

PRESIDENT'S MESSAGE

Dear Fellow Members,

It is with profound gratitude and a deep sense of responsibility that I acknowledge the trust and confidence reposed in me by our esteemed members in electing me to serve as the President of the Indian Dental Association, Thiruvalla Branch.



I am deeply honoured to be associated with the release of the inaugural edition of our branch newsletter, VIBES, which stands as a reflection of the collective spirit, academic commitment, and professional camaraderie of our fraternity. I wish to place on record my sincere appreciation to all office bearers and members for their unwavering support and cooperation. As we embark upon new initiatives and responsibilities, our endeavour shall continue to be focused on strengthening professional unity, fostering mutual respect, and advancing excellence in both professional practice and personal growth.

I extend my special appreciation to Editor Dr. Shiby Mathew.V and Assistant Editor Dr. Sijina K K for their dedication, commitment, and tireless efforts in bringing this inaugural edition of VIBES to fruition.

I look forward to the continued guidance, participation, and wholehearted support of all our members as we move forward together in service of our profession and association. Thank you.

Jai IDA.
Dr. Aswin M R
President IDA
Thiruvalla Branch

SECRETARY'S MESSAGE



Dear Members,

We are thrilled to bring the first news letter of IDA Thiruvalla Branch for the year 2026. The members of our Branch have a good bonding and understanding. I am sure that the vibrant and energetic CDE, CDH, WDC, Cultural team of 2026 will bring more activities and help in keeping up the high spirit of our Branch. All the activities will make a positive impact on our society too. Our Editor Dr Shibi Mathew. V and Joint Editor Dr Sijina K K has taken great efforts in compiling all the activities done in our Branch for this newsletter. We wish for an active and healthy participation by all of our members in all the activities of the Branch.

Dr Deepthi Santhosh
Hon. Secretary

EDITOR'S NOTE

Dear Members,

"Documentation is the mirror that reflects our journey, preserving our efforts today as inspiration for tomorrow."

It is my honour and privilege to serve as the Editor of the Indian Dental Association Thiruvalla Branch. Through this tri-monthly newsletter, "VIBES", we aim to present a brief yet meaningful glimpses into the vibrant activities, academic initiatives, and community outreach programs conducted by our branch in Thiruvalla.

This newsletter is not merely a record of events; it is a reflection of the dedication, unity, and enthusiasm of our members. Each edition stands as a testament to the collective spirit that drives our association forward.

I sincerely seek the continued support, encouragement, and active contributions from all our members to make VIBES more engaging and impactful with every release. Let us work together with renewed energy and commitment for the growth and excellence of our branch. Together, let us create, collaborate, and celebrate the success of our IDA family.

Warm regards,

Dr Shibi Mathew. V

Editor



Dear Members,

I am honored to contribute to this vibrant platform that reflects our branch's dedication, unity, and professional excellence. Our newsletter reflects the collective voice, academic growth and professional integrity of the dental fraternity in our region. With the enthusiastic participation of our office bearers and members, we continue to uphold the highest standards of dentistry while strengthening our bond as a professional family. I extend my sincere gratitude to everyone who has supported and contributed to this edition, and I look forward to your continued encouragement in the journey ahead.

Warm wishes,

Dr Sijina K.K

Assistant Journal Editor



INSTALLATION CEREMONY 2026



INSTALLATION CEREMONY ON 11-01-2026 HELD AT SENATE HALL, PUSHPAGIRI MEDICAL COLLEGE

OFFICE BEARERS OF IDA THIRUVALLA, 2026



ACHIEVEMENTS

PROUD MOMENT FOR IDA THIRUVALLA STATE AWARD WINNERS



Received State Awards during the State Conference at Kollam on 06/12/2025

Dr. Maya Mathai ,Special Appreciation Award for the Exceptional Leadership Performance as the Branch President.

