

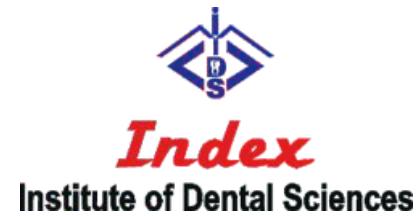
MALWANCHAL MIRROR

QUATERLY BULLETIN



**Mr. MAYANKRAJ
SINGH BHADORIA**

Vice-Chairman,
Mayank Welfare Foundation



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

FROM THE DESK OF DEAN ...

Dr. Rosaiah Kanaparthys

Dean, Index Institute of Dental Sciences



Warm greetings to the readers of Malwanchal mirror,

It gives me immense pleasure to share this message with you. The mission of Index institute of dental sciences is to educate, inspire and empower future dental professionals who are committed to excellence in oral health care, lifelong learning, ethical practice and compassionate service to the community.

This mission is supported by state of the art infrastructure dedicated to teaching and practical training by using modern technologies in the dental clinics and laboratories for diagnosis and treatment of dental diseases. We have advanced diagnostic aids such as digital radiography, OPG and CBCT in the clinics.

Treatment provided ranges from basic dental procedures to specialized procedures such as implant placement, laser surgeries, maxillo-facial surgeries and digital smile design.

High quality education is provided by renowned and enthusiastic faculty in spacious air-conditioned classrooms equipped with modern teaching aids such as smart boards and LCD projectors.

Precision work is taught and carried out in phantom labs, casting and ceramic labs with CAD CAM technology.

The young minds are further inspired by a well stocked library with a vast and updated collection of books, national and international journals to which an e- library with e-books and e-journals has been added

facilitated by high speed internet.

To further our commitment to advancing the field of dentistry, we have a research centre which enables our undergraduate and postgraduate students to engage in research projects.

Our commitment to community service is fulfilled by our enthusiastic team of faculty and students who regularly conduct dental camps in rural areas using well- equipped mobile dental vans and provide essential treatment to underserved population. The goal of our dental institution is to deliver patient-centred care and Mold the next generation of dental professionals who will make a meaningful impact on the society.

Our aim is to promote the holistic development of students through academic excellence, clinical training, character building and community engagement.

CAMPUS NEWS

Children's Day Celebration – DEPARTMENT OF PEDIATRIC DENTISTRY

The Department of Pediatric and Preventive Dentistry celebrated Children's Day on 14th November with great enthusiasm under guidance of Dr Navneet Agrawal (HOD) and Dr. Neha Bhadaria (Professor). The department was decorated with vibrant posters and balloons to create a cheerful, child-friendly atmosphere for young patients. Faculty members, postgraduate students, and interns welcomed children warmly and conducted engaging activities such as drawing, coloring, oral-health games, and fun quizzes. Children also received guidance on proper brushing techniques, diet counseling, and cavity prevention in an interactive and playful manner.

The celebration concluded with the distribution of gifts, badges, certificates, and healthy snacks, which added excitement and joy to the day. The event successfully created positive dental experiences, strengthened rapport with young patients, and reinforced the department's commitment to promoting healthy smiles. Overall, the Children's Day celebration brought smiles, learning, and memorable moments for every child who visited the department.



DEPARTMENT OF ORAL MEDICINE AND RADIOLOGY

World Radiology Day Celebration; CDE Program- CBCT Third eye of Dentistry

On 8th Nov 1895 Dr. Wilhelm Conrad Roentgen discovered X rays and turned this day as a milestone and started an era of imaging. To acknowledge this day and to make students aware about paradigm shift in the imaging modalities department of oral medicine and radiology organised a CDE workshop on CBCT -Third eye of dentistry on 10th nov 2025. The programme was organised under the guidance Dean Dr. Rosaiah Kanaparthi and Dr. Deepti Singh Hada, Professor, Assistant Dean, and Head of the Department of Oral Medicine and Radiology and her team Dr. Neha Hissariya, Dr. Shubhi Maheshwari, Dr. Nidhi Jaiswal, Dr. Shweta Sharma.

The event began with inaugural ceremony followed by lecture and hands-on workshop on CBCT which was conducted by Dr. Isha Sabhlok, consultant maxillofacial Radiologist from Pune, she taught participants the basic of the technology with practical exposure to 3D CBCT software. The program turned successful and participants learned with great enthusiasm.

