

# IDA PROBE

JANUARY - MARCH 2026

VOL. I - ISSUE 1



The Official News Letter of INDIAN DENTAL ASSOCIATION TRIVANDRUM



Installation ceremony



# INDIAN DENTAL ASSOCIATION

## Trivandrum Branch

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Hon. Secretary



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Hon. Treasurer

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President Elect

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Imm. Past President

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Vice President

**Dr Madhav Chandran B**  
Vice President

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Hon. Joint Secretary

**Dr Anirudhmaadhav P A**  
Hon. Assistant Secretary

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CDE Convener

**Dr Rasim S N**  
CDH Convener

**Dr Sreeja J**  
Editor

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**Dr Deepa M S**

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**Dr Sreejith Babu**

**Dr Sarada P Nampi**

**Dr Vineesh K**

#### Central Council Members

**Dr Sangeeth Cherian**

**Dr Suresh Kumar G**

**Dr Sony Thomas**



Installation ceremony on November 23, 2025

▶ ദന്ത ഡോക്ടർമാരുടെ സംഘടനയായ ഇന്ത്യൻ ഡെന്റൽ അസോസിയേഷൻ തിരുവനന്തപുരം ശാഖയുടെ 2025-2026 വർഷത്തെ ഭാരവാഹികളായി തിരഞ്ഞെടുക്കപ്പെട്ട ഡോ. കെ.വിനീഷ് (പ്രസിഡന്റ്), ഡോ. എസ്.സൗമ്യ(സെക്രട്ടറി)

സാമിതികൾ

ഡെന്റൽ ഡോക്ടർമാരുടെ സംഘടനയായ ഇന്ത്യൻ ഡെന്റൽ അസോസിയേഷന്റെ തിരുവനന്തപുരം ശാഖയുടെ പ്രസിഡന്റ് ഡോ. കെ.വിനീഷ്, സെക്രട്ടറി ഡോ.എസ്.സൗമ്യ

Media Coverage

Editorial Board

Dr. Sreeja J  
Dr. Deepa M.S



Dr. Eapen Thomas

## *State President's Message*

Dear Members,

It gives me great pleasure to extend my warm wishes to the office bearers and members of Indian Dental Association Trivandrum on the release of the first edition of your quarterly newsletter, "Probe", reflecting the vibrancy and collective spirit of the members.

I am happy to note that "Probe" brings together updates, insights and achievements from the various activities of the branch. The addition of a Members' Column is a thoughtful initiative, giving members an opportunity to share their views, experiences and ideas with the wider fraternity.

Such publications play an important role in keeping members connected and informed, while also documenting the meaningful work carried out by the branch.

I am sure that this newsletter will be both engaging and informative for the readers.

My sincere appreciation to the editorial team and the leadership of the branch for taking this initiative. I wish Probe all success and hope it continues to grow as a valuable platform for communication and professional interaction.

With best wishes,

**Dr. Eapen Thomas**

President

Indian Dental Association Kerala State

## *State Secretary's Message*

Dear Members,

Warm greetings from Indian Dental Association Kerala State.

It gives me immense pleasure to extend my wishes to the editorial team of IDA Trivandrum for bringing out another edition of PROBE. A branch newsletter is not merely a publication; it is a reflection of the vibrancy, academic spirit, and unity of its members.

In today's rapidly evolving professional landscape, communication and collaboration are the pillars of progress. Newsletters like PROBE serve as an excellent platform to showcase the scientific activities, community outreach programs, academic contributions, and achievements of our members. They help strengthen bonds within the fraternity and inspire younger colleagues to actively participate in organized dentistry.

I congratulate the President, Secretary, PRO, and the entire editorial team for their dedicated efforts in documenting and presenting the branch activities so effectively. Your commitment significantly contributes to the growth and visibility of organized dentistry in Kerala.

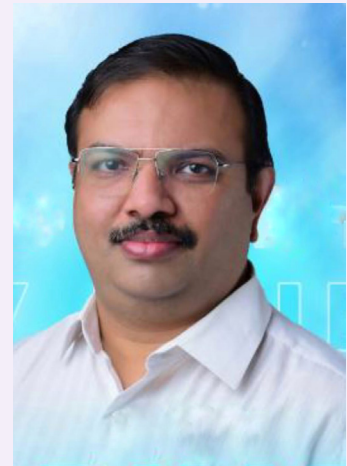
Let us continue to work together with renewed enthusiasm and uphold the values and vision of the Indian Dental Association.

Wishing PROBE continued success and greater milestones ahead.

With warm regards,

**Dr. Siddharth V Nair**

Hon. Secretary  
IDA Kerala State



Dr. Siddharth V Nair



Dr. Sreeja J.

## *Editor's Desk*

Dear esteemed colleagues and members,

It is my privilege to present the first edition of the quarterly newsletter of IDA Trivandrum- Probe, for the period of January to March 15th.

This edition promises to be an invaluable resource showcasing updates, insights and achievements from our branch activities. Moreover a members column is also added. I assure you all that it will be informative, engaging and enlightening.

Thank you all for your continued support.

**Dr. Sreeja J.**  
Editor in chief  
IDA Trivandrum

## *President's Message*

Dear Members,

It gives me great pleasure to extend my warm greetings to all on the release of the First Edition of IDA Trivandrum News, the official newsletter of our branch of the Indian Dental Association.

In today's dynamic professional environment, effective communication plays a vital role in strengthening any progressive organization. This newsletter marks the beginning of a meaningful platform to share knowledge, highlight achievements, and strengthen the bond among our members.

This inaugural edition reflects the dedication, unity, and academic spirit of our branch. It showcases the diverse activities, accomplishments, and initiatives undertaken by our members, reinforcing our commitment to excellence in dentistry and community service.

I sincerely appreciate the efforts of the editorial team and everyone who contributed to bringing this publication to life. May this newsletter continue to inspire, inform, and connect us as we move forward together.

Wishing this new initiative great success and wider reach in the years ahead.

Warm regards,

**Dr. Vineesh K**  
President  
IDA Trivandrum Branch



Dr. Vineesh K



Dr Soumya S

## *Secretary's Message*

Dear Members,

It gives me immense pleasure to present the first edition of the IDA Trivandrum Newsletter 2026, a new platform that reflects the energy, dedication, and collective spirit of our vibrant dental fraternity.

As a branch, the past months have been filled with dynamic activities—practice enrichment programs, community health initiatives, dental education programs, meetings, cultural programs and more. This newsletter brings all these updates together, offering a consolidated glimpse into the meaningful work being carried out by IDA Trivandrum.

A special appreciation goes to all members who contributed articles, clinical notes, creative pieces, and insights. Your participation enriches this publication and ensures that it grows beyond an update bulletin into a knowledge-sharing space that inspires and informs.

Our branch has always upheld high standards of professionalism and community service. As we step into a new phase with this newsletter, I invite each one of you to stay involved, stay informed, and stay inspired. Let us continue working together to strengthen our association, support each other, and expand our positive impact on society.

A heartfelt thanks to the editorial team for their effort in compiling and presenting this inaugural edition with such commitment.

Looking forward to your continued support, constructive feedback, and active participation in future editions.

Warm regards,

**Dr Soumya S**  
Hon. Secretary  
IDA Trivandrum Branch

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## EXECUTIVE COMMITTEE MEETING REPORTS

### FIRST EXECUTIVE COMMITTEE MEETING



1st EXECUTIVE COMMITTEE MEETING @CENTRAL RESIDENCY HOTEL, TRIVANDRUM On 03/12/2025

SECOND EXECUTIVE COMMITTEE MEETING



SECOND EXECUTIVE COMMITTEE MEETING WAS HELD @ INNU APARTMENTS ON 21/01/26

NEW PROJECTS



Release of new fee chart on 28.12. 2025

IDA TRIVANDRUM

നിർമ്മിതി – Clinical Excellence Program 2026

A year-long Clinical Excellence Program aimed at equipping early-career dentists with the essential skills and confidence to manage a clinic independently. The initiative focuses on strengthening

core clinical competencies and ensuring smooth transition from theoretical knowledge to practical application.

Key Focus Areas:

- \* Diagnosis and Radiographic Interpretation
- \* Basics in Endodontics
- \* Basic pedodontic procedures and patient management
- \* Basics in prosthodontics
- \* Basic exodontia and related procedures
- \* Basics in periodontics
- \* Basics in orthodontics

Hands-on sessions will be organised for selected sessions. The modules will be conducted as a structured series throughout the year.

First Session:

Topic: Diagnosis and Radiographic Interpretation  
 Date: 15-02-2026  
 Time: 10.00 am– 3.00 pm  
 Venue: Innu Apartments, Kuravankonam  
 Speaker: Dr. Captain Vivek V.





