



# Vibes

**IDA Thiruvalla News Letter  
January - March 2023**

Vol. 2 No.1



### PRESIDENT'S MESSAGE

Dear Friends,  
Season's greetings to all ,  
IDA Thiruvalla has always achieved great success in rendering education, motivation and information to our fellow members and to public in various ways . I am extremely happy to announce the release of our Newsletter IDA Thiruvalla Vibes Vol.2 No.1 .It is a unique platform for us to share our activities to the Dental fraternity and to the public.

I take this opportunity to express my sincere appreciation and thanks to all the office bearers of IDA Thiruvalla and esteemed members for their support, help and understanding extended to me. It was a perfect team work we have seen for the first three month's activities of our branch. My special thanks to the editor Dr Subbalekshmi for her efforts.

Wishing all of you a great year and time ahead .

Warm Regards ,

Dr Lanu Abraham,  
President  
IDA Thiruvalla Branch .



### EDITOR'S DESK

Dear friends and Colleagues,  
I feel privileged and honoured to introduce IDA Thiruvalla's newsletter Vibes , which focuses on sharing the activities of our association and News and updates of our members. The new team from installation has been showing phenomenal enthusiasm in organization of different programs for the benefit of our members, this quarterly newsletter being one of those efforts which is meant to be our voice. I would like to thank our President Dr Lanu Abraham and the team for the opportunity and their efforts taken to bring out this newsletter. Let us remember a piece of 'news' well may be a piece of information for few, a walk down memory for some, a hearty laugh on a otherwise mundane day, a refreshing piece of art, so we invite all the readers are to contribute

Thanking you

Dr Subbalekshmi  
Editor, IDA Thiruvalla



# TEAM OF OFFICE BEARERS 2023



## INDIAN DENTAL ASSOCIATION

Thiruvalla Branch

### TEAM OF OFFICE BEARERS 2023



**Dr. Lanu Abraham**  
President



**Dr. Thomas Jacob**  
Hon. Secretary



**Dr. Seema Joseph**  
Treasurer



**Dr. Reji Thomas**  
IPP



**Dr. Sunil Roy Koshy**  
President Elect



**Dr. Saji Cherian**  
Vice President



**Dr. Sunil Issac**  
Vice President



**Dr. Saju Phillip Mathews**  
Joint Secretary



**Dr. Ambil Sara Varghese**  
Asst. Secretary



**Dr. Simon George**  
CDH Representative



**Dr. Shahina Juwairiya**  
CDE Representative



**Dr. Sherine Thomas**  
WDC Representative



**Dr. Tessa Jose**  
WDC Representative

### EXECUTIVE MEMBERS



**Dr. Samuel K Ninan**  
IDA CAN Rep.  
Central Council Member



**Dr. K N Thomas**  
Central Council Member



**Dr. Saji Kurian**  
IDA Hope Representative



**Dr. Subbalekshmi**  
Journal Editor



**Dr. Annie Beena Thomas**  
Cultural Coordinator



**Dr. Philip T Mathew**  
Special invitee



**Dr. Thomas Eapen**  
IDA MARK Rep.



**Dr. Maya Mathai**  
Website Coordinator



**Dr. Immanuel Mathew Kurian**  
Sports Coordinator



**Dr. Vivek P S**  
IMAGE Representative



**Dr. Aswin M Ravi**  
Executive Committee Member



**Dr. Abhilash R**  
Executive Committee Member



**Dr. Roji Kurian**  
Executive Committee Member



**Dr. Anish K. Oommen**  
Executive Committee Member

### REPRESENTATIVE TO STATE EXECUTIVE COMMITTEE



**Dr. Lanu Abraham**



**Dr. Reji Thomas**



**Dr. Thomas Jacob**



**Dr. Saji Kurian**



**Dr. Akhilesh Prathap**



**Dr. Rajeev K Simon**

*Thank you!*

President  
**Dr. Lanu Abraham**  
Ph : 9961550216  
e-mail : lanuabraham@gmail.com

