



# VIBES

July - September

## EDITOR'S NOTE

Dearest reader,



As we move forward with our professional journey, it's equally important to take a moment to reflect on the experiences that bring us closer as a community. The past few months have been filled with milestones and growth, but one highlight that stands out is \*Dejavu 2.0\*, our cultural night and Onam celebration.

What made \*Dejavu 2.0\* truly special was the sense of togetherness it fostered. It wasn't just about the games or the performances, but about creating lasting memories and strengthening the bonds that make IDA Thiruvalla more than just a professional community – it's a family. Events like these remind us of the importance of balancing work with moments of joy, laughter, and connection. Let's carry this spirit forward as we continue to excel in both our professional and personal lives.

Dr. Prameetha George Ittycheria

# CDH ACTIVITIES



## ORAL HYGIENE DAY

IDA THIRUVALLA CDH celebrated Oral Hygiene Day (August 1st, 2024) at Choice Kinderland, Kuttappuzha on 22nd August, 2024 at 10am. A very informative and interactive talk was conducted by Dr. John Philip. A total of 80 children were screened.



## DENTAL HEALTHCARE FOR TRANSGENDER COMMUNITY

The project was conducted exclusively for transgenders providing dental awareness, free oral screening and distribution of oral hygiene kits. It was held at Palakunnathu Dhyana Nilayam, Maramon on 19.09.2024 at 11am. The class was presided over by Dr. Samuel K. Ninan and Mrs. Sara Thomas (Gender ResourceCentre chairperson) with a total of 15 doctors and 25 transgenders in attendance.



# CDE ACTIVITIES



## POST ENDODONTIC RESTORATIONS - WEBINAR

A webinar on post endodontic restoration was conducted on July 23, 2024 and the speaker for the session was Dr. Pradeep Shetty, MDS. The session started at 7:30 pm via google meet platform.



## TEETH WHITENING - AN OVERVIEW

A session on Teeth whitening with live demo by Dr. Madhu Hariharan was conducted on 4th of August from 4.30 pm - 8.30 pm at Hotel Ashok International, Tiruvalla which was attended by 53 members.



# WDC ACTIVITIES

IDA Thiruvalla WDC conducted a cultural night along with onam celebration filled with fun and enthusiasm on September 22nd Sunday from 5 pm to 9.30pm at Contour backwaters Chenganassery.

Around 125 people participated along with their family. Everyone participated in games like vadam vali, musical chair, sundariku pottukuthu, saree draping and even more. The winners were given prizes by our senior members. Beautiful Thiruvathira was presented by 10 of our WDC members, onapattu by our members etc.

Onam programme was followed by cultural activities that comprised of song and dance by our kids. The main attraction was the release of 2 videos namely Medley, Fusion dance by our WDC members which was highly appreciated. A musical quiz was conducted by Dr. Shahina and Dr. Rizvi which was participated by 5 vibrant couples. The programme was ended up with delicious onasadya and DJ party.

# DEJAVU 2.0





# DEJAVU 2.0



# SPORTS ACTIVITIES



**29 /9/24 – BASKET BALL TOURNAMENT THRISSUR**



## **IDA Thiruvalla: Passion for Basketball**

**The dentists of IDA Thiruvalla are showing that a busy profession is no barrier to pursuing their love for sports. Whenever they get free time, you'll find them on the basketball court, practicing hard and refining their game. Even on weekends, after long and tiring days at work, their dedication keeps them going.**



Daksh M aswin  
s/o Dr Aswin M Ravi and Dr Sruthy Rajagopal Pillai



Sathvi varun  
D/o Dr varun gopal and Dr Lakshmi varun



Joanna John  
D/o Dr. JohnPhilip &  
Dr saumya John



## "Kutty Talents in the Spotlight: Our Little Stars Shine Bright!"



Alex George  
S/o Dr. Merlin  
Thomas



Dave M Thomas  
Son of Dr Anuja Elizabeth Mathew  
Thomas puthoor Mathew



Devika Vinesh  
D/o Dr. Vineesh  
Udayakumar and  
Deepthi Santhosh



Jovana Elsa Mathews  
D/O Dr mathews jude  
and Dr Tessa jose