QUIT to SMILE: An anti-tobacco initiative



IDA DENTAL BRIDGE- Connecting members to digital resources

## SPARSH – The Official IDA Member App

- **Easy Login**

Login using your IDA Kerala username and password. This is an exclusive app and a special privilege for IDA Members.



- **KEY FEATURES**

- **List Your Dental Clinic**

Enhance your clinic visibility through our Sparsh Webpage and help the public find you easily.

- **Daily Updates from Local Branches**

Stay informed about the latest events, programs, and activities of your local and state branches.

- **Access Branch Journals**

Read and explore both local and state branch journals anytime, anywhere.

- **Member Privilege Card Access**

Conveniently access your IDA Member Privilege Card directly through the app.

..... And Many More Exciting Features...

## Press Meet – IDA Trivandrum District Committee

The Indian Dental Association Trivandrum District Committee

(Dr Aseem Hassali, Dr Subhash N Kurup, Dr Vineesh K, Dr Rakhee Rakesh, Dr Vasudevan Vinay, Dr Soumya S) conducted a press meet on 05-03-2026 to inform the public about the state-wide initiatives – IDA CANWIN and IDA SPARSH.

These flagship projects of Indian Dental Association Kerala State Branch aim to strengthen public oral health awareness, improve accessibility to dental care, and enhance professional support

systems for dentists across the state.

The projects will be officially inaugurated during the Dentist’s Day celebrations to be held in Kozhikode under the leadership of the state branch.

Through the press meet, the district committee highlighted the importance of these initiatives and invited public participation and support in making the programs successful across Kerala.



CDE REPORT

This CDE will specifically cover important aspects in your visiting practice :

1. Your legal responsibilities versus the clinic owner's.
2. How to avoid vicarious liability pitfalls.
3. The must-have aspects for a protective Visiting Consultant

**“PRACTICE WITH CONFIDENCE”**

Don't let a legal grey area jeopardize your career.

Date: December 28th, Sunday

Time: 9:30 AM to 4:00 PM

Venue: Hotel S P Grand Days, Trivandrum.



1st CDE



Clinical Clubs Report



IDA Trivandrum branch organized the first clinical club on December 18, 2025 at Innu apartment, Kuravankonam featuring Dr Anandaraj S, Professor, Department of Pediatric and Preventive Dentistry, PMS college of dental sciences, Trivandrum.

The topic, "Management of Pediatric tooth ache- The line of Treatment", provided a comprehensive overview of the different types of pulpal pain and their proper diagnosis. The session also covered various treatment modalities available and the materials that are commonly used.

The program received positive feedback and was an eye-opener for the participants. 42 members attended the clinical club.

**INDIAN DENTAL ASSOCIATION**  
TRIVANDRUM BRANCH

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**1<sup>st</sup> Clinical Club**  
**MANAGEMENT OF PEDIATRIC TOOTH ACHE-**  
**THE LINE OF TREATMENT**

**December 18**  
7:30PM -8:30PM  
Innu Apartments, Kuravankonam

**Dr. ANANDARAJ**  
Professor, Dept. of Pediatric and Preventive Dentistry  
PMS Dental College

**HIGHLIGHTS**

Diagnosis and treatment planning for pulpal pain of primary tooth.

Overview of pulpal treatments and materials used for the same.

**For Registration : Dr. Clins T (Clinical Club Coordinator)**  
8547472561

President  
**Dr. Vineesh K**

Hon. Secretary  
**Dr. Soumya S**

Treasurer  
**Dr. Sujith S**

## Clinical Clubs Report -2





### IDA TRIVANDRUM CLINICAL CLUB

**GOVERNMENT RELATED MATTERS  
IN DENTAL PRACTICE**  
Navigating regulations Empowering practice

**JOIN US**

**HOTEL PRASANTH**  
24-02-2026  
7.30 pm



**Dr. Siddharth V Nair**  
Hon. Secretary  
IDA Kerala State

**DR. VINEESH K**  
PRESIDENT

**DR. SOUMYA S**  
HON. SECRETARY

**DR. SUJITH S**  
TREASURER

For registration contact  
Dr Clins: 85474 72561

IDA Trivandrum branch organized the second clinical club on February 24, 2026 at Prasanth Hotel, PMG featuring Dr Siddharth V Nair, Hon. Secretary, IDA Kerala State

The topic, "Government related matters in dental practice – Navigating regulations empowering practice", provided a comprehensive overview of current rules and regulations of the council and the government for running a clinic. The session also emphasized the important documents required for various registrations and renewal.

The program received positive feedback and was an eye-opener for the participants. 38 members attended the clinical club.

### Clinical Excellence Program

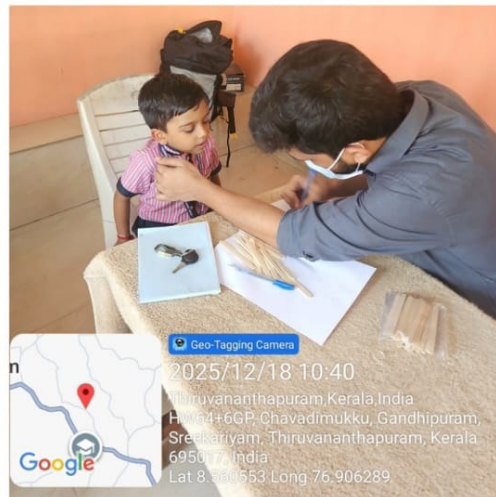
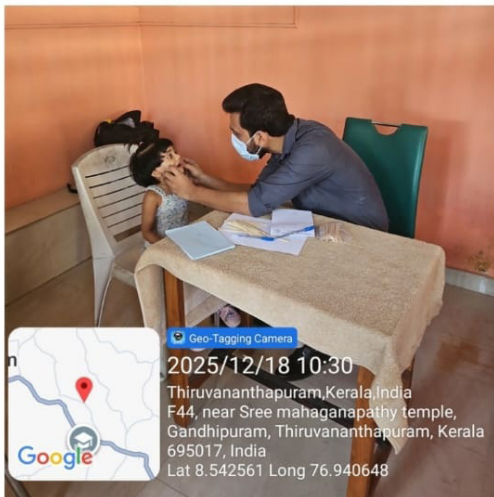
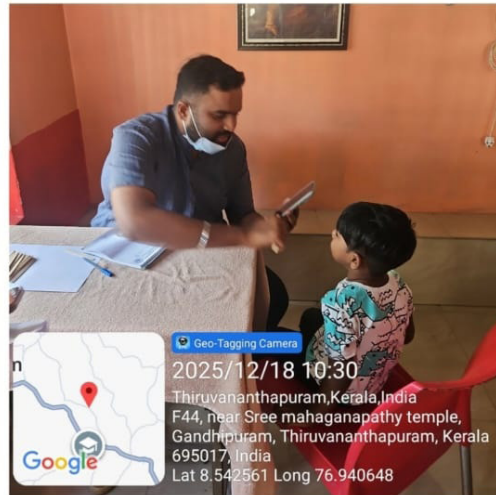
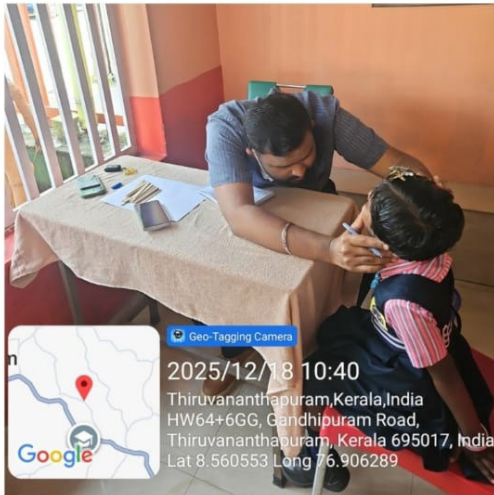


IDA Trivandrum conducted the first session of the \*Clinical Excellence Program on 15-02-2026 at Innu Apartments from 10.00 am to 3.00 pm.

The session focused on Diagnosis and Radiographic Interpretation.

