



VIBES

IDA THIRUVALLA NEWSLETTER



APRIL- JUNE 2026
VOLUME 5, ISSUE 2

EDITOR'S NOTE

Dear Readers,

It is my pleasure to present the second edition of our IDA Newsletter, showcasing the diverse activities and achievements of our association. This edition highlights the success of our Community Dental Health (CDH) initiatives, Continuing Dental Education (CDE) programs, Women's Dental Council (WDC) activities, and members' participation in sports events.

June brings important observances such as World Environment Day, World No Tobacco Day, World Blood Donor Day, International Day of Yoga, and the International Day Against Drug Abuse and Illicit Trafficking. These occasions remind us of our responsibility to promote healthy lifestyles and community awareness.

The theme of World Blood Donor Day, "Give Blood, Give Hope: Together We Save Lives," reflects the spirit of compassion and service. As dental professionals, we can contribute by encouraging blood donation and supporting health awareness initiatives.

The events featured in this newsletter reflect the enthusiasm, academic excellence, and community spirit of our members. I sincerely thank all contributors, organizers, and participants for their dedication and efforts.

Let us continue to inspire our community through healthy living and meaningful service. Wishing you an enjoyable and informative read.

Thank You,

Dr. Shibi Mathew V
Editor



Dear Members,

As we bring you this edition of our newsletter, we are reminded of the important role healthcare professionals play not only in promoting oral health but also in advocating for healthier communities and a healthier planet.

On May 31st, we observed World No Tobacco Day, which highlights the harmful effects of tobacco on overall and oral health. As dental professionals, we have a unique opportunity to educate and motivate our patients to adopt tobacco-free lifestyles, thereby reducing the burden of preventable diseases.

We also celebrated World Environment Day, a timely reminder of our shared responsibility to protect and preserve the environment for future generations. Small, sustainable practices within our clinics and daily lives can collectively make a significant impact.

Let us continue to work together with dedication, compassion, and social responsibility to create healthier smiles, healthier lives, and a healthier world.

Warm Regards,

Dr. Sijina KK
Assistant Editor



PRESIDENT'S MESSAGE

Dear Readers,

It gives me immense pleasure to welcome you to the second edition of VIBES, our newsletter that captures the vibrant spirit, achievements, and collective journey of our dental fraternity.



The overwhelming response to our inaugural edition encouraged us to continue this endeavor as a platform for sharing knowledge, celebrating accomplishments, and highlighting the many initiatives undertaken by our association. This edition stands as a testament to the dedication, enthusiasm, and professional excellence of our members. Through VIBES, we aim not only to document our activities and achievements but also to inspire continuous learning, collaboration, and service.

A special highlight of this edition is our observance of World No Tobacco Day. Tobacco use continues to be a major risk factor for oral diseases, including oral cancer, and raising awareness remains one of our key responsibilities as dental professionals. I am proud of our efforts in creating and disseminating an awareness video on this important occasion. Such initiatives reinforce our commitment to community outreach and our mission to promote healthier lifestyles and a tobacco-free future.

I would like to express my sincere appreciation to our editors, Dr. Shibi and Dr. Sijina, whose creativity, dedication, and meticulous efforts have brought this edition to life. My heartfelt thanks also go to all contributors, members, sponsors, and well-wishers whose support and participation have made this publication possible.

As you explore the pages of VIBES, I hope you find inspiration, valuable insights, and a sense of pride in the remarkable work being carried out by our dental community. Let us continue to work together to advance our profession, serve our patients with compassion, and contribute positively to society. Wishing VIBES continued success and many more editions in the years to come

Warm Regards,
Dr. Aswin M R
President
IDA Thiruvalla Branch

Hon. SECRETARY'S MESSAGE

Dear IDA Thiruvalla Members,

It gives me great pleasure to present the second edition of our association's newsletter. I'm delighted with the performance of our branch and the entire team. It is truly encouraging to see almost everyone actively involved in all the programmes. We would like to encourage all of you to continue participating in the upcoming events as well.



We are planning more programmes for the rest of the year, and we sincerely hope each of you will join in all the activities ahead. A special thanks to WDC, CDH, CDE, and the Sports team for your outstanding contributions.

I would also like to extend heartfelt gratitude to our Editor, Dr. Shibi Mathew V, and Sub Editor, Dr. Sijina K.K, for their relentless efforts in preparing this newsletter and the journals of our branch.

