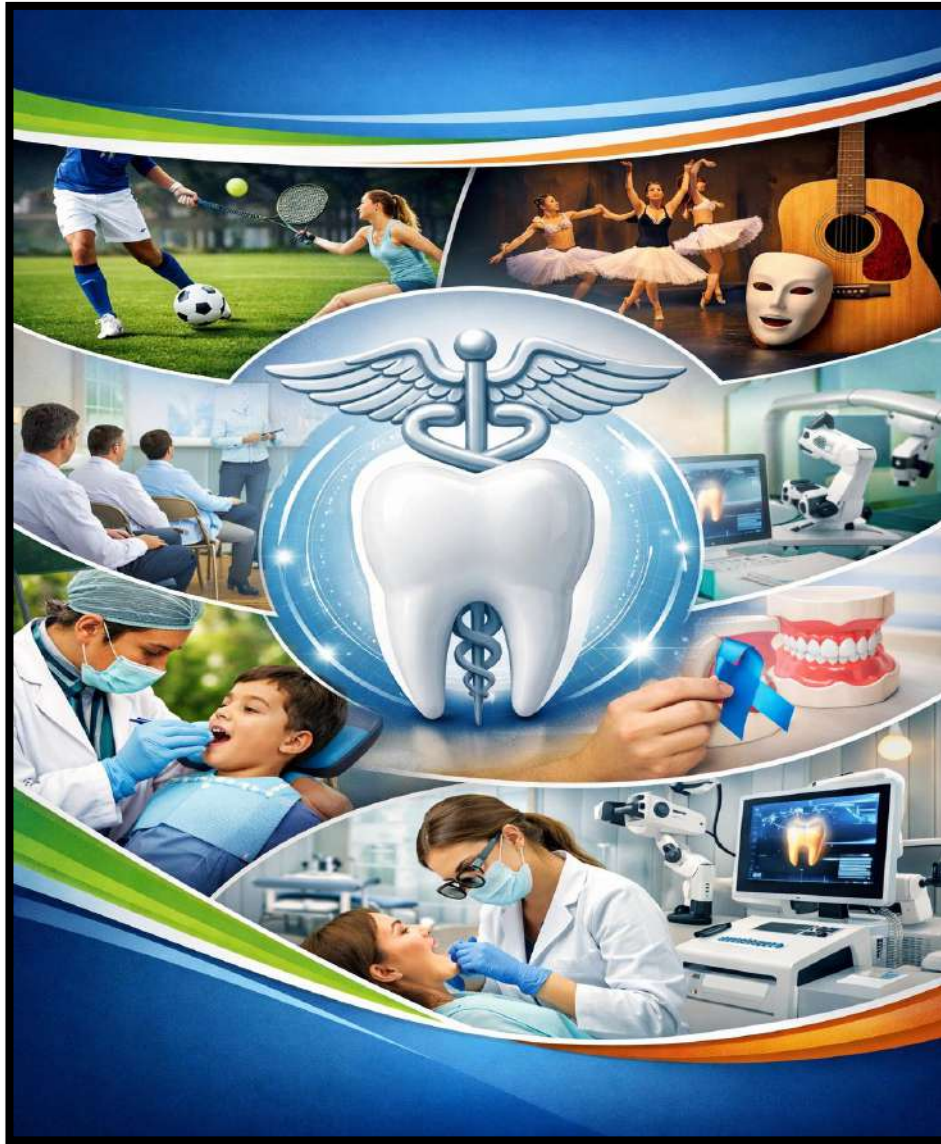


IDA KOCHI DENTAL TIMES

NEWSLETTER PUBLISHED BY THE INDIAN DENTAL ASSOCIATION, KOCHI BRANCH

VOLUME 2, ISSUE 2

APRIL - JUNE 2026



www.idakochi.org



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www.instagram.com/stories/idakochibranch/



APRIL – JUNE 2026

**IDA KOCHI NEWSLETTER
VOLUME 2, ISSUE 2
PAGES 27**



www.idakochi.org

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President's Message

Dear Members

It gives me immense pleasure to present IDA Kochi Dental Times – Volume 2, Issue 2, another milestone in our journey of documenting the vibrant activities, achievements, and collective spirit of our branch. A newsletter is far more than a record of events—it is the voice of an association, a reflection of its vision, and a testament to the passion and commitment of its members. Every event and achievement shared within these pages strengthens IDA Kochi's identity and inspires our community to learn, grow, and serve with greater purpose.

