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# PINS & POSTS

An Official Newsletter Of IACDE

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**MAR'23 – JUL'23**

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## *From editor's desk*



*5:00 am and tring...g....g....There goes  
my alarm.....*

A couple of years back, my day would have begun with a groan thinking '*Just 5 more minutes*'. Early morning visions of the Sun of Glucon D advertisement sucking up my energy with a straw haunted me for days. Busy schedule of kids, college, clinic, constant demands from friends and family dampened the spark within me.

But today 5am is my ***ME TIME***. My time to unplug and unwind. This term has become so common today that society interprets it in different ways...we are so selfish, we don't care, we have an attitude but medical science explains it as time-out to recharge your batteries!! A time for mind and body to connect be it yoga, gym, dance, music, adventure sports, anything absolutely anything that has you charged up.

*Love yourself first and everything else falls into line*

*So...IACDEians?? Whats your poison???*

Dr. Rashmi Nair

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**ENTERTAINMENT**



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**Dr Hemal Bajaj**

# 23rd IACDE National PG Convention, Kolhapur



The 23<sup>rd</sup> IACDE National PG Convention was held at the Sayaji Hotel Kolhapur by Vasantdada Patil Dental College Sangli, Maharashtra from 17th – 19th March 2023. The conference was well attended with participation of more than 1000 delegates from different parts of India.



On the first day of conference i.e. 17th

March 2023, the pre-conference courses were conducted by eminent speakers like Dr. Waleed Kurdi (Egypt), Dr. Niraj Kinariwala, Dr. Afzal Ali. All the pre-conference courses were attended by more than 200 participants and were very well appreciated by all. The scientific activity included 900 presentations under the categories of e-paper, e-posters and table clinics, all conducted on the same day. Best paper and posters were also awarded as per session. Staff paper presentations were also scheduled on the same day.



The conference was inaugurated by Dr. Dibyendu Mazumdar, President DCI; Jayashree Tai Patil Chairman of Vasantdada Patil Dental college, Guest of Honour, Dr. Rahul Hegde, executive committee member, DCI; Dr. Jagat Bhushan, President, IACDE; Dr. Prahlad Saraf, Secretary, IACDE; Dr. Ratnakar P., Convention Secretary; Dr. Vibha Hegde, Convention Convener; Dr. Girish Umashetty, Organizing Chairperson and Dr. Santosh Hugar, Organizing Secretary. The welcome address was given by Dr.

Girish Umashetty. During inauguration, various colleges were awarded for having conducted various scientific activities throughout the year for the celebrations done under the banner of IACDE @ 40 by the Head Office of IACDE. Souvenir of the Convention was also released by chief guest, guest of honor and other dignitaries who were present on the dais.

Convention was a major scientific event, that spread over 3 days and brought together some of the eminent speakers like:-Dr. Waleed Kurdi, Dr. Arvind Shenoy, Dr. N. Velmurugan, Dr. Debojyoti Mazumdar, Dr. Girija Sajjan, Dr. Jojo Kattoor, Dr. Amardeep Kaur, Dr. Narsimhan Bharadwaj, Dr. Abhishek Laha, Dr. Niranjana Vatar, Dr. Niraj Kinariwala, Dr. Kantheti Sirisha, Dr Maran

An exhibition of dental products represented by more than 22 reputed companies was an integral part of the conference.



The presidential dinner was organized at Sayaji Hotel, Kolhapur on 17th November. The grand gala banquet was arranged in Saaj lawns Sayaji Hotel, Kolhapur, with variety of entertainment on 18th March 2023.

This exclusive 3 days PG Convention had provided the platform to the postgraduate students to express their views and ideas as well as learn valuable information and knowledge from eminent national and international speakers.



The convention was concluded by having Valedictory function on 19<sup>th</sup> March 2023. The Valedictory function was held in the presence of Dr. Jagat Bhusan, President IACDE; Dr. Ratnakar P., convention secretary IACDE; Dr. Prahalad Saraf , Secretary, IACDE; Dr.Girish Umashetty , Organizing Chairperson and Organising secretary Dr. Santosh Hugar.

The feedback obtained at the end of the program was excellent.

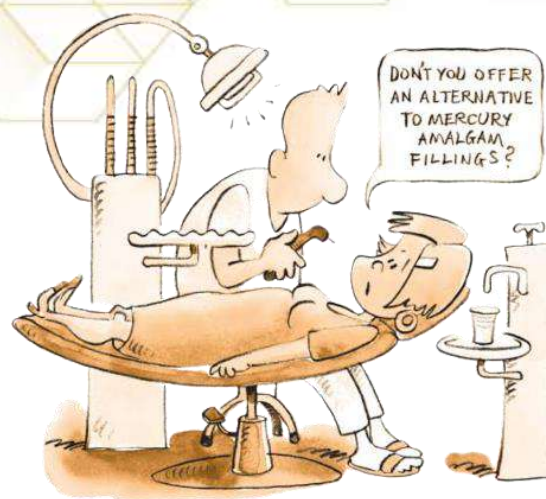




# Is India Ready For Minamata?

The Minamata Convention on Mercury is an international treaty intended to protect people and the environment from the harm caused by exposure to mercury, it encompasses various sectors, including dentistry, to address the use of mercury in dental amalgam and its impact on human health and the environment. It is named after a city in Japan where inhabitants were poisoned by the release of mercury in wastewater from a chemical factory in the mid-20th century. The negotiation process was first initiated with decisions made by the Governing Council of United Nations Environment Program (UNEP).

The Minamata Convention on Mercury is a global treaty to protect human health and the environment from the adverse effects of mercury. It was agreed at the fifth session of the Intergovernmental Negotiating Committee in Geneva, Switzerland at 7 a.m. on the morning of Saturday, 19 January 2013 and was adopted by delegates from over 140 countries on January 19, 2013, after three years of negotiation. On 18 June 2018, the Government of India deposited its instrument of ratification, thereby becoming the 93rd Party to the Minamata Convention. In India, there has been a growing awareness of the potential risks associated with mercury use in dentistry, and efforts are underway to align with the provisions of the Minamata Convention. The Dental Council of India, along with dental associations and organizations, has been working to promote the responsible use of dental amalgam and the adoption of alternative materials.



Additionally, there is an increasing emphasis on education and training programs for dental professionals regarding the safe handling, storage, and disposal of dental amalgam. These initiatives aim to ensure that dentists in India are knowledgeable about the risks associated with mercury and are equipped with the skills to minimize its use and manage it responsibly. Overall, India's dentistry sector is moving in the direction of being ready for the Minamata Convention, with ongoing efforts to reduce the use of dental amalgam and adopt safer alternatives. While India had taken steps to control mercury usage, in dentistry the affordability of banning amalgam restorations in India is a complex issue that depends on various factors to be considered:

- 1. Cost of alternative materials:** Amalgam restorations, which contain mercury, are a relatively inexpensive option for dental restorations. Banning amalgam would require a shift to alternative materials such as composite resins or ceramic restorations. These alternatives can be more expensive, which could potentially increase the overall cost of dental care.
- 2. Economic considerations:** India is a diverse country with a wide range of income levels and access to healthcare. Affordability can be a significant concern, especially for low-income individuals who may rely on public healthcare services. The cost implications of banning amalgam restorations would need to be carefully assessed to ensure that affordable and accessible dental care options remain available to the population.
- 3. Environmental and health impacts:** The ban on amalgam restorations is driven by concerns about the environmental impact of mercury pollution and the potential health risks associated with its use. The long-term

benefits of reducing mercury pollution and protecting public health may outweigh the short-term cost considerations, as environmental and health issues can have substantial economic consequences in the long run. Hence to prevent mercury from impacting the oceans and other water bodies, investment must be done in Pure Motor Amalgam Separator which captures 99.8% of amalgam particulate from the waste water streams and is also compatible to any existing pump systems.

