

IDA KOCHI DENTAL TIMES

NEWSLETTER PUBLISHED BY THE INDIAN DENTAL ASSOCIATION, KOCHI BRANCH

VOLUME 1, ISSUE 3

JULY - AUGUST 2025



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Editorial

Dear Readers,

It gives me immense pleasure to present the July–August 2025 issue of *IDA Kochi Dental Times*. This edition captures the vibrant spirit of our branch over the past months—be it in our Executive Committee deliberations, impactful CDH initiatives, enriching CDE programs, or the camaraderie shared during our much-loved houseboat tour to the Venice of the East. Each event featured here is a testament to the dedication, unity, and vision of our members, and to the commitment we share in uplifting our profession and serving the community.

As we release this newsletter on **15th August 2025**, it is only fitting to extend my warm wishes to all on the occasion of **India's 79th Independence Day**. Let us celebrate the freedom we cherish, honor the sacrifices that made it possible, and reaffirm our responsibility as professionals and citizens to build a healthier, stronger nation. May we continue to work with the same passion and integrity that define our branch, carrying forward the spirit of unity and service that this day embodies.

Happy Reading, and Happy Independence Day!



Dr.. Pooja Latti
(Chief Editor)

President's Message

Dear Members,

IDA Kochi is delighted to announce the release of the third edition of our newsletter, highlighting the vibrant activities and initiatives of our branch. Through this publication, we aim to keep you informed and engaged with our various events, pursuits, and projects. We warmly invite you to contribute your stories, insights, and experiences to help make our newsletter even more dynamic and inspiring. My heartfelt gratitude goes to our editor, Dr. Pooja Latti, and her dedicated team for their hard work and commitment in bringing this edition to life.

Dr.. Hari Govind B
(President)



Secretary's Message

Dear Members,

It gives me immense pleasure to connect with you through this edition of our quarterly newsletter. The past months have been filled with vibrant activities, academic programs, community outreach endeavors and moments of camaraderie that truly reflect the spirit of IDA Kochi Branch. A special note of appreciation goes to our dedicated sports coordinators and the talented players who brought glory to our branch by bagging the overall trophy at the badminton and table tennis event organized by IDA Pala, and securing runners-up position in the first-ever ladies throw ball event hosted by IDA Kodungalloor Branch.

I would also like to compliment our hardworking editorial team for their creativity, dedication, and timely efforts in bringing out yet another engaging and informative newsletter. Let us continue to grow together, fostering both professional excellence and a strong sense of community.

Dr.. Vivek Narayan
(Hon. Secretary)



IDA Kochi Office Bearers 2024-2025



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President



Dr.. Vivek Narayan
Hon. Secretary



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Hon. Treasurer



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President Elect



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Immediate Past President



Dr.. Joy Kurian
Vice President 1



Dr.. Mathew Varghese
Vice President 2



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Joint Secretary



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CDH Representative



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CDE Representative



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Cultural Incharge



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Asst. Co-ordinator Cultural Committee



Dr.. Nabeel Backer
Asst. Co-ordinator Cultural Committee



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Rep. to State



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Rep. to State



Dr.. Bindu Rachel
Rep. to State



Dr.. Sunil Mathew
Rep. to State



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Rep. to State



Dr.. Siby T Chennankara
Rep. to Central Council



Dr.. Afzal V A
Advisor to EC



Dr.. Ajith P
Advisor to EC



Dr.. V I Paul
Advisor to EC



Dr.. Jayakumar
Advisor to EC



Dr.. Winston George
Advisor to EC



Dr.. K L Baby
Advisor to EC



Dr.. Noorudeen A M
Advisor to EC



Dr.. C R Vijayasankaran
Advisor to EC



Dr.. Mathew Varghese
Nominee to District Committee



Dr.. Bindu Rachel
Nominee to Labour Sub-committee



JULY - AUGUST 2025

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EC Meetings

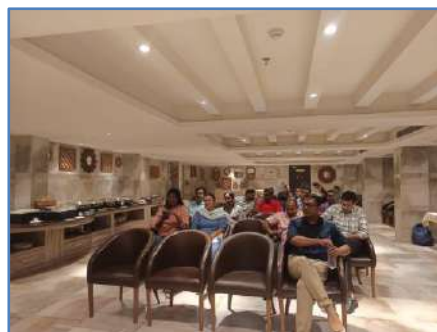
'Steering IDA Kochi towards brighter smiles'

'EC meetings are the heartbeat of our branch—keeping ideas alive, actions on rack, and our vision moving forward.'