I take this opportunity to sincerely appreciate our Editor, Dr. Pooja Latti, and her dedicated editorial team for their tireless efforts in bringing together yet another informative and aesthetically presented edition. Their commitment to maintaining high editorial standards and showcasing the best of our branch deserves our heartfelt congratulations and gratitude.

As we continue to evolve as one of the most dynamic branches of the Indian Dental Association, I earnestly encourage every member to become an active contributor towards our branch and actively participate in all the activities. Let us work together to make IDA Kochi Dental Times a publication that not only chronicles our accomplishments but also inspires excellence, and professional camaraderie. Your participation is the key to making every issue richer, more meaningful, and more representative of the incredible work being done by our members.

Together, let us continue to learn, lead, serve, and inspire.



**Dr. Meera Gopalakrishnan
(President)**

Secretary's Message

Dear Members,

It gives me great pleasure to present **Volume 2, Issue 2** of *IDA Kochi Dental Times*, showcasing the vibrant journey of our branch over the past quarter.

This edition reflects the dedication and teamwork of our members in advancing academic excellence, community service, professional development, and fellowship. Every programme, outreach initiative, and achievement featured in these pages is a testament to the commitment and enthusiasm that define IDA Kochi.

I sincerely thank all our members, office bearers, committee coordinators, and volunteers for their invaluable contributions. My special appreciation goes to the Chief Editor and the editorial team for bringing together yet another informative and engaging issue.

I encourage every member to actively participate in our branch activities and contribute to future editions. Together, let us continue to learn, serve, and strengthen the legacy of IDA Kochi.

Happy Reading!



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

Editorial

"Every milestone deserves to be remembered, and every contribution deserves to be celebrated."

It is with great pride and immense satisfaction that I present **Volume 2, Issue 2** of *IDA Kochi Dental Times*. This edition reflects yet another inspiring chapter in the vibrant journey of the Indian Dental Association, Kochi Branch—a journey defined by academic excellence, professional camaraderie, community service, and an unwavering commitment to advancing dentistry.

Over the past three months, our branch has witnessed an extraordinary range of activities. From impactful community outreach programmes and public health initiatives to continuing dental education programs, sports achievements, cultural engagements, and scientific contributions, every event showcased the enthusiasm, dedication, and collective strength of our members. These pages are not merely a chronicle of events; they are a celebration of the passion and teamwork that continue to make IDA Kochi one of the most dynamic branches in the country.

This issue also pays tribute to our rich legacy while embracing the future with renewed energy. As dentistry continues to evolve, so must we—as clinicians, educators, researchers, and compassionate caregivers. Our association remains committed to fostering lifelong learning, promoting evidence-based practice, encouraging innovation, and strengthening our bond with the community we serve. I extend my sincere gratitude to our President, Secretary, Treasurer, the entire Executive Committee, and every member whose efforts have made this edition possible.

As you turn these pages, I hope you relive the memorable moments, celebrate our collective accomplishments, and feel inspired to contribute even more actively to the growth of our association.

Happy Reading!



**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)



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



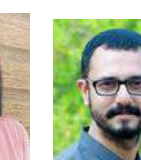
Dr. Nevin Thomas
EC member



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



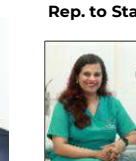
Dr. Brijitha Manoj
Rep. to State



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.

4th EC Meeting
@ Hotel Luminara, Kochi

6th EC Meeting
@ Hotel Luminara, Kochi

14 May 2026

10 April 2026

12 June 2026

5th EC Meeting
@ Hotel Luminara, Kochi

4th EC MEETING



5th EC MEETING



6th EC MEETING



Council on Dental Health (CDH) ACTIVITIES

14 April
2026

•Dental camp and awareness session @ SJRA, Palarivattom, Kochi

19 April
2026

•Dental check-up camp @ St. Philomena’s LP School, Koonammavu.

22 April
2026

•Dental check-up camp and awareness program @Signature Aged Care, Kunnumpuram, Kakkanad, Kochi.

5 May
2026

•Dental check-up camp @ at St. Augustine’s Hall, Moolampilly, Kadamakkudy.

