VIBES

IDA THIRUVALLA NEWSLETTER

VOLUME 5 ISSUE 4

AUGUST- OCTOBER 2026

EDITOR'S MESSAGE



Dear Members,

It gives me immense pleasure to present the final issue of our newsletter for the year 2026. October is a significant month, marked by World Smile Day, reminding us of the power of a smile and the important role we, as dental professionals, play in spreading smiles and promoting oral health. It is also a time to reflect on our professional commitments, celebrate our achievements, and strengthen the bonds of fellowship that make our IDA family special.

This newsletter brings together the activities, accomplishments, and memorable moments of our branch, reflecting the enthusiasm, dedication, and unity of our members.

I extend my heartfelt gratitude to all the executive committee members for their constant support, encouragement, and cooperation throughout the year. Your valuable contributions have been instrumental in making our activities and publications meaningful and successful.

As we approach the close of another eventful year, let us continue to learn, share, and grow together, upholding the spirit of Care, Share, Empower.

Wishing all our members a wonderful year ahead!

Happy Reading!

Warm regards,

Dr. Shibi Mathew V
Editor
IDA Thiruvalla Branch



Dear Members,

As we come to the final newsletter of this year, it is a moment to pause, reflect, and celebrate the journey we have shared as a branch. Each edition has been a small reflection of our collective efforts, achievements, professional growth, and the spirit of togetherness that makes IDA Thiruvalla special.

Through the pages of our newsletter, we have celebrated milestones, highlighted meaningful initiatives, shared knowledge, and captured memories that define our association. Every contribution, every activity, and every shared experience has added value to this journey.

As Assistant Editor, it has been a privilege to bring these moments together and present them to our readers. My sincere gratitude goes to our office bearers, contributors, and all branch members whose constant support and enthusiasm have made this journey meaningful.

As we turn the final page of this year's newsletter, let us carry forward the same spirit of unity, service, and excellence into the year ahead. May the coming year bring us new ideas, greater achievements, and many more stories worth sharing.

Warm Regards,

Dr Sijina KK
Assistant Editor
IDA Thiruvalla

President's Message



Dear Members of IDA Thiruvalla,

It gives me immense pleasure to present the fourth issue of VIBES, the newsletter of IDA Thiruvalla, capturing the spirit, achievements, and memorable moments of our association.

Every issue of TAPER reflects our collective journey, celebrating not only our academic endeavours but also the camaraderie and commitment that bring us together as a professional community. This fourth issue is yet another reminder of what we can achieve through teamwork, active participation, and a shared passion for dentistry.

I sincerely appreciate the continued enthusiasm of our members and the dedicated efforts of our office bearers and committee members in making our programmes and initiatives successful. Your support remains the driving force behind the growth and vibrancy of our branch.

My heartfelt appreciation goes to our newsletter editors, Dr. Shibi Mathew and Dr. Sijina KK, for their valuable efforts in bringing this edition together. Their dedication ensures that our activities, accomplishments, and shared experiences are documented and celebrated.

As we continue our journey, let us remain united in our pursuit of professional excellence, lifelong learning, and meaningful service to society.

I hope this issue of VIBES brings back fond memories, inspires fresh ideas, and strengthens our bond as members of IDA Thiruvalla.

Happy reading!

Warm regards,
Dr. Aswin M Ravi
President
IDA Thiruvalla

Hon. Secretary's Message



Warm greetings from IDA Thiruvalla Branch!

It gives me immense pleasure to present the final newsletter of 2026. As we come to the close of another eventful year, I would like to express my heartfelt gratitude to all our members for their wonderful coordination, enthusiastic participation, and wholehearted involvement in all our branch activities.

My sincere thanks to the WDC, CDH, CDE teams for their dedicated efforts in organizing various successful programs throughout the year. The CDH camps and CDE programs provided valuable opportunities for community service and academic enrichment, while the WDC team deserves special appreciation for organizing a wonderful get-together that strengthened the bonds of friendship and togetherness among our members.

As we look forward to another year filled with opportunities, learning, and meaningful activities, let us continue working together with the same enthusiasm and dedication. Thank you all for your constant support and cooperation.

With warm regards,
Dr Deepthi Santhosh
Hon. Secretary
IDA Thiruvalla Branch

State First Vice President's Message



Dear Members,

It gives me immense pleasure to extend my warm greetings to the members of IDA Thiruvalla Branch through this newsletter.

