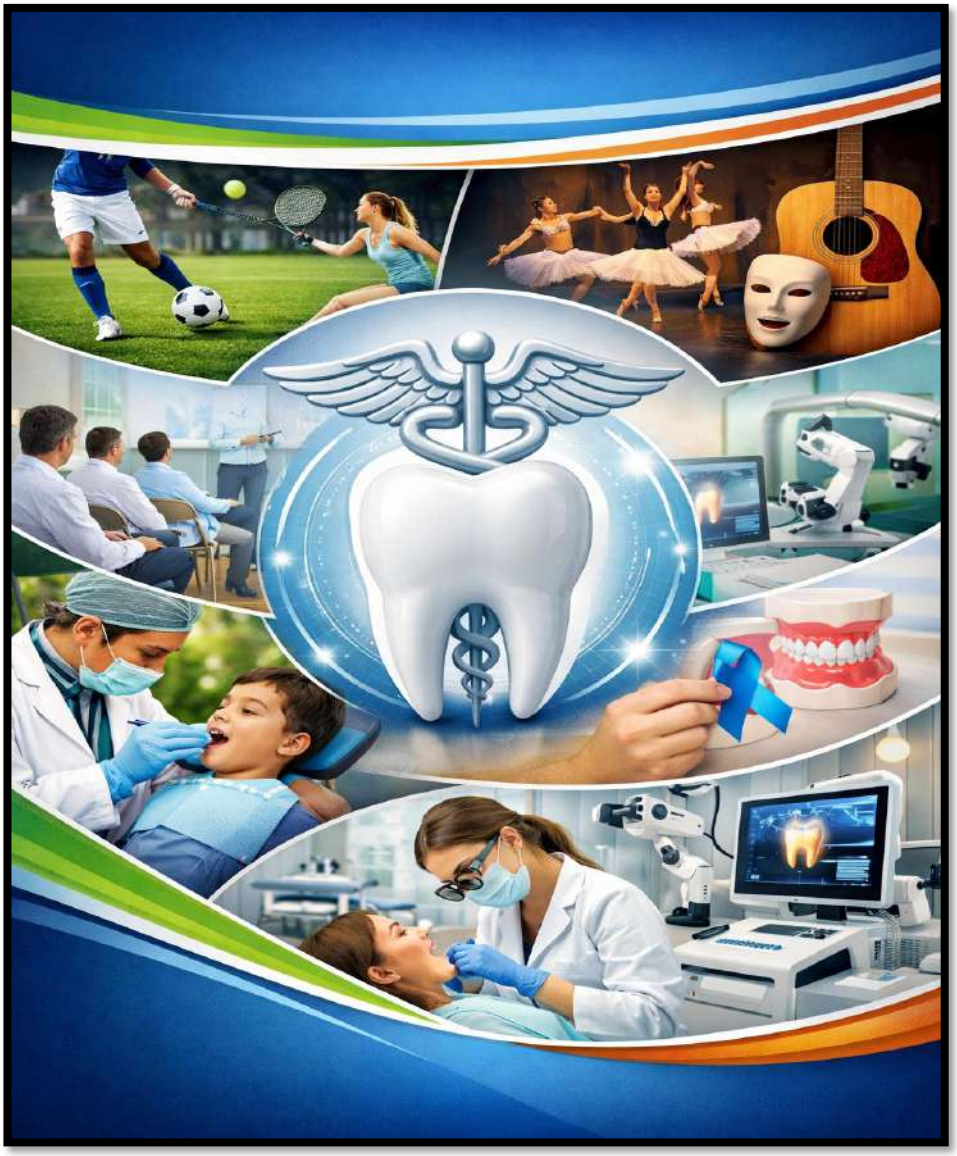
KOCHI BRANCH
ida Indian Dental Association
INDIAN DENTAL ASSOCIATION 2024-2025
Leading a Legacy

IDA KOCHI DENTAL TIMES

NEWSLETTER PUBLISHED BY THE INDIAN DENTAL ASSOCIATION, KOCHI BRANCH

VOLUME 2, ISSUE 4

AUGUST – OCTOBER 2026



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AUGUST – OCTOBER 2026

IDA KOCHI NEWSLETTER
VOLUME 2, ISSUE 4
PAGES 29

www.idakochi.org

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Editor's Message

Dear Readers,

It gives me immense pleasure to connect with you through IDA Kochi Dental Times, a newsletter that reflects the spirit, achievements, and collective efforts of our IDA Kochi family. Every edition of this newsletter has been an opportunity to bring together the diverse activities of our branch—from continuing dental education programmes and community dental health initiatives to social service, cultural celebrations, sports, and the remarkable advancements in dental practice.

As we turn another page in our journey, I would like to express my heartfelt gratitude to all the contributors, office bearers, colleagues, and members who have supported this publication. Your articles, photographs, timely inputs, and encouragement have been the driving force behind every issue. A newsletter is never the work of an editor alone; it is a collective voice, shaped by the people and the profession it represents.