11 May
2026

•Dental check-up camp @ Lulu Flight Kitchen, Kochi

16 May
2026

•Dental check-up camp and awareness program @Prestige Forum Mall, Kochi.

30 May
2026

Public awareness initiative on dental diseases and available treatment options, a roadside awareness hoarding installed at Mundamveli, & Awareness posters were exhibited on autorickshaws at the Kaloor Auto Stand and displayed on buses operating in Fort Kochi.

31 May
2026

No Tobacco day program @ at Centre Square Mall, Kochi

20 June
2026

School Dental Health Program at Vigyan Valley Learning Centre, Palarivattom

25 June
2026

Parent Teachers’ Orientation Program at St. Louis High School, Mundamveli, Kochi in observance of International Day Against Drug Abuse and Illicit Trafficking

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

Council on Dental Health (CDH) ACTIVITIES



Total patients screened: 30

Dental awareness class was taken by the President Dr. Meera Gopalakrishnan followed by a dental check-up camp. The camp was attended by Dr. Alto, Dr. Shyama, Dr. Archana.



Total patients screened: 51

Dental check-up camp. The camp was attended by Dr. Alto, Dr. Lakshmi, and Dr. Zeritta.

Council on Dental Health (CDH) ACTIVITIES



Total patients screened: 50

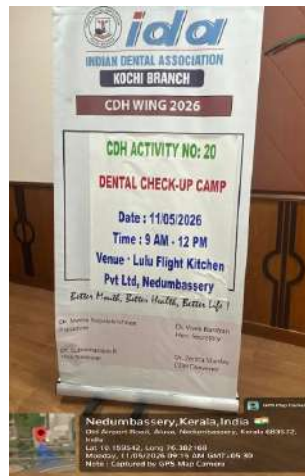
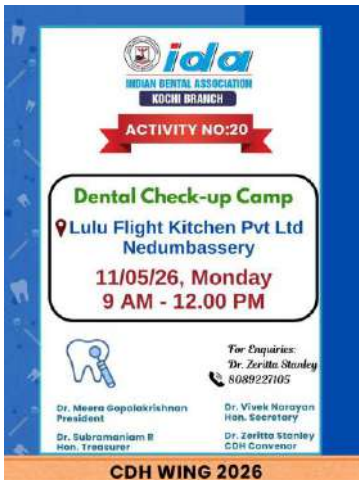
The camp focused on basic oral examination and geriatric dental care awareness. The camp was attended by the President, Dr. Meera, Dr. Resmi, Dr. Zeritta.



Total patients screened: 54

Dental check-up camp at St. Augustine's Hall, Moolampilly, Kadamakkudy. The camp was attended by Dr. Ayswarya Pai, Dr. Vaishnavi and Zeritta Stanley.

Council on Dental Health (CDH) ACTIVITIES



Total patients screened: 54

Dental check-up camp. The camp was attended by Dr. Meera Gopalakrishnan, Dr. Ayshwarya Pai, Dr. Alen Mathew Paul and Dr. Zeritta Stanley.



Total patients screened: 61

Dental check-up camp. The camp was attended by Dr. George Kottam, Dr. Pramod John, Dr. Sreelakshmi Sreenath and Dr. Zeritta Stanley.

Council on Dental Health (CDH) ACTIVITIES



Public awareness initiative on dental diseases. The awareness poster was officially unveiled by Kochi Corporation Ward 69 Councillor, Smt. Lissy Sumi. The event was attended by Dr. Alto Franc and Dr. Zeritta Stanley



No Tobacco day awareness program – flash mob, awareness talk by Dr. Meera Gopalakrishnan, a session by Dr Ayshwarya Pai and Anti-Tobacco Pledge by the public.

Council on Dental Health (CDH) ACTIVITIES



School Dental Health Program for differently abled students and children with learning difficulties. A total of 50 students and supporting staffs were screened. Distribution of oral care kits were done. Attended by Dr. George Kottam, Dr. Nitta Tonny, Dr. Zeritta Stanley



In observance of the International Day Against Drug Abuse and Illicit Trafficking, a Parent-Teacher Orientation Program at our adopted school, St. Louis High School, Mundamveli, on 25 June 2026. The awareness session highlighted the ill effects of drug abuse, the importance of early prevention, parental vigilance, and the role of schools in fostering a healthy, drug-free environment. A total of 330 students and parents attended the program. Attended by Dr. Meera Gopalakrishnan, Dr. Alto Franc, Dr. Zeritta Stanley

