

# IDA KOCHI DENTAL TIMES

NEWSLETTER PUBLISHED BY THE INDIAN DENTAL ASSOCIATION, KOCHI BRANCH

VOLUME 1, ISSUE 2

APRIL - JUNE 2025



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## Editorial

With great pride and shared enthusiasm, we unveil the second edition of our newsletter – a landmark moment for the vibrant IDA Kochi family. More than just a publication, this is a living platform of connection, collaboration, and celebration. It brings together voices, visions, and victories from across our branch, weaving a rich narrative of activities, achievements, and the ever-evolving dental landscape.

This newsletter stands as a reflection of our collective commitment to inform, inspire, and ignite progress within our professional community. Behind every activity, is the passion of a dedicated team and the energy of our enthusiastic members.

As we turn these pages, let us take pride in where we are, and excitement in where we're headed. Together, we are not just witnessing change—we are leading it. One initiative at a time, we're shaping the future of dentistry and creating a lasting impact on the oral health of the communities we serve.



**Dr. Pooja Latti**  
(Chief Editor)

## President's Message

Dear Esteemed Members,

It fills me with immense pleasure to address you all in this, the second issue of our branch newsletter, IDA Kochi Dental Times, for the year. This publication serves as a vital platform for us to connect, share knowledge, and celebrate the advancements and achievements within our dental community here in Kochi.

I want to extend my heartfelt congratulations and sincere appreciation to Dr. Pooja Latti and her dedicated team for their exceptional work in bringing this issue to life as the editors. Their commitment and tireless efforts are truly commendable, ensuring we receive a high-quality, informative, and engaging newsletter.

As we move forward, let's continue to support each other, engage with the valuable content in the Dental Times, and strengthen the bonds that make IDA Kochi such a vibrant and progressive branch.

**Dr. Hari Govind B**  
(President)



## Secretary's Message

Warm greetings....

As we present the second issue of our newsletter, we take pride in showcasing the dedication, achievements, and ongoing initiatives of our vibrant branch. This platform stands as a testament to our collective commitment to professional growth, community engagement, and the promotion of oral health.

A heartfelt appreciation to our Editor and Team, for their editorial vision, meticulous efforts, and commitment to excellence that have made this publication both engaging and informative.

We also extend our sincere gratitude to the Executive Committee members whose teamwork, enthusiasm, and unwavering support are crucial to the successful planning and execution of all branch activities.

Let us remain united in our purpose—to elevate oral healthcare and uphold the values of our profession. We welcome your continued support, contributions, and ideas in our shared journey forward.

Wishing you all continued success and good health!

'Towards Better Oral Health, Together'

**Dr. Vivek Narayan (Hon. Secretary)**





# IDA Kochi Office Bearers 2024–2025



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**Dr. Pooja Latti**  
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**Dr. Joy Kurian**  
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**Dr. Bindu Rachel**  
Rep. to State



**Dr. Sunil Mathew**  
Rep. to State



**Dr. Brijitha Manoj**  
Rep. to State



**Dr. Siby T Chennankara**  
Rep. to Central Council



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Advisor to EC



**Dr. Mathew Varghese**  
Nominee to District Committee



**Dr. Bindu Rachel**  
Nominee to Labour Sub-committee



**APRIL – JUNE 2025**

**IDA KOCHI NEWSLETTER  
VOLUME 1, ISSUE 2  
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## EC Meetings

Executive committee (EC) meetings are essential for the Indian Dental Association, Kochi, serving as a vital platform for guiding the organization, reviewing performance, and making crucial decisions. These regular meetings enable EC members to collaborate on strategic planning and ensure effective governance and leadership. During these sessions, each committee provides updates, and the action plan for the upcoming month is presented. Furthermore, these meetings offer a valuable opportunity for EC members to discuss current topics of interest, facilitating timely decision-making and steering the organization toward its strategic objectives.



