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MALWANCHAL **MIRROR**

QUATERLY BULLETIN



Index Institute of Dental Sciences

*Our mission was never just to teach or to treat.
It was to empower, to uplift, and to lead change.*

**Shri Suresh
Singh Bhadoria**

Chairman,
Index Group of Institutions

TOP
EVENTS OF
JULY 2025

From the desk of Dean ...



Dear Students, Faculty, Staff, Parents, and Patients,

I am delighted to share with you a significant milestone in the journey of INDEX Institute of Dental Sciences - the launch of our Digital Dentistry Department! This achievement is a testament to our commitment to excellence in education and patient care.

With the support of our dedicated team, enthusiastic students, and loving parents and families, this dream has finally come true. Together, we have worked tirelessly to create a state-of-the-art facility that embodies the perfect blend of technology and innovation.

The Digital Dentistry Department is designed to provide our students with hands-on experience in the latest digital dentistry technologies, including digital impressions, 3D printing, and CAD/CAM technology. Our patients will also benefit from advanced treatments, such as digital smile design, digital orthodontics, and implant planning.

I would like to express my heartfelt gratitude to everyone who has contributed to this achievement. Your hard work, dedication, and passion for excellence have made this possible.

As we embark on this new journey, I am confident that our Digital Dentistry Department will take us to greater heights, enabling us to provide even better care to our patients and empowering our students to become leaders in the field of dentistry.

Growing Together, Advancing Together

Sincerely,

Dr. Rolly S Agrawal

Dean, Index Institute of Dental Sciences



CAMPUS NEWS

MISSION MATRABHASHA: Honoring our Mother Tongue at *Index Institute of Dental Sciences*

On 19 June 2025 at 11 Am Index Institute of Dental Sciences organized a program on "Mission Matra Bhasha". Dr. Ashoka Khandelwal vice chancellor MPMSU University, Jabalpur was invited as the guest of honor. Registrar, Director of Malwanchal University, Head of the various institutes, Faculty members and students attended the program and got insight

about including mother tongue in the medical education system. This mission is to motivate students from backward areas and Hindi medium to opt for medical education.

This will help Medical specialist to communicate better with patients. This program is concluded by Dr. Rolly Agrawal (Dean) by giving vote of thanks to the guest of the honor.



Did You Know?

Evolution of Toothpaste

- **Ancient Origins:** Toothpaste dates back to 5000 BCE, with ancient Egyptians using powdered ox hooves, burnt eggshells, and pumice to clean teeth.
- **Soap Addition:** Dr. Peabody introduced soap in 1824, making toothpaste more effective.
- **Tube Innovation:** Dr. Washington Sheffield invented the collapsible tube in 1892.
- **Fluoride Revolution:** Fluoride was added to toothpaste in the 1950s, preventing cavities and strengthening enamel.
- **Modern Varieties:** Today, toothpaste comes in various flavors and types, including whitening, sensitive, and tartar control formulas.



CAMPUS NEWS

WORLD NO TOBACCO DAY: 15-DAYS AWARENESS CAMPAIGN

Theme – “Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products”.

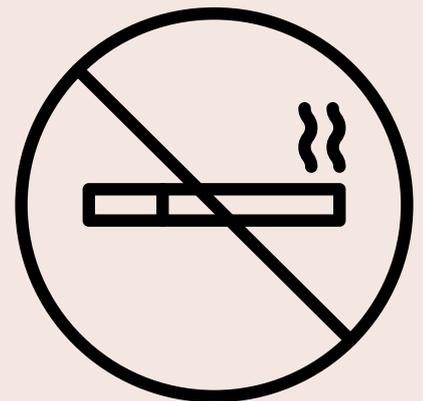
On the occasion of “World No Tobacco Day” Department of Public Health Dentistry in collaboration with Department of Oral Medicine and Radiology of Index Institute of Dental Sciences (IIDS) have conducted various activities over a period of 15 days like outreach activities -promotive, preventive and screening camps, oral cancer screening& IEC activities, walkathons.

This outreach activities by Index Institute of Dental Sciences benefitted around 1200 patients including all the promoting camps, screening camps and oral cancer camps for the duration of fifteen days.



Did You Know?

- Tobacco kills more than 8 million people each year globally (WHO).
- Smoking is the leading cause of preventable death worldwide.
- Second-hand smoke kills around 1.3 million non-smokers every year.
- Smokeless tobacco (gutkha, khaini, paan, etc.) causes oral cancer, tooth decay, and gum diseases.