IDA Thiruvalla has consistently demonstrated its commitment to academic excellence, quality Continuing Dental Education programmes, community service, and active member engagement. The branch's sustained efforts towards professional development and improving oral health awareness are truly commendable and contribute meaningfully to the progress of IDA Kerala State.

In an era of rapid advancements in dentistry, I encourage our members, especially young dental professionals, to embrace lifelong learning, evidence-based practice, and continued professional development.

Let us work together to strengthen our profession through knowledge sharing, innovation, and dedicated service to society.

As my parent branch, IDA Thiruvalla holds a special place in my professional journey. I am deeply grateful for the continued support, encouragement, and goodwill of its members. It is a privilege to remain associated with this vibrant branch while serving IDA Kerala State.

I extend my sincere appreciation to the office bearers and members for their dedicated efforts in fostering academic growth, unity, and fellowship within the branch.

May IDA Thiruvalla continue to reach greater heights through its collective commitment to professional excellence and community welfare.

Wishing the entire IDA Thiruvalla family continued success, meaningful accomplishments, and a bright future ahead.

With warm regards,

Dr. Rajeev Simon Kurudamannil
First Vice President
IDA Kerala State

CDE ACTIVITIES





IDA Thiruvalla successfully conducted CDE on "Mastering Anterior Composite Restorations: The art of natural smiles" on 19th september 2026 at Hotel Ashok International, Thiruvalla . The speaker of the programme was Dr. Jojo Kottoor, Conservative Dentist and Endodontist. Hands-on session was attented by 15 participants.

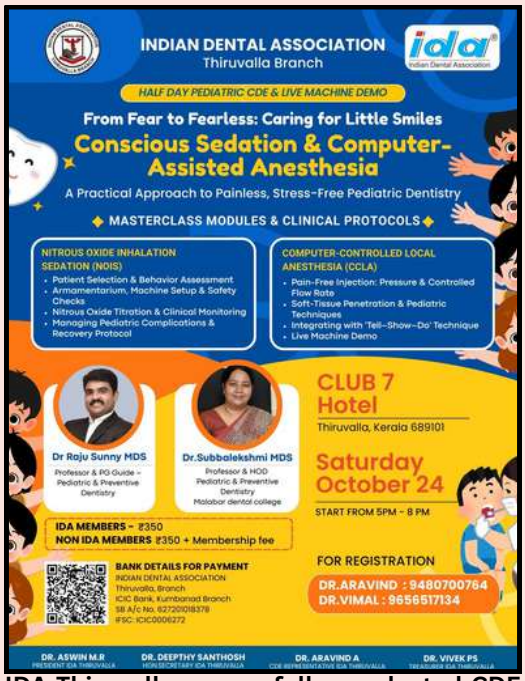








CDE ACTIVITIES







IDA Thiruvalla successfully conducted CDE on Conscious sedation and Computer Assisted Anesthesia on 24th october 2026 at Club 7 Hotel. The speakers of the programme was Dr. Raju Sunny, Professor & PG guide- Pediatric & Preventive Dentistry and Dr. Subbalekshmi, Professor & HOD, Pediatric & Preventive Dentistry, Malabar Dental College. Machine demonstration was there and hands on training was attented by 16 participants. There was also a fascinating mentalism session by Dr. Bibin Babu.













WDC Activities



IDA Thiruvalla Branch, WDC in association with CDH ,observed Tooth Fairy Day on 17th August 2026 at Marthoma Residential School, Kuttapuzha, Thiruvalla. Oral Health Awareness Session was conducted by Dr.Naveen Thomas Daniel. A Tooth Fairy themed colouring Carnival was organised for the children. First, Second & third prizes were awarded to the winners. A Dental screening camp was also conducted for approximately 80 students.





