

VIBES

SEP - OCT 2025



WELCOME TO OUR

IDA THIRUVALLA NEWSLETTER



EDITOR'S NOTE



As I pen down this note for the final issue of our IDA Thiruvalla Newsletter, my heart is filled with both gratitude and nostalgia. It has been a rewarding journey to curate, compile, and share the voices, achievements, and spirit of our dental fraternity through these pages.

Each edition has reflected our collective efforts — celebrating our profession, sharing knowledge, and strengthening the bond that unites us as members of IDA Thiruvalla. I am deeply thankful to our dynamic office bearers, contributors, and readers who have supported and encouraged this endeavour throughout.

Though this is the last issue under my editorship, I believe the essence of communication and collaboration will continue to flourish in new and creative forms. Let us keep inspiring one another — in our clinics, classrooms, and community — with the same enthusiasm that has driven this publication.

With heartfelt thanks and warm regards,

Dr. Prameetha George Ittycheria
Editor

EDITOR'S NOTE

Dear IDA Thiruvalla members!

We welcome you to this edition of our branch newsletter. It's an immense pleasure to present before you the vibrant activities and achievements of the past months. Our team has been actively engaged in various programs aimed at creating oral health awareness and professional excellence. The successful conduct of these activities was made possible through the teamwork of our members. Let us continue to grow together, learning from every experience contributing to our community.

I 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 and colleagues,

As we bring out the final edition of VIBES for this memorable year, I take this opportunity to reflect with pride and gratitude on the remarkable journey we have shared as members of IDA Thiruvalla. This year has truly been a celebration of learning, service, and togetherness, each event reflecting the unity and enthusiasm that define our branch.

Our scientific endeavours were equally fulfilling, highlighted by a vibrant CDE Discussion on Challenges and Management in Everyday Dental Practice – A Table Clinic, where our own members presented clinical insights and shared their expertise – a true reflection of our branch's academic strength. The Dr. Umesh Unnikrishnan Oration, delivered by Dr. Chitra Bose on "Dental Care for Children with Special Needs – A Practical Approach", was one of the most inspiring and meaningful events of the year.

Our Community Dental Health (CDH) activities reached new heights through the Sparsham Project at the Centre for Autism, along with awareness and screening programmes at St. Mary's UP school, Eraviperoor, promoting oral health among children and educators alike. One of the most significant programme has been the inauguration of the renovated Community Dental Clinic of IDA Thiruvalla at Gilgal Ashwasa Bhavan. We were truly honoured to have Dr. Nithin Joseph, State CDH Chairman to inaugurate this noble venture.

The WDC also made an impressive mark with its impactful initiatives "Jwala", focusing on oral cancer awareness among Kudumbashree workers and "Vathsalyam", a dental awareness programme for caretakers of differently abled children.

Our grand Onam Celebration and Family Get-together held at Windsor Castle, Kottayam was truly a day of joy and unity, attended by around 130 members and families. The variety games, activities, and vibrant participation made it a memorable event. A proud highlight was the release of our dream project – the Members' Family Photo Directory, by Dr. Eapen Thomas, President Elect, IDA Kerala State.

Adding to our service initiatives, education aid including tables and chairs were provided for the flood-affected children of Wayanad. These were handed over at the Collectorate, Kalpetta, by Dr. Shani George, WDC Chairperson, IDA Kerala State, on behalf of IDA Thiruvalla. We also extended our care by distributing Onakodi and gifts to 15 bedridden children under the General Education Department, Kerala.

Our members proudly participated in the IDA Kerala State Basketball Tournament and Dental Turf Tournament, showcasing teamwork, enthusiasm, and sportsmanship.

We all had a refreshing IDA Family Tour to Poetree, Thekkady, which strengthened our bonds and created cherished memories.

As we near the end of this vibrant year, we look forward to our upcoming programmes – a CDE on Antimicrobial Resistance and Basic Life Support, few CDH Awareness and Dental Screening programmes in schools, the IDA Thiruvalla Men's Tour, Christmas Rounds and our Annual General Body Meeting, which will mark the formal conclusion of another successful year.