CAMPUS NEWS

GRAND LAUNCH OF DEPARTMENT OF DIGITAL DENTISTRY AT IIDS

On 30th June 2025, Index Institute of Dental Sciences, Indore, hosted an engaging conference titled "Digital Dentistry: From Scan to Smile – Digital Workflow," featuring expert speakers Dr. Sween Kathuria and Dr. Ramit Lamba.

The event focused on the integration of digital technologies in modern dental practice, drawing enthusiastic participation from students and clinicians. Dr. Ramit Lamba opened the session by highlighting the clinical advantages of digital

impressions, digital smile design, and CAD/CAM in enhancing aesthetic outcomes and patient satisfaction followed by an in-depth explanation of intraoral scanning protocols, digital designing using Exocad, and the selection of appropriate materials like zirconia for milling and 3D printing. The event concluded with an interactive Q&A session, where attendees discussed clinical challenges and sought expert guidance.

Did You Know?



Pr. François Duret

Father of Digital Dentistry

Dr. Duret holds more than 65 patents for fast polymerization, digital articulator, spectrophotometry, composite materials, fiber posts and bleaching techniques. He is well known as the inventor of CAD/CAM medical and dental technology and artificial intelligence at the age of 22, with his thesis DDS optical imprint (optical printing) and with more than 350 lectures and 200 publications, books or book chapters on dental CadCam.



CAMPUS NEWS

300th AHILYABAI HOLKAR JAYANTI CELEBRATION: A TRIBUTE TO WOMEN'S RIGHTS AND SAFETY

Index Institute of Dental Sciences, solemnly celebrated 300th Ahilyabai Holkar Jayanti on 30th July 2025, focusing on the theme of "Mahila Suraksha (women's safety)".

The event commenced with a floral tribute to the revered queen and speeches by students emphasizing women's empowerment. Chief Guest SI sir, addressed

the gathering and urged youth to uphold values of justice and gender equality. Faculty members highlighted Ahilyabai's contributions to social reform. The event concluded with a pledge for women's safety and dignity, inspiring attendees to follow the path of righteousness and compassion laid by Ahilyabai Holkar.



Did You Know?



Lokmata Devi Ahilyabai Holkar (31.05.1725 - 13.08.1795)

Ahilyabai Holkar was a legendary queen of the Holkar dynasty in Indore, known for her wisdom, courage, and benevolent rule. After the death of her husband and father-in-law, she took charge of the Malwa kingdom in 1767 and became one of the few women rulers in Indian history. Renowned for her administrative skills, she brought peace and prosperity to her people.

CAMPUS NEWS

WORLD ENVIRONMENT DAY CELEBRATION

IIDS enthusiastically celebrated World Environment Day on 5th June 2025 with the theme "Save Earth. Save Environment. Save Life. We are #GenerationRestoration."

The program began with a green photography competition drive on campus, followed by promotion of environmental awareness and certificate distribution. Students showcased eco-friendly posters highlighting issues like deforestation, plastic pollution, and climate change.

Faculty members addressed the gathering, urging everyone to adopt sustainable habits. The event concluded with a pledge to protect and restore the environment, reflecting the institute's commitment to a greener and healthier future.



Did You Know?

- World Environment Day is celebrated every year on June 5th.
- It was established by the United Nations in 1972 during the Stockholm Conference on the Human Environment.
- The first Environment Day was celebrated in 1974, with the theme "Only One Earth."
- It is the biggest international platform for raising awareness and taking action on environmental issues.



CAMPUS NEWS

FACULTY DEVELOPMENT PROGRAM ON ETHICAL HACKING

Index Institute of Dental Sciences organized a specialized Faculty Development Program on the topic "Ethical Hacking" by the guest of honour Mr. Chandan Banwade. The workshop was scheduled for 25th July 2025, from 02:00 PM to 03:00 PM, at the IIDS Auditorium.

This workshop aimed to provide valuable

insights into the world of cybersecurity, focusing on ethical hacking practices and emphasizing the importance of ethical conduct in the digital realm. All faculty members, interns, and postgraduate students participated in this enriching learning experience. It offered practical knowledge of ethical hacking tools and techniques.



Did You Know?

- Ethical hacking is legal and done with permission to improve security.
- Ethical hackers are also called white-hat hackers.
- The goal is to identify weaknesses in systems before real hackers do.
- Ethical hackers follow strict rules and codes of conduct.
- Major companies like Google, Facebook, and Microsoft hire ethical hackers through bug bounty programs.



CAMPUS NEWS

ADIRA : AI FOR DIGITAL READINESS AND ADVANCEMENT

IIDS organized an insightful workshop titled “Training India’s Workforce to be AI-Ready” on 12th July 2025 at 12:00 PM. The session was conducted by Dr. Manish Jaisal, esteemed trainer with AI for Digital Readiness & Advancement (ADiRA).