**4th EC MEETING – 08.04.2025**



**5th EC Meeting – 16.05.2025**



**6th EC Meeting 13.06.2025**

## CDH ACTIVITIES

The Council on Dental Health (CDH) is a vital part of the Indian Dental Association (IDA), dedicated to improving the oral health of the Indian population by leading the IDA's public health efforts. The CDH achieves this by developing and implementing educational programs, organizing dental camps, and running public awareness campaigns, effectively connecting dental professionals with the public, especially in underserved communities, to ensure access to essential oral healthcare and knowledge. The CDH activities for April-June focused on oral cancer screening for professionals, police personnel and school oral health program with a focus on children and teachers

### CDH Activity No. 5

Date: 15.05.2025

- Oral Cancer Screening at Tapasya, Infopark, Kakkanad, in association with Santhibhavan Palliative Hospital

### CDH Activity No. 6

Date: 23.05.2025

- Office of the Commissioner of Police, Ernakulam

### CDH Activity No. 7

Date: 19.06.2025

- School Oral Health Program at Dawn International School in observance of the National Public Health Dentistry Day 2025





## National Public Health Dentistry Day @ Dawn International School, with IDA, KSB– 19<sup>th</sup> June 2025

In collaboration with the Indian Dental Association, Kerala State Branch, and the Indian Association of Public Health Dentistry (Kerala Chapter).

A comprehensive school awareness program at Dawn International School. The program was inaugurated by Dr. Nithin Joseph, CDH, IDA KSB. This initiative included a multi-pronged approach:

- Eight senior students received specialized training to educate their peers on oral hygiene and myths regarding oral health during the school assembly on the 19th of June 2025;
- an awareness board was for display was presented to the school, highlighting essential oral hygiene practices; and a flash mob was performed, featuring a handwashing theme, culminating in the formation of a "Happy Tooth" logo by the participating school children.
- Books were given in recognition of the contribution of students, marking the observance of National Reading Day.

The Principal of the school Mrs. Rani Joseph, IDA Kochi President Dr. Hari Govind, Secretary Dr. Vivek Narayan, IAPHD Past President Dr. Civy Pulayath, and CDH Representative Dr. Skariah K S spoke on the occasion. An Oral Health Pledge was taken by students.

**IDA Kochi branch presents**  
**NATIONAL PUBLIC HEALTH DENTISTRY DAY**  
 An IDA KSB CDH Event in association with  
 Indian Association of Public Health Dentistry-Kerala Chapter  
**19-06-2025, Thursday**  
**CDH Event** Dawn International School 9.30 AM  
**CDE** IMA House, Kaloor 7.15 PM

**Chief Guest**  
 Dr. Subash Madhavan  
 President, IDA KSB

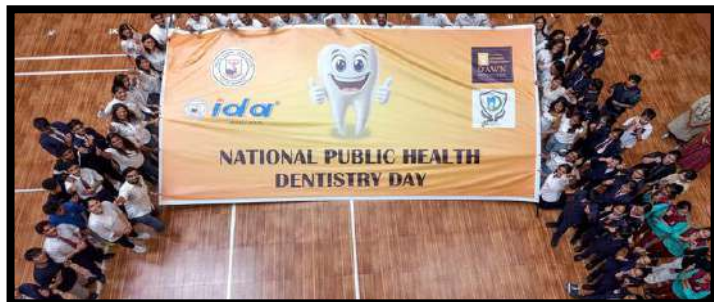
**Guest of Honor**  
 Dr. Siddharth V Nair  
 Hon. Secretary, IDA KSB

**CDH Event Inauguration**  
 Dr. Nithin Joseph  
 CDH Chairman, IDA KSB

**GUEST SPEAKERS**  
**Dr. Deepti J Mathew**  
 Dental Antibiotic Stewardship, KARSAP  
 Smart Antibiotic Initiatives by IDA KSB

**Dr. Deepti Simon**  
 Professor & HOD, OMR, GDC Alappuzha  
 Antibiotic Stewardship  
 by Dental Surgeons - The way forward

**Organizing Team**  
 IDA Kochi Branch  
 PRESIDENT: DR. HARI GOVIND B. VICE PRESIDENT: DR. VIVEK NARAYAN  
 TREASURER: DR. SUBASH MADHAVAN  
 CDH REP: DR. SKARIAH K S  
 CDH REP: DR. KRISHNAN NAIR  
 IAPHD Kerala Chapter  
 PRESIDENT: DR. SUSAN THOMAS  
 HON. SECRETARY: DR. SINDHU BHASKAR





## CDE and Monthly meetings

The IDA Kochi branch consistently conducts monthly meetings and Continuing Dental Education (CDE) Programs, a unique tradition offered as a privilege to all its members.