Women's Dental Council (WDC) ACTIVITIES

29.03.2026 **WDC Get together**

- Meaningful meetings matter

28.04.2026 **World Day for Safety and Health at Work**

- Learn Self Defence because every woman deserves to feel safe

10.05.2026 **Mothers Day**

- Her Health, Their Future – Supporting women's and children's well being

30.05.2026 **Hridyam 2026**

- International Day for action for women's health observance

30.05.2026 **Kick off the Style Game**

- Football Themed Fashion Show

14.06.2026 **Be a Hero**

- Blood Donation Drive

21.06.2026 **WDC Sports Meet**

- Intrabranh Cricket
-

WDC Representatives: Dr. Parvathy Ajai & Dr. Lakshmi Priya

WDC ACTIVITIES



ida INDIAN DENTAL ASSOCIATION KOCHI BRANCH
wdc Women's Dental Council IDA KERALA STATE BRANCH

WDC Get Together

Meaningful meetings matter

- * Skincare Decoded: Myths, Facts & Confident Choices for Healthcare Professionals.
- * Professional self make up and personal styling session

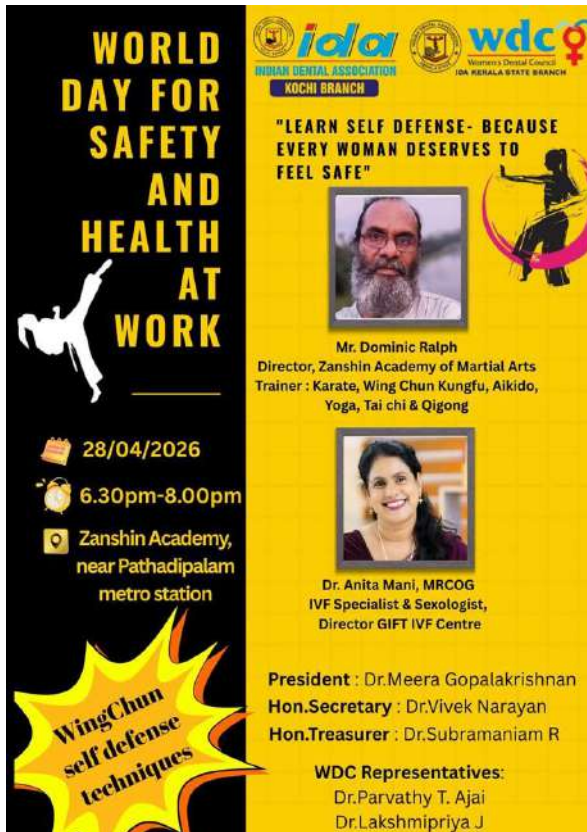
Meet our speakers

Dr. Kriti Ullal
Medical Director Dr Ullal's Skin & Cosmetology Clinic, PT USHA ROAD, Past HOD Lourdes hospital

Ms. Archana Ramanathan
Managing partner/Make up artist Naturals Beauty Academy, Thripunithura

29 March Sunday
5.00 - 8.00pm
Me Square, Edappally

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

WORLD DAY FOR SAFETY AND HEALTH AT WORK

ida INDIAN DENTAL ASSOCIATION KOCHI BRANCH
wdc Women's Dental Council IDA KERALA STATE BRANCH

"LEARN SELF DEFENSE- BECAUSE EVERY WOMAN DESERVES TO FEEL SAFE"

Mr. Dominic Ralph
Director, Zanshin Academy of Martial Arts
Trainer : Karate, Wing Chun Kungfu, Aikido, Yoga, Tai chi & Qigong

Dr. Anita Mani, MRCOG
IVF Specialist & Sexologist,
Director GIFT IVF Centre

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

WDC Representatives:
Dr. Parvathy T. Ajai
Dr. Lakshmi Priya J

28/04/2026
6.30pm - 8.00pm
Zanshin Academy, near Pathadipalam metro station

Wing Chun self defense techniques



WDC ACTIVITIES

HRIDYAM 2026
International day of action for women's health

Speaker

Dr Rebeca Mathew
MDS Periodontics

30/05/2026
Saturday

SNV Sanskrit UP school
Erour South

4.30-6.30pm

An awareness initiative in association with CDH highlighting the connection between oral health and cardiovascular health in women for Kudumbasree Illikkapadi ADS

