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**MALWANCHAL
UNIVERSITY**
(INDEX GROUP OF INSTITUTIONS)

MALWANCHAL MIRROR

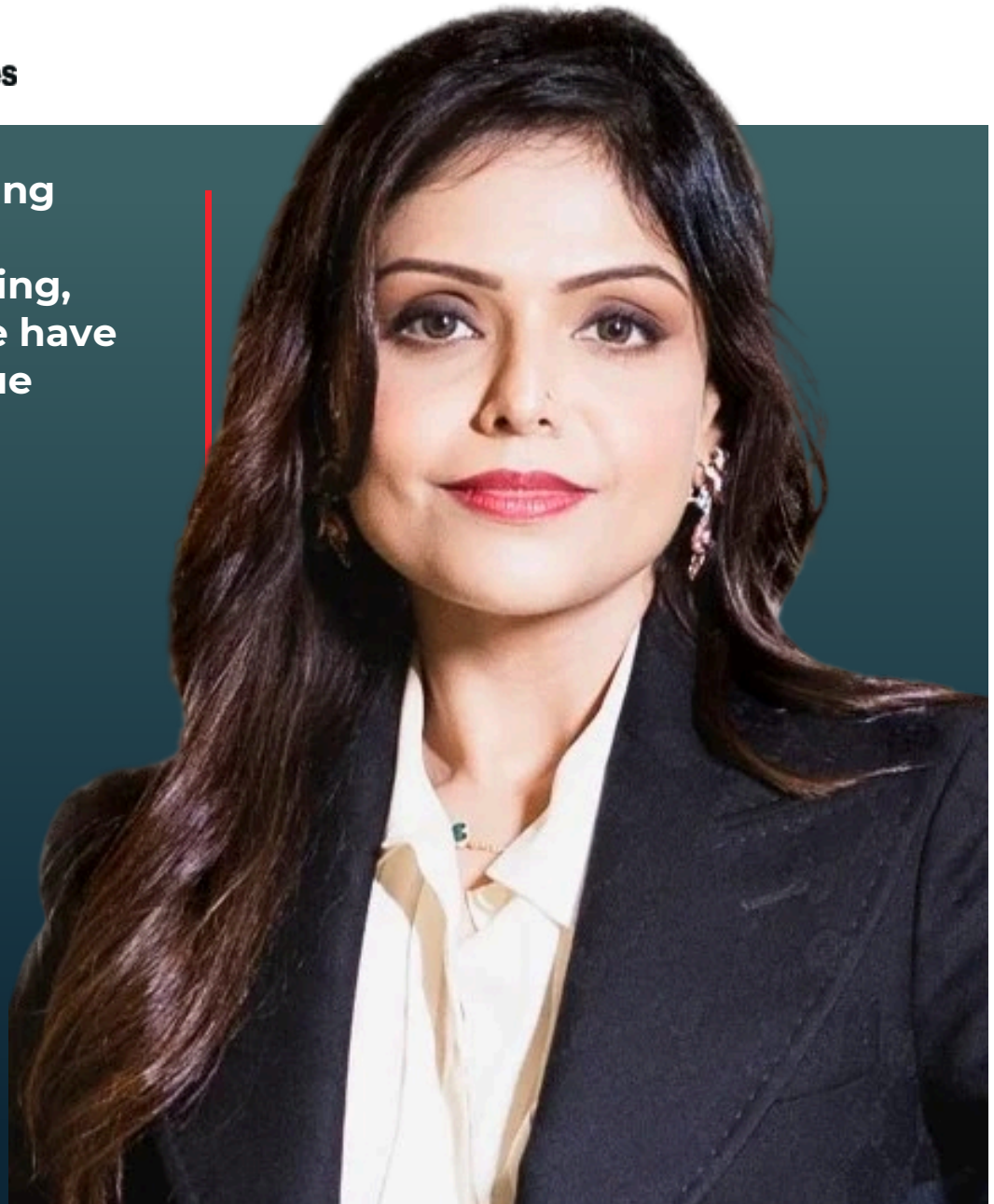
QUATERLY BULLETIN



Index

Institute of Dental Sciences

Teaching and treating
were just the start.
Empowering, uplifting,
and leading change have
always been our true
mission.



