

INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH



VIBES

OCT - DEC



EDITOR'S NOTE

Dear Doctor's

It was our esteemed pleasure to host the IDA Kerala State Turf Cricket Tournament AVESHAM 2024 on 10th November 2024. The event was well-coordinated and had an attendance of around 400 participants & well-wishers from around the Area. Matches were held at Elite Turf, Muthoor and Eden Turf, Nalukody under the coordination of IDA THIRUVLLA TEAM.

We had practise matches against IDA CKK and IDA Adoor on July and were able to claim sweet victories multiple times including five consecutive wins in the tournament. Our team was able to reach the quarter finals in the tournament.

IDA TVLA participates in weekly cricket matches against other local teams including South Indian Bank Thiruvalla, Believers Church Medical College Hospital, Federal Bank Thiruvalla, KGMO, post office team, sanjeevani hospital etc.... We have seen an increased participation in sporting events from IDA TVLA members as it boosts morale and energy throughout the organisation.

IDA TVLA also participated in the Men's Basketball tournament held at Thrissur. We would also like to invite your participation in future sporting events. Kudos to our branch for organizing IDA state cricket tournament and turning it into a grand success.

Dr. Prameeth George Ittycheria

CDH ACTIVITIES



IDA Thiruvalla Kerala State Pal Punchiri project was conducted on National Tooth Brushing Day, November 7, 2024 at eleven schools.



A total of 7600 students were educated and made aware of the brushing technique and the importance of oral health



PROJECT PAL PUNCHIRI



52 Doctors were enthusiastically and actively involved in the project. The project was covered by ACV and Kerala Kaumudi



CDE ACTIVITIES

FEARLESS DENTISTRY



IDA Tiruvalla along with IDA Pathanamthitta & IDA Adoor conducted a session on Fearless Dentistry - Mastering the NOIS (Nitrous Oxide Inhalation) With Live Demo & hands on by Dr Raju Sunny , on October 6, 2024 from 9 am - 1 pm at Wyte Portico, Adoor



WDC ACTIVITIES



IMPORTANCE OF MENTAL HEALTH WORK LIFE BALANCE – WEBINAR

In accordance with World Mental Health Day on October 10th, IDA Thiruvalla WDC arranged a webinar by Dr Sumi K S MBBS MD MRCPsych on 12th of October from 8.00pm to 9 pm. It was attended by 20 WDC members



PROJECT SAMARPANA

On October 2nd, 2024, IDA Thiruvalla WDC transferred an amount of Rs. 5000 from the charity fund of our branch as part of the IDA KSB WDC project SAMARPANA.

The fund collected will be transferred to the IDA Kerala state account which will be collectively handed over to the Wayanad relief fund.

**INDIAN DENTAL ASSOCIATION
THIRUVALLA BRANCH**

Project: Samarpana

**Charity Drive by WDC members
in association with
International Charity Day
September 5th**

President: Dr Sunil Roy Koshy
Hon:secretary: Dr Seema Joseph
Treasurer: Dr Roji Kurian

WDC Representatives:
Dr Tessa Jose
Dr Sruthy Rajagopal Pillai

WDC ACTIVITIES

WEBINAR SERIES - ANVAYA

The fifth and last IDA Kerala State web series Anvaya was held on 27th November 2024 at 8pm.

The speaker of the session was Mrs. Sindhu Deepak who is an academic and career counsellor and the topic of the session was Sharpening the jaw: Self care practise for dental professionals.







**INDIAN DENTAL ASSOCIATION
KERALA STATE
WEBINAR SERIES**

ANVAYA
Encouraging to live positively

TOPIC 5: Sharpening the Saw: Self-Care Practices for Dental Professionals

**27TH NOVEMBER 2024
8:00 PM - 9:00 PM**

OUR SPEAKER:
Mrs. Sindhu Deepak
Academic and Career Counselor
The Charter School, Kochi