Warm regards,
Dr Deepthi Santhosh
Hon. Secretary

ACHIEVEMENTS



Congratulations to our dear member Dr. Sunu Alice Cherian who received the MSc Bioethics and Health Law Degree from Faculty of Medicine University of Porto, Melbourne, Australia



Article in Malayala Manorama Online News about gum health by Dr. Merlin Thomas on May 12th Gum Health Day

[Handbook of Oral and Maxillofacial Surgery and Implantology](#) > Living reference work entry

Management of Secondary Deformities in Cleft Patients

Living reference work entry
First Online: 23 April 2024

pp 1–24 | [Cite this living reference work entry](#)

[Save living reference work entry](#)

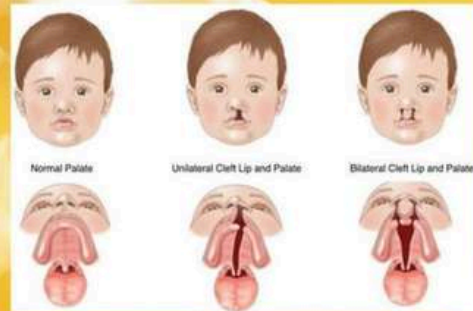
[View saved research](#) >



Handbook of Oral and Maxillofacial Surgery and Implantology

Pynummoottil Cherian Mathew, Dasgupta Sohini, Tripathi Varun Kumar & Sabu Shweta

Cleft Lip and Palate: Primary Repair A Surgical Guidance Textbook



- Dr. Mathew P C

- Dr. Arun Ramaiah



DENTOMED PUBLICATION HOUSE

Dr. Mathew P. C., our member and a distinguished cleft and craniofacial surgeon, has recently authored and published “Management of Secondary Deformities in Cleft Patients” and “Cleft Lip and Palate Primary Repair: A Surgical Guidance Textbook”, reflecting his expertise and unwavering commitment to advancing cleft surgery and surgical education.

CDH ACTIVITIES

**INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH**

DENTAL CHECK UP & SCREENING CAMP

A healthy smile at every age

**MAY 13, 2026 TIME: 2:00 PM
VENUE: WOMEN OLD AGE HOME
ABHAYABHAVAN, THIRUVALLA**

- DENTAL CHECK UP
- ORAL HEALTH SCREENING
- PREVENTION & AWARENESS
- CARE FOR A HEALTHIER TOMORROW

Healthy Teeth Happy Life!

**LET'S BRING SMILES & CARE TO THOSE WHO
HAVE GIVEN US A LIFETIME OF LOVE.**

Your Smile Our Passion Their Well being Our Mission.

OFFICE BEARERS

DR. ASWIN M.R. (PRESIDENT) DR. DEEPTHI SANTHOSH (HON. SECRETARY) DR. VIVEK P.S. (TREASURER) DR. MATHEWS JUDE (CDH REPRESENTATIVE)



A Dental check-up and an awareness camp was successfully conducted by the IDA, Thiruvalla at Abhayabhavan, Muthoor, Thiruvalla on 13th May 2026. A total of 32 inmates participated in the programme. Dr. Anuja delivered an informative and interactive oral health awareness talk and Dr. Tessa Jose conducted practical demonstration of correct tooth brushing techniques.



CDH ACTIVITIES

WORLD NO TOBACCO DAY AWARENESS



The World No Tobacco Day Awareness video was officially released on 31st May 2026 by Adv. Varghese Mammen MLA



Scenes from the World No Tobacco Day Awareness Video



CDE ACTIVITIES

LASER DENTISTRY



IDA Thiruvalla Branch successfully conducted the first CDE programme titled “Laser in Dental Practice” on 15th March 2026 at St. Mary’s Womans College, Thiruvalla which included scientific lectures, a motivational HOPE session and a hands-on clinical training component.



Speakers of CDE were Dr. J. Selvakumar (MDS- Consultant Periodontist and Laser Specialist), Dr. Madhu Hariharan (MDS-Consultant Laser Specialist), Dr. Esha Nausheen (MDS- Laser Specialist), Dr. Kaushik Haridas (MDS- Endodontist and Laser Specialist). Hands-on Clinical coordinator was Dr. Prameetha George Itthycheria (MDS, Vice Principal, Pushpagiri College of Dental Sciences).HOPE session was conducted by Dr. Seema Joseph



CDE ACTIVITIES

ABCDE & STERILISATION

INDIAN DENTAL ASSOCIATION
Thiruvalla Branch

ABCDE
ANY BODY CLAR DO EXTRACTIONS

& STERILISATION

Live Demo - Tips and tricks in Exodontia and Injection techniques

2026 APRIL 19 at Club 7 Hotel Thiruvalla **10:00 am to 5:00 pm**

REGISTRATION FEE:
IDA MEMBER 750
NON IDA MEMBER:
MEMBERSHIP FEE + 750

FULL DAY MANDATORY LIVE DEMO CDE

Sponsored by: **Colgate**

Speakers:
Dr Prem Lakshmanan Pillai (Consultant Oral & Maxillofacial Surgeon)
Dr Akhilesh Prathap, Professor Oral and Maxillofacial Surgery, Postgraduate Chair of Oral Surgery

Topics Covered in ABCDE:

1. Triology of Painless Experience (Gaining patient co operation, Proper Injection techniques and Instrumentation) Dr Prem Lakshmanan Pillai
2. Patients Don't Reveal Everything (Dental Management of Medically Compromised patients) Dr Prem Lakshmanan Pillai
3. How To Deal With Bloody Sleepless Nights (Haemorrhage control in Exodontia) Dr Prem Lakshmanan Pillai
4. Dangerous 4 anything can happen - be alert (Management of Medical Emergencies in Exodontia) Dr Prem Lakshmanan Pillai
5. Break The Myths (Accurate decision making in Exodontia) Dr Prem Lakshmanan Pillai
6. Clinical Case discussion based on Complications of Exodontia by Dr Akhilesh Prathap

