



VIBES

IDA THIRUVALLA NEWSLETTER



PRESIDENT'S MESSAGE

Dear Fellow Members,

At the very onset, let me thank each one of our members for placing your confidence in me and raising me to the post as President of IDA Thiruvalla Branch

I am extremely happy to be associated with the release of the first quarterly edition of our newsletter "VIBES". The first three months has seen remarkable participation from our members in various activities of CDE, CDH, HOPE, WDC, Cultural, Sports, Project V Can, Project Suraksha, Family Directory, arrangements for the International Tour etc.

I extend my heartfelt gratitude to all the office bearers and dear members for your continuous support. As we embark on new projects, our focus will remain on strengthening the bonds within our community, supporting each other and working towards professional & personal development.

Special appreciation to Editor Journal Dr. Prameetha George Ittycheria for her sincere efforts in making this a reality.

We expect the participation and co-operation of all our members in the future programmes.

Thank You,
Jai IDA.

Dr. Maya Mathai
President, IDA Thiruvalla



SECRETARY'S MESSAGE

We are extremely happy to bring out the first Newsletter of IDA Thiruvalla.

It is indeed a matter of pride that our branch continues with a pragmatic approach whilst arranging for projects that not only are beneficial to our members, but also make a positive impact on the society as well.

Our Editor Dr Prameetha George Ittycheria along with the Joint Editor Dr Merlin Thomas have done an excellent job in compiling all the activities of IDA Thiruvalla branch.

Hope to reach new heights in the upcoming days with the continued support of our brilliant members.

Dr. Seema Joseph
Hon.Secretary



EDITOR'S NOTE

Dr. Prameetha George
Ittycheria
Dr. Merlin Thomas

Dear members,

I am honored to be once again as the editor. It is a privilege to contribute to our shared pursuit of knowledge, innovation, and excellence in dentistry. I look forward to bringing you insightful content, the latest advancements, and valuable discussions that enhance our professional growth. We are pleased to share the recent activities of our branch over the past three months. Thank you for your trust and support
Best regards,

Dr. Prameetha George Ittycheria
Editor



Greetings to all dear IDA Thiruvalla members!

It's an honor to release our first issue of newsletter IDA Thiruvalla "Vibes". It is said that "A picture is worth a thousand words". So here we are to share the vibrant moments, activities and other updates that was presented in our branch during the first three months. I would like to seize this opportunity to thank our President Dr. Maya Mathai and office bearers of the year 2025 for their remarkable support for the release of our first newsletter.

Let me express that the strength of any team lies in unity. So, let's foster our unity by prioritizing communication, understanding each other, building trust and sharing goals. I cordially request all our dear members for your valuable contribution in the subsequent newsletter.

Thank you
Dr. Merlin Thomas
Assistant Journal Editor



THE HEART OF DENTISTRY: WHY OUR WORK MATTERS



OFFICE BEARERS OF IDA THIRUVALLA, 2025

IDA is not just an organization—it's a community. It brings together passionate professionals, fosters continuous learning, and advocates for policies that benefit both dentists and patients. Through education, networking, and support, IDA ensures that we remain at the forefront of dental excellence

Dentistry is more than just fixing teeth—it's about restoring confidence, relieving pain, and improving lives. Every smile we help shape is a step toward better health and self-esteem for our patients. As dental professionals, we are not just caretakers of oral health; we are architects of happiness and well-being.

PRESIDE

2025

PRESIDENT DR. MAYA MATHAI & HON. SECRETARY DR. SEEMA JOSEPH ATTENDED PRESIDE 2025 AT HOTEL FORT MANOR, TRIVANDRUM ON FEBRUARY 3RD 2025.



CDH ACTIVITIES

CRUSH TO BRUSH

IDA KSB STATE WIDE PROGRAMME

IDA Thiruvalla conducted Crush to Brush programme in 4 schools in association with IDA KSB and lilly white tooth paste.

The first programme on Dental awareness and importance of Brushing habits was conducted at ChristuRaja public school Chunkapara, and was participated by 520 students and teachers, Tooth paste was distributed to all students.