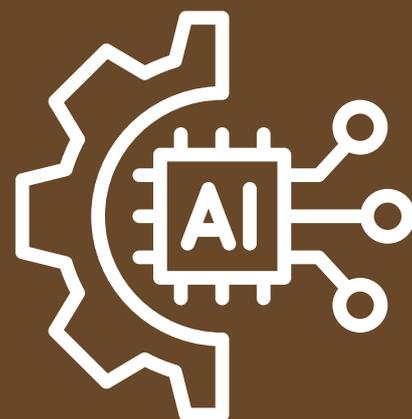
The initiative aimed to equip students and professionals with the knowledge and skills needed for an AI-integrated future. Dr. Jaisal emphasized the importance of digital transformation, AI literacy, and career readiness in today’s tech-driven world.

Participants engaged in hands-on discussions on AI applications, ethics, and future opportunities. The workshop concluded with an interactive Q&A session and enthusiastic participation.



Did You Know?

- AI-powered tools can detect dental issues like cavities, bone loss, and oral cancer from X-rays and CBCT scans with high accuracy.
- Machine learning algorithms help in predicting tooth decay and identifying problems earlier than traditional methods.
- AI in orthodontics is used for creating personalized treatment plans using 3D imaging and digital impressions.



CAMPUS NEWS

GURU PURNIMA CELEBRATION AT IIDS

IIDS students celebrated Guru Purnima on 10th July 2025 with deep reverence and gratitude toward teachers and mentors.

The event commenced with a traditional lamp-lighting ceremony and floral tribute to the Gurus. Students expressed their respect through heartfelt speeches, poems and cake cutting ceremony.

Director Malwanchal University and Faculty members, shared inspiring words highlighting the timeless bond between a teacher and student. The Dean addressed the gathering, emphasizing the role of Gurus in shaping young minds and character. The event concluded with blessings and an oath to uphold the values and wisdom imparted by teachers.



Did You Know?

- It is believed that on this day, Lord Shiva became the first guru (Adi Guru) and began imparting knowledge to the Saptarishis (seven sages).
- Guru Purnima is also the birth anniversary of Maharishi Ved Vyasa, the author of the Mahabharata and compiler of the Vedas.
- The day is celebrated by Hindus, Buddhists, and Jains alike to honor their teachers and spiritual leaders.



Faculty Corner

Got Discolored Front Teeth? We've Got Solutions!

Are you self-conscious about your smile due to discolored front teeth? Don't worry, you're not alone! Discoloration can be caused by aging, trauma, smoking, certain foods, medications, or previous dental work. But the good news is that there are several effective treatments available to help you achieve a brighter, more confident smile.

Let's Explore Your Options!

1. Bleaching (Whitening): Is your discoloration mild to moderate? Bleaching might be the perfect solution for you! Our safe whitening agents can lighten your tooth color, and you can even do it at home under our guidance or professionally in-office.

Dr. Suparna Ganguly Saha

Professor and Head

Department of Conservative Dentistry and
Endodontics

Index Institute of Dental Sciences



2. Composite Restorations: Got small or localized discoloration? Our tooth-colored composite resin can be applied directly to the tooth, providing a quick and affordable solution that blends well with your natural teeth.

3. Laminates (Porcelain Veneers): Are you dealing with deeper stains or cosmetic issues? Our thin ceramic shells can be bonded to the front of your teeth, providing a durable, stain-resistant, and natural-looking solution.

4. Lithium Disilicate Crowns/Veneers: This advanced ceramic offers excellent aesthetics and strength, making it perfect for teeth with moderate discoloration and slight structural damage.

5. Zirconia Crowns: For severely discolored or damaged teeth, our zirconia crowns provide full coverage, strength, and biocompatibility, restoring both function and aesthetics.

What's the Best Option for You?

Consult with our dentist to determine the cause and extent of your discoloration, and we'll recommend the best treatment option for you. With our expertise, you'll be flashing a confident smile in no time!

Faculty Corner

Early Detection of Oral Cancer: A Critical Step Toward Improved Prognosis

Abstract:

Oral cancer remains a significant public health concern, with a rising global incidence and often poor prognosis due to late-stage diagnosis. Early detection plays a pivotal role in improving survival rates and reducing morbidity. This article reviews current strategies and emphasizes the importance of early screening for oral cancer.

Main Text:

Oral cancer, primarily squamous cell carcinoma, affects the lips, tongue, floor of the mouth, and other oral tissues. Despite advances in treatment, the 5-year survival rate remains below 60%, largely due to late diagnosis. Early-stage detection significantly improves outcomes, often allowing for less invasive treatment and better quality of life.

