

January-March

## VIBES



Dear Brothers and Sisters in IDA,

I am extremely happy to place on record my heartiest gratitude for allowing me as President of IDA 2024 to serve the Profession and Association. With great respect, I remember the Contributions of all past Presidents, Secretaries, Treasurers and Executive Committee members of the association.

I have empowered the members of this branch with unbelievable tasks and each one has proved their mettle in a meritorious level.

I am privileged to associate over the publication of our esteemed "VIBES". Our Editor Dr Prameetha George Ittycheria is constantly working on providing authentic and quality material for Publication. This "VIBES" is unique and we are inching towards achieving the objectives we have set forth in 2024 including lending a helping hand to the most needy.

I thank each and every member for their efforts in ensuring that the flag of our association is flying high.

Hearty Congrats to Dr Prameetha-editor in charge for stunning "VIBES"

DR SUNIL ROY KOSHY  
PRESIDENT



Dear friends and colleagues,

"Remember that you will find your treasure wherever your heart is" Some opportunities make us feel alive, engaged, connected and fulfilled. It gives me great joy to bring you IDA Thiruvalla's news letter "Vibes"

As you all know communication is the first pillar of growth and success of a team followed by celebration of small and big achievements alike. "Vibes" is the nutshell of our Thiruvalla IDA activity .I here express my whole hearted thanks to our president Dr. Sunil Roy Koshy and the office bearers for the immense support and co-operation bestowed to me for bringing out this news letter.

This quarterly news letter aim to strengthen our bond, I humbly request readers to contribute your valuable input in upcoming news letter.

Thank you,

Dr. Prameetha George Ittycheria

Editor, IDA Thiruvalla



# INDIAN DENTAL ASSOCIATION

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WELCOME TO OUR

# INSTALLATION CEREMONY

**IDA Thiruvalla Installation Ceremony was held on 14th January 2024 at Achoos Residency, Vallamkulam.**

**Dr. Sunil Roy Koshy was installed as the President of IDA Thiruvalla Branch for the year 2024**

**by Installing Officer Dr. Samuel K. Ninan, Central Council member and Past President of IDA.Kerala State. The Chief Guest of the evening, Kerala Dental Council President Dr. Santosh Thomas inaugurated the activities for the year.**



# DENTIST DAY STATE AWARDS

TRIVANDRUM

MARCH 6, 2024

Our member and Past Kerala State President, Dr. Samuel K. Ninan being honored with Excellence Award on Dentist Day Celebration 2024 held on 6th March 2024 at Trivandrum.



Dr. Lanu Abraham, IDA Thiruvalla IPP receiving the Excellence Award-Male on Dentist Day Celebration 2024 at Trivandrum.

Dr. Prameetha George Ittycheria receiving the Excellence Award-Female Category on Dentist Day Celebration 2024 at Trivandrum. Dentist Day Celebration 2024 at Trivandrum



# CDE ACTIVITIES



**1st CDE - Impact 2024 was conducted on Feb 4, 2024 on the topic Management of Minor Oral Surgical procedures by Prof. Dr. P. G. Antony at Ashok International, Tiruvalla**



**CDE -Impact 2024 with Hands on 3rd molar Impaction by Prof. Dr. P. G. Antony was conducted on February 11, 2024 from 9.30am to 1pm at Government Dental college, Kottayam**



**2nd CDE -Project Sanjeevanion the topic Basic Life Support & Management of Medical Emergencies in Dental Practices by Dr. Ravi Rajan Areekkal and Dr. Vinesh Udayakumar was conducted on 23 Feb 2024 from 12.30pm to 4pm at Pushpagiri College of Dental Sciences, Tiruvalla**



# CDH ACTIVITIES

## PROJECT "PALPUNCHIRI" SCHOOL DENTAL HEALTH PROGRAM



An Awareness Talk-and Interactive Session in Govt UP school, Kumbanad, as part of School Dental Health program "Palpunchiri" on 23/1/24, 2-3pm. Kidodent toothpastes were distributed among the children.

## PROJECT SHIELD

### WORLD CANCER DAY OBSERVATION & INAUGURAL FUNCTION OF CDH ACTIVITIES ON 04/02/2024

IDA Thiruvalla World Cancer Day Observation and inaugural function of CDH activities 2024 was held on 4/2/24 at 4pm.