Dr. Capt. Vivek V elaborated on case history, diagnosis, and radiographic interpretation in a comprehensive and well structured manner, making the session highly beneficial for all. A total of 24 participants attended the program

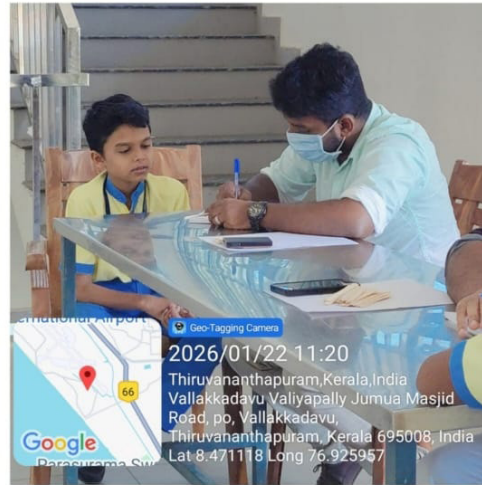
CDH REPORTS



IDA TRIVANDRUM CDH  
@  
Our India Next Gen International  
School, Sreekaryam  
18-12-2025

IDA Trivandrum Conducted dental check up camp at Our India Next Gen International School, Gandhipuram, Sreekaryam on 18-12-2025.  
28 Students were examined. Dr Rasim and Dr Anirudh participated in the camp

## CDH REPORTS-2



# IDA Trivandrum CDH @ VMJ UPS Vallakadavu 22-01-2026

IDA Trivandrum Conducted an awareness class followed by dental checkup camp at VMJ UPS Vallakadavu, Trivandrum on 22-01-2026.

Awareness Class was taken by Dr Arya Sudarsanan, followed by a dental checkup camp in which 72 students were screened. Dr Rasim, Dr Vipin, Dr Aisa, Dr Anwar and Dr Asif attended the camp

CDH REPORTS - 3



IDA TRIVANDRUM CDH  
@  
St Theresa UPS  
Manickappuram, Nedumangad  
11-02-2026

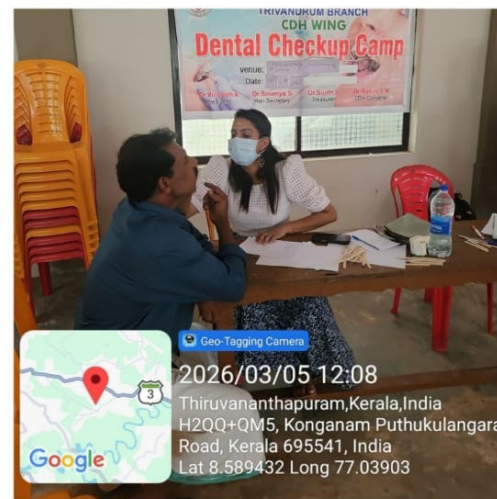
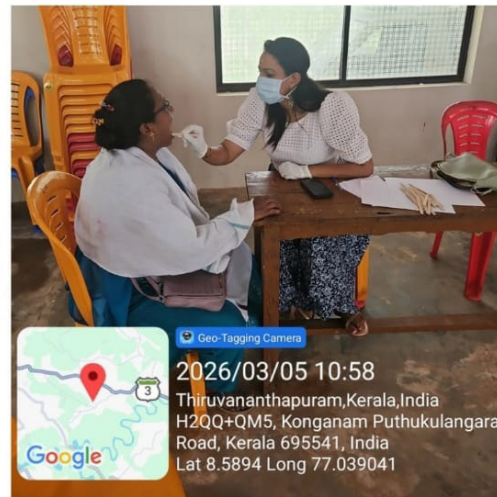
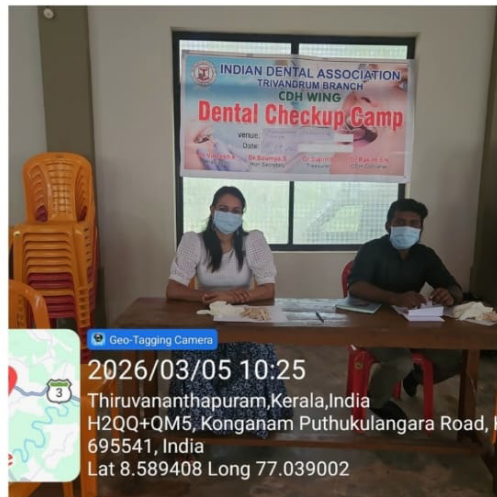
IDA Trivandrum conducted Dental Checkup camp followed by awareness class at Maple Bear Canadian Pre School, Pattom on 25-02-2026. 100 students were examined. Dr Rajeev S L gave an awareness class to students, Dr Rasim ,Dr Ajinshah ,Dr Roshna attended the camp

CDH REPORTS - 4



# IDA Trivandrum CDH @ Maple Bear Canadian Pre School ,pattom 25-02-2026

CDH REPORTS - 5



IDA Trivandrum CDH  
@  
Puthukulangara Temple  
Auditorium, Nedumangad  
05-03-2026

IDA Trivandrum conducted Dental Checkup camp at Puthukulangara Temple Auditorium on 05-03-2026.

34 patients were examined. Dr Rasim and Dr Anjana participated in the camp

CDH REPORTS - 6

**Dental Checkup Camp**  
 Venue: Thiruvananthapuram, Kerala, India  
 Date: 2026/03/08 10:36  
 GNRA-34, CIT Rd, P.O, Melarannoor, Karamana, Thiruvananthapuram, Kerala 695002, India  
 Lat 8.488398 Long 76.963583

**INDIAN DENTAL ASSOCIATION TRIVANDRUM BRANCH CDH WING Dental Checkup Camp**  
 Venue: Thiruvananthapuram, Kerala, India  
 Date: 2026/03/08 12:14  
 GNRA-34, CIT Rd, P.O, Melarannoor, Karamana, Thiruvananthapuram, Kerala 695002, India  
 Lat 8.488386 Long 76.963618

**DENTAL CAMP**  
 Venue: Thiruvananthapuram, Kerala, India  
 Date: 2026/03/08 12:10  
 GNRA-34, CIT Rd, P.O, Melarannoor, Karamana, Thiruvananthapuram, Kerala 695002, India  
 Lat 8.488407 Long 76.963638

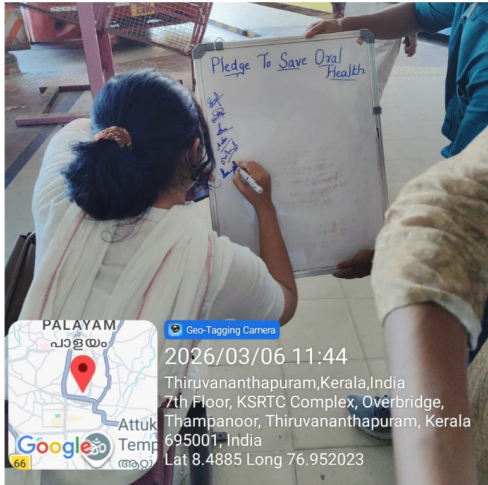
**INDIAN DENTAL ASSOCIATION TRIVANDRUM BRANCH CDH WING Dental Checkup Camp**  
 Venue: Thiruvananthapuram, Kerala, India  
 Date: 2026/03/08 12:16  
 GNRA-34, CIT Rd, P.O, Melarannoor, Karamana, Thiruvananthapuram, Kerala 695002, India  
 Lat 8.488407 Long 76.963638

# IDA Trivandrum CDH @ Reddiar Hall, Melarannoor

## 08-03-2026

IDA Trivandrum Conducted Dental Checkup camp at Reddiar Hall, Meranoor on 8-03-2026. 43 patients were examined, Dr Rasim, Dr Vipin and Dr Anusha participated in the camp.

## Dentists Day



**INDIAN DENTAL ASSOCIATION**  
TRIVANDRUM BRANCH

**വായ ശുചിത്വ പരിപാലന നിർദ്ദേശങ്ങൾ**

- ▶ ദിവസം രണ്ട് പ്രാവശ്യം ബ്രഷ് ചെയ്യുക
- ▶ ശരിയായ രീതിയിൽ ബ്രഷ് ചെയ്യുക
- ▶ മുൻ മാസത്തിൽ ഒരിക്കൽ ബ്രഷ് മാറ്റുക
- ▶ ഫ്ലോസ് ചെയ്യുക / ഇന്റർഡെന്റിൽ ബ്രഷ് ഉപയോഗിക്കുക
- ▶ പുകവലി, പാൻ, ഗുട്ട്ക, തുടങ്ങിയവ ഒഴിവാക്കുക
- ▶ ഇടക്കിടക്ക് സനാക്സ് കഴിക്കുന്നത് ഒഴിവാക്കുക
- ▶ മധുരമുള്ള ഭക്ഷണവും സോഫ്റ്റ് ഡ്രിങ്കുകളും കുറയ്ക്കുക
- ▶ സന്തുലിത ആഹാരം ശീലമാക്കുക
- ▶ 6 മാസത്തിലൊരിക്കൽ ഡെന്റിസ്റ്റിനെ സന്ദർശിക്കുക
- ▶ മൗത്ത് വാഷ് ഡെന്റിസ്റ്റ് നിർദ്ദേശിക്കുമ്പോൾ മാത്രം
- ▶ നാവ് ശുചീകരിക്കുക
- ▶ കുട്ടികൾക്കായി പ്രത്യേക പരിചരണം ആവശ്യമാണ്

പൊതുജന താല്പര്യം  
ഐ.ഡി.എ തിരുവനന്തപുരം ബ്രാഞ്ച്

On the occasion of Dentists Day, IDA Trivandrum conducted an oral health awareness program at Thampanoor Bus Stand on 06/03/2026 morning.

