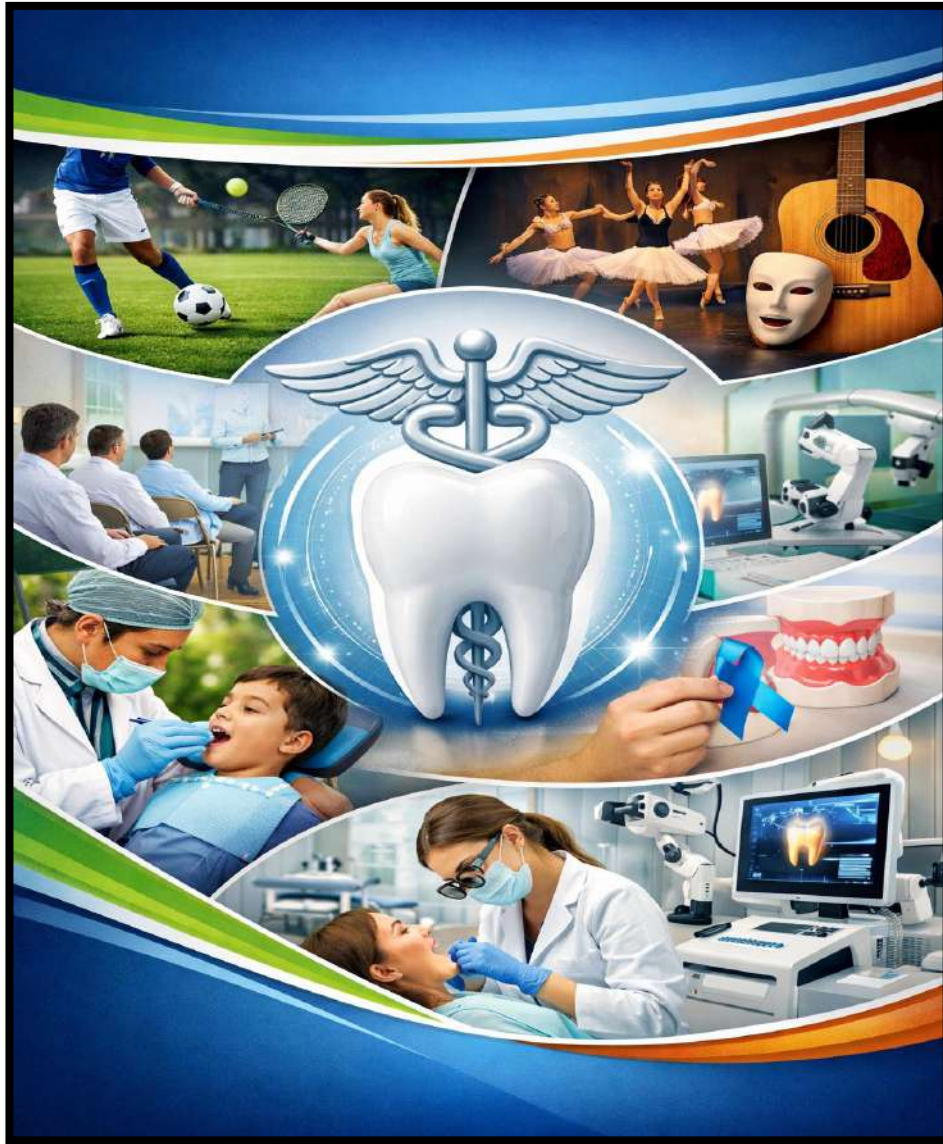


IDA KOCHI DENTAL TIMES

NEWSLETTER PUBLISHED BY THE INDIAN DENTAL ASSOCIATION, KOCHI BRANCH

VOLUME 2, ISSUE 1

JANUARY - MARCH 2026



www.idakochi.org



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www.instagram.com/stories/idakochibranch/





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President's Message

It gives me immense pleasure to present the first issue of Volume 2 of the IDA Kochi Dental Times, the official newsletter of the Indian Dental Association, Kochi Branch. A professional body thrives not only through its scientific and clinical pursuits, but also through meaningful communication and collective reflection. Our newsletter serves as a vital platform that chronicles the vibrant academic, social, and community activities of our branch, while also strengthening the sense of camaraderie among our members.

The past months have been particularly eventful, with a wide spectrum of programs encompassing continuing dental education, community outreach initiatives, professional development, and collaborative engagements. Each initiative reflects our branch's unwavering commitment to advancing dental science, promoting ethical practice, and serving society with compassion and responsibility.

I congratulate the editorial team for their dedication in bringing together the accomplishments, milestones, and memorable moments of our association in such a thoughtful manner. As we move forward, I am confident that our members will continue to contribute actively towards strengthening our profession and upholding the values that define the Indian Dental Association. I wish the editorial team and the IDA Kochi Dental Times continued success in the years ahead.



Dr. Meera Gopalakrishnan
(President)

Secretary's Message

Greetings to all my dear colleagues and members of the IDA Kochi family,

It is a privilege to connect with you through this edition of our newsletter. As we navigate the evolving landscape of modern dentistry, our branch remains committed to being more than just a professional body—we are a community built on mutual trust, care and friendship.

