October: Blood donation program. This program was initiated by our Department and is being conducted for the last 5 years. Around 120 units of blood were collected. This was conducted in collaboration with NSS Unit, Narayana Dental College and Hematological unit of Narayana Medical College, Nellore.

The Department was decorated on festive mood all throughout the week.





Orthodontic Health Awareness Camps



Al Badar Dental College & Hospital, Dept of Orthodontics and dentofacial orthopedics, Gulbarga (Karnataka)
Conducted Multiple Awareness Camps on Orthodontic Week Celebration 2022.

INNOVATIVE WIRE BENDING COMPETITION



Al Badar Dental College & Hospital,
Dept of Orthodontics and dentofacial orthopedics, Gulbarga (Karnataka)

Department of Orthodontics Al Badar Dental College and Hospital, Gulbarga



School Lectures



Al Badar Dental College & Hospital, Dept of Orthodontics and dentofacial orthopedics, Gulbarga (Karnataka)
Orthodontic lecturer's were delivered in different institutions on the eve of Orthodontic Week Celebration 2022.

RANG DE - Rangoli competition



Al Badar Dental College & Hospital, Dept of Orthodontics & Dentofacial orthopedics, Gulbarga (Karnataka)
Conducted Rang De Rangoli Competition on the occasion of Orthodontic Week Celebration 2022.

INNOVATIVE WIRE BENDING COMPETITION



Al Badar Dental College & Hospital,
Dept of Orthodontics and dentofacial orthopedics, Gulbarga (Karnataka)

CELEBRATION OF ORTHODONTIC WEEK



Al Badar Dental College & Hospital,
Dept of Orthodontics and dentofacial orthopedics, Gulbarga (Karnataka)

CULTURAL EVENT



Al Badar Dental College & Hospital,
Dept of Orthodontics and dentofacial orthopedics, Gulbarga (Karnataka)

PRIZE DISTRIBUTION



Al Badar Dental College & Hospital,
Dept of Orthodontics and dentofacial orthopedics, Gulbarga (Karnataka)

QUIZ COMPETITION



Al Badar Dental College & Hospital,
Dept of Orthodontics and dentofacial orthopedics, Gulbarga (Karnataka)

INNOVATIVE WIRE BENDING COMPETITION



Al Badar Dental College & Hospital,
Dept of Orthodontics and dentofacial orthopedics, Gulbarga (Karnataka)

ORTHODONTIC WEEK CELEBRATION IN THE FRIGID AND DESOLATE LADAKH

Ladakh is home to some of the highest motorable tracts in the world and is till date not having any orthodontic treatment facility available in the entire region. I, Dr. Ashish Kamboj (LM-3072) consider myself lucky to be the first ever orthodontist to be permanently placed in Ladakh in the history of modern india. Considering the remoteness of Ladakh along with the lack of awareness in the local population regarding orthodontic care, a motorbike rally was organized on the occasion of "Orthodontic Week Celebration" in the frigid and desolate terrain of Ladakh. This was the first of its kind event ever conducted in the Union Territory of Ladakh.

The bike rally spanned over a duration of two days (3 & 4 Oct 22) and concluded on 5th October 22 with a lecture on orthodontic awareness to local Ladakhi population on the occasion of "National Orthodontist Day".

Day-1 (3rd Oct 2022)- The rally started from Nubra Valley and passed through North Pullu.

North Pullu is located at an altitude of 15,800 Feet and was the first stopover of the journey.

Our second stopover was at Khardungla Pass. Khardungla Pass is the second-highest motorable road in the world and is situated at an altitude of 17,900 Feet (appx).

Then our convoy of bikes moved towards South Pullu which was our third stopover in the journey and is situated at an altitude of 15,300 Feet. In South Pullu HPCL has placed its highest KSP in the world.

From South Pullu we marched towards our final destination which was Leh. We reached Leh in the late afternoon of Day-1.

