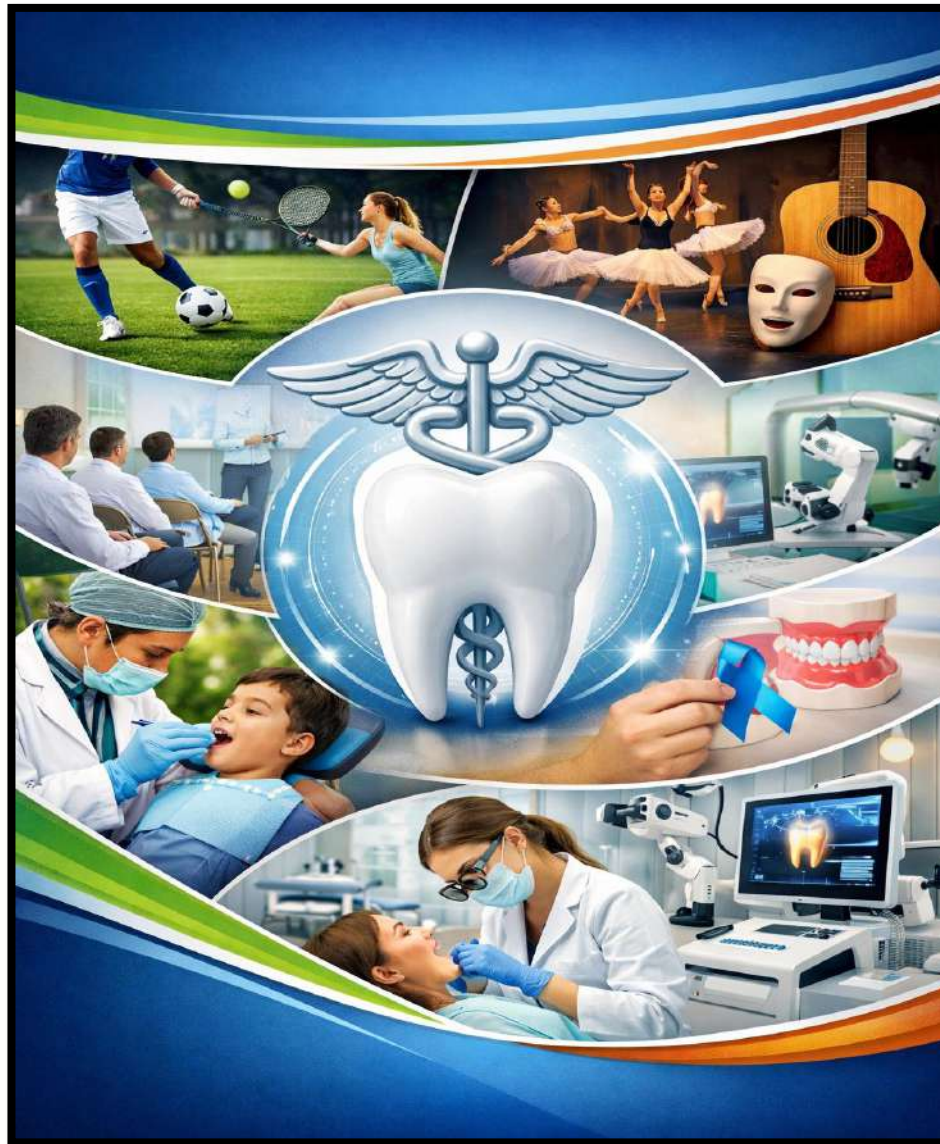


# IDA KOCHI DENTAL TIMES

NEWSLETTER PUBLISHED BY THE INDIAN DENTAL ASSOCIATION, KOCHI BRANCH

VOLUME 2, ISSUE 3

JULY - AUGUST 2026



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**JULY – AUGUST 2026**

**IDA KOCHI NEWSLETTER  
VOLUME 2, ISSUE 3  
PAGES 24**



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## President's Message

*It is with immense pride and optimism that I present Volume 2 Issue 3 of IDA Kochi Times, the official newsletter of our branch. Every edition is a reflection of our shared journey—a vibrant mirror of the academic, professional, social, and community initiatives that define IDA Kochi. Beyond documenting our activities, this newsletter serves as a cherished platform to celebrate the achievements, innovations, and milestones of the branch, inspiring the members to strive for excellence.*