Routine screening during dental visits, particularly for high-risk individuals (e.g., tobacco and alcohol users, HPV-positive patients), is crucial. Visual and tactile examinations remain the cornerstone of detection, while adjunctive tools—such as autofluorescence imaging, toluidine blue staining, and brush biopsies—can aid in identifying premalignant changes. Recent advances in salivary biomarkers and AI-assisted imaging technologies hold promise for non-invasive, cost-effective early diagnostics.

Dr. Dheeraj Sharma

Professor & Head
Department of Oral Pathology & Microbiology
Index Institute of Dental Sciences



Public awareness and education among healthcare professionals are vital to recognize early signs such as persistent ulcers, red or white patches, and unexplained oral bleeding. Integrating oral cancer screening into primary care protocols may further enhance early diagnosis.

Early detection of oral cancer is key to improving survival and minimizing treatment burdens. Enhanced screening, public education, and emerging technologies must be prioritized to shift diagnoses to earlier, more treatable stages.

Faculty Corner

Healing Light: The Role of Low Level Laser Therapy in Pediatric Dentistry

Introduction:

LLLT (Low-Level Laser Therapy), also known as photobiomodulation, uses low-intensity lasers or LEDs. It promotes healing, reduces pain, and decreases inflammation without generating heat or damaging tissues. Ideal for pediatric patients due to its non-invasive, pain-free nature. It also reduces dental anxiety and improves cooperation during treatment.

Applications in Pediatric Dentistry:

1. Oral Ulcers & Traumatic Lesions: Accelerates healing and reduces pain.
2. Pulp Therapy (Pulpotomy/Pulpectomy): Reduces inflammation and promotes tissue regeneration.
3. Dentinal Hypersensitivity: Helps seal dentinal tubules, reducing sensitivity.
4. Soft Tissue Surgeries: Used in procedures like frenectomies and gingivectomies; promotes faster healing with minimal bleeding and no need for sutures
5. Orthodontic & Eruption Benefits: Aids in tooth eruption in delayed cases and accelerates orthodontic tooth movement by enhancing bone remodeling.
6. Pain & Inflammation Control: Effective in postoperative pain management.
7. Antimicrobial & Anti-Inflammatory Effects: Helps manage gingivitis, mucositis, and other soft tissue infections.
8. Child-Friendly Technology: No vibration, noise, or discomfort compared to traditional tools.

Dr. Navneet Agrawal

Professor & Head
Department of Pediatric and Preventive Dentistry
Index Institute of Dental Sciences



Conclusion:

LLLT is a valuable tool in modern pediatric dentistry. Offers quicker healing, less discomfort, and better patient compliance - making it a promising adjunct to routine pediatric dental care.

Student's Corner

मौखिक स्वास्थ्य जागरूकता

इन दिनों भारत के लोगों में अपनी स्वास्थ्य के प्रति जागरूकता देखी जा सकती है। पर इस तरह की जागरूकता शरीर की कुछ अंगों तक ही सीमित रह जाती है। जिस तरह आजकल लोग व्यायाम शाला में जाकर अपने आप को मांसल और उपयुक्त बनाने में लगे हुए हैं ताकि वे सुंदर भी दिखे और स्वयं का आत्मविश्वास भी बढ़ा सके लेकिन क्या वह इन सब में अपने मौखिक स्वास्थ्य पर ध्यान दे पाते हैं? ऐसी बात नहीं है कि वह मुंह का ध्यान नहीं रखते पर फिर भी जितने लोग अपनी चमड़ी को निखारने में लगा रखते हैं इतना वे मौखिक स्वास्थ्य और सुंदरता पर ध्यान नहीं देते। मुंह की साफ-सफाई ही नहीं अगर उनके दांत अनमेल भी पाए जाते हैं क्या वह उसे सही करने के ऊपर ध्यान दे पाते हैं जिस तरह की अपने शरीर की बनावट सही करने के ऊपर ध्यान देते हैं।

देश के लोगों में मौखिक स्वास्थ्य और स्वच्छता के प्रति जागरूकता तो आई है लेकिन आज भी हम मौखिक स्वास्थ्य में बहुत पिछड़े हुए हैं! मौखिक स्वास्थ्य चूंकि चिकित्सा से संबंधित होता है यह भी देखा गया है जब तक दर्द का कारण ना हो वे तब तक दंत चिकित्सक के पास नहीं जाते। अतः लोगों को समझना चाहिए कि जिस तरह है वे पार्लर जिम सैलून आदि जाते हैं ठीक इसी तरह दांतों की बुनियादी जांच और साफ सफाई कराने दंत चिकित्सक के पास जाया जा सकता है और उन्हें जाना चाहिए, क्योंकि मुंह शरीर के महत्वपूर्ण स्वस्थ और शरीर की सुंदरता से संबंधित होता है।

**Dr. Harshvardhan
Godaria**

MDS 1st Year

Index Institute of Dental Sciences



Student's Corner

GENETICS IN DENTISTRY

Genetics plays a crucial role in modern dentistry, influencing disease susceptibility, oral health and treatment response. In recent advancement, dental professionals increasingly recognize variations in diagnosing and managing conditions such as dental caries, periodontal disease, malocclusion and cancer.

