

KOCHI BRANCH



INDIAN DENTAL ASSOCIATION 2024-2025
Leading a Legacy



IDA KOCHI DENTAL TIMES

NEWSLETTER PUBLISHED BY THE INDIAN DENTAL ASSOCIATION, KOCHI BRANCH

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Editorial

Welcome to the IDA Kochi Dental Times!

With immense pleasure and collective pride, we present the first edition of our newsletter, a significant milestone for our vibrant Kochi dental community. This platform for connection, communication, and celebration bridges gaps, fosters unity, and showcases rich tapestry of our branch's activities, member achievements, and the evolving dental landscape. This is a testament to our dedicated committee and enthusiastic members to disseminate information, celebrate successes, and strengthen community within the IDA Kochi family. Together, we will shape the future of dentistry, leaving an indelible mark on the oral health of our community."



Dr. Pooja Latti
(Chief Editor)

President's Message

At the outset, let me take this opportunity to express my heartfelt gratitude to each of you for entrusting me with the responsibility of serving as the President of this esteemed association, IDA Kochi. I sincerely appreciate the collective enthusiasm and support of our members in fostering strong social, academic, and cultural relationships within our fraternity.

With immense pride, I extend my sincere appreciation to our editor Dr. Pooja Latti & the team behind this newsletter for successfully bringing out the first edition of the on time.

The first quarter of 2025 has been an eventful and fulfilling one for our association. Each of these events witnessed overwhelming participation from our fellow members, reflecting our commitment to professional growth and community service.

As we move forward, I look forward to another fruitful year filled with learning, service, and camaraderie.



Dr. Hari Govind B (President)

Secretary's Message

We are excited to relaunch the newsletter. The editorial team led by Dr. Pooja Latti, has indeed bridged a significant gap by bringing back this publication. Aptly Titled 'IDA Kochi Dental Times', this trimonthly bulletin will offer a quick overview of the branch activities. Last 3 months have been an incredible journey for the new team led by Dr. Hari Govind. The various CDE, CDH, WDC, cultural, FDC and sports activities organized during this period reflect the unison and harmony within the branch. I would like to acknowledge the excellent work shown by the respective coordinators. 'Paithrukam', a function held in connection with Dentists' Day 2025, provided a unique opportunity to honor the stalwarts of our branch. As IDA Kochi continues to grow, so does the bond that unites us, making our journey even more meaningful. Beyond dentistry, it's about people, relationships, and the deep connection we share—IDA Kochi is an emotion!



Dr. Vivek Narayan (Hon. Secretary)



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A Legacy Forged in Unity: The Inspiring Genesis of IDA Kochi



In the heart of Kochi, a tale of professional camaraderie and visionary leadership unfolds, tracing the roots of the Indian Dental Association (IDA) Cochin branch. It begins with the pioneering spirit of Dr. M.K. James, who, on a warm June day in 1968, gathered a passionate group of twelve dentists at the International Hotel, Ernakulam. Thus, the Cochin Dental Society was born – a beacon of learning and fellowship. IDA Kochi is the Founder Branch of Indian Dental Association in Kerala.

For eight remarkable years, this society flourished, nurturing a unique blend of professional growth and personal connection. High-caliber clinical meetings, held in the welcoming spaces of members' clinics, became a hallmark, while joyful family gatherings strengthened the bonds that tied this community together. This period wasn't just about dentistry; it was about building a family.

The culmination of these dedicated efforts arrived on a momentous day: November 1, 1976. At the then-named Hotel Rajadhani (later Mas Hotel), Ernakulam North, the Cochin branch of the IDA was officially inaugurated. The arrival of Dr. G. R. Bhat, the esteemed Honorary General Secretary of the IDA from Madras, added a touch of national recognition to this significant milestone.