This edition is particularly special to me, as it also marks the completion of two fulfilling years as Editor of IDA Kochi Publications. It has been a journey filled with learning, responsibilities, deadlines, creative challenges, and, above all, the satisfaction of seeing our collective efforts take shape in print. Bringing together contributions, coordinating the editorial process, and striving to release each issue on time have been valuable experiences that I will always cherish.

As I complete my two-year term, it is time for me to sign off from this responsibility with a deep sense of gratitude and contentment. Every challenge has taught me something, every contribution has enriched the publication, and every word of encouragement has made the journey worthwhile. I sincerely thank the leadership of IDA Kochi for entrusting me with this role and every member who stood by me throughout this tenure.

While I step down from the editorial responsibility, my association with the ideals and activities of IDA Kochi continues with the same enthusiasm. I look forward to seeing IDA Kochi Dental Times grow further under new editorial leadership, reaching greater heights and continuing to celebrate the professional excellence, service, and unity of our dental fraternity.

As I sign off, I leave with one enduring thought: a publication is more than a collection of pages—it is a record of our shared journey, a celebration of our achievements, and a legacy for those who follow.

Thank you for being an integral part of this journey. It has been a privilege to serve, a pleasure to create, and an honour to be your Editor.

With gratitude and warm regards,

Dr. Pooja Latti
(Chief Editor)



President's Message

As I pen this message for the final issue of IDA Kochi Dental Times during my presidential year, I do so with immense pride, heartfelt gratitude and a deep sense of fulfilment.

Looking back at the year gone by, our newsletter has been much more than a chronicle of events. It has been a vibrant reflection of the spirit of IDA Kochi — capturing our achievements, academic pursuits, social initiatives, celebrations, camaraderie and the many colourful moments that have made this year truly memorable. Issue after issue, it has beautifully brought our collective journey to life, preserving the memories of a year defined by enthusiasm, teamwork and togetherness.

My sincere appreciation goes to the entire editorial team for their outstanding commitment and creative vision. The prompt release of every issue, the freshness of presentation, the quality of content and the distinctive creativity that sets our newsletter apart are a testament to their dedication and professionalism. Their ability to transform a calendar full of activities into an engaging and aesthetically appealing publication has been truly commendable.

I would also like to acknowledge and thank all our coordinators, who have worked in perfect synchrony with the editorial team. Their timely communication, diligent follow-ups, coordination and enthusiastic contributions have ensured that every issue reflects the breadth and vibrancy of our branch activities while maintaining exemplary standards of quality and punctuality. This seamless collaboration has been one of the greatest strengths of IDA Kochi Dental Times.

My heartfelt thanks extend to every contributor, every team member and every individual working behind the scenes who has helped shape this newsletter. Every photograph shared, every report compiled, every update communicated and every detail carefully curated has contributed to making this publication a true collective achievement. It is this shared ownership and willingness to go the extra mile that have made our newsletter so special.

As I approach the conclusion of my presidential year, I am reminded that leadership is ultimately about the memories we create, the people we bring together and the legacy we leave behind. IDA Kochi Dental Times has been a beautiful storyteller of our journey, reflecting not just what our branch has accomplished, but also the spirit with which we have accomplished it.

I wish the entire team continued inspiration, renewed creativity and many more milestones in the years ahead. May IDA Kochi Dental Times continue to evolve, flourish and earn greater recognition, remaining a cherished voice of IDA Kochi and a lasting testament to the talent, unity and professional excellence of our fraternity.

With gratitude for the journey we have shared, pride in all that we have achieved together, and my very best wishes for an even brighter future, I look forward to seeing IDA Kochi Times reach greater heights in the years to come.

Warm regards,

Dr. Meera Gopalakrishnan
President
IDA Kochi Branch



Secretary's Message

Dear Members,

As my two-year term as Honorary Secretary draws to a close, I look back with immense pride and gratitude at what we have accomplished together. It has been an honor to serve IDA Kochi, and this journey has been defined by our collective dedication to dental excellence and community impact.

Our recent calendar reflects the incredible dynamism of our branch, driven by passionate teams who have raised the bar across every domain:

- ***Community Dental Health (CDH) Team:*** *A major compliment goes to the CDH team, brilliantly* ***led by Dr. Zeritta Stanley****, for their excellent show of activities, impactful outreach programs, and deep commitment to public oral health.*
- ***Continuing Dental Education (CDE) Team:*** *Led by the dynamic* ***Dr. Vidhya Parameswaran****, the team has consistently delivered high-caliber academic sessions, keeping our clinical skills sharp and cutting-edge.*
- ***Women's Dental Council (WDC) Team:*** *Under the stellar guidance of* ***Dr. Parvathy T. Ajai****, the WDC has shone brightly with its empowering initiatives and beautifully curated programs.*

We also celebrate the immaculate organization of two massive state-level events that brought laurels to our branch:

- ***IDA D-SAFE Valedictory Function:*** *Executed flawlessly, showcasing our commitment to safety and professional standards.*
- ***PITCH 2026:*** *The highly energetic IDA Kerala State Branch (KSB) turf cricket tournament, which was a resounding success in sportsmanship and camaraderie.*

A special word of appreciation goes to our Editor, Dr. Pooja Latti. I complement her for her exceptional effort in ensuring the timely and beautifully designed publication of our newsletter, capturing our branch's milestones so elegantly.