CAMPUS NEWS

SAVING LIVES, ONE SKILL AT A TIME

Empowering Future Dentists with Life-Saving Confidence

The Index Institute of Dental Sciences, under the aegis of Malwanchal University, organized a Basic Life Support (BLS) Workshop on 30th September 2025 to strengthen emergency response skills among dental students and faculty.

KEY LEARNING HIGHLIGHTS:

- Early recognition of cardiac arrest and the chain of survival
- Step-by-step approach to CPR and airway management
- Hands-on practice on mannequins for real-life readiness



The workshop, led by Dr. Mehul Srivastava, boosted participants' confidence in handling medical emergencies, reinforcing that every healthcare professional can make a lifesaving difference.



CAMPUS NEWS

NEW BEGINNINGS, STRONG FOUNDATIONS Post graduate students orientation programme Welcoming Postgraduates to a World of Academic Excellence

The Index Institute of Dental Sciences, under the aegis of Malwanchal University, organized a Postgraduate Orientation Programme along with a Lecture and Workshop on Research Methodology on 1st October 2025 at the college auditorium. The event marked an inspiring beginning for newly admitted postgraduate students as they stepped into an enriching academic environment.

THE PROGRAMME FOCUSED ON:

- Understanding institutional values and academic policies
- Developing a research-oriented mindset
- Emphasizing ethical and evidence-based dental practice

HIGHLIGHTS OF THE EVENT INCLUDED:

- A warm welcome address by the Dean, stressing the significance of clinical training blended with research
- An insightful lecture on Research Methodology, covering study design, data handling, and scientific thinking
- A hands-on workshop that enhanced students' confidence in planning postgraduate research

The event successfully motivated postgraduate learners to pursue academic excellence and contribute to innovative research in dentistry.



CAMPUS NEWS

REPORT ALUMNI

The Alumni Meet 2025 of Index Institute of Dental Sciences was successfully held on 31 October in the college auditorium, bringing together around 200 former students from various graduating batches. The event was organized by the Alumni Association of Malwanchal University in collaboration with the college and marked a day of nostalgia, celebration, and professional networking.



The program commenced with the traditional lamp lighting ceremony followed by a warm welcome address by the Dean, Dr. Rosaiah Kanaparthi, who expressed immense pride in the accomplishments of the alumni and highlighted their contribution to the field of dentistry at national and international levels.

A presentation showcasing the journey of the college, major achievements, and campus developments since the alumni's graduation years was displayed, evoking heartfelt memories among attendees.

Alumni from various batches shared their experiences, recounting growth, challenges, and the role of the institution in shaping their careers.

The meet also two cultural programs performed by current students Kratika Raut, pakhi and Shubhangi, followed by a networking dinner that allowed alumni to reconnect with peers, faculty, and mentors.

The meet concluded with a vote of thanks by Dr. Suparna Ganguly Saha, professor and Head, Department of



Conservative Dentistry and Endodontics, marking a fitting end to the evening.

Overall, the Alumni Meet served as a meaningful platform to strengthen the bond between the institution and its former students, fostering a sense of pride, belonging, and continued collaboration for future academic and professional endeavors.

CAMPUS NEWS

BDS ORIENTATION PROGRAMME AND WHITE COAT CEREMONY



The Orientation and White Coat Ceremony for the new batch of BDS students was held at the Auditorium of Index Institute of Dental Sciences on 13 November 2025, marking a significant milestone as students embarked on their professional journey into dentistry. The event brought together management members, students, parents, faculty members, and distinguished guests numbering over 500 to enthusiastically welcome the incoming class and initiate them into the ethics and responsibilities of the dental profession.

The program commenced with a warm welcome of Chairman sir, Shri Suresh Singh Bhaduria, followed by the ceremonial lamp lighting to signify the beginning of a new academic chapter.

The Dean of IIDS Dr. Rosaiah Kanaparthi, addressed the gathering with an inspiring speech, highlighting the

institution's vision, academic excellence, and the values upheld by the college. The students were introduced to the curriculum structure, examination system, academic calendar, and college facilities by Dr. Suparna Ganguly Saha (Professor and Head, Department of Conservative Dentistry and Endodontics.)

Representatives from various departments provided brief overviews of their specialties, giving students a glimpse into the diverse fields of dentistry they would explore.