**INDIAN DENTAL ASSOCIATION  
THIRUVALLA BRANCH**

Hon. Secretary  
**Dr. Thomas Jacob**  
Ph : 9447504743  
E-mail : sajident@gmail.com





# INSTALLATION CEREMONY AND FAMILY GET TOGETHER

## CHIEF GUEST

Dr. Sangeeth K Cherian

President IDA Kerala State

## GUEST OF HONOUR

Padmashree Dr. Kurian John Melamparambil

## INSTALLING OFFICER

Dr. Samuel K Ninan

Past President IDA Kerala State

Programme Coordinator : Dr. Saji Kurian , Dr. Rajeev K Simon ,

Dr. Saji Cherian

**08.01.2023 at Vijaya International Convention Centre, Thiruvalla from 5.30 pm**



19.01.2023 at YMCA Thiruvalla

# FIRST EXECUTIVE MEETING 2023





24th January 2023

Girl Child Day

Join 'I Will' Campaign

The Indian Dental Association (IDA) logo and the Women's Dental Council (WDC) logo are at the top.

**ida**  
Indian Dental Association  
*Committed to Dental Excellence*

**wdc**  
Women's Dental Council

**NATIONAL  
GIRL  
CHILD  
DAY**  
24<sup>TH</sup> JANUARY  
2023

**'I WILL'  
Campaign**

*Let her also smile....*

DR. LANU ABRAHAM  
PRESIDENT

DR. THOMAS JACOB  
HON. SECRETARY

DR. SEEMA JOSEPH  
TREASURER

DR. SHERINE THOMAS    DR. TESSA JOSE  
WDC REPRESENTATIVES

26th January 2023 Republic Day







# 'Fill the Map' Contest for Kids







**Indian Dental Association**  
Thiruvalla Branch



# “സുക്രമം”

**Saving Smiles Saving Lives**  
Privileged Treatment for  
Oral Cancer Patients

**4<sup>th</sup> FEBRUARY WORLD CANCER DAY**

ഇന്ത്യൻ ഡെന്റൽ അസോസിയേഷൻ തിരുവല്ല ശാഖയുടെ ആഭിമുഖ്യത്തിൽ ഡോക്ടർമാർ (ഡബിൾ കോൺസൾട്ട്) മോഡിക്സ്കോമി സൗജന്യ റെഫറൽ ചികിത്സ നൽകുന്ന ഒരു ഡി എ തിരുവല്ല അംഗങ്ങളുടെ തിരഞ്ഞെടുത്ത ക്ലിനിക്കുകളിൽ സേവനം ലഭിക്കും.

കൂടുതൽ വിവരങ്ങൾക്കായി ഡോക്ടറിനെ സമീപിക്കുക

PRESIDENT Dr. LANU ABRAHAM	SECRETARY Dr. THOMAS JACOB	TREASURER Dr. SEEMA JOSEPH	CDH REP. Dr. SIMON GEORGE
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**4th February 2023 at Hotel Ashok International, Thiruvalla.**

**Chief Guest :**  
**Dr. Mathews Jose**  
(HOD Department of Oncology, Parumala)



# CDE ON STERILISATION AND DISINFECTION

05.02.2023 at Hotel Ashok International,  
Thiruvalla.