*I extend my heartfelt congratulations and sincere appreciation to our Editorial Team for their unwavering commitment, meticulous efforts, and timely release of this issue. As we turn these pages, may we take pride in how far we have come, find inspiration in each other's achievements, and renew our commitment to learning, service, and professional excellence. Together, let us continue to write the success story of IDA Kochi—one milestone, one achievement, and one edition at a time.*



**Dr. Meera Gopalakrishnan**  
(President)

## Secretary's Message

*Dear IDA Kochi family, it's an absolute joy to connect with you all again for the 3rd issue of IDA Kochi Dental Times! A huge shoutout to our fantastic editorial team led by Dr. Pooja Latti & Dr. Surya Suprabhan for putting together yet another brilliant newsletter and keeping our branch so well-connected. I also want to express my heartfelt thanks to Dr. Zeritta Stanley (CDH Convener), Dr. Parvathy T Ajai (WDC Convener), and Dr. Vidhya Parameswaran (CDE Convener)—you ladies have been doing an incredible job keeping our community outreach, women's council events, and academic sessions running so seamlessly. Your energy and hard work truly set the benchmark for our branch!*

*We have plenty of exciting activities lined up, and none of this would be as meaningful without your active presence. I encourage each of you to dive in, join our upcoming events, and keep sharing your insights and ideas with us. Let's keep this great momentum going together!*



**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 we present Volume 2, Issue 3 of IDA Kochi Dental Times (July – August edition). This edition captures vibrant two months of professional engagement, community service, and fellowship among its members.*

*This edition brings together highlights from the branch's meetings, Continuing Dental Health (CDH) and Continuing Dental Education (CDE) programmes, Women Dentists' Circle (WDC) activities, sports and cultural events, and free dental clinic initiatives, reflecting the branch's continued commitment to professional development, community service and member engagement.*

*The newsletter also captures the excitement surrounding the FIFA World Cup, bringing together the spirit of sportsmanship, teamwork and fellowship among our members.*

*Adding colour and spirit to the months ahead are the upcoming Onam celebrations in the month of August.*

*Through these diverse initiatives, IDA Kochi continues to blend professional excellence, social responsibility, health awareness, sports, culture and camaraderie, making every month an opportunity to learn, serve and celebrate together.*

*I extend my sincere gratitude to our President, Secretary, Treasurer, Co-editor, 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



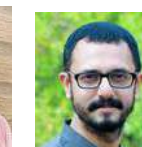
**Dr. Nevin Thomas**  
EC member



**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



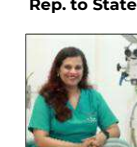
**Dr. Brijitha Manoj**  
Rep. to State



**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.

**10<sup>th</sup> July 2026**

- 7<sup>th</sup> EC Meeting  
@ Hotel Luminara,  
Kochi

**7<sup>th</sup> August 2026**

- 8<sup>th</sup> EC Meeting  
@ Hotel Luminara,  
Kochi

### 7<sup>th</sup> EC MEETING



### 8<sup>th</sup> EC MEETING



# Council on Dental Health (CDH) ACTIVITIES

July-Aug

**Strong teeth, Strong Play – Awareness video series on oral health based on FIIFA World cup theme.**

2<sup>nd</sup> July

**School dental health program at St. Vincent De Paul School, Palarivattom.**

3<sup>rd</sup> July

**Special Innovative Project - “Strong Teeth, Strong Play” campaign at Oberon Mall, Edappally.**

6<sup>th</sup> July

**Dental check-up camp and awareness program at St. Mary’s CGLPS, Ernakulam.**

10<sup>th</sup> July

**Dental check-up camp and awareness program at St. Joachim’s High School, Kathrikadavu, Kaloor.**

15<sup>th</sup> July

**Oral Health Awareness Program ‘Oral Health-A Gateway to General Health’ at St. Albert’s College, Ernakulam.**

19<sup>th</sup> July

**Dental Awareness Program “Preparing for Birth & Beyond! Prenatal & Antenatal Dental Care” at NM County, Thrippunithura**

23<sup>rd</sup> July

**School Dental Health Programme at CKC LP School, Ponnurunni, Vyttila**

28<sup>th</sup> July

**Hepatitis B Awareness Program for Dental Assistants at Smile Centre India, Kadavanthra.**

29<sup>th</sup> July

**School Dental Health Program at St. Rita’s High School, Ponnurunni, Vyttila.**

30<sup>th</sup> July

**Oral Hygiene Week School Dental Health program at St. Joachim’s UP School, Kochi.**

1<sup>st</sup> August

**Oral Hygiene Day Program at SCMS School of Engineering & Technology, Aluva.**

14<sup>th</sup> August

**School dental Health program at Nalanda Public School, Thammanam.**

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

## Council on Dental Health (CDH) ACTIVITIES



**STRONG TEETH, STRONG PLAY:** Dental Awareness Video Series that were released on social media platform, videos by members of IDA Kochi with the theme of FIFA World Cup 2026.