Day-2 (4th Oct 2022)- On the second day of the motorbike rally the places visited in the first half of the day were-

- Shanti Stupa
- Leh City
- Magnetic Hill (via NH-1)

In the second half of the day the places covered were

- Choglamsar
- Changla Pass (Changla Pass is the third-highest motorable road in the world and is situated at an altitude of 17,600 Feet appx)
- From Changla Pass back to Leh in the evening

So, our bike rally concluded on 4th Oct 22 in the evening at Leh and in this rally we covered both the Khardungla Pass and the Changla Pass which are the world's 2nd & 3rd highest motorable roads in the world.

Day-3 (5th Oct 2022)- On the occasion of National Orthodontist Day on 5th Oct 22, an Orthodontic Awareness Lecture was organized for the local Ladakhi population in Leh. The lecture was attended by many and was widely appreciated.

"TO CONCLUDE I WILL SAY THAT ORTHODONTIC AWARENESS IN THE FRIGID & DESOLATE LADAKH IS A CHALLENGING TASK AND IS STILL THE ROAD LESS TRAVELLED"

DAY-1 03 OCT 22
(NORTH PULLU, KHARDUNGLA PASS & SOUTH PULLU)
NORTH PULLU (ALTITUDE 15,800 FEET)



ON THE WAY TO KHARDUNGLA PASS



KHARDUNGLA PASS (SECOND HIGHEST MOTORABLE ROAD IN THE WORLD)

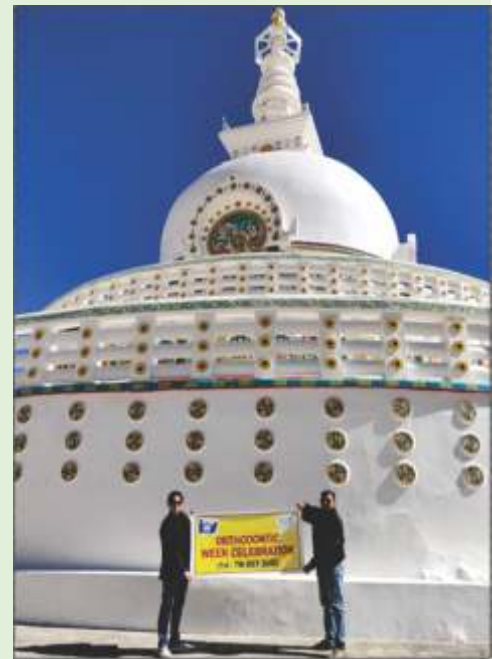


KHARDUNGLA PASS (ALTITUDE 17,980 FEET)

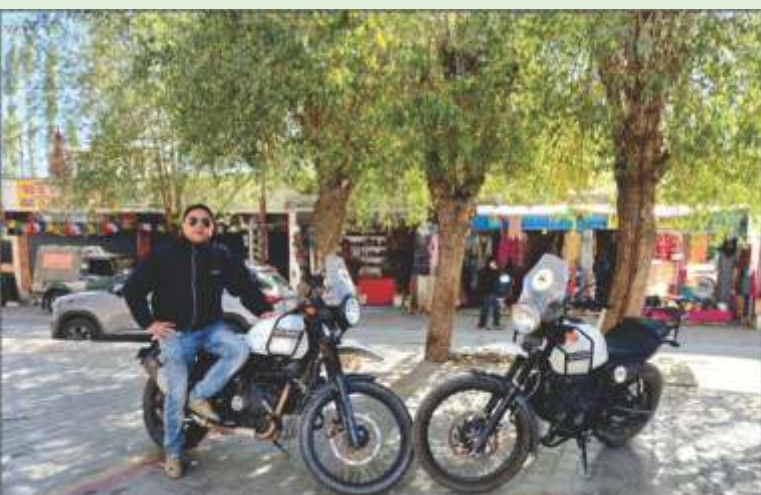


AT SOUTH PULLU (ALTITUDE 15,300 FEET)