FOR REGISTRATION CONTACT
DR. ARAVIND A.
94097700764
DR. VIMAL THOMAS
9656517134

Bank Details for payment
INDIAN DENTAL ASSOCIATION
Thiruvalla Branch
ICICI Bank, Kumbalangi Branch
SB A/C No. 627201018178
IFSC: ICIC0900272

President: **Dr. Aravin M.R** Hon. Secretary: **Dr. Deepthy Santhosh** CDE Representative: **Dr. Aravind A.**



IDA Thiruvalla conducted the second CDE programme titled ABCDE & Sterilisation on 19th april 2026 at Club 7 Hotel, Thiruvalla. Speakers of the programme was Dr. Prem Lakshmanan Pillai and Dr. Akhilesh Prathap



WDC ACTIVITIES

DERMA INSIDE OUT



INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH

wdc
Kerala State Branch

DERMA INSIDE OUT

(Women Health oriented programme)

Behind every mask is a woman who deserves to glow ✨

HIGHLIGHTS

- Chairside skin hazards
- Hormone, stress, and skin health

DATE 25th April 2026

TIME 5 pm to 6 pm

VENUE Hotel Ashoka International, Thiruvalla

SPEAKER
Dr. Jonita Rosemary
Senior Resident
Department of Dermatology, Venereology and Leprosy,
Pushpagiri Medical College, Thiruvalla

Dr. Anwin M R, President
Dr. Deepthi Santhosh, Hon. Secretary
Dr. Ashly Anna Philip, WDC Representative
Dr. Anuja Elizabeth Mathew, WDC Representative



WDC Thiruvalla conducted a women health oriented programme titled “Derma Inside Out” on 25th April 2026 at Hotel Ashok International, Thiruvalla. The speaker was Dr. Jonita Rosemary, Senior Resident, Department of Dermatology, Venereology and Leprosy, Pushpagiri Medical College, Thiruvalla.



WDC ACTIVITIES

ALIGN HER



**INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH
WOMEN'S DENTAL COUNCIL**

WORLD DAY FOR SAFETY AND HEALTH AT WORK
ALIGN HER
"WORK SMART, PRACTICE PAIN-FREE"

Date: 06th May 2026
Time: 5:30 pm - 7 pm
Venue: Hotel Ashok International, Thiruvalla

Dr Mili James BDS MDS
Junior Consultant
Oral and Maxillofacial Surgeon
District Hospital, Nedumangad

SESSION HIGHLIGHTS

- Clinical Ergonomics in Dentistry
- Live Demonstration

Sponsored by:

Dr Aswin M Ravi, President
Dr Deepthi Santhosh, Hon. Secretary
Dr Vivek P S, Treasurer
Dr Ashly Anna Philip, Dr Anuja Elizabeth Mathew, WDC Representatives



WDC Thiruvalla as a part of the observance of World Day for Safety and Health at work, organised 'Align Her- Work Smart, Practice Pain Free' on 6th May 2026 at Hotel Ashok International, Thiruvalla. The scientific session was led by Dr. Mili James.



WDC ACTIVITIES

MOTHER'S DAY CELEBRATION



INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH
Women's Dental Council

Mother's Day Celebrations

Date: 10th May 2026

Time: 4:00 PM – 5:00 PM

Venue:
 Vishranthi Bhavan,
 Opposite Thomson Bakery,
 Manjadi, Thiruvalla

HIGHLIGHTS

- Interactive Awareness talk
- Cake cutting celebration
- Screening Camp

Awareness talk by



Dr. Sharen Sarah Daniel

OFFICE BEARERS

Dr. Aarwin M R <i>President</i>	Dr. Deepthi Santhosh <i>Hon. Secretary</i>	Dr. Viveck P S <i>Treasurer</i>	Dr. Ashly Anna Philip <i>Dr. Anuja Elizabeth Mathew</i>
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WDC Thiruvalla, successfully organized Mother's day celebration on 10th May 2026 at Vishranthi Bhavan, Manjadi, with the aim of honoring motherhood while promoting awareness about women's health and oral healthcare. Awareness session was conducted by Dr. Sharen Sarah Daniel.



WDC ACTIVITIES HRIDYAM 2026



IDA Thiruvalla Branch, WDC in association with CDH, organized IDA KSB WDC Project 3 Titled "HRIDYAM" 2026" at NSS Karayogam Hall, Kalluoppara.. An awareness session on ORAL HEALTH AND CARDIOVASCULAR HEALTH IN WOMEN was conducted by Dr. Annie Edwin. Oral hygiene kits were distributed to the participants. An ORAL HEALTH CHECK UP CAMP was also conducted. Around 50 participants attended the programme.