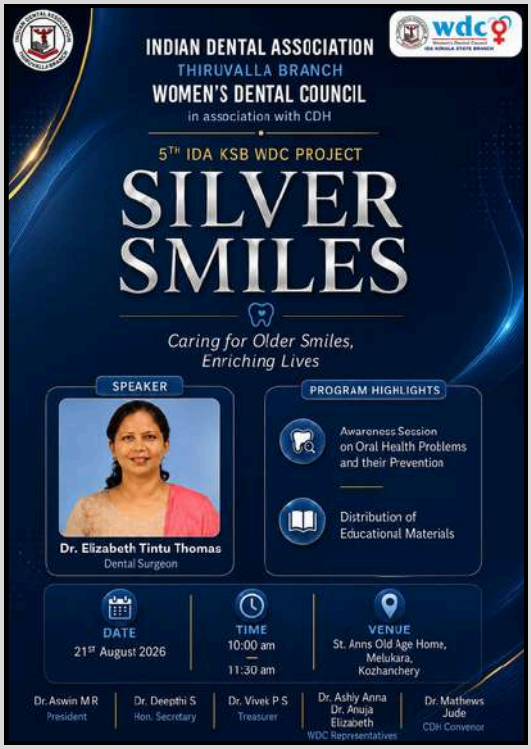








WDC Activities



IDA Thiruvalla, WDC in association with CDH, conducted the 5th IDA KSB State Project, "Silver Smiles" on 21st August 2026 at St. Anne's Old Age Home, Melukara, Kozhenchery











An interactive Oral Health Awareness session was conducted by Dr. Elizabeth Tintu Thomas. Around 40 participants, including the residents and sisters of the Old Age Home, actively participated in the programme

WDC Activities



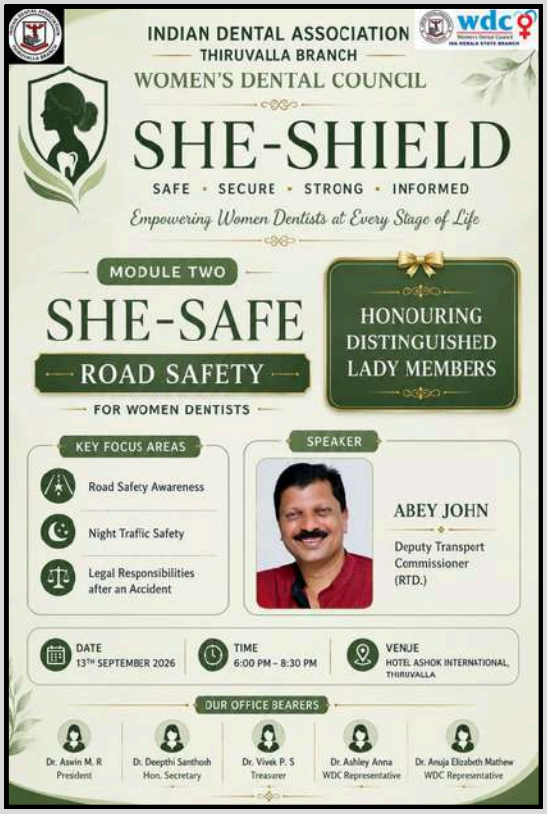


WDC, IDA Thiruvalla Branch organized SHE-SECURE- Cyber & Digital Safety for Women Dentists, the first module of the SHE-SHEID initiative, on 24th August 2026 at Hotel Ashok International, Thiruvalla. An informative and engaging session was led by Sri. Nithin R, Sub Inspector of Police Station, Pathanamthitta. Practical guidance on Watsapp security, social media privacy, protection of personal information and responsible digital usage was given by Manu, CPO, Cyber crime Police Station, Pathanamthitta





WDC Activities



WDC , Thiruvalla conducted SHE- SHEILD initiative, focusing on road safety awareness.The speaker of the programme was Sri. Abey John, Deputy Transport Commissioner (RTD). Dr. Annie Kitty George was honoured during the programme for successfully completing her PhD in Periodontics from Saveetha University, Chennai. Dr. Sunu Alice Cheriyan was honoured for completing her M.Sc in Bioethics and Health Law from the University of Porto, Melbourne.