One by one, students were called onto the stage to be vested with their white coats by their respective mentors and faculty members. This symbolic act marked their commitment to professionalism, clinical ethics, and patient-centered care.

After receiving their coats, students collectively recited the Hippocratic oath, reaffirming their dedication to



uphold the highest standards of dental practice.

The event concluded with a vote of thanks by Dr. Rajeev Srivastav (Professor and Head, Department of Prosthodontics) expressing gratitude to the management, faculty, parents, and students for their presence and support. A group photograph session captured the memorable occasion.



FACULTY CORNER

THE INFLAMMATORY DOMINO EFFECT: It All Starts with Your Gums

**Dr Neha Khare**

Professor & Head,
Department of Periodontology,
Index Institute of dental sciences.

Recent research has transformed periodontal disease from a “local gum problem” into a systemic inflammatory trigger with far-reaching effects. Today, advanced diagnostic tools such as salivary biomarkers, microbial gene sequencing, and host-response assays show that gum inflammation sends bacterial fragments and inflammatory mediators into the bloodstream, raising the body’s overall inflammatory load.

A major highlight in recent science is the two-way connection with diabetes. Newer studies show that gum inflammation increases insulin resistance, while hyperglycemia weakens the immune response—making periodontal disease progress faster. Treating gum disease has been shown to modestly improve HbA1c levels. Cardiovascular research has also advanced: next-generation sequencing has detected *P. gingivalis* and other oral pathogens inside arterial plaques. These microbes can trigger endothelial damage and accelerate plaque formation, increasing heart and stroke risk.

In pregnancy, emerging studies link high levels of periodontal inflammatory markers with placental stress, contributing to preterm birth.

Newer evidence also connects periodontal inflammation with respiratory diseases, arthritis, and even neuroinflammation through shared inflammatory pathways.

The key message from recent advances is clear: “Healthy gums support a healthy body”

By reducing oral inflammation through timely periodontal care, we can lower systemic inflammation and improve overall health outcomes.



FACULTY CORNER

WHITE GOLD IN DENTISTRY: Zirconia's Rise in Prosthodontics



Dr. Rajeev Srivastava

Professor and Head
Department of Prosthodontics
and crown and bridge
Index Institute of Dental
Sciences, Indore

Zirconia (zirconium dioxide) has revolutionized prosthodontics with its exceptional mechanical and biological properties. As a non-metal, ceramic biomaterial, zirconia offers high strength, excellent aesthetics, and superior biocompatibility, making it a material of choice for a wide range of dental restorations. Advances in CAD/CAM technology have further enhanced the precision and versatility of zirconia applications, enabling durable and lifelike prostheses that meet both functional and cosmetic demands.

CLINICAL ROLES OF ZIRCONIA:

CROWNS AND BRIDGES: Used for both anterior and posterior single crowns, multi-unit bridges, and full-arch rehabilitations due to outstanding strength and esthetics.

IMPLANT PROSTHETICS: Suitable for implant abutments and frameworks, offering excellent biocompatibility and low plaque accumulation.

VENEERS: Ideal for minimally invasive esthetic corrections, providing high translucency and a natural tooth appearance.

INLAYS/ONLAYS: Used for conservative, tooth-colored indirect restorations with superior fracture resistance.

FULL AND PARTIAL DENTURES: Serves as a framework material, delivering strength and reduced bulk for enhanced comfort.

POSTS AND CORES: Zirconia's rigidity makes it useful for posts and cores in endodontically treated teeth where esthetics matter.

PEDIATRIC PROSTHODONTICS: Prefabricated zirconia crowns restore primary teeth while addressing esthetic requirements in children.

ORTHODONTIC AND SURGICAL COMPONENTS: Fabricated as cutting burs, attachments, orthodontic brackets, and surgical drills due to hardness and durability.

DIGITAL DENTISTRY: Integrates seamlessly with CAD/CAM workflows, ensuring high precision, consistent fit, and patient-specific customization.

FINAL THOUGHT:

Zirconia's got it all—if you want restorations that make you (and your patients) smile, zirconia's up for the job! "Why settle for ordinary when zirconia brings out the best in every tooth."

