



VIBES

Vol.2 No.2
April - June 2023



Greetings to all

IDA Thiruvilla is glad to release the second issue of IDA Vibes. Over the past few months I have learnt much about the opportunities and challenges that lie ahead of us as an organisation. IDA has work hard on conducting several activities under each category and with the support of the executive committee and members we were able to successfully carry out each activities in a fruitful way which helped us to reach more into the different levels of community.

special thanks to our editor Dr Subbalekshmi

Thank you all for your continued support .Wish you all a prosperous and joyful season ahead

Dr Lanu Abraham,
President
IDA Thiruvalla Branch .

Dear friends and Colleagues

I feel privileged to share the second issue of our newsletter IDA Thiruvalla Vibes , we explore a tapestry of topics that mirror the diverse articles about our activities, achievements about which we're dedicated to keep you informed and inspired. I would like to thank our President Dr Lanu Abraham and the office bearers for the opportunity and their support given to bring out this newsletter. This quarterly newsletter is our voice and all the readers are welcome to contribute.

Thanking you

Dr Subbalekshmi
Editor, IDA Thiruvalla

2nd Executive Meeting

The second executive meeting of IDA Thiruvalla Branch was held on 13-04-2023, 6:30pm at Sharon Building, Thiruvalla.2



3rd Executive Meeting

IDA Thiruvalla branch had conducted its 3rd executive meeting on 21st June, 2023 7pm at SharonDental Clinic Building, Thiruvalla. Dr.Thomas Jacob, Hon.Secretary collared the President, Dr.Lanu Abraham.

Hosted State Programme



IDA Thiruvalla Branch Hosted State CE Bill Discussion meeting attended by Subcommittee and District committee members at Hotel Ashok International, Thiruvalla on 30th April 2023 @ 11 am



CDE ACTIVITIES



First webinar



15th April 2023

speaker was Dr.Sonu Elsa John,
MDS in Prosthodontics,

Topic : Complete Denture:
Troubleshoot Common Complaints



Second webinar



27th April 2023

speaker was Dr.George Abraham,
MDS in Prosthodontics,

Topic : Shade Selection
Tips and Tricks



Fifth CDE

21st May 2023

speaker was Dr.Eapen Thomas
VP, IDA KSP
Prof. & HOD Dept. of OMFS
Pushpagiri Dental College

Topic : Litigations in Dental Practice
and Dental Jurisprudence



Sixth CDE

25th June 2023

speaker was Dr. S. Arun Suraj
MDS

Topic : The art and science of Direct
Anterior Composites
Lecture, Live Demo & Hands on



CDH ACTIVITIES



31st May 2023

Radio Talk Show by Dr. K N Thomas

Topic : World No Tobacco Day

IDA THIRUVALLA BRANCH CDH PROGRAMME

'CHUPPE HUYE MOTHU' -QUEST FOR HIDDEN PEARLS

Indian Dental Association Thiruvalla Branch had conducted a TRIBAL MISSION PROJECT on 23rd April 2023 at Plappally tribal area near Laha, Pathanamthitta District, Kerala State. This project was launched by IDA National Hon. Secretary, Dr. Ashok D Dhoble in the presence of National President and other Dignitaries. Shri. Saji Cherian, Hon. Minister of Fisheries of Kerala State inaugurated the project and Shri Pramod Narayan MLA hoisted the flag. IDA Thiruvalla branch President Dr. Lanu Abraham and IDA Kerala State CDH Chairman Dr. Seby Varghese spoke during the gathering. Shri. Roshy Augustine, Hon. Minister of Irrigation of Kerala State and Dr. N Jayaraj, Government Chief Whip gave felicitations to the project earlier. The Program coordinator was Dr. K N Thomas CARD[NGO] Director Fr. Moncy and Ass. Director Fr. Shine and two other CARD coordinators were also present. 14 members from IDA Thiruvalla participated in the project. IDA members visited 3 sectors of tribal area and took classes on oral care and brushing techniques, distributed dental kits, food and WDC wing distributed sanitary napkins. It was a real heart touching day spent with the least of our fellow beings who seldom walk along the mainstream.

Dr. Simon George
CDH REP





Ida Thiruvalla conducted two public awareness programs on the Occasion of NO TOBACCO DAY. First program was at Thiruvalla railway Station at 8.30 am .Poster exhibition and Flash mob was conducted . Second program was at KSRTC Bus Stand Premises at 9.30 am. Municipality chairperson,, DYSP of Police, Excise officials, ward members addressed the gathering. Awareness class by Excise Officials, Flashmob by students of Macfast and staff of Joy Alukkas and poster exhibition by Anams, Road show games by Radio Macfast 90.4 was conducted. Live Radio talk show on No Tobacco Day was aired by our Media partner Radio Media Village 90.8 FM. More than 30 doctors attended the program.



