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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 ATTINGAL BRANCH

1st 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. MILI JAMES
MDS OMFS
Junior Consultant
District Hospital,
Nedumangad, TVM

Dr. PREMJITH S
Past Secretary, IDA KSB
IDA HOPE

FULL DAY MANDATORY CDE

Registration Fee : 750/-

**Hotel Savithri,
Attingal**

**Sunday
18/01/2026
9 am to 3 pm**



Account Name : IDA Attingal Branch
A/C No : 14010200003989
Bank : Federal Bank
IFSC Code : FDR10001401

**For Registration
Dr Jithin R : 9562456550**

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 Rakhee Rakesh, Dr Ranjana Ravindran, Dr Priyalekshmi, and Dr Sherin.



IDA Attingal branch conducted its fourth CDH program by celebrating Republic Day with the residents of Dr Ambedkar Memorial Rehabilitation Centre, Kodumon, Attingal on 26/1/2026. A charity program, donation of sanitary essentials and provisions was also done for the inmates. The National Anthem was played and Branch President, Dr Rakhee Rakesh did the flag hosting. Dr Vasudevan Vinay, Dr Shameem Shukoor and Dr Thaufina H had attended the programme.



IDA Attingal Branch Women's Dental Council (WDC) conducted an Online Creative Art Competition in connection with Republic Day celebrations. We received a wonderful variety of creative entries across different art forms. To ensure fairness in evaluation, the works were thoughtfully categorized and winners were selected within each category. The aim of keeping this competition open was to encourage maximum creativity and allow every participant to express her unique talent.

Winners list : SKETCHING / DRAWING : 1st - Dr Jessy George, 2nd - Dr Sony S, 3rd - Dr Ahsana
 BOTTLE ART : 1st - Dr Siji Roshith, 2nd - Dr Karthika R, 3rd - Dr Sony S & Dr Haseena
 FOOD ART : 1st - Dr Ranjana Ravindra, 2nd - Dr Aswathy Brahmanandan
 FABRIC ART : 1st - Dr Ammu U R



The Indian Dental Association, National Awards 2026 were announced and IDA Attingal branch had bagged 9 National awards and a host of Appreciation Awards.

Best President (1st Prize) Dr Subhash R Kurup
 Best Secretary (1st prize) Dr Roshith S Nath
 Best Branch First Runner Up
 Best CDH (First Runner Up) Dr Arun S
 Best CDE (First Runner Up) Dr Arya Arun
 Best Journal (First Runner Up) Dr Nripan T

Appreciation Awards
 Student Membership, Student Activity, School Dental Health Program



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 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

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.3.6 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

Dr Hghivirah Babu
Vice Chairman Legal Cell
94967 24043

For Legal Assistance Contact

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 HOPE
98474 40546

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
Manira's Dental Clinic , First Floor,
Opp.Village Office,(Near Bus Stand)
Thiruvilwamala, Thrissur-680588.

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

DENTAL IQ QUIZ

1

Identify the lesion present on tongue with a serpentine pattern:

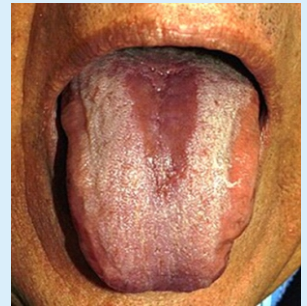
- A) Oral Candidiasis
- B) Oral lichen planus
- C) Geographic tongue
- D) Median Rhomboid Glossitis



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