None of these achievements would have been possible without the exemplary leadership of our President, Dr. Meera Gopalakrishnan, whose vision guided us at every step. I extend my heartfelt gratitude to our Hon. Treasurer, Dr. Subramaniam R, for his meticulous financial stewardship over the last 2 years, and to the entire Executive Committee for their tireless efforts and unwavering backing.

As a new leadership steps in, I repose my absolute confidence in the incoming team. I am certain that their fresh energy, vision, and dedication will carry our branch forward into a new era of growth and success.

As I sign off from this office, I carry forward cherished memories, invaluable lessons, and deep friendships. Thank you for trusting me with this responsibility. Let us continue to support our new leaders and keep the IDA Kochi banner flying high.

Warm regards



Dr. Vivek Narayan
Hon. Secretary, IDA Kochi

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 Gopalakrishanan
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 (EC) meetings play a vital role in guiding the organization, reviewing performance, facilitating decision-making, formulating strategic plans, and ensuring effective governance and leadership. The Indian Dental Association (IDA), Kochi, conducts EC meetings regularly, during which each committee presents updates on its activities and progress. The action plan for the forthcoming month is also discussed and presented to ensure coordinated efforts and the timely implementation of planned activities.

9th EC Meeting
@ Hotel Luminara, Kochi

11th September 2026

9th October 2026

10th EC Meeting
@ Hotel Luminara, Kochi

9th EC MEETING





10th EC MEETING





Council on Dental Health (CDH) ACTIVITIES

- 14th Aug – •School Dental Health Program @ Nalanda Public School, Thammanam
- 17th Aug – •School Dental Health Program @ Time kids
- 20th Aug – •Awareness class, screening camp @ Manassery community Hall, Mundamvely
- 5th Sept. – •Dental Awareness display at Cinema Theatre
- 78th Sept. – •Dental awareness session for Asha Workers at Primary Health Centre, Moolamkuzhi, Thoppumpady
- 11, 12, 13th Sept. – •Social Media Dental Awareness – reel by Dr. Surya Suprabhan, Dr. Resmi P G, Dr. Krishan K Nair
- 12th Sept. – •Dental Awareness for migrant workers at Matha Apparels Pvt. Ltd., Palarivattom
- 16th Sept. – •Dental Awareness Session and Check-up Camp for Kudumbashree workers.
- 18th Sept. – •Dental check-up camp at St. Louis High School, Mundamveli (IDA Kochi adopted centre)
- 21 Sept. – Dental Check-up Camp at Bethsaida Rehabilitation Centre, Konthuruthy
- 1st Oct – •Golden Smiles – Brighter Days at Every Age in observance of World Smile Day
- 7th Oct. – Dental Awareness program and Poster making competition at Dawn International School
- 16th Oct. – •Oral Health Awareness Programme for ASHA Workers, Urban Health Workers, release of Awareness booklet
- 22nd Oct. – •Dental check up and awareness talk at Marthoma Kindergarten, Vytilla
- 23rd Oct. – •Dental check up at MAAM Government LP School, Kakkanad
- 24th Oct. – •Dental awareness talk by Dr. Sudheer Kumar on Kairali Tv's Hello Doctor session
- 27th Oct. – •Dental Awareness Programme for ASHA workers at the Urban Primary Health Centre, Thammanam.

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

Council on Dental Health (CDH) ACTIVITIES

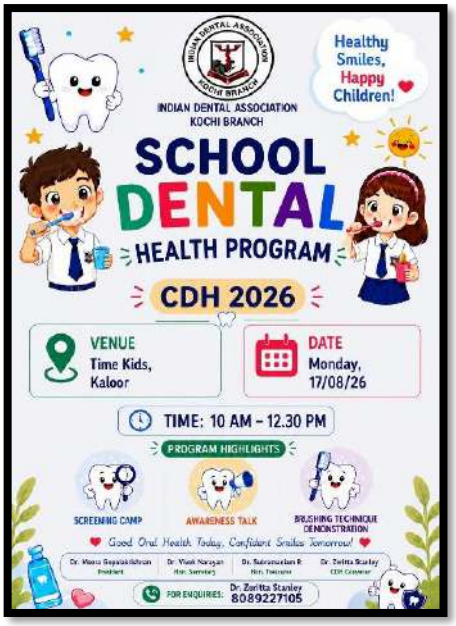






Total patients screened: 142

School Dental Health Program was conducted at Nalanda Public School, Thammanam on 14.08.2026, from 10:00 AM to 12:30 PM. Dental hygiene kits were distributed. Camp was attended by Dr. Meera Gopalakrishnan, Dr. George Kottam and Dr. Zeritta Stanley