These gatherings provide an exclusive opportunity to hear from expert speakers on concise topics directly relevant to current dental practice.

The subjects are meticulously chosen to cater to the needs of both new and seasoned members of the branch. Furthermore, these meetings foster a valuable environment for members to network, greet, and interact with their colleagues.



Monthly meet 4 - 25.04.2025

**Topic: Empower Women, Ensure Safety at Work - creating a secure workspace**

Speaker - Mrs. Seema Sunil

Monthly meet 5 - 30.05.2025

Privilege CDE

**Topic: Write it Right - Scientific Publications made simple**

Speaker - Dr. Subramaniam R, Dr. Pooja Latti

Monthly meet 6 - 19.06.2025

Privilege CDE in association with IDA KSB and IAPHD Kerala Chapter

**Topic: Smart Antibiotic Initiatives by IDA KSB**

Speaker - Dr. Deebu J Mathew

**Topic: Antibiotic Stewardship by dental surgeons - the way forward**

Speaker - Dr. Deepti Simon





## NATIONAL PUBLIC HEALTH DENTISTRY DAY

### CDE Program on Antibiotic Stewardship – In association with IDA, KSB and IAPHD, Kerala – 19th June 2025



In a significant initiative aimed at promoting responsible antibiotic use and combating antimicrobial resistance, IDA Kochi, in association with IDA Kerala State and the Indian Association of Public Health Dentistry (IAPHD), Kerala Chapter, organized a highly informative Continuing Dental Education (CDE) program, on 19th June 2025, in observance of the National Public Health Dentistry Day 2025

The program, centered around "Antibiotic Smart Antibiotic Initiatives," brought together leading experts to shed light on this critical public health issue for dental practitioners.

The CDE program featured two insightful sessions delivered by distinguished speakers. The first session, focusing on "Antibiotic Smart Antibiotic Initiatives by IDA KSB," was presented by Dr. Deebu J Mathew, Nodal Officer for Dental Antibiotic Stewardship, KARSAP (Kerala Antimicrobial Resistance Strategic Action Plan). His presentation provided a comprehensive overview of the state-level initiatives undertaken to promote judicious antibiotic prescribing practices among dental professionals, highlighting the vital role dentists play in the broader fight against antibiotic resistance.

Following this, Dr. Deepti Simon, Professor and Head of Oral and Maxillofacial Surgery at Government Dental College, Alappuzha, delivered an engaging session on "Antibiotic Stewardship by Dental Surgeons - The Way Forward." She elaborated on practical strategies and best practices that dental surgeons can adopt in their daily clinical routines to ensure effective antibiotic stewardship. Her talk emphasized the importance of evidence-based decision-making, proper diagnosis, and patient education in minimizing unnecessary antibiotic prescriptions.

The program was well-attended by members of IDA Kochi and other dental professionals, reflecting the growing awareness and commitment within the dental fraternity to address the challenge of antimicrobial resistance.



# Interbranch CDE Programs: Fostering Excellence Through Collaborations

IDA Kochi stands as a dynamic and proactive branch within the Indian Dental Association, consistently demonstrating its commitment to elevating professional standards and fostering camaraderie among dental practitioners. A hallmark of IDA Kochi's efforts is its robust involvement and active cooperation with other neighboring IDA local branches including IDA Greater Kochi, IDA Smart City, IDA Tripunithura, IDA Malanadu and IDA Cochin Airport, as well as with the IDA Kerala State branch, in co-hosting Continuing Dental Education (CDE) programs.