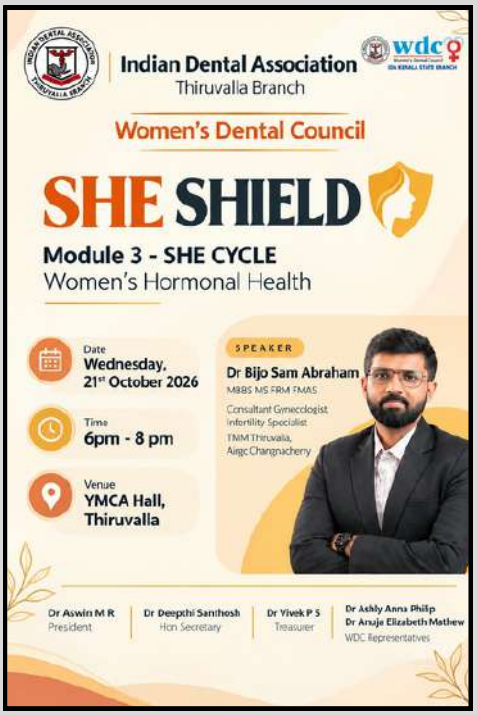








WDC Activities

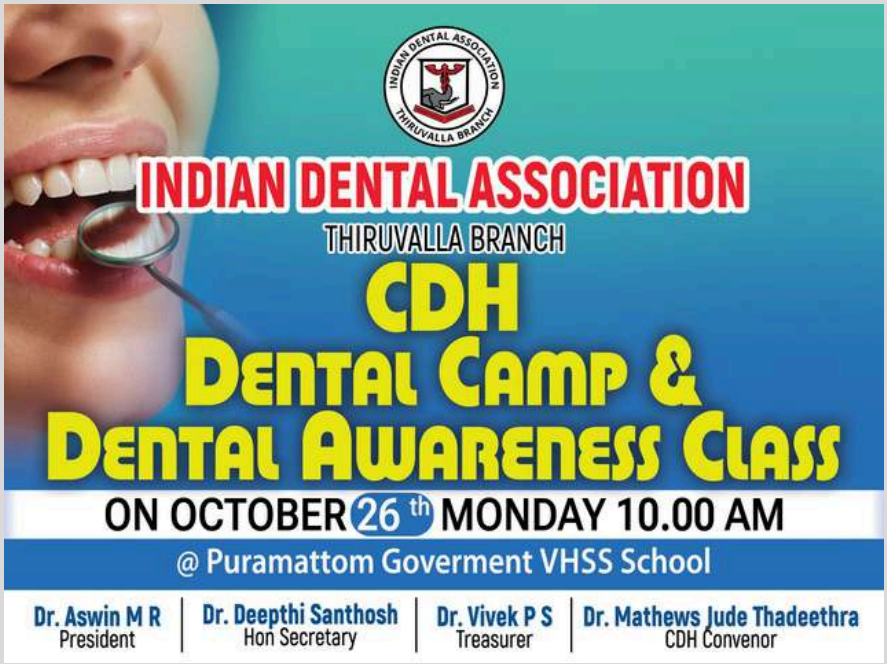






As part of the SHE Shield initiative, Module 3 focused on Women's Hormonal Health. The session was led by Dr. Bijo Sam Abraham, Infertility Specialist, The programme was held on October 21st at the YMCA Hal

Upcoming CDH



WDC Splash & Smiles







The Women's Dental Council, IDA Thiruvalla Branch, organized "Splash and Smiles" on 11th October 2026 at Kondai Lip Resort, Alappuzha, bringing members together for a refreshing day of fun, fellowship and relaxation.





WDC - THE RADIANT RISE - 2026





WDC, Kerala State, organised "Radiant Rise 2026", a one- day empowering workshop on 4th October 2026 at Anoor Dental College, Muvattupuzha, aimed at fostering the personal growth, professional excellence, confidence, and overall wellbeing of women dentists. The programme was inaugurated by Adv. Mathew Kuzhalnadan, MLA, Muvattupuzha.

IDA Thiruvalla Branch was represented by three members (Dr. Ashly, Dr.Anuja and Dr.Sruthy) who actively participated in this enriching programme. Their participation reflected the branch's continued commitment to the professional development, empowerment, and collective advancement of women dentists



The workshop featured insightful sessions by eminent resource persons on motivation and professional growth, IDA HOPE and its importance, women's upliftment and empowerment, financial planning and wealth management, and positive mindset and transformation. These sessions provided valuable insights and inspiration to the participating women dentists.

