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IOPA

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President's Message

It is my pleasure to present the Second Tri-Monthly Bulletin of the IDA Attingal Branch for the period April to June 2026.

During these three months, our branch successfully conducted various academic, community, and social activities, reflecting our commitment to professional excellence and public service.

I sincerely thank our executive committee, members, and volunteers for their dedication and support. I look forward to your continued cooperation in the months ahead.



Dr. Rakhee Rakesh

President

IDA Attingal Branch

Secretary's Message

Dear members,

Happy to see the next edition of the branch newsletter in the making. As you can see from the content of the newsletter, the branch has been very busy with activities and programs.

Good to see the active participation of members in programs. However members should attend and participate in more of the events and help in making the association strong.

Association is not just about professional commitments but also about bonding amongst one another.

I also humbly request all our members to be active and healthy. Some mild sporting activity is also good. Here in Attingal, we have tied up with a fitness center to give membership for our members at a very good discounted rate. Hope this encourages more of our members to keep active and stay fit.

With these few words and best wishes to all, I conclude my note.



Regards

Dr. Vasudevan Vinay

Hon. Secretary

IDA Attingal Branch

Dr Shameem Shukoor and Dr Jitha Jayraj were the winners of IDA KSB Excellence Awards 2026 which was held on March 6th 2026 at Kozhikode, hosted by IDA Malabar. Dr Alex Philip, Dr Mili James, Dr Beena J Dev and Dr Vasudevan Vinay had attended the function along with the winners.



IDA Attingal branch, CDH wing celebrated Dentist Day on March 6th 2026 with the inmates of Sri Sathya Saigramam Global Trust, Old age Home and Orphanage. A Dental checkup camp was conducted. Dr Rakhee Rakesh, Dr Ranjana Ravindran, Dr Bismin, Dr Sudin S and Dr Thaufina H had participated in the camp.



The CDH wing successfully conducted a dental awareness class for ASHA workers on March 7th 2026, at Family Health Centre, Panayara, Varkala. 33 ASHA workers had participated in the program. The session was led by Dr. Ranjana Ravindran with Dr. Thaufina H also attending the programme.



The Women's Dental Council of IDA Attingal Branch successfully organized the International Women's Day Celebration – Pink Ribbon Drive on 8th March 2026 at Hotel Savithri, Attingal.

Around 35 lady members actively participated in the programme, making it a vibrant and meaningful gathering. The highlight of the programme was the Breast Cancer Awareness Session delivered by Dr. Anila Tresa Alukal, Senior Consultant in Gynecological Oncology, Sree Gokulam Medical College, Trivandrum. Her session was highly informative and engaging and was followed by breast cancer screening session which was well received by the members. As part of the celebrations, the IDA KSB WDC Sthree Shakthi Award 2026 was presented to Dr Adheena Chandran for her dedicated service to IDA Attingal Branch. The programme concluded with a group photo in shades of pink, symbolizing solidarity for the cause, followed by lunch.



2026 is the Silver Jubilee year of IDA Attingal. To commemorate the event, on March 8th 2026, an evening of Dance and music and a family get together was held at Hotel Residency Tower, Trivandrum. The cultural program was conducted by the Chilamboli Team. IDA KSB President, Dr Eapen Thomas and IDA KSB Hon. Secretary Dr Siddharth V Nair were present to celebrate this special day with us. Being a special day the past Presidents and Secretaries of the branch were felicitated too. A live broadcast of the Cricket World Cup Finals match featuring India and New Zealand was also done. The program was followed by a gala dinner and live music.



Members who had ordered the POS Machines from IDA Attingal in association with PayTm. In all 25 machines were distributed to members.



The official number of IDA Attingal was launched by State President Dr Eapen Thomas and Hon. Secretary, Dr Siddharth V Nair. This number will hence forth be the permanent number of IDA Attingal. The branch secretary can always be reached on this number.



The winners of the National Awards were also felicitated during the program. Dr Roshith S Nath for Best Secretary, Dr Subhash R Kurup for Best President, Dr Nripan T for Best Journal, 1st runner up, Dr Arya Arun 1st runner up Best CDE and Dr Arun S 1st runner up Best CDH.