I would like to take a moment to extend my heartfelt appreciation to our Editorial Team. Their dedication to curating high-quality content is truly commendable. It is through their tireless efforts that we are able to stay informed and inspired.

The strength of IDA Kochi lies in its members. I warmly invite enthusiastic participation from each of you—whether through contributing articles, joining us at our upcoming events or sharing your advice and feedback on all our activities. Your voice and energy are what keep our branch vibrant and forward thinking.

Let's continue to work together to keep IDA Kochi a benchmark.



Dr. Vivek Narayan
(Hon. Secretary)

Editorial

Dear readers,

Welcome to the IDA Kochi Dental Times!

The beginning of a new year often invites reflection, renewal, and renewed commitment to our shared goals. As we present Volume 2, Issue 1 of the IDA Kochi Dental Times, it is both a moment of pride and responsibility to chronicle the dynamic journey of our association and the vibrant professional community it represents. The last quarter marked a significant milestone for the Indian Dental Association Kochi Branch with the Installation Ceremony for the office bearers of the 2025–2026 term held at IMA House, Kochi. The ceremony symbolized continuity, leadership, and collective vision.

This issue of the newsletter captures not only the activities and milestones of the association but also the spirit that drives it forward. It reflects the collective efforts of our members, whose dedication ensures that IDA Kochi continues to grow as a vibrant professional community. As we move ahead in 2026, may we continue to build upon the strong foundations laid by our predecessors—honoring their vision while embracing innovation, collaboration, and service to society. Together, let us carry forward the legacy of IDA Kochi with pride and purpose.



Dr. Pooja Latti
(Chief Editor)

The Legacy of IDA Kochi

In the heart of Kochi lies a remarkable story of professional unity and visionary leadership that shaped the dental fraternity in Kerala. The journey began in June 1968, when the visionary Dr. M. K. James brought together twelve enthusiastic dentists at the International Hotel, Ernakulam. This historic gathering led to the formation of the Cochin Dental Society, marking the beginning of an organized platform for dentists in the region. Today, IDA Kochi proudly holds the distinction of being the Founder Branch of the Indian Dental Association in Kerala. Over the next eight years, the society flourished as a vibrant hub of learning and camaraderie. Regular clinical meetings were conducted in the clinics of members, creating opportunities for academic exchange and professional development. Equally important were the warm social gatherings that brought together members and their families, strengthening the spirit of friendship and unity within the dental community. A defining milestone in this journey came on November 1, 1976, when the IDA Cochin Branch was formally inaugurated at the then Hotel Rajadhani (later Mas Hotel) in Ernakulam North. The occasion was graced by Dr. G. R. Bhat, the Honorary General Secretary of the Indian Dental Association, Madras, adding national recognition to the momentous event. From its humble beginnings as the Cochin Dental Society to its evolution as the dynamic IDA Kochi Branch, the journey reflects the dedication, vision, and collective spirit of Kochi's dental professionals. Today, IDA Kochi stands as a proud symbol of professional excellence, academic growth, and community service—continuing to inspire generations of dentists and strengthening the legacy laid by its pioneers.

Founder Members:

1. Dr. Parnel J Maguire (Founder President)
2. Dr. M R M Shenoy (Founder Secretary)
3. Dr. M K James
4. Dr. Mathew Varghese P
5. Dr. Thampy Thomas
6. Dr. Mathew Chathuruthy
7. Dr. K K Pathrose
8. Dr. C R Vijayasankaran
9. Dr. Joji Cherian
10. Dr. Surg. Comdr. E G Paul (Treasurer)
11. Mr. Narayanan (Regd. Dentist)



Installation Ceremony 2025-2026

Kochi witnessed a momentous occasion on the 14th of December 2025 at IMA House, Kochi, as the Indian Dental Association (IDA) Kochi chapter ushered in a new era of leadership.

The heart of the event was the formal installation of the esteemed office bearers for the term 2025-2026. Dr. Meera Gopalakrishnan gracefully assumed the mantle of President, promising a year of dynamic growth and community engagement. Dr. Vivek Narayan continues in his role as Hon. Secretary for the second year of his term, bringing his meticulous approach to the association's administrative core. Dr. Subramaniam R. also continues as Hon. Treasurer in the second year of his term, ensuring the financial health and stability of IDA Kochi.

The installation ceremony was graced by the presence of two distinguished guests whose wisdom and experience added profound depth to the event. Shri. Hibi Eden, Hon. Member of Parliament, served as the Chief Guest, sharing his valuable insights and inspiring the audience with his dedication to public service and excellence. Dr. Thara Prathap, Head, Department of Radiodiagnosis, Lakeshore Hospital, Kochi, honored the occasion as the Guest of Honour, reinforcing the strong bonds between the medical and dental fraternities.