Pamphlets on oral hygiene were distributed to the public, and proper oral hygiene practices were explained. IDA Trivandrum Hon. Secretary Dr Soumya, CDH Convener Dr Rasim and Dr Vipin participated in the programme. A pledge to maintain good oral health was also taken.

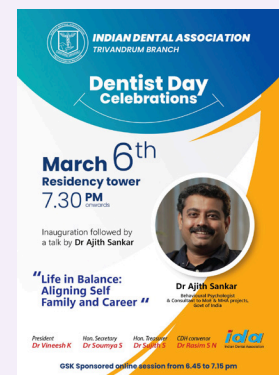
The enthusiastic participation and support from KSRTC employees and the public were truly overwhelming.

## Dentists' Day celebration



On the occasion of Dentists' Day, the IDA Trivandrum branch organized a grand celebration on March 6th, 2026, with around 100 members in attendance. The event began with a warm welcome speech by Dr. Soumya S., Secretary of IDA Trivandrum. This was followed by the inauguration, marked by the traditional lighting of the lamp.

Dr. Vineesh K., the President, delivered the inaugural address, setting the tone for the evening. Felicitations were given by Dr. Ajith Shankar, who also served as the speaker for the day. Senior members of the branch were honored, and awards were presented to the achievers of IDA Trivandrum. We also introduced and warmly welcomed the new members into the association.



The vote of thanks was given by Dr. Rasim S.N., the CDH Convenor, appreciating everyone's efforts. This was followed by a motivational talk by Dr. Ajith Sankar titled "Life in Balance: Aligning Self, Family and Career." The evening concluded with a delightful dinner.

The event was a resounding success, celebrating the achievements of our members and reinforcing the spirit of collaboration and growth in the dental community.

WDC ACTIVITIES report



**INDIAN DENTAL ASSOCIATION TRIVANDRUM BRANCH**  
**Women's Dental Council**  
**National Girl Child Day**  
**"HerSMILE"**  
 Every girl deserves to smile & shine

**Dr. Sreeja J**  
 BDS,MDS  
 Additional Professor,  
 Dept. Of Conservative  
 Dentistry & Endodontics  
 GDC, Trivandrum

**"Protecting Your Pearly Whites: A Talk on Traumatic Dental Injuries, its Management and Oral Hygiene."**

**Date & Time: January 24th 2026, 10.30 a.m**  
**Venue: Sri Chitra Home, Thakaraparambu,Trivandrum**

**Dr. Vineesh K** President  
**Dr. Soumya S** Hon. Secretary  
**Dr. Sreetha S** Treasurer  
**Dr. Navya M K.**  
**Dr. Annu Elizebath Joseph**  
 WDC Representatives

Indian Dental Association, Trivandrum Branch, Women's Dental Council organized an awareness session on the occasion of National Girl Child Day, in accordance with the First Kerala State project "HerSMILE" on 24th Jan 2026 from 10.30-11.30 a.m at Sri Chitra Home, Thakaraparambu, Trivandrum. Dr. Navya MK, IDA Trivandrum WDC representative introduced the Speaker for the day,

Dr. Sreeja J, Association Professor, Dept. Of Conservative Dentistry and Endodontics, GDC Trivandrum. Dr. Sreeja gave an informative session for the kids of the home, elaborating on composition of tooth, it's importance in daily functioning of body, importance of oral hygiene and brushing techniques, do's and don'ts for maintaining good oral hygiene and how to manage an avulsed tooth and dental trauma. At the end of the session, a 'Pink kit' containing toothbrush, toothpaste, sanitary napkins and pens were distributed to the children by Dr. Sreeja J, Dr. Navya M K and Dr. Annu



Elizabeth Joseph, WDC representative.

Dr. Dileep one of our senior members contributed along with IDA Trivandrum in this donation. The program was very successful and the children enjoyed a fun filled awareness session, thanks to Dr. Annu, who did a great job in organising the event. Around 70 children attended the program.



## WDC ACTIVITIES report



Indian Dental Association Trivandrum Branch organized a Breast Cancer Awareness Session, under the Project 'Pink Ribbon Drive' on the occasion of International Women's Day on 8th March at The Central Residency from 12-2 p.m. The program commenced with a prayer song by Dr. Rinju followed by a warm and friendly welcome address by Dr. Sarah Christopher, Asst Secretary, IDA KSB. Dr. Soumya S, Hon. Secretary IDA Trivandrum addressed the gathering and inspired the crowd with her powerful words. During the program, Dr. Soumya, launched the IDA Trivandrum's Women Welfare Project 'Koottu'.

Dr. Navya M K, WDC Representative introduced the speaker, Dr. Regi Paul, Professor, Department

of Community Medicine, Sree Gokulam Medical College and Founder of Snehitha Women's Health Foundation. She gave a very informative and interesting session on breast cancer. She emphasized on the importance of self examination at home and early detection. After the session, Stree Shakti Award was given to Dr. Sangeetha G Kurup, Executive member, for her unwavering commitment to IDA Trivandrum by Dr. Anitha Balan and Dr. Lylajam our senior members. Memento was given to the Speaker, Dr. Regi Paul by Dr. Lali B Nair and Dr. Soumya. The session concluded with a vote of thanks by Dr. Annu Elizebath Joseph, WDC Representative. Around 35 members attended the program, making it a grand success.

Sports Report


IDA Trivandrum Cricket Team became the **FIRST RUNNERS UP** in the **ALL INDIA DENTAL SPORTS SUMMIT 2026 – NATIONAL SPORTS TOURNAMENT**, Bhubaneswar. Dr Chethan Ajith was awarded the title of best bowler

Hearty congratulations to all the players who have put forth their sincere and dedicated efforts to make this achievement possible. We are truly proud of each one of you. Keep progressing with the same spirit and commitment.

IDA TRIVANDRUM




**IDA HOPE DRIVE**



## IDA HOPE


### HELP OFFERED TO PROFESSIONALS IN EMERGENCIES

INDIAN DENTAL ASSOCIATION - KERALA STATE BRANCH



#### IDA HOPE FORMATION

- Started as Professional Protection Scheme in 2002
- Later Merged PPS and Benevolent (Social Security Scheme) to form HOPE in 2007
- HOPE is a unique voluntary subscribed project of IDA KSB



**4750 + MEMBERS  
AND GROWING EVERY DAY**

#### HOPE LEGAL CELL (PROFESSIONAL PROTECTION SCHEME)

- Legal support in Medico/Dento legal cases- takes up the cases from beginning with a lawyer's notice
- Monetary support in court cases - Engages and supports the legal steps including Lawyer's fees and other expenses
- Compensation of upto Rs.3.5 lakhs if awarded will be paid by the scheme

Legal protection starts after one month of receiving payment and acceptance of filled up application forms by the Hon HOPE Secretary

For Legal Assistance Contact  
Dr Ittyvirah Babu  
Vice Chairman Legal Cell  
94967 24042

#### HOPE (BENEVOLENT SCHEME)

- Supporting the family in unfortunate event of Death or Total Permanent Disability
- The contribution to family is collected from the members (as Fraternity contribution) - Rs.500 per death/TPD

**Current Death Benefit > 16 lakhs**

Benevolent coverage starts after one year of receiving payment and acceptance of filled up application forms by the Hon HOPE Secretary

For Assistance Contact  
Dr Saji Kurian  
Vice Chairman HBS  
98474 40646

#### HOPE ASSURE


- Extended Professional Indemnity cover of Rs 25 Lakhs to 2 crores
- Clinic Insurance against natural calamities, Fire , Floods , Burglary, Theft, Vandalism etc
- Add on for Neon Signages and glass
- Public Liability cover

#### OFFICE ADDRESS

Dr M Rajarajan  
Hon.Secretary ,IDA HOPE KSB  
Maniraj's Dental Clinic , First Floor,  
Opp.Village Office,(Near Bus Stand)  
Thiruvilwamala, Thrissur-680588.

