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Times

The Official News Letter of Indian Orthodontic Society



Reach us @ editorios@iosweb.net

President's Message



Dear IOS Family,

I hope all of you are doing well and are in your best of health.

We are coming to the last leg of my tenure i.e. IOS Year 2022-23. We had multiple physical and Virtual Programmes this year which made us all very rich in knowledge. IOS members and student life members got the best of the Lecture and Hands On Experience with the Class Apart mentors. The study groups did a great job for the clinical practitioners pan India.

In the month of August IOS Calender event i.e National Training Programme in Cleft and Craniofacial Orthodontics was very successfully conducted at Dayananda Sagar Dental College & Hospital, Bangalore on 4th and 5th August under the leadership of Dr. Hemanth M & Dr. Aravind M. The programme had Shri. Thawarchand Gehlot as the Chief Guest of the event. The speakers gave a comprehensive insight from NasoAlveolar Moulding to Orthognathic Surgeries for Cleft patients.

On 12th & 13th August, Digital Orthodontics- The Future, workshop was hosted by AIIMS at India Habitat Centre under the leadership of Dr. Ritu Duggal which was a grand success.

We are some days away from our Annual Conference to be held at Subharti Dental College Campus, Meerut.

Looking forward to welcoming you all for the Pre Conference Courses, excellent Orations, Scientific Presentations & unmatched hospitality.

Thank You so much for all your support in this entire term - "Fostering Smiles Globally"

Jai Hind, Jai Bharat, Jai IOS..!

Dr. Balvinder Singh Thakkar

President, Indian Orthodontic Society

Secretary's Message



Dear Members,

As summer days wane and the sun sets on another month, we are thrilled to bring you the August issue of IOS Times, your trusted source for the latest in orthodontics. This month saw a whirlwind of activities ranging from Practice Management Webinar by

where they shared invaluable strategies and techniques to elevate the management of your orthodontic practice. Next we delved into the details of the latest advancements in Cleft Irthodontics and learn how they are transforming patient experiences and outcomes with the NATIONAL CLEFT AND CRANIOFACIAL ORTHODONTICS PROGRAM held in Bangalore a groundbreaking event that unveiled cutting-edge innovations in this area. We finished the month with Digital Orthodontics, the future program by AIIMS, New Delhi, a convergence of forward-thinking minds in the orthodontic field. This event explored the groundbreaking research, emerging technologies, and revolutionary treatment modalities. Stay at the forefront of orthodontic innovation with our comprehensive coverage in this issue.

This month has focused on insights, interviews, and expert opinions to help you navigate the evolving landscape of orthodontics. From practice management tips to the latest trends in orthodontic treatments, IOS Times is your compass.

On a moving ahead note, the IOS Head office had taken action by raising concerns about DIY aligners to the respective companies as well as to the Indian Dental Association and Dental Council of India.

It is IOS s efforts to make clear aligner science an Orthodontist's appliance rather than a company controlled business. We need all your support in this endeavour to uphold and strengthen our speciality and community standards. In this effect we request all members to refrain from any sponsorship or KOL offers from such companies.

With our unified front the future of orthodontics is brighter than ever, and we are committed to illuminating your path forward.

Warm regards,

Prof. (Dr.) Sanjay Labh

Hon. Secretary, IOS

Editor's Message



“Lets strive to be better in September“

Cheers to a new month and another chance for us to get it right .

A new month has new intentions, new goals ,new light and new beginnings. Its time to steadily move up with the activities planned for the remaining months of the year .

We already had a power packed August with different activities all over the country ,

The major events such as the

- 1) National training program in Cleft & Craniofacial Orthodontics in Bengaluru ,it was a huge feat attended by 500 plus delegates .
- 2) Digital Orthodontics program organized by AIIMS ,New Delhi was a enormous success too, Digital is the future and our members always have the opportunity to enrich themselves through the different webinars and workshops of this benevolence.

With some major programs successfully crised and browned in August we wait for yet another upcoming across the board events and the most envisioned event i.e Indian Orthodontic conference in meerut .

There is always some inspiration to imbibe from our interview section and some inspiration , enthusiasm ,courage and wonder from our Orthotainment section .

We wish the members use this month most wisely and fruitful way .

Make this September to remember .

Regards

Dr Santosh Ramegowda

Editor, IOS Times

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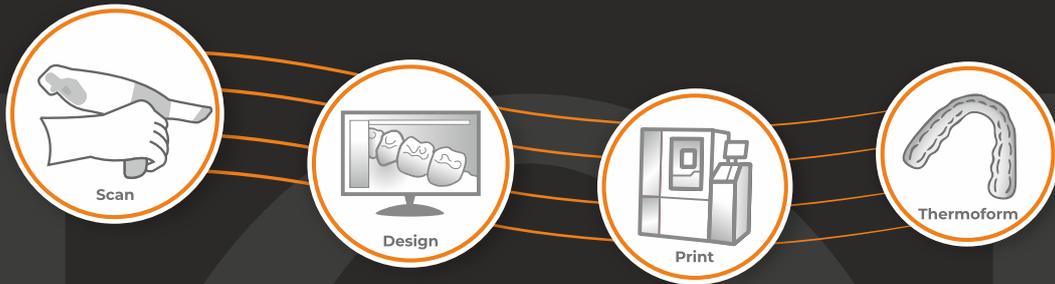
Dr Kannan Sabapathy