## Council on Dental Health (CDH) ACTIVITIES



Total patients screened: 152 students

Dental Screening and oral hygiene kits distribution.

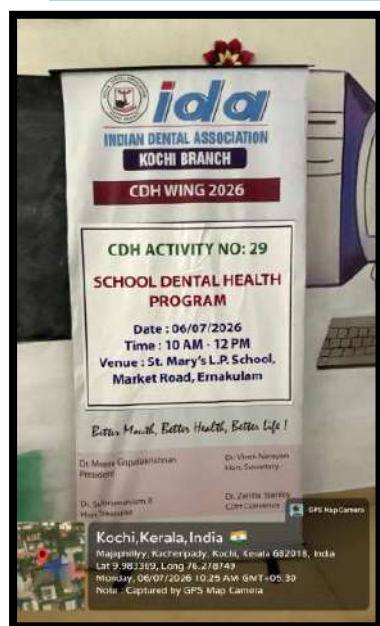
The camp was attended by Dr. George Kottam & Dr. Zeritta Stanley.



Awareness on sports injuries, Rapid Fire Quiz and a fun-filled Penalty Kick Challenge

The program was attended by Dr. Meera Gopalakrishnan, Dr. Vivek Narayan, Dr. Brijitha Manoj, Dr. Alto Franc, Dr. Ayshwarya Pai, Dr. Zeritta Stanley.

## Council on Dental Health (CDH) ACTIVITIES



**Total patients screened: 142**

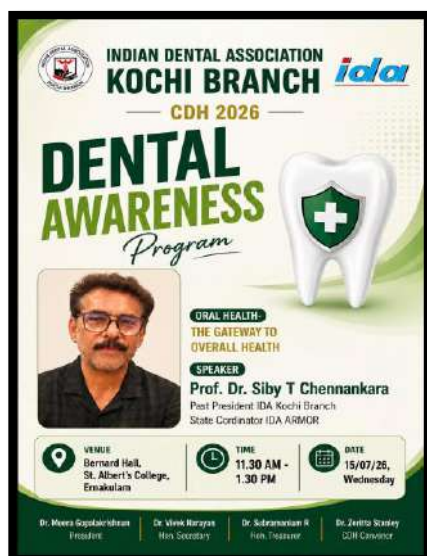
The camp focused on basic oral examination and Dental care kits were distributed. The camp was attended by Dr. Ayshwarya Pai, Dr. Nitta Tony, and Dr. Zeritta Stanley.



**Total patients screened: 91**

Dental check-up camp & Dental care kits were distributed to the children. The camp was attended by Dr. Alto Franc, Dr. Ayshwarya Pai, and Dr. Zeritta Stanley.

## Council on Dental Health (CDH) ACTIVITIES



Awareness session on **\*Oral Health-A Gateway to General Health\*** was delivered by Dr. Siby T. Chennankara. A total of 100 participants attended the program. The program was attended by Dr. Ayshwarya Pai, Dr. Siby T Chennankara, Dr. Alto Franc and Dr. Zeritta Stanley.



**Total number of participants: 50**

The session, titled **"Preparing for Birth & Beyond! Prenatal & Antenatal Dental Care,"** was delivered by Dr. Resmi P.G. The program was attended by Dr Resmi P.G. and Dr. Zeritta Stanley.

## Council on Dental Health (CDH) ACTIVITIES



**Oral health awareness session**, a demonstration of the correct tooth-brushing technique, distribution of oral hygiene kits and dental screening. The event was attended by Dr. Nitta Tony, Dr. Sreelakshmi Sreenath and Dr. Zeritta Stanley



**Hepatitis B Awareness Program for Dental Assistants.** The session was delivered by Dr. Vidhya Parameswaran, who gave an insightful talk on Hepatitis B. 40 dental assistants and 12 dentists attended the program.

## Council on Dental Health (CDH) ACTIVITIES

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### DENTAL AWARENESS PROGRAM & CHECK UP CAMP

A healthy smile today, a brighter tomorrow!