IDA KERALA STATE BRANCH- CAN WIN PROJECT







The IDA CANWIN Programme was inaugurated by Dr Rajeev Simon, First Vice President, IDA Kerala State. The Speakers of the Programme was Dr. Eapen Cherian, Dr. Sruthi Chandra V, Dr. Gigi Roy, Dr. Anuna, Dr. Ravi, Dr. Vineesh & Dr. Akhilesh.A musical night featuring Kroben Band, adding rhythm and celebration to the occasion. Dr. KN Thomas, Dr. Elizabeth Tintu & Dr. Vineetha made the evening more special with their wonderfull singing













D-SAFE PROJECT - A MILESTONE FOR IDA KERALA STATE





IDA - D SAFe Hepatitis vacciination drive of IDA Thiruvalla branch , third and final vaccination was completed on september 27th 2026 at Pushpagiri College of Dental Sciences, Thiruvalla





With the successful completion of the third and final vaccination of the D-SAFE Project on September 27, 2026, IDA Kerala State has reached a truly significant milestone in our journey towards protecting dental healthcare professionals and staff from occupational exposure to Hepatitis B.



The D-SAFE Project has been much more than a vaccination programme. It has been a statewide movement towards occupational safety, preventive healthcare and greater awareness among dental healthcare professionals.



ഐഡിഎ ഡി-സേഫ് പദ്ധതി ഏഷ്യൻ ബുക്കിൽ

തിരുവല്ല • ഇന്ത്യൻ ഡെന്റൽ അസോസിയേഷൻ കേരള സ്റ്റേറ്റ് ബ്രാഞ്ചിന്റെ ആരോഗ്യപ്രവർത്തകരുടെ സുരക്ഷിതത്വവും ഹെപ്പറ്റൈറ്റിസ് ബി പ്രതിരോധവും ലക്ഷ്യമാക്കി നടപ്പിലാക്കുന്ന ഐഡിഎ ഡി- സേഫ് പദ്ധതിക്ക് ഏഷ്യൻ ബുക്ക് ഓഫ് റെക്കോർഡ്സിന്റെ അംഗീകാരം ലഭിച്ചു. പദ്ധതിയുടെ ഭാഗമായി നിരവധി ആരോഗ്യപ്രവർത്തകർക്ക് ഹെപ്പറ്റൈറ്റിസ് ബി പ്രതിരോധ വാക്സിനേഷൻ നൽകിയതിനാണ് ഈ അംഗീകാരം. നാളെ കൊച്ചി ഐഎംഎ ഹൗസിൽ നടക്കുന്ന ചടങ്ങിൽ അംഗീകാരം ഔദ്യോഗികമായി കൈമാറും. ഐഡിഎ തിരുവല്ല ബ്രാഞ്ചിന്റെ 3-ാം ഡോസ് വാക്സിനേഷൻ നാളെ പുഷ്പഗിരി മെഡിക്കൽ കോളജിൽ നടത്തുന്നതായിരിക്കും.

IDA Kerala State has received the Provisional Certificate from India Book of Records for the "Maximum Dental Healthcare Professionals Vaccinated for Hepatitis B." This recognition is a proud moment for our entire Association and is a testament to the collective effort and commitment of our members.



MEETINGS



State Extra Ordinary General Body Meeting held at Trivandrum on 20th August 2026





5th EC Meeting of IDA Thiruvalla Branch held at Hotel Ashok International on 21st August 2026



Emergency EC Meeting of IDA Thiruvalla Branch held at Hotel Ashok International at 13th September 2026



6th EC Meeting of IDA Thiruvalla Branch held at Hotel Ashok International on 18th october 2026

ACHIEVEMENTS



Congratulations Dr. Gigi Roy for the KUHS Research Application Award



Dr. Adarsh, son of Dr. Samuel K. Ninan & Dr. Maya Mathai secured distinction in MDS Orthodontics and Dentofacial Orthopaedics from Manipal College of Dental Sciences.



Kevin's (S/o Dr. Seema Joseph) team won the second runner-up trophy in the VGuard Big Idea Tech Design National-level Competition



Heartiest congratulations to Dr.Zubin Cherian, BDS, LLB, LLM,on successfully completing his LLM in Commercial Law from Mahathma Gandhi University, Kottayam



Dr. Annie Kitty George successfully obtained her PhD in Periodontics from Saveetha University, Chennai.