IDA Kochi Office Bearers 2025-2026



Dr. Meera Gopalakrishnan
President



Dr. Vivek Narayan
Hon. Secretary



Dr. Subramaniam R
Hon. Treasurer



Dr. Joy Kurian
President Elect



Dr. Hari Govind B
Immediate Past President



Dr. Mathew Varghese
Vice President 1



Dr. Brijitha Manoj
Vice President 2



Dr. Sheethal Sherif
Joint Secretary



Dr. Mohd. Sajadh
Asst. Secretary



Dr. Zeritta Stanley
CDH Representative



Dr. Vidhya P
CDE Representative



Dr. Pooja Latti
Chief Editor



Dr. Sijo P Mathew
Rep. to HOPE



Dr. Savio Joseph
FDC Incharge



Dr. Sajil John
Social media Incharge



Dr. Resmi P G
Social media Incharge



Dr. Jojo Kottoor
Asst. Rep. to CDE



Dr. Sudheer Kumar Prabhu
Asst. Rep. to CDE



Dr. Jithin P.
Asst. Rep. to CDE



Dr. Surya Suprabhan
Assistant Editor



Dr. Vishnu Thomas
Asst. Rep. to CDH



Dr. Arjun Raveendran
Sports Incharge



Dr. Gis George
Sports Incharge.



Dr. Febin Antony
Sports Incharge.



Dr. Surya Suprabhan
Website Incharge



Dr. Nabeel Backer
Cultural Incharge



Dr. Jose Sunny
Asst. Co-ordinator
Cultural Committee



Dr. S. Radhakrishnan
Asst. Co-ordinator
Cultural Committee



Dr. Jithin P.
Asst. Co-ordinator
Cultural Committee



Dr. Parvathy Ajai
WDC Chairperson



Dr. Lakshmi Priya
WDC Chairperson



Dr. George Kottam
EC Member



Dr. Seema George
EC Member



Dr. Binila S Babu
EC Member



Dr. Skariah K S
EC member



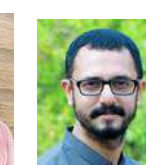
Dr. Nevin Thomas
EC member



Lt. Col. Dr. Krishan K Nair
EC member



Dr. Nisha C
EC member



Dr. Sunil Eraly
EC member



Dr. Siby T Chennankara
Rep. to State



Dr. Bindu Rachel
Rep. to State



Dr. Joy Kurian
Rep. to State



Dr. Sunil Mathew
Rep. to State



Dr. Priyaranj K A
Rep. to State



Dr. Brijitha Manoj
Rep. to State



Dr. Alto Franc
Rep. to State



Dr. Prashant P S
Rep. to State



Dr. Meera Gopalakrishnan
Rep. to State



Dr. Vivek Narayan
Rep. to State



Dr. Afsal V A
Advisor to EC



Dr. Ajith P
Advisor to EC



Dr. V I Paul
Advisor to EC



Dr. Jayakumar
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. Winston George
Advisor to EC



Dr. Vinod Thamby
Advisor to EC



Dr. Vinod Mathew
Advisor to EC

EC Meetings

Executive committee meetings play a crucial role in guiding the organization, reviewing performance, make decisions, strategic planning, and ensuring effective governance and leadership. EC meetings are conducted by the Indian Dental Association, Kochi, on a regular basis. The updates are presented by each committee The action plan for the forthcoming month is also presented. These meetings also provide an opportunity for the EC members to discuss the current topics of interest and enable decision-making on a timely basis.