As we close this edition of VIBES, I express my heartfelt thanks to every member of IDA Thiruvalla for your active involvement, commitment, and fellowship that make our branch truly exceptional.

A special note of appreciation to our Editorial Board for their dedicated efforts in compiling, designing, and presenting VIBES with such quality and care – beautifully capturing the spirit and accomplishments of our branch.

Let us continue to move forward with the same enthusiasm and unity.

Thank You,

Jai IDA

Dr. Maya Mathai

President, IDA Thiruvalla Branch



CDH ACTIVITIES

Sparsham



CDH programme Project Sparsham – Dental Screening for Differently Abled at Centre for Autism on October 9th 2025



Dental Awareness Programme

Dental Awareness programme was organised at St Mary's UP School, Eraviperoor on 16 Oct 2025



CDH ACTIVITIES



School dental awareness and Screening camp at GVHS PURAMATTOM held on 23 october 2025

CDE ACTIVITIES

Interbranch CDE : 8th IDA Thiruvalla CDE: with Live demo

IDA Thiruvalla Branch hosted 8th CDE on Aug 10th, 2025, from 9:00am - 4:30pm at Contour Resorts, Changanassery a interbranch CDE with IDA Mavelikkara, IDA Adoor, IDA Alappuzha & IDA CKK. The topic, **PENTAGONIA - SWIPE RIGHT ON SCANNING: INTRAORAL TECH THAT MATCHES YOUR WORKFLOW** by faculty: Dr Suresh Ludhwani. 61 people attended the CDE.



CDE ACTIVITIES

Discussion on Challenges and Management in Everyday Dental Practice

9th CDE programme Discussion on Challenges and Management in Everyday Dental Practice on September 25th. Speakers were members of IDA Thiruvalla Branch who shared their knowledge and experiences



CDE ACTIVITIES

10th IDA Thiruvalla CDE

IDA Thiruvalla Branch hosted 10th CDE on Oct 19th, 2025, 11:00am – 3:30pm at Gilgal Ashwasa Bhavan, Eraviperoor. The topic, Dental Care for Children with Special Needs – A Practical Approach, by Faculty Dr. Chitra Bose. 21 people attended the CDE.



INDIAN DENTAL ASSOCIATION
Thiruvalla Branch

Dr. Umesh Unnikrishnan Oration 2025
Dental Care for Children with Special Needs - A Practical Approach

CDE #10

19 Oct 2025
Sunday
11:00am - 03:00pm

Only for IDA Thiruvalla Members FREE

Faculty:
Dr. Chitra Bose
BDS, MBA, MSc.

**Gilgal Ashwasa Bhavan,
Eraviperoor.**

Dr. Maya Mathai President
Dr. Seema Joseph Hon. Secretary
Dr. Rajeev Simon K. CDE Convenor

Colgate



CDE ACTIVITIES



INDIAN DENTAL ASSOCIATION
Thiruvalla Branch

CDE #11  **Hotel Ashok International, Thiruvalla.**

30 | Oct 2025
Thursday
06:30pm - 09:30pm

1. CPR & Basic Life Support



Faculty:
Dr. Vinesh Udayakumar
MDS

2. IDA Shield -
War against Antimicrobial Resistance



Faculty:
Dr. Akhilesh Prathap
MDS


indiadental01@fbi

Only for IDA Thiruvalla Members
Rs.200/-

Bank Details: Indian Dental Association
Thiruvalla Branch
Federal Bank, Chengannur Branch
A/c No: 10260100275229
IFSC: FDRL0001024

Sponsor:


Dr. Maya Mathai President
Dr. Seema Joseph Hon. Secretary
Dr. Rajeev Simon K. CDE Convenor

WDC ACTIVITIES

Project 'Vathsalyam'

An awareness class was conducted as part of the 8th WDC project Vathsalyam for the caretakers and parents of differently abled kids at Sparsham centre, Kuttapuzha Thiruvalla. The class was conducted on 09th October from 1pm to 2pm. The class was taken by our WDC member Dr Kunjanna John Kolathu (Pedodontist). Program was inaugurated by the Coordinator of Sparsham School. Program was attended by 45 people. Program was volunteered by 9 of our Branch members.



INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH

wdc

8th IDA KSB WDC PROJECT
വാത്സല്യം

Dental awareness programme for caregivers of Differently abled kids

Speaker
Dr Kunjanna John Kolathu
Pedodontist

Date: 09/10/2025, Thursday
Time: 01:00-2:00pm
Venue: Centre for Autism India
Kuttapuzha, Thiruvalla

DR MAYA MATHAI
PRESIDENT

DR SEEMA JOSEPH
HON. SECRETARY

DR ROJI KURIAN
TREASURER

DR DEEPTHI SANTHOSH
DR SHIBI MATHEW
WDC REPRESENTATIVES



WDC ACTIVITIES

Project 'JWALA'

An Oral Cancer awareness class was conducted as part of the 7th WDC project JWALA for the Kudumbasree Theepany unit in Thiruvalla. The class was conducted on 20th September from 2pm to 3pm. The class was taken by our WDC member Dr Sijina Renjith (Periodontist). Program was inaugurated by the Headmaster of the CMS LP School, Mr Johnson. Program was attended by 11 Kudumbasree members. Program was volunteered by 4 of our Branch members.



INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH

7th IDA KSB WDC PROJECT
"JWALA" ON
KUDUMBASREE MISSION PROJECT

**AWARENESS CLASS
ON ORAL CANCER**

For Kudumbasree Theepany unit
@Thiruvalla

Speaker
Dr Sijina Renjith
Periodontist

Date: 20/09/2025, Saturday
Time: 2:00pm - 3:00pm
Venue: CMS LP School,
Theepany, Thiruvalla

DR MAYA MATHAI
PRESIDENT

DR SEEMA JOSEPH
HON. SECRETARY

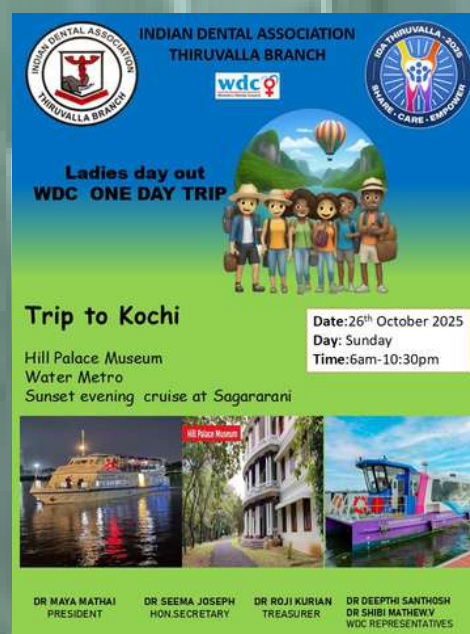
DR ROJI KURIAN
TREASURER

DR DEEPTHI SANTHOSH
DR SHIBI MATHENY
WDC REPRESENTATIVES



One Day Trip

WDC has planned a one day ladies trip to Kochi on 26th of October.



INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH

wdc

INDIA THIRUVALLA - SDS
WELFARE - CARE - EMPLOYMENT

**Ladies day out
WDC ONE DAY TRIP**

Trip to Kochi

Hill Palace Museum
Water Metro
Sunset evening cruise at Sagararani

Date: 26th October 2025
Day: Sunday
Time: 6am - 10:30pm

DR MAYA MATHAI
PRESIDENT

DR SEEMA JOSEPH
HON. SECRETARY

DR ROJI KURIAN
TREASURER

DR DEEPTHI SANTHOSH
DR SHIBI MATHENY
WDC REPRESENTATIVES

PROJECT SURAKSHA

SURAKSHA- IDA- THIRUVALLA
10 DAYS SELF DEFENSE COURSE

The heart of our karate is real fighting.
There can be no proof without real fighting.
Without proof there is no trust.
Without trust there is no respect."
-Sosai Mas Oyama