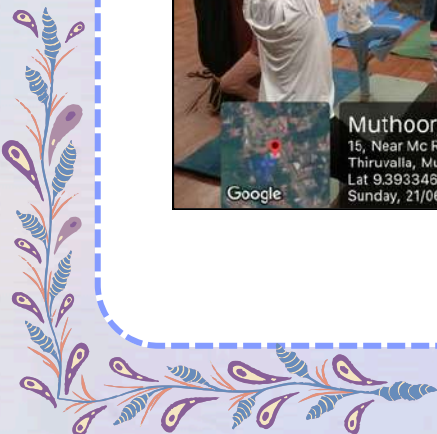


WDC ACTIVITIES

INTERNATIONAL YOGA DAY




As part of the International Day of Yoga 2026, IDA Thiruvalla Branch in association with the Women's Dental Council organized a women health oriented program “Yoga, Wellness & Balance” on 21 June 2026 at Pytric School of Yoga, Thiruvalla. The session was led by Mr. Sudeesh Kumar N, Chief Yoga Instructor, who conducted yoga and wellness activities focusing on physical fitness, stress management, and overall well-being.





IDA Thiruvalla first Newsletter “VIBES” was released on 15th March 2026 at St. Mary’s Womans College Thiruvalla during the CDE programme “Laser In Dentistry”



IDA Thiruvalla first Journal “TAPER” was released on 19th April 2026 at Club 7 Hotel, Thiruvalla during the CDE programme “ABCDE & Sterilisation”



SPORTS

IDA KERALA STATE SPORTS MEET



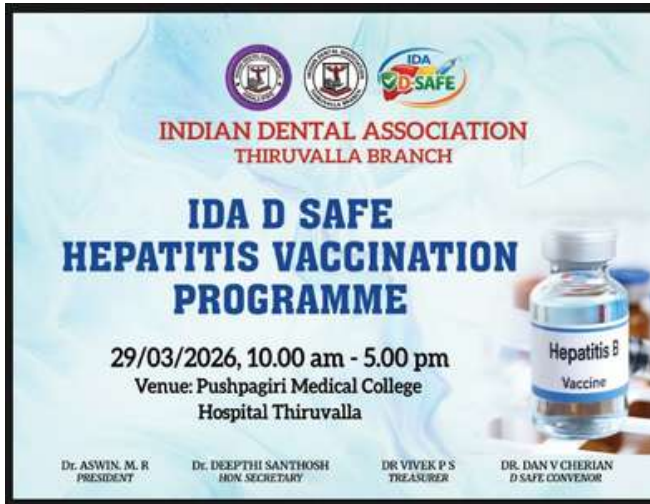
Congratulations
Dr. Anuja for securing
third prize in 50 M
swimming competition
and
Dr. Anuja and Dr. Ashley
for securing third prize in
Carroms doubles at the
IDA KERALA SPORTS
MEET held on 16th and 17th
May 2026



Members of IDA Thiruvalla Branch enthusiastically participated in the state sports event held on 16th and 17th May 2026 at the Izyan Sports center, Kollam. Our team participated in Volleyball, Basketball, Badminton, Table Tennis, Carroms, Swimming



HEPATITIS VACCINATION DRIVE



HEPATITIS Vaccination Drive was conducted by IDA for Dentist and Dental Clinic Staff at Pushpagiri Medical College on 29th March 2026. A total of 98 people have been vaccinated.



Second Dose Hepatitis vaccination drive on 3rd May 2026 held at Pushpagiri Medical college

EXECUTIVE MEETINGS



IDA Kerala State 3rd Executive Meeting held at Kanjangad on 26th May 2026



IDA Thiruvalla Branch 3rd Executive Meeting held at Hotel Ashok International on 25th March 2026



IDA Thiruvalla Branch 4th Executive Meeting held at Hotel Ashok International on 28th May 2026

HOPE



IDA KSB HOPE

5000 + Members
and growing every day




HELP OFFERED TO PROFESSIONALS IN EMERGENCY

- STARTED AS PROFESSIONAL PROTECTION SCHEME IN 2002
- LATER MERGED PPS AND BENEVOLENT (SOCIAL SECURITY SCHEME) TO FORM HOPE IN 2007
- HOPE IS A UNIQUE VOLUNTARY SUBSCRIBED PROJECT OF IDA KSB

**HOPE LEGAL CELL
(PROFESSIONAL PROTECTION SCHEME)**

- Legal support in Medico/Dento legal cases- takes up the cases from beginning with a lawyer's notice
- Monetary support in court cases - Engages and supports the legal steps including Lawyer's fees and other expenses
- Compensation of upto Rs.3.5 lakhs if awarded will be paid by the scheme

Legal protection starts after one month of receiving payment and acceptance of filled up application forms by the Hon HOPE Secretary

Dr Ittyivirah Babu
Vice Chairman Legal Cell
94967 24042

For Legal Assistance Contact

CONTACT US

OFFICE ADDRESS

Dr M Rajarajan
Hon.Secretary ,IDA HOPE KSB
Maniraj's Dental Clinic , First Floor,
Opp.Village Office,(Near Bus Stand)
Thiruvilwamala, Thrissur-680588.

