



IDA THIRUVALLA NEWSLETTER

EDITOR'S NOTE

Dear Readers,



"Alone we can do so little; together we can do so much." – Helen Keller

Welcome to this edition of VIBES. More than a collection of reports and photographs, this newsletter reflects the dedication, unity, and spirit of the IDA Thiruvalla Branch.

Over the past few months, our branch has remained active through continuing dental education programmes, community outreach, public awareness initiatives, and the remarkable achievements of our members. This issue also features an inspiring interview with Dr. Samuel K. Ninan, whose journey exemplifies dedication, integrity, and service.

The recent floods reminded us that our role extends beyond dentistry. I am proud of the compassion and unity our members have shown in supporting those in need.

My sincere thanks to our President, Secretary, Executive Committee, convenors, contributors, and every member whose efforts made these activities possible.

As we celebrate the 79th Independence Day of India, let us reaffirm our commitment to serving society with compassion, professionalism, and integrity.

Wishing you and your family a Happy Independence Day!
Happy Reading!

Dr. Shibi Mathew V
Editor
IDA Thiruvalla Branch

Dear Members,



It is with immense pleasure presenting the July-August edition of our newsletter. This issue reflects the collective efforts, achievements, and vibrant activities of our branch, showcasing our shared commitment to professional excellence and community service.

As we celebrate India's Independence Day, we are reminded of the courage, sacrifice, and vision of those who secured our nation's freedom. Their legacy inspires us to uphold the values of integrity, compassion, and responsibility in every aspect of our profession. As dental professionals, we have the privilege of serving society by promoting health, relieving suffering, and making a meaningful difference in the lives of our patients.

May this Independence Day renew our commitment to ethical practice, lifelong learning, and selfless service. Together, let us continue to strengthen our profession while contributing to a healthier and brighter future for our nation.

I extend my heartfelt appreciation to everyone who contributed to this edition of the newsletter. Your dedication and enthusiasm make our branch stronger with every initiative.

Wishing you all a happy Independence Day and continued success in all your endeavors.

Dr. Sijina K K
Assistant Editor
IDA Thiruvalla Branch

President's Message

Dear Members,

Warm greetings to everyone.

As we bring you the third edition of our branch newsletter, we do so during a time that reminds us of the true meaning of our profession—service beyond the clinic. The recent floods and natural calamities have disrupted countless lives across our state, leaving many families in distress. In these challenging times, the compassion, dedication, and unity shown by our members stand as a testament to the spirit of the dental fraternity.

Disaster management is not solely the responsibility of authorities; it is a shared commitment of every responsible citizen and healthcare professional. Whether by extending financial support, volunteering our time, providing emergency assistance, or simply offering a helping hand, every act of kindness makes a meaningful difference. I am proud that our branch has always responded with empathy and solidarity whenever our community has needed us.

Let this edition of our newsletter not only celebrate our academic and professional achievements but also inspire us to continue serving society with compassion and resilience. Together, let us strengthen our commitment to humanity, support those in need, and stand prepared to face future challenges with unity and hope.

I sincerely thank every member who has contributed to this newsletter and to the various activities of our branch. Your enthusiasm and dedication continue to make our association stronger.

Wishing you all good health, safety, and continued success.

Dr. Aswin M. R.
President
IDA Thiruvalla Branch



Hon. Secretary's Message

Dear Members,

It gives me great pleasure to present the third edition of our association's newsletter. We encourage all our esteemed members to actively participate in the Branch activities and continue to strengthen our community spirit.

We also extend our heartfelt solidarity to our Branch members who were deeply affected by the floods in and around Thiruvalla during the month of August. Our thoughts and prayers remain with you and your families.

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
IDA Thiruvalla Branch



CDH ACTIVITIES



Dental Screening Camp

DENTAL SCREENING & CHECK-UP CAMP

Oral Health Screening for Students

A HEALTHY SMILE BEGINS WITH PREVENTION

DATE
28/7/26

TIME
9.30 AM

VENUE
The Choice kinderland Thiruvalla

SERVICES

- Dental Screening
- Oral Health Check-up
- Early Detection of Dental Problems
- Oral Hygiene Education
- Personalized Dental Advice

Together, let's build healthier smiles for a brighter future.

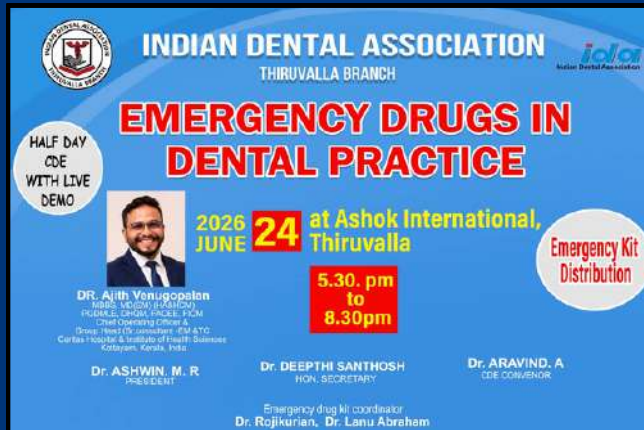
Organized by
INDIAN DENTAL ASSOCIATION (IDA)
THIRUVALLA BRANCH, THIRUVALLA

PRESIDENT Dr Aswin M Ravi	HON. SECRETARY Dr Deepthi Santhosh	TREASURER Dr Vivek PS	CDH REPRESENTATIVE Dr Mathews Jude Tharadathra
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A Dental screening camp was conducted on 28th July 2026 for the students at Choice Kinderland School. A total of 80 students were screened.