The Executive Committee of IDA Kochi Branch are convened regularly to review ongoing initiatives, discuss upcoming programs, and plan activities. The meetings witness active participation from office bearers and committee members, fostering meaningful deliberations on professional development programs, community outreach projects, and member engagement strategies. Key decisions are taken to enhance the quality of CDE programs, strengthen public health awareness campaigns, and streamline branch operations. The meetings conclude with a renewed commitment to advancing the objectives of IDA and promoting excellence in dentistry within the region.



7th EC MEETING - 11.07.2025 @ Hotel Luminara



8th EC MEETING - 08.08.2025 @ Hotel Luminara

CDH ACTIVITIES

'CDH Wing of Kochi - Spreading Smiles, Strengthening Communities..'

This quarter, the CDH team of IDA Kochi Branch continued its mission of promoting oral health awareness and delivering preventive care to the community. Outreach programs were conducted at schools, community centers, and rural health camps, reaching diverse age groups with interactive health talks, and dental screenings. Five CDH activities were conducted in last 2 months.

CDH Activity No. 8

Date: 01.07.2025

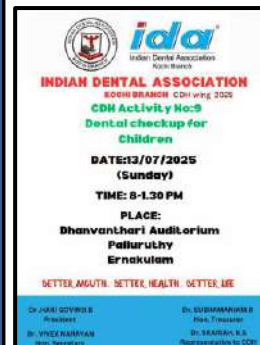
Doctor's Day - Dental check up camp and awareness session for PTA @ Le'Cole Chepaka International School



CDH Activity No. 9

Date: 13.07.2025

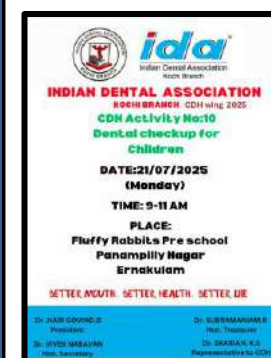
Dental Check-up for children at Dhanvanthri Auditorium, Palluruthy, Kochi



CDH Activity No. 10

Date: 21.07.2025

Dental Check-up for children at Fluffy Rabbits Pre School, Panampilly Nagar, Kochi



CDH Activity No. 12

Date: 10.08.2025

Dental Check up at Mar Koorilose Bava Syrian Church, Ayyappankavu, Kochi



CDH ACTIVITY II: **National Oral Hygiene Day @ Sneha Bhavan Orphanage, – 2nd August 2025**

‘Healthy mouth, healthy body..’

Oral Hygiene Day is observed across India on 1st August every year to commemorate the birth anniversary of Dr.. G.B. Shankwalkar, the doyen of Indian Periodontology and a pioneer in promoting oral health awareness. The day serves as a nationwide reminder of the importance of maintaining good oral hygiene as a key component of overall health.

IDA Kochi Branch joined the nation in observing Oral Hygiene Day on 2nd of August 2025, with a CDH activity – a dental check up camp at Sneha Bhavan Orphanage, Palluruthy, Kochi



CDE Programs

'Continuing education for continuing excellence'


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. Topics selected that are directly relevant to current dental practice.

Date: 13.07.2025

Topic: Anterior esthetics, complications & management of dental implant prosthesis.

Speaker – Dr. Ramesh Choudhary

Venue: Hotel Radisson Blu, Kochi



ida
INDIAN DENTAL ASSOCIATION
KOCHI BRANCH

**ANTERIOR ESTHETICS,
COMPLICATIONS & MANAGEMENT OF
DENTAL IMPLANT PROSTHESIS**

LEARN FROM THE LEADERS

SUNDAY
13 JULY 2025
09.30 AM - 05.00 PM

**RADISSON BLU,
SAHODARAN AYYAPPAN RD,
KOCHI**

Speaker
Dr. Ramesh Choudhary
MDS Prosthodontics

- Chief, Branemark Osseointegration Center India.
- Professor of Prosthodontics, Shree Sidhartha Dental College, Tumakuru.
- PhD in Prosthodontics from Malmö University, Sweden.
- An internationally recognized implantologist with 4 patents and over 150 publications.