1st EC Meeting: 09.01.2026
@ Hotel Luminara, Kochi

13 Feb. 2026

9 Jan. 2026

2nd EC Meeting: 13.02.2026
@ ME Square, Kochi

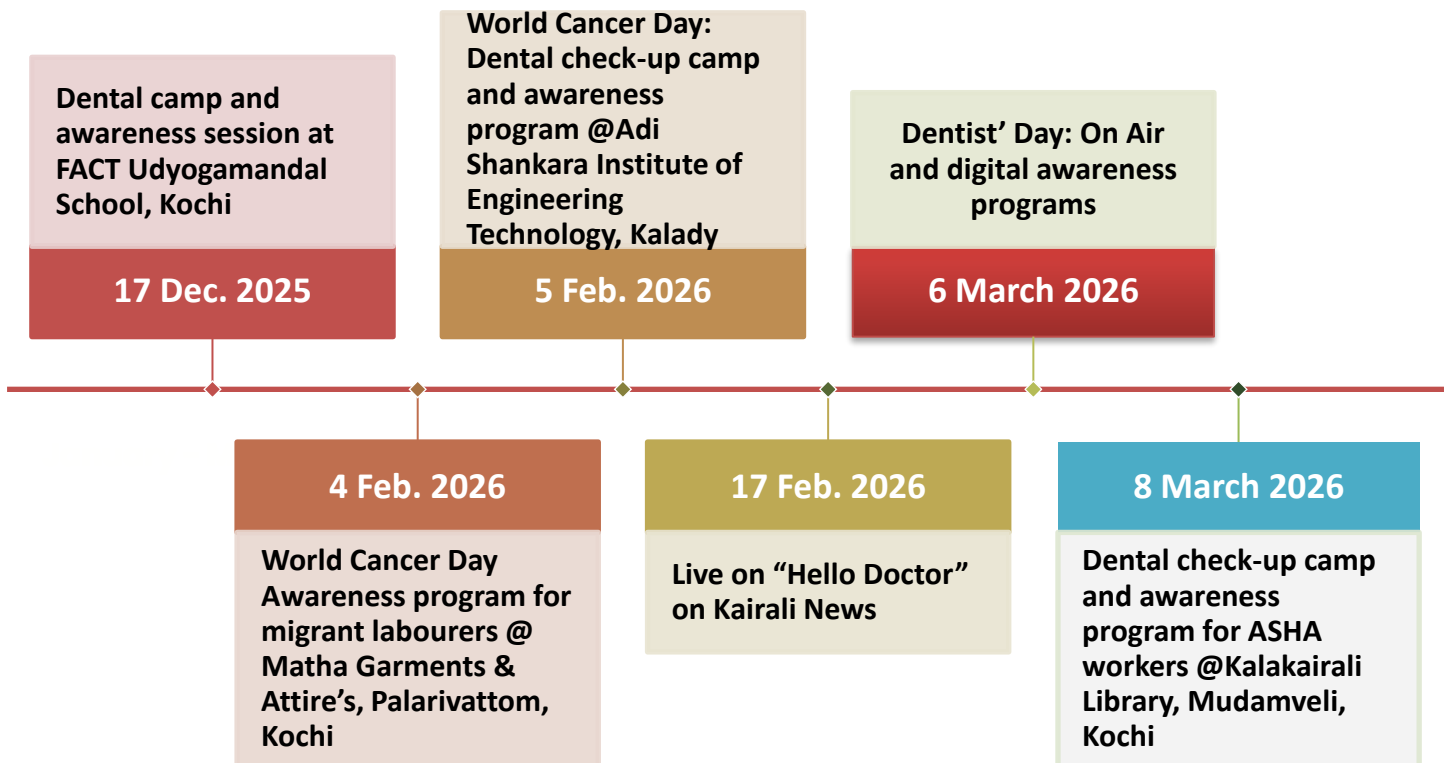
**1st EC
MEETING**



**2nd EC
MEETING**



Council on Dental Health (CDH) ACTIVITIES



CDH Representative: Dr. Zeritta Stanley
Assistant Representative: Dr. Vishnu Thomas

Council on Dental Health (CDH) ACTIVITIES



IDA KOCHI BRANCH
CDH WING 2025-26

ACTIVITY NO: 1

DENTAL CHECK UP CAMP & AWARENESS SESSION

SPEAKER



17 DECEMBER
2025

10.30 AM

FACT
Udyogamandal School,
FACT Township

Dr. Gayathri K
Paediatric Dentist

Dr. Meera
Gopalakrishnan
President

Dr. Vivek Narayan
Hon. Secretary

Dr. Subramaniam R
Hon. Treasurer

Dr. Zeritta Stanley
CDH Convenor






Total students screened: 303

Dental awareness class was taken by Dr Gayathri. Over 100 students, attended the session. The camp was attended by President Dr. Meera Gopalakrishnan, Dr. Jose Varghese Ambooken, Dr. Priyaranj, Dr. Aiswarya Pai, Dr. Alto Franc, Dr. Gayathri, Dr. Savio, Dr. Shija.



World Cancer Day
4 FEBRUARY 2026

AWARENESS PROGRAM FOR MIGRANT LABOURERS

DATE: 04/02/26
TIME: 10 AM - 12 PM

MATHA GARMENTS & ATTIRE'S PALARIVATTOM

Awareness session by

Dr. Meera Gopalakrishnan
President

Dr. Subramaniam R
Hon. Treasurer

Dr. Vivek Narayan
Hon. Secretary

Dr. Zeritta Stanley
CDH Convenor





Oral cancer awareness programme for migrant labourers.

The **Awareness session** was by **Dr Alto Franc** and **Dr. Meera Gopalakrishnan**, followed by **oral cancer screening** for the participants. Approximately **50 migrant labourers** attended the programme. The programme was attended by: Dr Meera Gopalakrishnan (President), Dr Siby T Chennankara, Dr Ajit P, Dr Alto Franc, Dr Brijitha Manoj, Dr Sheethal Sheriff, Dr Nisha Jacob, Dr Resmi PG, Dr Zeritta Stanley.

Council on Dental Health (CDH) ACTIVITIES

ida
INDIAN DENTAL ASSOCIATION
KOCHI BRANCH
ACTIVITY NO. 2

Observance of
World Cancer Day
4 FEBRUARY 2026

DENTAL CHECK-UP CAMP & AWARENESS PROGRAM

DATE: 05/02/26
TIME: 10 AM - 1 PM

ADI SHANKARA INSTITUTE OF ENGINEERING & TECHNOLOGY, KALADY

Dr. Meera Gopalakrishnan
President
Dr. Subramaniam R
Hon. Treasurer

Dr. Vivek Narayan
Hon. Secretary
Dr. Zeritta Stanley
CDH Convener



A dental check-up camp was conducted, over 200 students were screened. Inaugural address was given by President Dr Meera Gopalakrishnan. Oral cancer awareness talk was delivered by Dr. Alto Franc & An oral health awareness talk was given by Dr. Ayshwarya Pai. Additionally the Doctors who attended the camp are: Dr. Jeena, Dr. Nitta Tonny, Dr. Zeritta Stanley.