CDE Activities



INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH

EMERGENCY DRUGS IN DENTAL PRACTICE

HALF DAY CDE WITH LIVE DEMO

2026 JUNE 24 at Ashok International, Thiruvalla

5.30. pm to 8.30pm

Emergency Kit Distribution

DR. AJITH VENUGOPALAN
MBBS, MScD, FRCR(D),
FRCR(S), CDMS, FRCR(S), FRCR
Chief Operating Officer A,
Group Head (Sr.consultant- EM & TC)
Caritas Hospital & Institute of Health Sciences,
Kottayam, Kerala, India

Dr. ASHWIN, M. R.
PRESIDENT

Dr. DEEPTHI SANTHOSH
HON. SECRETARY

Dr. ARAVIND, A
CDE COORDINATOR

Emergency drug kit coordinator
Dr. Rajikurian, Dr. Lanu Abraham

IDA Thiruvalla conducted the CDE programme titled “Emergency Drugs In Dental Practice” on 24th June 2026 at Hotel Ashok International, Thiruvalla. Speaker of the CDE was Dr. Ajith Venugopalan (MBBS, MD, Chief operating Officer and Group Head (Sr.consultant- EM & TC Caritas Hospital & Institute Of Health Sciences, Kottayam



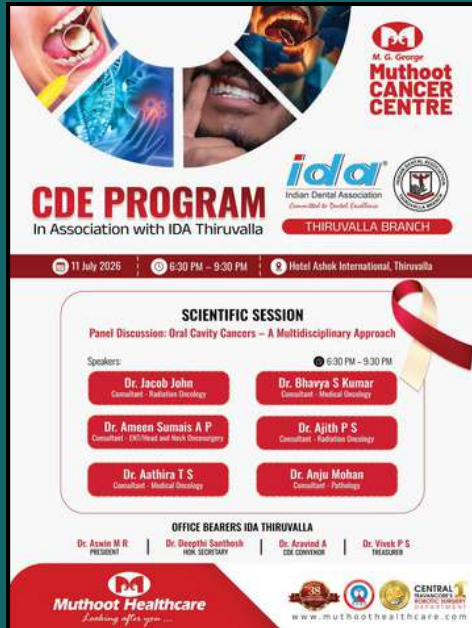
Emergency Medicine kit was distributed to IDA Members during the CDE programme

Emergency Drugs In Dental Practice



CDE Activities

Oral Cavity Cancers: A Multidisciplinary Approach



CDE PROGRAM
In Association with IDA Thiruvalla

SCIENTIFIC SESSION
Panel Discussion: Oral Cavity Cancers – A Multidisciplinary Approach

Speakers:

- Dr. Jacob John
Consultant - Radiation Oncology
- Dr. Bhavya S Kumar
Consultant - Medical Oncology
- Dr. Ameen Sumais A P
Consultant - ENT/Head and Neck Oncosurgery
- Dr. Ajith P S
Consultant - Radiation Oncology
- Dr. Aathira T S
Consultant - Medical Oncology
- Dr. Anju Mohan
Consultant - Pathology

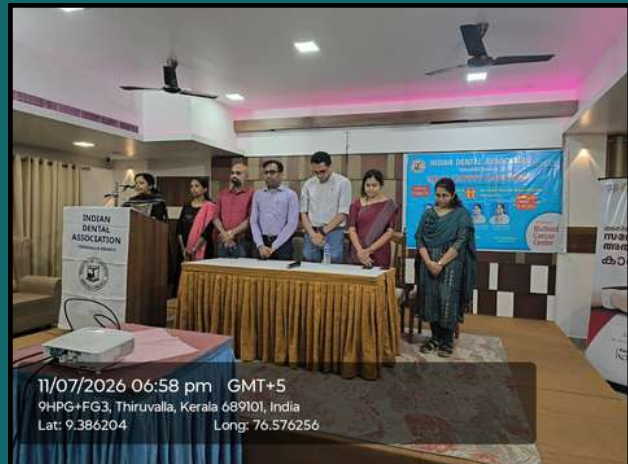
OFFICE BEARERS IDA THIRUVALLA

- Dr. Aswin M R
PRESIDENT
- Dr. Deepthi Santhosh
HON. SECRETARY
- Dr. Aravind A
CDE COORDINATOR
- Dr. Vivek P S
TREASURER

Muthoot Healthcare
Looking after you...

www.muthoothesitcare.com

Muthoot Cancer Center in association with IDA Thiruvalla conducted CDE programme titled “Oral Cavity Cancers- A Multidisciplinary Approach” on 11th July 2026 at Hotel Ashok International, Thiruvalla. Speakers of the programme were Dr. Jacob John, Consultant- Radiation Oncology, Dr. Bhavya S Kumar, Consultant- Medical Oncology, Dr. Ameen Sumais A P, Consultant- ENT/ Head and Neck Oncosurgery, Dr. Anju Mohan, Consultant- Pathology



WDC Activities



INDIAN DENTAL ASSOCIATION THIRUVALLA BRANCH
WOMENS DENTAL COUNCIL
 in association with CDH
 4TH IDA-KSB WDC PROJECT

CHIEF GUEST
ADV. VARGHESE MAMMEN
 MLA

SPEAKER
SRI. BINU V. VARGHESE
 Preventive Officer and District Vimukthi Mentor, Excise Department, Pathanamthitta.