**Mrs. Gauri Singh
Bhadoria**

Chancellor,
Malwanchal University

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FROM THE DESK OF DEAN ...

Dr. Rosaiah Kanaparthi

Dean, Index Institute of Dental Sciences

It is with immense pride and satisfaction that I present this edition of the Bulletin of Index Institute of Dental Sciences. Our institution remains steadfast in its commitment to academic excellence, clinical competence, ethical practice, and meaningful research. We strive to create an environment that nurtures intellectual growth, professional integrity, and compassionate patient care.

The achievements and activities showcased in this bulletin are a testament to the dedication of our faculty, the enthusiasm of our students, and the unwavering support of our management. Through academic programs, scientific deliberations, and community outreach initiatives, we continue to strengthen our foundation in quality dental education.

As we advance, we remain focused on innovation, evidence-based learning, and holistic development to prepare future-ready dental professionals. I congratulate the editorial team for their commendable efforts and extend my best wishes to the entire institute for continued success.

CAMPUS NEWS

INTERNATIONAL ORAL & MAXILLOFACIAL SURGEON DAY CELEBRATION

The Department of Oral & Maxillofacial Surgery, Index Institute of Dental Sciences, Malwanchal University, Indore, celebrated OMFS Day on 13th February 2026 under the leadership of Dr. Mamta Singh. A walkathon and awareness rally highlighted oral cancer prevention, tobacco hazards, and facial trauma management. Informative skits engaged the audience effectively. The program was graced by Dean Dr. Rosaiah Kanaparthy and Dr. R. C. Yadav. The celebration concluded with cake cutting, fostering teamwork and awareness.



Republic Day Celebration 2026 at Index Institute of Dental Sciences

The Republic Day Celebration was solemnly observed at Index Institute of Dental Sciences, Indore, on 26 January 2026. The programme began with flag hoisting and the National Anthem, followed by inspiring addresses by the Chief Guest and Dean highlighting constitutional values and professional responsibility. Patriotic cultural performances added vibrancy to the event. Meritorious students were felicitated, reinforcing the spirit of unity, integrity, and national pride across the campus community.



CBCT – The Third Eye of Dentistry

The Department of Oral Medicine and Radiology celebrated World Radiology Day with a CDE program on CBCT – Third Eye of Dentistry on 10th November 2025. Marking the discovery of X-rays by Wilhelm Conrad Roentgen on 8th November 1895, the workshop highlighted advancements in imaging. Under the guidance of Dean Dr. Rosaiah Kanaparthy and Dr. Deepti Singh Hada, Dr. Isha Sabhlok conducted an insightful lecture and hands-on session, enhancing students' practical understanding of 3D CBCT technology.



CAMPUS NEWS

ATHENA DECEMBER 2025 – A CELEBRATION OF EXCELLENCE

December 2025 at Index Institute of Dental Sciences, Indore, was marked by the vibrant ATHENA celebrations, uniting culture, sports, and academic excellence. The Ethnic Wear Cultural Extravaganza showcased India's rich traditions, while Sports Week fostered teamwork and discipline through enthusiastic participation. The Annual Day honored outstanding achievements in academics and extracurricular activities. Together, these events strengthened unity, confidence, and pride, reflecting the institute's commitment to holistic development and nurturing well-rounded dental professionals.



CAMPUS NEWS

PEDODONTIST DAY CELEBRATION – SPREADING SMILES WITH CARE

The Department of Pediatric and Preventive Dentistry celebrated Pedodontist Day on 3rd December with enthusiasm under the guidance of Dr. Navneet Agrawal and Dr. Neha Bhadoria. Dean Dr. Rosaiah Kanaparthi delivered an inspiring message on child oral health awareness. Sixty children were screened and educated through fun activities, games, and demonstrations on brushing and caries prevention. Oral hygiene kits and gifts were distributed, creating joyful memories while reinforcing the department's commitment to healthy smiles.



Rebuilding Smiles, Restoring Confidence – Prosthodontist Day 2026

Prosthodontist Day was celebrated at Index Institute of Dental Sciences with a vibrant three-day program blending service and scholarship. Honouring the legacy of Pierre Fauchard, a special denture drive provided same-day insertion and patient education. The academic highlight was a joint webinar with Darshan Dental College and Hospital, Dr. Hedgewar Smruti RSM Dental College and Hospital, and Rajasthan Dental College and Hospital, led by Dr. Meenakshi Khandelwal on functional harmony in dentures, fostering collaboration and professional pride.