Coordinators
Dr. Saji Cherian 9447895584
Dr. Reji Thomas 9447066543

Trainer
Ratheesh Thappa
WKB INDIAN COORDINATOR
Thappa's Martial Arts & Fitness Academy

FOR IDA THIRUVALLA
MEMBERS & FAMILY MEMBERS

Lady Instructor available

Dr. Maya Mathai president
Dr. Seema Joseph Hon. Secretary

VENUE: YMCA HALL, KUMBANAD
SUNDAY 5 PM-6:30 PM

Fee 2500/-

IDA Thiruvalla Project Suraksha - Self Defence 10 days Programme started from October 5th 2025



Inauguration of IDA Thiruvalla Project Suraksha Phase 3 on September 14th at Windsor Castle Kottayam by Mr. Ratheesh Thapa

SURAKSHA- IDA-THIRUVALLA
10 DAYS SELF DEFENSE COURSE

The heart of our karate is real fighting.
There can be no proof without real fighting.
Without proof there is no trust.
Without trust there is no respect.
Sosai Mas Oyama

FOR IDA THIRUVALLA MEMBERS & FAMILY MEMBERS

Lady Instructor available

VENUE: YMCA HALL, KUMBANAD
SUNDAY 5 PM-6:30 PM

Coordinators
Dr. Saji Cherian 9447895584
Dr. Reji Thomas 9447066543

DR. MAYA MATHAI PRESIDENT
DR. SEEMA JOSEPH HON. SECRETARY

Trainer
Ratheesh Thappa
WKB INDIAN COORDINATOR
Thappa's Martial Arts & Fitness Academy

Sponsored by: DENTCARE DENTAL LAB, Muvattupuzha



ONAM 2025

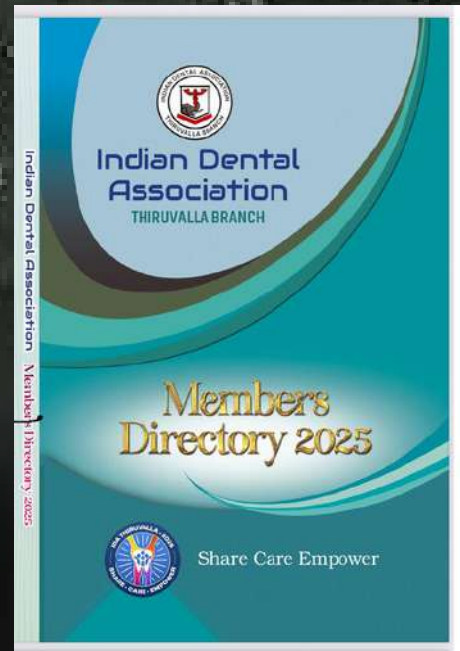
IDA Thiruvalla Onam Celebration on September 14th at Windsor Castle Kottayam



Release of IDA Thiruvalla Members Family Photo Directory by Dr. Eapen Thomas, President Elect, IDA Kerala State



Handing over of IDA Thiruvalla Members Family Directory to State President Dr. Subash K. Madhavan & Hon. State Secretary Dr. Siddharth V. Nair by President Dr. Maya Mathai & Hon. Secretary Dr. Seema Joseph



Talk On Preventive approach

Talk by Dr. Miranda George on the topic Dental Caries - A Preventive Approach was held on September 30th



Dr. Umesh Unnikrishnan Oration 2025

Dr. Umesh Unnikrishnan Oration on October 19th

Topic – Dental Care for Children with Special Needs. Faculty was Dr. Chitra Bose from National Institute of Physical Medicine – Rehabilitation, Thrissur



Inauguration of renovated Community dental clinic

Inauguration of renovated Community Dental Clinic by State CDH Chairman Dr. Nithin Joseph at Gilgal Ashwasa Bhavan Eraviperoor and lunch with the Differently Abled & Destitute Inmates





CHARITY EVENTS

Wayanad project

Wayanadu Project second stage, the Tables and Chairs to the victims of Wayanadu tragedy has been handed over during a brief program at Collectorate, Kalpetta by Dr. Shani George, Chairperson Womens Dental Council, IDA Kerala State in the presence of higher officials and other government dignitaries.