Total patients screened: 75

School Dental Health Program conducted on 17.08.2026 at Time Kids Preschool, Kaloor from 10:00 AM to 12:00 PM. The children were provided with dental health guidance and awareness on maintaining good oral hygiene. Dr. Skariah K S, Dr. Ann Ninan and Dr. Zeritta Stanley participated in the camp

Council on Dental Health (CDH) ACTIVITIES









Total patients screened: 50

An awareness class and dental check-up camp was successfully conducted at Manassery Community Hall, Mundamveli on 20/08/2026, from 9:30 AM to 12:00 PM. Awareness class was conducted by Dr. Gayathri K. “Colour My Healthy Smile” competition was organised for children. Learning kits were distributed to the participants. Camp was attended by Dr. Nevin Thomas, Dr. Gayatri K, Dr. Zeritta Stanley









AWARENESS VIDEO DISPLAY AT CINEMA THEATRE

A dental awareness video was displayed at Shenoy’s Cinema, MG Road, Kochi during screening of movies on 5th of September 2026. The initiative aimed to reach a wider audience with simple, impactful, messages promoting oral hygiene, preventive dental care, regular check ups and early detection of oral health problems

Council on Dental Health (CDH) ACTIVITIES



Dental awareness session for Asha Workers conducted on 08/09/2026 at Primary Health Centre, Moolamkuzhi, Thoppumpady at 10 AM. The awareness session was led by Dr. Sheethal Sherif and attended by around 30 ASHA workers. Dr. Nevin Thomas and Dr. Zeritta Stanley also attended the event

AWARENESS REELS BY MEMBERS FOR SOCIAL MEDIA CIRCULATION





Dental Awareness Programme was conducted on 12/9/26, Saturday at Matha Apparels Pvt. Ltd., Palarivattom, for migrant workers, focusing on promoting oral hygiene practices and awareness about maintaining good oral health. The session was led by President Dr. Meera Gopalakrishnan and attended by 50 migrant workers. The program was also attended by Dr. Alto Franc and Dr. Zeritta Stanley

Council on Dental Health (CDH) ACTIVITIES





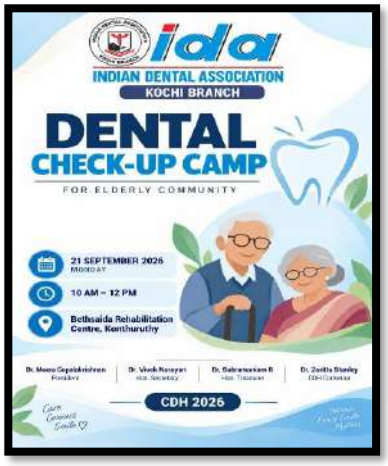



The Dental Awareness Session and Check-up Camp was organized for Kudumbasree workers on 6.09.2026. The program was attended by 35 Kudumbashree workers. Awareness talk was given by Dr. Binila S Babu. Dr. Siby T Chennankara and Dr. Zeritta Stanley also participated in the camp.





Dental check-up camp for 200 patients was conducted on 18/9/26, Friday at St. Louis High School, Mundamveli- IDA KOCHI Adopted School of the Year 2026, from 10 AM to 1 PM. The program was attended by Dr. George Kottam, Dr. Nitta Tony and Dr. Zeritta Stanley






Dental Check-up Camp on 21/09/2026 at Bethsaida Rehabilitation Centre, Konthuruthy, as a follow-up to the WDC's Silver Smiles programme held last month. 19 inmates were screened. Basic oral health instructions were provided, and dental care samples were distributed. The program was attended by Dr. George P. John, Dr. Parvathy Ajai, and Dr. Zeritta Stanley

Council on Dental Health (CDH) ACTIVITIES

As a part of **THE *GOLDEN SMILES – BRIGHTER DAYS AT EVERY AGE*** initiative, IDA Kochi, **in Association with the Association of Geriatric Dentistry (AGeD)**, organized oral health awareness programs across 5 places **on 01/10/2026**, in observance of the **World Smile Day**

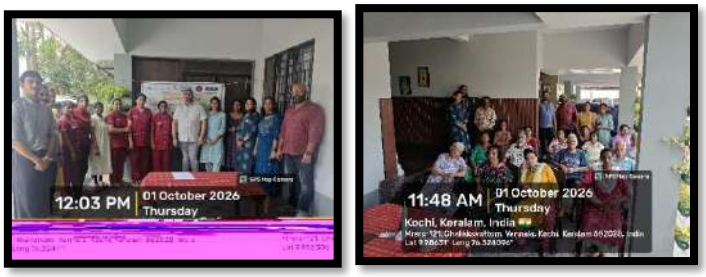




Signature Aged Care, Dementia and Alzhiemer's Home, Vazhakkala. Speaker: Dr. Skariah K S, Attended by Dr. Nabeel Backer, Dr. Aamir Bin Nazar



Guardian Angel Institute of Caregiving, Vennala. Speaker: Dr. Meera Gopalakrishnan, Attended by Dr. Ramziya, Dr. Ann Ninan, Dr. Nitta Tony