JOURNAL



Release of IDA Thiruvalla Newsletter "VIBES" volume 5 issue 3 on 12th August 2026



Release of IDA Thiruvalla Journal "TAPER" Volume 10, Issue 3 on 24th october 2026 at Club 7 Hotel during the CDE programme " Conscious Sedation & Computer Assisted Anesthesia

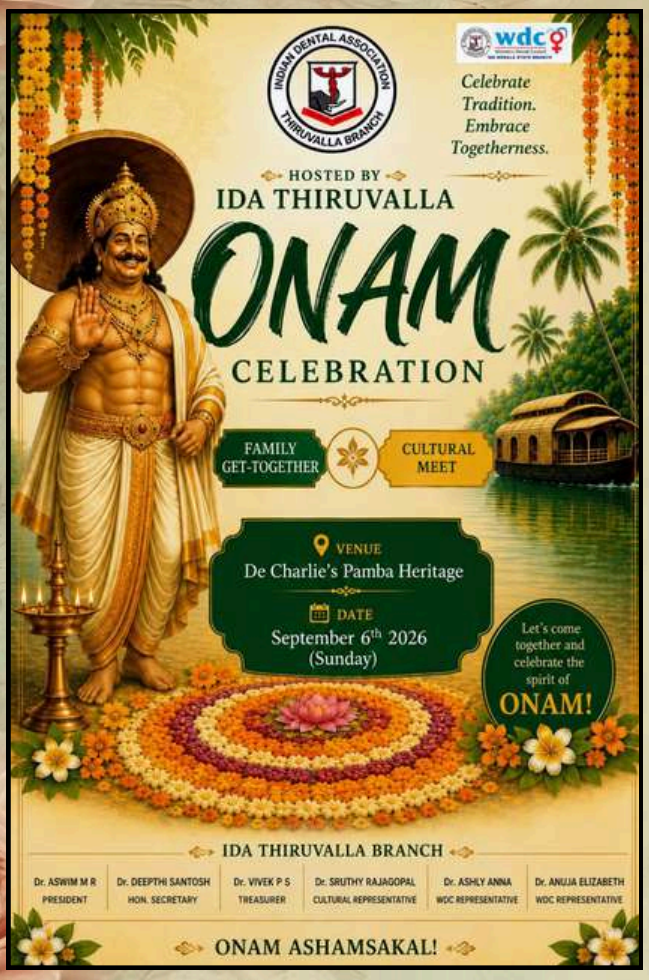
MEDIA



On the occasion of International Day of Older Persons – October 1, an informative article on oral health and age-appropriate dental care in older adults by Dr. Prameetha George Ittycheria has been featured in Malayala Manorama Online


ദന്തശാസ്ത്ര വിഭാഗം പെരിയോഡോൺടിക്സിൽ പിഎച്ച്ഡി (സവീത സർവകലാശാല, ചെന്നൈ) നേടിയ പുഷ്പഗിരി കോളജ് ഓഫ് ഡെന്റൽ സയൻസസ് പ്രഫസർ ഡോ.ആനി കിറ്റി ജോർജ്. പരേതരായ പ്രഫ.ജോർജ് വൈദ്യന്റെയും ആലിസ് ജോർജിന്റെയും മകളാണ്. ഭർത്താവ്: തിരുവല്ല ഇടശേരിയത്തു എൻജിനീയർ ജോൺ ഏബ്രഹാം.

Dr. Annie Kitty George successfully obtained her PhD in Periodontics from Saveetha University, Chennai.









IDA Thiuvalla Onam Celebration was held at De Charlie's Pamba Heritage on September 6th 2026. the event was fun filled with games and cultural programs.





ONAM VIBES


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/, Edanadu Cgnr municipal area, Kerala 689123, India
149 Long: 76.6409