Email - secretaryidahope@gmail.com  
9947096663 (P) 8075869200 (O)


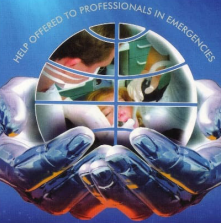
## RENEWALS - JULY



## IDA HOPE

### HELP OFFERED TO PROFESSIONALS IN EMERGENCIES

INDIAN DENTAL ASSOCIATION - KERALA STATE BRANCH

#### HOPE MEDI

**TAILOR MADE FOR IDA HOPE MEMBERS**

- No age limit for joining
- No medical checkup
- Pre existing diseases covered from day 1 for members
- Only one year waiting period for parents and dependents for pre existing diseases
- New born baby cover from Day 1 if parents are enrolled

Exempt under section 80 D

LOWEST PREMIUM IN THE MARKET  
WHEN COMPARED WITH SIMILAR SCHEMES

EASY ONLINE ENROLLMENT

CASHLESS & REIMBURSEMENT OPTIONS

For Claim reimbursements or processing of Cashless Insurance Contact  
Jubilee Insurance Broking  
Rahul - 7736810082  
Jomy George - 9544137066

#### HOPE MEDI RENEWALS/JOINING IN SEPTEMBER

**SUPER TOP - UP**

Top up your insurance upto 1 Cr if the total claim amount exceeds your chosen limits

#### ELIGIBILITY

- ACTIVE (RENEWED) IDA KSB MEMBERSHIP
- RECOGNISED BDS/MDS DEGREE
- VALID DENTAL COUNCIL REGISTRATION
- AGE < 45 YEARS

#### ADMISSION & RENEWALS

Upto age of 30 yrs - Rs.5000  
31-40 yrs- Rs.7500  
41-45 yrs - Rs.10000

#### RENEWALS IN APRIL - MAY

#### DEFAULTERS AND DROUPTS

- HOPE members who do not renew by May 31st will not receive Benevolent Scheme Coverages but can renew upto June 30 with a fine
- After June 30 - no renewals possible and has to join afresh as per the age

#### IDA KSB-HOPE (Help Offered to Professionals in Emergencies)

A PROJECT of Indian Dental Association, Kerala State Branch (IDA KSB)

#### PRIMARY BENEFITS

- \*Benevolent Scheme\*: ₹16.5 lakh (in case of death)
- \*Legal/Professional Protection\*: up to ₹3.5 lakh

#### ADD-ON BENEFITS (SEPARATE SUBSCRIPTION)

- \*HOPE ASSURE\*: Home and Clinic Insurance + Additional Professional Protection (up to ₹2 crores)
- \*HOPE MEDI\*: Group Medical Insurance for self, spouse, children and parents

#### RENEWAL TIMELINES

- \*IDA KSB MEMBERSHIP\*: JANUARY 1ST TO FEBRUARY 15TH
- \*IDA HOPE\*: APRIL 1ST TO MAY 31ST (NEW JOINING ANYTIME WITHIN THE YEAR)
- \*HOPE ASSURE\*: JULY 15TH (NEW JOINING ALSO)
- \*HOPE MEDI\*: OCTOBER 1ST (NEW JOINING ALSO)

For Further Details Contact Your Local IDA Branch HOPE Representative Today

The Brochures on HOPE were posted and circulated in IDA Trivandrum groups.

AWARDS AND ACHIEVEMENTS



Best Editor 2025 Award of KSB ,  
DR. SANDEEP

IDA HOPE AWARD 2025

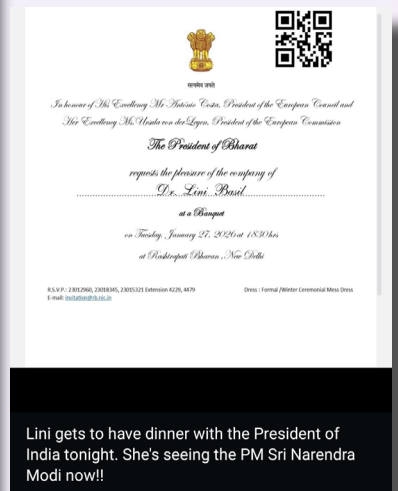
SECOND

Dr SHARAFUDHEEN MEMORIAL AWARD  
For Outstanding Performance in

IDA HOPE ACTIVITY – 2025  
Presented to

IDA TRIVANDRUM BRANCH

Dr ANIRUDH MAADHAV P A

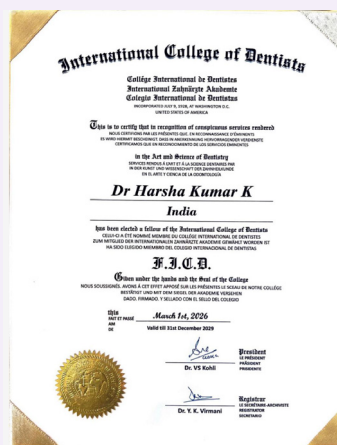


Lini gets to have dinner with the President of India tonight. She's seeing the PM Sri Narendra Modi now!!

## AWARDS AND ACHIEVEMENTS (contd..)



**Dr Harsha Kumar K.**  
 MFDS RCPS (Glasgow)  
 Prostho Maestro Award  
 Dr Jacob Hyson Award - Best Scientific  
 Paper Award  
 Fellowship from Pierre Fauchard  
 Academy  
 Fellowship from International College of  
 Dentists



**Dr Madhav Chandran**, Elected as Executive  
 Committee Member of Indian Orthodontic  
 Society 2025



**Dr Sarah Christopher**  
 The Oral Health  
 Movement (OHM)  
 Summit, held in  
 New Delhi under  
 the joint auspices of  
 Colgate, News18,  
 and the Indian  
 Dental Association,  
 formally recognised  
 Dr. Sarah Christopher  
 for her significant  
 contributions to oral  
 health in India, with  
 particular emphasis  
 on her efforts towards  
 improving women's  
 oral health.

## AWARDS AND ACHIEVEMENTS (contd..)



**Dr Babu Eaden**, received the Best Doctor Award for 2023, which was awarded on 7th April 2025



**Dr Kiran Sankar** Received multiple recognitions from KUHS Vice Chancellor on Merit Day 2026, for academic leadership, research publications and best paper award at national level.



**Dr Deepak D R** received the prestigious M.orth RCS from Edinburgh Scotland , UK.

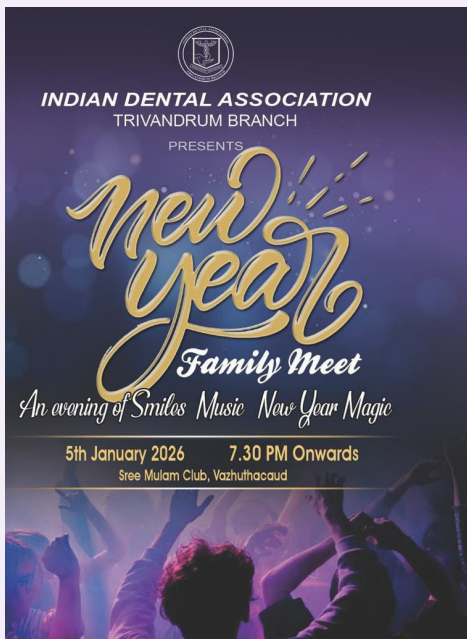


**Dr Annie**, 3rd rank in MDS Periodontology exam, KUHS, December 2025

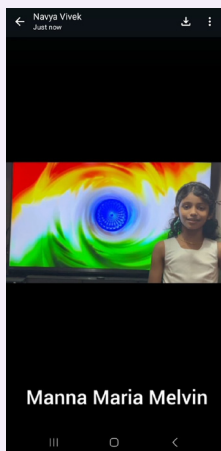
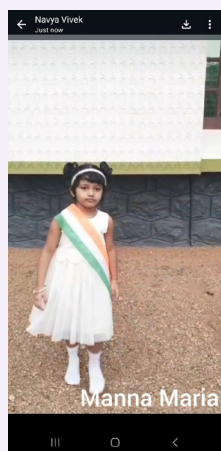


Dental Excellence Award  
**Dr. Navya M.K. and Dr. Mukesh T.**

## Cultural club events



## Republic day celebration



Indian Dental Association, Trivandrum Branch, Women's Dental Council compiled a video showcasing the creativity of our members and their kids on the occasion of 77th Republic Day Celebration, on 26th Jan 2026. Thanks to all the members who participated and made it a success. Around 13 people participated in the video showcasing their talents.