Variation in genes involved in enamel formation (Like AMELX and MMP20) can predispose individuals to caries, while genes such as IL1A and TNF which leads to inflammation are suspected to periodontitis. CRISPR-Cas9 technology allows direct correction of disorders like amelogenesis imperfecta, dentinogenesis imperfecta, and craniofacial anomalies. CRISPR is also being researched for cariogenic and periodontal pathogens- offering a new way for disease prevention.

Tissue Engineering and Regeneration is used to promote tooth tissue regeneration by transferring genes directly into dental pulp that can help in regeneration and stimulation of dentine repair and dentine-pulp complex. Genes related to bone remodeling, such as RANKL can speed up tooth movement in orthodontic treatment and also can reduce the time of treatment. DNA vaccines can help in boosting immunity against periodontal pathogens like Porphyromonas Gingivalis.

Stem cell in dentistry are explored for their potential to regenerate and stimulate dental tissue, bone repair and treating oral diseases. Gene therapy and stem cell technologies hold promise for regenerating dental tissues and treating hereditary dental disorders. However environmental factors and lifestyle also effects the oral health, genetics in dentistry enables personalized care, early disease detection and improved treatment modalities, revolutionizing modern oral health management.

NANCY JAIN

Intern Batch 2020-21

Index Institute of Dental
Sciences



Student's Corner

पैकेज्ड फूड की वास्तविकता

हम जो खाद्य वस्तु खरीदते हैं और उसका उपयोग करते हैं हमें यह देख लेना चाहिए कि जिस तरह से उसे जानते हैं वास्तव में वह वैसी होती है या नहीं।

ज्यादातर खाने के उपयोग में आने वाले पैकेज्ड फूड में उसकी आंतरिक सामग्री के बारे में जानकारी पैकेट पर ही लिखी रहती है पर उसे पढ़ना कोई भला नहीं समझता जो कि हमारे स्वास्थ्य पर उल्लेखनीय प्रभाव डालती है, जिसकी जानकारी इंटरनेट के माध्यम से हम झट से जान सकते हैं।

उदाहरण के तौर पर जिसको हम आइसक्रीम कहते हैं वह ज्यादातर वास्तव में दूध से बनी हुई आइसक्रीम होती ही नहीं है हम उसके इंग्रेडिएंट्स में पढ़ सकते हैं कि वह पाम तेल से बनी होती है। पाम आयल का फूड कंपनियों द्वारा इतना बड़ा जंजाल फैला हुआ है कि उसमें आइसक्रीम भी चपेट में आ गई है।

कई बार पैकेट के फ्रंट में लुभावने अंदाज में छापा हुआ हेल्दी सामग्री डला होने के बारे में बताया जाता है पर वास्तविकता में हमें उसके इंग्रेडिएंट्स पढ़ने चाहिए, पैकेट की आगे लिखा हुआ होता है कि यह आटे से बना हुआ है पर हम पैकेट के पीछे जो इंग्रेडिएंट्स लिखे होते हैं उससे वास्तविकता जान सकते हैं कि उसमें आटे का कितना प्रतिशत है और मैदे का कितना! और इन पैकेट में ढेर सारे प्रिजर्वेटिव भी डले हुए होते हैं जिसके बारे में हमें इंटरनेट संचार माध्यम द्वारा जानकारी प्राप्त कर लेना चाहिए।

हमें जागरूक होने की जरूरत है और इसी तरह हम हमारे परिवार एवं स्वजनों को भी पैकेट की वास्तविकता से जागरूक कर सकते हैं ताकि हम उन्हें छोड़कर स्वास्थ्यवर्धक खाद्य पदार्थों का उपयोग कर सकें।

Mohak Jain

Final Year

Batch 2021-22

Index Institute of Dental Sciences



MALWANCHAL MIRROR



AFFILIATIONS & ACCREDITATIONS



DCI



ISO



The WEEK

OUR GROUP VENTURES



OTHER GROUP OF INSTITUTIONS



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