Email - secretaryidahope@gmail.com
9947096663 (P) 8075869200 (O)

HOPE BENEVOLENT SCHEME)

- Supporting the family in unfortunate event of Death or Total Permanent Disability.
- The contribution to family is collected from the members (as Fraternity contribution) - Rs.500 per death/TPD
- **Current Death Benefit > 16 lakhs**
- Benevolent coverage starts after one year of receiving payment and acceptance of filled up application forms by the Hon HOPE Secretary

For Assistance Contact
Dr Raji Kurian
Vice Chairman HBS

HOPE ASSURE

- Extended Professional Indemnity cover of Rs 25 Lakhs to 2 crores
- Clinic insurance against natural calamities, Fire , Floods , Burglary, Theft, Vandalism etc
- Add on for Neon Signages and glass
- Public Liability cover

RENEWALS - JULY

HOPE MEDI TAILOR MADE FOR IDA HOPE MEMBERS

- No age limit for joining
- No medical checkup
- Pre existing diseases covered from day 1 for members
- Only one year waiting period for parents and dependents for pre existing diseases
- New born baby cover from Day 1 if parents are enrolled

Exempt under section 80 D

LOWEST PREMIUM IN THE MARKET
WHEN COMPARED WITH SIMILAR SCHEMES

EASY ONLINE ENROLLMENT

CASHLESS & REIMBURSEMENT OPTIONS

For Claim reimbursements or processing of Cashless Insurances Contact
Jubilee Insurance Broking
Rahul - 7736810082
Jomcy George - 9544157066

RENEWALS/JOINING IN SEPTEMBER

ELIGIBILITY

- ACTIVE (RENEWED) IDA KSB MEMBERSHIP
- RECOGNISED BDS/MDS DEGREEE
- VALID DENTAL COUNCIL REGISTRATION
- AGE < 45 YEARS

ADMISSION & RENEWALS

Upto age of 30 yrs - Rs.5000
31-40 yrs- Rs.7500
41-45 yrs - Rs.10000

RENEWALS IN APRIL - MAY

HOW TO JOIN HOPE

Apply to Hon.Secretary, HOPE through your branch HOPE Representative with the following documents

1. Filled in original application form
2. Admission fees remitted as NEFT/DD/Online Transfer
3. One recent Passport Photograph
4. BDS/MDS Degree certificate and valid council registration
5. Age and address proofs

DEFAULTERS AND DROPOUTS

- HOPE members who do not renew by May 31st will not receive Benevolent Scheme Coverages but can renew upto June 30 with a fine
- After June 30 - no renewals possible and has to join afresh as per the age



Awareness class on IDA HOPE during the 'LASER DENTISTRY' - CDE Program by Dr. Seema Joseph at St. Mary's Womans College on 15th March 2026 and by Dr. Samuel K. Ninan during the 'ABCDE & Sterilisation' CDE program on 19th April 2026



SHAPING SMILES, INSPIRING MINDS

An Exclusive Interview With Dr. Sujith Mathew



Dr. Sujith Mathew completed his BDS from Government Dental College, Trivandrum (1982–1986) and MDS in Orthodontics from the same institution (1988–1990). He began private practice in 1991 and later joined Pushpagiri Institute of Medical Sciences in 2003. In 2006, he joined Pushpagiri College of Dental Sciences as Assistant Professor in the Department of Orthodontics and subsequently served as Professor and Head of the Department until 2012. Since 2018, he has been serving as Professor and Head of the Department of Dentistry at Believers Church Medical College Hospital. Dr. Mathew is married to Dr. Mary Mathew, a dental surgeon. Their son, Dr. Ashish Mathew, is an Orthodontist, their daughter-in-law, Dr. Sona Anns Kuria, is an Endodontist, and their daughter, Aiswarya Sara Mathew, holds an MSc in Clinical Psychology.

Q: What inspired you to choose orthodontics as your specialty?

Dr: Teaching by my favorite & most respected teacher Dr Jyothindrakumar Sir was my inspiration to choose Orthodontics. His lecture classes were really amazing.

Q: Can you tell us about your journey from clinician to Professor & HOD?

Dr: This journey was quite accidental. Just after my post graduation, I started my private practice in 1991 Feb. I was focused only in private practice, till my close friend Dr Mathew Sam invited me to join as a consultant Orthodontist in the Dental department of Pushpagiri Medical College. Our Beloved Rev Abraham Kakkanat (His Excellency Most Rev Dr Abraham Mar Julios) the Director & CEO of Pushpagiri Med College at that time, was kind enough to give me an opportunity to join as a faculty in Dental department. Later when Pushpagiri Dental College was initiated, both Dr Sam & myself were shifted to Pushpagiri College of Dental Science. I joined there as Assistant Prof and resigned on 2012 as the Prof & HOD, in the Dept of Orthodontics. I continued my private practice, and later was fortunate to join Believers Church Med College as Prof & HOD in the dept of Dentistry in 2018.

