



VIBES



NEWSLETTER OF IDA THIRUVALLA

INDEPENDENCE DAY RELEASE

EDITOR'S NOTE

Dear Readers,

As we turn the pages of this edition of Vibes of IDA Thiruvalla, we are reminded of the strength and purpose that unites us – the community of dentists who not only shape healthier smiles but also contribute to a healthier society. The Indian Dental Association has always stood as a pillar of professional excellence, advocacy, and service. Here in Thiruvalla, we carry forward that legacy with dedication, compassion, and a shared vision for better oral health across our communities.

This month, our thoughts also turn to the spirit of our nation as we celebrate Independence Day. It is a time to reflect on the values that bind us as citizens – unity, perseverance, and service – values that resonate deeply with our work as dental professionals. Just as our freedom was built through the collective effort of many, our profession thrives when we come together, share knowledge, and uplift one another.

Wishing you all a meaningful Independence Day and continued success in your professional journey.

Warm regards,



Dr. Prameetha George Ittycheria
Editor, IDA Thiruvalla

Dear IDA Thiruvalla members!

We are greatly elated to release our newsletter. On this platform we take pride to showcase what all has happened in an eventful period. The vibrant moments during the activities conducted are captured and shared here. The throw back is the evidence on the great success when we work united. Thus it makes each one of us to appreciate our President Dr. Maya Mathai and office bearers of the year 2025 for their remarkable activities during this period.



Dr. Merlin Thomas
Associate Journal Editor

PRESIDENT'S MESSAGE

Dear Friends,

WISHING YOU ALL A HAPPY INDEPENDENCE DAY

It is my pleasure to connect with you once again through the third edition of our newsletter Vibes. This edition captures the essence of our branch's spirit – professional excellence, community service and togetherness.

This edition also comes with a proud announcement- IDA Thiruvalla has entered the Major Category Group with a membership strength of 255 members. I sincerely thank each and every member for joining us and contributing to its growth. Your support is the foundation of our success.

We could conduct a highly enriching CDE on CBCT for general dentists and specialists, with three eminent speakers – Dr. Eldo Koshy, Dr. Jojo Vallamattam, and Dr. Prasanth P. Jaju – who shared their expertise and practical insights. The sessions were both informative and inspiring, benefitting members across specialities.

In our efforts to engage with the community, we marked the International Day against Drug Abuse & Illicit Trafficking with a CDH programme featuring an impactful talk by Dr. K. N. Thomas at ANAMS Head Office, Mukthi Bhavan. On Oral Hygiene Day, we organized a Dental Awareness Talk by Dr. Naveen Thomas Daniel and check-up for school students by our members at Choice Kinderland, Thiruvalla, instilling healthy oral habits at a young age.

The State WDC programme – Jagratha, an anti-drug campaign was conducted at Amrita Vidyalaya, Thirumoolapram, Thiruvalla, where Dr. Saji Kurian addressed students on the dangers of substance abuse. Thanks to WDC representative Dr. Deepthi for the coordination and arrangements.

On the professional front, IDA Thiruvalla had the honour of hosting a webinar "Money Matters", an initiative of IDA Kerala State Forum for Clinical Establishments, which provided valuable financial insights for dental practitioners.

Our members also displayed their enthusiasm beyond dentistry by participating in IGNITE – the IDA Kerala State Badminton and Table Tennis competition, reflecting the camaraderie and energy that define our branch.

I take this opportunity to thank our Editorial Board Dr. Prameetha George Ittycheria & Dr. Merlin Thomas for their dedication, creativity and hardwork in bringing out this edition. Their efforts ensure that our branch's journey is recorded, celebrated, and shared with pride. Thanks to Dr. Sandra Arun for the designing & compiling.

Each of these events reflects the dedication and teamwork of our members. I extend my heartfelt gratitude to everyone who contributed their time, effort, and passion in making them successful. Let us continue to work together, learning, serving, and inspiring.