**4. Infrastructure and training:** Implementing a ban on amalgam restorations would require infrastructure development and training for dental professionals in using alternative materials effectively. Upgrading dental schools and clinics, providing necessary equipment, and training the workforce would entail additional costs and resources.

**5. Longevity and endurance:** The metals used to make silver amalgam fillings make it extremely durable and strong, typically lasting for 10-15 years, which is not the case in the newer restorative materials lasting around 5 years.

**6. Clinical expertise:** The Amalgam fillings are less technically sensitive requiring minimal operator skills as its fast-hardening capability can make treatment less stressful for kids or special needs patients.

**7. Minimal alternatives:** The age-old amalgam has set a gold standard in restorative dentistry by which none of the recently introduced materials can be at par with it, considering its high strength, durability, affordability, and requirement of minimal operative skills and maximum favourable to the patients.

**8. Back to basics:** Understanding the basic cavity designs and materials plays a crucial role in knowing the tooth anatomy and pathology before moving to advanced materials. Hence practicing correct principles of amalgam restorations will lead us in developing more advanced skills with confidence.

While progress has been made, it's important to acknowledge that transitioning away from dental amalgam entirely may take time, However, India's dental community is actively working towards aligning with the principles of the Minamata Convention and promoting the use of alternative materials in dentistry. As for the specific year when a ban on mercury in dentistry may be contemplated or implemented in India, it would depend on various factors, including national regulations, policies, and the progress made in reducing mercury use in dental practices. Additionally, the availability and adoption of alternative materials play a significant role in transitioning away from dental amalgam. It's important to note that efforts are already underway in India to reduce mercury use in dentistry and promote the adoption of alternative materials. However, a specific timeline for a complete ban or phase-down of dental amalgam would require further updates from relevant regulatory authorities or dental governing bodies in India.

Ultimately, the feasibility and affordability of banning amalgam restorations in India would depend on a comprehensive assessment of the economic, environmental, and health factors involved. It would require careful planning, policy implementation, and consideration of the potential impacts on dental care accessibility and affordability for the population. India is ready yet unprepared as all the mentioned facts need to be addressed for future preparedness in practicing the Minamata treaty with 100% compliance.

“While a complete ban on dental amalgam may not be immediate or feasible, efforts are being made to reduce its use and encourage the adoption of safer alternatives.”



**Dr. SARJEEV SINGH YADAV**

Professor & HOD

Department of Conservative Dentistry &  
Endodontics, Government Dental College &  
Hospital, Hyderabad





CONS & ENDO DAY 2023

## ENDOrsing CONSerVation

Celebrations @ IACDE Head Office

The Cons Endo Day celebrations was inaugurated online by the Chief Guest Dr.Dibyendu Mazumdar, Hon.President Dental Council of India on 4th of March 2023.

The theme of the celebrations was ENDOrsing CONSerVation

Dr.Jagat Bhushan President IACDE delivered an online lecture on "Navigating the world of Grants & Funding Opportunities"

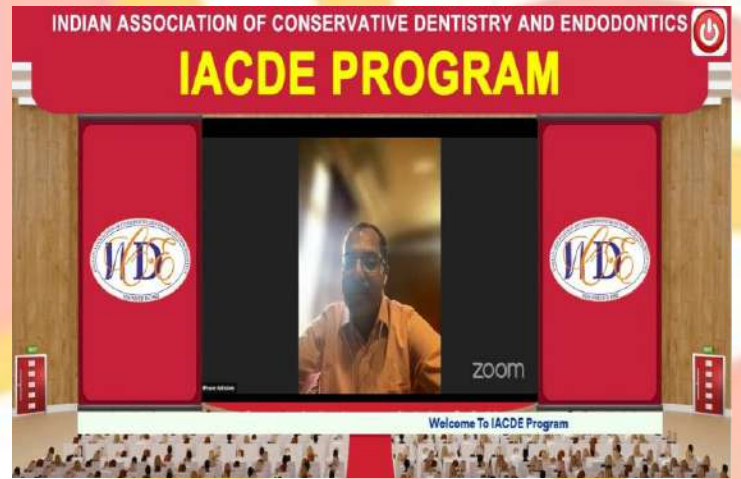
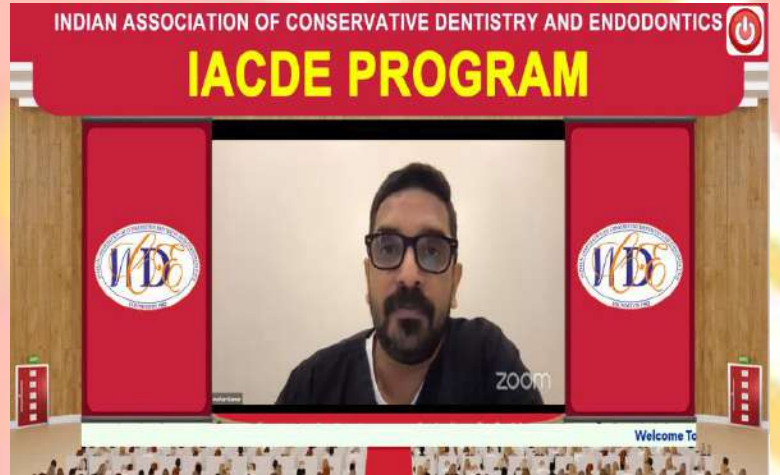
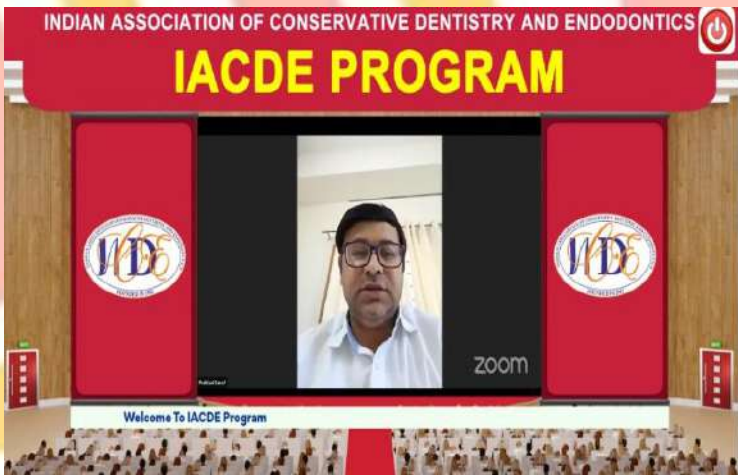
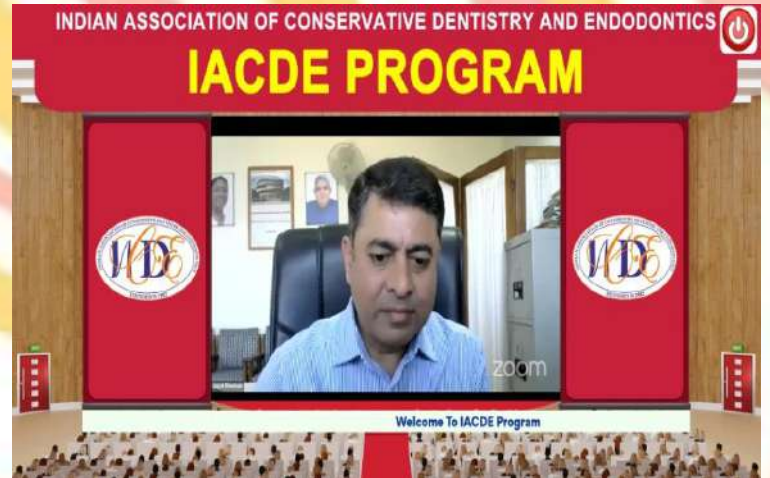
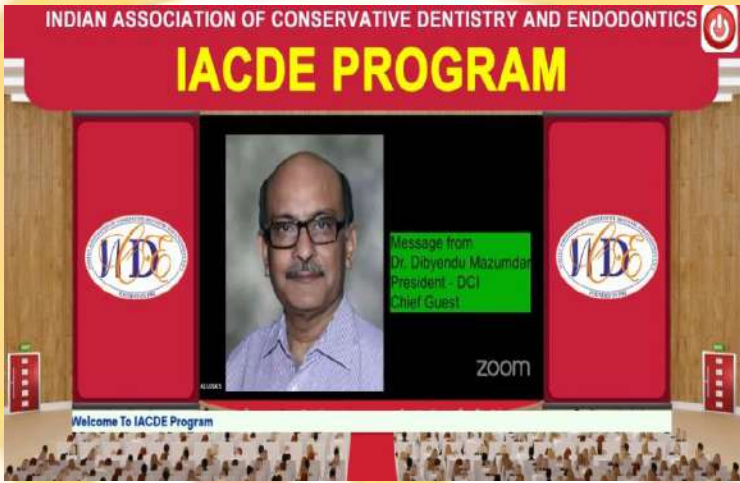
The lecture enlightened the various forms of grants available for research and the appropriate channel to apply the grants. It was an eye opener for all the members.