Signature Aged Care Hospice and Palliative Care, Chalikyavattom. Speaker: Dr. Vidhya Parameswaran, Attended by Dr. Vivek Narayan, Dr. Sreelakshmi Sreenath

radio mango

The observance of the day with the events were mentioned in Radio Mango 91.9



Kancare Senior Care, Kangarappady. Speaker: Dr. George P John, Attended by Dr. Zeritta Stanley, Dr. Seema George, Dr. Geetha Nambiar, Dr. Brijitha Manoj, Dr. Deepthi



Signature Aged Care, Assisted Living, Kunnumpuram. Speaker: Dr. Resmi P G, Attended by Dr. Aravind Mohan

Council on Dental Health (CDH) ACTIVITIES











CDH of IDA Kochi Branch conducted a Dental Awareness Program and Competition for School Children on 07/10/2026 at 10:00 am at Dawn International School, Ambalamedu. The awareness session was led by Dr. Seema George, followed by a Poster making competition on 'Why should we save our teeth?'. Dr, Nisha Jacob and Dr. Zeritta Stanley also attended.





CDH IDA Kochi Branch, in collaboration with the Association of Geriatric Dentistry (AGeD), organised an Oral Health Awareness Programme for ASHA Workers and Urban Health Workers on 16.10.2026 at NHM Conference Hall, Edappally. The programme was inaugurated by Dr. Haneesh M. M., District Programme Manager, National Health Mission, Ernakulam. Around 90 participants representing 15 Primary Health Centres attended the programme, including Junior Health Inspectors (JHI), Junior Public Health Nurses (JPHN) and ASHA workers. The sessions covered the role of ASHA workers in oral health, preventive and paediatric dentistry, oral health during pregnancy, and geriatric dentistry. The resource persons were President Dr. Meera Gopalakrishnan, Dr. Geeta Nayar(District Dental Nodal Officer, District Hospital Aluva), Dr. Brijitha Manoj and Prof. Dr. George P. John, Treasurer of AGeD. An oral health awareness booklet titled 'Vadana arogyam' was also released for the benefit of ASHA workers.

Council on Dental Health (CDH) ACTIVITIES









The Dental Awareness Session and Check-up Camp was organized for at Marthoma Kindergarten, Vytilla on 22/10/2026. A total of 27 students were screened to assess their oral health.Oral hygiene kits were distributed. Doctors who attended the camp: 1. Dr. George Kottam, 2. Dr. Sreelakshmi, 3. Dr. Zeritta Stanley



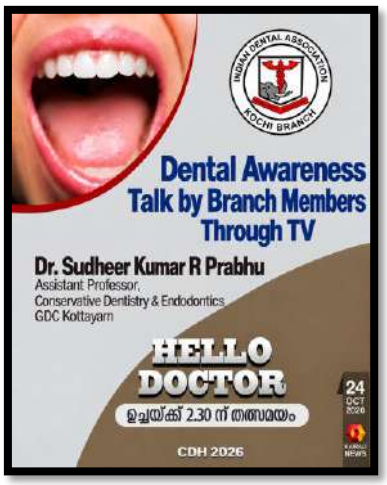




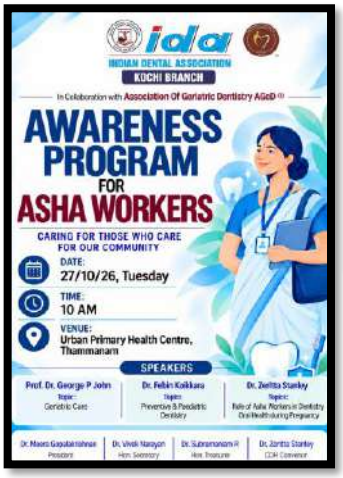




A school Dental check-up camp was conducted on 23/10/2026, at MAAM LP School, Kochi. A total of 194 students were screened. Doctors who attended: Dr. Meera Gopalakrishnan, Dr. Aravind Mohan, Dr. Zeritta Stanley.



Dental awareness talk by branch member Dr Sudheer Kumar Prabhu on Kairali TV's Hello Doctor Live programme at 2:30 PM.











Dental Awareness Programme for ASHA workers at the Urban PHC, Thammanam on 27.10.26. A total of 35 ASHA workers from three Primary Health Centres participated. Prof. Dr George P. John, Dr Febin Koikkara & Dr. Zeritta Stanley conducted the awareness sessions**. Dental awareness booklets specially prepared for ASHA workers were distributed**. Doctors who attended the camp - Dr. George P. John, Dr. Febin, Dr. Vishnu Thomas, Dr. Zeritta Stanley.