Dr. Prameetha George Ittycheria & Dr. Merlin Thomas ,Second runner up award for IDA Thiruvalla Journal – TAPER

Dr. Saji Kurian Special Appreciation Award, Vice Chairman IDA HOPE

Dr. Samuel K. Ninan, Special Appreciation award, Convener, IDA FORCE, Kerala State

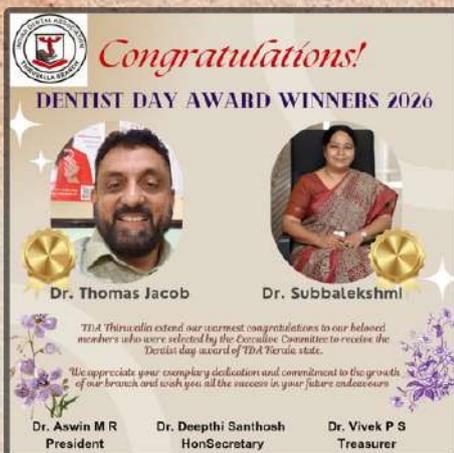
Dr. Biju Thomas & Dr. Abhilash Radhakrishnan, Special Appreciation Award for Project V Can

Dr. Samuel K. Ninan, Special Appreciation Award, Conference Secretary, 55th IDA Kerala State Dental Conference



Dr. Seema Joseph ,Special appreciation award for Exceptional Systematic Performance as the Branch Secretary
 Dr. Rajeev Simon K .Special Appreciation Award, Website Convenor IDA Kerala State
 Dr. Saji N. Cherian & Dr. Reji Thomas ,Special Appreciation Award to Project Suraksha for the Social Commitment
 Dr. Lanu Abraham, Special Appreciation Award, CDE Chairman, IDA Kerala State
 Dr. Vineetha Annie George ,Special Appreciation Award to for giving voice to Reel Dentistry- IDA Kerala state
 Dr. Adarsh Ninan Sam ,Special Appreciation Award to for Designing & Compilation of CDE Insights- IDAKerala State

DENTIST DAY CELEBRATIONS



Congratulations to
**Dr. Thomas Jacob &
 Dr. Subbalekshmi** for receiving
**DENTIST DAY EXCELLENCE
 AWARD OF IDA KERALA STATE**
 held at Aspin Courtyard,
 Calicut on 6th March 2026.



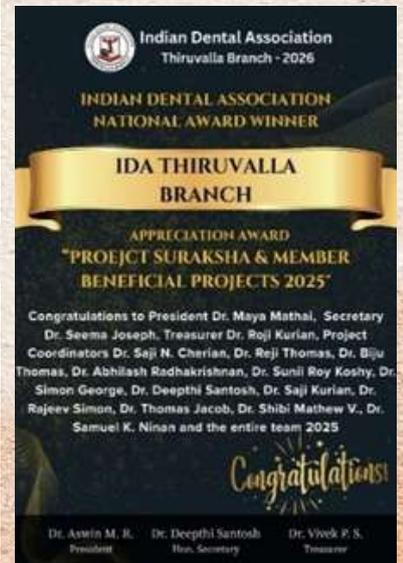
NATIONAL AWARD WINNERS



**Congratulations Dr. Maya Mathai for winning Runner Up Award National Best Local Branch President 2025. Dr. Prameetha George Ittycheria for Runner Up Award National Best Local Branch Journal 2025. Dr. Adarsh Ninan Sam for National Best Member 2025 (below 30 years age).
Dr Lanu Abraham for the best State CDE Chairman 2025**



Appreciation award for "PROJECT SURAKSHA AND MEMBER BENEFICIAL PROJECTS 2025 Runner up award for "STUDENT ACTIVITY 2025"



Receiving six National Awards 2026- IDA Thiruvalla @IDC Mangalore

CDH ACTIVITIES

Dental awareness and screening camp on 18th Feb 2026 as a part of the National Service scheme (NSS) at St. Mary's Women's college. Dr. Sharen Sarah Daniel, delivered an informative and engaging talk on various dental topics as a part of the awareness session.