This journey – from the intimate gatherings of the Cochin Dental Society to the establishment of the vibrant IDA Cochin branch – is a testament to the enduring power of shared vision and the unwavering commitment of Kochi's dental professionals. It's a story of how a small group, driven by passion and unity, laid the foundation for an organization that continues to serve and inspire. Today, IDA Cochin stands as a shining example of how professional excellence and community spirit can create a lasting legacy.

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)

The beginning of this IDA Year

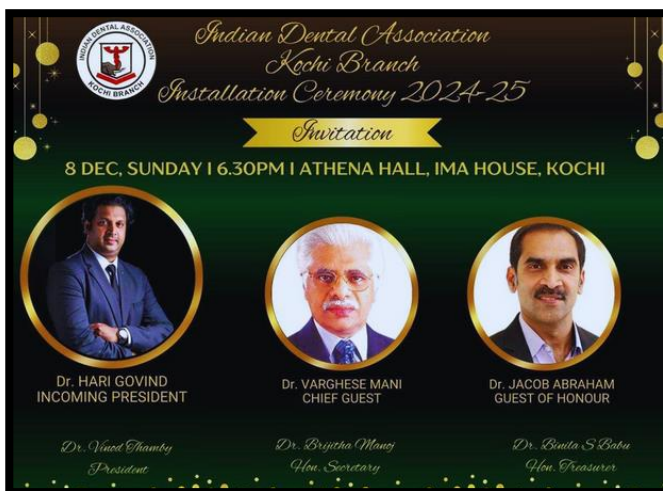
A Verdant Dawn for IDA Kochi: Installation Ceremony 2024-2025

Kochi witnessed a momentous occasion on the 8th of December 2024, as the Indian Dental Association (IDA) Kochi chapter ushered in a new era of leadership. Amidst the elegant ambiance of IMA House, a vibrant installation ceremony unfolded, painting a vision of progress and sustainability.

The heart of the event was the formal installation of the esteemed office bearers for the term 2024-2025. Dr. Hari Govind B gracefully assumed the mantle of President, promising a year of dynamic growth and community engagement. Dr. Vivek Narayan stepped into the role of Secretary, bringing his meticulous approach to the association's administrative core. Dr. Subramaniam R. was entrusted with the crucial responsibility of Treasurer, ensuring the financial health and stability of IDA Kochi.

The ceremony was graced by the presence of two distinguished guests, whose wisdom and experience added a profound depth to the event. Dr. Varghese Mani, an eminent Oral and Maxillofacial Surgeon, served as the Chief Guest, sharing his invaluable insights and inspiring the audience with his dedication to excellence. Dr. Jacob Abraham, President of IMA Cochin, honored the occasion as the Guest of Honour, reinforcing the strong bonds between the medical and dental fraternities.

This installation ceremony marked not just a change in leadership, but a renewal of IDA Kochi's commitment to service, innovation, and environmental stewardship. As the new office bearers embark on their journey, the entire dental community anticipates a year of remarkable achievements and positive impact.



IDA Kochi Office Bearers 2024-2025



Dr. Hari Govind B
President



Dr. Vivek Narayan
Hon. Secretary



Dr. Subramaniam R
Hon. Treasurer



Dr. Meera G
President Elect



Dr. Vinod Thamby
Immediate Past
President



Dr. Joy Kurian
Vice President 1



Dr. Mathew Varghese
Vice President 2



Dr. Sheethal Sherif
Joint Secretary



Dr. Mohd. Sajadh
Asst. Secretary



Dr. Skariah K S
CDH Representative



Lt. Col. Dr. Krishan Nair
CDE Representative



Dr. Pooja Latti
Chief Editor



Dr. Sijo P Mathew
Rep. to HOPE



Dr. Sunil Mathew
FDC Incharge



Dr. Sajil John
Social media Incharge



Dr. Resmi P G
Website Incharge



Dr. Jojo Kottoor
Asst. Rep. to CDE



Dr. S. Radhakrishnan
Asst. Rep. to CDH



Dr. Sudheer Prabhu
Assistant Editor



Dr. Savio Joseph
Sports In-charge



Dr. Jose Sunny
Sports In-charge



Dr. Jefna Paulson
WDC Rep.