**DAY -2 04 OCT 22 (SHANTI STUPA, LEH CITY,
MAGNETIC HILL & CHANGLA PASS) SHANTI STUPA**



LEH CITY

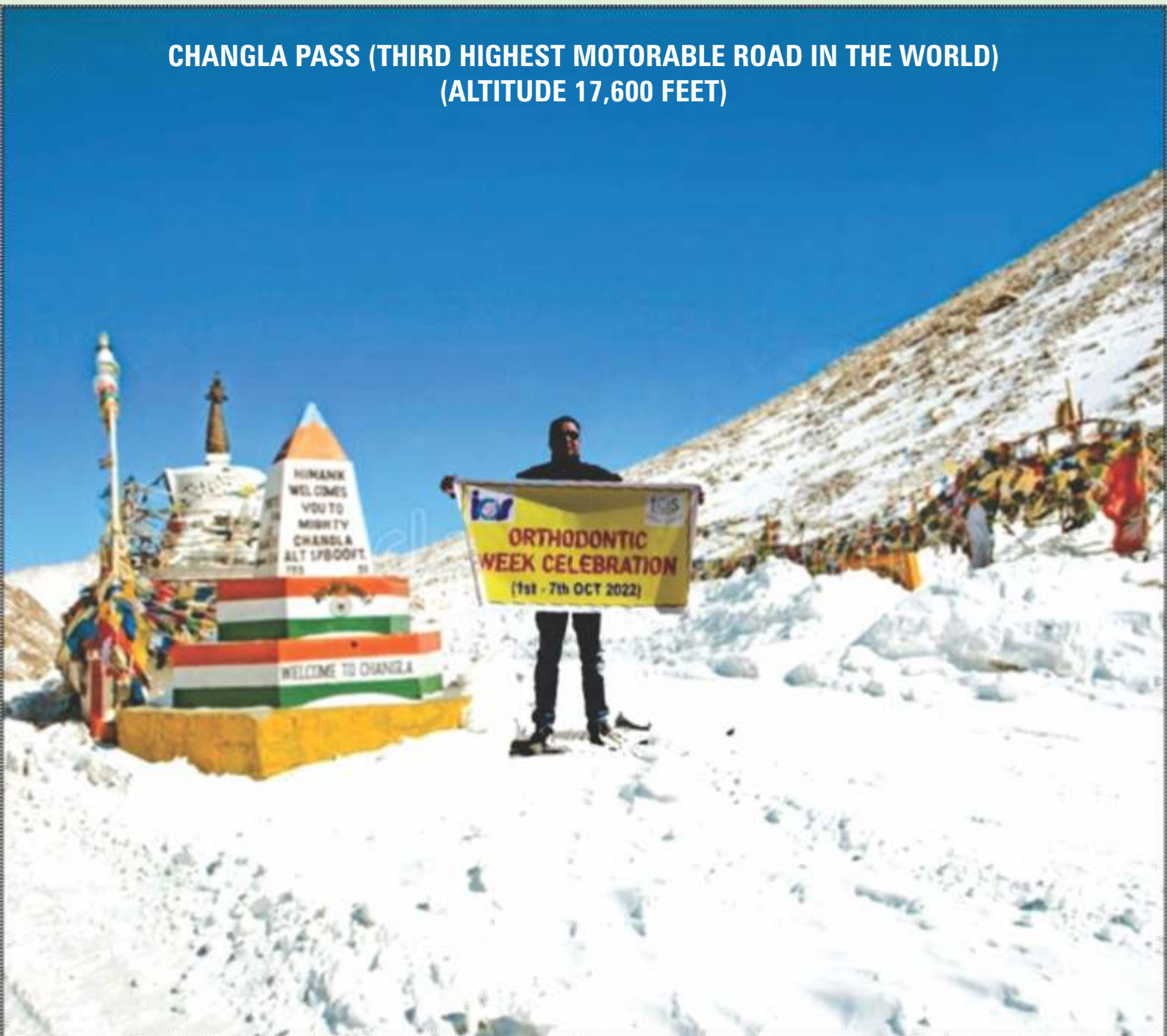


ON THE WAY TO MAGNETIC HILL & CHANGLA PASS



MAGNETIC HILL

**CHANGLA PASS (THIRD HIGHEST MOTORABLE ROAD IN THE WORLD)
(ALTITUDE 17,600 FEET)**



Thai Association of Orthodontists' Mobile Orthodontic Unit for CLPs
joins

IOS "Fostering Smiles Globally"
Orthodontists are Smiles Creators

"Wishing friends and colleagues @IOS
Happy Orthodontic Day!"

Dr. Somchai Satravaha



Thai Association of Orthodontists' Mobile Orthodontic Unit for CLPs travels once a month to Sawanpracharak Hospital in Nakhon Sawan (239 Kilometers north of Bangkok) to give treatment and care to Cleft lip/palate patients

Arriving @The Cleft Lip/Palate Patient Center, Sawanpracharak Hospital



Waiting area for the patients and family (in front of the Dental Department)



Giving treatment and discussing cases both On-site and Online



Posing with patients and families



Some other activities than giving treatment to create Smiles



And we receive this in return, we love you too

ORTHODONTIST DAY PROGRAM

D Y Patil Dental School, Charholi, Bk, Pune

CDE Program – Biomechanics- Basics To Advanced

On the view of Orthodontists Day Celebration, D Y Patil Dental School, Lohegaon, Pune conducted one day CDE Program in association with Indian Orthodontic Society on 20th October 2022, On the view of Orthodontists Day Celebration, D Y Patil Dental School, Lohegaon, Pune conducted one day CDE Programme in association. Chief Patron was Dr Ajeenkya Patil, Advisory Dr Rahul Hegde, Dean Dr Anand Shigli, Organizing Chairman Dr Sandeep Jethe and Organizing Secretary Dr Varsha Merani.