## Biomimetic Post endodontic restorations - 27.04.2025

Lecture, Demonstration, Hands on  
Venue: Annoor Dental College and Hospital, Muvattupuzha  
Resource Person: Prof. Dr. Narasimhan Bharadwaj

## Minimally Invasive Modern Full Mouth Rehabilitation - 11.05.2025

Full Day CDE with Hands on  
Venue: Hotel Broad Bean, Kochi  
Resource Person: Dr. Sheetal B Saklecha



IDA MALANADU IN ASSOCIATION WITH  
IDA KOCHI, IDA GREATER KOCHI, IDA COCHIN AIRPORT,  
IDA SMART CITY, & IDA TRIPUNITHURA

### MINIMALLY INVASIVE MODERN FULL MOUTH REHABILITATION

An inter branch FULL DAY CDE WITH HANDS ON by 6 branches

**Sunday**  
11th MAY 2025

**Time**  
9:00 AM - 5:00 PM

**Hotel Broad Bean, Vyttila**

**Hands On**  
on overlay preparation  
Demonstration on Facebook Transfer and Articulation

**Principal Sponsor**  
3M  
Sponsored by IDA

**Dr. Sheetal B Saklecha**  
MDS

For IDA members:  
Lecture only - Rs 800  
Lecture + Hands On - Rs 2000

For Non IDA members:  
Registration + Membership Fees

**For Registration contact**  
Dr Ebin TM-8129920737



IDA KERALA STATE BRANCH  
Presents

### 5th STATE CDE PROGRAMME

## BIOMIMETIC POST ENDODONTIC RESTORATIONS

Lecture, Demonstration and Hands-on  
Overlays, crownlays, veneerlays, table tops and more...

**Let's learn**

- Case selection
- Tooth preparation
- Bonding protocols...

**Faculty**  
Prof. Dr. NARASIMHAN BHARADWAJ

**27th April, 2025**

**Annoor Dental College**  
Moovattupuzha

**Registration**  
(for IDA members only)  
Lecture only - Rs. 600/-  
Lecture + Hands-on: Rs 2600/-  
(Take home material worth Rs 2000/-)

**For Registration Contact**  
DR. SUBASH K MADHAVAN  
PRESIDENT IDA KSB

**DR. SIDDHARTH V NAIR**  
NON. SECRETARY IDA KSB

**DR. LANU ABRAHAM**  
CDE CHAIRMAN IDA KSB

**Dentsply Sirona**





## WDC ACTIVITIES

The Women's Dental Council (WDC) of IDA Kochi is a crucial organization committed to empowering and advancing female dental professionals. It addresses the specific challenges and opportunities women in dentistry encounter by offering targeted professional development through workshops, seminars, and continuing education. The WDC also cultivates a strong network and mentorship system, building a supportive community for shared experiences and growth. Beyond professional development, the council actively advocates for women's leadership within the dental community and participates in impactful community outreach programs focused on oral health for women and children. Recognizing the importance of work-life balance, the WDC provides resources and support to help women manage their careers and personal lives, aiming to create an equitable and inclusive environment where women in dentistry can truly thrive.

### Creating a secure workplace - 25.04.2025

Awareness Program at the 4th Monthly meet on **EMPOWER WOMEN, ENSURE SAFETY AT WORK**

Resource Person: Ms. Seema Sunil, Founder, 'The Happiness Quotient' and Corporate Trainer

### Dermacare for Dental Divas - 30.05.2025

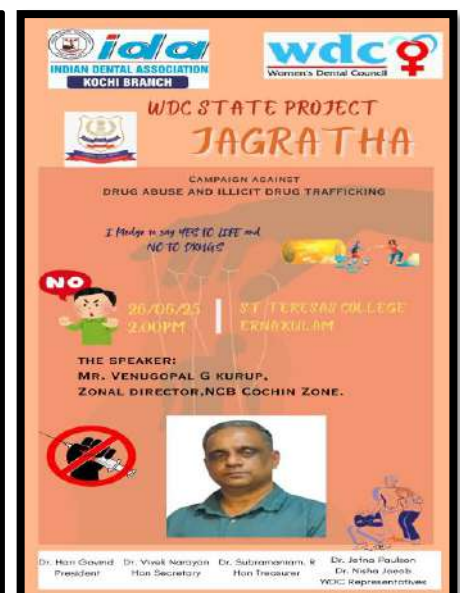
Awareness session during the 5th Monthly meeting **BALANCING SKIN, STRESS, & SELF CARE**

Resource Person: Dr. Annu Jayan, Consultant Dermatologist

### JAGRATA- 26.06.2025

**CAMPAIGN AGAINST DRUG ABUSE** at St. Teresa's College, Ernakulam.

Resource Person: Mr. Venugopal Kurup, Zonal Director, NCB, Cochin.