Women's Dental Council (WDC) Activities

18.08.2026	**Move for Health** Zumba and Pilates session
21.08.2026	**Project Silver Smiles** Caring for smiles, Enriching lives, Senior women wellness drive
09.09.2026	**Sound Healing therapy** WDC unique programme, Dentipreneur, part 3
24.09.2026	**Behind the White Coat** Staying mentally well while caring for everyone else
27.09.2026	**WDC Lifetime achievement Award** Awarded to Dr. Molly Joseph
04.10.2026	**The Radiant Rise** IDA Kerala State Women Dental Council Workshop
16.10.2026	**Dandiya Night** WDC Get together
20.10.2026	**Dental Awareness article** in Mathrubhumi newspaper on "Dental Care During Pregnancy" by our member, Dr. Tessa Paul

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

WDC ACTIVITIES









WDC organised a Health Oriented Program on 18/08/2026, which included an energizing fusion of Zumba and Pilates, designed to enhance fitness, improve well being and inspire a healthier lifestyle. Mrs. Bindu Prakash was the trainer for the session





WDC successfully organised its fifth state project, Silver Smiles, at Bethsaida Rehabilitation Centre, Konthuruthy on 21st August. Dr. Vidhya Parameswaran delivered an awareness talk. The program was attended by Dr. Meera Goplakrishnan, Dr. George P John and Dr. Parvathy Ajai

WDC ACTIVITIES



As a part of WDC Unique Program Part 3, a session on Sound Healing Therapy was organized by the WDC on 09/09/2026 at Me Square, Pathadipalam. Mrs. Nayana G Nair was the trainer for the program



A WDC Health Oriented Program, titled 'Behind the White Coat: Staying mentally well while caring for everyone else' was held on 24/09/2026 at Carreo Business Centre, Panampilly Nagar, Kochi. Dr. Aswin Krishnan Ajit, a consultant Psychiatrist was the resource faculty for the day

WDC ACTIVITIES





Dr. Molly Joseph was awarded the **WDC Lifetime Achievement award**, honoring her distinguished service, professional excellence and lasting contribution to the dental profession, at the IDA Kerala State, Kochi held on 27/9/26.


Mathrubhumi മാതൃഭൂമി

അമ്മയാകാനൊരുങ്ങുമ്പോൾ പല്ലും ശ്രദ്ധിക്കാം...

ദന്തചികിത്സ മാറിവെക്കരുത്

20/10/2026 VAIKOM Pg 08

Newspaper article by Dr. Tessa Paul published on 20/10/26











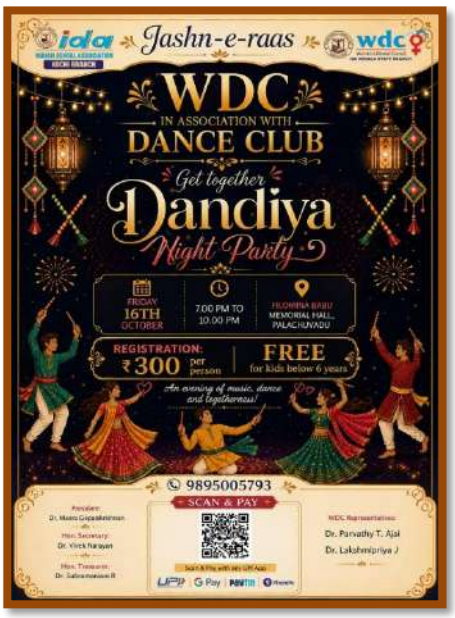


WDC of IDA Kochi, along with IDA Malanadu, IDA Tripunithura and IDA Mavelikkara was associated with the WDC of IDA Kerala State in the Women Dental Council Workshop titled 'The Radiant Rise – 2026', organized by the WDC, IDA KSB at Annoor Dental College and Hospital, Muvattupuzha on 04/10/2026.

WDC ACTIVITIES

DANDIYA NIGHT PARTY

WDC Kochi Branch in association with the Dance Club of IDA Kochi organized a Dandiya night on 16/10/2026 at Filomina Babu Memorial Hall, Palachuvadu, Kochi







































Continuing Dental Education (CDE) Programs

Clinical Club 3 and Monthly Meet –

Do's and Don'ts of Posterior Restorations

Dentin Hypersensitivity

13th August 2026

IDA CANWIN training Program

27th September 2026

20th September 2026

Full Day Workshop on 'Posterior Bonded Indirect Restorations' Overlay, Onlay, Crownlay, Endocrown

23rd October 2026

Clinical Club 4 Demystifying Endodontics: Taming the Lesions of Endodontic Origin

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

CDE Programs

The Monthly Meeting for the month of August and Clinical Club 3 was conducted on 13/08/2026 at Hotel Radisson Blu, Elamkulam, Kochi. The program was a privilege CDE for IDA Kochi Members and was attended by over 135 members













A workshop on Posterior Bonded Indirect Restoration was conducted on 20/09/2026 at IMA House, Kaloor, Kochi. Dr. Sabhish Sivadas was the resource faculty.













CDE programs

The IDA Kochi Branch, under the aegis of the Indian Dental Association Kerala State Branch (IDA KSB), organised the **"IDA CANWIN** – Oral Lesion Surveillance Training Programme" on 27 September 2026 at IMA House, Kaloor, Kochi. The programme was attended by over 60 delegates.