Dr. Nisha C
WDC Rep.



Dr. Surya Suprabhan
Asst. Coordinator WDC



Dr. Seema George
Cultural Incharge



Dr. Zeritta Stanley
Cultural Incharge



Dr. Lakshmi Priya
Asst. Co-ordinator
Cultural Committee



Dr. Nabeel Backer
Asst. Co-ordinator
Cultural Committee



Dr. George Kottam
EC Member



Dr. Prashant P S
EC Member



Dr. Sunil Eraly
EC Member



Dr. Binila S Babu
EC Member



Dr. Vidhya P
EC Member



Dr. Nevin Thomas
EC Member



Dr. Priyaranj
Rep. To State



Dr. Hari Govind B
Rep. to State



Dr. Alto Franc V G
Rep. to State



Dr. Vivek Narayan
Rep. to State



Dr. Vinod Mathew
Rep. to State



Dr. Joy Kurian
Rep. to State



Dr. Bindu Rachel
Rep. to State



Dr. Sunil Mathew
Rep. to State



Dr. Brijitha Manoj
Rep. to State



Dr. Siby T Chennankara
Rep. to Central Council



Dr. Afzal V A
Advisor to EC



Dr. Ajith P
Advisor to EC



Dr. V I Paul
Advisor to EC



Dr. Jayakumar
Advisor to EC



Dr. Winston George
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. Mathew Varghese
Nominee to
District Committee



Dr. Bindu Rachel
Nominee to
Labour Sub-committee



EC Meetings

Executive committee meetings play a crucial role in guiding the organization, reviewing performance, make decisions, strategic planning, and ensuring effective governance and leadership. They provide a platform for EC members to collaborate, make decisions, and steer the organization toward its strategic objectives.

EC meetings are conducted by the Indian Dental Association, Kochi, on a regular basis. The updates are presented by each committee. The action plan for the forthcoming month is also presented. These meetings also provide an opportunity for the EC members to discuss the current topics of interest and enable decision-making on a timely basis.



I EC Meeting 10.01.2025

EC Meetings

I EC Meeting: 10.01.2025

II EC Meeting: 14.02.2025

III EC Meeting: 14.03.2025



II EC Meeting 14.02.2025



III EC Meeting 14.03.2025

CDH ACTIVITIES

The **Council on Dental Health (CDH)** within the Indian Dental Association (IDA) stands as a critical pillar in safeguarding and enhancing the oral health of the Indian population. It serves as the dedicated force behind the IDA's public health initiatives, translating dental expertise into tangible community benefits. By spearheading educational programs, organizing vital dental camps, and conducting impactful public awareness campaigns, the CDH effectively bridges the gap between dental professionals and the public. Its work is particularly crucial in reaching underserved communities, ensuring that essential oral healthcare and knowledge are accessible to those who need it most.

FOCUS OF ACTIVITIES



CDH ACTIVITIES
January - March 2025

- 1. 25.01.2025 - Gregorian Public School, Maradu
 - Screening
 - Awareness class for parents
 - Awareness class for teachers
- 1. 14.02.2025 - Pius Girl's High School, Edappally
 - Screening
 - Awareness class
- 1. Quiz competition - Dentists Day - Rajagiri School, Kalamassery
 - Quiz competition
- 1. World Oral Health Day 2025 - Care Revenue, Infopark Phase II, Kakkanad
 - Screening
 - Awareness class

**INDIAN DENTAL ASSOCIATION
 KOCHI BRANCH**

CDH wing 2025 .Activity No:1
ORAL SCREENING PROGRAM

DATE: 04/02/2025
TIME: 9.00AM to 2.00PM

**GREGORIAN PUBLIC SCHOOL, Maradu
 Ernakulam.**

BETTER.MOUTH.. BETTER. HEALTH.. BETTER LIFE

Dr. HARI GOVIND.B President
 Dr. SUBRAMANIAM.R Hon. Treasurer
 Dr. VIVEK NARAYAN Hon. Secretary
 Dr. SKARIAH. K.S Representative to CDH



