



VIBES



NEWSLETTER OF IDA THIRUVALLA

EDITOR'S NOTE



Dr. Prameetha George
Ittycheria

Dear Members,

It gives me great pleasure to present this edition of our newsletter, capturing the vibrant and diverse activities of the Community Dental Health (CDH) initiatives, Continuing Dental Education (CDE) programs, Women's Dental Council (WDC) engagements, and spirited participation in sports. These events reflect the collective enthusiasm, academic spirit, and holistic growth that define our IDA. I extend my sincere appreciation to all contributors and participants who made these programs a success.

Thank you.



PRESIDENT'S MESSAGE



DR. MAYA MATHAI
PRESIDENT, IDA THIRUVALLA

Dear Members,

It is with great pride & joy that I present to you the second edition of VIBES, the official newsletter of our branch.

The past few months have been a journey of meaning activities.

CDE programmes featuring renowned faculties Dr. Ahana Ajaykumar International Speaker ,Dr. Narasimhan Bharadwaj from Chennai , a webinar by Dr. Kalina Borska from England and excellent participation of our members and members from other branches , institutions etc..

IDA Kerala State CDH World No Tobacco Day celebrations in association with Malayala Manorama with public awareness campaigns, flash mobs and painting competition for students on the theme Anti Tobacco Campaign with the participation of Adv. Mathew T. Thomas MLA, Dr. Geevarghese Mor Coorilos Metropolitan, Adv, Chandy Oommen MLA and Sri S. Nandakumar DYSP Thiruvalla. Radio Talk Shows on Anti Tobacco was conducted at Radio Macfast 90.4 and Radio Media Village 90.8 by our senior member Dr. K. N. Thomas. *Indian Dental Association Thiruvalla Branch & Pushpagiri College of Dental Sciences in association with Excise Department Pathanamthitta conducted an Awareness Talk on Narcotics and Drug Abuse on March 27th 2025 by Sri Binu V. Varghese, Vimukthi Mentor , at PCDS Auditorium Thiruvalla*.Heartfelt gratitude to the IDA Kerala State office Bearers Dr. Subash Madhavan, President IDA KSB, Dr. Biju A Nair Vice President IDA KSB, Dr. Nithin Joseph CDH Chairman IDA KSB and Dr. Lanu Abraham our own member & CDE Chairman IDA KSB for their participation & support. Participation of our members in the IDA Kerala State CDH Programme at Aluva "Freedom Drive 2025" - Freedom from Tobacco and Drugs

Each of these initiatives reflects the hard work, coordination and dedication of our office bearers, executive committee members, members and volunteers. I take this opportunity to thank each one of you who contributed their time, ideas and effort to make these events a grand success.

Special appreciation to WDC representatives for the smooth conduct of WDC projects Surakshitha on the topic Ergonomics in Dentistry by Dr. Roopa Unnikrishnan and Soukhya - A Talk Show in Radio MACFAST 90.4 on the topic Dental Care during Pregnancy & Lactation by Dr. Annie Kitty George on International day of Action For Women's Health and a Baking Class by our very own member Dr. Sharmila George.

The most memorable milestone so far has been our IDA Thiruvalla first International Family Tour to UAE. It was more than a trip. It was a celebration of togetherness, bonding and shared joy.

Special words of appreciation to the editorial team lead by Dr. Prameetha George Ittycheria and Dr. Merlin Thomas for organizing this edition with passion and precision. Thanks to Dr. Sandra Arun for the designing & compiling of our news letter

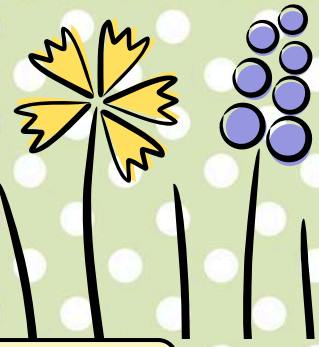
Thank You

Jai IDA





CDH ACTIVITIES



Freedom drive 2025

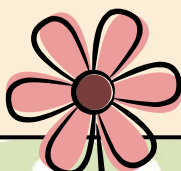
IDA Kerala State CDH programme "Freedom Drive 2025" - was held on 25 May 2025 intended for Freedom from Tobacco & Drugs



Project Suraksha level 2

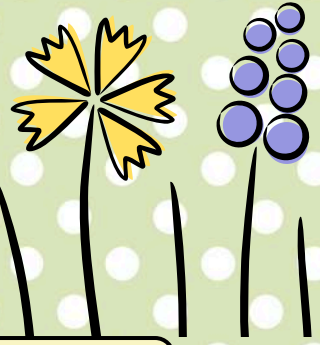


Oral health day





CDH ACTIVITIES



Narcotics and drug abuse

Held on March 27, 2025 at Pushpagiri college of dental sciences.

INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH

In association with
Excise Department, Pathanamthitta

PUSHPAGIRI
COLLEGE OF DENTAL SCIENCES

Awareness talk on
Narcotics & Drug Abuse

MAR 27
2:30 PM - 3:30 PM

Speaker: Sri. Binu V Varghese
Preventive Officer and District Vimukthi Mentor
Excise Department, Pathanamthitta

CDH Activity

Venue: College Auditorium, Pushpagiri College of Dental Sciences

Rev. Fr. Dr. Mathew Mazharancheril Director Pushpagiri Medicity	Dr. Aby Mathew T Principal PCDS	Dr. Sunil S Vice Principal PCDS
Dr. Shibi Mathew V SSGP Nodal Officer PCDS	Dr. Jeswin Thomas SSGP Nodal Officer PCDS	
Dr. Maya Mathai President IDA Thiruvalla	Dr. Seema Joseph Hon. Secretary IDA Thiruvalla	Dr. Saji Kurian CDH Convenor IDA Thiruvalla





▶▶ മലയാള മനോരമയുമായി സഹകരിച്ച് തിരുവല്ല വൈഎംസി ഏരിയൽ ഇന്റ ചിത്ര ചെന്ന - പെയിന്റിങ് റിസാൾ.

തിരുവല്ല • ഇന്ത്യയിലെ ഏറ്റവും അധികം സഞ്ചാരികളെ കണ്ടുവരുന്ന ഏറ്റവും വലിയ റെയിൽവേ സ്റ്റേഷൻ കൂടിയാണ് തിരുവല്ല റെയിൽവേ സ്റ്റേഷൻ. തിരുവല്ല റെയിൽവേ സ്റ്റേഷൻ കൂടിയാണ് തിരുവല്ല റെയിൽവേ സ്റ്റേഷൻ. തിരുവല്ല റെയിൽവേ സ്റ്റേഷൻ കൂടിയാണ് തിരുവല്ല റെയിൽവേ സ്റ്റേഷൻ.

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സംസ്ഥാനം 1000 രൂപ.
 റജിസ്ട്രേഷൻ: 96057 65196,
 78371 37199, നിബന്ധനകൾ
 കൂടുതൽ വിവരങ്ങൾക്കു്
www.idsthanuvala.org എന്ന
 വെബ്സൈറ്റ് സന്ദർശിക്കുക.
 9.30 ന് തിരുവല്ല കെഎ
 സിംഗിൾസ് ബസ് സ്റ്റാൻഡ്
 ചരിവുകയറുക വെട്ടു് നടത്തവെട്ടു്
 ന്ന ഏഷ്യൻ മെൻ്റ് മത്സരങ്ങൾ

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YMCA Thiruvalla



Validictory function



പുകയിലവിരുദ്ധ
ദിനത്തിൽ
മത്സരങ്ങളുമായി
ഡെന്റൽ സംഘടന

പത്തനംതിട്ട • ഇന്ത്യൻ ഡെന്റൽ അസോസിയേഷൻ തിരുവല്ല ബ്രാഞ്ച് മലയാള മനോരമയുമായി ചേർന്ന് പുകയില വിരുദ്ധ ദിനമായ 31ന് വിദ്യാർത്ഥികൾ

കോയി പൊന്തൂരിൽ, മേഡ്രാസ്
ജനറേഷൻ നടത്തുന്നു.
തിരുവല്ല പൊതുവിദ്യാലയം
വില 9 ആണ് ജനറേഷൻ നടത്തു
ന്നത്.

7 മുതൽ 17 വരെ പ്രായമുള്ളവർ
ക്ക് സ്കാർ ജൂനിയർ, ജൂനിയർ,
സീനിയർ വിഭാഗങ്ങളിലായി
ജനറേഷൻ 3000 രൂപയാണ്
ഒന്നാം സ്ഥാനം 9605765196,
7837137199

Radio Talk

Radio Talk on No Tobacco Day by
Dr. K. N. Thomas in Radio Macfast
90.4 and Radio Media Village 90.8



KSRTC Thiruvalla



CDE ACTIVITIES

4TH CDE SESSION UNDERSTANDING "THE TMJ" THE CLINICAL DILEMMA OF "CLICKING" - A CLINICIAN'S POINT OF VIEW

The 4th CDE session with Live Demo & Hands on was conducted on 31/05/2025 from 6:00pm to 9:30pm at Hotel Ashok International, Thiruvalla.

The topic, understanding "THE TMJ" the clinical dilemma of "CLICKING" - A clinician's point of view covered by faculty, Dr. Ahana A.

The CDE was attended by 36 members.



5TH CDE SESSION CURRENT STRATEGIES IN ROTARY SELECTION

The 5th CDE with Live Demo & Hands on was held on 08/06/2025 from 9:30am to 3:30pm at Hotel Ashok International, Thiruvalla.

The topic current strategies in Rotary Selection was covered by faculty, Dr. Narasimhan Bharadwaj. Live demo and handson was done.

The CDE was attended by 33 members.