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

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



Kick Off the STYLE GAME!
FOOTBALL-THEMED FASHION SHOW

On Behalf of **WORLD CUP 2026**

DATE MAY 30TH 2026
VENUE HOTEL LUMINARA
TIME 7.30 PM TO 10.00 PM

INVITING 30 SECOND REEL VIDEO
Showcasing an insight of our members for the evening

A SPECIAL Invitation TO ALL OUR NEW MEMBERS

COME, CHEER, PERFORM & CELEBRATE A NIGHT TO REMEMBER!
Let's make it a night of unforgettable memories!

PRESIDENT: Dr Meera Gopalakrishnan
HON. SECRETARY: Dr Vivek Narayan
HON. TREASURER: Dr. Subramaniam R

WDC REPRESENTATIVES:
Dr Parvathy T Ajai | Dr LakshmiPriya

EXCITING IN CHARGE: Dr. Nehal Bhatia
ASSISTANT CULTURAL COORDINATOR: Dr. Babu J. Dr. Anu J. Dr. Indira Gopinath



WDC ACTIVITIES

INDIAN DENTAL ASSOCIATION
KOCHI BRANCH

wdc
Women's Dental Council
IDA KERALA STATE BRANCH

Mother's Day

Celebrating the heartbeat of every home

Join us for an insightful session on
"Her Health, their Future: Supporting Women's
and Children's Well-Being".

Resource person

Mr. Rajiv Ambat
Founder - SOLVEMyHealth
Lifestyle expert & Health coach

4.00-6.00pm,
10th May(Sunday)

IMA house, kochi

President:
Dr.Meera Gopalakrishnan

Hon.Secretary:
Dr.Vivek Narayan

Hon. Treasurer:
Dr.Subramaniam R

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



ida
INDIAN DENTAL ASSOCIATION
KOCHI BRANCH

wdc
Women's Dental Council
IDA KERALA STATE BRANCH

BE A HERO

Join Our Blood Donation Drive

One donation can save up to three lives.
Your blood can bring someone back to theirs.

14/06/2026, Sunday
09:00 AM – 1:00 PM

IMA blood bank, TD Rd,
behind Maharajas College

Safe blood begins with you

President:
Dr. Meera Gopalakrishnan

Hon. Secretary:
Dr. Vivek Narayan

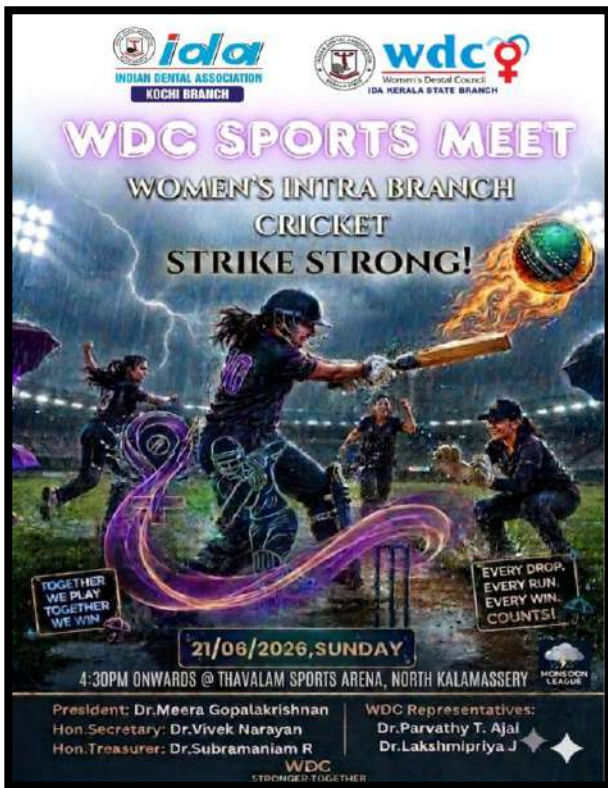
Hon. Treasurer:
Dr. Subramaniam R

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

9895005793



WDC ACTIVITIES



Upcoming Event

ida INDIAN DENTAL ASSOCIATION KOCHI BRANCH

wdc Women's Dental Council IDA KERALA STATE BRANCH

JAGRATHA 2.0

AWARE TODAY, SAFE TOMORROW

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

An awareness initiative in association with CDH

- SAY NO TO DRUGS
- CHOOSE LIFE NOT DRUGS
- BUILD A BETTER TOMORROW

YOUR FUTURE IS WORTH MORE THAN YOU THINK

Date: 1/07/2026, Wednesday
Time: 10.45-11.45 a.m
Venue: Chinmaya Vidyalaya, Vaduthala