Courtesy : Dr. Saji Kurian
for project Name “Mochanam”



Public Awareness Video

1. Topic : *Gum - Heart - Covid 19*
by Dr. Merlin Thomas
on 05-04-2023
2. Topic : *Mouth-Heart - Covid 19*
Dr. Miranda Ann George
on 01-05-2023
3. Topic : *Pregnancy + Baby & Mouth*
Dr. Prameetha George Ittycheria
Dr. Aleena Mariyam Chacko
Dr. Jojo Madhavassery
on 23-05-2023

Public Awareness Poster

1. Dr. Merlin Thomas
on 29-04-2023
2. Dr. Rajasree A R
on 29-04-2023
3. Dr. Rajasree A R
on 01-05-2023
4. Dr. Gigi Roy
on 06-05-2023
5. Dr. Gigi Roy
on 08-06-2023
6. Dr. Rajasree A R
on 15-06-2023

Oral Screening & Dental Awareness Class



IDA Thiruvalla branch has conducted an awareness talk and dental check up camp for the migrants at India Mission, Bethestha Bible college campus, Venpala, Thiruvalla. Dr.Lanu Abraham,President IDA TVLA and Dr.Simon George,CDH Convenor was incharge of Dental Check up.

WDC ACTIVITIES

1. WORLD EARTH DAY PROGRAMME BY WDC THIRUVALLA

WDC wing of IDA Thiruvalla branch conducted 'GREEN PANTHER CONTEST' as a part of World Earth Day on 22nd April 2023.

RESULTS: Winner: Dr.Mary Mathew , First Runner up: Dr.Alex Varghese , Second runner up:Dr.Krishnakumar



2. WDC PARTICIPATION IN IDA KERALA STATE WDC EVENT: INNOVATIVE PHOTOGRAPHY

IDA Thiruvalla WDC had 4 participants for the state event and won first prize in Easter Festivities Category by Dr.Mary Mathew.



3. WOMEN HYGIENE KIT DISTRIBUTION AMONG THE TRIBAL COMMUNITY AT PLAPPALLY

Indian Dental Association Thiruvalla Branch had conducted a TRIBAL MISSION PROJECT on 23rd April 2023 at Plappally tribal area near Laha, Pathanamthitta District, Kerala State. WDC distributed women hygiene kits to the tribal women.



4. SCHOOL DENTAL HEALTH PROGRAMME



5. DENTAL AWARENESS CLASS FOR WOMEN

An awareness class was taken on Restorative Dentistry: New concepts, indications and contraindications at YWCA on 10th May 2023, 3:30 pm. 15 YWCA members attended the meeting. The class was taken by Dr. Annie Beena Thomas

As a part of summer camp, a dental awareness class was taken by WDC wing of IDA Thiruvalla at Immanuel Marthoma Central School, Eraviperoor on 24th April 2023. Dr. Seema Joseph took class for 72 school children



6. DENTAL CARE AND AWARENESS CLASS FOR THE VISUALLY IMPAIRED AS A PART OF DRISHTI PROJECT AT MISSION TO THE BLINDINGOI ,OTHERA

As a part of WDC Kerala state activity, a dental care and awareness class was conducted at Mission to the Blind, Othera premises on 20th May 2023



7.INTERNATIONAL DAY OF ACTION FOR WOMEN'S HEALTH TALK ON IDA

IDA Thiruvalla branch celebrated International Day of action for Women's Health on 3rd June 2023 at Hotel Ashok International.IDA Thiruvalla president Dr.Lanu Abraham Presided the meeting.WDC Rep DR.TessaJose welcomed the gathering.The meeting was blessed with the presence of Dr.Seethi Begam, WDC Chairperson IDA KSB as Chief guest. Ma' am also launched the WDC newsletter IDA Thiruvalla SHE VIBES during the function.



8. DENTAL CHECK UP CAMP AND AWARENESS TALK FOR SENIOR CITIZENS

A dental check up camp and awareness program was conducted as a part of WDC activity for Senior citizens at Janatha Library, Kalloopara on 6-06-2023, 10 am Dr.Sherine Thomas took the awareness class.



9.INTERNATIONAL YOGA DAY ON 21ST JUNE 2023

A video was released for the members and public on Importance of Yoga in daily life.

10.AWARENESS POSTER ON GUM HEALTH DAY

DR.Tessa Jose,WDC Rep has designed an awareness poster for public on Gum Health Day 12th May.

REWIND



JOURNAL & NEWS LETTER



Vibes Vol 2 No: 1
on 29-04-2023



Vol 7 No: 1
on 27-06-2023



Vol 1 No: 1
on 29th June 2023.

SPORTS ACTIVITIES OF IDA THIRUVALLA



28-05-2023



30-04-2023



28-05-2023



28-05-2023



SILENT PROTEST

Silent gathering / protest at Thiruvalla Town to express our concern over the brutal killing of Dr. Vandana Das on 11-05-2023