## Cultural club events

Indian Dental Association Trivandrum Branch conducted the Cultural Club Meet on 27/3 /2026 at Hotel Prasanth. The program commenced at 7.30 p.m.

The meeting began with a welcome address by Dr Soumya S ,Hon. Secretary IDA TVM. Various performances added colour and vibrance to the event. The highlight of the meet was the vibrant lineup of around 15 performances, by Members and their family through songs, dance performances, and musical presentations. The enthusiasm



and active participation of the team made the event lively and engaging. Around 40 members and their families participated. The meet was honored by the gracious presence of Dr Siddharth V Nair Hon.Secretary IDA KSB, Dr Sarah Christopher Hon. Asst Secretary IDA KSB, Dr Vineesh S President IDA TVM, Dr Sujith S,Treasurer and State Cultural Committee Convenor and our senior members. Discussions were held regarding upcoming cultural activities and future programs. The meet concluded with a vote of thanks by Dr Saranya Y S, expressing gratitude to all performers, organizers, sponsors, and technical support members for their valuable contributions. The program ended with dinner.

**Indian Dental Association  
Trivandrum Branch**

### CULTURAL CLUB MEET

Bringing Talents to the Spotlight

🎵 Music | 💃 Dance | 🎭 Performances

🌟 Don't Miss Out! 🌟

**Date: February 27th**  
**Time: 7.30 pm**  
**Venue: Hotel Prasanth**

Step into a space where creativity comes alive and talents shine!

Join us for an exciting Cultural Club Meet filled with energy, expression, and unforgettable moments.

Dr Vineesh K  
President

Dr Soumya S  
Hon. Secretary

Dr Sujith S  
Treasurer

For Registration : Dr Saranya Y S 9744493601

Members Column

INTERVIEW

My Life as a Dentist:

An Exclusive Conversation with **Dr. (Prof.) K. Balakrishnan Nair** the most senior IDA Member of IDA Trivandrum



Interviewed by **Dr. Deepa M.S.**, Professor and HOD, Azeezia College of Dental Sciences, Meeyannoor and **Dr. Sreeja J**, Associate Professor, Govt. Dental College, Thiruvananthapuram.

**Q: How did your journey into dentistry begin?**

**A:** In 1959, I came across a newspaper advertisement announcing a new dental course at Thiruvananthapuram Medical College. Though I had initially hoped to pursue MBBS, financial constraints led me to apply for BDS. Out of fifteen admissions, my name appeared first on the list. On February 9, 1959, I attended the interview, and classes began the very next day. Dr. A.M. Clements told us, "Dentistry is an art as well as a science," and those words shaped my path.

**Q: What were your early years in the profession like?**

**A:** I graduated in 1963 and joined Government Dental College, Trivandrum, in 1964. Though I started in prosthodontics, my heart was in oral surgery. In 1968, I pursued postgraduate studies in oral surgery at Bombay University while on deputation. Returning to Trivandrum, I continued as faculty in oral surgery, choosing to stay in India even when colleagues sought opportunities abroad.

**Q: Tell us about your association with the Indian Dental Association (IDA).**



**A:** In the early 1970s, IDA was centered in Kochi. Along with colleagues, I helped establish the Trivandrum branch around 1970–71 and served as president in 1971–72. We began a building fund with Rs.100 deposits, which eventually led to the purchase of Innu Apartments. During my tenure, the Trivandrum branch won the All India Best Branch Award at the Amritsar National Conference. I also served as vice president of

IDA at the All India level.

**Q: What advice would you give to young dentists today?**

**A:** Dentistry is a healing art. Selection into MBBS and BDS should be based on humanitarian aptitude and a willingness to work hard. Passion and empathy are essential. My advice is: keep your passion alive throughout your career—it benefits both the profession and society.

**Q: How do you keep your passion for dentistry alive even now?**

**A:** By reading journals, articles, and attending Continuing Dental Education (CDE) programs. Lifelong learning is the secret.

**Q: Could you share a proud moment from your career?**

**A:** One unforgettable case was a 12-year-old girl with micrognathia and TMJ ankylosis. I performed rib grafting and later a maxillary osteotomy, which transformed her life. Years later, she invited me to her wedding—a moment of pure joy and gratitude.

**Q: What awards and recognitions have you received?**

**A:** I was honored with the AOMFSI Lifetime Achievement Award and the Alumni of Medical College Lifetime Achievement Award in 2025. I have also received several awards from the IDA.

**Q: How do you see the future of dentistry?**

**A:** Dentistry is evolving rapidly with scientific advancements and AI. Clinics abroad already use ultra-modern facilities. To keep pace, we need skilled dentists with aptitude and passion.

**Q: What role does empathy play in clinical practice?**

**A:** You must be a human being first, and only then a doctor. A simple life without jealousy or rivalry allows us to serve patients with compassion and sincerity.

**Q: Some say dentistry has reached saturation. What is your view?**

**A:** According to WHO ratios, the number of dentists here is high because education was diluted. With population growth, it becomes survival of the fittest. Those with true aptitude will always find work.

# Future of Dentistry: Progress, Peril and Possibilities

**Dr. Prasanth V.,**  
Professor (Cap), Department of Prosthodontics,  
Government Dental College, Thiruvananthapuram



Dentistry is witnessing a phase of rapid transformation, driven primarily by advances in digital technology, material science, and artificial intelligence. This transformation is particularly significant in prosthodontics, a specialty that integrates biology, engineering, esthetics, and clinical judgment. Understanding this evolving landscape is essential to remain relevant and responsible professionals.

Over the past five years, digital dentistry became an integral part of routine practice rather than just an adjunct. Intraoral scanners have improved the accuracy and comfort of impression making at least in selected situations. CAD/CAM systems now enable predictable fabrication of fixed and removable prosthodontics. Additive manufacturing or 3D printing has expanded its scope in many fields. Artificial intelligence applications have also emerged especially in diagnosis and treatment planning.

While these innovations offer many clear advantages, they also present important challenges. Conventional prosthodontics has emerged from core biological principles such as occlusion, vertical dimension, phonetics, and neuromuscular adaptation. Excessive reliance on automated digital workflows may weaken diagnostic reasoning and manual skills, especially among younger clinicians. Technology-driven decision-making may replace clinician-driven judgment in the future.

This has resulted in an ongoing debate between conventional and digital prosthodontics. Digital dentistry emphasizes on speed, reproducibility,

and standardization, whereas conventional approaches depend on individualized care to address biological

variability. But, the future of prosthodontics lies not in choosing one over the other, but in integrating both. Hybrid dentistry, where digital tools complement strong foundational knowledge, is likely to become the standard model of care.

Looking ahead to the next ten years, further advancements are anticipated. Artificial intelligence may evolve into clinical decision-making tools which are capable of predictive treatment planning. Improvements in printable ceramics and polymers may enhance the longevity and success of digitally fabricated restorations. Implant prosthodontics may benefit from patient-specific implant designs and bioactive materials, Virtual patient simulations may help clinicians evaluate long-term outcomes before initiating treatment.

Commercialization of “instant dentistry,” aggressive marketing of esthetic procedures, and unequal access to digital infrastructure may widen disparities in oral healthcare. Data security, ownership of digital records, and medico-legal responsibility in AI-assisted workflows require careful regulation. Dental education must therefore ensure that undergraduate and postgraduate curricula provide balanced exposure to both conventional principles and digital competencies.



## Myths and Facts in Dentistry

**Dr. Gopika Raj**  
General Dentist  
Golden Smile Dental Clinic  
Amburi

### 1. Myth - A worm is causing cavities and pain

Fact - Dental cavities are permanent damages on teeth caused by bacteria called streptococcus mutans which feeds on sugar and starch substances. The bacteria produces its acid and leads to cavities and decay on tooth surface. This bacterial infection leads to pain and it is not caused by a worm.

### 2. Myth - white hard mass deposited around the teeth strengthens the teeth

Fact - white hard mass is called "calculus" which is build up by improper oral hygiene. If it left untreated, can lead your gum to recede, leaving more tooth exposed and causing decay or even tooth loss.

### 3. Myth - primary teeth / milk teeth are not important because it sheds away

Fact - Neglecting baby teeth can lead to infection that impact overall health. Milk teeth holds the space for permanent teeth to erupt correctly

on position and helps in speech development. It maintains the shape of child's face too, so don't ignore your baby's milk teeth.

### 4. Myth -Excessive toothpaste and foam can whiten the teeth more.

Fact - Tooth paste removes food debris and plaque from your teeth and gum to an extent. If tooth paste is used excessively, it can damage the enamel and leads to erosion and sensitivity to teeth. If it happens for long time, digestive issues can also arise. So one should use appropriate amount of tooth paste, that is, under 3 year of age : rice /grain sized and for adults : pea - sized. NB: Brushing techniques are more important than toothpaste.