Actions:

- 1)Inauguration of CDH activities 2024
- 2)Talk on Head and Neck Cancer -prevention and early detection
- 3)Anti Tobacco Signature pledge

It was held on Hotel Ashoka, Thiruvalla.



## PROJECT SHIELD

### WORLD CANCER DAY OBSERVATION & INAUGURAL ON 06/02/2024



World cancer Day observation Day 2 was held in Govt U. p School, Kumbanad

Actions

- 1) Oral Cancer Awareness class by Dr Akhilesh Prathap OMFS, Pushpagiri College of Dental Sciences, Thiruvalla.
- 2)Oral Cancer Screening and dental check up
- 4) Distribution of Chlorhexidine ADS mouthwash by Dr Reddys
- 4) Anti Tobacco signature pledge.

# WORLD TOOTHACHE DAY



In association with Thiruvalla municipality WARD IX, Anganvadi ,CNO -36 Thiruvalla was visited on 9th of Feb at 1.30 pm. Colgate toothpastes, toothbrushing awareness name slips and writing pencils were distributed to the children.

## PROJECT AWARE

On Feb 16, PROJECT AWARE'S Anti tobacco awareness class Dr. Philip Mathew was conducted and subsequent screening was done at SC HS School, Ranni



As part of PROJECT AWARE from Feb 13 to Feb 17, A hoarding was put up at Maramon convention , Manalpuram on the banks of river Pamba to give awareness to the public against tobacco use and its fatal consequences



# PROJECT VAYOSMITHAM



**PROJECT VAYOSMITHAM** conducted oral screening and dental checkup at Shalom Karunya Trust, Mallapally, A Destitute home for mentally challenged on Feb 18 .Donations of cash and clothes collected from our members were handed over.

## SCHOOL DENTAL HEALTH PROGRAMME



**Anti Tobacco awareness class and screening/Dental Checkup at SNDP Higher Secondary School, Karamveli in association with Government of Kerala "LAHARI MUKTHA NAVA KERALAM PROJECT".** was conducted on Feb 20th.

## NATIONAL PERIODONTIST DAY

As part of National Periodontist day on 23rd of Feb periodontists of our branch:  
**Dr. Thomas George, Dr. Annie Kitty George, Dr. Prameetha George and Dr. Soumya John** were honoured at Pushpagiri College of Dental Sciences, Thiruvalla





# NATIONAL TOOTH FAIRY DAY

An awareness video on National Tooth Fairy Day which portrayed the necessity of oral hygiene and health from the point of view of young children was presented by Mr. Daksh M Aswin and Ms. Jovana Elsa Mathews.



# ANTI TOBACCO AWARENESS CLASS AND ORAL SCREENING



Anti Tobacco awareness class awareness class and oral screening was held in DBHSS, Kavumbagam On 29/02/2024, In association with "LAHARI MUKTHA NAVA KERALAM" project.

# SCHOOL DENTAL HEALTH PROGRAMME- LAHARI MUKTHA KERALAM



In association with government of Kerala "KERALA'S LAHARI MUKTHA NAVA KERALAM" project conducted Anti Tobacco awareness class and oral screening in GVHSS Puramtattom on March 1



## NATIONAL DENTIST DAY CELEBRATION IN ASSOCIATION WITH PUSHPAGIRI COLLEGE OF DENTAL SCIENCES



In association with Pushpagiri College of Dental Sciences Dentist Day was celebrated honouring Prof. Dr. Varghese Mani on March 6. Sir had shared forty years of dentistry with the students which was a very inspiring and interactive session.



## PUBLIC AWARENESS VIDEOS

1. Public Awareness Video on Cleft Lip and Palate Management by Dr. Mathew PC



2. Public Awareness Video on Root Canal Treatment by Dr Raveena P John



3. Public Awareness Video on Paediatric and preventive Dentistry by Dr Annie Edwin



4. Public Awareness Video On Oral Health by Dr SunilRoy Koshy



## RADIO TALK SHOW ON DENTIST DAY

A Talk show was presented on Dentist Day by Dr. K N Thomas on the topic Pink-white aesthetics on RADIO Media Village 90.8 FM on 5th, March 7pm.