Q: How has orthodontics changed over the last 28 years of your practice?

Dr: It is 35 years since I started my journey as an Orthodontist. It was an awesome journey with the amazing guidance of God Almighty. When I started in 1991 there were only few Clinics in Thiruvalla, and very few resident practising

Orthodontist in Pathanamthitta District. I started my practice with the older BEGG system, which was the most popular system of treatment at that time. As time progressed, a number of good Clinics were opened up in and around Thiruvalla. Medical and Dental education were opened to Private sectors in Kerala, and so many Dental Colleges opened up, including Pushpagiri College of Dental Science. Now we are fortunate to have lots of Good clinics and talented Dentists, Orthodontists and other Specialists in and around Thiruvalla, to provide quality Dental treatment. The older BEGG system gave way to Pre adjusted Edgewise system, and its modifications. Many many newer systems, Philosophies and treatment protocols were introduced in due course of time, and this have shaped Orthodontics to deliver high quality treatment with precision and accuracy in the current era.

Q: What is the most rewarding part of being an orthodontist?

Dr: The most rewarding part of being an Orthodontist is the Professional satisfaction I get when I finish a treatment in a perfect & beautiful way, fully satisfying the patient & the parents. Of course financial benefit & recognition accompanies it, as with any other specialities in Dentistry.

Q: Could you explain preventive and interceptive orthodontics in simple terms for patients?

Dr: I remind the patients the wise saying “ Prevention is better than Cure ”. I try to brief them the importance of early intervention by saying an example of a journey with a wrong road map. However good your driver or the car is, you will be

taken to a wrong destination, if you follow an incorrect road map. The earlier you identify & intercept the wrong path, the more faster & easier you reach your desired destination. Just like that if a faulty growth pattern or a detrimental habit is identified, intercepted and corrected earlier, a healthy, normal and esthetic Dentition can be established with much easier treatment modalities and less expense.

Q: At what age should parents bring children for an orthodontic evaluation?

Dr:I would personally prefer parents to bring their children by the age of 7 or 8 years for initial evaluation.

Q:What are the most common jaw abnormalities you treat?

Dr:The most common jaw abnormality which come to my clinical practice is Class II Malocclusion. Class I cases are also equally prevalent.

Q: When is surgical orthodontic treatment necessary?

Dr:When the amount of skeletal discrepancy is beyond the limit for even Camouflage orthodontic treatment, Surgical intervention will become inevitable. How ever with early interceptive orthodontics, growth modulation treatments and with the use of TADS, more cases can be managed without surgery.

Q:How do you manage cleft palate orthodontic cases differently from routine cases?

Dr:It depends on the nature & severity of cleft cases and the age at which the patient approach us for treatment. In these cases normal Maxillary growth will mostly be affected, resulting in severe crowding of teeth and development of a skeletal Class III malocclusion. Many of the severe cases will need Surgical Orthodontic treatment.

Q:What are the latest advancements in orthodontic treatment that excite you?

Dr:The advancement of Digital Dentistry, increased scope of treatment with aligners and the possible leap in treatment protocols with effective use of AI are the things that excite me.

Q:How has digital technology improved orthodontic care?

Dr:Digital technology has helped to shift the field from Physical mode to virtual workflow. Digital Intra oral scanners can create accurate 3D models of teeth. The Clear Aligner treatment utilizes the advancement of Digital technology, whereby the tooth movement can be simulated, and aligners can be custom fabricated. The Digital Intra oral Scanners, Cone Beam Computed Tomography, CAD/CAM and 3D printing, and the role of AI has revolutionized the field of Orthodontic care & surgical planning.

Q:What has been the most challenging case in your career?

Dr:The most challenging case I encountered was a case of severe Skeletal Class II Malocclusion, which had skeletal abnormalities in all 3 planes of space.

Q:What qualities make a successful orthodontic treatment outcome?

Dr:I feel that accurate diagnosis and meticulous treatment planning is the most important key for a successful treatment. Effective interpretation of Diagnostic records, Skilful Bio mechanics, Periodic evaluation of treatment progress with photographs & radiographs, and proper planning of retention protocol etc will also contribute for perfect finish of cases.

Q:What role do implants play in modern orthodontic rehabilitation?

Dr:The introduction of TADS has opened up a wide range of treatment possibilities in Orthodontics. Many skeletal cases can be effectively managed with the efficient use of TADs thereby eliminating the need of a Surgical intervention.

Q:How important is facial aesthetics in orthodontic treatment planning?

Dr:Earlier concepts in treatment planning was focused more on Occlusion, while there is a shift towards soft tissue paradigm or Esthetics, in the modern era. Proper positioning of the Incisors for good lip support & competency, protection of Smile Arc, ideal tooth visibility, optimum gingival show, Buccal corridor etc etc are taken into consideration. Both Macro-esthetics & Micro esthetics are taken into account for proper treatment planning.

Q: What oral hygiene practices should orthodontic patients follow?