REGISTRATION FEE

Lecture **FREE!**
₹2500/- Lecture + Hands-on on dummy implants
₹5000/- Lecture + Hands-on on dummy implants
+ FREE Implant worth ₹7500/-

Supported by **D:O IMPLANT**

MORE INFORMATION Lt. Col. Dr. Krishan K Nair
+91 97785 19852

Dr. Hari Govind B President
Dr. Vivek Narayan Hon. Secretary
Dr. Subramaniam R Hon. Treasurer
Lt. Col. Dr. Krishan K Nair CDE Convenor




CDE Program by IDA, KSB, co-hosted by IDA, Kochi branch: **AUTHORKRAFT 5**

Date: 28.07.2025

Topic: Reviewer's Workshop, Kerala Dental Journal

Speakers – Dr. Joseph Edward, Dr. Venkat Ramana Reddy Dr. Jayanthi P

Venue: Amrita School of Dentistry, Kochi.




INDIAN DENTAL ASSOCIATION
KERALA STATE BRANCH

Supported by
Amrita School of Dentistry
DEPARTMENT OF OMFS
&
IDA Kochi Branch

"AUTHOR KRAFT -5"
REVIEWER'S WORKSHOP
KERALA DENTAL JOURNAL

journals.lww.com/ksdj

Venue : Mini Auditorium
Amrita School of Dentistry



Date. : 28.07.2025
Time : 9.00 am - 1.00 pm



UPCOMING NATIONAL CDE Program hosted by IDA KSB & IDA, KOCHI

Date: 14..09.2025

Topic: Esthetic Conclave 2025

Speakers: Dr. Rajeev Pillai, Dr. Jojo Kottoor, Dr. George Jacob, Dr. Meera Gopalakrishnan, Dr. Kavita Kumar, Dr. Jaibin George, Dr. Jojo Vallamattam

Venue: IMA House, Kaloor. Kochi





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National CDE

Esthetic Conclave 2025

Unleashing the wide potential
of Esthetic Dentistry!

Sunday, 14 September 2025

08:30 Am

IMA House, Kaloor

Lt. Col. Dr. Krishan K Nair
9778519852

Registration Fee
Early Bird

Rs 1500/-
(till 15th August)

Scan & Pay



INDIAN DENTAL ASSOCIATION
KOCHI BRANCH



Dr. Rajeev S Pillai



Dr. Jojo Kottoor



Dr. George Jacob



Dr. Meera Gopalakrishnan



Dr. Kavita Kumar



Dr. Jaibin George



Dr. Jojo Joseph Vallamattam





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Esthetic Conclave 2025

Unleashing the wide potential of Esthetic Dentistry!

Date : 14 Sep 2025

Venue: IMA House

8.30 am Registration

8.45 am Inauguration

Dr. Rajeev S. Pillai (9.00 am to 10.00 am)
Direct composites for Midline diastema - Tips and Tricks

Dr. Jojo Kottoor (10.00 am to 11.00 am)
Posterior composite restorations- The Dos and Don'ts

Dr. George Jacob (11.00 am to 12.00 pm)
Porcelain Laminate Veneers - The 10 point check list

Dr. Meera Gopalakrishnan (12.00 pm to 01.00 pm)
Posterior Indirect Restorations - Protocols for Success

1.00 to 2.00 pm Lunch Break

Dr. Kavita Kumar (02.00 pm to 03.00 pm)
Pediatric Esthetics- Winning the little hearts

Dr. Jaibin George (03.00 pm to 04.00 pm)
Implant Esthetics - The less spoken but more relevant

Dr. Jojo Joseph Vallamattam (04.00 pm to 05.00 pm)
Achieving Esthetics using TAD in Orthodontics - All we need to know

5.00 pm to 5.30 pm Panel Discussion.

5.30 pm Closing Ceremony

PUBLICATIONS

JIDA Kochi (Journal) – 2nd Issue (Volume 7)

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



IDA Kochi Dental Times (Newsletter) – 2nd Issue (Volume 1)



Release of 2nd 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 2nd issue of the newsletter was released in June 2025 at the IDA KSB state-level event held on National Public Health Dentistry Day at Kochi by Dr. Subash K Madhavan, President & Dr. Siddharth V Nair, Hon. Secretary, IDA KSB.

SPORTS ACTIVITIES

IDA Kochi members actively embrace sports, demonstrating remarkable enthusiasm and a commitment to holistic well-being.

Date: 20.07.2025

IDA Kerala state Badminton and Table Tennis tournament conducted at Pala.