Dr.Mohan Kumar Vice President IACDE was the program coordinator.

Dr.Abhishek Laha Vice President IACDE proposed the Vote of Thanks.

All the IACDE members were given access to attend the program and more than 1000 members attended the event online.

The program marked the beginning of Cons Endo Day celebrations 2023.



# Cons- Endo Day 2023







# Training The Trainers , Chennai

Department of Conservative Dentistry and Endodontics, SRMDC, RMP conducted a 7-day online faculty development program (FDP) titled, 'Training The Trainers' under the aegis of Indian Association of Conservative Dentistry and Endodontics (IACDE), from Jan 18th to Jan 25th 2023. This program facilitated the teachers in understanding, guiding, and preparing the students in their journey of UG & PG teaching and curriculum, and was especially beneficial for youngsters just entering the shoes of a teacher. The resource faculties included renowned academicians from across the nation sharing their skills & expertise; culminating with a panel discussion on the last day of the program, moderated by Dr.S.Mahalaxmi. Around 200 faculty members from all



over the country participated. The program was inaugurated by Dr. Jagat Bhushan, President IACDE and Dr. Ravi, Dean, SRM Dental College. The week-long program was well received with excellent feedback from the faculty members who attended.

The organising team comprising Dr.S.Mahalaxmi, Dr. Rajkumar, Dr. Karthikeyan, Dr.Vidhya, Dr. Madhana Madhubala, Dr. Saravana Karthikeyan, Dr. Srujana, Dr. PremKumar worked very hard to bring about this program, which received widespread appreciation from many quarters.



Activities @ IACDE

# IACDE's Remarkable Women's Day Celebrations 2023: Embracing Change and Inspiring Women

On 8th March 2023, IACDE achieved another milestone under the leadership of Dr Jagat Bhushan, President IACDE, by commemorating International Women's Day through an engaging online program. The event aimed to celebrate and honor the invaluable contributions of women, with a particular focus on the accomplished Women Presidents who have led IACDE in the past.

One of the highlights of the program was a captivating lecture on "Women and the Adaptive Work Environment" delivered by Dr. Shilpaa Anand, Head of Humanities and Social Sciences at BITS Pilani Hyd Campus. Her insightful discourse shed light on the significance of creating work environments that empower and support women in their professional journeys

The event also provided an opportunity for enthusiastic participation in two vibrant competitions. The "Shades of a Woman" photography contest encouraged individuals to capture the diverse facets of womanhood through their artistic lens. Additionally, the "Women that Inspire Us" podcast competition inspired participants to share personal stories and experiences of remarkable women who have left an indelible mark on their lives.

The program witnessed an overwhelming response, with participants from all over India joining. IACDE takes immense pride in its commitment to gender equality and empowering women in all spheres of life. By organizing such meaningful events, the organization continues to pave the way for progress and inclusivity, ensuring that women's accomplishments are recognized and celebrated.

The Women's Day celebrations of 2023 will be remembered as a significant milestone in IACDE's journey, setting an example for the years ahead.

## Podcast winners

### Delegate category

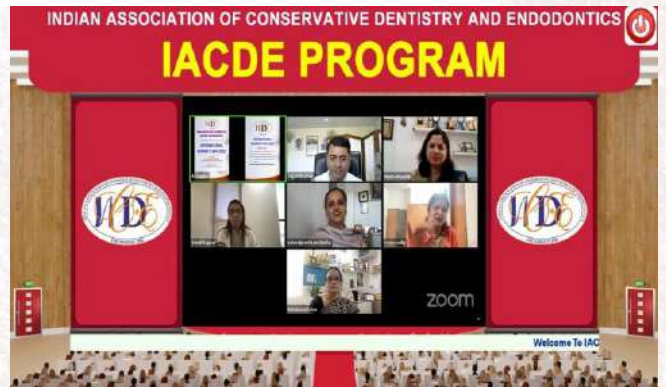
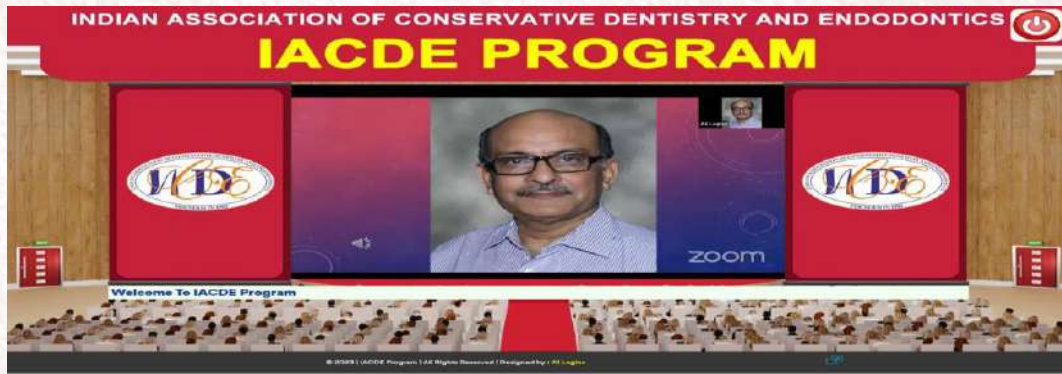
Dr Rolly Agarwal ( Index Institute of Dental Sciences, Indore )

Dr Priti Desai (Gurunanak Institute of Dental Sciences, Kolkata )

### Student category

Dr Sannidhi Gothe (AB Shetty Memorial Institute of Dental Sciences , Mangalore )

Dr Ambika Belam (HK Nikalingappa Institute of Dental Science, Kalaburgi )



## IACDE JUMBLE WORDS

1. WENTDAL

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2. DEDLAR

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3. FONDENTIC

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4. EAHSC

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5. TNSUAG

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6. DUNZSET

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Hint: Dental Chairs Companies



# PHOTOGRAPHY CONTEST

## “Shades of a Woman”

(POST GRADUATE STUDENTS)



**1st Place: Dr. MAULEE SHETH**

*III year PG, Manubhai Patel Dental College & Hospital, Vadodara*

**Title : “THE BALLET OF A PALETTE”**

**Description :** She’s a woman of many colors & shades, and she knows how to wear them all. There’s a beauty in every shade of woman, you’ve just got to look for it!