Speaker:

Dr. P G Antony BDS, MDS





7th February 2023 at Mount Zion Engineering College  
Kozhuvallur , Chengannur

Awareness Class :  
Dr. Simon George  
CDH Convenor

DENTAL AWARENESS CLASS AND SCREENING CAMP



# ORAL AWARENESS CLASS AND SCREENING

## WORLD TOOTH ACHE DAY

9th February 2023 at CMS LP School, Theepani, Thiruvalla

Awareness Class :  
Dr. Sherine Thomas  
WDC Representative

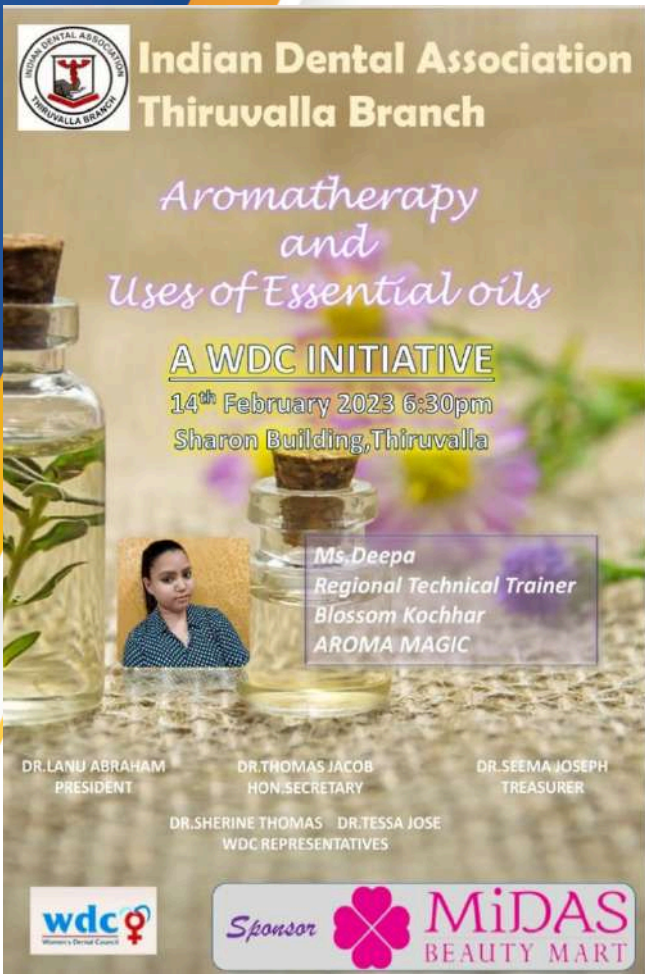




14th February 2023 at Sharon Building, Thiruvalla

Talk on Aroma Therapy & Uses of Esntial Oils  
Miss. Deepa

Talk on IDA:  
Dr. Vineetha Anie George



**Indian Dental Association  
Thiruvalla Branch**

*Aromatherapy  
and  
Uses of Essential oils*

**A WDC INITIATIVE**  
14<sup>th</sup> February 2023 6:30pm  
Sharon Building, Thiruvalla

*Ms. Deepa*  
Regional Technical Trainer  
Blossom Kochhar  
AROMA MAGIC

DR. LANU ABRAHAM  
PRESIDENT

DR. THOMAS JACOB  
HON. SECRETARY

DR. SEEMA JOSEPH  
TREASURER

DR. SHERINE THOMAS DR. TESSA JOSE  
WDC REPRESENTATIVES

wdc  
Women's Dental Council

Sponsor **MIDAS**  
BEAUTY MART





19th February 2023  
National Award, Mumbai

Project 'Green Dentistry'  
Project 'Gilgal'





19th February 2023  
Tribal Project Launch

Project 'Chupe Huye Mothi' : Quest for Hidden Pearls  
Courtsey: Dr. Akhilesh Prathap for the Project Name

Project Co-ordinator :  
Dr. K N Thomas  
CDH Convenor :  
Dr. Simon George



**INDIAN DENTAL ASSOCIATION  
THIRUVALLA BRANCH**

**“छिपे हुए मोती”  
QUEST FOR HIDDEN PEARLS**

A Journey to Remote Tribal Villages  
for Providing Oral Health Care

Launched by  
**Dr. Ashok D Dhoble**  
(Hon. Secretary, Indian Dental Association)


In Presence of  
**National President &  
Other Dignitaries**

Dr. Lanu Abraham  
President

Dr. Thomas Jacob  
Hon. Secretary

Dr. Simon George  
CDH Convenor

Dr K N Thomas  
Project Co-ordinator





# TOOTH FAIRY DAY

28th February 2023 at Salvation Army Girl's Home Thiruvalla

Awareness Class :  
Dr. Tessa Jose  
WDC Rep.