IDA KOCHI WERE THE CHAMPIONS



TABLE TENNIS

- 👉 Under 45 Mens doubles: Dr. Mishal & Dr. Gis - Gold 🏆 1
- 👉 Under45 Mixed Doubles: Dr. Mishal & Dr. Jancy - Gold 🏆 1
- 👉 Under45 Singles: Dr. Mishal - Gold 🏆 1
- 👉 Under 45 women's doubles: Dr. Jancy & Dr. Brijitha - Bronze 🏆 3
- 👉 Veterans Mens Singles: Dr. Binu - Gold 🏆 1
- 👉 Veterans Mens Doubles: Dr. Binu & Dr. Madhu - Silver 🏆 2
- 👉 Vetarans Mixed Doubles: Dr. Binu & Dr. Aishwarya - Gold 🏆 1
- 👉 Veterans Womens Singles: Dr. Aishwarya Gold 🏆 1
- 👉 Vetarans Womens Doubles: Dr. Aishwarya & Dr. Meera - Silver 🏆 2
- 👉 Veterans Mixed Doubles: Dr. Krishan and Dr. Meera - Bronze Medal 🏆 3

BADMINTON

- 👉 Under45 Womens Singles: Dr. Jancy - Gold 🏆 1
- 👉 Under45 Mixed Doubles: Dr. Madhu & Dr. Jancy - Gold 🏆 1
- 👉 Veterans Mens Singles: Dr. Madhu - Silver 🏆 2
- 👉 Vetarans Mens Doubles: Dr. Madhu & Dr. Abdulla - Gold 🏆 1
- 👉 Veterans ' Women's Doubles: Dr. Aishwarya and Dr. Meera - Silver 🏆 2
- 👉 Vetarans Mixed Doubles: Dr. Abdulla & Dr. Neetha - Bronze 🏆 3

Sports In-charges: Dr. Savio Joseph & Dr. Jose Sunny

SPORTS ACTIVITIES

Date: 10.08.2025

IDA Kerala state Women's Throwball event , a first of its kind was conducted at Triprayar by IDA Kodungallur.

IDA KOCHI WERE THE RUNNERS-UP OF THE TOURNAMENT



THROW BALL TEAM

Coach: Dr. Arjun

Sports In-charges: Dr. Savio Joseph & Dr. Jose Sunny

1. Dr. Lakshmi
2. Dr. Preethika
3. Dr. Arunima
4. Dr. Ramziya
5. Dr. Anju
6. Dr. Nivya
7. Dr. Seethal
8. Dr. Olivia
9. Dr. Jancy
10. Dr. Stacey
11. Dr. Ann
12. Dr. Swathi
13. Dr. Shija

COMMUNITY DENTAL CENTRE OF IDA KOCHI

'Community Dental Centre - Because Every Smile Deserves Care..'

The Community Dental Centre, a flagship charitable initiative of IDA Kochi, stands as a beacon of service and compassion. Operating on the 1st and 3rd Sundays of every month, the centre offers free dental consultations and treatments to those in need, ensuring that quality oral healthcare is accessible to all, regardless of financial barriers. Staffed by dedicated IDA Kochi member dentists and volunteers, this clinic reflects the association's enduring commitment to community welfare and public health. Through this noble endeavour, IDA Kochi continues to spread smiles, promote oral health, and make a meaningful difference in people's lives

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



| Date | Volunteer |
|------------|----------------------------|
| 06.07.2025 | Dr. Faizal K A |
| 20.07.2025 | Dr. Nabeel Backer |
| 03.08.2025 | Dr. Sudheer Kumar R Prabhu |



IDA BRANCH TOUR

'From Smiles to Sunsets - Our Journey to the Venice of the East..'

Backwater Getaway - IDA Kochi Branch Houseboat Trip On 3rd August 2025, 47 participants, including IDA Kochi Branch members and their families, came together for a memorable day on the serene backwaters of Alappuzha - the Venice of the East. The group set sail on a spacious houseboat, enjoying the gentle sway of the waters, panoramic views of lush paddy fields, and the charm of village life along the banks. The day was filled with laughter, camaraderie, and delicious Kerala cuisine served fresh on board. Members relaxed, shared stories, and strengthened bonds beyond the professional sphere, making it a perfect blend of leisure and fellowship. The trip was a refreshing break from routine and a reminder of the joy of togetherness that defines the IDA Kochi family.



IDA, Kochi MUSIC CLUB

— held on 8th July 2025 @Me Square, Kochi



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 third issue of 2025 is set to be released in the month of October.

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

Mail your submissions to jidakochi@gmail.com

Visit 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