**VENUE**  
St. Rita's High School, Ponnuruni, Vyttila

**DATE**  
29/07/26, Wednesday

**TIME**  
10 AM - 12.30 PM

**SPEAKER**  
**Dr. Reshma T.S.**  
Periodontist & Implantologist  
Laser Specialist  
Associate Professor  
Amoor Dental College & Hospital, Muvattupuzha

**LET'S LEARN, CARE & SHARE FOR A HEALTHY SMILE!**

**CDH 2026**

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



A dental screening camp was conducted, and 126 students were screened. Oral hygiene kits were distributed, and an oral health awareness talk by Dr. Reshma T.S. The program was attended by Dr. Meera Gopalakrishnan, Dr. Reshma T.S., Dr. Geetha Nambiar, and Dr. Zeritta.

**Healthy Smiles, Happy Children!**

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KOCHI BRANCH

### SCHOOL DENTAL HEALTH PROGRAM

**CDH 2026**

**VENUE**  
St. Joachim's U.P School, Kathrikadavu, Kaloar

**DATE**  
Thursday, 30/07/26

**TIME: 10 AM - 12.30 PM**

**PROGRAM HIGHLIGHTS**

- SCREENING CAMP
- AWARENESS TALK
- BRUSHING TECHNIQUE DEMONSTRATION

Good Oral Health Today, Confident Smiles Tomorrow!

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

FOR ENQUIRIES: Dr. Zeritta Stanley 8089227105



Oral Hygiene Week celebrations. A total of 328 students underwent dental screening. Attended by Dr. Meera Gopalakrishnan, Dr. Geetha Nambiar, Dr. Arati, and Dr. Zeritta Stanley

## Council on Dental Health (CDH) ACTIVITIES



**Oral Hygiene Day observance.** An engaging dental awareness session was delivered by Dr. Reshma. An interactive online quiz was conducted by Hon. Secretary Dr. Vivek Narayan, with prizes distributed to the quiz winner. The event was attended by President Dr. Meera Gopalakrishnan, Hon. Secretary Dr. Vivek Narayan, Dr. Reshma, and Dr. Zeritta Stanley



Upcoming program

## Women's Dental Council (WDC) ACTIVITIES

**01.07.2026**

**Jagratha2.0**

**International Day  
against Drug Abuse &  
Illicit Trafficking**

**02.08.2026**

**WDC unique program  
– Clinical Hospitality  
(transforming patient  
experience in modern  
dentistry)**

**19.07.2026**

**WDC unique program  
-Financial Fitness for  
Professionals**

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

## WDC ACTIVITIES

**Jagratha 2.0** – An awareness session on drug abuse by Mr. Philip Thomas, Excise Inspector, Trivandrum to the students of Chinmaya Vidyalaya School, Vaduthala.

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**wdc**  
Women's Dental Council  
IDA KERALA STATE BRANCH

# JAGRATHA 2.0

AWARE TODAY, SAFE TOMORROW

**INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING**

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

**YOUR FUTURE IS WORTH MORE THAN YOU THINK**

**Association with CDH**

**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

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

**STOP DRUGS**  
CHOOSE A BETTER LIFE

**BE STRONG. BE SMART. BE DRUG FREE.**



## WDC ACTIVITIES

**ida** INDIAN DENTAL ASSOCIATION KOCHI BRANCH

**wdc** Women's Dental Council IDA KERALA STATE BRANCH

**WDC UNIQUE PROGRAM PART 1**

### FINANCIAL FITNESS FOR PROFESSIONALS

Understanding fundamentals of income sources, taxation, accounting practices and Internal controls