ida
INDIAN DENTAL ASSOCIATION
KOCHI BRANCH
ACTIVITY NO. 3

DENTAL AWARENESS TALK

DATE: 17/02/26
TIME: 2.30 PM

LIVE ON HELLO DOCTOR KIRALI NEWS

Awareness Talk by
Dr. Vivek Narayan
Hon. Secretary
IDA Kochi Branch

Dr. Meera Gopalakrishnan
President
Dr. Subramaniam R
Hon. Treasurer

Dr. Vivek Narayan
Hon. Secretary
Dr. Zeritta Stanley
CDH Convener

വായുവുടേ ആരോഗ്യം സംരക്ഷിക്കാം

വായുവുടേ ആരോഗ്യം സംരക്ഷിക്കാം
ഡോ. വിവേക് നാരായണൻ
അദ്ധ്യക്ഷൻ
എല്ലാ വായുവുടേ ആരോഗ്യം സംരക്ഷിക്കാം

HELLO DOCTOR

ഉച്ചയ്ക്ക് 2.30 ന് തുടങ്ങും

ദ്വീപുകൾ നമ്പർ : 0471 35 09 292

17 FEB 2026

MALABAR HELLO DOCTOR
അഭിമാനിയോർ പ്രൊഫസർ

Feb 17

തമാർത്ഥ വിഷയം മനസ്സിലാക്കാൻ മാധ്യമങ്ങൾ ശ്രമിക്കുന്നില്ല

പുസ്തകം മുഖാവുപുഴ മലയാളം ഹൈസ്കൂളിലാണ് സംഭവം

Dental awareness talk by Dr. Vivek Narayan, Hon. Secretary, IDA Kochi.

ida
INDIAN DENTAL ASSOCIATION
KOCHI BRANCH
ACTIVITY NO. 6

DENTAL AWARENESS PROGRAMME & CHECK-UP CAMP FOR ASHA WORKERS

DATE: SUNDAY, 08/03/26
TIME: 10.30 AM

KALAKAIRALI LIBRARY, MUNDAMVELI, KOCHI

8 March International Women's Day

Awareness Talk by
Dr. Brijitha Manoj

Dr. Meera Gopalakrishnan
President
Dr. Subramaniam R
Hon. Treasurer

Dr. Vivek Narayan
Hon. Secretary
Dr. Zeritta Stanley
CDH Convener

CDH WING 2026



A dental screening camp along with dental kit distribution, was conducted for ASHA workers. An oral health awareness session was conducted by Dr. Brijitha Manoj. Doctors who attended the program were: Dr. Meera Gopalakrishnan, Dr. Vivek Narayan, Dr. Sunil Mathew, Dr. Jeevesh, Dr. Sajini KB, Dr. Aiswary, Dr. Rajesh Rajan, Dr Zeritta .

Council on Dental Health (CDH) ACTIVITIES

**On this Dentist's Day,
6 MAR 2026**

CDH Wing IDA Kochi proudly presents
SMILE STRONG KOCHI !!

On Air Awareness Sessions

- Dental Awareness Talk: 7.15-7.25 AM
On All India Radio- AIR Kochi 102.3 FM
Speaker: Dr. Meera Gopalakrishnan,
President, IDA Kochi Branch
- Dental Awareness Talk: 7 AM
On Radio Mango 91.9 FM
Speaker: Dr. Zeritta Stanley,
CDH Convener, IDA Kochi Branch

Digital Awareness Initiative

Dental Awareness Video streaming on
IDA Kochi Branch Official Social Media Handles

CDH WING 2026 Stay tuned...

Dr. Meera Gopalakrishnan President
Dr. Vivek Narayan Hon. Secretary
Dr. Subramaniam R Hon. Treasurer
Dr. Zeritta Stanley CDH Convener

1. Dental Awareness talk on AIR 102.3 FM By Dr. Meera Gopalakrishnan.
2. Dental Awareness talk on Radio Mango 91.9FM by Dr. Zeritta Stanley.
3. Dental awareness video release on social media.

INDIAN DENTAL ASSOCIATION
Kochi Branch

ആരോഗ്യകുറിപ്പുകൾ
by
Dr Meera Gopalakrishnan
President, IDA Kochi Branch
On the occasion of **Dentists' Day**

AIR 102.3 FM
March 6th

KOCHI FM 102.3
www.idakochi.org

91.9
Radio Mango
മംഗലാപുരം 91.9 FM

NATIONAL DENTIST'S DAY SPECIAL
**Dentist Day Talk on
Radio Mango 91.9 FM**

Health Awareness Talk by
Dr. Zeritta Stanley
CDH Convener
IDA Kochi Branch

INDIAN DENTAL ASSOCIATION
Kochi Branch

Dr. Zeritta Stanley
CDH Convener
IDA Kochi Branch

March 6 - National Dentist's Day
Promoting Oral Health Awareness for a Healthier Smile

Posts

Idakochibranch and 3 others
Idakochibranch • Original audio

HAPPY DENTISTS DAY

It's the day we celebrate Dentist Day

121 9 9 24

Women's Dental Council (WDC) ACTIVITIES

**National Girl Child Day program
@Nalanda Public School,
Ponnuruni, Kochi**

24 Jan. 2026

**Womens' Day program (breast
cancer awareness) @Futureace
Hospital, Kochi**

8 Mar. 2026

15th Feb. 2026

Valentine's Day contest

WDC Representative: Dr. Parvathy Ajai
Assistant Representative: Dr. Lakshmi Priya