JAGRATHA 2.0
Be Aware, Be Free

In observance of
**INTERNATIONAL DAY AGAINST
 DRUG ABUSE & ILLICIT TRAFFICKING**

AWARENESS CLASS

SIGNATURE CAMPAIGN

VENUE
 Pushpagiri College of Dental Sciences, Perumthuruthy, Thiruvalla

TIME
 2:00 PM – 5:30 PM

DATE
 June 26th, 2026

FLASH MOB AND PAMPHLET DISTRIBUTION AT KSRTC BUS STAND

Organizing Team

Dr. Aswin M Ravi President	Dr. Deepthi Santhosh Hon. Secretary	Dr. Viveek P S Treasurer	Dr. Mathew Jude CDH Convenor	Dr. Ashly Anna Philip Dr. Anuja Elizabeth Mathew WDC Representatives
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TOGETHER FOR A DRUG FREE SOCIETY

IDA Thiruvalla WDC in association with CDH, successfully organized JAGRATHA 2.0- Be Aware, Be Free., the fourth IDA-KSB WDC Project, on 26th June 2026 in observance of the International Day Against Drug Abuse and Illicit Trafficking.



The Inaugural session was held at Pushpagiri College Of Dental Sciences and the programme was formally inaugurated by Adv. Varghese Mammen, MLA. An awareness class was delivered by Sri. Binu V. Varghese, Preventive Officer and District Vimukthi Mentor, Excise Department, Pathanamthitta. The participants subsequently took the Anti-Narcotics Pledge led by Dr. Shibi Mathew, Reader, Pushpagiri College Of Dental Sciences.



The campaign extended to the KSRTC Bus Stand, Thiruvalla, a vibrant Flash Mob was performed by the NSS Volunteers of Pushpagiri Dental College. Dr. Mathews Jude, CDH Convenor, welcomed the gathering and Sri. Sujith K.S, Inspector of Police, Thiruvalla Police Station, delivered an impactful talk on "Operation Toofan". Pamphlets were distributed to Commuters and members of the Public

JOURNAL



24/06/2026 07:57 pm GMT+5
9HPG+FG3, Thiruvalla, Kerala 689101, India
Lat: 9.386217 Long: 76.57625

Release of IDA Thiruvalla Newsletter “VIBES” during the CDE programme titled “Emergency Drugs In Dental Practice” on 24th June 2026 at Hotel Ashok International



28/07/2026 09:15 am GMT+5
9HXG+57C, Kuttapuzha, Thiruvalla, Kerala 689111, India
Lat: 9.398185 Long: 76.57559

Release of IDA Thiruvalla Journal “TAPER” during the Dental Screening camp at Choice Kindergarten School, Thiruvalla on 28th July 2026

ACHIEVEMENTS



Dr. Samuel K. Ninan received the Lifetime Achievement Award of the Global College of Implantologists during the International Implant Summit 2026 in recognition of 25 years of implant practice in India (2001-2025)



Heartiest Congratulations to Thomas J. Thelapuram, son of Dr. John T. Thelapuram and Dr. Sunu Alice Cherian, on securing 5th Rank in M.A Cinema & Television at Mahatma Gandhi University



EXECUTIVE MEETING



Representative to State from IDA Thiruvalla with State Officials at 4th State Executive Meeting on 19th July 2026 at Attingal

TO KNOW

Orall Hygiene Day: Promoting Healthy Smiles for a Healthier Life

Oral Hygiene Day is observed every year on 1st August across India under the aegis of the Indian Dental Association (IDA). The day commemorates the birth anniversary of Dr. G. B. Shankwalkar, the founder of the Indian Dental Association, and serves as a reminder of his vision to promote oral health awareness and preventive dental care among the public.

Oral health is an integral component of overall health and well-being. Maintaining good oral hygiene not only prevents common dental diseases such as dental caries and periodontal disease but also contributes to improved general health. Scientific evidence continues to demonstrate the close association between oral health and systemic conditions, including diabetes mellitus, cardiovascular diseases, adverse pregnancy outcomes, and respiratory infections.

The observance of Oral Hygiene Day reinforces the importance of adopting healthy oral care practices. Brushing twice daily with fluoridated toothpaste, cleaning interdentally using dental floss or interdental aids, limiting the intake of sugary foods and beverages, consuming a balanced diet, and undergoing regular dental check-ups are essential measures for maintaining optimal oral health.

Every year, the Indian Dental Association organizes a wide range of community outreach activities, including oral health education programs, free dental screening camps, school awareness campaigns, rallies, and public health initiatives to spread the message of preventive dentistry. These efforts aim to encourage individuals of all age groups to recognize that oral diseases are largely preventable through timely intervention and healthy lifestyle choices. As we observe Oral Hygiene Day on 1st August,

let us renew our commitment to promoting oral health awareness, strengthening preventive dental practices, and working together to achieve healthier smiles and healthier communities. Oral health is not merely the absence of disease—it is a fundamental pillar of overall health, confidence, and quality of life.

Reel Competition



IDA Thiruvalla conducted an
“Oral Hygiene Day”
 Educational Reel Competition
 and the winners were

- *First prize- IDA Thanarassery,
- *Second prize- IDA Vadakara,
- *Third prize-IDA Cochin Airport
- Special appreciation:IDA Pala

LEADING WITH VISION: AN EXCLUSIVE CONVERSATION WITH Dr. SAMUEL K. NINAN

Dr Samuel K. Ninan is one of the most respected senior Dental Surgeon from Pathanamthitta, with over three decades of dedicated service to the Dental Profession. A certified implantologist, he has earned a reputation for clinical excellence, ethical practice and compassionate patient care



Q. Could you briefly introduce yourself and tell us about your journey in Dentistry?

Dr: I am Dr. Samuel K. Ninan, Oral Implantologist and Dental Surgeon practicing at Kolabhagthu Dental & Orthodontic Speciality, Pathanamthitta, Kerala since 1994.

I graduated in first batch from College of Dental Surgery, Kasturba Medical College, Manglore, Manipal Academy of Higher Education in 1991.

I completed Post Graduate Certificate Course in Advanced Oral Implantology in first Batch from Manipal College of Dental Sciences, Manipal University in 2001 and received higher education from Friadent Training Centre, Germany and ICTC, Netherlands.