Dr:Very strict oral hygiene protocols have to be followed during Ortho treatment to avoid gingival inflammation & periodontal problems, and to avoid decay and demineralization of tooth structure. We advise effective brushing (preferably after every meals) with Orthodontic and Inter dental brushes, regular flossing and use of water floss. Orthodontic mouthwashes like Phosflur are also advised.

Q: How long does orthodontic treatment usually take?

Dr:It depends on type & severity of malocclusion, age of the patient, patient co-operation etc. On an average the regular orthodontic cases may take between 12 to 24 months. Severe skeletal cases needing 2 phase treatment may take around 36 months.

Q:Are aligners suitable for everyone?

Dr:In the initial stages, Aligners were limited to relatively simple cases. So much advancements are happening in the field of aligner treatment, and now almost all cases including surgical cases are being handled effectively by experts in this field.

Q:What message would you like to give to people avoiding orthodontic treatment due to fear or age?

Dr:Orthodontic treatment is not a painful one to fear about. The fear of social acceptance by the elder people can be well managed by esthetic treatment modalities like Lingual technique, and Invisible Aligners.

Q:What advice would you give to young dentists pursuing orthodontics?

Dr:It is undoubtedly one of the best speciality in Dentistry. It gives a special opportunity to work with young generation patients mostly. Compared to other surgical specialities, one can have a more peaceful and stress free practice too. The mental satisfaction you get when you finish a case with Beautiful Smile is awesome.

Q:What future developments do you foresee in orthodontics?

Dr:Unimaginable developments are on the way in the field of Orthodontics, as with any other specialities. Genetic Engineering, Digital Dentistry, Robotics and the application of AI etc will open up new treatment protocols and scope of orthodontics.

Q:What achievements in your career make you most proud?

Dr:The opportunity to have 35 long years of practice in this amazing speciality without encountering much serious problems itself is a big achievement in my view. Its not my merit, but His Abundant Grace

I would like to thank Dr Shibi Mathew and the authorities of IDA Tvla for giving me an opportunity to share my thoughts. There are many Senior Dentists, skilled Orthodontists & other specialists in our branch to give more valuable insights about the speciality of Dentistry. This is only my point of view about the questions which were asked to me. Thanks once again & warm greetings to all Tvla IDA members.

TO KNOW

YOGA

YOGA is an ancient practice that originated in India over 5,000 years ago. Derived from the Sanskrit word "Yuj," meaning "to unite" or "to join," yoga aims to harmonize the body, mind, and spirit. Today, yoga is recognized worldwide as an effective method for promoting physical fitness, mental clarity, emotional stability, and overall well-being.

In an era characterized by stress, sedentary lifestyles, and increasing health challenges, yoga offers a natural and holistic approach to maintaining health and preventing disease.

The Core Components of Yoga

Yoga consists of three fundamental elements:

1. Asanas (Physical Postures)

Asanas are physical exercises designed to improve flexibility, strength, balance, and posture. Regular practice enhances musculoskeletal health and promotes better circulation throughout the body.

2. Pranayama (Breathing Techniques)

Pranayama involves controlled breathing exercises that increase lung capacity, improve oxygenation, reduce stress, and promote relaxation. Techniques such as Anulom Vilom, Kapalabhati, and Bhramari are commonly practiced.

3. Meditation and Mindfulness

Meditation helps calm the mind, improve concentration, reduce anxiety, and enhance emotional well-being. Mindfulness practices encourage individuals to focus on the present moment, promoting mental clarity and inner peace.

Health Benefits of Yoga

Physical Benefits

- Improves flexibility and muscle strength.
- Enhances posture and body alignment.
- Increases stamina and endurance.
- Supports cardiovascular health.
- Improves respiratory function.
- Helps maintain healthy body weight.
- Reduces chronic pain, particularly in the neck, back, and joints.
- Enhances balance and coordination.

Mental and Emotional Benefits

- Reduces stress and anxiety.
- Improves concentration and memory.
- Enhances emotional resilience.
- Promotes better sleep quality.
- Increases self-awareness and self-confidence.
- Helps manage symptoms of depression and burnout.

Benefits for Healthcare Professionals

Healthcare professionals, including dentists and dental assistants, often experience long working hours, repetitive movements, and occupational stress. Yoga can help:

- Reduce neck, shoulder, and back pain caused by prolonged clinical procedures.
- Improve posture during patient care.
- Enhance concentration and precision.
- Minimize work-related stress and fatigue.
- Promote overall physical and mental wellness.

Yoga and Oral Health

Although yoga is not a direct treatment for dental diseases, it contributes significantly to oral health by supporting overall health and reducing factors that negatively affect the oral cavity.

Stress Reduction and Oral Health

Stress is associated with several oral conditions, including:

- Bruxism (teeth grinding)
- Temporomandibular joint disorders (TMJ disorders)
- Recurrent aphthous ulcers
- Dry mouth due to anxiety

Regular yoga practice reduces stress hormones and promotes relaxation, potentially decreasing the incidence and severity of these conditions.

Improved Immune Function

Yoga supports immune health, helping the body resist infections and inflammation, including those affecting oral tissues.

