

IDA KOCHI DENTAL TIMES

NEWSLETTER PUBLISHED BY THE INDIAN DENTAL ASSOCIATION, KOCHI BRANCH

VOLUME 1, ISSUE 4

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Editorial

Dear Members of IDA Kochi,

It is with immense pride and joy that I present this issue of *IDA Kochi Dental Times*, chronicling yet another inspiring quarter in our branch's journey. The months from August to October 2025 have been a celebration of achievement, dedication, and togetherness—values that define the spirit of IDA Kochi.

We scripted history by securing a **hat-trick victory at the IDA Cultural Meet, Chilamboli**, and proudly brought home the **Overall Championship Trophy both for on-stage and off-stage events**. This remarkable feat stands as a testament to the creativity, unity, and enthusiasm of our members. On the academic front, the **National CDE Program – Esthetic Conclave 2025** was a resounding success, drawing practitioners and academicians from across the country. The program reflected our steadfast commitment to continuous learning and professional excellence. In the arena of sports, **Celerity 2025**, the IDA Kerala State Athletics Meet hosted by our branch, showcased outstanding participation and teamwork, strengthening the bonds of friendship and sportsmanship within our dental fraternity.

Our **Community Dental Health initiatives** continued to touch lives, spreading awareness and extending quality dental care to those in need—reinforcing the humanitarian essence of our profession.

As we move forward, may we carry this spirit of unity, service, and excellence into all our endeavors. My heartfelt gratitude to the President, Hon. Secretary, Executive Committee, Editorial Team, and every member whose unwavering support makes IDA Kochi a shining example of collective success.



Dr. Pooja Latti
(Chief Editor)

President's Message

Dear Members of IDA Kochi Branch,

It is with immense pride and joy that I address you in the 4th issue of our branch newsletter. The past quarter has been nothing short of spectacular, marked by **outstanding achievements** across all fronts—academic, cultural, and sports. These successes are a powerful testament to the multifaceted talent, dedication, and vibrant spirit of every member of the IDA Kochi family.

Our members showcased their creative flair and camaraderie, securing **triumph for the 3rd consecutive time in the IDA Cultural Meet, 'Chilamboli'**, that truly illuminated the artistic brilliance within our branch. We also proudly hosted the **Celerity 2025—the IDA KSB Athletics Meet and a National CDE program**.

These are a reflection of the **unity and collective dynamism** that defines IDA Kochi. They prove that when we come together, we excel not just as professionals, but as a strong, integrated community.

Let us carry this momentum forward. I extend my heartfelt gratitude to the coordinators, participants, and volunteers who made these successes possible.

Together, we continue to make IDA Kochi not just a branch, but a vibrant and inspiring community.

Dr. Hari Govind B
(President)



Secretary's Message

Dear IDA Kochi Members,

I am delighted to greet you in this, the **3rd edition of the IDA Kochi Dental Times!**

The past few months have been nothing short of historic, demonstrating the incredible spirit and caliber of IDA Kochi:

- **Cultural Dominance:** We achieved a **historic hat-trick** by winning the **IDA Cultural Meet, 'Chilamboli,' for the third consecutive time!** This monumental victory was capped by our branch claiming the **first-ever Overall Championship Trophy**—a proud moment for every member.
- **Sporting Excellence:** We successfully and seamlessly hosted **Celerity 2025—the IDA KSB Athletics Meet**
- **Professional Growth:** Our commitment to education was demonstrated through the successful hosting of the **National CDE Program**. I thank the wonderful team of speakers, most of them our members, for their excellent presentations.

These achievements are a collective victory. My sincere gratitude goes out to **the President, Hon. Treasurer, the Executive Committee, and every single member** for your dedication, teamwork, and invaluable participation.

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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Asst. Co-ordinator Cultural Committee



Dr. Nabeel Backer
Asst. Co-ordinator Cultural Committee



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Nominee to District Committee



Dr. Bindu Rachel
Nominee to Labour Sub-committee





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EC Meetings

Where ideas spark, actions align, and our vision thrives.