In 2011, I was selected by Dentsply India for training in Aesthetic Concepts in Implantology at Jim Corbet and in 2023, I was appointed as the Ambassador for the DS Prime Taper implant system and received the opportunity for testing it in Indian Clinical Situations before the official launch in India.

Currently I am also serving as an Assessor of Council for Clinical Establishments, Government of Kerala.

Q. Could you share your professional positions (current & previous) and key responsibilities?

Dr: Currently I am serving as the Convenor of IDA FORCE, IDA Kerala State – (Forum for Clinical Establishments) for the last two years and also as Central Council member of IDA Head Office since 2005.

I was the President of Indian Dental Association, Pathanamthitta Branch in 2003-04 and received the State and National Award for the Best Branch President. The Branch also received all the Major State and National awards including the Best Local Branch award.

I became the first Vice President of IDA Kerala State for two terms in 2005-2006 & 2007-2008. In 2008, at the age of 38, I was elected as the President Elect of Indian Dental Association Kerala State and became the President in 2009-2010 as one among the youngest Presidents.

In 2012, I was elected as the Hon. Secretary of IDAHOPE for three years and in 2015, I became the Legal Cell Chairman and the First Vice Chairman of IDAHOPE for three years.

I was appointed as the Conference Secretary of the 55th Kerala State Dental Conference Alcon 24 at Alapuzha in 2024 and the Organising Chairman of the 46th Kerala State Dental Conference Quicon 2014 at Kollam.

I also got the opportunity to serve as the Chairman of various subcommittees of IDA Head office and Kerala State.

Q. What have been the most significant milestones in your professional journey?

Dr: My admission to the first batch of the Post Graduate Course at Manipal College of Dental Sciences, Manipal in 2001, which was the first Dental Implantology Course in India by a recognised University. The course was well structured with a proper curriculum including iliac graft dissections in Anatomy Department, exposure to over 250 implant surgical procedures and case discussions, opportunity to do implants at our own clinical setup, sinus lift procedures in theatres etc. For the first three years, the Department of Oral Implantology at Manipal was headed by Prof. Ruud C. Hertal, DDS. PHD from Frankfurt University, Germany. His mentorship, vast

experience, research and knowledge changed my outlook towards dentistry as a whole and helped me to redefine my surgical abilities. I was awarded the first Rank considering my clinical & surgical skills. In continuation, I got the opportunity for advanced training in Sinus lift techniques & Bone grafting from Friadent Training Centre, Mannheim, Germany and Implant Consultancy and research centre, Zeist, Netherlands.



Distinguished Alumnus Award from Manipal University during the Silver Jubilee Celebrations of the Manipal College of Dental Sciences, Manglore

Q.You have held several leadership positions throughout your career. Which role has been the most impactful, and why?

Dr: When I was the President of IDA Kerala State in 2010, our team could initiate Website, www.idakerala.com, Chilamboli, Women's Dental Council, Past President's Council, National CDE in association with Study centre at Kochi, Central Council meetings, Asha Kiran in association with Palliative Care Society of Kerala etc.

But, I choose to consider my post as Hon. Secretary of IDAHOPE as the most impactful role in the career. We, late Dr. Oommen George and I contested for the Post of Chairman and Hon. Secretary, IDA HOPE respectively. We realised that the leadership of two Past State Presidents are inevitable because IDA HOPE was going through the most troublesome period. We could boldly take several steps including Legalization of IDA HOPE, Registration of IDA Kerala State Charitable Society, Formation of new Constitution for IDA HOPE, Raising Fraternity Contribution to 10 Lakhs from 2.3 Lakhs, Introducing Permanent Disability Contribution of Rs. 10 Lakhs, Introducing Accidental Insurance Policy to all the members of IDA HOPE, around

50 percent membership growth by introducing new schemes, maintaining 100 percent success in legal cases, increasing the remuneration of the representatives etc. But the sad part is that I lost my first Vice Chairman Dr. Sharafudeen in the second year and my Chairman Dr. Oommen George in the last year which increased my burden as the Secretary. In 2016 when I was the first Vice Chairman of IDA HOPE along with Dr. Joseph C. C., the Hon. Secretary, we could also introduce HOPE MEDI and in 2017 HOPE ASSURE.

Q.What motivated you to take on leadership responsibilities within professional dental organizations?

Dr: My journey started in 1992 as a Dental Surgeon at Pathanamthitta and soon became a member of IDA Central Kerala Branch. My observation was that the leadership post is usually taken up by Doctors who are jobless in their clinics and have enough time for other activities. But, when I noticed Dr. Sujith Mathew, Thiruvalla who is the first Orthodontist in Central Travancore and a very busy Practitioner, become the Secretary of the branch, my perspective about the leadership changed. Later, when we formed IDA Pathanamthitta Branch in 2001, I chose to become the representative to IDA Kerala State and then later became the third President of the Branch. I started finding time for association activities in my busy practice schedule which extended usually from morning 9 am to 10 pm those days.

Q.Could you highlight some of your major contributions to dentistry, dental education, or public oral health initiatives?

Dr: Major Contribution to the Medical and Dental Fraternity was our efforts to introduce Hospital Protection Bill in Kerala during my term as the President of IDA Kerala State. IMA took the leadership to start agitations from Kasargod to Trivandrum and IDA decided to take active leadership in the Hunger Strike in front of the Secretariat of Kerala in 2010. As a result, after several follow-ups and discussions the Hospital Protection Act for Prevention of Violence against Hospitals, Clinics and Health Care workers was introduced in Kerala via Gazette notification in 2012.