Dr Jayesh Rahalkar and Dr Chetan Jayde were guest speakers. CDE was attended by 91 postgraduate students, 19 Faculties and 19 students had attended online from and in around Maharashtra- Dental Colleges.



AVANT GARDE ORTHODONTICS

An academic extravaganza for budding and practicing orthodontists 2022-23

An Orthodontic, IOS endorsed CDE program was conducted in ANIDS in the Department of Orthodontics and Dentofacial Orthopedics. The program was held in Dr Yellapragada Subbarao lecture gallery, ANH, 6 th floor, ANIDS, on 11th of October 2022 from 10 AM to 3 PM. The guest speakers for the program were Dr Ashwin Mathew George (Chairman, Indian Board of Orthodontics), Dr Vineeth V Thundukattil (Profesor and Azeezia college of Dental Sciences and Research, Kerala) and Nirupama C (Professor and



HOD KarpagaVinayaga Institute of Dental Sciences, Tamil Nadu), who are eminent nationwide for their lectures have enlightened the gathering regarding newer and different approaches of treating a case. Total 5 sessions of lectures on Management of Sagittal and Transverse Discrepancy using Implant Mechanics and Surgery and Case Guidelines for IBO Examinations by Dr Ashwin Mathew George, Hydrophilic Primers - A Boon or Bane, Aligner Orthodontics - A Release of Comprehensive Review Textbook and An Overview Of Questionnaire for MDS Examination in Orthodontics and Dentofacial Orthopedics by Dr.Nirupama C, Infrazygomatic Crestal Implants Biomechanics & its comparison With Headgear, vertical dimension demystified and Biomechanical Considerations in Management of VSD by Dr.Vineet V T.