06/09/2026 11:38 am GMT+5
Lat: 9.331516 Long: 76.64091


06/09/2026 12:01 pm GMT+5
8JMW+9JH, Koipuram, Kerala 689531, India


6/09/2026 11:44 am GMT+5
t: 9.331516 Long: 76.64091


ONAM

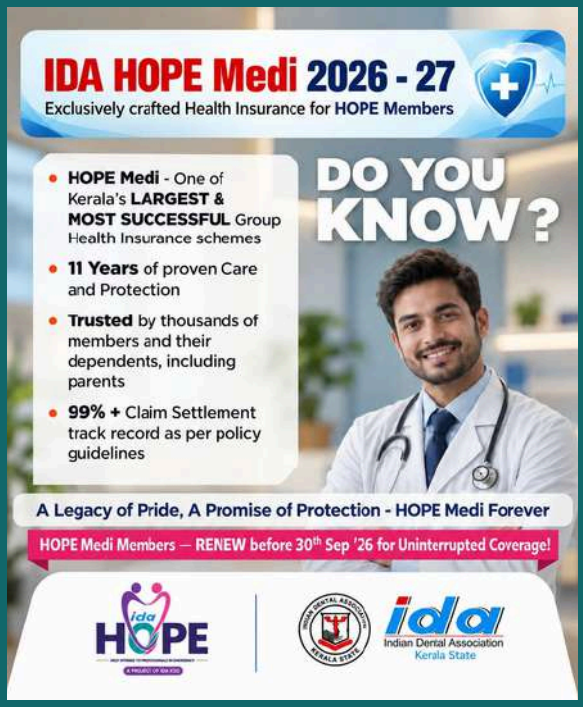





ONAM

IDA MEMBER BENEFITS







FEATURE INTERVIEW: A LEGACY OF RESILIENCE AND CARE

DR. SHINY JOBJI, ON 32 YEARS OF DENTISTRY, OVERCOMING ADVERSITY, AND THE POWER OF UNWAVERING PURPOSE.

Dr. Shiny Jobji, Dental Surgeon practicing at St. Mary's Dental Clinic, Kuttoor, Thiruvalla since 1995. She graduated with her Bachelor of Dental Surgery (BDS) from KLE Dental College, Belgaum in 1990. Following her graduation, she dedicated herself to general dental practice, focusing on providing comprehensive and personalized oral health care to the community.

On a personal note, her husband, Mr. Jobji Mathews, is a well-known businessman in Thiruvalla. They are blessed with two children: daughter, Dr. Richa Rachel Jobji (married to Mr. Yakoob Jacob) and son, Adv. Aaron Mathews Jobji.



Q.Could you tell us about your journey in dentistry and what inspired you to choose this profession?

Dr:My journey in dentistry began over 32 years ago. What drew me to this field was a deep desire to blend science, art, and direct human service. Dentistry provided a unique avenue to alleviate pain, restore confidence, and build long-lasting relationships with patients across generations. Over the past three decades, that initial spark has evolved into a lifelong passion.

Q. What have been some of the most memorable moments in your career as a dentist?

Dr:The most memorable moments aren't always the complex procedures, but the human connections: treating children and later seeing them walk in as adults with their own families. Rebuilding someone's smile and seeing their confidence instantly return is an unmatched feeling. Beyond clinical care, simply being a trusted anchor for our community for 32 years remains my proudest ongoing career milestone.

Q. As a dentist living with health challenges/a disability, what challenges did you face during your professional journey?

Dr:Dentistry is an extraordinarily demanding profession physically, requiring precise motor skills, endurance, and long hours at the dental chair. Managing health issues while maintaining high clinical standards meant facing physical discomfort, fatigue, and the mental burden of ensuring my health never compromised my patients' care. Navigating these constraints required adapting ergonomics, workflow, and mindset.

Q.What helped you overcome those challenges and continue your career in dentistry?

Dr:A deep sense of purpose and an unyielding commitment to my patients. I refused to let physical obstacles define or limit my calling. Adapting my clinical routine, maintaining strict discipline, staying resilient, and focusing on what I could do rather than what held me back kept my practice going without a single step backward.

Q.Who were the people who supported and encouraged you throughout your journey?

Dr:My family has been my strongest pillar, offering unconditional support through every high and low. Alongside them, my dedicated clinical staff, whose loyalty and hard work keep the practice running seamlessly, and my patients, whose trust and warm encouragement over 32 years have continually energized me to keep going.

Q.How did the flood affect your personal life and your dental practice?

Dr:acing persistent flooding every single year for three consecutive years was deeply trial-testing. Spiritually and emotionally, it brought immense disruption to both home life and practice operations. In the clinic, water damage destroyed expensive equipment, damaged infrastructure, and forced temporary closures, threatening the livelihood we had spent decades building.

Q.What were the biggest challenges you faced during the flood and its aftermath?

Dr:The immediate aftermath was overwhelming—dealing with floodwaters, extensive cleanup, mud, loss of electrical and clinical systems, and the immense financial burden of repairing sensitive equipment. The repeated cycle three years in a row made it tempting to feel discouraged, as each recovery required starting the restoration process all over again.

Q.How did you manage to cope with the difficulties and rebuild your professional life after the flood?