**ida**  
Indian Dental Association  
THIRUVALLA BRANCH

**Celebrating  
Tooth Fairy Day  
With Little Fairies**

Venue: Salvation Army Girl's Home  
Thiruvalla  
Date: 28<sup>th</sup> February 2023  
Time: 5pm to 7pm

**Better MOUTH  
Better LIFE**

A CDH INITIATIVE  
UNDER  
'OMAL' STATE PROJECT

DR. LANU ABRAHAM  
PRESIDENT

DR. THOMAS JACOB  
HON. SECRETARY

DR. SEEMA JOSEPH  
TREASURER

DR. SIMON GEORGE  
CDE CONVENOR





5th March 2023

## Dentist Day

Programme Coordinator :

Dr. Simon George & Dr. Ambil Sara Varghese

The poster is for the Indian Dental Association Thiruvalla Branch event. It features the I.D.A. logo at the top left and the WDC logo at the top right. The main title is 'DENTIST DAY CELEBRATION & FAMILY GET TOGETHER' in a gold-bordered box. Below the title, it states 'March 5th 2023 | Time : 6.00 pm' and 'Venue : Hotel Ashok International'. A red banner below that says 'Honoring Past Branch Presidents and Secretaries'. At the bottom, it lists the Chief Guest, Dr. Terry Thomas (President Elect, IDAKSB), and the Guest of Honor, Dr. Deebu J Mathew (Hon. Secretary, IDAKSB). Below these are four smaller portraits with names: Dr. Lanu Abraham (President), Dr. Thomas Jacob (Hon. Secretary), Dr. Seema Joseph (Treasurer), and Dr. Simon George (CDH Rep.).









6th March 2023  
State Dentist Day Celebration

Best Promising Dentist Award

Dr. Reji Thomas


Dr. Annie Beena Thomas






8th March 2023 Womens Day

Awareness Class by Dr. Sherine Thomas



**ida**  
Indian Dental Association  
Thiruvalla Branch

Awareness class  
on  
Dental Hygiene  
for  
Women



On  
the  
occasion of  
**Women's Day**

At Sreebhavana Kudumbhasree Unit  
Paruthimukku Anganavadi  
Thadiyoor  
On 8<sup>th</sup> March 2023  
From 3pm to 6pm


Dr.Lanu Abraham  
President

Dr.Thomas Jacob  
Hon.Secretary

Dr.Seema Joseph  
Treasurer

**wdc**  
Women's Dental Council

Dr.Sherine Thomas  
Dr.Tessa Jose  
WDC Representatives





17th March 2023 Indian Dental Association  
Kerala State Protest at Thiruvalla

ഇന്ത്യൻ ഡെന്റിൽ അസോസിയേഷൻ, കേരള സംസ്ഥാനം

**പ്രതിഷേധ സമരം 17 MARCH 2023**



ആരോഗ്യപ്രവർത്തകർക്കെതിരെയുള്ള അതിക്രമങ്ങൾ..

**നിർത്തൂ..!**

2023 മാർച്ച് 17, വെള്ളിയാഴ്ച, വൈകുന്നേരം 6:00 മുതൽ രാവിലെ 06:00 വരെ. അന്ത്യവേദന സേവനങ്ങൾ മാത്രം.

**ida**  
Indian Dental Association  
Kerala State



INDIAN DENTAL ASSOCIATION, KERALA STATE

**PROTEST FRIDAY 17 MARCH 2023**

**VIOLENCE AGAINST MEDICAL PROFESSIONALS**





# TABLE CLINIC

23rd March 2023 at Hotel Ashok International, Thiruvalla.