CDH ACTIVITIES

DENTIST DAY CELEBRATIONS

INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH

DENTIST DAY CELEBRATIONS

Awareness Talk by **Dr Anuja**

Date: 06/03/26, Time: 7:00 pm
Venue: M.C.R.D, Thelliyoor

Honouring **Dr Samuel K Ninan**

DR. ASWIN M R
PRESIDENT

DR. DEEPTH SANTHOSH
HON. SECRETARY

DR. VIVEK P S
TREASURER

DR. MATHEWS JUDE
IDA Representative

MARTHOMA CENTRE FOR REHABILITATION AND DEVELOPMENT
C.R.D NAVAJYOTHI SCHOOL, THELLIYOOR

Thiruvalla, Kerala, India
9mhq+m2m, Tiruvalla - Vennikulam - Thadiyoor - Ranni Rd, Kabolhagom Post, Kolabhagom Post, Thadiyoor, Thiruvalla, Kerala 689548, India
Lat 9.380911° Long 76.688299°
Friday, 06/03/2026 07:31 PM GMT +05:30

IDA Thiruvalla Branch conducted an oral check up and an awareness class at MCRD Thadiyoor. Awareness class was taken by WDC representative Dr. Anuja. IDA Thiruvalla Branch felicitated Dr. Samuel K. Ninan in recognition of his valuable contributions to the field of Dentistry. Around 80 students were screened during Dental check up.



WDC ACTIVITIES



WDC Members OFIDA Thiruvalla branch at Senate Hall, Pushpagiri Medical College on 11th Jan 2026 for Installation Ceremony of IDA Thiruvalla Branch

“HER SMILE” IDA KSB WDC PROJECT



WDC Thiruvalla branch conducted “HER SMILE” IDA KSB Project, in observation to National Girl child day at Nicholson Girls Higher Secondary School, Manjadi, Thiruvalla.



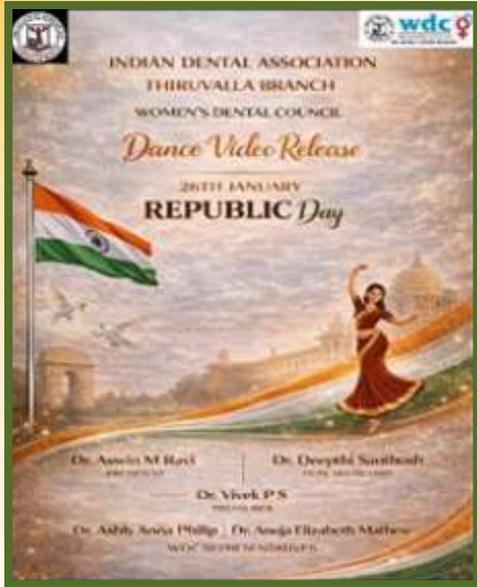
The awareness session by our WDC member Dr.Kunjanna John Kolathu (Pedodontist), highlighting the importance of dental trauma and its management.

A skit was performed by WDC members which enriched the session and its impact. Demonstration of proper brushing technique was also given.

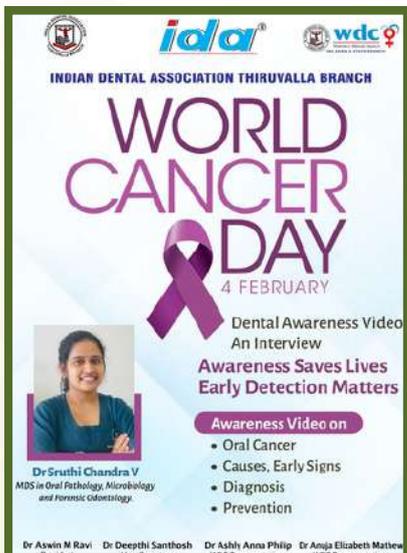
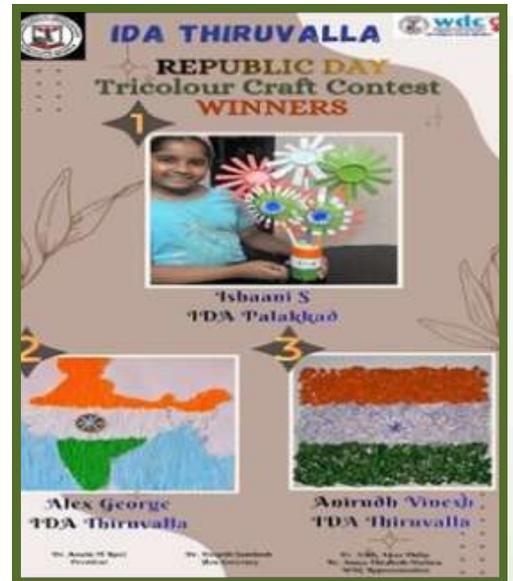
Poster competition for students were conducted with theme “HER SMILE”. 85 students participated. Prizes were awarded to first, second and third place winners.