DR. TERRY THOMAS EDATHOTTY
PRESIDENT, IDA KSB

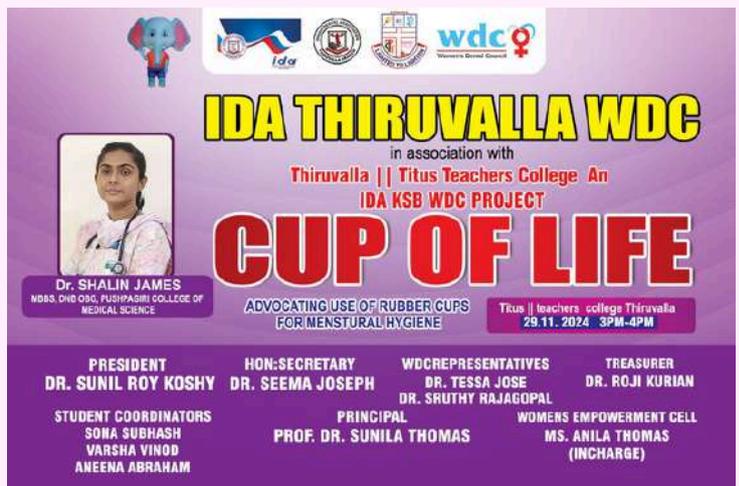
DR. DEEBU J MATHEW
HON. SECRETARY, IDA KSB

DR. SARAH CHRISTOPHER
WDC CHAIRPERSON, IDA KSB

DR. SHERINE THOMAS
WDC CO-CONVENOR, IDA KSB

DR. USHA NARAYANAN
PROGRAMME COORDINATOR

CUP OF LIFE :ADVOCATING USE OF RUBBER CUPS FOR MENSTRUAL HEALTH







IDA THIRUVALLA WDC
in association with
Thiruvalla || Titus Teachers College An
IDA KSB WDC PROJECT

CUP OF LIFE
ADVOCATING USE OF RUBBER CUPS FOR MENSTRUAL HYGIENE

Dr. SHALIN JAMES
MDS, DND, DGO, PUSHPAGIRI COLLEGE OF MEDICAL SCIENCE

Titus || teachers college Thiruvalla
29.11.2024 3PM-4PM

PRESIDENT DR. SUNIL ROY KOSHY	HON:SECRETARY DR. SEEMA JOSEPH	WDCREPRESENTATIVES DR. TESSA JOSE DR. SRUTHY RAJAGOPAL	TREASURER DR. ROJI KURIAN
STUDENT COORDINATORS SOMA SUBHASH VARSHA VINOD ANEENA ABRAHAM	PRINCIPAL PROF. DR. SUNILA THOMAS	WOMENS EMPOWERMENT CELL MS. ANILA THOMAS (INCHARGE)	

In association with Titus Teachers college IDA Thiruvalla organised CUP OF LIFE, a session for advocating use of menstrual cups for menstrual hygiene by DR. Shalin James on 29th November 2024 from 3pm to 4pm.

The session mainly discussed on women's health and clearing the stigma regarding menstrual cup and promoting its health benefits.

WDC ACTIVITIES

LADIES DAY OUT

IDA Thiruvalla WDC members went for a one day trip to Alappuzha Punnamada finishing point for boating and also to Alappuzha beach on 27th October 2024 with 14 WDC members along with 10 kids.



SPORTS ACTIVITIES

AVESHAM 2024

The IDA Kerala State Turf Cricket Tournament AVESHAM 2024 was held on 10th November 2024. It was inaugurated by Sri V G VinodKumar IPS, District Police Chief, Pathanamthitta. The event was well-coordinated and had an attendance of around 400 participants. Matches were held at Elite Turf, Muthoor and Eden Turf, Nalukody under the coordination of IDA Thiruvalla team.



1st position
IDA Attingal



2nd position
IDA CKK

Practise matches against IDA CKK and IDA Adoor was held on July and we were able to claim sweet victories multiple times including five consecutive wins in the tournament. Our team was able to reach the quarter finals in the tournament.



20/10/24 ---outdoor cricket tournament. kollam



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We have seen an increased participation in sporting events from IDA TVLA members as it boosts morale and energy throughout the organisation.



ARTIST CORNER



പ്രതീക്ഷ

ഇന്നലെ പെയ്ത
പുതുമഴയെന്നേ
എൻ മനസ്സിൽ
പുതുന്നാമ്പു മുളപ്പിച്ചിട്ടു!
ഇന്നരുണനിൽ
നിന്നുതിർക്കുന്ന
മൃദുരശ്മികൾ,
എന്നിൽ തളിരുകൾ
മൊട്ടിടാൻ
കൈകോർത്തിരിക്കാം...

Dr. Sherine Thomas