Radio Media Village 90.8 | Instagram, Facebook | Linktree  
Radio station bit.ly

Talk Show on  
**WORLD DENTIST DAY**  
by Dr. K N Thomas  
IDA Central Council Member

**Topic: PINK - WHITE AESTHETICS**

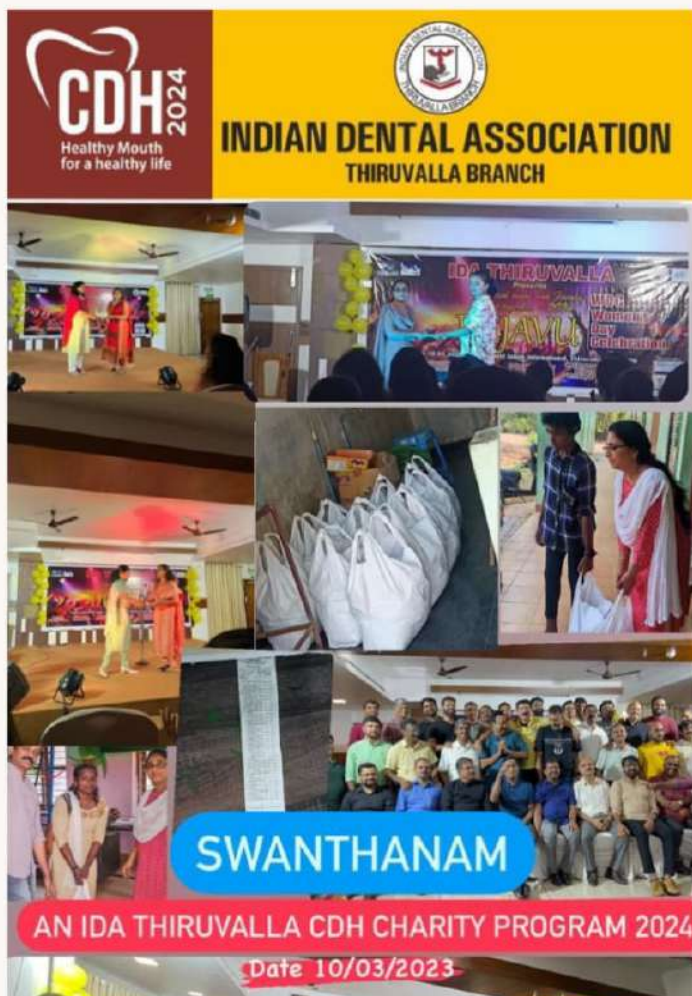
Program time: 5th Tuesday 7 pm  
and repeat broadcast 6th Wednesday 10 am

## SWANTHANAM

Mr George Kovoor --Head of Pepsi Beverages, India has transferred ₹2.5 lakh for the various charity projects.

## WORLD ORAL HEALTH DAY

World oral health day was observed by visiting Thaluk Head quarters hospital, Thiruvalla, oral awareness was spread and oral hygiene kits were distributed to the patients.



# SANRAKSHAN --NATIONAL GIRL CHILD DAY

SANRAKSHAN in accordance with the National girl child day (24th January ) .An awareness class was conducted on dental trauma and first aid treatment followed by a screening camp for the students at MTSS UP school at Manjadi on 22/01 /2024 at 1:30 p.m.



## AWARENESS VIDEO ON NATIONAL GIRL CHILD DAY

An awareness video was released on 24th January on national girl child day with an introduction of importance of a girl child and the need of support given to the upcoming girl generation



# WDC ACTIVITIES

## REPUBLIC DAY CONTEST



On Republic day a contest for kids and adults with a time frame of 2 weeks prior to 26th January which included kids fancy dress competition related to theme India and for or adults presentation in tricolor team with their innovative ideas.