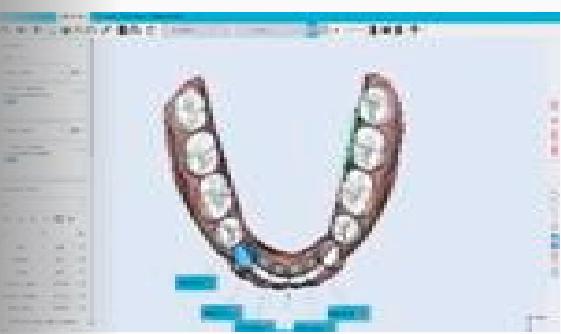


FACULTY CORNER



Dr. Himanshu Kanungo

Professor & HOD, Department of Orthodontics & Dentofacial



Orthopaedics Advancements in Orthodontic Planning at Index Institute of Dental Sciences The integration of cutting-edge digital technologies, such as Maestro 3D 7 software and intraoral scanners, is revolutionizing orthodontic planning and execution at the Index Institute of Dental Sciences. These tools enhance precision, efficiency, and patient outcomes in aligner therapy and orthodontic practice.

Maestro 3D 7 software provides an all-in-one digital environment for planning and fabricating clear aligners. The software utilizes AI-based automation to rectify imperfections in 3D scans and rapidly and accurately segment teeth. During the virtual setup phase, clinicians plan the exact final positions of the teeth while closely monitoring and fine-tuning movements such as rotations, angulations, and inclinations.

Advanced tools within the software allow for the addition of attachments, planning of interproximal reduction (IPR), simulating extractions, and managing multi-step treatment stages. The platform also supports integration with CBCT data for highly detailed 3D modelling, ensuring comprehensive evaluation and precise planning for each case.

Maestro 3D 7 software generates detailed reports and videos on planned tooth movements and aligner stages, making it easy for clinicians to share this information via cloud services. The software supports the export and 3D printing of sequential aligner models, which is critical for in-house aligner production and quality control. Its compatibility with various intraoral scanners and open file formats further streamlines the clinical workflow—from data acquisition to treatment delivery.

Use of Intraoral Scanners in Orthodontics Intraoral scanners play a central role in modern orthodontics, offering accurate, quick, and highly detailed 3D representations of dental arches. These scanners enable clinicians to measure parameters such as arch widths, tooth sizes, transverse dimensions, and discrepancies like overjet or overbite with remarkable accuracy and efficiency.

The use of intraoral scanning significantly reduces patient discomfort compared to traditional impressions and allows for immediate electronic data transfer to planning software like Maestro 3D. This seamless workflow—from digital impression capture through diagnostic setup, treatment simulation, and the fabrication of aligners or appliances—enhances both clinical and laboratory efficiency.

Moreover, intraoral scanners facilitate improved communication between patients and clinicians through clear visualizations of treatment proposals and progress. Clinical Integration and Impact At the Index Institute of Dental Sciences, the combination of Maestro 3D 7 software and intraoral scanners has elevated the standard of care.

This digital workflow ensures precision in every step—from diagnosis to appliance fabrication—enabling fully customized aligner therapy tailored to individual patient needs.

This technology-driven approach empowers clinicians to deliver predictable, high-quality outcomes, reinforcing the Institute's commitment to excellence in dental education and patient care.

STUDENT CORNER

स्वच्छता – एक आवश्यक जिम्मेदारी



Dr. Rajat Sharma

- MDS 1st year
- Dept. of Oral and Maxillofacial Surgery.

स्वच्छता हमारे देश और समाज के लिए बहुत ज़रूरी है। जब आसपास गंदगी होती है, तो मच्छर और मक्खियाँ बढ़ते हैं, जिससे डेंगू, मलेरिया, हैजा और टाइफाइड जैसी बीमारियाँ फैलती हैं।

विश्व स्वास्थ्य संगठन (WHO) के अनुसार, दुनिया में होने वाली कई बीमारियों का कारण गंदा पानी और गंदा वातावरण है। इसलिए स्वच्छता सीधे हमारे स्वास्थ्य से जुड़ी होती है।

भारत सरकार ने 2 अक्टूबर 2014 को स्वच्छ भारत मिशन शुरू किया। इस अभियान के तहत देश में करोड़ों शैचालय बनाए गए और खुले में शैच की समस्या को काफी कम किया गया। कई शहरों में घर-घर कचरा