Speaker:  
Dr. Varghese P Oommen

**INDIAN DENTAL ASSOCIATION**  
THIRUVALLA BRANCH

**TABLE CLINIC**  
LEARN FROM THE EXPERTS  
LOBBY TO LAB

PRESENTER : Dr. Varghese P Oommen

**HOTEL ASHOK INTERNATIONAL,  
THIRUVALLA  
23 MARCH 2023, 6:30 pm**

Dr. Varghese P Oommen graduated from the prestigious Madras University as the Best Outgoing graduate from VMS Dental College, Salem in 1991. He has established a practice in Enathu, Pathanamthitta in the name Mizpah Poly Dental Clinic and Orthodontic Centre.

President: Dr. Lanu Abraham    Hon. Secretary: Dr. Thomas Jacob    Treasurer: Dr. Seema Joseph    CDE Representative: Dr. Shahina Juvalriya S







31st March 2023

Awareness Class on Oral Health

Awareness Class by Dr. Tessa Jose and Dr. Shahina Juvairiya

 **INDIAN DENTAL ASSOCIATION**  
**THIRUVALLA BRANCH**

 **wdc**  
Women's Dental Council

**Awareness Class On  
Oral Health**

**Celebrating  
ORAL HEALTH MONTH**

At Swathy Kudumbhasree Unit  
2023 March 31<sup>st</sup> 4pm-6pm

Dr. Lanu Abraham  
President

Dr. Thomas Jacob  
Hon. Secretary

Dr. Seema Joseph  
Treasurer

Dr. Sherine Thomas  
Dr. Tessa Jose  
WDC Rep.





31st March 2023

Public Awareness Poster

By Dr. Anju Mathew & Dr. Lisa Elizabeth Jacob

**ORAL CAVITY – THE MIRROR OF THE BODY**

**Better MOUTH  
Better LIFE**

**DO'S**

**DON'TS**

**World ORAL HEALTH**

**Be Proud of your mouth  
20<sup>th</sup> March,  
2023**

**TEACH AND MOTIVATE  
ORAL HEALTH**

## TV Talk

Dr. K N Thomas & Dr. Subbalekshmi



**INDIAN DENTAL ASSOCIATION  
THIRUVALLA BRANCH**

**TALK ON  
ORAL HEALTH  
IN  
CHILDREN**

**Dr. Subbalekshmi**  
Reader  
Dept of Pedodontics  
Pushpagiri College of Dental Sciences

**Platform : Hello Doctor, Kairali News**  
**Date : 31<sup>st</sup> January 2023**  
**Time : 2:30pm to 3:30pm**

**DR.LANU ABRAHAM**      **DR.THOMAS JACOB**  
PRESIDENT                      HON.SECRETARY

**DR.SEEMA JOSEPH**      **DR.SIMON GEORGE**



**പല്ലുകൾ  
സുന്ദരമാക്കാം**

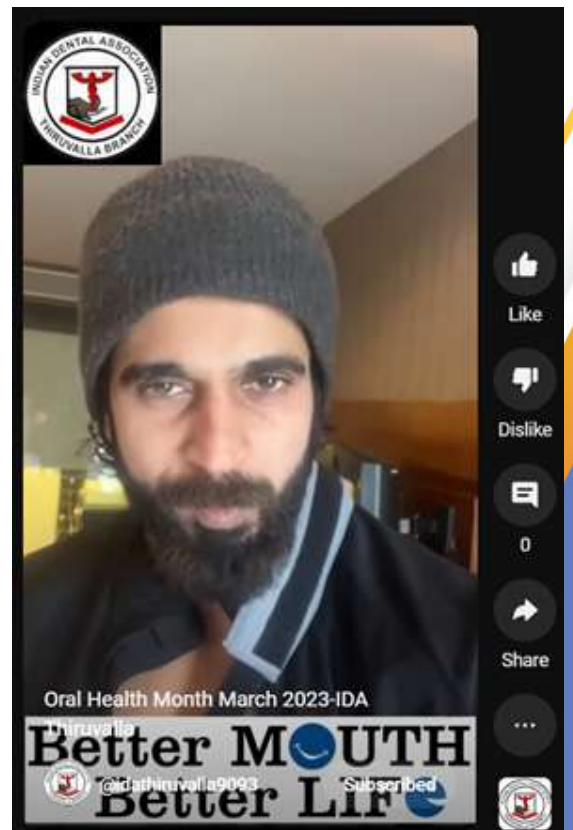
സംശയങ്ങൾക്ക് മറുപടിയുമായി  
**ഡോ. കെ എൻ തോമസ്**  
എയ്ഡ്ഡ് ഡെന്റിസ്റ്റ്  
സെൻട്രൽ കൗൺസിൽ ഫെഡറൽ  
ഇന്ത്യൻ ഡെന്റിൽ അസോസിയേഷൻ