The second executive meeting of IDA Attingal Branch was held on March 24th 2026, Lions Club, Attingal. Upcoming projects and events were discussed and finalized.



The CDH wing of IDA Attingal branch had successfully conducted a Dental Awareness Programme for CDS members of Kudumbasree, Chadayamangalam Grama Panchayat @ Chadayamangalam Panchayat Community Hall on 19th March 2026. The programme had a participation of 36 CDS members. Dr Reena Rahim had taken the awareness class and was attended by Dr Rakhee Rakesh, Dr Ajas A and Dr Thaufina H.



As part of the D-Safe project of IDA Kerala State, a State wide Hepatitis-B Vaccination drive was conducted by all IDA branches of Kerala. Attingal branch had conducted the vaccination drive in three centers. KTCT Hospital, Chathampara, Sarala Memorial Hospital, Kilimanoor and Shifa Medical Centre, Kaniyapuram. The program was primarily for Dental assistants. Doctors could also receive vaccinations under this program. In all 119 dental assistants and 47 doctors had received their vaccinations in the first phase of the program. Dr Pratheesh A P was responsible for the coordination behind the successful conduct of this program at the branch level.



The third CDE program of IDA Attingal was conducted on March 29th 2026 at Dain Castle, Kallambalam. The topic was Practise management and Role of Photography. Faculty was Dr Binu T Abraham. A live demo on Intra Oral Photography was also conducted. Over 45 participants had attended the CDE session and benefitted immensely from the lecture. Colgate had assisted in the conduct of the program with a sponsorship.



Women's Dental Council On April 5th, 2026, conducted a Yoga session for members at Ayur Yoga Wellness Centre, Attingal. The session led by Dr. Salini P S, was thoughtfully designed keeping in mind the needs of Dental Professionals. It focused on simple yet effective techniques for Stress Relief, Posture correction, and Breathing Practices that can be easily incorporated into our daily routine. Participants found the session highly useful, practical and refreshing.



IDA Attingal had won the South Zonals along with IDA Trivandrum and had qualified for the IDA Kerala State Cricket finals. The event was held in Palakkad on April 12th 2026. The IDA Attingal team had fought through hard throughout the competition and emerged as winners and lifted the trophy after a period of 13 years. The team under the leadership of Dr Prashanth S P worked really hard to achieve this trophy. Congratulations Team.



The CDH Wing of IDA Attingal Branch visited our Active Community Dental Clinic at Snehatheeram Charitable Society, Mithrmala, on April 27th 2026. During the visit necessary dental treatment and care were provided to the inmates. The camp was attended by Dr. Thaufina H, Dr. Rakhee Rakesh and Dr. Shabna of IDA Attingal.



The Indian Dental Association, Attingal Branch – Women's Dental Council successfully conducted a programme on the occasion of World Day for Safety & Health at Work on 28th April 2026 at Shifa Complex, Chathampra.

The programme featured two insightful sessions:

Cyber Security & Self Defence Awareness in Clinics by Mr. Jojin M.S, which highlighted the importance of digital safety and practical measures to safeguard clinical practice.

Ergonomics in Dentistry by Dr. Yogesh Anand P, which provided valuable guidance on maintaining proper posture and preventing occupational strain in daily dental practice.

Both sessions were highly informative, relevant, and beneficial, offering practical takeaways that can be easily incorporated into routine clinical work.



On May 3rd 2026, the second dose of D-Safe Project, the Hepatitis Vaccination drive for Doctors and Staff members was conducted. The same three centres which were used for administration of the first doses were used this time too. In all 104 staff and 20 doctors had been administered with the vaccines this time.



On May 3rd 2026, A CDH Program was also conducted for the Kudumbashree members of Kizhuvilam Panchayat. It was a Dental awareness class conducted by Dr Ranjana Ravindran at NSS Karayogam Hall, Andoor. The session was held for 30 Kudumbashree workers. General oral care and hygiene instructions were given. The session was attended by Dr Vasudevan Vinay, Dr Prathesh AP and Dr Thaufina H.