Organizing committee: Dr.K.Tarakesh (Associate professor), Dr.S.Manojna, Dr.B.Radhika, Dr.R.Madhu Vanya, Dr. Vinny pushpanjali

Dr Santosh Ramegowda (Editor, IOS times and Dr D S Raju (Principal, GITAM Dental college) Dr Ravindra (MDS,PGI Chandigarh, DMD Orthodontics), Dr Satish Varma (Professor and HOD, GITAM Dental college), Dr Ujawala (Professor , GITAM Dental college) and other renowned orthodontic practitioners and academicians all over the state have attended the program.

A total of 90 participants including private orthodontic practitioners, academicians and PG students all over AP and Telangana have attended the program with great interest and enthusiasm.IOS endorsed certificates with 5 CDE points from AP state Dental Council are awarded to the participants. Overall feedback of the program given by the participants was recorded as good.



Practice Management Webinar Series – Session 1

The practice management committee of the Indian Orthodontic Society in association with head office conducted the first of the 5 practice management webinars for the year on Sunday, 16th October 2022,

The Practice management series, is a special program designed for practicing clinicians to aid in their day to day practice. This month's session covered 'Strategies for setting up clinical orthodontic practices and orthodontic office design' by past IOS president Dr. Joseph Varghese, and 'Tips & techniques for both HR Management and time scheduling needed for growing one's practice' by past IOS vice-president Dr. Amish Mehta.

The session began with a formal welcome address by Dr Ajay Kubavat, Chairman, IOS practice management committee, followed by President's address by President-IOS, Dr. Balvinder Singh Thakkar, Hon. Secretary-IOS, Dr. Sanjay Labh also spoke. IOS Vice president Dr. Shailesh Shenava, Immediate past president Dr. Srikrishna Chalasani, Past secretary Dr. Sridevi Padmanabhan, President elect Dr Jayesh Rahalkar and other present and past office bearers of the IOS were present.

The speakers' introduction was done by EC member, Dr Siddarth Shetty while the entire program was compered by Dr. Gaurav Gupta. The lectures were followed by a Q and A session.



Indian Orthodontic Society

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Dr. BALVINDER SINGH THAKKAR

HON SECRETARY

Dr. SANJAY LABH

56th Indian Orthodontic Conference, Pune

COMPETITIVE PAPER

Research Category

Position	LM No.	Name
1st	4020	Dr. Kumar Amit
2nd	4645	Dr. Deepak P.
3rd	4710	Dr. Swati Sharma

Clinical Category

Position	LM No.	Name
1st	2287	Dr. Abhishek Ghosh
2nd	2049	Dr. Sarvaraj Kohli
3rd	3540	Dr. Shiv Agarwal

Clinical Innovation

Position	LM No.	Name
1st	5094	Dr. Sharvari Vichare

COMPETITIVE POSTER

Research Category

Position	LM No.	Name
1st	4320	Dr. Shanthini Priya A
2nd	1771	Dr. Bhagyalakshmi Avinash
3rd	1733	Dr. Badrinath Srinivasan

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Delhi NCR

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97, Periya Kazhanikattu Street,
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E-mail : secretary@iosweb.net | Web : www.iosweb.net

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Clinical Category

Position	LM No.	Name
1st	3933	Dr. Vinni Arora

General Category

Position	LM No.	Name
1st	1140	Dr. Rajat Mitra

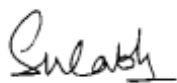
TABLE CLINIC

Clinical Category

Position	LM No.	Name
1st	2936	Dr. Wasu Patil

Research Category

Position	LM No.	Name
1st	4647	Dr. Parmeshwaran TM



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Hon. Secretary, IOS

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Dr. SANJAY LABH

Results of E-poster and Reels by PG students at 56th IOC 2022 Pune

Reels

S. No	Name	College	E mail
1	Dr. Rishika Agarwal	Bharati Vidyapeeth Dental College and Hospital, Pune	rishika10031995@gmail.com
2	Dr. Rama Raji Sankaranarayanan	Saveetha Dental College and Hospital, Chennai	dr.ramarajis@gmail.com
3	Dr. Vaibhav T D	Sathyabama University Dental College and Hospital, Chennai	vaibs1998@gmail.com