Dr:Through sheer grit, methodical planning, and rapid action. After each flood, my team and I immediately went to work cleaning, sanitizing, repairing, and retrofitting the clinic to safeguard equipment against future water damage. Rebuilding required financial resilience and an intense work ethic, but giving up was never an option. We ensured our doors reopened as quickly as possible to continue serving our community.

Q.Did the experience of facing these challenges change your perspective towards life or dentistry? If so, how?

Dr:It completely redefined my perspective. It taught me that stability isn't the absence of storm, but the capacity to weather it. In dentistry, it deepened my empathy for patients going through their own crises and shifted my outlook from simply managing a practice to nurturing an adaptable, resilient ecosystem centered purely on human care.

Q.What has your journey taught you about perseverance and facing difficult situations?

Dr:Perseverance is not a passive waiting game; it is an active daily choice. Difficult situations are inevitable, but panic solves nothing. When hit by unexpected setbacks—whether health issues or natural disasters—the key is to take action step-by-step, focus on solutions, and maintain an immovable core belief in your purpose.

Q. After so many years in dentistry, what changes have you observed in the profession?

Dr:The evolution has been extraordinary. We have transitioned from traditional mechanical procedures to highly digital, minimally invasive dentistry—utilizing advanced imaging, modern materials, and enhanced patient comfort technologies. While tools and technologies have dramatically improved efficiency, the core element—empathy and clinical trust—remains unchanged.

Q.What advice would you like to give to young dentists who may face challenges in their personal or professional lives?

Dr:Do not let setbacks define your capability. Build strong clinical fundamentals, but invest equally in emotional resilience and adaptable habits. When faced with adversity—be it health, financial, or career hurdles—remember why you started. Skills can be upgraded, clinics can be rebuilt, but your determination and integrity are what build a long-lasting career.

Q.What message would you like to share with the members of the dental fraternity?

Dr:As dental professionals, our work reaches far beyond clinical procedures; we restore lives, confidence, and health. Let us continue to support one another, share knowledge, prioritize health and well-being within our community, and uphold the highest standards of compassionate care, regardless of the challenges we face.

Q.Looking back at your journey, what are you most proud of?

Dr:I am most proud of my clinic's unwavering commitment to service. Through 32 years, personal health struggles, and repeated natural disasters, we never allowed adversity to compromise the care we deliver. Standing strong, serving multiple generations of patients, and maintaining a thriving practice through every storm is my greatest achievement.

Q. If you could describe your journey in a few words, what would you say?

Dr:Unshakable purpose, relentless resilience, and dedicated service.

Fun Zone

Think ✦ Solve ✦ Smile

Small puzzles for a healthier and happier you!

Riddles

Can you guess the dental answers?

1. I'm white, I'm hard, and I live in your mouth. I help you bite and chew.
   What am I? _____
2. I clean between teeth where your brush can't reach. **What am I?** _____
3. I'm a sweet treat that can harm your teeth if you have too much of me.
   What am I? _____
4. I'm a thin covering that protects your teeth from decay.
   What am I? _____
5. I'm the specialist who helps keep your gums healthy.
   What am I? _____

Find the 8 Differences

Look closely at the two pictures. Can you find all 8 differences?



Word Search

Find the dental words hidden in the grid.

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

TOOTHBRUSH CAVITY FILLING ENAMEL
FLOSS PULP DENTIST BRACES
GUMS IMPLANT SCALE FLUORIDE
XRAY CROWNS STAIN PERIODONTIST
SMILE HYGIENE

Match the Pair

Match each dental tool with its correct use.

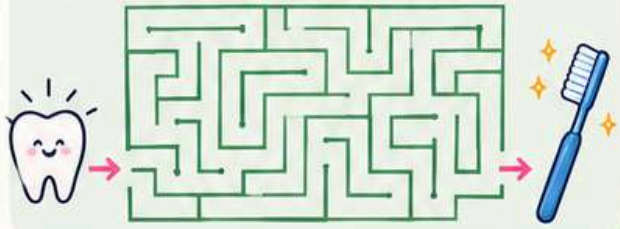


1	•
2	•
3	•
4	•
5	•
6	•

- **A** Holds and places small items
- **B** Used to look at areas not directly visible
- **C** Helps clean and remove decay from teeth
- **D** Used to check for cavities and gum health
- **E** Helps keep teeth clean at home
- **F** Used to give local anaesthesia

Help the Tooth Reach the Toothbrush

Find the correct path through the maze.





COVER & DESIGN: DR. SIJINA KK