

## OFFICE BEARERS

President  
**Dr. Rakhee Rakesh**

Hon. Secretary  
**Dr. Vasudevan Vinay**

Imm Past President  
**Dr. Subhash R Kurup**

President Elect  
**Dr. Shameem Shukkoor**

Vice Presidents  
**Dr. Adheena Chandran**  
**Dr. Roshith S Nath**

Joint Secretary  
**Dr. Arya Arun**

Treasurer  
**Dr. Dhanush Shaji**

CDE Chairman  
**Dr. Jithin Rajeev**

CDH Chairperson  
**Dr. Thaufina H**

Editor Journal  
**Dr. Nripan T**

IDA CAN  
**Dr. Ajas A**

IDA HOPE  
**Dr. Noufal N**

Website Cordinator  
**Dr. Hari Krishnan R**

Sports Cordinator  
**Dr. Akhil Yadav**

## EXECUTIVE COMMITTEE MEMBERS

**Dr. Ashok Gopan**  
**Dr. Arun S**  
**Dr. Suprasidh Suprakasham**  
**Dr. Pratheesh AP**  
**Dr. Midhun MJ**  
**Dr. Jitha Jayaraj**  
**Dr. Firoz A**

Rep to State  
**Dr. Vasudevan Vinay**  
**Dr. Arun Roy S**  
**Dr. Premjith S**  
**Dr. Anish P**  
**Dr. Afsal A**  
**Dr. Alex Philip**  
**Dr. Sherin A Khalam**  
**Dr. Anilkumar D**  
**Dr. Subhash R Kurup**

CC Members  
**Dr. Abhilash G S**  
**Dr. Biju A Nair**  
**Dr. Roshith S Nath**  
**Dr. Dhanush Shaji**  
**Dr. Mili James**

WDC Representatives  
**Dr. Sherin A**  
**Dr. Priyalekshmi L**

Cultural Convenor  
**Dr. Thripatha S Prasad**



# IOPA

## The Internal Official Publication of Attingal Branch

(Tri-Monthly Newsletter of IDA Attingal Branch:  
January-March 2026. Volume 14, Issue 1)

### President's Message

It gives me immense pleasure to present the Tri-Monthly Bulletin of IDA Attingal Branch for the period January to March 2026. As we stepped into the new term after the installation of the present office bearers in December 2025, our branch has actively worked towards strengthening professional excellence, community outreach, and member engagement.

During these three months, our branch successfully organized a wide range of activities including Continuing Dental Education programs, community dental health camps, awareness initiatives, and social gatherings for members. Through various CDH programs, we were able to reach students, the general public, and community workers, spreading awareness about oral health and preventive dental care. Our CDE sessions provided valuable academic enrichment and hands-on training opportunities for members.

I am particularly proud of the enthusiastic participation and teamwork shown by our members in every initiative. The success of these programs reflects the commitment and dedication of our executive committee and volunteers who continuously strive to uphold the objectives of our association.

I extend my sincere gratitude to all members, office bearers, and supporters who contributed their time and effort to make these initiatives meaningful and impactful. I look forward to your continued support and active participation as we move ahead with many more academic and social initiatives in the coming months.



**Dr. Rakhee Rakesh**  
President  
IDA Attingal Branch

### Secretary's Message

Dear friends,

Happy to see that the editorial team of our branch has come out with the first edition of the newsletter, IOPA, of the year.

A new format of preparing the newsletter has been devised by the state office this year and that format is being followed.

Our branch this year is in the midst of a year long celebration of its Silver Jubilee. We have a host of activities planned for the year and looking forward to the participation of all members for the programmes.

Our editorial team is starting its activities after winning the state and national awards last year. So my best wishes to the team for another excellent year.



Regards  
**Dr. Vasudevan Vinay**  
Hon. Secretary  
IDA Attingal Branch

The new office of IDA Attingal had taken over on 21st December 2025. The installation ceremony was held at IMA House Trivandrum with Mr K Jayakumar IAS (President, Travancore Devasom Board) as the Chief Guest. President Elect IDA KSB, Dr Jinu Mathew Vaidyan was the Guest of Honour and Dr Subash K Madhavan, Immediate Past President, IDA KSB, was the Installation Officer. Dr Rakhee Rakesh had taken over the presidency from Dr Subhash R Kurup and Dr Vasudevan Vinay had taken over the post of Secretary from Dr Roshith S Nath. Dr Dhanush Shaji had taken over the treasurer's role from Dr Adheena Chandran. The new office bearers were sworn in by the installation officer. The installation function was followed by Dinner and Live music. The function was well attended by members and family.



The first executive committee meeting IDA Attingal branch of 2026 was held at Lions Club, Attingal on 9th January 2026. All executive members had attended and the activities for the coming year were planned by various committees.