Event	Date	Day	Venue	Contact Person	Phone No	Email ID
1ST EC MEETING	18th SEPT 2022	Sunday	PUNE	DR. JAYESH RAHALKAR	9822056681	jayeshrahalkar@gmail.com
NATIONAL ORTHODONTIC WEEK / ORTHODONTIST DAY	1 th -7 th OCT 2022 5 th OCT 2022	Saturday - Friday	PAN INDIA	IOS HO / HON. SECRETARY	9829213700 9313483570	president@iosweb.net. secretary@iosweb.net
PRACTICE MANAGEMENT SERIES	16 th OCT 2022	Sunday	VIRTUAL	DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA	9824122642 9980044933 9860467872	kubavatajay@gmail.com drsidssetty@gmail.com drgauravg@gmail.com
IOS FRIDAY RENDEZVOUS	28 th OCT 2022	Friday	VIRTUAL	DR AJAY KUBAVAT	9824122642	kubavatajay@gmail.com
IBO AWARENESS PROGRAM	19 th NOV 2022	Saturday	JAIPUR	DR ASHWIN MATHEW DR SALIL NENE	9840032771. 9822871387	ibochairman@iosweb.net ibosecretary@iosweb.net
2ND EC MEETING	20th NOV 2022	Sunday	JAIPUR	DR BALVINDER SINGH THAKKAR	9829213700	president@iosweb.net
IOS FRIDAY RENDEZVOUS	25 th NOV 2022	Friday	VIRTUAL	DR AJAY KUBAVAT	9824122642	kubavatajay@gmail.com
ART AND SCIENCE OF CRAFTING STANDOUT RESEARCH	2 nd - 3 rd Dec 2022	Friday - Saturday	NEW DELHI	DR HARNEET KAUR	9817467002	dr.harneetkaur@gmail.com
PRACTICE MANAGEMENT SERIES	11 th DEC 2022	Sunday	VIRTUAL	DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA	9824122642 9980044933 9860467872	kubavatajay@gmail.com drsidssetty@gmail.com drgauravg@gmail.com
IOS FRIDAY RENDEZVOUS	23 rd DEC 2022	Friday	VIRTUAL	DR DEENA DAYALAN	9840895100	dheena.mds@gmail.com
PG ORIENTATION	5 th - 6 th JAN 2023	Thursday-Friday	BELGAUM	DR K M KELUSKAR	9448136832	drkeluskar@gmail.com
ORTHODONTIC PREMIER LEAGUE	18 th - 19 th JAN 2023	Wednesday-Thursday	COORG	DR SANTOSH RAMEGOWDA DR GOUTHAM B	9845428008 9900620536	ramegowdasantosh@gmail.com m drgouthamreddy2000@gmail.com
PHASE II IBO ONLINE EXAMINATION	23 th JAN 2023	Monday	VIRTUAL	DR ASHWIN MATHEW DR SALIL NENE	9840032771. 9822871387	ibochairman@iosweb.net ibosecretary@iosweb.net
REPUBLIC DAY	26 th JAN 2023	Thursday	VIRTUAL	IOS HO / HON. SECRETARY	9829213700 9313483570	president@iosweb.net. secretary@iosweb.net
NATIONAL INTEGRATED TYPHODONT WORKSHOP(EAST ZONE)	27 th - 29 th Jan 2023	Friday - Saturday-Sunday	KOLKATA	DR PARTHA PRATAM	9163239583	doctorpartha@gmail.com

PRACTICE MANAGEMENT SERIES	5 th FEB 2023	Sunday	VIRTUAL	DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA	9824122642 9980044933 9860467872	kubavatajay@gmail.com drsidssetty@gmail.com drgauravg@gmail.com
IOS PG CONVENTION	16 th – 19 th FEB 2023	Thursday - Friday - Saturday - Sunday	LUCKNOW	DR SUDHIR KAPOOR	9415022735	kapoorclan@hotmail.com
3RD EC MEETING	19th FEB 2023	Sunday	LUCKNOW	DR SUDHIR KAPOOR / DR RAJ KUMAR JAISWAL	9415022735 9415023934	kapoorclan@hotmail.com drrajkumarjaiswal@yahoo.co.in
IOS FRIDAY RENDEZVOUS	3 rd MAR 2023	Friday	VIRTUAL	DR REJI ABHRAAM	9947357788	rejiabm@gmail.com
IOS PG ORIENTATION PROGRAM	17 th – 18 th MAR 2023	Friday - Saturday	JAIPUR	DR SEEMA CHOUDHARY DR SAURABH CHATURVEDI	9829125999 9468869266	drseemaortho@gmail.com drsaurabh84@yahoo.com
INTERNATIONAL ORTHODONTIC SYMPOSIUM	24 th – 27 th MAR 2023	Friday - Saturday - Sunday - Monday	COORG	DR SUNIL MUDDAIAH DR ANMOL KALHA DR GOUTHAM B	9448113013 9910017111 9900620536	drsunilmuddaiah@gmail.com anmolkalha@gmail.com. drgouthamreddy2000@gmail.com
WILD LIFE PHOTOGRAPHY	31 st Mar- 2 nd Apr 2023	Friday - Saturday - Sunday	RANTHAMBOR E	DR RAGHUNANDAN CHANDURI/ DR ARIHANT JAIN	9845187614. 7417670908	drraghucvl@yahoo.com arihantjainortho@gmail.com
ROAR (RAMACHANDRA ORTHODONTIC ACCELERATED REVIEW)	3 rd – 5 th Apr 2023	Monday - Tuesday - Wednesday	HYBRID	DR. VIGNESH KAILASAM DR SRIDEVI P	9840237177 9600077428	theorthodontist@gmail.com sridevipadu@gmail.com
NATIONAL INTEGRATED TYPHODONT WORKSHOP	6 th – 8 th Apr 2023	Thursday - Friday - Saturday	GHAZIABAD	DR PAYAL SHARMA / DR PIUSH KUMAR	9212708451 9811307935	drpsharma25@yahoo.com piushkumardf@its.edu.in
MID-YEAR CONVENTION	8 th APR – 15 th APR 2023	Saturday - to Next Saturdat	VIETNAM	DR SARABJEET SINGH DR ANSHU KALRA	9876061283. 9355627398	sarabjeet3400@yahoo.co.in dranshuortho@gmail.com
PRACTICE MANAGEMENT SERIES	7 th MAY 2023	Sunday	VIRTUAL	DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA	9824122642 9980044933 9860467872	kubavatajay@gmail.com drsidssetty@gmail.com drgauravg@gmail.com
NATIONAL TYPHODONT WORKSHOP(SOUTH ZONE)	11 th – 13 nd MAY 2023	Thursday - Friday - Satursay	CHENNAI	DR C DEEPAK	9840060745	drcdeepak1307@gmail.com
WORLD ORTHODONTIC HEALTH DAY	15 th MAY 2023	Monday	PAN INDIA	IOS HO / HON. SECRETARY	9829213700 9313483570	president@iosweb.net. secretary@iosweb.net
NATIONAL INTEGRETED TYPHODONT WORKSHOP	15 th – 17 th MAY 2023		MALLAPURAM, KERALA	DR SAM PAUL	8921406622	info@exodusdental.com
INTERDISCIPLINARY ORTHODONTICS SYMPOSIUM	20 th MAY 2023	Saturday	HYDERABAD	DR SHUBHAKAR RAO	9949095427	shubhaker@gmail.com
4TH EC MEETING	21st MAY 2023	Sunday	NEW DELHI	DR SANJAY LABH	9313483570	secretary@iosweb.net
IOS FRIDAY RENDEZVOUS	26 th MAY 2023	Friday	VIRTUAL	Dr A EDEINTON ARUMUGAM	9841121575	edeinton@gmail.com
NATIONAL INTEGRATED TYPHODONT WORKSHOP - ADVANCED COURSE	29 th – 30 th May 2023	Monday- Tuesday	MODERN DENTAL COLLEGE, INDORE	DR ASHISH GARG DR AMIT BHARDWAJ DR SURYANSH DILLIWAL	9826340056 9826550696 9893064911	drgargs_1@yhoo.com dramit2211@yahoo.in