## CULTURAL ACTIVITIES

IDA Kochi has a vibrant Cultural Committee that enriches the association's activities by organizing events that celebrate the diverse cultural heritage of Kerala and beyond

**25.04.2025 - Dance Program conducted during the 4th Monthy Meet**

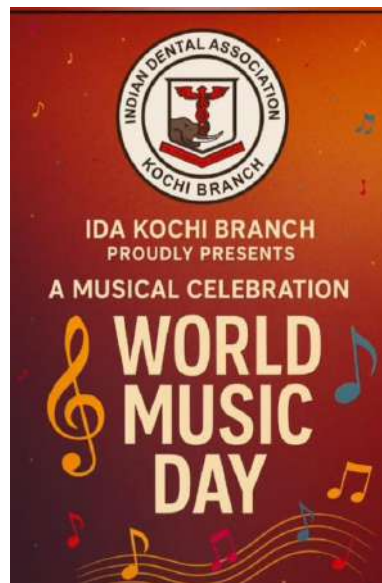
### HARMONY BEYOND THE CLINIC: IDA KOCHI'S VIBRANT MUSIC CLUB

The Music Club serves as a platform for members to showcase their vocal, instrumental, and even dancing prowess. These events are not just about entertainment; they are about fostering camaraderie, de-stressing from professional pressures, and celebrating the diverse talents that lie within the IDA Kochi family.

**World Music Day – 21<sup>st</sup> June**



Music club meetings – May 29<sup>th</sup> and June 12<sup>th</sup>



### FREEDOM DRIVE 2025 - PARTICIPATION AND AWARDS

IDA Kochi participated in the Freedom Drive event organized by the IDA Cochin Airport Branch and bagged many prizes.

1. Dr. Prasanth PS and Dr Meera Gopalakrishnan - First in Masters category
2. Dr. Madhu Hariharan and Shana Madhu - Second in Family Category
3. Dr. Siby T Chennankara and Dr Alto Franc- Third in open category
4. Dr. Sachin & Dr. Mohammed Sajadh- Fourth in open category





## COMMUNITY DENTAL CENTRE OF IDA KOCHI

Showing a strong commitment to social responsibility, IDA Kochi launched a pioneering Community Dental Centre in Chalikyavattom, Kochi, providing free dental treatment to those in need. This venture, among the first of its kind by an IDA branch in the state, addresses the critical need for accessible dental care for underprivileged populations..

Dates: 1st and 3rd Sundays of every month, Time: 10:00 am to 12:30 pm



Date	Volunteer
06.04.2025	Dr. Sunil Mathew
20.04.2025	Dr. Vivek Narayan
04.05.2025	Dr. Sunil Mathew
18.05.2025	Dr. Ajit P, Dr. Skariah K S
01.06.2025	Dr. S Radhakrishnan
15.06.2025	Dr. Brijitha Manoj, Dr. Sheethal Mohamed Sherif



## SPORTS ACTIVITIES

Despite demanding schedules, IDA Kochi members actively embrace sports, demonstrating remarkable enthusiasm and a commitment to holistic well-being. This participation not only reveals a passion for sports and games, but also strengthens community bonds, proving their ability to seamlessly integrate professional responsibilities with a healthy, active lifestyle for a more vibrant IDA Kochi.

IDA Kochi Football team participated in the state event DENTSOCER, held at Palakkad on 4th May 2025.

Practice sessions are in full swing for the upcoming IGNITE - Table tennis and Badminton tournaments, organized by IDA Pala in July 2025.