E Posters

Orthodontist- Your Smile Architect

S. No	Name	College	E mail
1	Dr. Garima Sharma	Army Dental College, Dental Center for Research and Referral, New Delhi	garimasharma3990@gmail.com
2	Dr. Shrikant Sharma	Rajasthan Dental College & Hospital, Jaipur	shrikant.sharma74@gmail.com
3	Dr. Manasi Kashappa Jajee	HKE's S. Nijaligappa Institute of Dental Sciences and Research, Kalaburgi, Karnataka	manasijajee@gmail.com

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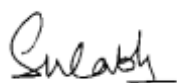
Dr. SANJAY LABH

Orthodontics for Orthodontist Only

S. No	Name	College	E mail
1	Dr. Akshataa Joshi	Mahatma Gandhi Dental College and Hospital, Jaipur	joshiakshataa@gmail.com
2	Dr. Sinera Shaikh Salim	Bharati Vidyapeeth's Dental College, Navi Mumbai	drsinerashaikh@gmail.com
3	Dr. Stela Kapoor	AMC Dental College, Ahmedabad	stelakapoor@gmail.com

Unsupervised Aligners Treatment

S. No	Name	College	E mail
1	Dr. M. Sureka	Sri Ramachandra Dental College and Hospital, Chennai	surekamurugaiyan@yahoo.co.in
2	Dr. Mrudul Variya	Karnavati School of Dentistry, Uvarsad, Gandhinagar	variyaamrudul007@gmail.com
3	Dr. Guruprasanna Sahu	Index Institute of Dental Sciences, Indore	guruprasanna55@gmail.com



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INTERVIEW WITH DR KARISHMA PARKER

by Dr. Santosh Ramegowda & Dr Sonahita Agarwal

Dr Karishma Parker is a name most of us reckon with in our fraternity. She is not only an Orthodontist but also is one of the few female body builders who have represented India on an International platform.

She has won numerous accolades for the country including 3 gold, 2 silver and 3 bronze medals at National and International bodybuilding competitions.. She has recently won a Bronze medal in the Thailand Proquaifier competition.

She was also in the top 5 bikini body builders in a National competition held in Delhi.

She is currently training for the upcoming International IFBB competition in 2023.

To know more about her journey and the struggles she faced, we on behalf of IOS times had a talk with Dr Karishma Parker, an international Bikini Body Builder, an Orthodontist, Clinician and Consultant.

Dr SA : Mam, welcome to IOS Times, can you tell us a bit about your dental education background?

Dr KP: I completed my graduation BDS in 2005 from Goa Dental College. In 2008 I stood 21st in the All India Postgraduate Entrance Exam . Since I was always interested in Orthodontics, I joined the Department of Orthodontics in the same college. I finished my post graduation in the year 2011 and went onto join as a Senior Lecturer in the same department for 7-8 months. Following that I started my private practice where I am almost completing a decade in clinical practice.

Dr SA: We all are actually intrigued about your interest in Bodybuilding. What motivated you to go for body building?

Dr KP: Well, the year 2015 was the turning point in my life when I had to go through a very tough phase in my personal life. Difficult times cause a lot of anguish and helplessness. You experience a loss in self esteem and you don't know where to start from. That's when you need the support of your family , friends and something to get a grip on and move ahead. I decided that the first step to moving forward was to get fit . I started gym just to lose weight and get a sense of self worth. But little did I know that it would be a life changing decision. My trainer introduced me onto the concept of body sculpting and nutrition. It was an exciting new concept for me and being a science student I thought of exploring it and studying it in depth. The rewards of this step was that I was able to overcome my mental issues, regain my self confidence and feel good about herself. That was when I fell in love with Body Building and decided to go ahead in that path.