IOS SYMPOSIUM ON CLINICAL CASE REPORTS (GRANDEUR II)	5 th – 6 th JUN 2023	Monday - Tuesday	VIRTUAL	DR SURYAKANTA DAS	9861099237	orthosuryakantadas@gmail.com
SOUTH ZONE PG CONVENTION	8 th – 10 th JUN 2023	Thursday-Friday - Saturday	SALEM	DR SABRINATHAN. DR PRABHAKAR KRISHNAN DR R RANGANATHAN	9843190022 9843688271 8489988999	orthosat@gmail.com
NATIONAL TYPHODONT WORKSHOP(WEST ZONE)	16 th – 17 th JUN 2023	Friday-Saturday	Ahmedabad	Dr Alap Shah	8347914866	alap@ksd.ac.in
ORTHO GEDI	23 rd – 24 th JUN 2023	Friday - Saturday	AMRITSAR	DR SARABJEET SINGH DR SUKHDEEP SINGH KAHLON DR CHETAN DEV BOPARAI	9876061283 9888897473 8566031983	sarabjeet3400@yahoo.com singhkahlon@yahoo.com drchetandevsingh@yahoo.co.in
IOS FRIDAY RENDEZVOUS	30 th JUN 2023	Friday	VIRTUAL	DR UDAY KUMAR DIGUMARTHI	9949818001	drsaiuday@gmail.com
PRACTICE MANAGEMENT SERIES	9 th JUL 2023	Sunday	VIRTUAL	DR AJAY KUBAVAT DR SIDDHARTH SHETTY DR GAURAV GUPTA	9824122642 9980044933 9860467872	kubavatajay@gmail.com drsidssetty@gmail.com drgauravg@gmail.com
INNOVATION CONCLAVE	15 th – 16 th JUL 2023	Saturday - Sunday	VIRTUAL	DR JAYESH RAHALKAR DR RAJAGANESH GAUTAM	9822056681 9890389945	jayeshrahalkar@gmail.com rajaganeshgautam@yahoo.com
2 ND INVISIBLE ORTHODONTICS SYMPOSIUM	21 st – 22 nd JUL 2023	Friday - Saturday	VIZAG	DR SRIKRISHNA CHALASANI	9849477777	orthodontist7@gmail.com
IOS FRIDAY RENDEZVOUS	28 th JUL 2023	Friday	VIRTUAL	DR ANAND TRIPATHI	9422560650	anand.tripathi86@gmail.com
NATIONAL CLEFT AND CRANIOFACIAL ORTHODONTICS PROGRAM	4 th – 5 th Aug 2023	Friday - Saturday	BANGALORE	Dr HEMANTH M DR VIRAG BHATIA	9845459666 9826021997	hemanth984545@gmail.com viragbhatia@yahoo.co.in
DIGITAL ORTHODONTIC-THE FUTURE	12 th – 13 th AUG 2023	Saturday - Sunday	AIIMS NEW DELHI	DR RITU DUGGAL / DR PUNEET BATRA	7838390003/ 9810335961	ritudug@gmail.com / drpuneetbatra@gmail.com
INDEPENDENCE DAY	15 th AUG 2023	Tuesday	VIRTUAL	IOS HO / HON. SECRETARY	9829213700 9313483570	president@iosweb.net. secretary@iosweb.net
IOS CHRONICLES (IOS JOURNALS SYMPOSIUM)	18 th – 19 th AUG 2023	Friday - Saturday	VIRTUAL	DR VIGNESH KALAISAM DR SARVARAJ KOHLI	9451570848 9425152568	theorthodontist@gmail.com sarvraj.kohli@gmail.com
EOGM	14 th SEP 2023	Thursday	MEERUT	HON. SECRETARY- DR SANJAY LABH	9313483570	sanjaylabh@gmail.com
5TH EC MEETING	15th SEP 2023	Friday	MEERUT	DR PRADEEP RAGHAV DR VAIBHAV MISHRA	9837175914 9897146669	drpradeepraghav@gmail.com vaibhavmisra@gmail.com
57TH INDIAN ORTHODONTIC CONFERENCE	15 th – 17 th SEP 2023	Friday - Saturday - Sunday	MEERUT	DR PRADEEP RAGHAV DR VAIBHAV MISHRA	9837175914 9897146669	drpradeepraghav@gmail.com vaibhavmisra@gmail.com
AGM	16 th SEP 2023	Saturday	MEERUT	DR PRADEEP RAGHAV/ DR VAIBHAV MISHRA	9837175914 9897146669	drpradeepraghav@gmail.com vaibhavmisra@gmail.com

CLEAR ALIGNER SOLUTION



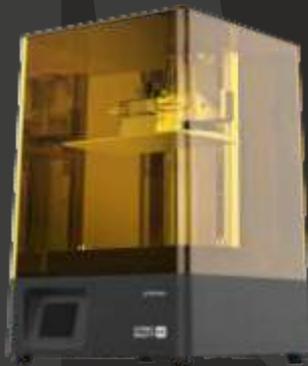
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THERMOFORM

NATIONAL TRAINING PROGRAM IN CLEFT AND CRANIOFACIAL ORTHODONTICS



Host: Department of Orthodontics & Dentofacial Orthopaedics, Dayanand Sagar College of Dental Sciences

The Department of Orthodontics & Dentofacial Orthopaedics, Dayananda Sagar College of Dental Sciences in association with the Indian Orthodontic Society and Bangalore Orthodontic Study Group conducted a three days National training program in Cleft and Craniofacial Orthodontics from 3rd - 5th August, 2023.

A good number of Keynote speakers and Guest faculty (both national and international) graced this esteemed event. The program had a huge turnout with around 320 delegates from all over the country attending this program.

The national training program mainly focused on the treatment of patients having cleft lip and palate and other craniofacial anomalies. The incidence of cleft lip and palate varies by geographical region and population. On average, worldwide prevalence is around 1 in 700 live births, with slight differences between cleft lip (without palate involvement) and cleft palate (with or without cleft lip). Incidence can be higher in some ethnic groups and lower in others. It's important to note that these numbers can change over time due to genetic, environmental, and healthcare factors. Such anomalies often present as emotional social and psychological burden to both the parents and the affected child.

The treatment involves extensive care from a few days old infant up to early adult life. The treatment improves the child's ability to eat, speak and breathe properly. Early intervention can prevent speech and dental issues as the child grows. Additionally, addressing the cleft can





boost the child's self-esteem and overall quality of life. Medical and surgical interventions, along with speech therapy and ongoing care, play a significant role in ensuring positive outcomes for individuals with cleft lip and palate.

The first day of the conference consisted of paper/poster/quiz competitions and many delegates participated. Hands on workshop focussed on impression taking and fabrication of NAM appliances and it was conducted by our esteemed course director



and mentors who were headed by Dr. Puneet Batra, Dr. Ashith M.V. and Dr. Virag Bhatia.

Day two included the inaugural ceremony which was graced by the presence of Honourable Governor of Karnataka, Mr. Thavar Chand Gehlot ji. The lectures by the reputed international and national speakers (both from the field of Orthodontics and Oral surgery) went on as per the schedule.

Day three included lectures, panel discussion and hands on workshop. The panel discussion headed by Dr. Puneet Batra mainly focussed on the various aspects of cleft care and problem solving in tougher cases topics. A question and answer session was also held at the conclusion of the program with which the delegates were able to get their doubts cleared. The program received a roaring response from all participants and it concluded successfully.