**2nd Place: Dr. MANTHAN KUMAR**

*III year PG, V.S Dental College, Bangalore*

**Title : “SMILE”**

**Description :** When a Man smiles it means he is happy, but when a woman smiles she makes sure that the total environment around her is happy. Huge respect to the Unconditional love, selfless care and sacrifice of each and every woman around for making the world a better place to Live



**2nd Place: Dr. J.VINUTHA**

*PG, Maulana Azad Institute of Dental Sciences, Delhi*

**Title : “PERSEVERANCE”**

**Description :** She is scared the path is amped with hurdles she does not deserve, but she wouldn’t settle for anything less. Fragile as a piece of coal she forged herself to be a diamond. She is the sun who never fails to rise.

# PHOTOGRAPHY CONTEST (DELEGATES)



**1st Place: Dr. DAMINI PATIL**  
*Senior Lecturer, SMDT College, Sangamner*

**Title : “FOLLOWING MOTHER’S FOOTSTEPS”**

**Description :** The women whom we follow throughout our life, the reason for our existence in this world. Every step we take, she will be there beside. The women who inspires, motivates and constantly supports us in every way. The significance of the word women is defined by Mother.



**2nd Place: Dr. NAVEEN CHHABRA**  
*Senior Lecturer, School of dentistry, International Medical University, Kuala Lumpur, Malaysia*

**Title : “BEING WOMEN”**

**Description :** A women is the symbol of strength, courage, emotion, devotion, hard work, gratitude, respect and sacrifice. The image was shot on an evening before the festivity of Uttrayan.



**2nd Place: Dr. ARYA KHANDEPARKAR**  
*Goa Dental College, Goa*

**Title : “CELEBRATE THE SHADES OF LIFE”**

**Description :** Change is inevitable in a person's life. As sunrise gives way to sunset, similarly, youth gives way to old age and a woman grows through these beautiful phases of her life. Aging is not lost youth but a new stage of opportunity and strength in a woman's life. So embrace the change and celebrate life.

# FINISH LINE 2023

Department of Conservative dentistry & Endodontics, Sri Ramachandra Dental College & Hospital, Sri Ramachandra Institute of Higher Education & Research [DU] in association with Indian Association of Conservative Dentistry & Endodontics [IACDE] conducted the 14<sup>th</sup> National Annual Rapid Review Program “**FINISH LINE 2023**” between March 27-29<sup>th</sup>,2023. 187 Postgraduates from various institutions across the country attended the program. 30 eminent speakers who were pioneers in the field of Conservative dentistry & Endodontics delivered exam-oriented lectures for three days. A grand viva session was conducted using blending learning [KAHOOT SESSION]. By the end of 3 days program, the postgraduates were empowered with knowledge and attitude to face the university practical and theory examination effortlessly with utmost confidence.

Activities @ IACDE



# KALEIDOSCOPE 2.0

Department of Conservative Dentistry and Endodontics organized “Kaleidoscope 2.0” a two day National PG Conference. The conference saw a conglomeration of post graduate students from across the Nation. It hosted the best speakers from all over India.

The event was inaugurated by the DCI president Dr Dibyendu Mazumdar and attended by IACDE President and Secretary, DCI members of the state, Principals of Colleges of the state and Head of Departments from the Department of Conservative Dentistry and Endodontics . Dr Mazumdar commended the Institute for the effort in organizing such a grand event. He appreciated the discipline, cleanliness, and academic performance of the students from ACDS.

The conference benefited the postgraduate students from across the country to gain knowledge and learn from the best keynote speakers of our country.

The two-day conference had lectures by 13 keynote speakers who shared their knowledge in the specialty of Conservative Dentistry and Endodontics.

Conferences highlight our College as a premier institute and enhance the national perception of the college which will help in increasing our NAAC and NIRF ratings. NAAC Accreditation also gives additional points for hosting national-level conferences.

It was attended by 122 student delegates on site and 41 student delegates online. We had an audience from various colleges like :

1. Goa Dental College and hospital
2. Government Dental College, Hyderabad
3. Institute of Dental Sciences, Bareilly
4. College of Dental Sciences, Davangere
5. Sri Sai College of Dental Surgery, Vikarabad
6. Mamata Dental College, Khammam
7. HKESN Dental College, Gulbarga
8. Meghana Institute of Dental Sciences, Nizamabad
9. Panineeya Institute of Dental Sciences, Hyderabad
10. MNR Dental College and Hospital, Sangareddy
11. P M S College of Dental Science and Research, Kerala

# SPEAKERS...



**POST AND CORE**  
**Dr. Ajay Logani**  
 Prof. & HOD  
 Conservative Dentistry  
 and Endodontics  
 AIIMS, New Delhi



**Art @ Science of mastering -Grand Viva,  
 Thesis @ Pedagogy. A REAL TIME  
 PRIMING!**  
**Dr. Sarjeev Singh Yadav**  
 Prof. & HOD  
 Conservative Dentistry and  
 Endodontics  
 GDC, Hyderabad



**LAY DOWN THE FEAR  
 AND ACE THE INLAY**  
**Dr. Paromita Majumdar**  
 Prof. & HOD  
 Conservative Dentistry and  
 Endodontics  
 Gurunanak Institute of Dental  
 Sciences, West Bengal



**OCCUSION AND FORCES  
 ACTING ON RESTORATION**  
**Dr. P. Udaya Kumar**  
 Professor,  
 Conservative Dentistry and  
 Endodontics,  
 SVS Dental College,  
 Mahabubnagar



**MANAGEMENT OF SEPARATED  
 INSTRUMENTS**  
**Dr. Narasimhan Bharadwaj**  
 Director  
 Access Dental Institute  
 Professor,  
 Saveetha Dental College,  
 Chennai



**UPDATE ON ROTARY NITI**  
**Dr. Kunjal Mistry**  
 Reader  
 Conservative Dentistry and  
 Endodontics  
 Faculty of Dental Sciences,  
 Nadiad, Gujarat



**SMILE DESIGN**  
**Dr. Gaurav Prakash Kulkarni**  
 Reader  
 Conservative Dentistry &  
 Endodontics  
 Terna Dental College and  
 Hospital, Navi Mumbai



**BIOMIMETIC RESTORATIONS**  
**Dr. B. Vijeta**  
 Prof. & HOD,  
 Conservative Dentistry and  
 Endodontics,  
 MNR Dental College And  
 Hospital, Sangareddy