The Executive Committee meetings are truly the heartbeat of IDA Kochi Branch – energizing ideas, ensuring progress, and steering our collective vision forward. Convened regularly, these meetings serve as a vital platform to review ongoing initiatives, discuss forthcoming programs, and plan future activities. The active participation of office bearers and committee members fosters thoughtful deliberations on professional development, community outreach, and member engagement. Key decisions emerging from these sessions strengthen the quality of CDE programs, enhance public health initiatives, and streamline branch operations. Each meeting concludes with a renewed sense of purpose and commitment to advancing the objectives of IDA and promoting excellence in dentistry across the region.



9th EC MEETING – 12.09.2025 @ Hotel Luminara



10th EC MEETING – 10.10.2025 @ Hotel Luminara

CDH ACTIVITIES

‘CDH Wing of Kochi – Spreading Smiles, Strengthening Communities..’

During September and October months, the CDH team of IDA Kochi Branch remained steadfast in its mission to promote oral health awareness and provide preventive dental care to the community. A series of outreach programs were organized across schools and palliative care centers. These initiatives stand as a testament to the branch’s enduring commitment to enhancing oral health and serving the community with compassion, professionalism, and purpose.

CDH Activity No. 13

Date: 22.08.2025

**Cochin Shipyard in
association with Shanthi
Bhavan Palliative Care
Hospital, Thrissur**



CDH Activity No. 14

Date: 24.09.2025

**Dental Checkup camp at
Marthoma Kindergarten,
Vytilla, Kochi**



CDH Representative : Dr. Skariah K S.

CDE Programs

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



The Indian Dental Association, Kochi Branch, in association with IDA Kerala State and IDA Head Office, successfully organized **Esthetic Conclave 2025 on 14th September 2025 at IMA House, Kaloor, Kochi**. The conclave, themed “*Unleashing the Wide Potential of Esthetic Dentistry*”, was a National CDE program that brought together eminent speakers and enthusiastic participants from across Kerala. The event witnessed an overwhelming attendance of **more than 250 delegates**, including practitioners, postgraduate students, and academicians, making it one of the most significant esthetic dentistry gatherings in recent times.

The scientific sessions commenced after the inaugural ceremony, with expert lectures delivered by distinguished. **The Chief Guest of the Day was Dr. Narendra Kumar M (Chairman, CDE, IDA HO)**, who also released the IDA Insights - CDE Newsletter of IDA KSB. **Dr. Subash K Madhavan (President, IDA KSB)**, **Dr. Plato Palathingal and Dr. Biju A Nair (Vice Presidents, IDA KSB)**, **Dr. Eapen Thomas (President Elect IDA KSB)**, **Dr. Terry Thomas Edathotty (Immediate Past President IDS KSB)**, **Dr. Lanu Abraham (CDE Chairman, IDA KSB)**. **Surgeon Captain (D) Priyavrat Soni (Officer I/C Dental Centre, INHS Sanjivani, Naval Base, Kochi)**, were the dignitaries present.

The sessions covered a wide spectrum of topics ranging from direct and posterior composite restorations, porcelain laminate veneers, pediatric esthetics, implant esthetics, and the role of TAD in orthodontics, providing delegates with practical insights and clinically relevant knowledge. Each session was well-received, and the lively panel discussion further enriched the academic exchange.

The success of **Esthetic Conclave 2025** stands as a testament to the commitment of IDA towards continuous dental education and professional development.

NATIONAL CDE Program – Esthetic Conclave hosted by IDA KSB & IDA, KOCHI, 14.09.2025