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- viscoelastic-hard
- Break-resistant
- Comes with insulating foil
- Excellent dimensional stability.

Erkodur-al (PET-C) is a foil material optimized for the production of aligners. Compared to the proven Erkodur (PET-G), the material is

- Approximately 35% softer
- Lower initial force and feeling of tension during insertion
- Due to the very flat memory loss curve, the effective force lasts comparatively longer

CDE PROGRAM AT PACIFIC DENTAL COLLEGE AND RESEARCH UDAIPUR



Pacific Dental College & Research Centre hosted a CDE program with live patient demonstration on “Simplifying treatment mechanics using passive self-ligation and class 2 corrector” on 16th January 2023.

The program was graced by Dr. Balvinder Singh Thakkar Hon. President Indian Orthodontic Society along with Dr. Sanjay Labh Hon. Secretary Indian Orthodontic Society.

Dr. Balvinder Singh Thakkar emphasized the importance of active participation in various programs & webinars to learn more by the experience of the seniors

Dr Sanjay Labh motivated everyone to educate yourself and being united as Indian orthodontic society.

Dr. Piyush Bolya Proff & HOD Dept of Orthodontics & Dentofacial Orthopaedics was the Organising Chairman for the event. He welcomed all the dignitaries and delegates to the CDE PROGRAM followed by lamp lighting by all the dignitaries.

Dr. Sanjay Labh was the speaker for the event. He enlightened the program by his valuable presence and knowledge. He took the lecture on passive self-ligation and class II corrector. There was a live demonstration on patient of class II corrector appliance placement and infra-zygomatic crest implant placement followed by question & answer round .

The CDE was conducted with Hand on/ live patient. The program was a huge success with 96 enthusiastic delegates attending the program.

The program’s coverage was featured in all of the local newspapers.





जबड़ों के सुधार की तकनीक पर एक दिवसीय वर्कशॉप



उदयपुर | पैसिफिक डेंटल कॉलेज एंड रिसर्च सेंटर के डिपार्टमेंट ऑफ ऑर्थोडॉन्टिक्स की ओर से एक दिवसीय वर्कशॉप का आयोजन किया गया। उद्घाटन इंडियन ऑर्थोडॉन्टिक सोसायटी के अध्यक्ष डॉ. बलविन्दर सिंह ठक्कर एवं सेक्रेटरी डॉ. संजय लाभ ने किया। ऑर्थोडॉन्टिक्स के विभागाध्यक्ष डॉ. पीयूष बोल्या ने बताया कि वर्कशॉप में जबड़ों के सुधार की तकनीकों के बारे में छात्रों को बताया। मुख्य वक्ता इंडियन ऑर्थोडॉन्टिक सोसायटी के सेक्रेटरी डॉ. संजय लाभ ने बताया कि किसी व्यक्ति के जन्मजात या किसी और कारण से जबड़े में अगर विकार आ जाए तो उसे दंतों के उपचार की नई तकनीकों से सही किया जा सकता है।

डॉ. रहाना परखान न प्रातःपठन पढ़ा। फलब सदैव्य डॉ. सुभागा शर्मा तथा डॉ. रमेश टाक आदि भी मौजूद रहे।

जबड़ों के सुधार की तकनीक पर वर्कशॉप



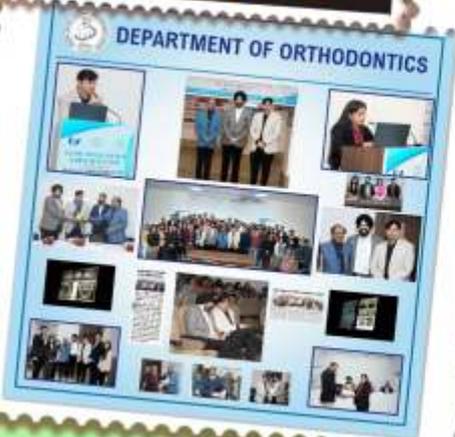
उदयपुर | पैसिफिक डेंटल कॉलेज एंड रिसर्च सेंटर के डिपार्टमेंट ऑफ ऑर्थोडॉन्टिक्स की ओर से एक दिवसीय वर्कशॉप का आयोजन किया गया। उद्घाटन इंडियन ऑर्थोडॉन्टिक सोसायटी के अध्यक्ष डॉ. बलविन्दर सिंह ठक्कर एवं सेक्रेटरी डॉ. संजय लाभ ने किया। ऑर्थोडॉन्टिक्स विभाग के विभागाध्यक्ष डॉ. पीयूष बोल्या ने बताया कि वर्कशॉप में जबड़ों के सुधार की तकनीकों के बारे में डेंटल के पीजी विद्यार्थियों एवं फैकल्टी को विस्तार से बताया गया।

गाजनीजी मैंग में आने रतगागर के एयर एनसीसी कैडेट

जबड़ों के सुधार की तकनीक पर हुई वर्कशॉप



उदयपुर | पैसिफिक डेंटल कॉलेज एंड रिसर्च सेंटर के डिपार्टमेंट ऑफ ऑर्थोडॉन्टिक्स की ओर से एक दिवसीय वर्कशॉप का आयोजन किया गया। वर्कशॉप का उद्घाटन इंडियन ऑर्थोडॉन्टिक सोसायटी के अध्यक्ष डॉ. बलविन्दर सिंह ठक्कर एवं सेक्रेटरी डॉ. संजय लाभ ने किया। ऑर्थोडॉन्टिक्स विभाग के विभागाध्यक्ष डॉ. पीयूष बोल्या ने बताया कि वर्कशॉप में जबड़ों के सुधार की तकनीकों के बारे में डेंटल के पीजी विद्यार्थियों एवं फैकल्टी को विस्तार से बताया गया। डॉ. संजय लाभ ने बताया कि किसी व्यक्ति के जन्मजात या किसी और कारण से जबड़े में अगर विकार आ जाए तो उसे दंतों के उपचार की नई तकनीकों से सही किया जा सकता है।



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‘Know Your President’

Dr. Balvinder Singh Thakkar

(President, Indian Orthodontic Society)



Interviewed By:

Dr. Santosh Ramegowda

(Editor, IOS TIMES) @ Bengaluru



Written & Edited By:

Dr. Ankit Sikri

(Section Editor, IOS TIMES)

Dr. Santosh Ramegowda (S.R.) – Let’s start with your Name and Credentials, Sir!

Dr. Balvinder Singh Thakkar (B.T.) – I am Prof. (Dr.) Balvinder Singh Thakkar, President (Indian Orthodontic Society) for the year 2022 – 2023. I completed my graduation from V.S. Dental College, Bangalore in the year 1998 and then completed Masters degree in subject of Orthodontics in the year 2002 from Prestigious KLE’s Institute of Dental Sciences, Belgaum, Karnataka.