## INTRA BRANCH FOOTBALL TOURNAMENT

The Indian Dental Association (IDA) Kochi Branch successfully hosted an Intra-Branch Football Tournament on Sunday, June 22, 2025. The event, a highlight in the IDA Kochi calendar, brought together approximately 80 enthusiastic players across four men's teams and 2 women's teams and kids team, showcasing not only their football skills but also the strong bonds within the dental community.





## PUBLICATIONS

### JIDA Kochi (Journal) – 1<sup>st</sup> Issue

The **Journal of Indian Dental Association, Kochi (JIDA Kochi)** stands as a significant contribution to dental research and clinical practice.

This peer-reviewed scientific journal provides a vital platform for dental professionals to disseminate original research articles, clinical case reports, systematic reviews, and advancements across all specialties of dentistry.

The journal aims to enhance knowledge and clinical applicability, ultimately contributing to improved patient care.

The first issue of JIDA Kochi for this year was released in April 2025, marking another step forward in promoting scientific discourse and academic excellence within the dental fraternity.



### IDA Kochi Dental Times (Newsletter)



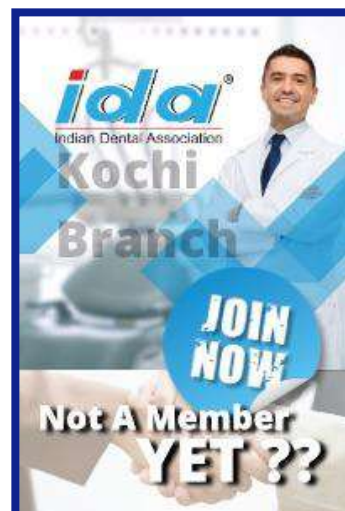
**Release of 1<sup>st</sup> issue:** Complementing the scientific rigor of JIDA Kochi is the branch's engaging newsletter, IDA Kochi Dental Times. This **tri-monthly publication** serves as the pulse of the IDA Kochi community, offering a vibrant overview of the branch's diverse activities, member achievements, and the evolving local dental landscape.

The first issue of the newsletter was released in March 2025.

## IDA Membership benefits

Membership in the IDA provides a comprehensive array of benefits designed to support dental professionals throughout their careers. It offers valuable opportunities for professional development through continuing dental education programs, workshops, and conferences, ensuring members stay abreast of the latest advancements in dentistry. The IDA fosters a strong sense of community by facilitating networking with fellow dentists, specialists, and industry professionals, promoting collaboration and peer support. As a unified voice, the IDA advocates for dentists' interests, representing them in matters of policy and public health.

For details regarding IDA membership, contact Dr. Vivek Narayan (Secretary) +91 98953 19384



**HOPE (Professional Protection Scheme and Benovelent Scheme)**

**HOPE MEDI (Health Insurance)**

**HOPE ASSURE (Extended Professional Indemnity, Clinic insurance)**

## IDA HOPE (Help Offered to Professionals in Emergency)

IDA HOPE is a merged policy of Public Protection Scheme and Social Security, started in 2007 and running successfully ever after. It includes life insurance, health insurance, and clinic protection, along with legal support. Access to publications, online resources, and industry updates enhances professional knowledge, while membership itself bolsters credibility and standing within the dental community.

For details regarding IDA HOPE, contact, Dr. Sijo P Mathew (HOPE - Incharge) +91 94963 57172

## Journal of IDA Kochi – JIDAK – Call for papers



The Journal of IDA Kochi (JIDAK) is the official scientific publication of the Indian Dental Association, Kochi Branch, published since 2019. It serves as a platform for disseminating valuable research and knowledge within the dental and allied health sciences.

The second issue of 2025 is set to be released in the month of July.

Inviting **Original Research, Review and Case Reports** manuscript submissions.

Mail your submissions to [jidakochi@gmail.com](mailto:jidakochi@gmail.com)

Visit [www.idakochi.org/publications.htm](http://www.idakochi.org/publications.htm) to access the archives of the journal issues

Contact: Dr. Pooja Latti (Chief Editor) +91 9916260249 for further details

**Contribute to the advancement of Dentistry! PUBLISH & FLOURISH**