CDE Representative : Lt. Col. Dr. Krishan K Nair

MONTHLY MEET – ONAM CELEBRATION

Date: 31.08.2025

Venue: Alfa Horizon, Vallarpadam, Kochi



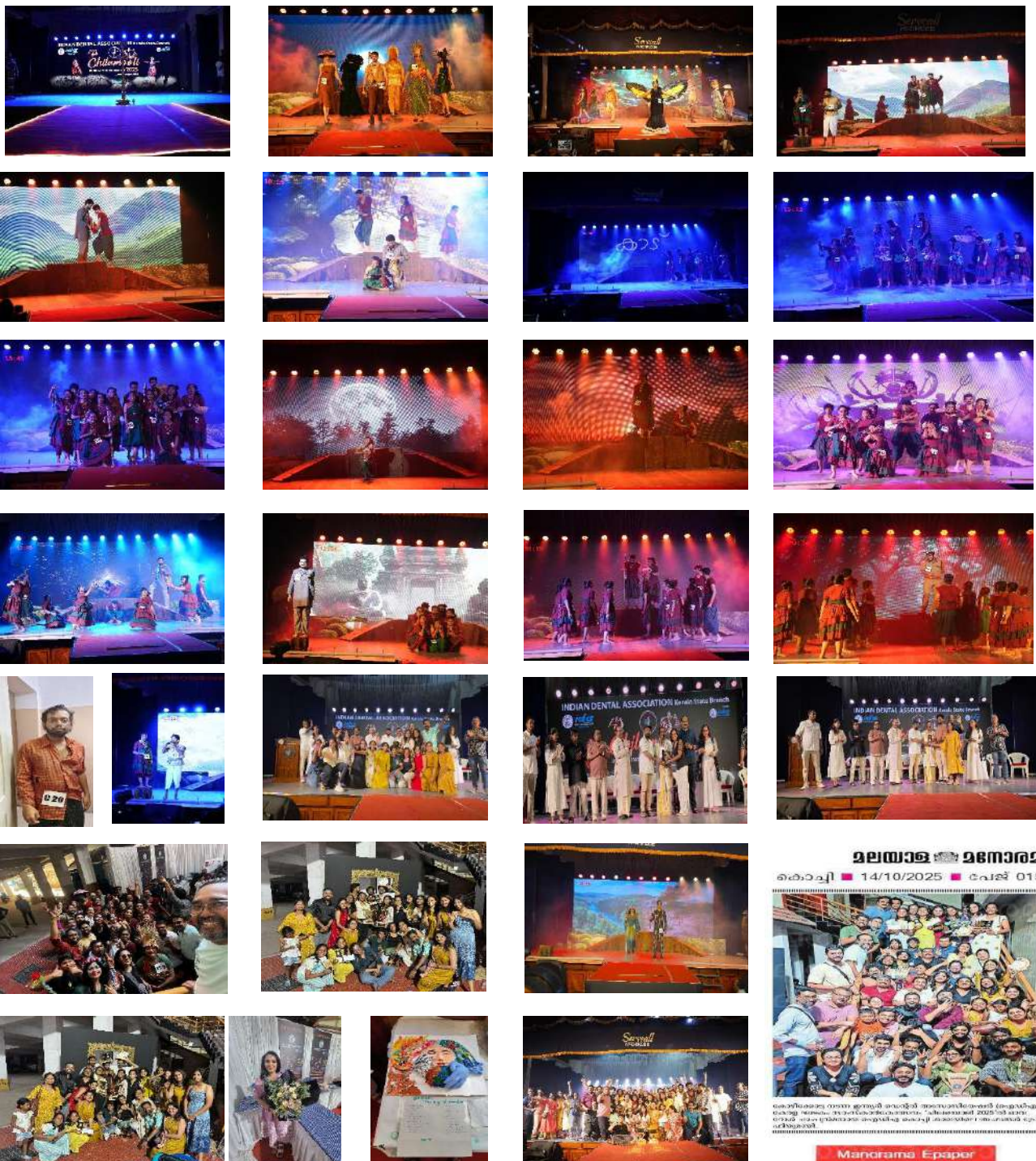
CULTURALS

IDA Kerala State Branch Cultural Day CHILAMBOLI 2025

Date: 06.10.2025

Venue: Nalanda Auditorium, Kozhikode; Host: IDA Malabar Branch

The Indian Dental Association, Kochi Branch, participated in the Kerala State Cultural Event CHILAMBOLI and were the **Overall Champions in both on-stage and off-stage events**



CULTURALS

IDA Kerala State Branch Cultural Day CHILAMBOLI 2025

Date: 06.10.2025

Venue: Nalanda Auditorium, Kozhikode; Host: IDA Malabar Branch

ON-STAGE EVENTS

- 🎤 **Duet Song (3rd Prize)**
Dr. Parvathy & Dr. Vyshakh
- 🎶 **Group Dance – 1st Prize**
Mesmerizing moves, perfect rhythm!
- 👗 **Fashion Show – 2nd Prize**
Elegance meets confidence!