During my term as the President, we could conduct a conclave at Trivandrum, involving the Principals of all the Dental College in Kerala, President and



Dr. Samuel K. Ninan received the State award for the Best Local Branch President 2003-2004

Secretary of IDA Head office and other important personalities. Many points regarding the trends in dental education, clinical and community based training, mushrooming of Dental Colleges etc were discussed. Our demand for National Dental Policy was also raised and it was published with importance in National Dailies.

A Clinical Research Study was initiated in association with Pain and Palliative Care institute, Calicut as a part of Asha Kiran Project forming three working groups – for Xerostomia, Candidiasis & Radiotherapy. Awareness programmes for Road safety and Trauma care were also conducted. The State CDE conducted at MACFAST Thiruvalla with the support of IDA Thiruvalla Branch still stands as a record in India with over 1300 Participants. Thanks to the then Branch President Dr. Devadathan A and team for the support and my State CDE Chairman Dr. Jaibin George & Hon. Secretary Dr. Shibu Rajagopal.

Smile Kerala Dental camps on Dentist Day was a mile stone and all the Local Branches conducted programmes at various locations throughout Kerala and over 10000 patients were benefitted. Palliative care training for Dental Surgeons, disposables for Dental Clinics from palliative care centres, Dental Checkups at Fishermen colonies, TV Interviews, Tribal camps, Prathyasa Free Denture Programmes etc were the major public initiatives.

IDA Sabarimala Project in association with Travancore Devaswam board and Dental College Kottayam initiated during my term as the President of IDA Pathanamthitta Branch in 2004 was a history, where emergency care was provided to the Pilgrims at Pampa. Another major project was Santhwanam, where we could deliver 100 free Dentures worth Rs.1000000 to the people below Poverty Line in the presence of the then health minister Sri. Adoor Prakash.

Q. An award has been instituted in IDA in your name. What is it ?

Dr: Until 2004, at State level, only the Best Local Branch Secretaries were given the Awards while there were no awards for the Best Local Branch President. So the then State President Dr. G. Premkumar decided to give an award for the Best Local Branch President and fortunately I received it for the first time from the State. At the National Level Dr. U. S. Krishna Nayak award was instituted during the period and I was fortunate to receive it for the first time. Since I received both the awards, Dr. G. Premkumar had encouraged me to institute an award for the Best Local Branch President. Thus, the State award for the Best Local Branch President was instituted in my name from 2005 and the decision was taken at an Executive meeting held at Thodupuzha during the term of the next State President Dr. Alias Thomas.

Q. What achievements are you most proud of during your tenure in various professional positions?

Dr: Among all the achievements, The Distinguished Alumnus Award of the Manipal University Presented to me during the Silver Jubilee Celebrations of our College – Manipal College of Dental Sciences, Mangalore in 2012 stands high since my College had recognised my contributions to the profession after closely evaluating all the aspects.

Recently, I received the Lifetime Achievement Award of the Global College of Implantologists during the International Implant Summit 2026 considering my 25 years of Implantology Practice in India (2001- 2026).

Q. Who has been your greatest mentor or influence in your growth?

Dr: My parents – My father was a visionary and had worked hard to achieve what he had dreamt for and he never gave up. He has attained high positions and land marks in his profession and served many leadership posts in the areas he touched. My mother was a teacher and she taught us the values in life.

Secondly Dr. Ruud C. Hertel, DDS PHD from Netherlands, Professor of Frankfurt University who was my guide during my advanced Implantology Course at College of Dental Sciences, Manipal who constantly motivated my surgical skills.

Thirdly Late Dr. Premanand Kamath, Professor, Conservative Dentistry and Endodontics, Manipal College of Dental Sciences Manglore who taught us the basic principles of Dentistry, wise usage of basic armamentarium and to treat the patient with dignity and professionalism avoiding unwanted personal contacts.

Q. What are some of the biggest challenges you have faced in your professional life?

Dr: The Challenges were my stepping stone to success. I face challenges as it is and I don't consider any of them as the biggest.

I had to face some trouble when I was denied the nomination and even a good standing certificate to contest for the Post of State President by my then Local Branch, Pathanamthitta, where I was the President in 2003-2004. The Branch received many State and National Awards that year and I could lead the Branch to receive National attention in the first three years of its inception. I don't consider it as a challenge, but a waste of time. But still, I became the President of IDA Kerala State that year itself with record majority after receiving nomination from another Five Branches of Kerala without being their Member. One opponent filed a court case against IDA Kerala State for accepting my nomination and the election was conducted based on a favourable court order. All these made me Stronger and humble I remain grateful to all those who sincerely stood with me and the members who trusted me giving record majority.

Q. What emerging trends in dentistry are you most excited about?

Dr: I don't usually jump behind the emerging trends and the marketing techniques immediately. Instead, I study them and get opinion from experts and try to learn them. Usually the latest trends will get refined in a few years of its development. I follow the trends only if I find something definitely worth in it. My thoughts are always with the safety and comfort of the patients using time tested materials and methods.

Q. How do professional associations contribute to the advancement of the dental profession in your opinion?

Dr: Conferences, Trade fairs, Exhibitions, Seminars, CDE, Clinical Clubs, Interactions, Hands on sessions, Live demonstrations,

journals etc. are the opportunities provided by the professional organisations for the advancements of dental profession. After college days, the only reliable way to update knowledge and understand the latest trends is through Professional Associations and the courses conducted by recognised universities. I strongly believe that professional Associations are good platforms for Personality Development too.



Dr. Samuel K. Ninan installed as the President of IDA, 2010

Q. What are the key challenges currently facing the dental fraternity, and how can they be addressed?

Dr: Heavy Dentists population leading to unhealthy competitions and substandard marketing techniques is a major issue. Many graduates are leaving the field since their remunerations are very low than their peers in other fields. Lack of sufficient methods to assess the quality of materials and equipments emerging in the market is also an issue.