IDA Attingal Branch CDH wing conducted a Colouring competition and dental checkup camp for students of Butterflies Primary School, Kadakkal. Dental check up for 100 students and Colouring competition for 60 students conducted was on 16 th January 2026 from 10.00 am to 12.00 noon.

Dr Abin S Ram, Dr Vasudevan Vinay, Dr Rakheee Rakesh, Dr Noufal and Dr Thaufina had participated in the camp from the branch. 3 students were selected for colouring competition in 1st, 2nd and 3rd places and prizes were distributed.



WDC wing of Attingal Branch conducted its first program on Jan 17th. A get together of women members was held. Event included some interesting interactive sessions, fun games and a barbeque party for the women members and their kids. 25 members along with their kids had attended the event.



The first CDE of IDA Attingal, Sterilization Requirement, Medico-legal issues and Dental Jurisprudence was conducted on January 18th at Hotel Savithri, Attingal from 9:30 am to 3:00 pm. Dr Milli James MDS OMFS and Dr Premjith S, Past Secretary, IDA HOPE were the faculty. A talk on HOPE was also given by the faculty to the members who had attended. The session was well appreciated by the 45 participants who had attended. Certificates were distributed to the members who had attended.





Indian Dental Association

## INDIAN DENTAL ASSOCIATION ATTINGAL BRANCH

### 1<sup>st</sup> CDE Sterilization Requirement (under the Clinical Establishment Act) Medico-legal Issues & Dental Jurisprudence

**Topics Covered**

- ▲ Asepsis, Infection Control and Bio waste management including NACO protocols
- ▲ Medico-Legal issues in Dental Practice (Legal responsibilities, documentation, and compliance)
- ▲ NABH Accreditation - A Brief Overview
- ▲ Cross-Infection Control in Dental Clinics

**Speakers**



**Dr. MILLI JAMES**  
MDS OMFS  
Junior Consultant  
District Hospital,  
Reduthangal, TVM



**Dr. PREMJITH S**  
Past Secretary, CA KSE  
IDA HOPE

**FULL DAY MANDATORY CDE**

**Hotel Savithri, Attingal**      **Sunday 18/01/2026**  
8 am to 3 pm

**Registration Fee : 750/-**

**For Registration**  
**Dr Jithin R : 9562456550**



Account Name: IDA Attingal Branch  
A/C No: 140100003300  
Bank: Federal Bank  
IFSC Code: FDBL001401



President  
**Dr. Rakhee Rakesh**

Hon. Secretary  
**Dr. Vasudevan Vinay**

CDE Convener  
**Dr Jithin R**

IDA Attingal branch Cdh wing conducted its 2nd program at Masjidnoor Parayathukonam Attingal on 18/1/2026. It was a dental check-up program and 145 people were examined. Dr Sankaran Namboodiri, Dr Thaufina H, Dr Rakheee Rakesh, Dr Vasudevan Vinay, Dr Shameem Shukoor and Dr Noufal N had participated in the camp.



IDA Attingal CDH wing had conducted its third program on January 20th. A Dental checkup camp for students of Govt LPS, Pattathil was conducted and 200 students were examined. Dr Shameem Shukoor, Dr Thaufina H, Dr Nabeel Abdul Wahid and Dr Sijin had participated in the camp.



As Part Of National Girl Child Day, The Indian Dental Association, Attingal Branch, In association with The Women's Dental Council (WDC), organized an outreach programme titled "Her Smile", A WDC State Initiative, On 24th January 2026 at Girls Higher Secondary School, Attingal.

The Chief Speaker, Dr Ranjana Ravindran, Orthodontist, conducted an informative awareness sessions on Dental Trauma Management and First Aid and the importance of maintaining good Oral Hygiene in young girls. The sessions were interactive and well received by the students.

Following the sessions, posters on Dental Trauma Management were distributed to the School Authorities. A Dental Screening Camp for around 100 students was also conducted as part of the programme.

The target audience included girls aged 13–15 years, who are active members of SPC (State Police Cadet) and JRC (Junior Red Cross), making the initiative particularly impactful in shaping Health-conscious Future Ambassadors. The Programme was attended by Dr Rakheee Rakesh, Dr Ranjana Ravindran, Dr Priyalekshmi, and Dr Sherin.





The IDA Kerala State South Zonal Cricket Tournament was conducted on February 1st 2026. For the first time ever, all zonal matches were held on the same day itself. All this under the leadership of State Sports Convenor, our own Dr Roshith S Nath. The South zone tournament was hosted by IDA Thiruvalla this year. Our team under the leadership of Captain Dr Prashanth SP, had participated and emerged victorious after contesting against Thiruvalla, Kollam, Trivandrum, Kottarakara, Alapuzha and Karunagapally. Due to fading light, the final was unable to be played and the trophy was shared between Attingal and Trivandrum. Dr Diljith was declared best batsmen of the tournament.