**DIAGNOSTIC INSIGHTS OF  
 PULP TESTING MODALITIES  
 AND  
 CLINICAL STRATEGIES  
 TO MANAGE DILEMMA  
 OF STRESSED  
 PULP AND HOT TOOTH**  
**Dr. Raji Solomon**  
 Professor  
 Conservative Dentistry and  
 Endodontics  
 Panineeya Institute of Dental Sciences  
 and Research Centre,  
 Hyderabad



**POSTERIOR INDIRECT  
 ADHESIVE RESTORATION**  
**Dr. V. B. Srinidhi**  
 Professor  
 Conservative Dentistry and  
 Endodontics,  
 St. Joseph's Dental College,  
 Elluru



**EXAM READY!**  
**Dr. Roshni**  
 Director  
 Roshni Dental Clinic  
 Mysuru



**MANAGEMENT OF CRACKED  
 TOOTH**  
**Dr. Neha Mehra**  
 Reader,  
 Conservative  
 Dentistry and Endodontics,  
 Army College of Dental  
 Sciences, Secunderabad



**THE CURVE:  
 MANAGEMENT OF  
 ABERRANT ANATOMY &  
 CURVED CANALS**  
**Dr. Jaydev**  
 Micro Endodontist &  
 smile design expert  
 Director  
 Dr. Jaydev Dental clinic, Jubilee  
 hills, Hyderabad



# DR HARVANSH SINGH JUGDE INSTITUTE OF DENTAL SCIENCES AND HOSPIITAL, PANJAB UNIVERSITY, CHANDIGARH

The Department of Conservative Dentistry and Endodontics conducted a two-day workshop “Magnification in Conservative Dentistry and Endodontics” on 17<sup>th</sup> and 18<sup>th</sup> April 2023. The lectures were delivered by Dr Jayshree Hegde Anil from Bangalore and Dr R.S Mohan Kumar from Chennai. In the hands on the participants were given the opportunity to work on individual microscopes. There were about 160 participants which included Faculty, post graduate students and interns from about 10-12 Dental colleges from across North India.

Activities @ ACDE



## RAPID RECAP 2023

Rapid Recap 2023 was held on 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> of April 2023 in Vydehi Institute of Dental Sciences & Research Centre hosted by the Department of Conservative Dentistry and Endodontics, under the aegis of IACDE & ACE Karnataka .

It was an enlightening event that involved the exchange of knowledge, sculpted to offer a comprehensive insight to prepare the students to confidently and effectively face the final theory, practical and viva voce with the help of experienced academicians.

With the blessings of Founder Chairman-Vydehi Group of Institutions - Dr D.K. Audikesavulu, Chairperson-Vydehi Group of Institutions- Smt. D.A. SathyaPrabhu, Current Chairperson- Mrs. D.A. Kalpaja, DCI President- Dr Dibyendu Mazumder, IACDE President- Dr Jagat Bhushan and IACDE General Secretary- Dr Prahalad A Saraf, this event was held.

Inauguration ceremony was graced by President ACE-K Dr.Ramya Raghu ,Vice President ACE-K Dr.Sreenivasa Murthy, Member Secretary ACE-K Dr. Mithra N Hegde and Scientific Committee Chairperson Dr. Kiran Kumar N, Head of the Depts. from various Dental colleges across Karnataka and Bengaluru.

This event was hosted by the faculty members of the Department of Conservative Dentistry and Endodontics, VIDS&RC i.e., The Organizing Chairperson- Dr Mohan Thomas Nainan, Organizing Secretary- Dr Nirupama D.N and the Organizing Co- Committee members- Dr Vijay R, Dr Helen Thomas and Dr Naveen S Nair.



The event was organized for the final year post-graduate students, of the Department of Conservative Dentistry and Endodontics, across Karnataka. The speakers of the sessions were senior faculty members and Head of Departments from across Karnataka, having vast knowledge and experience in their field.



There was a good response in participants with 147 student registrations and 20 guest speakers. There were 20 sessions held in Lecture Hall-1, wherein each session was assigned a speaker, a chairperson and a co- chairperson. For the interactive sessions, held in Lecture Hall Nos-12, 13 and 14, the 147 students were split into three groups and each session was hosted by 2 faculty members and a moderator.

The event ended on a good note with a good response in the form of feedback forms.



# THE OTHER SIDE OF LIFE

## Q1. What energy healing/s do you practice?

Though I tell my clients that I am a Reiki healer, I use many other energy healing techniques like Jin shin jyutsu, Emotional Freedom Technique, Ilahinoor healing, Psych-K, and more. When I start the healing session with Reiki, Reiki being an intelligent energy, it guides me as to what techniques are needed for the client and then I do/advise them accordingly.

## Q2. What is Reiki?

Reiki is the Universal/Cosmic energy that can balance the physical, mental, emotional, spiritual, economic and social aspects of one's life. It is a vibration that can influence anything and everything in the Universe, because ultimately, everything is vibration!

## Q3. What are the benefits of Reiki and how do you use it for your clinical practice?

Reiki calms the mind, gives a clear mental vision that helps to give a realistic picture of any situation one faces and helps to make intelligent decisions in solving the problems of life. It has helped my clients to get rid of long term physical pain where medicines were not of any help, to overcome side effects of strong allopathic drugs, improve relationships and so on..

In clinical practice when the patient is apprehensive of the dental treatment, Reiki calms them down, increases their pain threshold, making anesthesia effective, and reduces the need for post operative pain killers and drastically brings down the need for antibiotics.

## Q4. Can you share your journey on how you got started till now?

I learned Reiki in 1997 to help my children and myself. When my sceptical mind wanted to test whether distance healing will work, I sent it for a friend suffering from chronic sinusitis without telling her. On the next day when I called her up to find her status, she told that it had miraculously vanished. On learning that it was due to the distant healing I had sent, after a week she brought three of her friends with different problems for distant Reiki healing. They got healed and then they brought their friends. After a period of time they wanted to learn, but I was not a teacher yet. At the same time my Reiki teacher from Jaipur came to Belgaum and stayed with me for her dental treatment for ten days. She got all the afternoons (mornings I was doing her dental treatment) to train me thoroughly and then I started teaching Reiki too.



I believe strongly that the greatest gift one can give to self is learning Reiki and practicing it daily. The uniqueness of Reiki that makes it stand apart from all other healing techniques is that it heals, it protects and it ensures your growth, more so in the spiritual aspect.

So Reiki kept on bringing things needed for my growth and I whole heartedly adopted them. That is how I learned many other techniques, became a past life regression facilitator, and hypnotherapist. During lockdown it became evident that online hypnotherapy works efficiently too and I now help many overseas clients with hypnotherapy.

Right now I am into Medical Astrology, which is really fascinating.

**Q5. I know you work as past life regression facilitator and hypnotherapist. What is its role in spirituality?**

A glimpse of a past life and going through the process of death in that life removes the fear of death, which to me, is the first step to spirituality. When you realise the impermanence of relationships, like your dear child in this life may have been your arch enemy in a previous life, one can start the journey of detachment, which is another step stone to spirituality. The astonishing results of hypnotherapy sessions makes one realise the power of subconscious mind and thoughts. You get a taste of the real nature of life and this helps to have things that you are destined to have, enjoy them and yet to be detached!