I had this esteemed opportunity to be the Vice President of IOS in the year 2017 – 2018. I happen to be the Founder Convenor of Rajasthan Orthodontic Study Group (ROSG). To add to the tally, I was the Organizing Secretary of 52nd Indian Orthodontic Conference held at Pink City, Jaipur in the year 2017 and was also the Organizing Chairman of IOS Mid-year Convention (MYC) at Russia (2019). I am currently the Managing Director of Jaipur Dental Hospital from past 21 years. I have had this honour of receiving Best Paper awards and also the Best Research award by IOS. My profile has been covered by World famous business magazine, Forbes for my passion of Dentistry and promoting Dental Tourism in India. I am honoured by Times of India, Dainik Bhaskar, Innate Info etc. as being the best Orthodontist in the state of Rajasthan.

S.R. – Did you always wanted to become a Dental Surgeon or an Orthodontist? Explain a bit about your Journey of Excellence?

B.T. – I belong to a business family and by default in such families, the son carries forward the legacy set by his father. As I was about to choose the legacy line, my mother expressed her desire to see her son becoming a doctor. I could not afford to say 'No' to my mother for anything as seeing what all parents do for their children. I opted for Dentistry as my subject thinking the learning curve would be comparatively less time taking. The passion to do things by giving my best kept continuing and days went by and finished my masters in Orthodontics.



After finishing studies, I stepped into academics along with my own private practice. Suddenly I could see my passion for dentistry grow as post orthodontic treatment results of patients came out very promising & the change in confidence of patients spoke volumes. As I was practicing in a tourism oriented city i.e. Jaipur, quite a few foreign patients started coming to my workplace. In India, the treatment costs are much less as compared to their countries, so they prefer getting the treatment done while travelling to India.

S.R. – Highlight your accomplishments during your Presidential tenure.

B.T. – This year's tag line given by me was "Fostering Smiles Globally". I can sum up my accomplishments as:

- Reinstalled International Observership Program for Life Members to Adelaide University (Australia), Nagasaki University (Japan) and University of Western Australia (Perth)
- Reinstalled National Intercollege Exchange programs for SLMs
- IOS social media was activated to reach maximum of masses.
- IOS Care fund disbursement to the families of deceased members.
- Worked towards the larger interest of society by fighting against DIY aligners and issue of notices & action against Orthodontists involved in it,
- Conducted six national Typhodont workshops in all corners of the country.
- Orthodontic public rallies at some of the National events.
- Virtual photo frames made to make the membership involved and thus spreading awareness of Orthodontists amongst general public on social media.
- Ten Lac rupees were dispersed for IOS Research Grant – all to promote Orthodontic research in the country.
- Every fortnight, there was a release of public awareness flyer.
- Streamlined the SLM to LM conversion process – it is just a click away!

S.R. – Any unique thing you did in your tenure?

B.T. – Yes, there are a few signatory things which I did in my tenure with the support from entire Executive Committee.



- Started Aligner Master Class – a virtual master-blaster event to understand the science behind Aligners.
- Started Practice Management online series – to understand the tips of successful practice.
- Started Ortho Gedi – an exclusive lecture and hands on sessions on TADs.
- Unveiled the Ortho Paathshaala icon on website for checking the recordings of previous Aligner Masterclass and Practice Management sessions.
- WFO Membership at a discounted price for IOS Members (INR 14000 instead of 19000) which led to nearly 200 IOS members getting registered in 10 days' time.

- Initiated Study Group Conveners' Conclave – a physical meeting of Conveners of Study Group to be done minimum once a year starting from 57th IOC in Meerut.
- Activated the IOS helpline number to resolve the issues in twenty four hours.
- Created a Entire Life Members Whatsapp group (admin protected) to send the common information to their mobile handsets.



S.R. – Your say on Orthodontic awareness in day to day lives.

B.T. – Awareness to the masses is the only road ahead. I request all the Life Members and Student Life Members to repost the flyers made by IOS on their own pages to create mass awareness about Orthodontists for Orthodontic Treatment. We have to spread the message in their own understanding that An Orthodontist is a Pilot for correcting irregularities of teeth “for an Airplane to fly the Expertise of the Pilot is more important than the model of Airplane”.

S.R. – Do you think our profession is saturated?

B.T. – No...!!! In this era of easy money, yes it is a long gestation period as our profession apart from the skills it requires Perseverance, Patience & Dedication to gain patients Trust as emphasized by famous Punjabi Saying, “Chatti, Khatti, Hatti” three years of patience to establish oneself in any profession. The initial struggle is rewarding in the long run, with a fulfilling career. It actually depends on the person, how one takes it. Every human being has a particular set of skills and one should always use them to the best of their potential. As a practitioner from past twenty one years, I have always had this thought that a practitioner requires hundred patients and their families who get satisfied with the treatment provided. Once you treat that lot and once you have gained their trust, you will start getting more and more referrals.



S.R. – Please recognize the support of your family members during your tenure.

B.T. – Blessings are surely invisible. The unconditional love from parents, especially from better half, siblings, youngsters and even patients – is truly priceless. As it is wisely said – ‘Behind every successful man, there is a woman’; in my case, there are two – my mother and my wife. Love and support from them gets you the strength to excel in one’s life. You have to be very much balanced in the family, to manage the society at large.

S.R. – Did you ever foresee yourself as the President of the society one day?

B.T. – hmmm. Tough Question to Answer- I am of a firm belief that one has to be blessed to achieve great heights and hard work has no substitute. Since the time I took admission in Post Graduation, I have never missed a single Indian Orthodontic Conference. After completing studies, I always use to attend the Annual General Body Meetings (AGMs) I used to listen to all the discussions and even at times the heated arguments between the bigwigs. Slowly and steadily, I felt the need to understand the constitution and took my first baby step to Contest for EC election and rest is history.

S.R. – Please convey your good wishes to the incoming President and EC Members

B.T. – I am sure the new thought processes and suggestions would keep coming on the way of upcoming new EC. We should have all ears to listen to everyone. Keep carrying the good work done by past Office Bearers for the interest of the society & take it to the next level. Looking for new ideas to benefit the members at large keep the IOS Flag fly high.

S.R. – Your advice for the younger generation who wants to achieve something in society

B.T. – Be a Good Person first...!!!

What we are today is because of our teachers, never forget them. Your parents have worked hard & happily want to see you more successful than what they are, always love them. The youngsters should always believe in almighty and in themselves. One should be empathetic towards the patients and should always treat them the way they wanted to be treated as a patient. Try to connect with everyone, be ever helpful, be expressive, be passionate, develop Soft Skills, stay happy, healthy, stay united and focused. Share a bond of Love within your friends, Alumni & Juniors.

Always Remember: “Your Network is Your Net worth”



STUDY GROUP ACTIVITY

HOSG Report on IOS Endorsed CDE Program on Aligner Biomechanics

‘Discussion on Latest Technology, Biomechanics, Staging Protocols & Problem Solving with Aligners’ - Oneday CDE Program for IOS Members Conducted by TAC Aligners at Hyderabad, on 13-08-2023- In association with Hyderabad Orthodontic Study Group & IOS as Knowledge Partner.