WDC ACTIVITIES

REPUBLIC DAY ACTIVITIES



The WDC members of Thiruvalla branch presented a graceful dance video on Republic Day, reflecting patriotism, unity and the significance of our nation.



WORLD CANCER DAY

On the occasion of World Cancer Day, the Women's Dental Council, Thiruvalla conducted an interview with Dr. Sruthi Chandra V, MDS in Oral Pathology, Microbiology and Forensic Odontology, emphasizing the importance of early detection of oral cancer and its role in improving treatment outcomes and saving lives.



WDC ACTIVITIES

VALENTINES DAY SMILE SYNC CHALLENGE



Winners are Dr. Deepthi and Dr. Vinesh (First Prize), Dr. Jubin and Dr. Raveena (Second Prize), Dr. Sachin and Dr. Edwina (Third Prize)



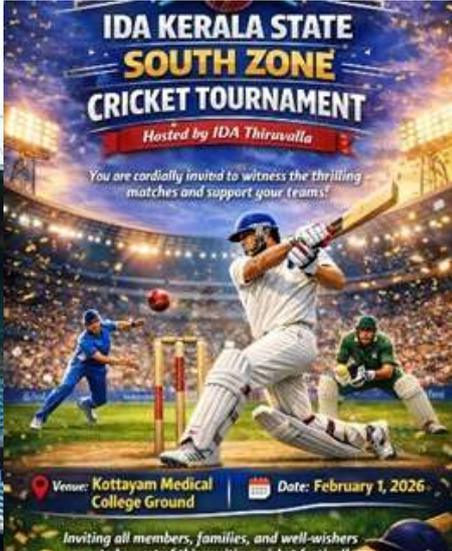
IDA KSB SECOND WDC PROJECT - PINK RIBBON DRIVE

MARCH 8TH INTERNATIONAL WOMENS DAY



The second IDA KSB WDC State Project - Pink Ribbon Drive was conducted on 8th March 2026, at the St. Mary's College Auditorium, Thiruvalla. An Awareness talk on Breast Cancer was delivered by Dr. Dini Edapazhathil, Consultant OBG, Parumala Hospital. The Sthree Shakthi Award was presented to Dr. Annie Beena Thomas in recognition of her inspiring leadership, outstanding community service and dedicated contributions to the Dental profession.

SPORTS



IDA KERALA STATE SOUTH ZONAL CRICKET TOURNAMENT HOSTED BY IDA THIRUVALLA



The IDA Kerala State South Zonal Cricket Tournament 2026 was successfully conducted on 1st February 2026 at Kottayam Medical College Ground, hosted by IDA Thiruvalla Branch. The official inauguration of the tournament was done by Dr Eapen Thomas, President, IDA KSB (2026).



A total of seven teams from the South Zone participated in the tournament. Dr. Sujith Gopalan of IDA Thiruvalla becomes most valuable player of the tournament. Dr. Mathews Jude Thadeethra was honoured with the Man of the Match award for his match-winning performance against IDA Karunagapally and Dr. Sujith Gopalan earned the Man of the Match title for his brilliant performance against IDA Kottarakkara.



MEETINGS

PRESIDE 2026



President Dr. Aswin M R and Hon. Secretary Dr. Deepthi Santhosh attended PRESIDE 2026 at Hotel Arcadia, Kottayam on January 4th 2026

76th INDIAN DENTAL CONFERENCE 2026



76th INDIAN DENTAL CONFERENCE 2026 held at Father Muller Convention Centre Mangaluru and it was hosted by IDA Karnataka State Branch. The Conference was inaugurated on 6th February 2026 (Friday) and extended to 8th February 2026 (Sunday). Central Council Meeting was conducted at the venue and new IDA office bearers were installed for the year 2026.