Dr SA: I am sure you had someone to motivate you and support you in this endeavour...

Dr KP: Yes! I am fortunate to have a mentor in my father who never gave up on me. He is a self made man and has always taught me to stand up for myself. He has always had my back no matter what.

Dr SA: You know that there are not many female bodybuilders in India. How was the journey for you? Did you face any difficulties in pursuing a male dominated sport?

Dr KP: Though I come from an affluent family background , their outlook is quite conservative. To see a female doctor in bikini is a hard fact to digest for many. Infact , my father had to tolerate lot of sarcastic remarks and comments from his own friends . So yes, I had to fight a lot and work consistently to make my mark and to prove everyone that Bodybuilding is and can be a profession for females too. I hope I have been able change the mindset of some if not many.

Dr SA: Keeping aside the societal barriers which is something we all have to work on, how do you keep yourself motivated to chase your dreams?

Dr KP: Well, I realised it was my passion and I just couldn't live without it. Throughout the tough phase in my life if it hadn't been for bodybuilding, I would have never been able to lift myself up and move ahead. Also, It was in my character to never give up, the way my father had brought me up, a bit headstrong, to never rest till I get what I want.

Dr SA: That's a great asset! Can you share with our readers something about your daily routine and diet?

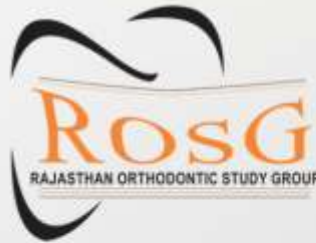
Dr KP: My routine keeps changing according to the needs and phases. Right now, I am in the Musclet gaining phase, so I go for a round of Cardio for around 60 minutes in the morning followed by two hours weight training in the evening.

My diet is usually supervised by my coach according to my need at that time. Basically, it consists of simple food items like egg, rice, broccoli, lots of veggies. I do not take sugar at all and instead use stevia which is a natural food sweetener.

Dr SA: Your journey has been so inspiring for all of us . Any motivating tips for those who are on their journey to becoming healthier and fitter?

Dr KP: You know, It all starts with thinking. It's all in the head. Once you think and decide then your will power will get you to your goal. I know it's tough for beginners but with practice you are going to get better. The most important thing you can do is Invest time for your Body and Health. Ultimately this is what you are working for or earning for. Nothing can replace good health. So prioritise your health and your life.

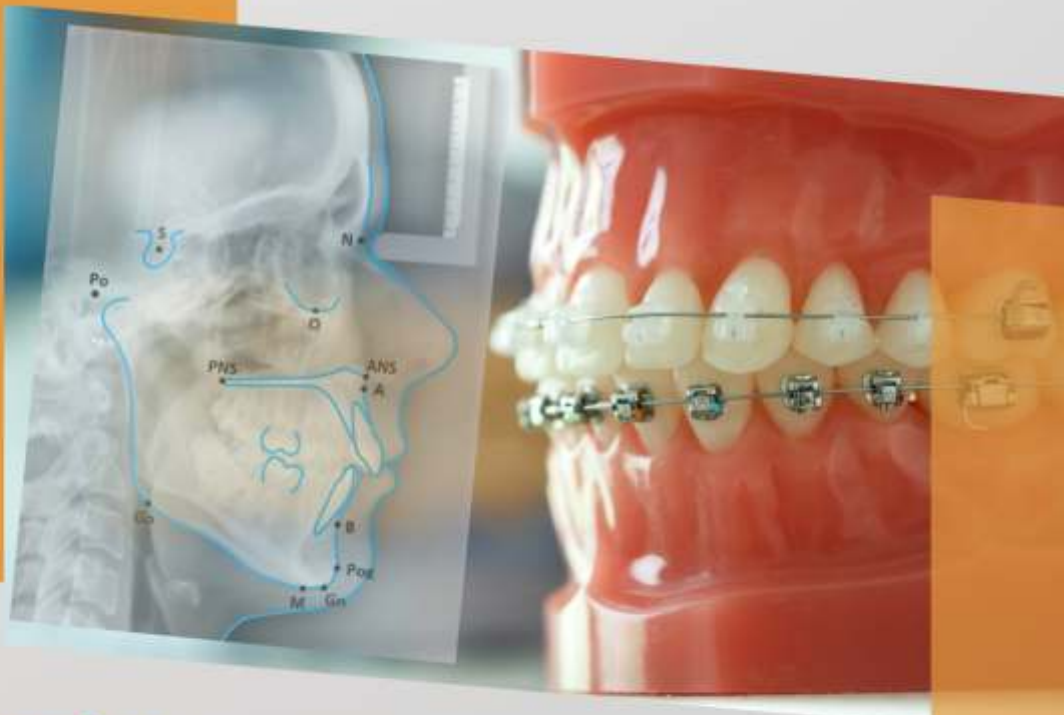
So go for it and Never Give Up!!