SPEAKER

Mr. Philip Thomas
 Excise Inspector
 Excise Commissioners squad,
 South Zone,
 Thiruvananthapuram

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

WDC Representatives:
 Dr. Parvathy T. Ajal
 Dr. LakshmiPriya J

STOP DRUGS
 CHOOSE A BETTER LIFE

BE STRONG. BE SMART. BE DRUG FREE.

Continuing Dental Education (CDE) Programs

MASTERING ANTERIOR COMPOSITE ARTISTRY – Breaking the myths of Veneering – Lecture and Hands on

22nd March 2026

**Clinical Club and Monthly Meet
Topic: Walking with Dentistry since 1997**

24th April 2026

29th March 2026

LASER DENTISTRY UNPLUGGED: INNOVATIONS TO WATCH – From Oral Medicine to Accelerated Orthodontics – Lecture and Hands on

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

Monthly Meet and Clinical Club- 1

CLINICAL CLUB NO: 1

CLINICAL CLUB & MONTHLY MEET

Privilege Program
for IDA Kochi Members

24

April
2026
Friday

7.30 PM - 9.00 PM

IMA House,
Kaloor

Walking with Dentistry
SINCE 1997

Our Speaker



Dr Noorudeen A.M
MDS, Periodontics

Let's be part of an exciting & Inspiring session!

For enquiries:
Dr. Vidhya Parameswaran
99954 34988

Dr. Meera Gopalakrishnan
President
Dr. Vivek Narayan
Hon. Secretary
Dr. Subramaniam R
Hon. Treasurer
Dr. Vidhya Parameswaran
CDE Convenor



UPCOMING EVENTS – CDE

Monthly Meet and Clinical Club- 2

Full Day CDE

CLINICAL CLUB NO: 2

CLINICAL CLUB & MONTHLY MEET

Privilege Program
for IDA Kochi Members

26

June
2026
Friday

7.30 PM - 9.00 PM

Hotel Luminara,
Emakulam North

From Anxiety
to Acceptance:
Harnessing the Benefits
of Conscious Sedation
in Private Practice.

Our Speaker



Dr B Muralikrishnan, MDS
Pediatric Dentist

An experienced Pediatric Dentist with a special interest in behavior management and minimal intervention dentistry.
Passionate about creating positive dental experiences for children and anxious patients through evidence-based practices and compassionate care.

Transforming anxious appointments into positive dental experiences.

For enquiries:
Dr. Vidhya Parameswaran
99954 34988

Dr. Meera Gopalakrishnan
President
Dr. Vivek Narayan
Hon. Secretary
Dr. Subramaniam R
Hon. Treasurer
Dr. Vidhya Parameswaran
CDE Convenor

Explore how conscious sedation can transform patient experience, improve treatment outcomes, and enhance the efficiency and success of your private dental practice.

- Reduce anxiety and fear
- Improve patient cooperation
- Enhance clinical efficiency
- Build patient trust and loyalty

CDE No: 5

BEYOND BRACES: A CONTEMPORARY ORTHODONTIC UPDATE

SPEAKERS



Dr. G. Sreejith Kumar
Former Prof & Head
Dept. of Orthodontics,
SDC Alappuzha



Dr. Mukundan Vijayan
Associate Professor
Dept. of Orthodontics,
SDC Alappuzha



Dr. Rahul D Prabha
Professor
Dept. of Orthodontics
Amrita School of Dentistry

9.30 AM - 11.30 AM: Dr. G. Sreejith Kumar
Possibilities of Myofunctional appliance therapy in your practice

11.30 AM - 1.00 PM: Dr. Mukundan Vijayan
TABs in Skeletal Malocclusion Camouflage: Expanding the Envelope of Orthodontic Correction

2.00 PM - 4.00 PM: Dr. Rahul D Prabha
Clear Aligners in Modern Dentistry - Possibilities, Limitations and Clinical Reality