OFF-STAGE EVENTS

- 🌸 **Bouquet Making – 1st Prize**
Dr. Binila & Dr. Parvathy
- 🎨 **Dental Art – 1st Prize**
Dr. Sunil Mathew, Dr. Binila & Dr. Rini
- 📖 **Short Story Writing (Junior – English)**
Ms. Hannah Mariam Varkey
- 📖 **Short Story Writing (Kids – English)**
Ms. Vanshika Vivek Narayan
- 📖 **Poetry Writing (Hindi)**
Lt. Col. Dr. Krishnan K. Nair
- 📖 **Poetry Writing (English – Junior)**
Ms. Hannah Mariam Varkey
- 👕 **T-Shirt Painting – 1st Prize**
Dr. Waheda Pyarilal
- 🖍️ **Pencil Drawing – 1st Prize**
Dr. Waheda Pyarilal



CULTURAL CO-ORDINATORS

- Dr. Seema George
- Dr. Zeritta Stanley

Asst. Co-ordinators

- Dr. Lakshmi Priya
- Dr. Nabeel Backer

🏆 ✨ **OVERALL CHAMPIONSHIP WINNERS!** ✨ 🏆
(Both On-stage and Off-stage)

SPORTS ACTIVITIES



CELERITY 2025

**IDA Kerala State Athletics Meet,
Hosted by IDA Kochi Branch
26.10.2025, at Maharaja's College Stadium and St.
Albert's College Ground, Kochi**

The Indian Dental Association (IDA), Kochi Branch, was the proud host of Celerity 2025 - the athletics Meet organized by IDA Kerala State branch. The event brought together over **300 dental surgeons** from 25 IDA local branches across Kerala for a day of spirited competition and camaraderie.

The inaugural ceremony was held at 10:30 a.m. on Sunday, 26th October 2025, at Maharaja's College Ground, Ernakulam, with Olympian Mercy Kuttan as the Chief Guest and Dr. Santosh Thomas, President, Kerala Dental Council as Guest of Honor. Dr. Plato Palathingal (Vice President IDA Kerala State), Dr. Rajeev K G (Sports Convener, IDA Kerala State), and Dr. Terry Thomas Edathotty (Immediate Past President, IDA Kerala State), spoke on the occasion.

The events took place at Maharaja's College Stadium and St. Albert's College Ground. The meet featured 55 athletic events across various categories. The valedictory function was held at 5:30 p.m. with Smt. Uma Thomas, Hon. MLA, Thrikkakara as the Chief Guest.



**IDA Kondotty Branch
Emerged the Overall
Champions with 138
points, followed by the
hosts IDA Kochi Branch as
Runners up with 130
points**

IDA Kerala State Athletics Meet - CELERITY 2025 - Leader Board

1	IDA Kondotty	138
2	IDA Kochi	130
3	IDA Malabar	119
4	IDA Palakkad	119
5	IDA Chalakkudy	89

SPORTS ACTIVITIES



SPORTS ACTIVITIES



🏆 Sports Meet Results- IDA Kochi Branch

👤 Tug of War - Women

🥈 II Prize

🏃 4x100 m Relay - Men (Above 45 years)

🥇 I Prize

🏃 4x100 m Relay - Women (Below 45 years)

🥇 I Prize

🏹 Javelin - Men (Above 45 years)

🥇 I Prize - Dr. Jojo Kottoor

💪 Arm Wrestling - Men (Above 45 years, >80kg)

🥉 III Prize - Dr. Madhu

💪 Arm Wrestling - Women

(Above 45 years, <80kg)

🥇 I Prize - Dr. Nisha Jacob

🌀 Discus Throw - Men (Above 45 years)

🥉 III Prize - Dr. Mathew Varghese

🏃 Long Jump - Men (Below 45 years)

🥇 I Prize - Dr. Mohammed Sajadh

🏃 Long Jump - Men (Above 45 years)

🥇 I Prize - Dr. Sushil

🏃 100 m - Women (35-45 years)

🥇 I Prize - Dr. Esha

🏃 100 m - Women (45-55 years)

🥈 II Prize - Dr. Nisha Jacob

🏃 200 m - Women (Below 35 years)

🥉 III Prize - Dr. Ramziya

🏃 200 m - Women (35-45 years)

🥇 I Prize - Dr. Esha

🏃 400 m - Men (35-45 years)

🥉 III Prize - Dr. Febin

🏃 400 m - Women (35-45 years)