**INDIAN DENTAL ASSOCIATION
 KOCHI BRANCH**

CDH wing 2025 .Activity No.2
Dental Awareness Class

DATE: 14/02/2025
TIME: 10.30AM

**PIUS GIRLS HIGH SCHOOL
 EDAPALLY
 ERNAKULAM**

BETTER.MOUTH.. BETTER. HEALTH.. BETTER LIFE

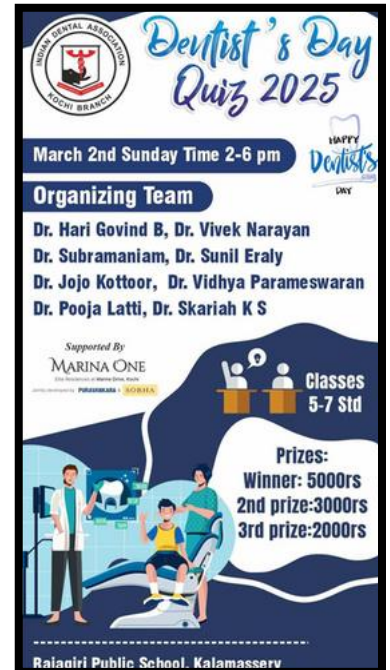
Dr. HARI GOVIND.B President
 Dr. SUBRAMANIAM.R Hon. Treasurer
 Dr. VIVEK NARAYAN Hon. Secretary
 Dr. SKARIAH. K.S Representative to CDH



CDH ACTIVITIES - Dentist Day Observance - Quiz Competition @ Rajagiri School

In observance of Dentists Day, IDA Kochi hosted its signature event, the third edition of an engaging and informative quiz competition focused on oral and general health, specifically tailored for students from classes 5 to 7. The event, held on 2nd of March 2025 (Sunday), at Rajagiri Public School, Kalamassery, Kochi, saw enthusiastic participation from 19 schools across the city, highlighting the importance of early education in maintaining good health.

The quiz was meticulously designed to be both educational and entertaining, covering a wide range of topics related to dental hygiene, nutrition, and overall well-being. Dr. Sunil Eraly and Dr. Vivek Narayan, served as the quiz masters, bringing their expertise and engaging presentation styles to the forefront. The competition comprised preliminary round for selecting 5 finalists teams. The grand finale comprised of multiple rounds, testing the students' knowledge and critical thinking skills. The winners of this year's quiz were Master Aarnav Rahul and Master Dilan Dawn from Bhavan's Vidya Mandir, Elamakkara. They were awarded a cash prize of Rs.5000/-. The second and third positions were awarded Rs. 3000/- and Rs. 2000/- respectively.



CDH ACTIVITIES - World Oral Health Day Observance - 20.03.2025



World Oral Health Day
20 March

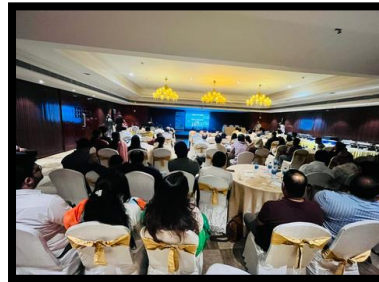
Screening camp at Infopark, Kakkanad

The IDA Kochi Branch, in Association with IDA Smart City Branch, marked World Oral Health Day on March 20th, 2025, by conducting a successful Community Dental Health (CDH) screening camp at Care Revenue, Infopark Phase II, Kakkanad, specifically targeting the working professionals within the campus; a team of experienced dentists provided free oral health screenings, individualized oral hygiene advice, and distributed educational materials, emphasizing the crucial link between oral and general health, thereby raising awareness about the importance of regular dental checkups and promoting the "A Happy Mouth is a Happy Mind" message of World Oral Health Day, effectively reaching a significant number of professionals and reinforcing IDA Kochi's commitment to community dental health initiatives.