DATE: 12 July 2026 | TIME: 9.30 AM - 4.00 PM | VENUE: Hotel Luminara, Emakulam North

REGISTRATION CHARGES	EARLY BIRD REGISTRATION (UPTO JUL 1ST)	AFTER JULY 1ST	MEMBERSHIP
	₹ 1200/-	₹ 1500/-	• IDA Members - ₹1200/- • Non IDA Members - ₹200/- + membership fee

You can do NEFT or Google Pay to the Bank Account

FEDERAL BANK		REGISTER NOW	
A/C No	: 10586100192506	Scan or Click the link	https://forms.gly/ASybu8810DLA1PH8
Beneficiary	: Indian Dental Association Kochi Branch		
Branch	: Glinisagar, Emakulam		
IFSC Code	: FDRL0001058	<p style="font-size: 0.7em;">Limited seats. Register early!</p>	

Dr. Meera Gopalakrishnan President | Dr. Vivek Narayan Hon. Secretary | Dr. Subramaniam R Hon. Treasurer | Dr. Vidhya Parameswaran CDE Convenor

For enquiries: Dr. Vidhya Parameswaran 99954 34988

Page 19 of 27

SPORTS ACTIVITIES

IDA Kerala State Sports Fest 2026 held at Kollam on 16th & 17th May 2026



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

ACCOLADES – SPORTS ACTIVITIES

Dr. AYSHWARYA PAI

- **CHAMPION** 🏆 🏆
TT Women's Singles, Doubles & Mixed Doubles
- **RUNNER-UP** 🏆
Badminton Singles 45 -55 Year Category

Dr. JANCY

- **CHAMPION** 🏆 🏆
Badminton Women's Singles 35- 45-year category
Women's Doubles Below 45
- **RUNNER-UP** 🏆
Women's Mixed Doubles

Dr. ARUNIMA

- **CHAMPION** 🏆 🏆
Women's Mixed Doubles TT
Women's Doubles Badminton
- **RUNNER-UP** 🏆
Women's Singles TT

Dr. RAJESH

- **CHAMPION** 🏆 🏆
TT Mixed Doubles
- **RUNNER-UP** 🏆
TT Men's Doubles

Dr. MEERA GOPALAKRISHNAN

- Third Prize** 🏆
Carroms Singles

Dr. ABDULLA

- RUNNER-UP** 🏆
Badminton Mixed Doubles <45

Dr. RAJESH AND Dr. SAJI

- **RUNNERS-UP** 🏆
TT Men's Doubles Above 45

THROWBALL TEAM:

RUNNER' S UP 🏆

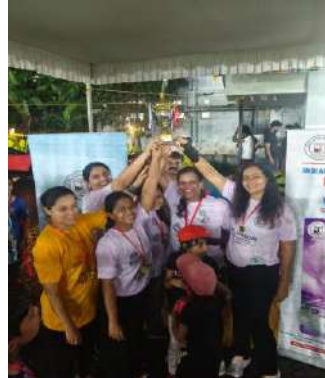
BASKETBALL TEAM

SECOND RUNNERS-UP 🏆



SPORTS ACTIVITIES

Intra-branch Sports held on 21.06.2026 – Football and Cricket



Best Batswomen - Dr. Meera Gopalakrishnan
Best Bowler - Dr. Renjusha
Best Player (Football) – Ivan
Best Goal keeper – Dr. Abin



Women's CRICKET

Champion - Team Mauve led by Dr. Meera Gopalakrishnan
Runner up - Team Sea green led by Dr. Brijitha Manoj



Men's FOOTBALL

Champions - Team Yellow led by Dr. George Jacob
Runners up - Team Sky Blue led by Dr. Nidhin

CULTURAL ACTIVITIES

HOLI Festival Party

JOIN US FOR THE FIRST EVER HOLI CELEBRATION

4:30-7:30 PM SUNDAY, 22ND MARCH 2026

NIHARA RESORT & SPA

ADULTS (ABV 12 YRS): RS. 650/-
 KIDS (5-12YRS): RS. 325/-
 COMPLIMENTARY FOR BELOW 5YRS

HIGH TEA EVENT

Dress Code : White

GET READY TO SPLASH IT WITH COLOURS!!