The second Programme was conducted at St George High school, Kottangal, Orientation class was led by Dr Seema joseph which was attended by 514 students.

The third Programme on Crush to Brush was organised at St Behanans HSS Vennikulam, which was attended by 500 students.



TOOTH FAIRY DAY

Tooth fairy Day was celebrated on Feb 28 at St Marys UP school, Kozhimala which was attended by Dr Seema, Dr Sharen, Dr Diya and Dr Saji Kurian.



CDH ACTIVITIES

Indian Dental Association
Thiruvalla
CDH WING

*Dentist Day
Celebration*
2025 March 6th
Honouring
Senior Dentist



Dr. ITTY JOHN
For his dedication in the field of
Dentistry for over 54 years.
First Batch CODS, Manipal.

PRACTICING IN THIRUVALLA SINCE 1971

DR. MAYA MATHEA
PRESIDENT

DR. SEENA JOSEPH
HON. SECRETARY

DR. RAJ KURIAN
CDH REPRESENTATIVE





INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH
WORLD CANCER DAY

SELF EXAM



• 140,000+ new cases are found each year worldwide, often discovered late in development.
• About 9,750 people die from oral cancer every year.
• Oral, head and neck cancers are 2x more common in men than women.

RISK FACTORS

- Alcohol - Especially when also using tobacco.
- Tobacco - Cigarettes, pipes, cigars, vaping or smokeless tobacco (e.g. chew, snuff, lozys).
- Exposure to HPV - The recently transmitted human papillomavirus.
- Other conditions - Chronic physical trauma, Infectious diseases, Poor oral hygiene, Poor nutrition.

3 SIGNS OF ORAL CANCER

- A sore that won't go away
- Red or White patches
- Persistent pain or tenderness when swallowing

IF DOUBT GET CHECKED OUT

WHAT CAN I DO??

- Don't smoke or use tobacco products
- Don't drink alcohol
- Get regular dental checkups
- Practice good oral hygiene
- Get vaccinated for HPV
- Get vaccinated for Hepatitis B

Dr. Maya Matha
President

Dr. Seena Joseph
Hon. Secretary

Dr. Raj Kurian
Treasurer

Dr. Saji Kurian
CDH Representative

World cancer day awareness poster

Dentist day was celebrated on March 6, 2025 by honouring Dr. Itty John



CDE Activities

1ST CDE OF IDA THIRUVALLA BRANCH- PRIVILEGE CDE WITH LIVE DEMO

IDA Thiruvalla Branch hosted Privilege CDE on 24/01/2025 from 6:30pm - 9:30pm with topic A Novel Mandibular Advancement Device Therapy For Obstructive Sleep Apnea with Live Demo by Faculty Dr.George Abraham at Hotel KGA Elite Continental, Thiruvalla. 65 people attended the CDE.



CDE ON ORAL CANCER REVISITED - BASICS & BEYOND

IDA Thiruvalla Branch hosted CDE on 22/02/2025 from 6:00pm - 9:00pm with topic Oral Cancer Revisited - Basics & Beyond by Faculties Dr. Adarsh Anand, Dr. Prem Sasikumar at Hotel Ashok International, Thiruvalla which was attended by 61 members.



CDE Activities

CDE ON THE MAGIC OF PREVENTION & MINIMAL INVASIVE- FOR EVERYDAY PRACTICE



SECOND STATE CDE PROGRAMME

MAR 09
9:30 AM - 3:30 PM

Venue: Hotel Ashok International, Thiruvalla

Reg. fee: Rs.700/-

The magic of prevention & minimal invasive - for everyday practice
Speaker: Dr.Sorna Nagarajan bcs

Live Demo: Fluoride application

Preventive Pediatric Dentistry - for dental practitioners
Speaker: Dr.Subbalekshmi mds

For Registrations:
To contact with PAYMENT details: 9447244072

AKC Name: Indian Dental Association Thiruvalla Branch, A/C No: 10250100270229, BSC: F0RL00010124, Federal Bank, Chengannur Branch