CDE and Monthly meetings

Monthly meetings and CDE Programs are conducted by the IDA Kochi regularly. The meetings are offered as a privilege to all members, a tradition that IDA Kochi branch uniquely continues. These meetings provide an exclusive opportunity to hear from the experts on brief topics relevant to current dental practice. The topics are carefully handpicked to cater to the needs of both the freshers and experienced members of the branch. These meetings also provide an opportunity for the members of the branch to meet, greet and interact with the fellow colleagues.



Monthly meet 1 - 24.01.2025

Topic: Geriatric Care - A dental perspective

Speaker - Dr. George P John

Monthly meet 2 - 28.02.2025

Privilege CDE

Topic: Geriatric Care - A dive into Deep Marginal Elevation

Speaker - Dr. Mohammed Sajadh

CDE - 24.03.2025

Topic: Endo Conclave 2025 - Retreatodontics

Speaker - Dr. George Jacob, Dr. Jose Thomas, Dr. Vijit Narayana, Dr. Jojo Kottoor, Dr. Prasanth Dhanapal, conducted in association with IDA Malanadu and IDA Tripunithura Branches - 170 Participants from 27 branches

Monthly meet 3 - 28.03.2025

Topic: Gunvatta Yathra - An insight into NABH Accreditation by Quality Council of India

Speaker - Dr. Tarulatha R Shyagali



DENTISTS' DAY OBSERVANCE

PAITHRUKAM – A TRIBUTE TO THE PILLARS OF IDA KOCHI

Dentist's Day 2025
പൈതൃകം
A Tribute to Legacy
 With gratitude, we honor our senior most members for their dedication and contributions to excellence in dentistry.
March 10th, Monday
 7:00 PM - Meet & Greet 7:30 PM - Event starts
 Marina One, Marine Drive

പൈതൃകം - A Tribute to Legacy
 Honoring senior most members of our branch on Dentist's Day 2025
 10 March 2025 @ 7 PM, Marina One, Marine Drive, Ernakulam

Dr. M K James Dr. Saramma Mathew Dr. P Jacob Paul Dr. Mary Pathrose
 Dr. Viswanathan N K Dr. Abraham Mathew Dr. Chacko J I Dr. Kl Baby Dr. Jacob Eranjikkal
 Dr. Vijaysankaran C R Dr. George J Kottam Dr. George A K Dr. Molly Joseph

Supported by MARINA ONE



In observance of the Dentists' Day 2025, on the evening of March 10th, 2025, Marina One in Kochi became the venue for "Paithrukam," a deeply meaningful event organized by the Indian Dental Association (IDA) Kochi.

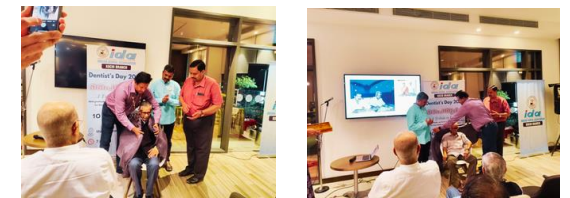
This gathering was dedicated to honouring the 13 senior members who laid the very foundation of our esteemed association.

"Paithrukam," signifying heritage, perfectly encapsulated the spirit of the evening. It was a moment of profound reflection, a celebration of the enduring legacy of those whose vision and tireless efforts have shaped IDA Kochi into what it is today. These pioneers, through their dedication and unwavering commitment, navigated the nascent stages of our association, establishing a strong and resilient platform for future generations.