Lack of clinical knowledge of the graduates passing out from Dental Colleges with low infrastructure is another big issue. Strict and stringent methods are needed to evaluate the quality of education and de recognition of the colleges with less than minimum standards. Periodic updating of the dental curriculum with clinical exposure is necessary to keep the education at par with the current trends.

Q. How can young dentists become actively involved in professional associations and leadership roles?

Dr: Attend the meetings and programmes regularly. Keep an attitude to contribute and support the Profession rather than thinking of the benefits. When everyone in a group starts contributing their knowledge and experience, it will benefit the entire mass equally. Now the association is mainly run by the youngsters and the elders are in the guiding role as far as Kerala is concerned. The sincere and dedicated will reach greater heights.

Q. What strategies can be adopted to improve collaboration between clinicians, academicians, and researchers?

Dr: Professional Associations and Speciality Organisations are the best platforms for all these three. Conferences, Clinical Clubs, Journals etc will definitely improve the collaborations.

Q. How do you envision the future of dentistry over the next decade?

Dr: With new inventions, I am expecting Robotic Dentistry and Artificial Intelligence to take over most of the things. Treatments with faster results will become a trend. Procedures for facial and dental aesthetics will become more popular.



Dr. Samuel K. Ninan, President of IDA Kerala State leading the Hunger Strike in front of the Secretariat, Trivandrum demanding the implementation of Hospital Protection Bill in Kerala in 2010

Q. What role do innovation and emerging technologies play in shaping the future of dental practice?

Dr: The future dental practice will be more comfort oriented to the Patient, Doctor and the Technician with less time consumption, faster and better results.

I also expect an increase in early detection, preventive health care methods and reduction in active treatments with higher awareness levels through social media and other platforms.

Q. What has been your approach to mentoring and supporting the next generation of dental professionals?

Dr: Over 100 Graduates have taken mentorship in the last 35 years of my clinical Practice and the sincere and dedicated ones are already in

better positions. My knowledge and experiences have been open to all those who need them.

Q. How can dental professionals contribute more effectively to public health and community outreach programs?

Dr: Dental awareness talks should start with every patient we see. We should spend time to explain the situation, the treatment options and the preventive methods. Continuous and repeated awareness articles, radio or TV talks, School Dental Health Programmes, Teachers & Parents training Sessions, mass awareness talks etc will also help.

Q. What is your vision for the growth and development of our dental association?

Dr: With the involvement of all the Registered Dental Surgeons coming under the single umbrella of IDA, we can become the strongest and the largest professional association and develop schemes for the welfare of the entire Dental Community and their Families. We can even strengthen our current schemes many fold.

Q. If given the opportunity to introduce one transformative change in the profession, what would it be?

Dr: I will try to introduce an affordable Dental Post Graduate International Education Exchange Programme to understand the Clinical Scenario in other Developed countries. A make in India programme for manufacturing quality dental materials and equipments with research laboratories in our country is also my dream.



Dr. Samuel K. Ninan in his acceptance speech as the President of IDA Kerala State, 2009-2010

Q. What message would you like to share with aspiring dentists and future leaders of the profession?

Dr: Be sincere to every Patient and treat them as you would do for your parents, siblings or children. We should learn to evaluate the patient as a whole before deciding the treatment. Obey the rules and regulation of the Land. Maintain the dignity of the Profession. Save money and invest wisely. Support the needy. Enjoy every moment of your Practice and life. Do no harm to others. Never try to complicate things that are not within your capabilities. There are other experts who can do things better than you.

For the future leaders – Do what you believe good for the Profession. Never expect any monetary gains from association activities. Your friends circle and the connections are the benefits ultimately. Treat everyone as equal.



Dr. Samuel K. Ninan - National Award for the Best State Branch President of IDA, 2010

Q. What message would you like to share with our readers on maintaining good oral health?

Dr:Get your oral condition evaluated regularly - at least once in six months. Ultimately it's your health that matters.

IDA HOPE

IDA MEMBERSHIP BENEFITS

Stronger Together. Advancing Dentistry. Enriching Lives.

LEARN & GROW
Stay updated with accredited continuing dental education programs, hands-on workshops, seminars, and conferences to enhance your skills and knowledge.

CONNECT & COLLABORATE
Be part of a vibrant community of dental professionals, specialists, and industry experts. Network, share experiences, and create opportunities together.

REPRESENT & PROTECT
IDA is your unified voice, advocating for dentists' rights and interests in matters of policy, practice, and public health.

SUPPORT & ADVANTAGE
Enjoy exclusive member benefits, publications, resources, and peer support that support you throughout your professional journey.

Indian Dental Association
THIRUVALLA BRANCH

WHY BE AN IDA MEMBER?

- ✓ Stay ahead with the latest advancements in dentistry
- ✓ Build strong professional relationships and referrals
- ✓ Access to journals, publications, and online resources
- ✓ Gain credibility and recognition in the dental community
- ✓ Contribute to the growth and unity of the profession

For details regarding IDA membership contact
Dr. Deepthi Santhosh
 (Hon. Secretary, IDA Thiruvalla)
9605765196

IDA HOPE (Help Offered to Professionals in Emergency)

IDA HOPE is a unique initiative started in 2007 under a merger of the Public Protection Scheme and Social Security. It provides life insurance, health insurance, clinic protection, and legal support to our members and their families in times of need. IDA HOPE ensures that you and your loved ones are protected with compassion, care, and commitment.