IDA Pre-Conference Courses at IIDS Indore

Index Institute of Dental Sciences, Indore, successfully hosted the Pre-Conference Courses of the 43rd IDA Madhya Pradesh State Dental Conference. Expert sessions on "MAX LIFT – Sinus Lift Simplified" by Dr. Vaibhav Tiwari and an Endodontic Masterclass by Dr. Harpreet Singh were conducted with hands-on demonstrations and interactive discussions. Coordinated by the Departments of Periodontology and Conservative Dentistry & Endodontics, the courses witnessed enthusiastic participation from faculty, students, interns, and practitioners across the state.



FACULTY CORNER

Wisdom Teeth: Better Out Than In



Dr. Mamta Singh

Professor & Head,
Department of Oral &
Maxillofacial Surgery,
Index Institute of Dental Sciences

The third molars, commonly known as wisdom teeth, are the last teeth to erupt in the oral cavity, usually between 17 and 25 years of age. Evolutionary changes in jaw size, dietary habits, and craniofacial growth patterns have rendered these teeth functionally redundant in many individuals. As a result, impaction, partial eruption, and malposition are frequently encountered in clinical practice. Contemporary Oral and Maxillofacial Surgery literature emphasizes that, in selected cases, early removal of impacted third molars is often more beneficial than retaining them.

Impacted wisdom teeth may remain asymptomatic for variable periods; however, their anatomical position predisposes them to several pathological conditions. Pericoronitis is one of the most common complications, particularly with partially erupted mandibular third molars. The accumulation of food debris and bacteria beneath the operculum creates a favorable environment for infection, leading to pain, swelling, trismus, and occasionally systemic involvement. Recurrent episodes can significantly affect a patient's quality of life.

In addition to soft tissue infections, impacted third molars are associated with caries in both the third molar and the adjacent second molar. Due to limited accessibility for oral hygiene, distal cervical caries of the second molar is a well-documented sequela. Periodontal pocket formation distal to the second molar may also occur, contributing to localized bone loss. Radiographic and clinical studies have shown that early intervention can prevent irreversible periodontal damage.

Cystic and neoplastic transformations, though relatively less common, are important considerations. Dentigerous cysts and keratocystic odontogenic tumors have been reported in association with impacted third molars. Even in the absence of overt symptoms, radiographic surveillance is recommended when third molars are retained. Prophylactic removal during late adolescence, when root formation is incomplete and bone density is lower, is associated with reduced surgical morbidity compared to delayed extraction.

Orthodontic and prosthodontic implications further support the argument for timely removal. While the role of third molars in anterior crowding remains debated, their presence can complicate orthodontic mechanics and retention strategies. In prosthodontic planning, particularly in cases involving distal extension partial dentures, impacted or partially erupted third molars may interfere with long-term stability and hygiene maintenance.



FACULTY CORNER

Surgical removal of wisdom teeth, when indicated, is a predictable and routinely performed procedure in Oral and Maxillofacial Surgery. Advances in imaging, including panoramic radiography and cone-beam computed tomography, allow precise assessment of anatomical relationships, especially proximity to the inferior alveolar nerve and maxillary sinus. Atraumatic surgical techniques, adequate flap design, controlled bone removal, and proper wound closure contribute to favorable outcomes. Postoperative complications such as pain, swelling, alveolar osteitis, or nerve paresthesia are generally self-limiting and can be minimized with meticulous surgical planning.

The decision to remove or retain wisdom teeth should be individualized, based on clinical findings, radiographic evidence, patient age, systemic health, and risk-benefit analysis. Evidence-based guidelines suggest that pathology-free, fully erupted, and functionally positioned third molars may be retained under periodic review. However, when impaction, recurrent infection, caries risk, periodontal compromise, or cystic changes are present, early removal is often the prudent choice.

In conclusion, while wisdom teeth are a vestigial remnant of our evolutionary past, their clinical implications are very much relevant today. Proactive assessment and timely surgical management can prevent future complications, reduce morbidity, and preserve adjacent structures. In appropriately selected cases, the principle “better out than in” reflects a preventive, patient-centered approach rooted in sound Oral and Maxillofacial Surgical practice.