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IBO Awareness Program



**Saturday,
19th November, 2022**

09:00 am - 03:00 pm

Venue:

Sarovar Premiere

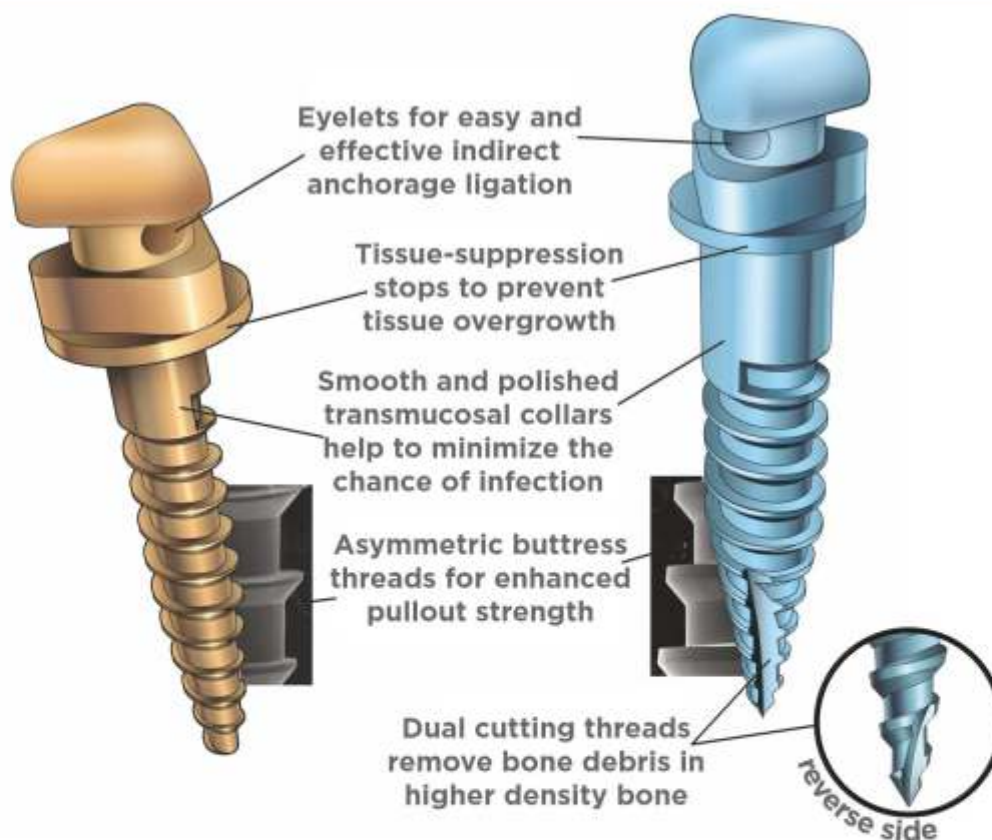
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