EC MEETINGS



Kerala state IDA second executive Committee meeting was held at Hotel Mercy Kochi on 25th January 2026.



Combined Executive Meeting of IDA Thiruvalla Branch held at Hotel Ashoka International on 7th JAN 2026



First Executive Committee meeting of IDA THIRUVALLA branch held at Hotel Ashoka International on 28th Jan 2026.



2nd Executive Committee meeting of IDA Thiruvalla Branch was held at Hotel Ashoka International on 18th Feb 2026



IDA HOPE

HELP OFFERED TO PROFESSIONALS IN EMERGENCY



The concept was formed in 2004 as PPP & SSS, in 2007 it was named HOPE which covers both legal and social security and was offered 2 lakhs in the case where a member is not able to work for life time or during casuality, years went by now we are in 2026 HOPE has over 5000 members and the member benefit after casuality or permanent disability is now given an amount of 16.5 lakhs to the family. It covers the legal liability too, IDA HOPE will stand for the member to fight against the legal cases and will offer a professional indemnity.

IDA HOPE MEDI

This is offered for members and family members including parents to cover the medical expenses. Member can join once he/she becomes IDA HOPE member. Its a rare oppurtunity to include parents of any age starting from 5 lakhs to 7 lakhs to 10 lakhs. Its a privilege Indian Dental Association Kerala has for its members.

HOPE ASSURE

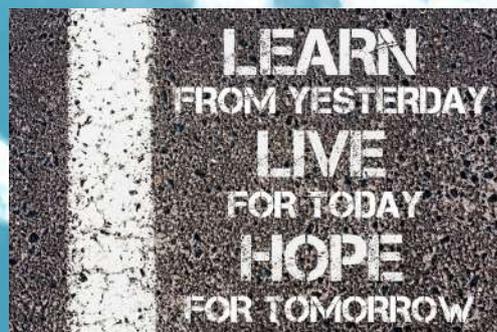
After joining HOPE , members can join HOPE ASSURE to secure our assets both movable and immovable, both house and clinic, also we can cover public liability and top up professional indemnity upto 2 crore. IDA Thiruvalla has around 38 HOPE ASSURE members, we have attained 100% renewal this year.

TO JOIN HOPE

- Fill up original form
- 2 passport size photo
- Should be a member of IDA Kerala
- Should have valid Dental Council registration
- Copy of Degree certificate
- Copy of age proof

PAYMENT DETAILS

- Up to 30 years-Rs 5000/-
- 30years to 40 years-
Rs 7500/-
- 40years to 45 years-
Rs 10000/-
- Renewals by APRIL 1st
every year



IDA Thiruvalla has crossed 150 HOPE members and has 99.6% renewals done in 2025

NEW MEMBERS TO OUR FAMILY



Our greatest strength lies in our members. Their dedication, unity and commitement form the backbone of the organization. Each member contributes unique skills, knowledge and experience which collectively drive the growth and success of our initiatives and also help us serve the community more effectively. This year, we are delighted to welcome 16 new members to our association, further strengthening our professional community.

Dr. Archana Venugopal, Dr. Azeem Raja, Dr. Dhanya P Nampoothhiri, Dr. Joshua Johnson, Dr. Surya Gopan, Dr. Thejus Ann Zachariah, Dr. Vishalini. L, Dr. Fatima Abdul Salam, Dr. N J Jenila, Dr. Rukya Saju, Dr. Shinu M Cherian, Dr. Ansu Emmanuel, Dr. Ashish P Firosh, Dr. Ruth Annu Johnson, Dr. Vishnu Sajayakumar, Dr. Arvind. S

SERVING GENERATIONS OF SMILES

INTERVIEW WITH SENIOR DENTIST DR. MARIAMMA RAJAN



Dr. Mariamma Rajan has been practicing dentistry for the past 37 years. She has worked in T.M.M Hospital, MOH Saudi Arabia, private sector in Muscat and later on started her own clinic. She completed BDS from Madras Government Dental College. She is married to Dr. Rajan K Cherian, an ENT surgeon and has 2 children. Both of them are working abroad.