CDE ACTIVITIES

BASIC ENDODONTICS

Enrichment program by Dr. Dan V Cherian on the topic Basic Endodontics in Day to day Practice was held on May 2, 2025



6TH CDE SESSION AIRWAY IN DENTAL REHABILITATION

IDA Thiruvalla Branch hosted 6th CDE:Webinar on June 13th, 2025, 7:30pm - 9:15pm on Google Meet. The topic was Airway in Dental Rehabilitation by faculty, Dr. Kalina Borska. 38 people attended the webinar.

INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH

CDE - #6
JUN 13
2025
07:30 PM

WEBINAR
Airway in Dental Rehabilitation

Faculty:
Dr Kalina Borska

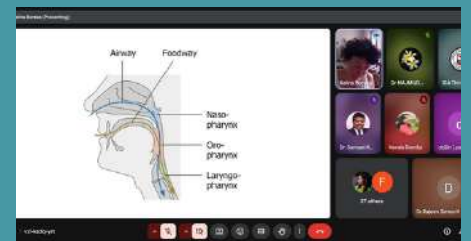
Platform: Google Meet

For IDA Members
Reg. Fee
Free

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WDC ACTIVITIES

IDA KSB WDC PROJECT 'Surakshitha'

IDA WDC Thiruvalla conducted a 1hr online class on the topic Ergonomics in Dentistry via google meet on the topic ERGONOMIC in Dentistry for all IDA Thiruvalla members on 28/04/2025 from 7:00pm to 8:05 pm. Class was taken by Roopa Unnikrishnan PT Physiotherapist BPTH/BPT, Therapy Lead @Sukino Healthcare Koramangala, Bangalore



5th KSB WDC Project :SOUKHYA

As part of International day of action for women's health the 5th KSB WDC project SOUKHYA was conducted on May 28th. 10 mins duration Radio Talk show at Radio McFast FM, Thiruvalla on the topic Dental care during pregnancy and lactation for women was done by Dr Annie Kitty George, Professor at the Dept of Periodontics at Pushpagiri college of dental sciences.



Baking Class on 15/6/2025



WDC state workshop

WDC Representatives of IDA Thiruvalla Dr. Deepthi Santosh & Dr. Shibi Mathew V attended this programme



IDA INTERNATIONAL TOUR

UAE
APRIL 9 - 14



Meetings

Release of First issue of Journal TAPER

May 2, 2025



Dr. Maya Mathai, Dr. Samuel K Ninan & Dr. Akhilesh Prathap attended 3rd State Executive Meeting at Perinthalmanna on April 27th, 2025

Executive committee meeting on 02/05/2025



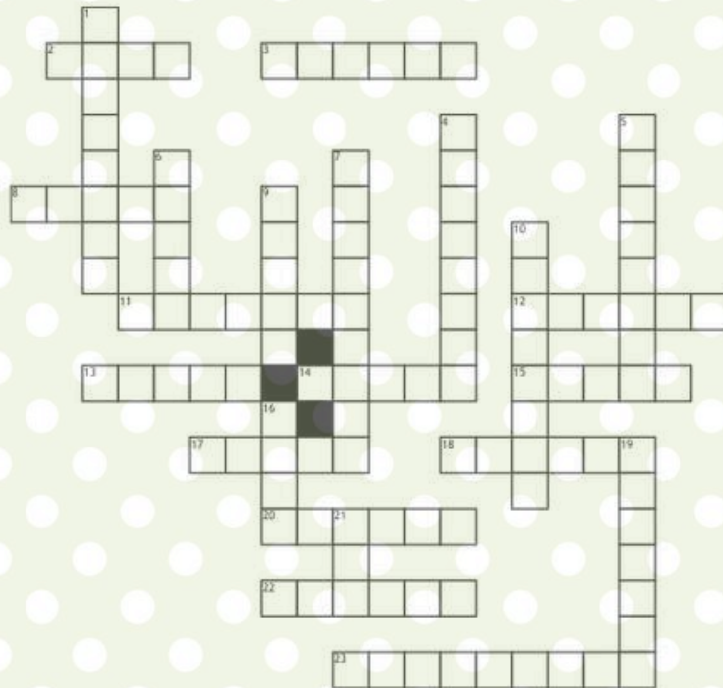
Executive committee meeting on 08/06/2025



Dental Crossword Puzzle

Across

2. the kind of teeth you lose
3. this means "cheek"
8. the type of tooth used for grinding
11. the kind of tooth for cutting food
12. another word for decay
13. this classification of cavity is found on the anterior interproximals
14. it's what you put on your toothbrush
15. proper brushing can remove plaque _____ the gumline.
17. you should do this often, especially after sugary snacks



18. the hardest substance in your body
20. the sticky, bacteria filled film that collects on your teeth
22. the color your teeth will become if you smoke
23. the tooth numbering system most often used

Down

1. mineralized plaque
4. this mineral makes teeth healthy and strong
5. the dentist says "_____"! (2 words)

6. the part of the tooth you can see is called the _____.
7. also known as halitosis
9. long string that gets plaque out from between the teeth
10. the tooth surface where sealants are placed
16. contains the tooth's blood vessels and nerves
19. this means "tongue"
21. how many of your teeth should you brush?