DR. MEERA GOPALAKRISHNAN (PRESIDENT), DR. VIVEK NARAYAN (HON. SECRETARY), DR. SUBRAMANIAM R. (HON. TREASURER), DR. NABEEL BACKER (CULTURAL IN CHARGE), DR. JOSE | DR. JITHIN | DR. RADHAKRISHNAN (ASSISTANT CULTURAL COORDINATORS)

For queries, contact Dr. Nabeel 9895872273



Ida Kochi's GOT TALENT

TALENT • FUN • MADNESS

DATE **MAY 30TH 2026**

VENUE **HOTEL LUMINARA**

TIME **7.30 PM TO 10.00 PM**

INVITING **30 SECOND REEL VIDEO**

A SPECIAL **Invitation TO ALL OUR NEW MEMBERS**

COME, CHEER, PERFORM & CELEBRATE A NIGHT TO REMEMBER!

Dr. Parvathy 9895005793



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

CULTURAL ACTIVITIES – Music Club

INDIAN DENTAL ASSOCIATION KOCHI BRANCH

Indian Dental Association Kochi Branch MUSIC CLUB

IDA KOCHI MUSIC CLUB

VISHU SPECIAL

APRIL 16

Venue - Me Square, Pathadipalam

8:00 PM - 9:30 PM

Inviting all music enthusiasts and listeners from IDA KOCHI

President - Dr Meera Gopalakrishnan
 Hon Secretary - Dr Vivek Narayan
 Hon Treasurer - Dr Subramaniam R
 Queries -
 Dr Nabeel Backer
 Cultural In-charge
 9895872273



INDIAN DENTAL ASSOCIATION KOCHI BRANCH

Indian Dental Association Kochi Branch MUSIC CLUB

DATE **16/06/2026**

TUESDAY

TIME **8 TO 10 PM**

Let's celebrate

INTERNATIONAL MUSIC DAY

with a tribute to *Johnson Mash* songs

THEME **മു കട്ടൻ ചായ**
Johnson mashinte patukalum...

VENUE **Me Square Pathadipalam**

CONTACT **9895872273**

Come. Listen. Relive.
An evening of timeless melodies that touch the heart.



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



19.04.2026
Dr. Sherine Sue Mathew



03.05.2026
Dr. Deepthi Ramachandran



17.05.2026
Dr. Radhakrishnan & Dr. Lakshmi



07.06.2026
Dr. Mohammed Sajadh



21.06.2026
Dr. Febin Antony Koikkara

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

JOURNAL RELEASE – Journal of Indian Dental Association – Kochi branch



The Volume 8 Issue 1 of the Scientific Journal of our branch – **Journal of Indian Dental Association, Kochi Branch (JIDA Kochi)**, was released by Dr. V I Paul on 24th of April 2026. The issue consists of 6 scientific articles under the categories of Editorial, Original research, Review and Case reports

Chief Editor: Dr. Pooja Latti
Associate Editor: Dr. Surya Suprabhan

IDA KSB EVENTS

IDA CANWIN SOCIAL MEDIA LAUNCH 20.03.2026



D Safe VACCINATION PROJECT: 29.03.26 & 03.05.26



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 Benovolent 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

Call for Papers

JOURNAL OF INDIAN DENTAL ASSOCIATION KOCHI (JIDAK)
(Volume 8 Issue 2)
To be released by 30th July 2026

TYPES OF MANUSCRIPTS

Original Research Articles (1000 to 1000 words)	Review Articles (400 to 600 words)	Case Reports (1000 to 2500 words)
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Format for the Manuscript

FIRST PAGE: COVER, TITLE PAGE Type of manuscript Title of the study (max. 25 words) Author names, affiliation & mail id Corresponding author details	SECOND PAGE: CONTENT Abstract (up to 350 words) Key words Highlight title	ENDED PAGE: REFERENCES Manuscript
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IMPORTANT DATES:

- Manuscript Submission deadline
30th June 2026
- Notification of Acceptance
15th July 2026

SUBMISSION GUIDELINES:
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Article Publication Charge - Free

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For assistance contact:
Dr. Pooja Latti (Editor): 99 16260249
Dr. Surya Suprabhan (Associate editor): 9895589943

President Dr. Meera Gopalakrishnan	Hon. Secretary Dr. Vivek Narayan	Hon. Treasurer Dr. Subramaniam R.
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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 2026 is scheduled for release in July. 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