**Q6. With so much knowledge and experience, how are you helping others to raise the bar of their lives?**

I have a group of people who learnt Reiki from me, we keep discussing things and send healing for those in need and meet online every new moon and full moon when I conduct meditation. The group energy is so powerful and everybody has amazing experience. Over the years I realised that many were really benefitting from my advice. My friend from UK whom I was mentoring for many years insisted that I need to put down all those. So I started my blogs, and also a youtube channel where you can find my meditations.

<http://healthmantra.com/reiki>

[Nectar of life](#), [Expanding horizons](#), [Culinary Creations](#),

[My Youtube Channel](#),



After completing post graduation from KGMC, Lucknow in 1980, Dr. Beena Rani Goel taught at different dental colleges like KMC Dental college Manipal, Al Arab Medical University, Benghazi, Libya, KLES Dental college, Belgaum, and PMNM Dental college, Bagalkot etc.,

Right from childhood ma'am had a broader perspective of the world around, and in 1997 by learning Reiki, ma'am was able to explore this 'Other Side' of life. Though it was learnt only for her personal use, she was drawn by Universe's synchronicities to become a Reiki Grand Master to teach and heal people across the world through this wonderful healing technique.



Science City Convention Centre and Complex, Kolkata

30<sup>th</sup> November – 3<sup>rd</sup> December 2023

# SPEAKERS



**DR. BART VAN MEERBEEK**  
**BELGIUM**



**DR. PAUL ABBOTT**  
**AUSTRALIA**



**DR. SHANKAR IYER**  
**USA**



**DR. JAVIER TAPIA GUADIX**  
**SPAIN**



**DR. ANIL KISHEN**  
**CANADA**



**DR. NAGENDRABABU  
VENKATESHBABU**  
**UAE**



**DR. PRASANNA NEELAKANTAN**  
**USA**



**DR. WONJOONG KIM**  
**SOUTH KOREA**

# Distinguished SPEAKERS



DR. AJAY LOGANI



DR. JAGAT BHUSHAN



DR. SHISHIR SINGH



DR. MITHRA HEGDE



DR. VIBHA HEGDE



DR. SANJAY TEWARI



DR. H MURALI RAO



COL. SONALI SHARMA



DR. PRASANTH DHANAPAL



DR. MOHAN KUMAR



DR. SRINIDHI.V.B



DR. NIMISHA SHAH



DR. YOHAN CHACKO



DR. SHIBU SHREEDHAR

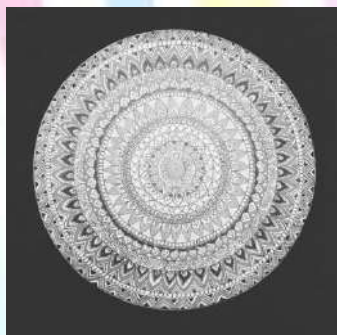


DR. NIRAJ KINARIWALA



DR. ANSHUL MEL

[www.38iacdekolkata2023.com](http://www.38iacdekolkata2023.com)



Dr Ranjini M.A

Reader  
Dept of Conservative  
dentistry &  
Endodontics  
Dayananda Sagar  
College of Dental  
Sciences Bengaluru

Beyond Dentistry

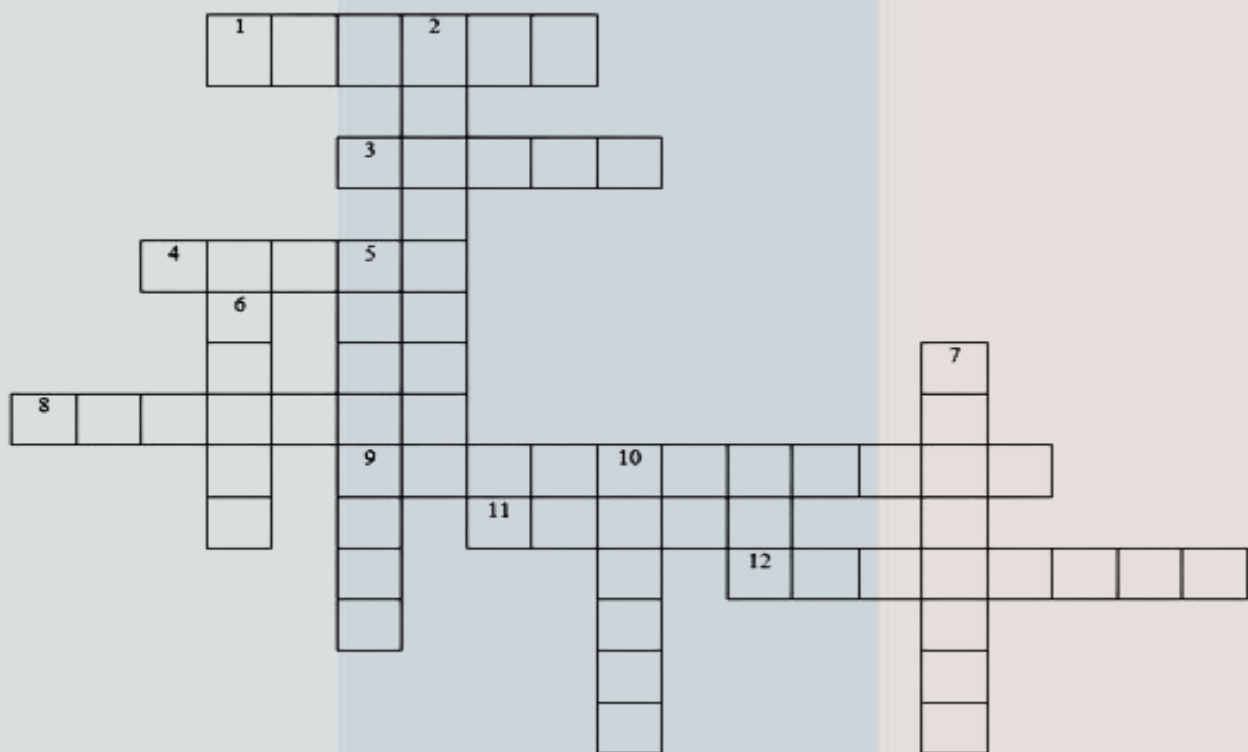
# Student Exchange Program 2023

This year's Student Exchange Program 2023 is happening at 6 prestigious dental colleges. The IACDE Head Office appreciates the host institutions for coming forward in volunteering for this program and urges the students to utilize this opportunity to widen their horizons

The colleges are

- K M Shah Dental College and Hospital, Baroda
- Army college of Dental Sciences, Secunderabad
- Saveetha Dental College, Chennai
- VSPM Dental College and Research Centre, Nagpur
- Terna Dental College, Mumbai
- MS Ramiah Dental College, Banglore

## IACDE CROSSWORD



1. Father of esthetic dentistry

2. Father of Endodontics

3. Father of Composite

4. Lasers was introduced in Dentistry by-

5. Father of X-rays

6. Father of Dentistry in India

7. RVG was introduced in dentistry by-

8. CaOH was introduced in Endodontics by-

9. MTA was introduced by

10. Father of Rubber dam

11. Father of Conservative dentistry

12. Father of Dentistry

## From the depths of the oral cavity into the deep seas

### The tale of a Dentist Turned Scuba Diver



**Dr Gautam Singh.**  
Course Director,  
Endodontics  
Ibn Sina National College  
of Medical Studies  
Jeddah, Kingdom Of Saudi  
Arabia

Dental offices are typically associated with bright lights, pristine equipment, and the comforting sound of a gentle suction. However, I have always had this passion for exploration. So while dentistry has always been my primary vocation, I had undeniable fascination with nature, especially the underwater world.