Dr.Subash K Madhavan President, IDA KSB | Dr.Siddharth V Nair Hon. Secretary, IDA KSB | Dr.Lenu Abraham CDE Chairman, IDA KSB

VOCO THE DENTALISTS



SECOND STATE CDE PROGRAMME

MAR 09
9:30 AM - 3:30 PM

Program Overview
The programme aims at latest and innovative technologies and materials in minimally invasive dental practice which enable the clinicians to upgrade their day to day practice with better results and revenue. Participants will learn about tools and products that address current symptoms and prevent future issues. The program focuses on enhancing assessment skills, showing that prevention can be profitable and simple. Attendees will gain insights into how straightforward procedures can boost revenue and contribute to their practice's success and patient satisfaction.

HOSTED BY:

IDA Thiruvalla Dr.Maya Mathel President Dr.Sreema Joseph Hon. Secretary Dr.Rajeev Simon K CDE Convenor	IDA Pathanamthitta Dr.Johnson V Abraham President Dr.Helvy Mathew Soman Hon. Secretary Dr.Sherin Kara George CDE Convenor	IDA Adoor Dr.Abin Samuel Mathew President Dr.Aneeq A Hon. Secretary Dr.Rajay Mathew John CDE Convenor
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VOCO THE DENTALISTS

IDA Thiruvalla Branch hosted 2nd State CDE with live demo along with IDA Pathanamthitta & IDA Adoor on 09/03/2025 from 9:30am to 3:30pm at Hotel Ashok International, Thiruvalla. The topic, The magic of prevention & minimal invasive- for everyday practice was covered by faculty, Dr.Sorna Nagarajan & the topic, Preventive Pediatric Dentistry- for dental practitioners was covered by faculty, Dr.Subbalekshmi. Live demo on fluoride application was done and was attended by 50 people.



CDE Activities



DR. ABHILASH R CONDUCTED A TALK ON MAGNIFICATION IN DENTISTRY ON FEBRUARY 14TH.

DR. AKHILESH PRATHAP TOOK A SHORT CLASS IN PAIN MANAGEMENT ON JANUARY 7TH, 2024 DURING THE COMBINED EXECUTIVE COMMITTEE MEETING OF IDA THIRUVALLA.

MEETINGS



SECOND EXECUTIVE COMMITTEE MEETING ON FEBRUARY 14TH.



COMBINED EXECUTIVE ON JANUARY 7TH, 2025.

WDC

ACTIVITIES

REPUBLIC DAY CONTEST



WDC of IDA Thiruvalla branch conducted a Republic Day contest as part of the Republic Day celebrations. It was conducted for the kids and adults of IDA Thiruvalla branch members only.

For the kids below age group 12, 'INDIAN FLAG MAKING' contest was conducted. For the adults we conducted 'SMILE CONTEST'.

We received 8 entries for the Kids contest and received 15 entries for the smile contest



WDC Thiruvalla released an awareness video talk on cervical cancer as a part of cancer healthcare awareness programme. Dr Anu Philip, Consultant Obstetrician & Gynaecologist of District hospital, Mavelikkara gave a 7 minutes awareness video talk on signs, symptoms causes of cervical cancer. Its preventive measures, Vaccination schedules. Video was released on 15th February 2025.

CERVICAL CANCER AWARENESS VIDEO

INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH

INDIAN DENTAL ASSOCIATION THIRUVALLA BRANCH logo

VIDEO ON
CERVICAL CANCER AWARENESS
Speaker: Dr Anu Philip
Consultant Obstetrician & Gynaecologist
District Hospital Mavelikkara
Video Releasing on Feb 15th 2025

DR MAYA MATHAI PRESIDENT
DR SEEMA JOSEPH HON.SECRETARY
DR ROJI KURIAN TREASURER
DR DEEPTHI SANTHOSH
DR SHIBI MATHEWS.V

WDC

ACTIVITIES

PROJECT AVALKKAYI



WDC of Thiruvalla IDA, conducted the project AVALKKAYI at Nicholson Syrian Girls Higher secondary School Thiruvalla on 27th, Monday January 2025 at the school auditorium from 1:30 to 3:30pm. 120 girl students, 12 School staffs and 10 of our doctors attended the programme