The event served as a heartfelt expression of our collective gratitude. Each of the 14 honoured members, with their rich experiences and invaluable wisdom, shared anecdotes that painted a vivid picture of the challenges they overcame and the milestones they achieved. Their stories illuminated the path they forged, a path that continues to guide us.

These members are not merely predecessors; they are our mentors, our guiding lights. Their expertise, ethical standards, and collaborative spirit have been instrumental in fostering a culture of excellence within IDA Kochi. "Paithrukam" was a testament to their enduring impact, a recognition of their pivotal role in elevating the standards of dental care in our community.

We owe an immeasurable debt of gratitude to these visionaries. Their legacy inspires us to uphold their values, to strive for continuous improvement, and to serve our community with dedication and integrity.



WDC Activities

The **Women's Dental Council (WDC)** of IDA Kochi stands as a vital platform dedicated to the empowerment and advancement of female dental professionals within the region. Recognizing the unique challenges and opportunities faced by women in dentistry, WDC focuses on providing targeted professional development through workshops, seminars, and continuing education programs. It fosters a strong network and mentorship system, creating a supportive community where women can share experiences and grow together. Beyond professional development, WDC actively advocates for women's leadership within the dental community and engages in meaningful community outreach programs, addressing oral health issues with a focus on women and children. Furthermore, it acknowledges the importance of work-life balance, providing resources and support to help women navigate the demands of their careers and personal lives, ultimately striving to create an equitable and inclusive environment where women in dentistry can thrive.

National Girl Child Day - 29.01.2025

Awareness Pamphlet Distribution at Pius Girl's School, Edappally

Charter's Day - 14.02.2025

On the occasion of 15th Anniversary of Kerala State WDC, under project PIRAVI Honoured Charter WDC Chairpersons



ida **wdc**
INDIAN DENTAL ASSOCIATION
Women's Dental Council
KOCHI BRANCH

1. HONOURING CHARTER WDC CHAIRPERSONS
2. IMPORTANCE OF IDA
3. HOPE - THE HOPE OF A DENTIST



WDC ACTIVITIES

28/02/2025
7:30
Luminara

1. Honouring senior most Lady dentist: Dr. Saramma

DR. SARAMMA MATHEW, MDS ORAL PATHOLOGY

FIRST BATCH STUDENT OF GDC, T.V.M. 1959 BATCH
PASSED OUT IN 1963
DID MDS IN NAIH'S DENTAL COLLEGE, BOMBAY.
SINCE THEN WAS ATTACHED TO GDC T.V.M TILL 1989.
IN 1989 AFTER RETIRING FROM GOVT SERVICE WORKED IN
VMS DENTAL COLLEGE, SALEM FOR 20 YEARS

2. Honouring Mrs Usha Stanley

MRS USHA STANLEY
MANAGING DIRECTOR
MATHA GARMENTS, PALARIVATTOM, KOCHI

- SHINING STAR AWARD FROM RESEARCH DEPT. OF COMMERCE, ST JOSEPH'S COLLEGE, IRINJALAKKUDA
- SAMRAMBHAM AWARD FOR THE BEST ENTREPRENEUR IN FEMALE CATEGORY FROM GOVERNOR (GOVT OF GOA) SHRI. SHREEDARAN PILLAI

3. Induction ceremony of newly joined Lady members

Dr. Hari Govind President
Dr. Vivek Narayan Hon Secretary
Dr. Subramaniam, R Hon Treasurer
Dr. Jefna Paulson
Dr. Nisha Jacob
WDC Representatives

SAKHI - IDA KSB WDC 2025 project

In observance of International Women's Day (8th March)
IDA Kochi conducted an event on 28.02.2025
Honouring Senior-most Lady Dentist - Dr. Saramma Mathew
Honouring Excellence in Entrepreneurship - Mrs. Usha Stanley, MD, Matha Garments
Induction ceremony of newly joined members

International Women's Day - 08.03.2025

Women welfare program for differently abled women at Home for Physically Handicapped Women, Thevara, Social justice Department, Govt. of Kerala
Awareness Talk
Dental care kit distribution