The Indian Orthodontic Society's, IOS (Knowledge Partner) endorsed CDE Program on ‘Discussion on Latest Technology, Biomechanics, Staging Protocols & Problem Solving with Aligner's, was Organized jointly by Hyderabad Orthodontic Study Group (HOSG), and TAC Aligners, held at Hotel Marigold, Hyderabad on 13th August 2023 from 11AM to 4PM.

The CDE program was a one day lecture series, where Dr.Gauri Vichare, Dr.Chintan Valia, Dr Madhur Navlani graced the occasion as the resource persons imparting knowledge to 34 participants, (Life members of IOS) in and around Hyderabad and Secunderabad.

Dr. G. Chandrashekar- Past president IOS, Convenors of HOSG, Dr. Shubhaker Rao Juvvadi, Dr. Prasad Konda, Dr. A. Rakesh Rao, Dr Yudhistar.P.V. EC member IOS were amongst delegates present at the meeting.

The importance of Orthodontists as specialists to do orthodontic treatment was reiterated on this occasion by Dr Shubhaker Rao Juvvadi, Chief Convenor HOSG. The dangers of Direct-to-Consumer Aligners (D2C) to the patients were also stressed by conveners Dr. Prasad Konda & Dr Rakesh rao.

The Program was IOS Endorsed program and 6 CDE points endorsed by Telangana State Dental Council.

The Schedule of the program was:

- Inaugural and Adress by HOSG Convenors
- Introduction to Aligners & Aligner Biomechanics in general and Vertical Malocclusions in particular – Dr Gauri Vichare 11:30AM to 1PM,
- Lunch 1PM to 1:45 PM
- Staging Protocols in Aligners – Dr Chintan Valia, 1:45PM to 3PM
- Aligner Biomechanics, Practical aspects of Aligner practice and troubleshooting with Aligners – Dr Madhur Navlani, 3PM to 4PM
- Valedictory, Distribution of Certificates and High Tea



Speaking on the occasion, Guest of Honour, Dr G Chandra Sekhar, Past President IOS, had mentioned how rapid, technology has made inroads into every field more so ever into Orthodontics, and reiterated the need to update, upgrade and brace ourselves to keep up to the pace and embrace the change. He said that smart upgrading of skills by every Orthodontist who is naturally adept with the knowledge of Biomechanics, should actually be riding the tide in upcoming years to come and not feel threatened by disruptive intrusion into our practices by Aligner companies, as the ill effects of poorly planned aligners by Non-Orthodontists and Novices are yet to surface. So this time of 2 to 3 years is for us to be the masters in the field of Aligners and to hone the skills of trouble shooting. He said that the lectures given by Hon`ble speakers were awe inspiring and lot of clinical cases were discussed along with a thorough knowledge imparted on Aligners. He wished HOSG, a great success in its future endeavors and to conduct many such useful programs

Audience were Glued to their seats and were asking questions even after 15 minutes after conclusion of the talk and it was a fraternal gathering amongst members of Hyderabad Orthodontic Study Group spiced up by the practice management tips from experts in the field in the form of resource persons who shared their knowledge on Aligners. Overall it was a very successful program planned exclusively for Orthodontists, who are Life members of IOS.



Ortho Spotlight Event in collaboration with Abbot Healthcare

Team GOSG, recently organized the Ortho Spotlight Event in collaboration with Abbot Healthcare. The event was well attended by 72 IM and SLM members. The event was kickstarted by the welcome address from the Chief Convener Dr Pranav Chandarana and felicitating of guest speaker Dr Prashant Dhole who spoke on "Interdisciplinary



orthodontics and TMD treatment with Orthodontics and split therapy." The team Abbott comprising of their Zonal Branch Manager Mr Ravi Trivedi and Medical Adviser Dr Ankita Tyagi were felicitated as well. Co convener Dr Dhaval Somani introduced the speaker and the audience was spell bound. Post lunch session comprised of a live demo and lecture by Dr Pranav Chandarana on "Enigma of Clear Aligner therapy and Fixed Orthodontic treatment." Co convener Dr Aakash Shah gave the vote of thanks. On behalf of Team Abbott Dr Ankita conveyed her gratitude to IOS and GOSG for the opportunity.



MOSG JK MEMORIAL NATIONAL QUIZ COMPETITION 2023



On August 20, 2023 the Madras Orthodontic Study group held its Annual General Body meeting. The purpose of this meeting was to commend the previous convenor, Dr. Dilip S, on his accomplishments and to transfer the office proceedings to the new convenor, Dr. K.M Shahul Hameed Faizee, and Dr. Rekha Bharadwaj took up as the new Co -Convenors for the year 2023-24. Positive objectives were established, and suggestions from the members were gathered to help the group work better in the future year. MOSG extends its warmest congratulations to the new convenor and co-convenors and best wishes for a fantastic year of productive work.

The first event organised by the New team was JK memorial quiz competition. The program commenced with a formal inauguration ceremony, with welcome address from the new convenor Dr. Shahul Hameed Faizee.

Principal office bearers of Indian Orthodontic society namely Dr. Balvinder Singh Thakkar - President of IOS, Dr. Sanjay Labh, Honorary-Secretary of IOS and Dr. Jeyesh Rehalkar President elect IOS shared their thought about the event.. Distinguished founder members of MOSG such as Dr. N.R. Krishnasamy, Dr. Janarthanam, and Dr. Sridevi Padmanabhan, along with senior faculties from various colleges also graced the occasion.

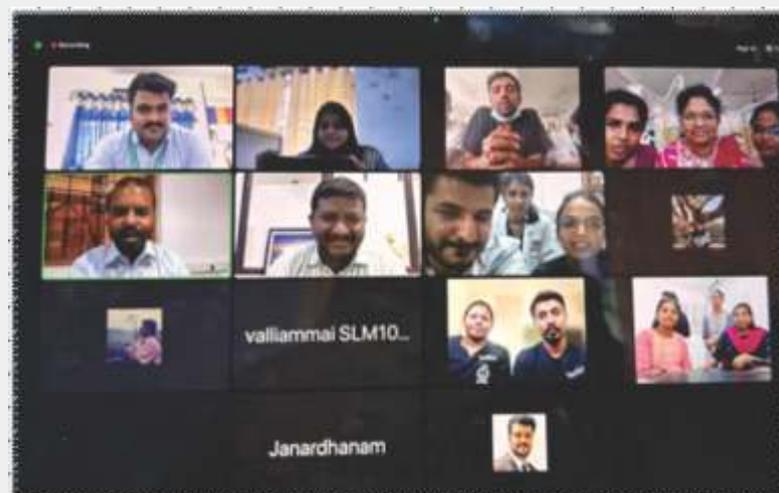
175 teams participated more than 82 dental colleges across the country. It was a tremendous team effort under the leadership of MOSG convenor Dr. Shahul and Co conveners Dr. Vijay Adith and Dr. Rekha Bharadwaj. The top ten teams were selected through a rigorous process, which included rounds like rapid fire, word search, block and tackle, all managed by the quizmaster, Dr. Rekha Bharadwaj. Cash prize was announced to the top three winners.