The fourth CDE Program of the year was held on May 10th 2026 at Hotel Savithri, Attingal. The faculty of the day was Dr Joby Peter and the topic was Interceptive Orthodontics Exclusively for General Practitioners. The program was attended by 48 members. It was a very informative session and all members who had attended had benefitted from the program. Dentcare Labs had assisted in the conduct of the program with a sponsorship.



The first Clinical Club was held by IDA Attingal on May 10th 2026. The session was taken by Dr Diljith Rishi on Tips in Basic Surgical Procedures. It was held at 7:00 pm at Attingal Club. 19 members had attended the session. It was an informal and pleasant discussion among all the attendees.



For the first time in the history of IDA Kerala State, a two day sports event was conducted. It was conducted on May 16th and 17th. The event was comparable to a mini Olympics. Events such as Volley Ball, Basket Ball, Throw Ball, Carroms, Chess, Badminton, Table Tennis, Swimming and Veterans Cricket were conducted under one roof over a period of two days. In all around 600 participants from all over Kerala had attended and participated in various events. Malabar Branch had emerged as the overall winners this year. The two day sports event was inaugurated by Chathanoor MLA Mr. B B Gopakumar. The program was attended by all IDA Kerala State Officials and all branches of IDA Kerala State. The program was hosted by IDA south zone, with majority of work being done by IDA Attingal. We had participation in a few events with winners in Table Tennis singles and doubles, Dr Bimal Boswel and Dr Ajmal Shanlal Mohammed, Badminton Senior Category, Runner up, Dr Arun Kumar, Womens Badminton Singles Seniors, Dr Neena Ashiq, Womens doubles Badminton Seniors, Dr Neena Ashiq and Dr Mili James, Badminton Mixed Doubles, Dr Arun Kumar and Dr Neena Ashiq and Swimming runner up Dr Anuraj K R.



On May 24th 2026, CDH wing had conducted a Dental Check up camp and Oral Cancer Screening at Champavu, Kadakkavoor, Anjengo. Oral Cancer Screening was carried out using The Oralscan Device by Dr. Meera Murali, during which 57 patients were examined and screened. The Camp was supported by Dr. Rakhee Rakesh, Dr. Sreeraj, and Dr. Thaufina H.



As part of the observance of International Day Of Action for Women's Health, The Women's Dental Council of IDA Attingal Branch successfully conducted the State Project HRIDYAM 2026 on 28th May 2026. The program aimed to create awareness regarding the connection between Oral Health and Cardiovascular Diseases in Women.

An awareness class was conducted for Kudumbasree workers at NSS Karayogam, M R Lane, Attingal from 4.00 PM to 5.30 PM. The session was handled by Dr. Chitra Girija Vallabhan (BDS, MDS), Consultant Periodontist. The class was highly informative and emphasized the importance of maintaining good Oral Hygiene for overall Cardiovascular Health. Around 20 Kudumbasree Workers actively participated in the session and benefited from the Awareness Program.

In addition to the direct awareness session, a pre-recorded radio awareness talk on the same topic was broadcasted through Club FM 94.3 on the morning of 28th May 2026. The session was presented by Dr. Sreeraj V S (MDS), Consultant Periodontist, Implantologist and Laser Dentist. The radio session effectively spread awareness among the public regarding the relationship between Oral and Heart health in Women.



May 31st is observed as No Tobacco Day. IDA Attingal had hosted the State Level inauguration of the program. The program was inaugurated by Attingal MLA, Smt O S Ambika. IDA KSB State Officials, Hon Secretary, Dr Siddharth V Nair, Vice President Dr Rajeev Simon, President Elect Dr Jinu Vaidyan, State CDH Convenor Dr Nidhin Joseph and Assistant Secretary, Dr Sandeep were present to grace the occasion along with Branch office bearers.

IDA Attingal Branch CDH Convenor Dr Thaufina H had a host of programs planned. A session was pre-recorded on "Doctor Here" program on Zee Malayalam News channel with the help of Dr Mili James, which was broadcasted on May 31st. The talk show was done to give public awareness on the harmful affects of tobacco usage.