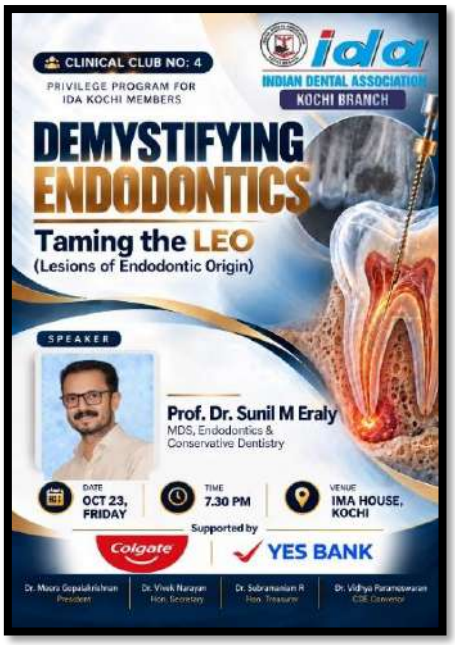








Clinical Club and Privilege CDE @ IMA House, Kochi held on 23.10.2026.











IDA Kerala State Branch – D SAFE HEPATITIS B VACCINATION VALEDICTORY PROGRAM – Hosted by IDA KOCHI



A valedictory function of the 'D Safe' Hepatitis B Vaccination Campaign, which marked the entry of the project into the India Book of Records. The inaugural session featured addresses by Dr. Meera Gopalakrishnan, President, IDA Kochi; Dr. Eapen Thomas, President, IDA Kerala State; Dr. Deepak Kalarickal, Project Coordinator; and Smt. Uma Thomas, MLA, Thrikkakara, as Chief Guest. The programme was attended by over 60 delegates, including representatives from neighbouring IDA branches. Felicitations were offered by Dr. Ciju Paulose, Convenor, IDA District Committee, Ernakulam, Dr. Nithin Joseph, CDH Chairman, IDA KSB, and representatives of neighbouring branches.
Adjudicator Mr. Sam George from India Book of Records handed over the award certificate to IDA Kerala State Branch President Dr. Eapen Thomas and the project coordinator Dr. Deepak Kalarickal in the presence of other dignitaries. The award was conferred for the maximum number of dental healthcare professionals receiving Hepatitis B vaccination in Kerala.















SPORTS ACTIVITIES

IDA Kerala State Inter-branch Football Tournament 2026 DENTGOAL held at Kondotty on 06/09/2026






Football Team IDA Kochi

Dr. Gis George (C), Dr. Hari, Dr. Pavin, Dr. Kishan, Dr. Althaf, Dr. Siva, Dr. Rayan (GK), Dr .Nidhin, Dr. Savio, Dr. Razeem, Dr. Nevin (GK), Dr. Abin, Dr. Sajadh

IDA Kochi Intra-branch Basketball Match held at Kochi on 17/10/26







Basketball players who took part in the event:

Dr. Abin, Dr. Febin, Dr. Amrit, Dr. Gis, Dr. Ebru, Dr. Weltin





Volleyball team

IDA Kochi Intra-branch event





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

IDA KERALA STATE TURF CRICKET – PITCH 2026

IDA Kochi hosted the IDA Kerala State Turf Cricket Tournament at Kochi on 11/10/2026 at Thaavalam Sports Arena and St. Joseph's Turf Kalamassery, Kochi. The event witnessed the participation of **30 teams** from across the state.























Champions: IDA Trivandrum
Runners up: IDA Vadakara
Best Bowler: Dr. Munavar M A (IDA Valluvanad)
Best Batsman: Dr. Sabith (IDA Trivandrum)
Best Fielder: Dr. Shoukkath Ali (IDA Vadakara)
Most Valuable Player: Dr. Sabith (IDA Trivandrum)



Turf Cricket Team - IDA Kochi

Dr Arjun KR (C), Dr. Thomas, Dr. Adhil, Dr. Eldhose, Dr. Arjun B Ravi, Dr. Anoop (W), Dr. Gis, Dr. Althaf Shaikh, Dr. Savio, Dr. Sajadh,Dr. Jithin

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

CULTURAL ACTIVITIES

MUSIC CLUB









ONAM CELEBRATIONS AND DANCE CLUB INAUGURATION





























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 centre provides **free dental treatment** to those in need.

CDC IN-CHARGE: Dr. Savio Joseph







16.08.2026
Dr. Jojo Kottoor



20.09.2026
Dr. Parvathy Ajai



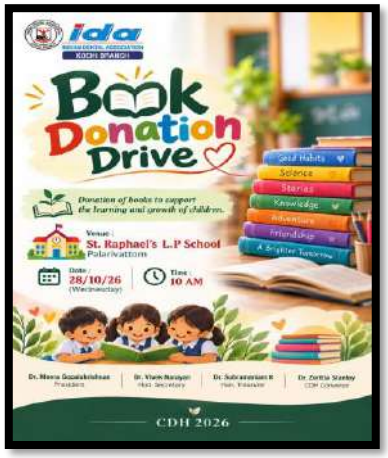
04.10.2026
Dr. Nevin Thomas



18.10.2026
Dr. Sreelakshmi Sreekanth

Appreciating the efforts of all the volunteers.