**CA Namitha T. Ajai, FCA**  
APNT & Associates

**CA Anju Poulose, ACA, CFE**  
APNT & Associates

**JULY 19 SUNDAY** | **7:30 P.M TO 10:00 P.M** | **HOTEL LUMINARA, EKM NORTH**

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

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

Privilege programme for IDA kochi members



**ida** INDIAN DENTAL ASSOCIATION KOCHI BRANCH

**wdc** Women's Dental Council IDA KERALA STATE BRANCH

### WDC UNIQUE PROGRAMME PART 2

### CLINICAL HOSPITALITY

Transforming patient experience in modern dentistry

**SPEAKER**

**Mr. Biju George**  
Founder and Master trainer, PeX First

**DATE** Aug 2nd (Sunday)  
**TIME** 4.00 PM - 6.30 PM  
**VENUE** KMA, Panampilly Nagar

**WDC REPRESENTATIVES**  
Dr. Parvathy T. Ajai  
Dr. Lakshmi Priya J

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



# Continuing Dental Education (CDE) Programs

**Clinical Club** -From Anxiety to Acceptance – Harnessing benefits of Conscious Sedation in Private Practice

26<sup>th</sup> June

**Full-day CDE** on The Art and Science of Efficient Rotary Endodontics

26<sup>th</sup> July

**Clinical Club** - Dentin Hypersensitivity & Do's and Don'ts of Posterior Restorations

13<sup>th</sup> August

12<sup>th</sup> July 2026

**Full-day CDE** on Beyond Braces – a contemporary orthodontic update

9<sup>th</sup> August 2026

**Full day CDE** on Everyday Extractions – mastering the precision approach

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

## CDE programs

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,  
Ernakulam North

**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

*Together we learn,  
together we grow,  
together we excell*



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KOCHI BRANCH

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

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

**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.”*



## CDE programs

**CDE No: 5**  
**FULL DAY CDE**

**Indian Dental Association  
Kochi Branch**

### BEYOND BRACES: A CONTEMPORARY ORTHODONTIC UPDATE

**SPEAKERS**



**Dr. G. Sreejith Kumar**  
Former Prof & Head  
Dept. of Orthodontics,  
GDC Kottayam



**Dr. Mukundan Vijayan**  
Associate Professor  
Dept. of Orthodontics,  
GDC Alappuzha



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

|                    |                                                                                                                           |
|--------------------|---------------------------------------------------------------------------------------------------------------------------|
| 9.30 AM - 11.30 AM | <b>Dr. G. Sreejith Kumar</b><br>Possibilities of Myofunctional appliance therapy in your practice                         |
| 11.30 AM - 1.00 PM | <b>Dr. Mukundan Vijayan</b><br>TADs in Skeletal Malocclusion Camouflage: Expanding the Envelope of Orthodontic Correction |
| 2.00 PM - 4.00 PM  | <b>Dr. Rahul D Prabha</b><br>Clear Aligners in Modern Dentistry - Possibilities, Limitations and Clinical Reality         |

**DATE** 12 July 2026  
**TIME** 9.30 AM - 4.00 PM  
**VENUE** Hotel Luminara, Ernakulam North

**REGISTRATION CHARGES**

- IDA Members - ₹1200/-
- Non IDA Members - ₹1200/- + membership fee

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

For enquiries: **Dr. Vidhya Parameswaran | 99954 34988**



**ida**  
INDIAN DENTAL ASSOCIATION  
KOCHI BRANCH

**CDE NO 6**

### The Art and Science of efficient Rotary Endodontics

**FULL DAY CDE  
WITH LIVE DEMO AND HANDS ON**

**REGISTRATION CHARGES**

- ₹1000/- LECTURE
- ₹4000/- HANDS ON (LIMITED TO 15 PARTICIPANTS)

**TAKE AWAY MATERIALS  
WORTH ₹1500/-  
FOR HANDS ON PARTICIPANTS**

**SPEAKER**

**Dr Arun Jayasheel, MDS**  
Professor, Dept. of  
Conservative Dentistry & Endodontics  
Bapuji Dental College & Hospital,  
Davengere.

**VENUE** HOTEL LUMINARA  
**DATE** 26/07/26 SUNDAY  
**TIME** 9.30 AM - 4.00 PM

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Branch: Chinnavar, Ernakulam  
IFSC Code: FDRIL0001998

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 Convener



## CDE Program



**CDE NO 7**

**FULL DAY CDE**  
WITH LIVE DEMO AND HANDS ON

# Everyday Extractions:

## Mastering the Precision Approach



**Dr. Pravish V, MDS**

Professor, Dept. of OMFS  
Sree Anjaneya Institute of Dental Sciences, Kozhikode

**DATE**  
Aug 9th, Sunday

**TIME**  
9:30 AM - 4:00 PM

**VENUE**  
Hotel Luminara, Ernakulam North

**REGISTRATION CHARGES**

| LECTURE                           | LECTURE + HANDS ON |
|-----------------------------------|--------------------|
| ₹1200/-                           | ₹4000/-            |
| (Limited to 12 participants only) |                    |

**HANDS ON SESSION**

TRANSALVEOLAR EXTRACTION & SUTURING  
(On Silicone Model)