Q: Madam, 37 years in the profession is an incredible milestone. Looking back, what was the "spark" that first drew you to dentistry?

Dr: The spark began with my fascination for healthcare and the desire to work closely because it beautifully combines science, art and patient interaction. I was particularly inspired by how dentists could instantly relieve pain and restore someone's smile with confidence and I wanted to be a part of that.

Q: What were some of the significant challenges you faced in your early career and how did you overcome them?

Dr: During the final year of my BDS, I got married. I joined Thiruvalla Medical Mission Hospital as a Dental surgeon in 1989 continued till 1990, after that I started my Dental clinic in Edathua. In the early years, establishing trust and building a patient base was challenging. My daughter was 8 months old at that time. So balancing family responsibilities with long clinical hours was another challenge during that time. I overcame them with consistent perseverance, upgrading my skills and giving my best to my patient. Time management helped me balance both my worlds.

Q: What qualities do you believe are essential for a woman to excel in the dental profession today?

Dr: I believe confidence, continuous learning, empathy and resilience are keys. Dentistry demands patience and precision.

Q: How do you manage to maintain a balance between your professional responsibilities and personal life?

Dr: It requires conscious effort, learn to prioritize, delegate when needed and set boundaries. Planning ahead and maintaining discipline help us to carry out responsibilities effectively.

Q: What has been most rewarding and memorable experience in your dental career?

Dr: The most rewarding moments have been, when my patients who were once fearful, return with confidence, smile and trust. Seeing generations of same family come to my clinic is truly heartwarming; that continuity of trust is my biggest achievement.

Q: Madam, you have witnessed the evolution of dentistry from manual tools to digital scanners. What is the biggest change you've embraced?

Dr: The shift has been remarkable from manual impression to digital scanners, improving patient comfort tremendously. Continuous learning allowed me to stay relevant and provide better treatment outcome. Change is inevitable and we should accept it with an open mind.

Q: As you are in the retirement phase, how do you like to spend your leisure time?

Dr: Retirement for me is not stopping, it is slowing down and enjoying life more consciously. I enjoy spending time with family, travelling, reading. After decades of a busy schedule, it feels fulfilling to focus on personal passions.

Q:As a woman who has successfully balanced a long, demanding career with grace, what is your message to the young women dentists joining our branch?

Dr: Believe in yourself. Do not underestimate your capabilities. Persistence and integrity will carry you forward. Keep learning, maintain ethical practice and support each other. Success is about the trust and respect you build over time.

Q:What changes would you like to see in the dental profession to further support and empower women dentist?

Dr: I would like to see more flexible work structure, mentorship program and leadership opportunities for women. Support system such as maternity-friendly policies, continuing education and networking platforms. Most importantly I hope to see more women confidently owning clinic, leading associations and shaping the future of dentistry.

FUN ZONE

FIND THE ODD ONE OUT

1. Amalgam – Composite – Glass Ionomer – Gutta Percha
2. Enamel – Dentin – Cementum – Pulp
3. Periodontitis – Gingivitis – Halitosis – Periodontal Abscess
4. Mandible – Maxilla – Zygoma – Femur
5. Streptococcus mutans – Lactobacillus – Candida albicans – Escherichia coli

IDENTIFY THE DENTAL TERM

1. Loss of tooth structure caused by mechanical forces other than mastication.
2. Instrument used to remove supragingival calculus during scaling.
3. Radiographic technique considered the gold standard for detecting proximal caries.
4. Benign odontogenic tumor composed of enamel and dentin.
5. Inflammation of tissues around a partially erupted tooth

UNSCRAMBLE THE DENTAL WORDS

1. LAMEEN
2. TINEND
3. LPUP
4. SIRACE
5. NIGIVGITSI
6. TSIDOIRONTPEI
7. LACUCLSU
8. NOCULSICO
9. APEXEIRP
10. NITODTORHCO