Awareness classes on 2 topics was conducted by two eminent speakers. Dr Annie Edwin (Pedodontist, St.Thomas Hospital, Chethipuzha) took the first class on the topic 'Importance of oral hygiene during puberty'

INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH

wdc

IDA KSB WDC PROJECT
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ON 29TH JANUARY 2025
@ NICHOLSON SYRIAN GHSS
THIRUVALLA
1:15PM - 2:30PM

Celebrating
National
Girl Child Day

Awareness class on:

- ❖ **Importance of oral hygiene during puberty**
Dr. Annie Edwin Consultant Pedodontist @ St. Thomas Hospital, Chethipuzha
- ❖ **Early Adolescent Changes**
Dr. Dini Edappazhathil Consultant Gynaecologist @ Parumala St. Gregorius Medical Mission Hospital

Dr. Maya Mathai President
Dr. Seema Joseph Hon. Secretary
Dr. Roji Kurian Treasurer

WDC Representatives
Dr. Deepthi Santhosh
Dr. Shibi Mathew V

Dr Dini Edappazhathil, Gynaecologist (Parumala St. Gregoriou's Medical Mission Hospital) took the second class on the topic 'Early Adolescent changes'.



WDC AND CULTURAL ACTIVITIES

VALENTINE'S DAY CONTEST

The WDC and cultural committee of IDA Thiruvalla branch 2025 conducted an online valentine's day contest themed around Love and Romance. 4 Contests were kept. We conducted it for all IDA KSB members. Their spouses and kids also could participate in all the 4 contests.

1. Love, Take One! (Enacting Romantic Scenes from Movies)
2. Dancing Duos (Couple/Pair Dance Contest)
3. Dentistry & Love – Fun Meme Contest
4. Frames of Love (Photography Contest – Theme: "Love")



Contest 1 : Love ,Take One (Dubsmash)

First: Dr Deepthi KP & Dr Ajith KS (Palakkad); Dr Bhagyapradeep & Dr Sidharth (North Malabar)

Second: Dr Veena Ravishankar (Palakkad); Third: Dr Saji Cherian & Dr Prameetha (Thiruvalla); Dr Sharen Sarah Daniel (Thiruvalla)

Love,Take One (original voice)

First: Dr Veena S Ravi (Thrissur); Second: Dr Renjith Kumar (Karunagappally)

Contest 2:Dancing Duo

First: Dr Karthika Hari & Dr Akila M (Palakkad); Second :Dr Drishya & Dr Tessa Jose(Thiruvalla),

Dr Anuja Elizabeth Mathew & Dr Sharen Sarah Daniel(Thiruvalla);Third: Dr Deepthi & Dr Sini (Palakkad), Dr Sruthy & Dr Anuja (Thiruvalla)

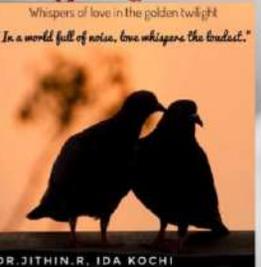
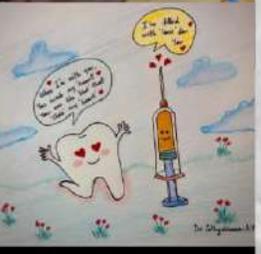
Contest 3:Dentistry Love

First: Dr Veena Ravishankar Palakkad); Second: Dr.Sathyabhama (Thrissur); Dr Sini CV (Palakkad)

Third: Dr Lekshmi J (Karunagappally) ,Dr Sabisha Deepak (Palakkad).

Contest 4: Frames of Love

First: Dr Ajith KS(Palakkad) ;Second:Dr Malavika M (Palakkad);Third:Dr Jayakrishnan (Kottarakkara).