WDC ACTIVITIES

"Her Smile"
Project by WDC KSB
IDA KOCHI BRANCH

Nalanda Public School
Ponnuruni

9:30 am to 11:30 am

24/1/2026
National
Girl Child Day

- Prize Distribution for painting and digital poster making competitions
- Skit By students - Theme: Her smile Her Strength
- Dental Awareness Talk on Dental Trauma Prevention, First aid and Management By Dr Resmi PG, MDS

President: Dr. Meera Gopalakrishnan
Hon. Secretary: Dr. Vivek Narayan
Hon. Treasurer: Dr. Subramaniam R

WDC Chairpersons
Dr Parvathi Ajai Dr Lakshmi Priya



love is here!

ida
INDIAN DENTAL ASSOCIATION
KOCHI BRANCH

Valentine's day Contest #1
From screen to heart

Got a love story worth a poster? 📖❤️
Recreate a romantic movie poster with your Valentine.

Best cinematic couple wins!

Send your entry with the inspired poster to
9895005793 / 9847578680 before
13.02.26 - 15.02.26

Dr. Meera Gopalakrishnan President
Dr. Subramaniam R Hon. Treasurer
Dr. Parvathy T. Ajai WDC Representative
Dr. Lakshmi Priya J. WDC Representative



Winner: Dr. Nabeel Backer



love is here!

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INDIAN DENTAL ASSOCIATION
KOCHI BRANCH

Valentine's day Contest #2
Turn pixels into passion

Design an eye-catching original digital card and let your creativity shine!

One entry per participant (JPG/PNG). Send your entry to 9895005793 / 9847578680 before 13.02.26 - 15.02.26

Dr. Meera Gopalakrishnan President
Dr. Subramaniam R Hon. Treasurer
Dr. Parvathy T. Ajai WDC Representative
Dr. Lakshmi Priya J. WDC Representative



Winner: Dr. Sheetal



WDC ACTIVITIES

INTERNATIONAL Women's Day
March 8, 2026

"Pink ribbon drive"
Breast cancer awareness talk and early detection screening for women dentists

Speakers

Dr. Sheela Sadashivan
Senior Consultant,
Obstetrics and Gynaecology,
EMC Hospital

Dr. Anupama S
Consultant Gynaecologic Oncologist,
Laparoscopic and Robotic Surgeon,
VPS Lakeshore Hospital

Honoring **Dr. Bindu Rachel Thomas**,
recipient of IDA Stthree Shakthi Award 2026

Avail exclusive discount coupons for mammography/
ultrasound sponsored by DDC Pathlabs, Thripunithura

President Dr. Meera Gopalakrishnan
Hon. Secretary Dr. Vivek Narayan
Hon. Treasurer Dr. Subramaniam R

WDC Representatives:
Dr. Parvathy T. Ajai
Dr. Laksmipriya J

Futureace hospital, Edappally
3.00p.m onwards
9895005793

PHOTO 1
Kochi, Kerala, India
2nd Floor, Futureace Hospital, Nethaji Nagar,
Edappally, Kochi, Kerala 682024, India
Lat 10.032036° Long 76.304322°
Sunday, 08/03/2026 03:24 PM GMT +05:30

Kochi, Kerala, India
2nd Floor, Futureace Hospital, Nethaji Nagar,
Edappally, Kochi, Kerala 682024, India
Lat 10.031949° Long 76.304294°
Sunday, 08/03/2026 04:41 PM GMT +05:30

WOMEN'S DAY PROGRAM: "Pink Ribbon Drive" - Awareness session on Breast Cancer by Dr. Sheela and Dr. Anupama and early detection for women dentists.

INDIAN DENTAL ASSOCIATION
KOCHI BRANCH

IDA Stthree Shakthi Award 2026

DR. BINDU RACHEL THOMAS

Dr. Meera Gopalakrishnan President
Dr. Vivek Narayan Hon. Secretary
Dr. Subramaniam R Hon. Treasurer

Kochi, Kerala, India
2nd Floor, Futureace Hospital, Nethaji Nagar,
Edappally, Kochi, Kerala 682024, India
Lat 10.031959° Long 76.30429°
Sunday, 08/03/2026 03:30 PM GMT +05:30

IDA Stthree Shakthi Award 2026 – Dr. Bindu Rachel Thomas

Continuing Dental Education (CDE) Programs

**Implant Edge 2 days workshop
@PGS Vedanta, Kochi**

31 Jan. 2026 and 1 Feb. 2026

1 Mar. 2026

**CDE Program on Medicolegal issues
& Dental Jurisprudence, Asepsis,
Infection control and Waste
management @Hotel Luminara,
Kochi**

CDE Representative: Dr. Vidya Parameswaran
Assistant Representatives: Dr. Jojo Kottoor &
Dr. Sudheer Kumar Prabhu