### 5. Myth - mouth wash is more effective than tooth brushing

Fact - mouth washes are used to enhance the oral hygiene and reduce gingivitis, but brushing only removes the plaque and food debris.

## Quiz

1. Tomes' granular layer is present in:
2. Baby teeth develops at?
3. Hardest substance of body ?
4. Second common disease in human body?
5. Why wisdom teeth called so?
6. Unique identity of mouth ?
7. The incisive papilla overlies which anatomical structure (nerve)?
8. One end attached muscle of body ?
9. Taste buds live only ?
10. The nerve anesthetized in Gow-Gates technique primarily is:
11. Hunter-Schreger bands are seen in:
12. Which muscle is primarily responsible for protrusion of the mandible?

1. Root dentine near cementum
2. 4 th week of intrauterine life
3. Enamel
4. Dental Caries
5. Comes when we are wiser and older
6. Bite mark
7. Nasopalatine Nerve
8. Tongue
9. 10-14 days
10. Inferior Alveolar nerve trunk
11. Enamel
12. Lateral Pterygoid

**Answers**

ഓർമ്മക്കുറിപ്പ്

വേലി ചാടിയ പശു കോല് കൊണ്ട് ചത്തില്ല

ഡോ. പി. ദിലീപ് കുമാർ



1973, ചിങ്ങമാസം, ഓണത്തിന് അല്പം മുൻപ് തിരുവനന്തപുരം മെഡിക്കൽ കോളേജിലെ ദന്ത ചികിത്സ വിഭാഗത്തിൽ പ്രവേശനം ലഭിക്കുന്നു.

ജീവിതത്തിൽ ബോധമാം നറുനിലാവ് നില നിൽക്കുമ്പോഴും ഊറി ചിരിക്കാൻ ഓർമ്മകൾ ഓടി നടക്കുന്ന എന്റെ ഈറ്റില്ലം, ആ തിരുമുറ്റത്തേക്ക് ഒരു പിൻവീക്ഷണം,

മലയാളം പറഞ്ഞാൽ മണി അഴിഞ്ഞു പോകും എന്ന് കരുതുന്ന ദന്ത വിഭാഗം മേധാവി മുതൽ മലയാളം മാത്രം പറയുന്ന സുലോചന മാഡം വരെ എന്നിൽ ഇന്നും ഊർവര ഓർമ്മകൾ ആയി നിൽക്കുന്നു, എനിക്ക് കലാലയ ജീവിതം ഇന്നും മധുരം കിനിയുന്നതായി തോന്നുന്നത് ദന്ത നിർമ്മാണ പഠന വേളകളാണ്, അതി സ്വതന്ത്ര ജീവിതം.

അതിൽ നിന്നും ഒരു സംഭവം, ആദ്യമായി കാണും സുര്യോദയം പോലെ തിളങ്ങി നിൽക്കുന്നു.

ഒരുമിച്ച് പോകാം.

1973 അവസാനം മെഡിക്കൽ കോളേജിൽ ആരോഗ്യപ്രദർശനം തുടങ്ങി. എഴുത്തുകാരൻ എൻ എസ് മാധവന്റെ സഹോദരൻ ഗോപാലകൃഷ്ണൻ അന്ന് മൂന്നാം വർഷം, അയാൾക്ക് ശിഷ്യൻ ആയി ഞാൻ പ്രദർശനപരിപാടിയിൽ ഒരു ഹിഗ്ലിറ്റ ആയി മാറി.

ഗോൾ മുഖം മാത്രമല്ല മൈതാനവും ഞാൻ എന്റെ കളിയിടങ്ങൾ ആക്കി. 1975-76 കാലയളവിൽ വീണ്ടും ആരോഗ്യ പ്രദർശനം വന്നു. ഞാൻ ഗോപാൽജിയുടെ സ്ഥാനം ഏറ്റെടുത്തു. അന്ന് കാട്ടിക്കൂട്ടിയ സംഭവം, ഇന്നും എന്റെ ഊറി ചിരിപ്പിക്കാറുണ്ട്.

ഈ കഥയിൽ ഒരാൾ കൂടി ഉണ്ട്.

പരിയാരം ദന്തൽ കോളേജ് പ്രിൻസിപ്പൽ ആയിരിക്കേ നമ്മളെ വിട്ടു പോയ ഗോപൻ, DR K G GOPAKUMAR.

സ്നേഹം, സൗഹൃദം, ഇങ്ങനെ ഉള്ള സദ്ഗുണങ്ങൾ മനസ്സിൽ ശാന്തസമൃദി പോലെ സൂക്ഷിച്ച സഹോദര തുല്യ സ്നേഹിതൻ, പോരാതെ രാജിയും പോരാജിയും പോലെ.

THE WARRIOR AND THE CHARIOTEER.

പ്രദർശന പ്രവർത്തക കൂട്ടായ്മ, ഞങ്ങൾ 7-8 സുഹൃത്തുക്കൾ മാത്രമായിരുന്നു. തല ചിന്തിക്കാൻ മാത്രമല്ല, ചുമട് ചുമക്കാനും കൂടിയാണ് എന്ന് കരുതുന്ന സ്നേഹിതൻ.

അന്ന് എല്ലാ വിവരങ്ങളും പേപ്പറിൽ ചായം മുക്കി എഴുതി മുറത്തിൽ ഒട്ടിച്ചു പരമ്പിൽ ഇന്നി ഭിത്തിയിൽ ഉറപ്പിച്ചാണ് പ്രദർശനം.

മലബാറിൽ നിന്നും വന്ന ഒരു ഹാജിയായ തിരുവനന്തപുരം കണ്ട നടക്കവേ കാഴ്ചബംഗ്ലാവിന് സമീപത്തു നിന്ന് കഴിച്ചു കടലയിലെ കല്ലുകാരണം അയാളുടെ പല്ല് ഒടിയുന്നു, ചികിത്സ തേടി കോളേജിൽ വന്ന അയാൾ കണ്ട വിവരങ്ങൾ ഒരു തിരക്കഥ പോലെ അവതരിപ്പിച്ചു.

ഈ ജോലിക്കായി രാവു പകലും ഇപ്പോഴത്തെ കോൺഫറൻസ് ഹാളും തൊട്ടടുത്ത മുറിയും ഞങ്ങൾക്ക് വിട്ടു തന്നു. ആ മുറി രണ്ടായി പകർത്ത് ഒരു ഭാഗം ഒരു വേലിയ പാണ്ടി താഴെ ഇട്ട് പൂട്ടിയിരുന്നു.

ഏദൻ തോട്ടം

തരക്കാത്ത വാതിലിന്റെ ഉള്ളിൽ വില എറിയ, വിലക്കപ്പെട്ട എന്തോ ഉണ്ട് എന്ന ചിന്ത ഞങ്ങളെ അലോരസപ്പെടുത്തി തുറന്ന പലകക്ക് താഴെ ഒളിഞ്ഞു നിന്ന് റഹസ്യങ്ങൾ ചോർത്തുന്ന EAVES DROPPING എന്ന വികാരം ഉണർന്നു തുടങ്ങി.

മുറി വിഭജിച്ചിരുന്ന മരപ്പലക മുകളിൽ മുട്ടിയിരുന്നില്ല.

ഒരാൾക്കു നഴഞ്ഞു കയറാവുന്ന ആ വിടവിലൂടെ ഞങ്ങൾ ഉള്ളിൽ കടന്നു. തമ്പിയുടെ കടയിൽ കള്ളൻ പവിത്രൻ കണ്ട പോലെ ഫ്ലാസ്കുകൾ, ക്ലാസുകൾ, വെയിസുകൾ, മോട്ടറുകൾ, പുള്ളികൾ ഇങ്ങിനെ ഒരു ലോഹാകൊട്ടാരം, എല്ലാം കാലാവധി കഴിഞ്ഞവ.

നന്നത്താൽ കളിക്കാം എന്ന പോലെ ഒരു സഞ്ചിയിൽ കേര ഫ്ലാസ്കുകൾ എടുത്ത് പുറത്തിറങ്ങി.

വൈകുന്നേരം ചാലയിൽ കച്ചവടം നടത്തി. റെഹ്മാനിയ ഹാജിയുടെ ചപ്പാത്തി, കോഴി വറുത്തത്, നാരങ്ങാവെള്ളം ഇവ കഴിച്ച് ഹോസ്റ്റലിൽ രാത്രി എത്തി.