FACULTY CORNER

MOUTH IS MIRROR OF YOUR HEALTH AND WELL-BEING



DR. DEEPTI SINGH HADA

ASSISTANT DEAN,
 PROFESSOR & HOD,
 DEPARTMENT OF ORAL MEDICINE
 AND RADIOLOGY

Oral health is integral to overall health and your mouth is a mirror that reflects your overall health and well-being. Oral health and systemic health are intertwined, thus many times, the mouth is the first sign of a systemic condition or even the only manifestation.



DR. NEHA HISSARIYA

READER
 DEPARTMENT OF ORAL MEDICINE
 AND RADIOLOGY

Why the Mouth Reflects Health

- **Rapid Tissue Turnover:** The oral mucosa shows changes quickly, often before other symptoms appear.
- **Entryway to the Body:** It is a hub for bacteria, viruses, and fungi.
- **Mirror to Mental State:** Poor oral hygiene can sometimes reflect neglect related to mental health struggles.

Oral and Systemic Health are interrelated in many ways

- **Cardiac Health:** Chronic gingival and periodontal diseases are linked to cardiovascular issues.
- **Renal disorders and:** Altered taste sensation, dysgueia, stomatitis and candidial infection
- **Haematologic and Nutritional Deficiencies disorders:** Mucosal pallor, peteiaeche, ecchymosis.
- **Systemic Infections:** Oral lesions can be the first sign of HIV/AIDS, TB, or leukemia.
- **Autoimmune Disorders:** Conditions like Sjogren's syndrome may cause severe dry mouth.
- **Diabetes:** Gingival inflammation and periodontal abscesses can be early warning signs of diabetes.

Gastrointestinal disorders: Aphthous ulceration and erosions of tooth and palatal mucosa.

Hence regular dental check-ups are very crucial, as a dentist may be the first to identify serious systemic health hazards. The department of Oral Medicine and Radiology at Index Institute of Dental Sciences is committed in providing patients early diagnosis of oral manifestation of systemic diseases.



FACULTY CORNER

The Power of Self-Love



**Dr. Poonam Tomar
Rana**

Prof and Head
Department of Public Health
Dentistry

For years, many of us have been conditioned to seek validation from others, believing that happiness comes from external sources. We look for approval, recognition, and acceptance, often forgetting that true fulfillment begins within. But what if the key to a meaningful and balanced life lies in how we treat ourselves?

Self-love is not selfish or narcissistic. It is essential for our emotional, mental, and physical well-being. When we practice self-love, we acknowledge our worth and accept ourselves as we are—strengths, flaws, and all. By nurturing self-love, we begin to:

- Set healthy boundaries
- Practice self-care without guilt
- Pursue our passions with confidence
- Build deeper, more authentic relationships

Self-love does not mean striving for perfection. It means offering ourselves compassion, patience, and understanding. It is recognizing that our value is not defined by others' opinions, social expectations, or personal achievements.

When we embrace self-love, we become more resilient and emotionally strong. We develop confidence, inner peace, and a greater sense of purpose. We learn to honor our needs, desires, and dreams. In doing so, we are better able to support and uplift those around us, creating a positive ripple effect in our relationships and communities.

Without regret, we must begin to love ourselves. We do not need to sacrifice our happiness at every turn. While caring for others is important, prioritizing ourselves is equally necessary. Choosing ourselves is not an act of selfishness—it is an act of self-respect.

In a world that often measures worth through comparison and external approval, self-love is a powerful act of self-empowerment. So, take a step today. Choose yourself. Practice self-love—and unlock a more fulfilling, meaningful life.

STUDENT CORNER

ORAL LEUKOPLAKIA: A POTENTIALLY MALIGNANT DISORDER



Raghav Tiwari

BDS 3rd Year

Index Institute of Dental Sciences

Oral leukoplakia is defined as a white patch/plaque of the oral mucosa that cannot be scraped off and cannot be clinically or histopathologically diagnosed as any other specific disease. The World Health Organization classifies it as a potentially malignant disorder due to its risk of transformation into oral cancer. It is commonly seen in middle-aged and elderly individuals, particularly those with tobacco-related habits.