**PAYMENT DETAILS**

You can do NEFT or Google Pay to the Bank Account

**FEDERAL BANK**

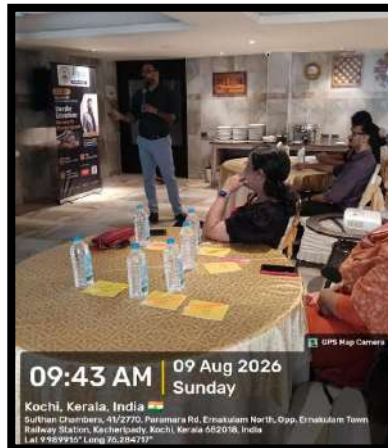
A/C No : 1098070092399  
 Beneficiary : Indian Dental Association Kochi Branch  
 IFSC Code : FOLR0001098  
 Branch : Chinigar, Ernakulam

Scan & Pay



**LIMITED SEATS! REGISTER EARLY**

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



**CLINICAL CLUB NO : 3**

**MONTHLY MEETING**

**IDA KOCHI BRANCH**

**PRIVILEGE PROGRAM FOR IDA KOCHI MEMBERS**

# DENTIN HYPERSENSITIVITY



**Dr. Musthaq Umer, BDS**  
Guest Speaker

# DO'S & DON'TS OF POSTERIOR RESTORATIONS



**Dr. Brijitha Manoj, BDS**  
Vice President, IDA Kochi



**Dr. Mohammed Sajadh, BDS**  
Assistant Secretary, IDA Kochi

**VENUE**  
Hotel Radisson Blu, Kadavanthara

**DATE**  
13/08/26, Thursday

**TIME**  
7.00 PM - 9.30 PM

**SUPPORTED BY**  
**HALEON**  
For Health. With Humanity.

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

Upcoming program  
**Clinical Club and Monthly Meeting**

## CULTURAL ACTIVITIES – Upcoming program



Cultural In-Charge: Dr. Nabeel Backer

Assistant Coordinators: Dr. Jose Sunny, Dr. Radhakrishnan & Dr. Jithin

## SPORTS ACTIVITIES



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

## 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**



**05.07.2026**

**Dr. George Kottam & Dr. Krishan Nair**



**19.07.2026**

**Dr. Vishnu Thomas**



**02.08.2026**

**Dr. Jayakumar**

**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

## NEWSLETTER & JOURNAL RELEASE Indian Dental Association – Kochi branch



The **Volume 2 Issue 3 of the IDA Kochi Dental Times**, was released on 26/06/2026 at the Clinical Club and Monthly meeting held at Hotel Luminara, Kochi . The issue was handed over by the Editor Dr. Pooja Latti to the President Dr. Meera Gopalakrishanan for the release, and a copy was handed over to Senior Member of IDA Kochi, Dr. C R. Vijayasankaran sir.



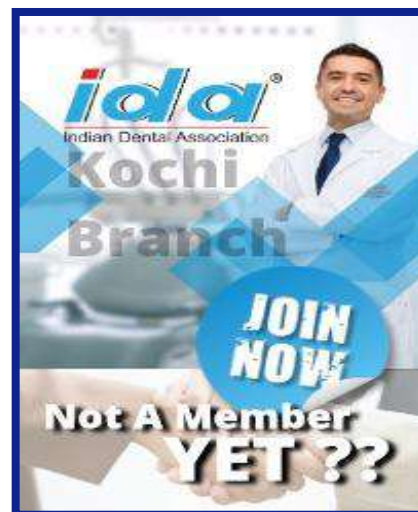
The **Volume 8 Issue 2 of the Scientific Journal of our branch – Journal of Indian Dental Association, Kochi Branch (JIDA Kochi)**, was released on 26/07/2026 at the CDE program on 'the art and science of efficient rotary endodontics' held at Hotel Luminara, Kochi . The issue was handed over by the Editor Dr. Pooja Latti to the President Dr. Meera Gopalakrishanan for the release, and a copy was handed over to the resource faculty of the program- Dr. Arun Jaysheel. The issue consists of 7 scientific articles under the categories of Editorial, Original research, Review and Case reports.

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

## 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 3 Issue 3)  
To be released by 30<sup>th</sup> October 2026

**Types of Manuscripts**

- Original Research Article (1000 to 2000 words)
- Review Article (1000 to 1500 words)
- Case Report (500 to 750 words)

**Submission Guidelines:**

- Manuscript Submission Deadline: 30<sup>th</sup> September 2026
- Notification of Acceptance: 15<sup>th</sup> October 2026

**Submit Your Manuscript:**

- For assistance contact: Dr. Pooja Latti (Editor): 9916260249
- Dr. Surya Sagarathan (Associate editor): 995559943

**Submit Your Manuscript Now**

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 2026 is scheduled for release in the month of October.

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

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

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

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

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