Healthier Lifestyle Choices

Individuals who practice yoga often adopt healthier habits such as balanced nutrition, adequate hydration, and reduced tobacco and alcohol consumption, all of which contribute to better oral health.

Popular Yoga Practices for Beginners

- **Tadasana (Mountain Pose)**
Improves posture, balance, and body awareness.
- **Bhujangasana (Cobra Pose)**
Strengthens the spine and improves flexibility of the back and shoulders.
- **Vrikshasana (Tree Pose)**
Enhances concentration, balance, and stability.
- **Adho Mukha Svanasana (Downward-Facing Dog)**
Strengthens muscles and improves circulation.
- **Sukhasana (Easy Pose)**
Provides a comfortable posture for meditation and breathing exercises.

International Day of Yoga

The International Day of Yoga is celebrated annually on June 21st, following recognition by the United Nations in 2014. The day aims to raise awareness about the numerous benefits of yoga and encourage people worldwide to adopt a healthier lifestyle.

Conclusion

Yoga is much more than a form of physical exercise. It is a comprehensive system that nurtures physical health, mental well-being, and emotional balance. For dental professionals and patients alike, incorporating yoga into daily life can help reduce stress, improve posture, enhance overall health, and indirectly support better oral health outcomes.

By dedicating just a few minutes each day to yoga and mindful breathing, individuals can take a meaningful step toward a healthier, happier, and more balanced life.



Drug Abuse: A Growing Threat to Health And Society

Drug abuse has emerged as one of the most pressing public health challenges of our time, affecting people across all age groups and socioeconomic backgrounds.



The misuse of substances such as tobacco, alcohol, prescription medications, and illicit drugs not only harms the individual but also has far-reaching consequences for families and society as a whole. Addiction can lead to physical and mental health problems, impaired judgment, reduced productivity, and an increased risk of accidents and injuries.

From a dental perspective, the effects of drug abuse are often evident in the oral cavity. Individuals who abuse drugs may experience severe tooth decay, gum disease, dry mouth, oral infections, tooth loss, and delayed wound healing. Certain substances, such as methamphetamine and tobacco, can cause extensive damage to oral tissues and significantly increase the risk of oral cancer. These oral manifestations often serve as important indicators for dental professionals to identify and support individuals struggling with substance abuse.

Prevention remains the most effective strategy in combating drug abuse. Education, awareness campaigns, family support, and early intervention can help individuals make informed choices and avoid the harmful consequences of substance misuse. Healthcare professionals, including dentists, play a vital role in promoting healthy lifestyles, recognizing early signs of addiction, and guiding patients toward appropriate treatment and rehabilitation services.

As we work toward building healthier communities, it is essential to foster an environment of awareness, compassion, and support. By addressing drug abuse through education and collective action, we can help reduce its impact and create a future where individuals can lead healthier, more productive lives free from the burden of addiction.



Teeth to Treasure! Word Search

See how many words you can find in 20 minutes!
Words go across, up, down, and diagonal.

D C V M S S R J E G S D K F S
C S X O S M R Y T F V L R S T
Q B T O N G U A E S G I U E O E
H R C X I P L G A M I L B U S
R S P T A J I I P T B A Q L L
F L U O R I D E H A C A S O M
T P F R G D G F T C L A E Y S
L H Q T B K E E O P Y X A F T
K E C H T H G N O K W S L L A
K W M J X E T H T O O T A O E
E D H A V I T O Z I D C N S M
B J X D N P U S O X S A T S E
S G M C M E S G N T W T I R E
D R A U G H T U O M L I Y L T
Y T I V A C U H F S Z X E O Y

CAVITY	FLOSS	GUMS	PLAQUE	TOOTH
DAILY	FLUORIDE	MEAT	SEALANT	TOOTHBRUSH
DENTIST	FRUIT	MILK	TOBACCO	TOOTHPASTE
ENAMEL	GRAINS	MOUTHGUARD	TONGUE	VEGETABLES

RIDDLES

1. I am derived from the ectomesenchyme. I remain vital throughout life. I am traversed by tubules that transmit stimuli. Though harder than bone, I am softer than enamel. What am I?

2. I am neither a cyst nor a tumor, yet I may mimic both. I often surround the crown of an unerupted tooth. My radiolucency should not exceed a certain width. What am I?

3. I increase with age. I narrow the pulp chamber. I am laid down after root completion. What am I?

4. I originate from the epithelial root sheath. When I proliferate, pathology may arise. Yet in health I remain dormant in the ligament. What am I?

5. I am a lesion whose radiographic border is often corticated. I frequently occur in the posterior mandible. My recurrence rate is notorious. What am I?

Answers: 1. Dentin 2. Dental follicle
3. Secondary Dentin 4. Epithelial Rest of Malassez 5. Odontogenic Keratocyst



Drawing by Ameya Ranjith
5th standard
D/o Dr.Sijina K.K



Drawings by Daksh M Aswin
2nd Standard

S/o Dr. Aswin M.R & Dr. Sruthi