CDE program - 1

1ST CDE

Implant Edge

FUNDAMENTALS TO DIGITAL FRONTIERS

2 Days Workshop

ida
INDIAN DENTAL ASSOCIATION
KOCHI BRANCH

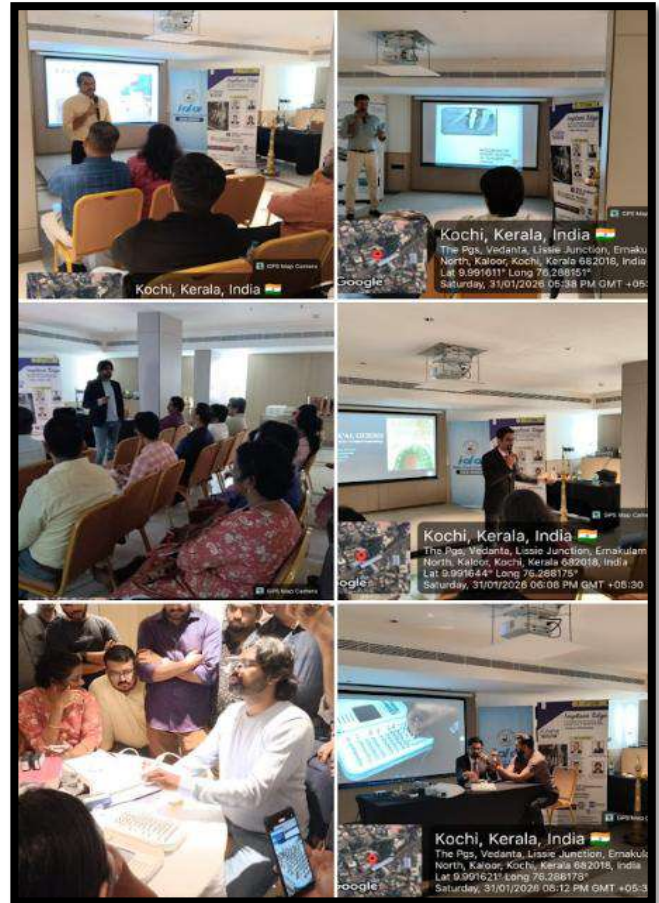
SPEAKERS

- Dr. Baiju R M, Professor, Dept. of Periodontics, GDC, Kottayam
- Dr. Manu Johns, MDS, Prosthodontist
- Dr. Nithin Thomas, MDS, Oral Medicine & Radiologist
- Dr. Dinesh Narandran, MDS, Prosthodontist & Implantologist

PGS Vedanta, Kochi

31 JANUARY, Saturday
01 FEBRUARY, Sunday

Supported By **OSSTEM** IMPLANT, **Colgate**



DAY 1: Lectures on Implantology
DAY 2: Full Mouth Rehabilitation (Lecture +Hands-on)

CDE program - 2

2nd CDE

CLARITY TODAY CONFIDENCE TOMORROW

ida
INDIAN DENTAL ASSOCIATION
KOCHI BRANCH

**Sunday,
1 March 2026**

**Hotel Luminara,
Ernakulam North**

Full Day Privilege CDE for IDA Kochi Members

2 Mandatory topics

Emergency Medicine kit at a special price for Pre-Booked members

✓ Medico legal issues & Dental Jurisprudence

✓ Asepsis, Infection Control & Biowaste Management

Our Speakers:

Shri S Shannad
Senior Civil Judge &
Secretary TOLSA

Dr. Anwar M Ali
Former Secretary
IDA HOPE

Dr. Bobby John
Associate Professor
Dept. of Oral & Maxillofacial Surgery
GBC Kottayam

Dr. Siby T Chennankara
Moderator

Dr. Eapen Thomas
President, IDA KSB

Dr. Siddharth V Nair
Hon. Secretary, IDA KSB

Dr. Vivek Narayan
Hon. Secretary, IDA Kochi

Dr. Meera Gopalakrishnan
President

Dr. Vivek Narayan
Hon. Secretary

Dr. Subramaniam R
Hon. Treasurer

Dr. Vidhya Parameswaran
CDE Convener



SPORTS ACTIVITIES

IDA KSB Central Zone Outdoor Cricket Tournament on 1st February 2026 @Poothotta, Kochi.



Dr. Tibin Thomas:

- 1) Second most wicket taker of the tournament (6 wickets).
- 2) Only bowler to claim a wicket hattrick in the tournament.

Sports In charges: Dr. Arjun Raveendran, Dr. Gis George & Dr. Febin Antony

CULTURAL ACTIVITIES



**IDA KOCHI BRANCH
NEW YEAR BASH
2026**

**LIGHTS
CAMERA
ACTION**

**HOLLYWOOD
MOVIE TICKET**

Adults: 800/-
Children:
above 12 yrs: 400/-
5-12 yrs: 700/-
Below 5 yrs: Complimentary

THEME: Filmy Extravaganza
VENUE: Tribute Royale, Maradu

★ DATE: JAN 10 | TIME: 7:30 PM to 10:30 PM ★

PRESIDENT - DR MEERA GOPALAKRISHNAN
HON SECRETARY - DR VIVEK NARAYAN | HON TREASURER - DR SUBRAMANIAM R
CULTURAL IN-CHARGE - DR NABEEL BACKER
ASSISTANT CO-ORDINATORS
DR JOSE SUNNY | DR RADHAKRISHNAN | DR JITHIN R

Scan & Pay



**INDIAN DENTAL ASSOCIATION
Kochi Branch**

**Music Club
presents
Valentine's Day
Celebration**

Feb 10th 8PM-10PM
Venue : Me Square, Parhadipalam
Theme : Unplugged Romantics

Join and celebrate an evening full of
love & music
See you there!