For details regarding IDA HOPE, contact
Dr. Thomas Eapen
 (IDA HOPE Representative)
9446190291

HOPE BENEFITS

	HOPE (Professional Protection Scheme and Benevolent Scheme) Financial assistance and support during personal or professional emergencies.
	HOPE MEDI (Health Insurance) Comprehensive health insurance coverage for you and your family.
	HOPE ASSURE (Extended Professional Indemnity, Clinic Insurance) Protection for your clinic and professional practice against unforeseen risks.

STRONGER TOGETHER. BETTER DENTISTRY. BRIGHTER TOMORROW.



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

For Legal Assistance Contact

Dr Ittjivirah Babu
Vice Chairman Legal Cell
94967 24042

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 Saji Kurian
Vice Chairman HBS
98474 40646

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

RENEWALS/JOINING IN SEPTEMBER

**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

ELIGIBILITY

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



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



ADMISSION & RENEWALS

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

RENEWALS IN APRIL - MAY

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

IDA Kerala State




SBI DOCTOR'S CARD

A Card that Rewards Your Dedication

DESIGNED FOR DOCTORS, REWARDS FOR YOUR DEDICATION

KEY FEATURES & BENEFITS

- WELCOME BENEFITS**
₹1,500 Yatra.com e-Gift Voucher on payment of annual fee.
- REWARD POINTS**
1 Reward Point for every ₹100 spent on retail purchases.
- ACCELERATED REWARDS**
5 Reward Points per ₹100 on Medical Supplies, Travel Bookings, International spends & on Doctors' Day (1st July).
- PROFESSIONAL INDEMNITY INSURANCE**
Complimentary Professional Indemnity Insurance Cover of ₹20 Lakhs.
- TRAVEL & LOUNGE ACCESS**
4 Domestic Lounge Visits per year
4 International Lounge Visits per year
Complimentary Priority Pass Membership
- FUEL SURCHARGE WAIVER**
1% Fuel Surcharge Waiver
• Applicable on fuel spends between ₹500 to ₹4,000
• Max. waiver of ₹250 per month
- MILESTONE REWARDS**
₹5,000 e-Gift Voucher (New/State/Shoppers Stop) on annual spends of ₹5 Lakhs.
- ANNUAL FEE WAIVER**
Next year's annual fee waived on annual spends of ₹2 Lakhs.
- HIGH CREDIT LIMIT**
Credit limit ranging from ₹40,000 to ₹30 Lakhs.
- COMPETITIVE INTEREST RATES**
• 3.75% per month (Unsecured)
• 2.75% per month (Secured)
- NETWORK PRIVILEGES**
Exclusive offers & discounts across partner merchants in shopping, dining, travel & lifestyle.
- CONTACTLESS PAYMENTS**
Tap & pay for secure, fast and convenient transactions.
- WORLDWIDE ACCEPTANCE**
Accepted at millions of merchant outlets & online platforms across India & worldwide.
- EASY BILL PAY**
Convenient payment of utility bills, mobile, DTH, insurance & other recurring payments.
- FLEXIPAY (EMI CONVERSION)**
Convert large spends into easy EMIs at affordable interest.
- ADD-ON CARDS**
Additional cards for your family with consolidated billing.
- BALANCE TRANSFER FACILITY**
Transfer outstanding balances from other cards for easier repayment.

CONTACT FOR DETAILS
9847058816

Dr Eapen Thomas
President IDA KSB

Dr Siddharth V Nair
Hon Secretary IDA KSB



NEW DIGITAL MEMBER SERVICES

Now Available on IDA Kerala WhatsApp



FORGOT YOUR WEBSITE LOGIN?

- Retrieve your User ID
- Reset your Password
- Login to the IDA Kerala Member Portal instantly

Simply WhatsApp **Hi** to **9995009765**



Save the number as **IDA KSB**

YOUR MEMBERSHIP. OUR COMMITMENT. BETTER TOGETHER.



EXPLORE MEMBER WELFARE SCHEMES

- Browse all Welfare Schemes
- Compare Member Benefits
- Check Eligibility
- Download Scheme Details
- Know How to Enrol
- Access Everything Instantly

HOW TO GET STARTED

- SAVE 9995009765 as IDA KSB
- SEND Hi on WhatsApp
- FOLLOW the on-screen menu
- ENJOY instant access to member services

24/7 ANYTIME ANYWHERE

ONE WHATSAPP NUMBER. TWO POWERFUL MEMBER SERVICES. INSTANT ACCESS. ANYTIME. ANYWHERE.

Towards a Smarter, Digital IDA Kerala.

Dr Eapen Thomas
President IDA Kerala State Branch

Dr Siddharth V Nair
Hon Secretary IDA Kerala State Branch

Stronger Together. For Dentists. For Tomorrow.



IMPORTANT NOTE - IN CASE OF ANY CLAIM

FOR MEMBERS HAVING ASSET INSURANCE UNDER IDA HOPE ASSURE

Please note the following in case if you have suffered any loss or damage to insured assets under the IDA HOPE Assure Programme, such as your clinic or residence, due to flood or any other risk covered under the Insurance Policy.

- ENSURE SAFETY FIRST**
 - Stay Safe
 - Don't Panic
- MITIGATE FURTHER DAMAGE**
 - Prevent Further Loss
- DOCUMENT THE DAMAGE**
 - Take Photos & Videos using a Time Stamp App only
 - Prepare an Inventory
- NOTIFY YOUR INSURANCE BROKER, HOPE REPRESENTATIVE & HOPE OFFICE**
 - Report the Claim
 - Provide Documentation
- DO NOT INITIATE REPAIRS BEFORE THE SURVEY/INSPECTION**
 - Await the Survey: You are strictly advised not to initiate any repairs or dispose of damaged items until duly assessed and acknowledged by the qualified Surveyor appointed by the Insurer.

IMPORTANT

Your prompt reporting and proper documentation of the loss will help facilitate a smoother and faster claims process.