As a child I had this pull towards water bodies, be it swimming pools, ponds or lakes. I was not a strong swimmer but defying the wishes of my parents I would go swim with my friends and believe me when I tell you, it was the rebel in me that kept me afloat.

Like every Indian child, I too found solace by diving into books and documentaries on marine life. This was not enough. I yearned to witness this beauty in real time.



Fortunately, when I moved to Saudi Arabia, it brought me closer to the shoreline opening a world of possibilities. The Red Sea is world renowned as a great diving spot. Eventually, this passion grew so strong that I finally decided to dive straight into my passion to become a certified Open Water Scuba diver.

The process of becoming a scuba diver is rigorous and demands dedication. Under the guidance of an experienced Dive master I embraced every aspect of scuba diving training, from understanding dive theory to mastering essential skills in a controlled environment. This included learning the intricacies of equipment usage, buoyancy control, and emergency procedures. I cannot not stress the importance of certification as it raised the extent of self awareness and safety margins considerably.

I want to share one particular skill that was rather interesting to learn “Imagine you are looking at undersea life at say 18meterdepth. To put into perspective that dept is equal to 60 feet of water above your head. The average depth of a swimming pool is 3 to 6 feet. Now imagine by accident a fellow diver kicks off your under-water mask or your breathing hose at that dept, if you are not trained to recover from it, at that depth you are basically dead. That’s why you need the training.”



After completing the required coursework and demonstrating my competence in both theory and practical skills, I finally emerged triumphantly as a certified scuba diver. Armed with this certification, I am now equipped to explore the vast, mesmerizing underwater world. You need to realize that when you are deep down under water, the only things you will be able to hear is your own breath and the gurgling of the bubbles escaping your oxygen regulator that’s almost like meditation

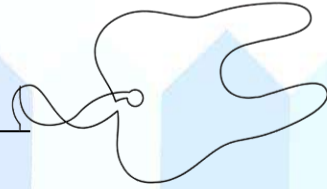
I began my diving expeditions to explore breathtaking underwater landscapes. From colorful coral reefs teeming with life to mysterious sunken shipwrecks, one learns to appreciate the delicate balance of marine life. One of my favorite memories includes a close encounter with a friendly octopus that would not let go of the underwater camera I had. Such moments and encounters in life get etched in our memory for life.

I feel that if anyone ever wanted to be an astronaut in their childhood, scuba diving offers the closest thing to it. You are basically almost weightless in water carrying your own oxygen supply to be alive, exploring the unknown. You are flying under water. As Philip Dirole quote goes:



*The ocean is an under water museum,  
still awaiting its visitors*

# Chronicles of Obturation



## The Era of 1970s

**Dr Wadhvani** completed her MDS in 1979 from KGMC, Lucknow, and retired as Dean from the same institute.

Those days Endodontics was very primitive. Hardly any good instruments and materials were available and the main focus was on restorative work. Only Neos reamers were available and in Rotary there was only Giromatic files. We broke many files because they were Hedstrom files while the most commonly technique used was lateral condensation or hot n cold technique



We used to do lot of replantation. Only assorted gutta percha cones were available and we didnot know the taper of gutta percha cones. There was only one company in the name of PD, and the cones were available as fine or xx-fine. I am enclosing the picture. They were known as nerve canal points

When I look back then I realize how much endodontics has grown and now it's a challenge, but I regret to say that Endo is being replaced by implants. Nobody wants to put the soul to the tooth by doing good endo. Please be judicious while deciding about implant



**Professor Dr Naseem Shah** is the Former Professor & Head, Department of Conservative Dentistry & Endodontics and Chief of the Centre for Dental Education & Research, All India Institute of Medical Sciences (AIIMS) at New Delhi. She passed her MDS GDC&H, Mumbai in 1976.

Her innovation, “SealBio”, a novel, non-obturation regenerative technique of endodontic treatment” has been awarded the US and Australian patents.

Biological parameters of ultimate success of endodontic treatment is the healing of periradicular lesion and formation of a biological seal over apical foramen by cementum/fibrous tissues. An innovative technique of regenerative endodontic treatment in fully mature, permanent teeth was conceptualized, which can achieve both these objectives.

It was based on three premises;

1) Thorough debridement and disinfection of canal space following the accepted knowledge that “what is taken out of the canal is more important than what is put in”

2) Stimulation of periapical tissues to recruit locally available stem cells (Cell-homing) and growth factors to affect reparative process and

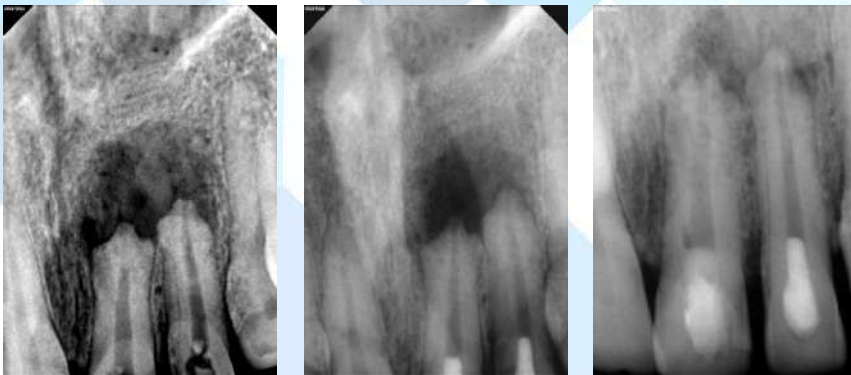
3) Provide an effective coronal seal to prevent re-infection of the canal space.

The technique is simple to perform. After conventional cleaning and shaping, two additional steps are performed: “apical clearing” which is dry reaming of apical third 2-4 sizes larger than the master apical file (to cleanse the dentinal tubules penetrated by microbes) and “apical foramina widening” (to cleanse the cemental part of the canal). These two steps were shown to significantly reduce apical ramifications and microbial load.

After final irrigation, “intentional” over-instrumentation into periapical region is performed to induce bleeding near the apical foramen, which can then provide a scaffold for stem cells and growth factors and affect healing of apical lesion and seal the foramen with fibrous or osteo - cementum. The access cavity and the cervical third of the canal is filled with calcium sulphate - based cement and suitable coronal restoration is given. The detailed technique and philosophy of the technique is explained in the references given below (Ref. 1,2).

This technique made endodontic treatment simpler to perform, was cost-effective (as all the materials, armamentarium and devices for obturation of root canals are not required) and also reduced iatrogenic complications during obturation. It also made retreatment, if and when required, simpler to perform and similarly made it time and cost saving (such as retreatment kits and materials are not required) and again, prevented iatrogenic complications during GP removal such as strip perforation etc.

The technique was found to be highly effective in resolving even large cyst-like periapical lesions, and teeth with external root resorption. Moreover, since the root canals are left empty, devoid of any vital tissues, post and core restoration can be done, if required.



Large periapical lesion with external root resorption of # 21 and 22 in a 42-years-old man. Follow-up X ray at 1 and 2 years after SealBio, showing healing of the lesion and arrest of root resorption .

## References

Shah N, Logani A. SealBio: A novel, non-obturation endodontic treatment based on concept of regeneration. *J Conserv Dent* 2012; 15:328-32.

Shah N. A regeneration based, non-obturation root canal treatment for fully mature teeth: Six years' experience with “SealBio”. *Contemp Clin Dent* 2016; 7: 296-301.