The main event which was hosting the state level inauguration of No Tobacco Day was done at Lions Club, Attingal. Flash Mob was conducted at KSRTC and Private Bus Stand, Attingal with the help of students of Sree Sankara Dental College. A special thanks to Dr Suprashid for helping in the coordination with the students. There was also a bus branding program where a KSRTC bus with the messages of harmful affects of smoking and Dental ailments in general will ply on the Trivandrum, Shoranur route for a month. A poster was also released for the members, which can be used to create public awareness on harmful effects of Tobacco usage. A special project by the name of IDA Shwas was also launched where by interested dental clinics would be converted to centres which help in Tobacco cessation. A class was conducted by Dr R Jayakrishnan and Dr Manu M S to lay the foundation for IDA Shwas.



IDA Attingal in collaboration with Sri Sankara Dental College, Varkala had conducted a scientific article writing competition in honour of our late member, Dr Sarin A Nizar. The competition was open to all graduates and post graduates. 19 entries had been received and the papers were judged by various prominent faculties from various colleges.

The results were declared on June 12th and all participants were sent certificates of participation. The prizes will be distributed in an upcoming event at the college.





**Dr. SARIN A NIZAR MEMORIAL
SCIENTIFIC ARTICLE WRITING COMPETITION**

Conducted by
IDA ATTINGAL & SRI SANKARA DENTAL COLLEGE, VARKALA

1st Prize:
Dr. Mary Oshin K.X, Associate Professor,
Oral Pathology, Indira Gandhi Dental College,
Kothamangalam, Kerala.

2nd Prize:
Fadila Khan, UG Student, Dr. Ziauddin Ahmad
Dental College, Aligarh, UP.

3rd Prize:
Dr. Maryam Shameema, PG Student,
Prosthodontics, Annoor Dental College,
Muvattupuzha, Kerala.





**Dr. SARIN A NIZAR MEMORIAL
SCIENTIFIC ARTICLE WRITING COMPETITION**

Conducted by
IDA ATTINGAL & SREE SANKARA DENTAL COLLEGE, VARKALA

GUIDELINES FOR THE COMPETITION

Scientific articles from "dentistry" in the form of original research, case reports, and reviews are invited for the competition. SDO & PG students, faculties and dental practitioners can participate in the competition. An expert jury will evaluate the submitted articles and prizes will be decided. Selected articles will be published in IDA Attingal branch's official journal. The articles should have: Title, author's name, Authors' affiliations, Abstract, Keywords, Manuscript and references. Abstract upto 250 words, Manuscript: 2000 excluding references. References in Vancouver style. Font style: Times New Roman, Size: 12 with 1.5 line spacing. Maximum 5 authors for one article including one corresponding author. Articles submitted or published elsewhere else should not be sent for the competition. Plagiarism should be less than 10%. The participants should submit the articles in prescribed format to the mail id: idatingalbranch@sankaradentalcollege.edu.in or on or before 10th May 2026. While submitting the articles the corresponding author should include a contact number preferably WhatsApp for further communication.



CASH AWARDS

1st Prize
5000/-

2nd Prize
3000/-

3rd Prize
1000/-

For any queries
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On June 14th 2026, as part of the World Blood Donor Day observation, IDA Attingal WDC organized a blood donation initiative at KTCT Hospital, Chathampara. The programme was successfully conducted with the active participation of Dr. Vasudevan Vinay, Dr. Pranav, and Dr. Akshay as voluntary blood donors.

WDC representatives Dr. Sherin A. and Dr. Priyalekshmi attended the programme and coordinated the activities. The initiative highlighted the importance of voluntary blood donation and reflected the commitment of IDA Members towards humanitarian service and community welfare.



The fifth CDE program of IDA Attingal was held at Hotel Savithri, Attingal on 21st June 2026. The faculty Dr Aparna M had delivered her talk on Oral Lesions in Daily Practice enthusiastically. The talk was well received by the members who had attended. In all 28 members had attended. It was a free CDE program conducted by the branch. Colgate had helped in the sponsorship of the program.