International Women's Day

Welfare programme for

MARCH 8TH
10:00 AM

HOME FOR PHYSICALLY HANDICAPPED WOMEN
GOVT OF KERALA, SOCIAL JUSTICE DEPARTMENT
THEVARA ,KOCHI

Dental awareness talk by

DR. PRIYANRANJ

Dental care kit distribution

Dr. Hari Govind President
Dr. Vivek Narayan Hon Secretary
Dr. Subramaniam, R Hon Treasurer
Dr. Jefna Paulson
Dr. Nisha Jacob
WDC Representatives

CULTURAL ACTIVITIES

IDA Kochi has a vibrant Cultural Committee that enriches the association's activities by organizing events that celebrate the diverse cultural heritage of Kerala and beyond. They plan and execute programs that foster camaraderie and relaxation among members, including traditional festivals, music and dance performances, and social gatherings. This committee plays a vital role in creating a vibrant and inclusive atmosphere, promoting a sense of community and well-being within the dental fraternity of Kochi.



IDA KOCHI BRANCH
NEW YEAR BASH
2025
*Celebrate this Newyear with electrifying beats,
 music and non-stop fun !!*
FRIDAY 03 JAN 07 PM
HOTEL LUMINARA, ERNAKULAM NORTH
THEME: DISCO PARTY
 Adults: 800/-
 Children:
 above 12 yrs: 800/-
 5-12 yrs: 700/-
 below 5 yrs: Complimentary
 Fellowship on coupon basis
get as flashy as you care..
Dr. HARIGOVIND B PRESIDENT
Dr. VIVEK NARAYAN HON SECRETARY
Dr. SUBRAMANIAM R HON TREASURER
Dr. SEEMA GEORGE Dr. JEDITHA CTAN CV
Dr. NABIL BACKER Dr. J. ANJULIADIVA

03.01.2025 - New Year Bash
 - Disco Theme

24.01.2025 - Republic Day
 Celebration - Patriotic
 Song, Quiz

Valentine's Day Contest

Music Club (monthly)

ida **wdc**
INDIAN DENTAL ASSOCIATION
KOCHI BRANCH
Valentine's Day Contest
 Take a photo of the most beautiful hug and caption it & Love letter to your partner
 Last day for entry **10-02-2025**
 Share your entries through whatsapp
 Dr. Jefna Paulson - 7934344647
 Dr. Nisha Jacob - 9496967999

First prize
 one night stay in Crown Plaza kochi on double occupancy with Breakfast and dinner at Mosaic restaurant.

Second prize
 One day rejuvenating spa at Ayurjani Ayurveda Hospital

CROWNE PLAZA
Ayurjani
 Ayurveda Hospital

Dr. Hari Govind President
 Dr. Vivek Narayan Hon Secretary
 Dr. Subramaniam.R Hon Treasurer
 Dr. Jefna Paulson Dr. Nisha Jacob WDC Representatives



IDA KOCHI BRANCH MEMBERS Achievements

Member Spotlight: Celebrating IDA Kochi's Successes!

This section is dedicated to highlighting the remarkable achievements of our IDA Kochi members! We're thrilled to showcase the impactful contributions that make our community so vibrant.



Prof. Dr. Binila S Babu and Dr. Priyaranj K A, were felicitated with the **Dental Excellence Award by IDA Kerala State** on the occasion of Dentists' Day. This award recognizes their outstanding contributions to the dental profession, excellence in leadership, and significant role in advancing the profession, representing IDA Kochi.