Handing over the cheque for Wayanad Educational Aid to Coordinator Dr. Sunil Roy Koshy



Distribution of onakodi

IDA Thiruvalla handing over Onakodi and gifts to 15 bed ridden children taking home based education & coming under General Education Department Kerala. Dr. Maya Mathai, Dr. Eliza Thomas and Dr. Samuel K Ninan attended the programme



ACHIEVEMENTS

Dr. Sharen Sarah Daniel receiving the second prize for All Kerala Reels Contest conducted by IDA Malabar as a part of Social Reach Programme during Chilamboli 2025 at Calicut.



POETREE 2025

IDA Family Tour was organised to POETREE Thekkady on August 16th & 17th



Thekkady
FAMILY TOUR
Poetree 2025
16-17 August 2025

ida
Indian Dental Association
Thiruvalla

POETREE THEKKADY
Infinity Pool | Luxury Spa | Beer & wine Parlour
Buggy service | 360° Terrace | Nearby Elephant Park

Dr. Maya Mathai President
Dr. Seema Joseph Hon. Secretary
Dr. Rajeev Simon K. Tour Co-ordinator
www.idathiruvalla.org



Fifth State Executive Committee Meeting

Dr. Maya Mathai, Dr. Seema Joseph, Dr. Reji Thomas, Dr. Thomas Jacob, Dr. Lanu Abraham, Dr. Akhilesh Prathap, Dr. Rajeev Simon and Dr. Samuel K Ninan attended the State Executive Committee Meeting at Trivandrum on 21/09/2025



5th Executive Committee Meeting of IDA Thiruvalla Branch on 30/09/2025





SPORTS ACTIVITIES

OUR BASKETBALL TEAM PARTICIPATED IN THE IDA KERALA STATE BASKETBALL TOURNAMENT HOSTED BY IDA THRISSUR BRANCH ON 31 AUGUST 2025. WE PLAYED A TOTAL OF 4 MATCHES, AGAINST 1. TRIVANDRUM 21-11 2. THAMARASHERRY 11-21 3. CHALAKUDY 10-14 AND CKK 12-6. DR. SALMAN AND DR. NAVNEET RECEIVED PLAYER OF THE MATCH AWARDS. OUR BASKETBALL TEAM EXTENDS THEIR SINCERE THANKS TO IDA THIRUVALLA BRANCH FOR THE SUPPORT.

Soft tennis turf cricket tournament was conducted on 28 September 2025, at trivandrum, hosted by IDA Atingal branch. In group stage we played and won against coastal malabar. Dr. Mathews Jude received man of the match award. We lost against ida karunagapally during pre-quarters. Looking forward for overall improvement of our team.

Cricket Team



Basketball Team



THINK CORNER

A pause between sips ☕

Somewhere between a busy morning clinic and the next patient's call, there's that quiet moment — a cup of tea cooling on the table, a soft song playing in the background. It's not much, yet somehow, it's everything.

We often chase productivity, ticking boxes and measuring days by how much we get done. But sometimes, the most meaningful moments are the ones when we don't rush — when we let the music linger, when the steam from the cup slows our thoughts, when we just... pause.

That pause is not a waste of time. It's a return — to calm, to clarity, to ourselves. It's in these still spaces that ideas are born, compassion refills, and the heart finds rhythm again.

So here's a gentle reminder: make time for your tea, your music, your pause. The world can wait for a few minutes. You'll come back stronger — and softer.