🥉 III Prize - Dr. Rini Sushil

Tournament Co-ordinators: Dr. Savio Joseph, Dr. Jose Sunny, Dr. Mohammed Sajadh

Date: 31.08.2025

Rebound '25 - IDA Kerala State Basketball Tournament held at Trichur, hosted by IDA Trichur



BASKETBALL TEAM

Dr. Gis George, Dr. Abin Ali, Dr. Bastin Cherian, Dr. Ebru Saji, Dr. Afthab Ibrahim, Dr. Ruwais K Fayaz

COMMUNITY DENTAL CENTRE (CDC) 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
17.08.2025	Dr. Mathew Varghese
21.09.2025	Dr. Nevin Thomas
19.10.2025	Dr. Binila S Babu



CDC IN-CHARGE: Dr. Sunil Mathew

ONANILAVU – A Musical Mashup by the Music Club

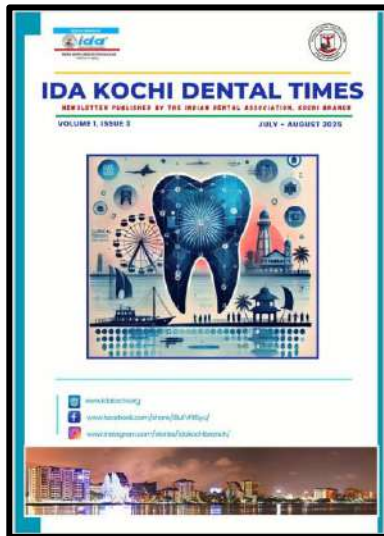


The MUSIC CLUB of IDA Kochi presented an ONAM MUSICAL MASHUP – ONANILAVU- a musical medley. Vocals by **Dr. Parvathy, Dr. Seethal, Dr. Nabil, Dr. Krishan, Dr. Sunanda, Dr. Vysakh, Dr. Roshni, Dr. Vidhya, Dr. Vivek**

The medley can be accessed at:

<https://youtube.com/watch?v=XNOnSo8D7uI&feature=shared>

PUBLICATIONS

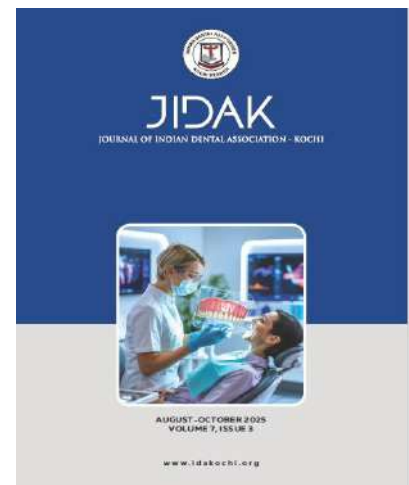
IDA Kochi Dental Times (Newsletter) – 3rd Issue (Volume 1)

The 3rd issue of the newsletter was released in in August 2025 featuring reports on scientific programs, community dental health activities, branch events, member accomplishments, and upcoming initiatives. The newsletter reflects the branch's commitment to professional growth, knowledge sharing, and community service, while also fostering a sense of unity and pride among its members.

JIDA Kochi (Journal) – 3rd 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 third issue of JIDA Kochi for this year was released in October 2025, marking another step forward in promoting scientific discourse and academic excellence within the dental fraternity.



Upcoming Event

Privilege CDE Program
and MONTHLY MEETING

Date: 31.10.2025

Topic: Guided Biofilm Therapy – Complete
Oral Prophylaxis in a guided way

Speakers: Dr. Ashank Mishra (Periodontist)

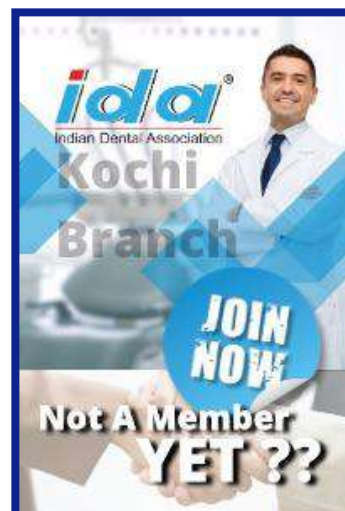
Venue: Monsoon Empress, Kochi



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 was released in October 2025.

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