UPCOMING PROGRAMS BY IDA KOCHI BRANCH





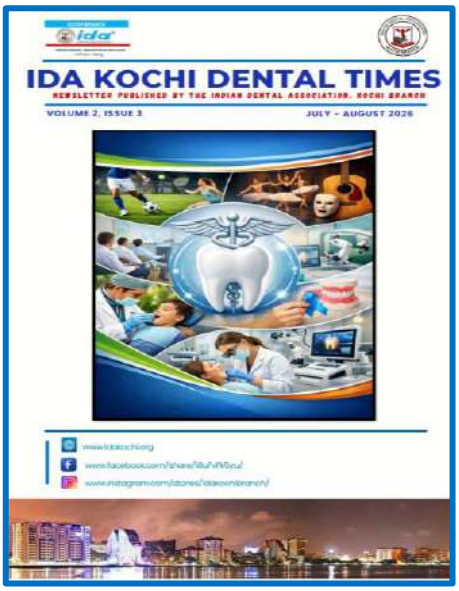




PUBLICATIONS

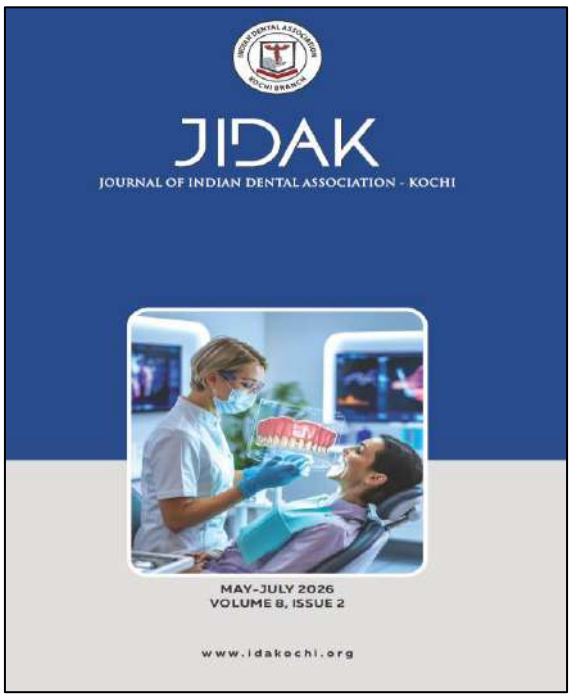
IDA Kochi Dental Times Newsletter

The Volume 2, Issue 3 of the IDA Kochi Newsletter **IDA Kochi Dental Times**, was released by Dr. Pramod John, during the Monthly Meet and Clinical Club, held on 13th August 2026, at Hotel Radisson Blu, Kochi.





Journal of IDA Kochi – JIDAK



Visit https://www.idakochi.org/journal.htm to access the archives of the journal & Newsletter issues

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

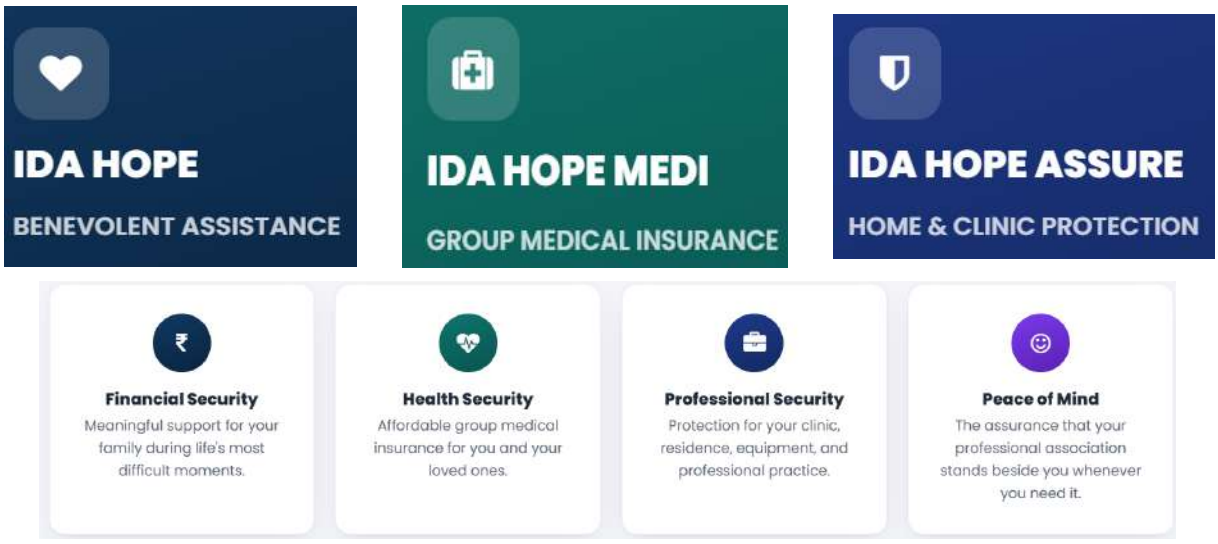
IDA Membership benefits

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





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