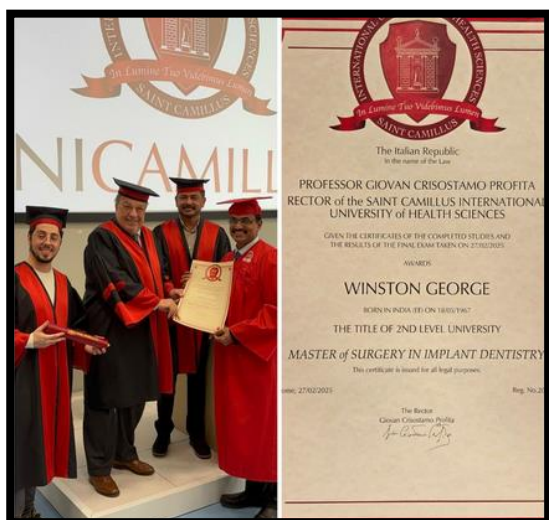


Dr. Sijo P Mathew received the **Second Best Hope Representative award, Dr Sharafudeen Memorial Award of IDA HOPE- IDA KSB** for the year 2024. Conducted at Hotel Ramada, Alleppey on 27th December, 2024.

Dr. Siby T Chennankara was elected as the **Central Council Member of IDA**



Dr. Vivek Narayan received the **Second Runner up Award by IDA Kerala State Branch for CDE activities** for the year 2023-24. The award was given at the 55th Kerala State Dental Conference held at Hotel Ramada, Alappuzha on 27th December 2024.



Dr. Winston George received an **MS in Oral Implantology from Saint Camillus International University of Health Sciences, Rome, Italy** in February 2025.



Dr. Eldho Koshy, was invited as a **keynote speaker at the 55th IDA Kerala State conference** held in Alleppey in Dec. 2024. the topic was 'Helping Hand That Bites: Unveiling the Unintended Consequences of Compromised Dental Protocols in FPD,'
Dr. Eldho Koshy was also honored to have achieved **Mentor status in Implant Dentistry, conferred by the College of General Dentistry, UK.**

SPORTS ACTIVITIES

Despite the demanding schedules inherent in dental practice, IDA Kochi members have demonstrated remarkable enthusiasm and commitment to sports activities, recognizing their crucial role in maintaining both physical and mental well-being. The active participation in sports events showcases not only a passion for sports but also a strong sense of community and camaraderie, highlighting the members' ability to seamlessly integrate their professional responsibilities with a healthy, active lifestyle, ultimately fostering a more vibrant and connected IDA Kochi community.

IDA Kochi Participated in the Zonal level cricket tournament held at Karunagapally in February 2025. Dr. Shifas was awarded the 'Man of the Match' for the first match.

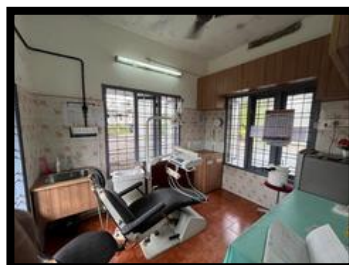
Practice sessions in full swing for the upcoming football tournament scheduled on 4th of May 2025, hosted by IDA Valluvanad Branch



COMMUNITY DENTAL CENTRE OF IDA KOCHI

The Indian Dental Association (IDA) Kochi, in a pioneering initiative, established a Community Dental Centre at Chalikyavattom, Kochi, demonstrating a strong commitment to social responsibility. Recognizing the critical need for accessible dental care among underprivileged populations, 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.

Dates: 1st and 3rd Sundays of every month, Time: 10:00 am to 12:30 pm



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 (Help Offered to Professionals in Emergency)

HOPE (Professional Protection Scheme and Benovelent Scheme)

HOPE MEDI (Health Insurance)

HOPE ASSURE (Extended Professional Indemnity, Clinic insurance)

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

Journal of IDA Kochi – JIDAK – Call for papers



The Journal of IDA Kochi (JIDAK) is the official scientific publication of the Indian Dental Association, Kochi Branch, published since 2019. It serves as a platform for disseminating valuable research and knowledge within the dental and allied health sciences.

The first issue of 2025 is set to be released in the month of April.

Inviting **Original Research, Review and Case Reports** manuscript submissions.

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