For queries, contact: Dr. Nabeel 9895872273



Cultural In-Charge: Dr. Nabeel Backer
Assistant Coordinators: Dr. Jose Sunny, Dr. Radhakrishnan & Dr. Jithin

COMMUNITY DENTAL CENTRE @ CHALIKYAVATTOM

IDA Kochi, being one of the first branches in the state to undertake such a venture, partnered to bring this vital service to the community. The center provides **free dental treatment** to those in need.

CDC IN-CHARGE: Dr. Savio



21.12.2025
Dr. Geetha Nair



04.01.2026
Dr. Brijitha Manoj



18.01.2026
Dr. Anupama Haridas



01.02.2026
Dr. Priyaranj



15.02.2026
Dr. Meera Gopalakrishnan

Appreciating the efforts by all the volunteers.

Free Dental Clinic of IDA Kochi

Volunteer With Us

First & Third Sundays
10:00am to 12:30pm

Contact: Dr. Savio (7012295908) for volunteering



AWARDS AND ACCOLADES – IDA Kerala State Awards



Conferred at IDA Kerala State Conference @Kollam, December 2025



Second Runner-Up (Best Journal): Dr. Pooja Latti,
Editor, IDA Kochi



Special Appreciation Award – CDE
For hosting National CDE



Special Appreciation Award – CDH
For hosting National Public Health Dentistry Day



Special Appreciation Award – Sports
For hosting Athletic Tournament

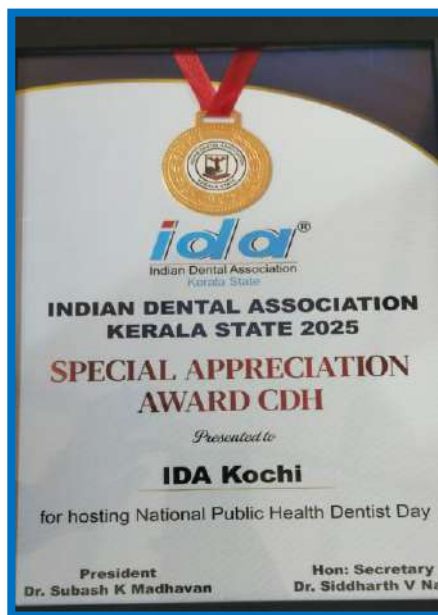


Special Appreciation Award – New Member Drive
First Prize – IDA Kochi



Second Runner-Up Award for Sports
- IDA Kochi

AWARDS AND ACCOLADES – IDA Kerala State Awards



AWARDS AND ACCOLADES

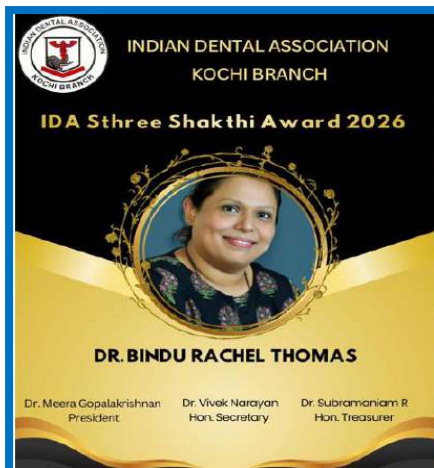
Dr. Pooja Latti (Editor) – National Award (IDA Runners-up Trophy) Conferred at IDA National Conference @Mangaluru, February 2026



IDA KSB Dental Excellence Award 2026 – Dr. Savio and Dr. Zeritta Stanley Conferred at Dentist's Day Celebration @Calicut, March 2026



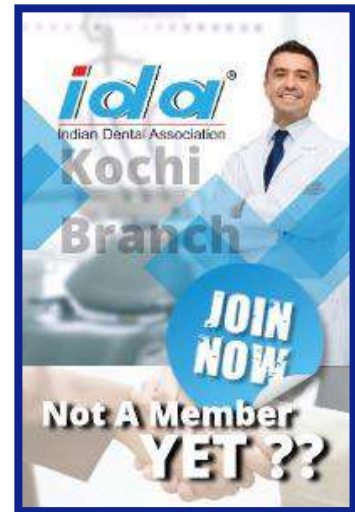
IDA Sthree Shakti Award (IDA Kerala State) – Dr. Bindu Rachel



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



IDA HOPE (Help Offered to Professionals in Emergency)

HOPE (Professional Protection Scheme and Benovelent Scheme)

HOPE MEDI (Health Insurance)

HOPE ASSURE (Extended Professional Indemnity, Clinic insurance)

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 first issue of 2026 is scheduled for release in April.

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