## The Era of 1980's:

**Dr Vasundhara Shivanna** completed her post graduation in 1988. Presently working as Director, Senior Professor. College of Dental Sciences Davangere



Our teachers had ingrained within us that the triad of endodontics is complete only after the signature fluid tight seal of the bio-mechanically prepared tooth is achieved via OBTURATION. During those times, cold lateral compaction was majorly practiced. After preparation of the canals, radiographically confirmed master cone that matches the size of the master apical file was pinched up to the working length, then coated with zinc oxide eugenol-based sealer and placed inside the canal. Accessory cones were then compacted laterally using finger spreaders. Alternately, warm vertical compaction using hand spreaders was also practiced. Another technique which we followed was for obturating cases with blunderbuss canal, in that customised gutta percha cone were prepared by joining multiple cones from butt to tip and then rolled into one single cone by softening with the help of warm glass slab. We were also exposed to silver cone obturation which was the single cone technique then.

## Epilogue



**Dr. Denzil Albuquerque** completed his post graduation from Meenakshi Ammal Dental College, TN in 2011



Traditionally, obturation of the root canal system involves maximizing the amount of gutta- percha and minimizing the layer of sealer. Technology and techniques of cold lateral compaction and heated obturation aimed to limit the amount of sealer to the periphery of the gutta-percha to fill gaps and spaces and provide a seal. A thin layer of sealer is preferred because resin-based sealers shrink upon setting while calcium hydroxide and zinc oxide eugenol-based sealers can resorb over time.

From the mid 90's, bio-active bio-ceramic materials have been introduced in endodontics. Bioceramics refer to biomaterials that are used in direct contact with living tissue. Bioactive bioceramics used in endodontics are non-bioresorbable such as the calcium silicate or hydraulic cements, with an ability to create a hydroxyapatite layer when in contact with tissue fluid rich in calcium and phosphate. They set by hydration using moisture within and around canals; expand while setting, and once set will not resorb as easily.

The earliest or first-generation bioceramic in endodontics is MTA, introduced in the mid 90's. Although biocompatible, antimicrobial and excellent sealing, they were incapable to be used as an endodontic sealer in its pure form due to its coarse particle size and thus inadequate flow. Modifications to enhance flow involved adding resins or additives, but these hampered the primary desirable properties. MTA obturation has also been used, but limited to teeth with wide open apex or straighter canals. Discoloration of teeth obturated with MTA has become an issue in the long term.

Newer BioCeramic sealers are primarily trisilicate, calcium silicate cements and use nanotechnology to reduce the particle size, providing good flow. They set by hydration reaction to produce calcium silicate hydrate and calcium hydroxide, which further reacts to form a hydroxyapatite layer in the presence of tissue fluid. The replacement of bismuth oxide and other heavy metal oxides by inert zirconia have rendered them less prone to discoloration as compared to MTA in several investigations.

These properties of the newer bio-ceramic sealer make them conducive for universal application as a sealer and to be used in larger volumes. The volume of gutta-percha is in turn minimized, making it a sealer based obturation. The gutta-percha cone drives the sealer into cleaned isthmuses and irregular gaps. Newer techniques using warm vertical compaction and bioceramic sealers have demonstrated better sealer penetration into isthmuses and lateral canals.

Set bioceramic cement is tough to disintegrate, especially with hand or rotary files. Thus, gutta-percha also serves as a soft core to allow for retreatment to reach the apex. Recent studies have shown positive results but a higher level of evidence with randomized clinical trials is needed to prove the efficacy of bioceramic materials in the long term.

To sum up bioceramics is definitely a promising material group for use in endodontics and is a definite shift in our approach towards root canal obturation.



## In Memoriam ...



*Dr. Vinod Agrawal*

Past Prof and HOD  
Triveni Dental College  
Bilaspur, CG

# What's Your Poison?



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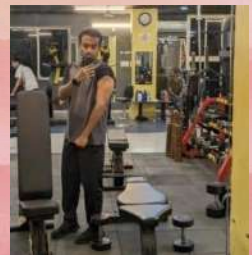
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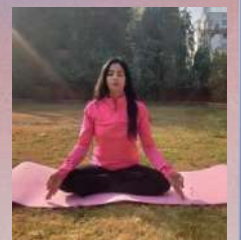
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# In the Spotlight

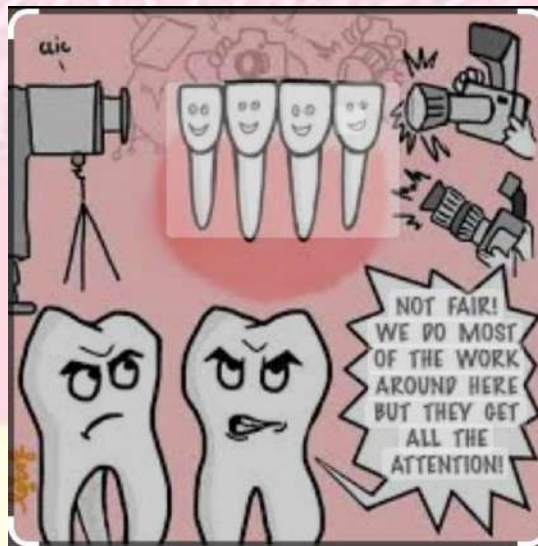
Dr. Pallav Patni and his team for having published the article titled *Comparison of Dentinal Tubular Penetration of Intracanal Heated and Preheated Sodium Hypochlorite Through Different Agitation Techniques* in Journal of Endodontics, published Apr '23 issue.

# NEWSLETTER OFFICE

Dr. Rashmi Nair.  
Professor, HOD  
Department of  
Conservative  
Dentistry  
and Endodontics.  
CDCRI, Chhattisgarh

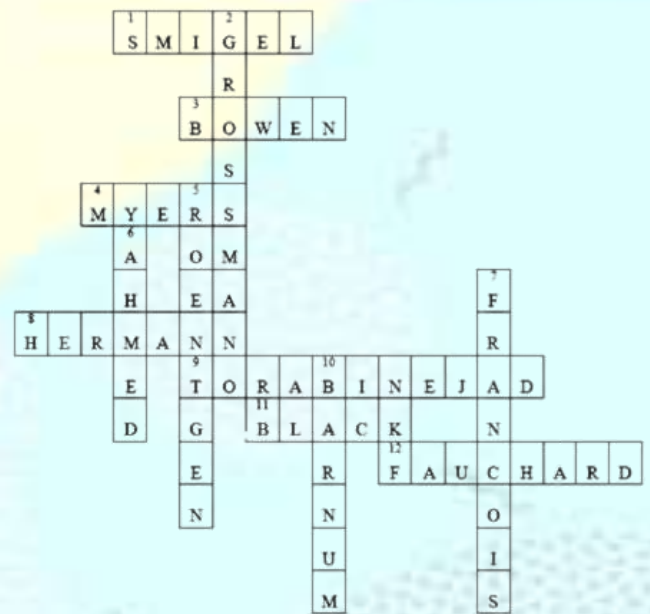
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newsletter@iacde.in

# ENTERTAINMENT



"Are you SURE you don't want to upgrade your Dental Plan Insurance?"

## CROSSWORDS ANSWERS



## IACDE JUMBLE WORDS ANSWERS

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2. EDDLAR
3. CONFIDENT
4. CHESA
5. GNATUS
6. SUZDENT