At this juncture, we would like to extend our gratitude to the Indian Orthodontic Society, the HOD's of various institutions for allowing their

postgraduates to participate, the enthusiastic participants, and the members of the Madras Orthodontic Study Group for their support in making this event a resounding success.

JK memorial quiz was initiated by Ragas Dental College in the year 2019. It was started as an offline event and was conducted on 24th August 2019 at Ragas Dental College in memory of Dr. Jayakumar birthday. The quiz took place with the support of Madras Orthodontic Study group under the convenorship of Dr. Vignesh Kailasam. A rolling trophy was introduced to honour the winning team, with GDC Chennai securing the trophy in the inaugural year of 2019.

However, due to the COVID-19 pandemic, the quiz competition transitioned to an online platform. Despite the challenges, numerous colleges actively participated in the competition. Over time, the JK Memorial Quiz has evolved into a pan-Indian quiz competition and has gained recognition and support from the Indian Orthodontic Society. The JK Memorial Quiz competition has grown from its humble beginnings to become a prestigious and a highly anticipated event in the calendar of programs organized by the MOSG.



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DIGITAL ORTHODONTICS: THE FUTURE WORKSHOP

Host: Division of Orthodontics & Dentofacial Deformities,
Centre for Dental Education & Research (CDER),
All India Institute of Medical Sciences (AIIMS),
New Delhi

Reported By: **Dr. Ankit Sikri** (Section Editor)



Digital technology has a significant impact on our day-to-day life. Integration of digital technology into various aspects of orthodontic treatment is surely, the need of an hour. High - end training workshop on Digital Orthodontics: From Basics to beyond was organized by the Division of Orthodontics & Dentofacial Deformities, Centre for Dental Education & Research (CDER), All India Institute of Medical Sciences (AIIMS), New Delhi from 22nd to 27th September 2022.

In this series, second such workshop “Digital Orthodontics – The Future Workshop” was organized by the Division of Orthodontics and Dentofacial Deformities, Centre for Dental

Education and Research, All India Institute of Medical Sciences, New Delhi in collaboration with Indian Orthodontic Society (I.O.S.) on 12th & 13th August, 2023 at Indian Habitat Centre (IHC), New Delhi. This workshop was graced by national and international stalwarts in Orthodontics and attended by 110 students and life members of the Indian Orthodontic Society.

It was a unique scientific event that imparted state-of-the-art evidence-based knowledge of digital technologies in orthodontic diagnosis, treatment planning, and treatment management as well as the proficiency for postgraduates and faculty to integrate these technologies into their clinical practices.

Numerous national and international speakers with clinical and technological backgrounds participated in this two-day event. This includes six international speakers and fifteen national speakers.

The chief guest at the inaugural ceremony was





Dr. Srinivas M (Director AIIMS). The Guests of Honour included Dr. Balvinder Singh Thakkar (President, IOS), Dr. Sanjay Labh (Hony. Secretary, IOS) and Dr. Nikhilesh R. Vaid (President, World Federation of Orthodontics). Dr Ritu Duggal (Organizing Chairperson) was felicitated by the President and Hon. Secretary of IOS.

E poster and quiz competition were also organised for the student members on the first day of the event. Sixteen presentations were received for competitive e-poster category and three teams participated in the quiz competition. In the e-poster competition, Dr. Urvi Parikh (Sri Aurobindo College of Dentistry, Indore) won the First place while the team from Maulana Azad Institute of Dental Sciences, New Delhi secured the first place in the quiz competition. Dr Ritu Duggal (Organizing Chairperson) felicitated the winners with certificates.





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Dr. Neil David Andrade

M.D.S. (Orthodontics &
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KOL & Platinum Provider -
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Goa



Dr. Dhaval Fadia

M.D.S. (Orthodontics &
Dentofacial Orthopaedics)
Head - Orthodontic Design &
Technology - Flash Aligners
Mumbai

Topic: The Aligner Golden Circle – Why, How & What of Flash!

Date	Time	Venue
Sunday, 08 th October, 2023	10:00 AM Onwards	ITC Gardenia, Bengaluru

RSVP:

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IOS FRIDAY RENDEZVOUS (July 28, 2023)

“TVAP Methodology & its uses for the Aligner Treatment” Dr. Masaru Ishigame (Ginza Chuo, Japan)

Reported By: **Dr. Ankit Sikri** (Section Editor)



The lecture series “IOS Friday Rendezvous” came up with the second phenomenal lecture in the month of July. The online webinar was on the topic – “TVAP Methodology & its uses for the Aligner Treatment” which was held on July 28th, 2023. As many as 300+ virtual attendees were eagerly listening to a great topic

which was well elaborated by Dr. Masaru Ishigame from Ginza Chuo, Japan.

The inaugural ceremony was started sharp at 7 pm by Dr. Amesh Golwara where he welcomed the guest speaker, all the principal office bearers and the Executive Committee Members along with the other life members and student delegates.

The welcome address was delivered by Dr. Balvinder Singh Thakkar (President, IOS) and it was followed by introductory remarks on the Friday Rendezvous lecture series by Dr. Sanjay Labh (Honorary Secretary, IOS). Dr. Amit Bhardwaj (Hony. Joint Secretary, IOS) welcomed the keynote speaker, Dr. Masaru Ishigame.

The speaker, Dr. Ishigame, talked extensively about the Aligner systems present in the commercial market and discussed the efficacy of each one of them. He comprehensively explained his development of Kiyoclear Technique with his unique aligner-expander system which in many cases eliminates the need for interproximal reduction and the composite attachments. He further explained about TVAP Theory, in which Transverse is treated first, then the Vertical and finally Anterior-Posterior.



Towards the conclusion, a Q&A session was conducted by Dr. Ajay Kubavat and Dr. Jitendra Bhagchandani where Dr. Ishigame answered all the queries and clarified the doubts of the delegates. It was such an interactive, half an hour session where the delegates asked questions as well as had a chance to listen to the speaker’s experiences towards aligner systems.

The concluding remarks along with the vote of thanks were delivered by Dr. Amanish Singh Shinh. It was followed by a virtual sharing of the certificate of appreciation which was displayed on the screen by Dr. Amesh Golwara and it was virtually handed over to the guest speaker by Dr. Jayesh Rahalkar (President Elect, IOS).





Dr. Santosh Ramegowda
(Editor, IOS TIMES)

Dr. Chandarana's Dental Museum is the passionate brain child of a Father - Son Duo named Dr. Yogesh Chandarana (A Dental Surgeon) and our fraternity colleague, Prof. (Dr.) Pranav Chandarana. The sole aim of this place is to spread Oral Health awareness amongst the masses. "This museum is born out of the philosophy of Learn, Earn and Return" says Dr Yogesh Chandarana.