WDC

ACTIVITIES

IDA KSB PIRAVI 2025



WDC of Thiruvalla Branch, conducted the second KSB WDC project "Piravi" on 14th February 2025 at Hotel Asoka from 9:00 to 9:30pm. This programme was conducted as part of the 15th year WDC celebrations. 28 members attended the programme. The event mainly focused on honoring two of our WDC charter members.

Our Charter member Dr Maya Mathai was honored with a Ponnada by Dr Sherin and a memento was presented by Dr Prameetha George. Dr Seema Joseph collected the Ponnada from Dr Sherin Thomas and also received the memento from Dr Drisya Nair on behalf of Dr Susan Joseph.



SAKHI-WDC STATE PROGRAMME

International Women's day programme as part of WDC state project was held at Hotel Ashok International, Thiruvalla from 3:00pm to 5:00 pm. 48 of our WDC members participated in the programme.

An inspirational talk on women empowerment was given by Dr Subbalekshmi.

We honoured the senior most lady practitioners Dr Mariamma Rajan and Dr Shiny Jobjy.

A Food Fest, Art & Craft Exhibition, 2 Boutique stall exhibition was held in the venue as part of the event.

SPORTS ACTIVITIES

CRICKET TOURNAMENT

IDA State Outdoor cricket tournament held on 16 February 2025, hosted by IDA Trivandrum

Our cricket team participated in the open cricket ground tournament held at Trivandrum on 16 February 2025.

Our team won two matches against malanadu and attingal branches though we lost to Alappuzha out of three matches in league stage.

It's a proud moment that Dr Sujith Gopalan of our branch won the best batsman award for the second consecutive time.

Our Team Captain Dr.Mathews Jude also received participation award from Hon. State Secretary Dr. Sidharth.V.Nair.



TRAD

IDA Thiruvalla participated in TRAD - Thiruvalla Run Against Drugs on March 13th.



IDA THIRUVALLA
TRAD MARATHON 2025



FUN Zone

Did you know?

THE FIRST-EVER RECORDED DENTAL FILLING WAS MADE OF BEESWAX AND DATES BACK OVER 6,500 YEARS!

- A SHARK'S TEETH ARE NATURALLY COATED WITH FLUORIDE, WHICH HELPS PREVENT CAVITIES—JUST LIKE TOOTH PASTE!
- RIGHT-HANDED PEOPLE TEND TO CHEW FOOD ON THE RIGHT SIDE OF THEIR MOUTH, WHILE LEFT-HANDED PEOPLE CHEW ON THE LEFT SIDE MORE OFTEN.
- THE EARLIEST TOOTHBRUSHES WERE MADE FROM TWIGS—PEOPLE USED TO CHEW ON FRAYED STICKS TO CLEAN THEIR TEETH!
- THE AVERAGE PERSON SPENDS ABOUT 38.5 DAYS BRUSHING THEIR TEETH OVER A LIFETIME.
- THE ANCIENT EGYPTIANS USED A MIXTURE OF EGG SHELLS, PUMICE, AND ASHES AS AN EARLY FORM OF TOOTH PASTE.
- OVER 300 TYPES OF BACTERIA CAN BE FOUND IN DENTAL PLAQUE!
- THE FIRST MASS-PRODUCED TOOTHBRUSH WAS INVENTED IN 1780, USING BRISTLES FROM A PIG'S NECK!
- IN MEDIEVAL TIMES, PEOPLE BELIEVED THAT A TOOTHACHE COULD BE CURED BY KISSING A DONKEY!
- THE FEAR OF DENTISTS IS CALLED ODONTOPHOBIA.

YOUR PARAGRAPH TEXT

Find the targets

ARTIST'S CORNER



DR. TESSY



DR. SRUTHY



DHANVIKA.A.R

D/O DR. RAJASREE A R

- ✓ TOOTHBRUSH
- ✓ TOOTH PASTE
- ✓ DENTAL MIRROR
- ✓ FLOSS
- ✓ SMALL TOOTH MODEL
- ✓ NOTEPAD
- ✓ PAIR OF GLASSES