Thank You,

Jai IDA



Dr. Maya Mathai
President, IDA Thiruvalla Branch



**"IDA THIRUVALLA BRANCH IS
NOW A MAJOR BRANCH WITH
255 MEMBERS!"**

CDH ACTIVITIES



**INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH**

**26th June INTERNATIONAL DAY
AGAINST DRUG ABUSE + ILLICIT
TRAFFICKING**

Speaker
Dr K N Thomas
Past President IDA Thiruvalla
Past Vice President IDA Kerala State

Date: 26/06/2025
Venue: ANAMS Headoffice, Munnthi Bhavan,
Kakkathuruthu, Thiruvalla
Time: 5:00pm-6:00pm

DR MAYA NATHAL
PRESIDENT

DR SECIMA JOSEPH
HON. SECRETARY

DR DEJI KURIAN
TREASURER

DR SAJI KURIAN
CDH REPRESENTATIVE

International day against drug abuse and illicit trafficking

International day against drug abuse and illicit trafficking was conducted on 26th June 2025 at ANAMS head office, Thiruvalla. The speaker of the event was Dr.K.N. Thomas, Past President of IDA Thiruvalla and Past Vice President of IDA Kerala State.

Oral Hygiene Day

As part of Oral Hygiene Day, an Awareness talk and dental check up was carried out at Choice Kinderland, Kuttapuzha on 1st August 2025. The speaker of the event was Dr. Naveen Thomas Daniel, Pedodontist



**IDA THIRUVALLA
CDH Program**

August 1st Oral Hygiene Day

**Awareness Talk and Dental
Check-up**

**@ CHOICE KINDERLAND
KUTTAPUZHA**

Dr Naveen Thomas Daniel
Pediatric Dentist

Date: Thursday
21/8/2025
Time: 8:30 AM - 12:30 PM

President
Dr Maya Mathal

Hon. Secretary
Dr Secima Joseph

CDH Convener
Dr Saji Kurian

CDE ACTIVITIES



“CBCT TALKS- For General Dentists & Specialists”

IDA Thiruvalla Branch hosted 7th CDE on 6th July 2025 from 9:30am to 5:00pm at Hotel Ashok International, Thiruvalla. The topic, “CBCT TALKS- For General Dentists & Specialists” by faculties Dr. Jojo Joseph Vallamattam, Dr. Eldo Koshy and Dr. Prasanth P. Jaju were carried out. 33 people attended the CDE.

IDA KSB interbranch CDE “Pentagonia” was conducted on 10th August 2025 at Changnassery. The topic discussed was on “Swipe right on scanning: Intraoral tech that matches your workflow” by an eminent speaker Dr. Suresh Ludhwani.



PENTAGONIA



IDA KERALA STATE FORUM FOR CLINICAL ESTABLISHMENTS PROGRAMME - Hosted by IDA Thiruvalla

"Money Matters"

A webinar which was an initiative of IDA Kerala State Branch Forum for clinical establishments was hosted by IDA Thiruvalla on 4th July 2025. The webinar was presented by CA Ann Joseph on the topic "MONEY MATTERS!".

WHY FINANCIAL AWARENESS MATTERS

- High clinic setup
- Irregular cashflows
- Compliance and taxation responsibilities
- Personal vs professional finance
- Retirement and risk planning

IDA Kerala State Forum for Clinical Establishments - IDA FORCE

BUSINESS STRUCTURES FOR DENTISTS



IDA Kerala State Forum for Clinical Establishments - IDA FORCE

**INDIAN DENTAL ASSOCIATION**
KERALA STATE BRANCH
FORUM FOR CLINICAL ESTABLISHMENTS - IDA FORCE

**MONEY MATTERS!**
Financial Aspects for Professionals with
emphasis on dental private practice

**Faculty: CA Ann Joseph**
Managing Partner, Jose Manickavelu & Co, Pathanamthitta
Former Chartered Accountant, IDA HQ

Join With
ID: **811 5971 0103**
Password: **063469**

Platform:


Dr. Subash K. Madhavan
President, IDA KSB

Dr. Siddharth V. Nair
Hon. Secretary, IDA KSB

Dr. Samuel K Ninan
Convener
+91 9447440004

Hosted By: Indian Dental Association, Thiruvalla Branch

- Business & Salaried Classes
- Income Tax Rules & Regulation for Dental Professionals / Clinics
- Advance Tax Payments
- PAN, TAN, TDS & TCS
- Forms for submitting tax returns - Online
- Income Tax Slabs - 2025
- GST for Private Dental Clinics
- Notices from IT / CST Depts
- Safe Investments
- Tax Exemptions
- Fines & Penalties
- Types of Bank Accounts
- Cash Transaction Limits
- Estimate / Invoice / Receipts
- Book-keeping and records to be maintained
- Balance Sheet
- Auditing - Role of Chartered Accountant
- Proprietorship / Partnership / Company / Trust / Society

WDC ACTIVITIES

JAGRATHA

As part of IDA KSB WDC 6th state PROJECT "JAGRATHA", Anti-narcotic campaign among school children was conducted on 26th June 2025.



INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH



IDA KSB WDC 6th STATE PROJECT
JAGRATHA

Topic: *Anti Narcotic Campaign among school children*



Speaker
Dr Saji Kurian
Vice Chairman IDA KSB
HOPE KERALA STATE BENEVOLENT SCHEME

Date: 26/06/2025

Venue: Amrita Vidyalayam, Thirumoolapuram, Thiruvalla

Time: 2:00pm-3:00pm

DR MAYA MATHAI
PRESIDENT

DR SEEMA JOSEPH
HON SECRETARY

DR ROJI KURIAN
TREASURER

DR DEEPTHI SANTHOSH
DR SHIBI MATHEW V
WDC REPRESENTATIVES





The Thiruvalla IDA volleyball team led by Dr. Joshy. P. Abraham (captain), participated in the IDA All-Kerala Volleyball Tournament held at Kannur on 22nd June 2025. Our team played two group matches, against last year's runner-up, Thamarasherry. Our team showed good sportsmanship on and off the court during the tournament. The IDA volleyball team extends their sincere thanks to IDA Thiruvalla branch for the support.

IDA Thiruvalla team participated in the Badminton and Table tennis tournament held at Pala on 20th July 2025. Our members participated in the following categories for badminton namely men's singles and doubles, women's singles and mixed doubles. Men's Singles and doubles for Table tennis. Dr. Syam S reached the semi-final for badminton singles. Dr. Nevin Abraham and Dr. Aswin MR reached the quarterfinals for the Table tennis doubles category.



IDA KSB EXECUTIVE MEETING

The 4th IDA KSB executive committee meeting was held on 27th July 2025 at hotel Pearl Regency, Thrissur.



PRESIDENTIAL DINNER FOR EXECUTIVE COMMITTEE MEMBERS AND FAMILIES



"Freedom Without Fear: Ensuring Safety for Women in Dentistry"

This Independence Day, as our nation celebrates freedom, it is time to reflect on the freedoms still out of reach for many within our own profession—especially women in dentistry. Behind the white coats and confident smiles, countless women dentists silently navigate a workplace reality that is often unsafe, unequal, and unspoken. Harassment, inappropriate remarks, unsafe commutes after late-hour duties, lack of secure clinic infrastructure, and subtle gender bias in career advancement remain pressing issues. Many endure these challenges in silence, fearing professional backlash or societal judgement. But true independence is not just political—it is personal. It means creating a professional environment where every woman dentist feels secure, respected, and empowered to lead without fear. As colleagues, employers, and members of the dental community, we must pledge to break the silence, implement strict safety protocols, ensure zero tolerance for harassment, and cultivate a culture of respect and equality. Only when women in dentistry can practise without fear will our profession—and our nation—be truly independent.

Jai Hind

IDA Thiruvalla