മുനിൽ കണ്ടവർക്കെല്ലാം ഓരോ ദിനേഴ്സ് ബീഡി സമ്മാനമായി നൽകി. പ്രദർശനം അവസാനിക്കാനായി ഒപ്പം പ്രമാണിത്വവും അലിബാബ ഗുഹയിൽ പോയ പോലെ ഒരു വട്ടം കൂടി പോകാൻ ഞങ്ങൾ തീരുമാനം ഉറപ്പിച്ചു. ഞാനും ഗോപനും.

അവസാന യാത്ര എന്ന് കരുതി ഒരു ചാക്കും കുറച്ചു കയറും ഹോസ്റ്റൽ അടുക്കളയിൽ നിന്നും പൊക്കി.

കോളേജ് വാതലിൽ നിന്ന വാച്ചർ ശശി ചിരിച്ചു, "പണിയുണ്ടോ സാറെ," "തുടങ്ങും ശശി" ഹാളിലെത്തി, അന്ന് ഗോപനെക്കാൾ മെലിഞ്ഞത് ഞാൻ ആയതിനാൽ ഞാൻ മതിൽ ചാടാൻ തീരുമാനിച്ചു.

"പൊറിഞ്ചികൾ" ആരാവത് വന്താൽ ചുളം പോടാൻ ഗോപനെ ഏല്പിച്ചു. അകത്തു നഴഞ്ഞു കയറി.

ആകുന്നത്ര ഫ്ലാസ്കുകൾ ചാക്കിലാക്കി കയർ കെട്ടി മെല്ലെ താഴേക്കു കെട്ടിയിറക്കി. ഗോപൻ വിദഗ്ധമായി, ശബ്ദം ഇല്ലാതെ ചാക്ക് അഴിച്ചു, വിസിൽ ഉയർന്നു, ചാക്ക് മടങ്ങി, ഗുഹയിൽ എത്തി.

ഇപ്രാവശ്യം ക്ലാസുകൾ അന്നവധി കെട്ടി പുറത്തേക്ക് ഇറക്കി.

പെട്ടന്ന് ലൈറ്റ് പോയി.

ഞാൻ ഗോപനെ വിളിച്ചു. നിശബ്ദമാത്രം. ഉത്തരമില്ല. പല മൃഗ നാമങ്ങളും ഉറച്ചു വിളിച്ചു, ഫലം നാസ്തി. അവസാനം ആരോ ചാക്ക് താങ്ങിയ തോന്നൽ എനിക്ക് കിട്ടി. മെല്ലെ പുറത്ത് കടന്നു. ഗോപൻ ഒരു കസേരയിൽ ഇരിക്കുന്നു. ചലനം ഇല്ല, ശബ്ദം ഇല്ല, ശ്വാസം മാത്രം, നന്നായി വിയർക്കുന്നു.

വടിയായ പഴയ അധ്യാപകരുടെ പ്രേതം കണ്ടു ഭയന്നു എന്ന് ഞാൻ കരുതി. പെട്ടന്ന് ലൈറ്റ് വന്നു.

"ആല വിളക്കിന്റെ നീല വെളിച്ചത്തിൽ ആ മുഖം പെട്ടന്ന് ഞാൻ അപ്പോൾ കണ്ടു" ആരാ, ആരാ എന്ന് ഉറക്കെ ചോദിക്കാൻ ഞാൻ ഇനിഞ്ഞു, പക്ഷെ രണ്ടാമത്തെ അക്ഷരം വന്നില്ല, ആ, ആ, ആ എന്ന് തനിയാവർത്തനം മാത്രം മുഴങ്ങി.

"BRING IT DOWNSTAIRS" രാജാവ് കല്പിച്ചു. ഞങ്ങൾ തോണ്ടി മുതൽ താഴെ എത്തിച്ചു. രാജാവ് മുറി തുറന്നു.

മുറിയിലെ കസേരയിൽ ഇരുന്നു, രണ്ടും കൈ മുട്ടുകളും മേശയിൽ ഊന്നി കൈപ്പത്തിയിൽ താടി ഉറപ്പിച്ചു.

"WHAT'S THIS??" "THESE ARE FLASKS " എന്ന് പറയാൻ ഞാൻ കൊതിച്ചു. പെട്ടന്ന് എനിക്ക് ഗുരുദേവന്റെ വരികൾ ഓർമ്മ വന്നു.

MY HEART LONGS TO JOIN IN THY SONG, BUT VAINLY STRUGGLES FOR A VOICE.

ഭൂമി പിളരുമോ, കടൽ കടന്നു കയറുമോ, വിണ്ണു മണ്ണിൽ പതിക്കുമോ, പലതും ചിന്തിച്ചു നിൽക്കുന്ന വേളയിൽ ഒരു സ്വരം "GO TO YOUR HOSTEL, STUDY WELL, STOP ALL THESE OFF THE CURRICULAR BUSINESS"

ആ ദൈവതുല്യ അധ്യാപകൻ ആയിരുന്ന ഡോക്ടർ ജേക്കബ് ഹൈസബ്.

കേസും കോടതിയും ഒക്കെ ഇല്ലാതെ വഴി തെറ്റിയ കഞ്ഞാടുകളെ നേർവഴിയിൽ എത്തിച്ച അധ്യാപകൻ അല്ല, ആചാര്യൻ അല്ല, ഗുരു, ആ ഓർമ്മക്ക് മുനിൽ അക്ഷര പുഷ്പാഞ്ജലി.

ഈ സംഭവം ഇന്നത്തെ കാലത്ത് ആയിരുന്നു എങ്കിൽ നിങ്ങൾ എങ്ങിനെ കൈകാര്യം ചെയ്യും എന്നറിയാൻ ചെറിയ മോഹം.

പോക്കുവെയിൽ ചെയ്യാനായി പിന്നെ ഇരുളും മുൻപേ, കാലവും, പത്രാധിപയും കനിഞ്ഞാൽ ഓർമ്മയിൽ നിന്നും വീണ്ടും ഒരേമുമായി കാണാം

## Advanced Dental Clinical Riddles

### ● Oral Medicine

1. "I am a premalignant condition with a high malignant transformation rate, often seen on the tongue and floor of mouth. Who am I?"

**Answer:** Erythroplakia

2. "I present as desquamative gingivitis, but histology shows basal cell degeneration and saw-tooth rete ridges. Who am I?"

**Answer:** Lichen Planus (erosive type)

### ● Oral Radiology

3. "I am a multilocular radiolucency with 'tennis racket' trabeculae. Who am I?"

**Answer:** Odontogenic Myxoma

4. "I show a 'driven snow' radiographic appearance in the mandible. Who am I?"

**Answer:** Calcifying Epithelial Odontogenic Tumor (Pindborg Tumor)

### ● Periodontology

5. "I am the index used to measure attachment loss in epidemiological studies. Who am I?"

**Answer:** Community Periodontal Index of Treatment Needs (CPITN)

6. "I am the most common site for periodontal pockets in chronic periodontitis. Who am I?"

**Answer:** Posterior teeth (molars)

### ● Pedodontics

7. "I am the most common site for nursing bottle caries. Who am I?"

**Answer:** Maxillary anterior teeth

8. "I am the space maintainer used when a primary molar is lost prematurely. Who am I?"

**Answer:** Band and Loop Appliance

### ● Prosthodontics

9. "I am the classification system used for partially edentulous arches. Who am I?"

**Answer:** Kennedy's Classification

10. "I am the occlusal scheme used in complete dentures to achieve balanced articulation. Who am I?"

**Answer:** Lingualized Occlusion

### ● Orthodontics

11. "I am the cephalometric landmark located at the junction of the nasal bone and frontal bone. Who am I?"

**Answer:** Nasion

12. "I am the appliance used for distalization of maxillary molars without headgear. Who am I?"

**Answer:** Pendulum Appliance

### ● Oral Pathology

13. "I am a giant cell lesion of the jaws, often confused with brown tumor of hyperparathyroidism. Who am I?"

**Answer:** Central Giant Cell Granuloma

14. "I am a premalignant condition with vertical fibrous bands and reduced mouth opening. Who am I?"

**Answer:** Oral Submucous Fibrosis

### ● Endodontics

15. "I am the radiographic appearance of a tooth with internal resorption. Who am I?"

**Answer:** Pink Tooth of Mummery

16. "I am the irrigant used in root canal therapy that dissolves organic tissue. Who am I?"

**Answer:** Sodium Hypochlorite

### ● Oral Surgery

17. "I am the most common cyst associated with impacted mandibular third molars. Who am I?"

**Answer:** Dentigerous Cyst

18. "I am the nerve most commonly injured during mandibular fracture. Who am I?"

**Answer:** Inferior Alveolar Nerve