**HELLO  
DOCTOR**  
ഉച്ചയ്ക്ക് 2.30 ന് തുടങ്ങും

വിളിക്കേണ്ട നമ്പർ : 0471 48 59 918

## Celebrity Bites

Actor Dr. Rajeev Pillai



**INDIAN DENTAL ASSOCIATION  
THIRUVALLA BRANCH**

Oral Health Month March 2023-IDA

**Better MOUTH  
Better LIFE**

Thiruvalla  
@idathiruvalla9093

Like  
Dislike  
Share  
0

Subscribed





## Public Awareness Video


By: Dr. Priya Thomas, Dr. Mayakha Mariam,  
Dr. Maya Mathai and Dr. Dhanya Abhilash



INDIAN DENTAL ASSOCIATION  
Thiruvalla Branch  
A WDC INITIATIVE



Awareness video for youth on  
**'Pragma'**  
(Enduring Love)  
14<sup>th</sup> February 2023



TALK BY  
Dr. Dhanya Abhilash MBBS, MD  
Psychiatrist  
Govt Health service

Dr.Lanu Abraham President  
Dr.Thomas Jacob Hon.Secretary  
Dr. Seema Joseph Treasurer  
Dr.Sherine Thomas Dr.Tessa Jose WDC Representatives



Courtesy:  
Dr. Akhilesh Prathap for the name  
'Pragma'



# Sports Activities

Cricket, Football & Table Tennis

Sports Coordinator : Dr. Immanuel Mathew

**IDA KOTTARAKARA INVITES YOUR PRESENCE AT THE INAUGURATION CEREMONY OF FRIENDLY CRICKET TOURNAMENT**

ON SUNDAY, 19TH FEB. 09:00 AM  
MEADOWS SPORTS CITY VELIYAM

INAUGURATION BY

**ADV ANIL AMBALAKKARA**  
President, Thiruvalla Branch, Indian Dental Association  
Director, Kerala State Film Development Corporation  
Member of Kerala Legislative Council

DR. JAYAKRISHNAN M  
PRESIDENT  
DR. BONNY ZACHARIAH  
HON. SECRETARY

DR. SANTHOSH K THAIRIAN - 9847005258  
SPORTS COORDINATOR (IDA KTR)

DR. SALEEM S - 9947350543  
DR. ANU MOHAN - 7892075268

**PARTICIPATING TEAMS**

- IDA KOTTARAKARA
- IDA ATTICAL
- IDA KOLLAM
- IDA THIRUVALLA
- IDA ADOOR
- IDA TRIVANDBUM





# Obituary



Mr . V J Mathew  
31<sup>st</sup> January 2023

Father of Dr. Shibi Mathew  
Father-in-law of  
Dr. Navin Oommen Thomas



Mrs. Meenakshi Arasu  
27th February 2023

Mother of Dr. Subbalekshmi  
Mother-in-law of  
Dr. Akhilesh Prathap