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 the unique scheme, driven as a FREE professional indemnity for its members

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. Kishorish Babu, Vice Chairman Legal Cell, 64607 24042

HOPE (BENEVOLENT SCHEME)

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

Current Death Benefit > 15 lakhs

Legal protection 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, 96474 40249

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

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9947096663 (P) 8075869200 (O)

RENEWALS - JULY

DENTAL IQ QUIZ

1. Which type of collagen is most abundant in the organic matrix of dentin?

- a) Type I b) Type II c) Type III d) Type IV

2. Which of the following cells is primarily responsible for the resorption of primary teeth roots?

- a) Ameloblasts b) Odontoblasts c) Cementoblasts d) Odontoclasts

3. What is the primary reason for adding copper to dental amalgam alloys?

- a) To reduce the setting time b) To eliminate the highly corrosive Gamma-2 (γ_2) phase
c) To increase the mercury affinity d) To make the material radiopaque

4. A patient presents with a lace-like network of white lines (Wickham's striae) on the buccal mucosa. What is the most likely diagnosis?

- a) Oral Candidiasis b) Leukoplakia c) Oral Lichen Planus d) Erythema Multiforme

5. Which local anesthetic is metabolized primarily by plasma pseudocholinesterase enzymes rather than the liver?

- a) Lidocaine b) Procaine c) Mepivacaine d) Bupivacaine

6. In a standard inferior alveolar nerve block (IANB), which muscle is pierced by the needle if it is inserted too far medially?

- a) Buccinator b) Masseter c) Medial pterygoid d) Lateral pterygoid

7. What is the characteristic radiographic appearance of a periapical cemento-osseous dysplasia in its mature, final stage?

- a) Well-defined unilocular radiolucency b) "Soap bubble" multilocular radiolucency
c) Dense radiopacity surrounded by a thin radiolucent rim d) Driven-snow radiopacity

8. Which of the following permanent teeth is most likely to feature a developmental groove on its mesial surface, crossing the marginal ridge?

- a) Maxillary first premolar b) Mandibular first premolar
c) Maxillary canine d) Mandibular second premolar

9. The "smear layer" produced during cavity preparation is primarily removed by which agent during the bonding process?

- a) Hydrogen peroxide b) Sodium hypochlorite c) Phosphoric acid d) Chloroform

10. Which cranial nerve provides taste sensation to the anterior two-thirds of the tongue?

- a) Trigeminal nerve (CN V) b) Facial nerve (CN VII, via chorda tympani)
c) Glossopharyngeal nerve (CN IX) d) Hypoglossal nerve (CN XII)

11. What is the main component of the gas used in conscious sedation in dental practices?

- a) Carbon dioxide and Oxygen
- b) Nitrous oxide and Oxygen
- c) Nitrogen and Oxygen
- d) Isoflurane

12. Which condition is characterized by a "cotton-wool" appearance of the bone on panoramic radiographs?

- a) Fibrous dysplasia
- b) Paget's disease of bone
- c) Ameloblastoma
- d) Osteosarcoma

13. What is the primary purpose of a silane coupling agent in resin composites?

- a) To initiate the polymerization reaction
- b) To provide the tooth-like color
- c) To bond the organic resin matrix to the inorganic filler particles
- d) To prevent polymerization shrinkage

14. Which antibiotic is typically considered the first-line choice for an acute dental infection in a patient with no known drug allergies?

- a) Clindamycin
- b) Amoxicillin
- c) Erythromycin
- d) Ciprofloxacin

15. When adapting a matrix band for a Class II restoration on a permanent tooth, the wider circumference of the band should always be directed towards:

- a) The gingival margin
- b) The occlusal surface
- c) The lingual surface
- d) The buccal surface

QUIZ ANSWER KEY

1.A | 2.D | 3.B | 4.C | 5.B | 6.C | 7.C | 8.A | 9.C | 10.B | 11.B | 12.B | 13.C | 14.B | 15.B