Tobacco use, both smoking and smokeless forms, is the primary etiological factor. Other contributing factors include alcohol consumption, areca nut chewing, chronic irritation, and Candida infection. Clinically, leukoplakia appears as a white patch, most frequently on the buccal mucosa, tongue, or floor of the mouth. It may present as a homogeneous (uniform white) or non-homogeneous (mixed red and white) lesion, with the latter carrying a higher malignant risk.

Histopathological examination may reveal hyperkeratosis and varying degrees of epithelial dysplasia, which indicate its malignant potential.

Early diagnosis, habit cessation, biopsy of persistent lesions, and regular follow-up are essential to prevent progression to oral squamous cell carcinoma. Dentists play a crucial role in early detection and patient education



The college provides an excellent academic environment, supported by modern laboratories, well-equipped clinics, and advanced digital dentistry facilities that help students develop strong clinical and research skills.

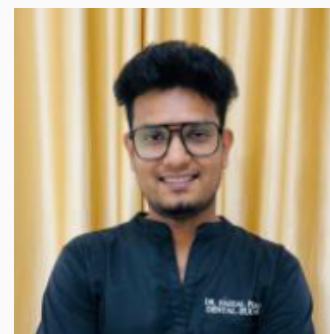
The faculty members are highly knowledgeable and approachable, always encouraging us to think critically, work ethically, and strive for excellence. Regular workshops, seminars, and conferences keep us updated with the latest advancements in dentistry, while outreach programs strengthen our commitment to community service.

Beyond academics, the college also promotes sports and extracurricular activities. I had the privilege of winning Gold medal in badminton, cricket, volleyball organized in the college, an experience that strengthened my confidence, discipline and team spirit.

A few lines that reflect my experience here:

“In halls of learning, dreams take flight,
 Through skill and care, we shape what’s right,
 With knowledge as our guiding light.”

Being a part of this institution has truly shaped my professional and personal growth, preparing me to serve society with dedication and compassion.



DR. FAIZAL PATHAN

PG Student,
 Index Institute of Dental Sciences

STUDENT CORNER

ADVANCEMENTS IN DENTISTRY



RUMANA SYED

BDS 2nd Year
Index Institute of Dental Sciences

Dentistry has undergone significant advancements due to rapid progress in technology, materials, and clinical techniques. Modern dentistry focuses on precision, minimally invasive procedures, and improved patient comfort. Innovations such as digital dentistry, artificial intelligence, lasers, regenerative therapies, and biomaterials have transformed diagnosis, treatment planning, and clinical outcomes. This article highlights the major advancements in dentistry and their impact on oral healthcare.

Major Advancements in Dentistry

1. DIGITAL DENTISTRY

Digital dentistry includes intraoral scanners, CAD/CAM systems, and digital radiography. Intraoral scanners eliminate conventional impressions, improving accuracy and patient comfort. CAD/CAM technology enables same day crowns, bridges, and veneers with high precision.

2. ARTIFICIAL INTELLIGENCE (AI)

AI assists in diagnosis by analyzing radiographs and clinical images for caries, periodontal disease, and oral cancer. It also aids in orthodontic planning, implant placement, and treatment outcome prediction. AI reduces human error and improves efficiency.

3. LASER DENTISTRY

Lasers are used in soft tissue surgeries, periodontal therapy, caries removal, and teeth whitening. Advantages include minimal bleeding, reduced pain, faster healing, and decreased need for anesthesia.

4. DENTAL IMPLANTS AND GUIDED SURGERY

Advances in implant materials and guided surgery techniques have improved success rates. CBCT-based planning ensures accurate implant placement with minimal surgical trauma.

5. REGENERATIVE DENTISTRY

Tissue engineering and regenerative endodontics aims to restore damaged dental tissues using stem cells, scaffolds, and growth factors. These techniques focus on biological repair rather than replacement.

6. 3D PRINTING IN DENTISTRY

3D printing enables fabrication of dentures, crowns, orthodontic appliances, and surgical guides. It offers customization, accuracy, and reduced treatment time.

Conclusion:

Advancements in dentistry have revolutionized oral healthcare by improving precision, efficiency, and patient outcomes. Continuous research and adoption of modern technologies will further enhance dental practice and patient care.

“Dentistry is where science meets art to restore not just smiles, but confidence.”



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



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