संग्रहण की सुविधा शुरू की गई और कई जगहों पर कचरे को गीला और सूखा अलग करने की व्यवस्था लागू हुई। 2023 की रिपोर्ट के अनुसार, कई राज्यों को "ओपन डिफेक्चरन फ्री" घोषित किया गया है। इससे साफ-सफाई की स्थिति पहले से बेहतर हुई है।

हम सबकी भी जिम्मेदारी है कि हम कचरा सड़क पर न फेंकें, कूड़ेदान का इस्तेमाल करें, अपने घर और आसपास सफाई रखें, हाथ धोने की आदत अपनाएँ और प्लास्टिक का इस्तेमाल कम करें।

अगर हर नागरिक थोड़ा-सा प्रयास करे, तो हमारा देश साफ, स्वस्थ और सुंदर बन सकता है। स्वच्छता सिर्फ़ सरकार का काम नहीं, बल्कि हर भारतीय की जिम्मेदारी है।

THE BEAUTY HIDDEN IN ORDINARY MOMENTS

In a world that constantly urges us to chase bigger dreams and louder achievements, the gentle magic of ordinary moments often slips by unnoticed. We hurry through our days waiting for something spectacular, forgetting that life's truest warmth often arrives quietly.

It appears in sunlit mornings, in the comfort of routines, in the calm familiarity of a classroom corridor, or in the unexpected kindness of someone who understands us without explanation. The ordinary is not dull; it is grounding. It reminds us that happiness does not always demand celebration—it sometimes lives in the soft spaces between our busy hours. When

we slow down enough to notice these simple details, life expands.

The ordinary begins to glow with a beauty we never stopped to see. These moments also teach us presence. They gently pull us away from what has passed and what is yet to come, urging us to inhabit the now with sincerity. In this awareness, gratitude blooms—not dramatically, but quietly, like a small light that changes everything it touches.

Perhaps the extraordinary is not something we must search for. Perhaps it is already woven into everyday life, waiting for us to pause long enough to recognize it.



Divyanshu Kumar

- BDS-Final year/IVYEAR
- Session :- 2021-2022

STUDENT CORNER

THE RISE OF COSMETIC DENTISTRY IN INDIA



Apoorva Pandey

Intern

Cosmetic dentistry in India has witnessed a remarkable rise over the past decade and increasing gradually day by day, transforming the way people perceive their smile.

Earlier dentistry was linked and mainly confined to treating pain, infection and oral diseases focusing primarily on relief from discomfort. Earlier a visit to dentist meant addressing cavities, extractions or emergencies. However the field has evolved remarkably beyond this scope.

Modern dentistry now blends science in aesthetics which not only relieves discomfort but enhances appearance and improves overall oral health. What was once considered luxury reserved to celebrities is now a mainstream choice for young professionals, college students and even older adults seeking confidence boost.

With increasing awareness, social media influence and growing desire for a picture perfect smile to overcome insecurities, procedures like teeth whitening, composite bonding, veneers, laminates and clear aligners have become more accessible than ever. One major factor driving this growth is shift in mindsets. People today view bright and well aligned smiles as an essential part of personality and self presentation both professionally and socially.

Advancements in digital dentistry such as smile design software and 3D printing allows patient to preview results making treatment reliable and appealing.

Cosmetic procedures in India have become more affordable and available compared to international markets along with multiple treatment options.

With trained specialists and improved technology and rising aesthetic awareness cosmetic dentistry continues to evolve and thrive rapidly. As beauty standards change and confidence becomes priority demand for aesthetic dental treatment is set to grow even further.

What was once only about curing problems has now transformed into creating smiles people genuinely love.



ACCREDITATIONS & AFFILIATIONS



EDITORIAL CORNER



Every page of Malwanchal Mirror captures growth, innovation, and the heart of our institution.

Mr. Sankalp Ojha
Editor

Malwanchal Mirror's design celebrates learning, achievement, and the vibrancy of campus life.

Mr. Pranav Sharma
Creative Designer



GROUP INSTITUTIONS



PHYSIOTHERAPY
& PARAMEDICAL
SCIENCES



OTHER GROUP OF INSTITUTIONS



Campus: Index City, NH-59A, Nemawar Road, Indore - 452016 (M.P.)

📞 0731-4013774, 4013370 📩 registrar@malwanchaluniversity.in

www.malwanchaluniversity.in