For any assistance, please contact
Jubilee Insurance Broking / your HOPE Representative / HOPE Office
 immediately upon occurrence of the loss.



NEW FEATURE ADDED*

LOGIN IN SECONDS. NO PASSWORDS REQUIRED!

Dear Esteemed Members,
Experience a smarter and faster way to access your IDA KSB member portal.

Secure Safe Faster Effortless

HOW TO ENABLE BIOMETRIC LOGIN

- Login to <https://www.idakerala.org.in/loginv2>
- Go to Profile.
- Scroll down & Enable Biometric Login.
- Authenticate using your Fingerprint, Face ID, Device PIN, or Pattern.
- Log out of the website.
- Login again: <https://www.idakerala.org.in/loginv2>
- Authenticate using your biometric/PIN and enjoy instant, secure login.

LOGIN QR CODE



IDA KSB - DIGITALLY FORWARD.!

MEMBER SERVICES WELFARE SCHEMES RESOURCES UPDATES

Dr Eapen Thomas
President IDA KSB

Dr Siddharth V Nair
Hon Secretary IDA KSB

FUN ZONE

★ Test Your Dental IQ! ★

💡 DENTAL RIDDLES

1. I help you bite and tear your food. I have one sharp point. Who am I?

Answer: Canine



2. I don't have a heartbeat, but I have nerves. What am I?

Answer: Tooth



3. I protect the crown of your tooth and I'm the hardest substance in the human body. What am I?

Answer: Enamel



4. The more you use me twice a day, the healthier your smile becomes. What am I?

Answer: Toothbrush



🔍 QUICK DENTAL QUIZ

Choose the correct answer

1. Which is the hardest substance in the human body?

A. Bone B. Enamel
C. Dentin D. Cementum

Answer: B. Enamel



2. How often should you replace your toothbrush?

A. Every month B. Every 3-4 months
C. Once a year D. Every 2 years

Answer: B. Every 3-4 months



3. Which vitamin is essential for healthy gums?

A. Vitamin A B. Vitamin C
C. Vitamin D D. Vitamin K

Answer: B. Vitamin C



4. Dental plaque is mainly made up of:

A. Sugar B. Food colouring
C. Bacteria D. Calcium

Answer: C. Bacteria



5. How many permanent teeth does a healthy adult usually have?

A. 20 B. 24 C. 28 D. 32

Answer: D. 32



🔍 FIND THE WORDS

Can you spot these dental words?

BRUSH • MOLAR • CAVITY
DENTIST • SMILE • ENAMEL

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



😄 DENTAL JOKES



Patient: "Doctor, will the treatment hurt?"

Dentist: "Only your fear... my treatment won't!"



Dentist: "You need a crown."

Patient: "Finally! Someone recognizes my royalty."



🔍 SPOT THE DIFFERENCE

Can you find 5 differences between the two pictures?



✏️ MINI ACTIVITY

Unscramble these dental words:

- SLFOS → _____
- LAMNEE → _____
- TNSEDIT → _____
- YITVAC → _____
- MELSI → _____

ANSWERS:
ENAMEL • DENTIST • CAVITY • SMILE

Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.

Independence Day – A Tribute to Freedom and Service

"Freedom is not merely a privilege; it is a responsibility to serve with integrity, compassion, and purpose."

As India proudly celebrates the 79th Independence Day, we pay heartfelt tribute to the countless freedom fighters whose courage, sacrifice, and unwavering determination gifted us the liberty we cherish today. Their vision continues to inspire generations to build a stronger, healthier, and more compassionate nation.

For the dental fraternity, the spirit of independence extends beyond national pride. It is reflected in our commitment to ethical practice, lifelong learning, and dedicated service to society. Every healthy smile we create, every patient we educate, and every act of compassionate care contributes to the well-being and progress of our nation.

On this special occasion, let us renew our pledge to uphold the highest standards of professionalism, promote oral health awareness, and work together in strengthening the health of our communities. May the ideals of unity, equality, and service continue to guide our journey as healthcare professionals.

The Indian Dental Association, Thiruvalla Branch, extends warm wishes to all our members and their families on the occasion of Independence Day.

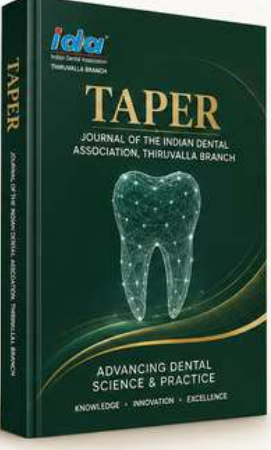
Happy Independence Day!
Jai Hind!



Indian Dental Association
THIRUVALLA BRANCH

TAPER

JOURNAL OF THE INDIAN DENTAL
ASSOCIATION, THIRUVALLA BRANCH



TAPER
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ASSOCIATION, THIRUVALLA BRANCH
ADVANCING DENTAL
SCIENCE & PRACTICE
KNOWLEDGE • INNOVATION • EXCELLENCE

CALL FOR PAPERS

TAPER – Journal of the Indian Dental Association, Thiruvalla Branch invites authors to submit high-quality manuscripts for our upcoming issue.

We welcome Original Research Articles, Review Articles, and Case Reports that contribute to the advancement of dental science and clinical practice.



ORIGINAL RESEARCH ARTICLES
Present novel findings and contribute to the body of dental knowledge.



REVIEW ARTICLES
Summarize, analyze, and synthesize current evidence on relevant topics.



CASE REPORTS
Highlight unique clinical cases with valuable learning points.



For author guidelines and previous issues, please visit:
www.idathiruvalla.org/publications.htm



FOR FURTHER DETAILS, CONTACT



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