Dr. Yogesh comes from a very humble background and has seen a lot of people suffering due to lack of awareness. Some

DR. CHANDARANA'S DENTAL MUSEUM (VADODARA, GUJARAT)

A Personal visit from Bengaluru to Vadodara (Gujarat)

people can't afford the so called 'expensive' dental treatment but that is just a myth. It isn't the treatment which is expensive but the neglect.

Dr. Yogesh – "I had been to the House on the Rocks museum once in Chicago. It is supposed to be a single person's collection of oddities. So after my son Pranav joined, we thought why not to convert my collections into a permanent display." (Smiles confidently)

Dr. Chandarana's Dental Museum is India's first dental museum and also has recently entered the India Book of Records and Asia Book of records for the largest collection of Dental Collectibles with more than four thousand items. Once you visit this museum, you





will surely be immersed to see the variety of toothbrushes starting from the ones which were made out of the bone to the latest ones. Antique dental instruments, Dental figurines, Matchbook covers with dental advertisements, Telephone calling cards with dental advertisements, Postal stamps related to Dentistry, coins and currencies with freedom fighters who practiced dentistry, Toothpicks, Toothpowders, old and new toothpastes, old dental chairs and other antique dental equipment, tooth models, paintings which are more than 200 year old.

Oral Health express train which teaches children the Golden Rules to healthy Oral health and dental games. There are various sections dedicated to different branches of Dentistry and of course one for Orthodontics as well.

The Orthodontic section highlights the different types

of malocclusion and their causes along with different treatment modalities. It also has an old case history sheets and tokens given by Orthodontists. "After the construction of the museum started in 2013, we inaugurated it in May 2016 and we have had more than thirty thousand visitors" says Dr. Pranav.

"We all are ably supported by my mom, Dr. Bhavnaben (a family physician) and my wife Dr. Shruti (a dental surgeon) and on holidays, my son Yajat also joins in."

The museum has a Dolby system Auditorium which accommodates around 100 children where they are shown presentations and cartoons related to Dentistry. We are also the only dental



museum in the world to have an Augmented Reality show.

The way forward is to digitize the museum and make it more accessible to people across the globe. We are also in the process of adding another 600 sq. feet area for interactive dental games. We have added more than 2000 toothbrushes now and so are working on its display as well.

Entry to the museum is FREE for everyone but by appointment only. For appointment, one can contact on the designated mobile number 9408818885.

Everyone is most welcome to visit us along with the Statue of Unity

Dr. Chandarana's Dental Museum

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Aligner Masterclass



INDIAN ORTHODONTIC SOCIETY

ALIGNER MASTERCLASS

(MODULE-8)
20th JULY 2023, Sunday
TIME: 7:00 PM - 9:00 PM
ON IOS ZOOM PLATFORM

Dr. Deepak Victor
• Timing : 7:00 PM
• Topic : MANAGEMENT OF CLASS II MALOCCLUSION - GROWING & ADULTS INCLUDING MANDIBULAR ADVANCEMENT CAS

Dr. Prahlad Shenava
• Timing : 8:00 PM
• Topic : USING ALIGNERS EFFECTIVELY FOR DISTALIZATION & OTHER CHALLENGING MALOCCLUSIONS

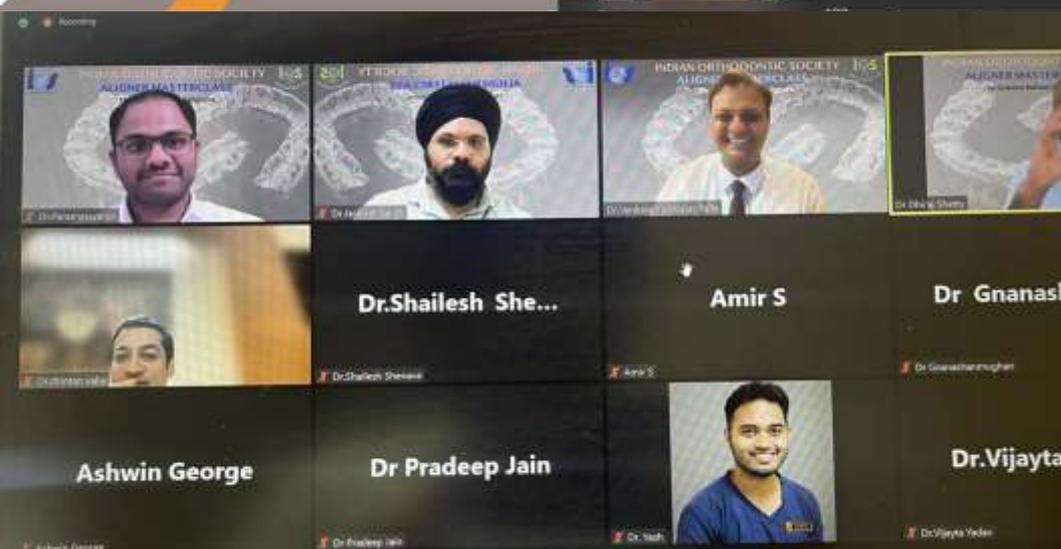
INDIAN ORTHODONTIC SOCIETY

ALIGNER MASTERCLASS

(MODULE-7)
17th JULY 2023, Monday
TIME: 7:00 PM - 9:00 PM
ON IOS ZOOM PLATFORM

Dr. Tapasya Kapoor
• Timing : 7:00 PM
• Topic : EARLY MANAGEMENT OF DEVELOPING MALOCCLUSION

Dr. Divyashree Rajendra
• Timing : 8:00 PM
• Topic : MANAGEMENT OF CLASS I MALOCCLUSION - GROWING & ADULTS



INDIAN ORTHODONTIC SOCIETY

ALIGNER MASTERCLASS

(MODULE-6)
10th JULY 2023, Monday
TIME: 7:00 PM - 9:30 PM
ON IOS ZOOM PLATFORM

Dr. Dhiraj Shetty
• Timing : 7:00 PM
• Topic : STAGING FOR EXTRACTION SERIES

Dr. Chintan
• Timing : 8:00 PM
• Topic : STAGING FOR NON-EXTRACTION SERIES

Dr. Parameswaran T M
• Timing : 8:45 PM
• Topic : IN-HOUSE ALIGNER BIOMECHANICS

Team Aligner Masterclass conducted three webinar's in the month of July which were attended by more than 350 participants in each webinar. The Aligner Masterclass webinar's last three modules will be conducted in the month of August. The efforts of the Head Office of IOS and team Aligner Masterclass are being appreciated by all the members.

The anteroposterior discrepancy between the maxillary and mandibular dentition may or may not be accompanied with a skeletal discrepancy and hence the success of treatment depends on **the ability of the clinician to influence the relative growth changes** in the maxilla and mandible (in growing individuals).

A functional assessment should also be performed during the clinical examination for planning treatment for Class II malocclusions to differentiate between functionally true Class II and forced late Class II malocclusions.

Deepak Victor