## CANCER IN WOMEN - PREVENTION

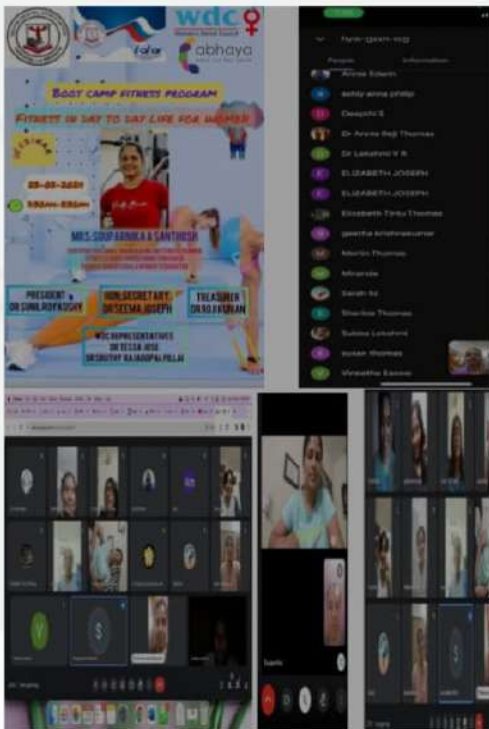
A cancer awareness poster related to prevention of Cancer in women was released on February 11th 2024

## MAATRITV



Maatrity was observed on 18th March 2024 Monday at 10:00a.m. at Taluk Hospital Thiruvalla. There were ladies including pregnant ladies, mothers and the rest Hospital staffs. An awareness class on “Dental Care in Pregnant Women and Infants” were taken

## BOOT CAMP FITNESS PROGRAMME



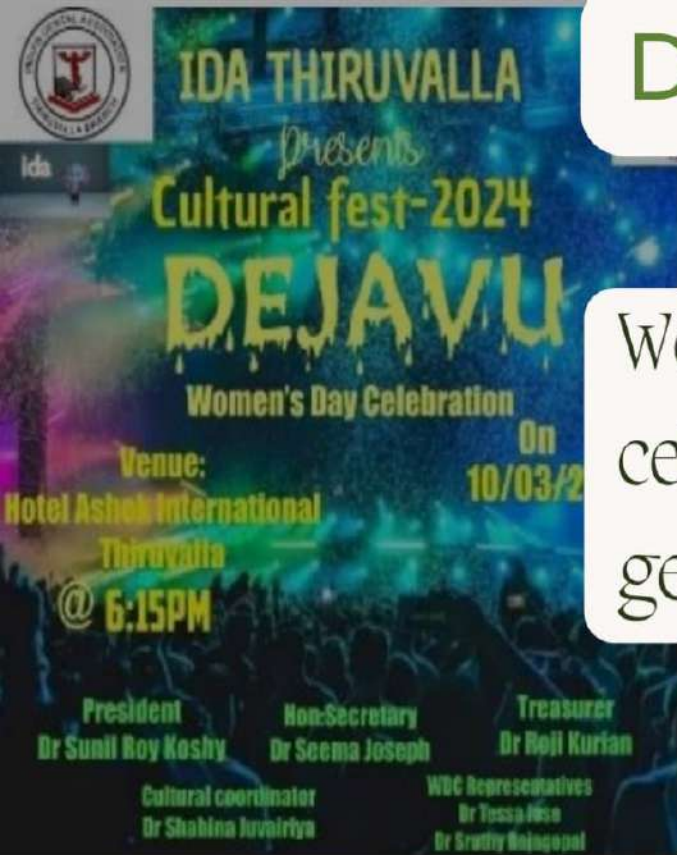
A Boot Camp fitness program was held on 23/3/2024 at 7:30 p.m. to 8:30 p.m. through Google meet online platform.

The program was led by Mrs Souparnika Santhosh, a certified Physical fitness trainer and former Kerala senior women cricketer.

## MIXED CRICKET CARNIVAL



IDA Thiruvalla WDC in association with sports wing conducted an Intrabranh Mixed Cricket tournament on 24th March 2024, Sunday, from 4:00 p.m. to 8:00 p.m. at Eden Sports Arena, Nalukody.



# DEJAVU



Women's Day celebrations and family get together



IDA Thiruvalla WDC celebrated women's Day with a cultural fest on 10th March at 6:15 p.m



The programme comprised of 17 various programmes of WDC members and kids and men folks as well and ended up with DJ party and food. Various talents were exhibited through Medley, group dance, solo dance, solo songs and instrumental music.

Financial aid of 2.5 lakhs sponsored by Mr George Kovoov head of Pepsi beverages India for economically weak students were handed over.

# SPORTS ACTIVITIES



On 25th march 2024 IDA Thiruvalla wdc in association with sports wing conducted a mixed cricket carnival at Edan sports arena.



The program was inaugurated by Mrs.Souparnika santosh former senior kerala women cricketer.