The fifth CDH activity of the branch was observed on February 4th, World Cancer Day. Distribution of Oral Cancer Awareness posters to public at various venues was done. Mr M Pradeep Sir, Municipal Chairperson inaugurated the programme. The program was attended by Dr Abhilash GS, Dr Dhanush Shaji, Dr Shameem Shukoor, Dr Meera Murali, Dr Suprasidh Suprakasam, Dr Sankaran Namboodiri, Dr Priyalekshmi and Dr Thaufeena H.



An Extra-ordinary general body meeting (EOGM) was called on February 13th 2026 to dispel fears and clear doubts regarding CE Act registration. IDA KSB Hon. Secretary, Dr Siddharth V Nair was kind enough to come over despite his busy schedule and give a session on CE Act and how to go about its registration. The EOGM was well attended by over 50 members.



IDA Attingal Branch conducted a Full Day Hands-on CDE program on “Everything About Posterior Partial Bonded Restoration” on 22nd February 2026 at SFS Homebridge, Kazhakkootam. It was the branch 2nd CDE program of the year. The session was led by Dr. Sabhish Sivadas and was highly informative and interactive. A total of 15 participants actively participated in the hands-on training. The program was sponsored by Aristo Pharma.



As the 6th CDH program of IDA ATTINGAL, a Dental awareness class was conducted for Asha workers at Family Health Centre, Adayamon, Kilimanoor. 30 Ashaworkers had attended the session and were given a talk on how to create dental awareness among the public and also basic Dental First Aid care. Dr Ranjana Ravindran, Assistant professor, Sree Sankara Dental College had taken the session. Dr Rakhee Rakesh, Dr Noufal N and Dr Thaufina H had attended the programme.



The 7th CDH wing program of IDA Attingal was observed on Attukkal Pongala day, 3rd March 2026. Distribution of dental awareness slogan hats was done to Pongala devotees at various venues in Attingal and Trivandrum. The programme was commenced by distributing hats to Srimati Priya and Advocate Thaha, Councillors of Attingal Municipality. Dr Meera Murali, Dr Priyalakshmi, Dr Thaufina H and Dr Archa Unni had participated in the program. Special thanks to Dr Arun S and Dr Shameem Shukkoor for making the necessary arrangements.



## 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 FPS and Benevolent (Social Security Scheme) to form HOPE in 2007
- HOPE is the unique scheme, driven as a FREE professional indemnity for its members

#### HOPE LEGAL CELL (PROFESSIONAL PROTECTION SCHEME)

- Legal support in medico-legal cases: takes up the case from beginning with a lawyer's advice
- Secretary report in court cases - litigation and supports the legal steps including Lawyer's fees and other expenses
- Contribution of approx. Rs.3.8 lakhs if awarded will be paid by the scheme

Legal protection starts after one month of receiving payment and acceptance of filed up application letter by the HOPE Secretary

#### HOPE (BENEVOLENT SCHEME)

- Supporting the family in unforeseen event of death or Permanent Disability
- The contribution is heavily subsidized from the members (Voluntary contribution) - Rs.200 per claim

Current Death Benefit = 25 Lakhs

Legal protection starts after one year of receiving payment and acceptance of filed up application letter by the HOPE Secretary

#### 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

### RENEWALS - JULY

#### OFFICE ADDRESS

Dr M Rajarajan  
 Hon. Secretary, IDA HOPE KSB  
 Maniraj's Dental Clinic, First Floor,  
 Opp. Village Office (Near Bus Stand)  
 Thiruvilwamala, Thrissur-680588.

Email - secretaryidaho@gmail.com  
 9947096663 (P) 8075869200 (O)

# DENTAL IQ QUIZ

1

**Identify the lesion present on tongue with a serpentine pattern:**

- A) Oral Candidiasis
- B) Oral lichen planus
- C) Geographic tongue
- D) Median Rhomboid Glossitis



2

**Identify the de-papillated area on the mid-dorsum of tongue:**

- A) Oral Squamous Cell Carcinoma
- B) Oral leukoplakia
- C) Geographic tongue
- D) Median Rhomboid Glossitis



3

**Identify the swelling present on lower lip with history of lip biting**

- A) Ranula
- B) Pyogenic granuloma
- C) Mucoepidermoid carcinoma
- D) Mucocele



4

**White striations present bilaterally on buccal mucosa with burning sensation in a 40-year old female**

- A) Oral lichen planus
- B) Fordyce's granules
- C) Pemphigus vulgaris
- D) Leukoedema



5

**Yellowish-white slightly elevated asymptomatic papules on buccal mucosa**

- A) White spongy nevus
- B) Scleroderma
- C) Hemangioma
- D) Fordyce's granules



**QUIZ ANSWERS : 1 : C | 2 : D | 3 : D | 4 : A | 5 : D**