

Volume. 4

May 2026



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

# MALWANCHAL MIRROR

## QUATERLY BULLETIN



***Index***

**Institute of Dental Sciences**



**Mr. Mayankraj Singh Bhadoria**

Vice-Chairman,  
Mayank Welfare Foundation

**Shri Suresh Singh Bhadoria**

Chairman,  
Mayank Welfare Foundation

**Mrs. Gauri Singh Bhadoria**

Chancellor,  
Malwanchal University

**LEADERSHIP. VISION. IMPACT.**



## FROM THE DESK OF DEAN ...

**Dr. Rosaiah Kanaparthi**

Dean, Index Institute of Dental Sciences

It is my privilege to present Volume 4 of the Quarterly Bulletin of Index Institution of Dental Sciences, showcasing the academic, clinical, research, and extension activities that have enriched our institution over the past quarter.

At Index Institution of Dental Sciences, we are committed to fostering an environment that promotes excellence in education, innovation in research, and compassionate patient care. The accomplishments highlighted in this edition reflect the dedication, perseverance, and collaborative spirit of our faculty, students, and staff, who continuously strive to uphold the highest standards of the dental profession.

This quarter has witnessed significant progress through academic events, clinical advancements, community outreach programs, continuing dental education activities, and student achievements. These initiatives not only strengthen our academic foundation but also reinforce our responsibility toward improving oral health and serving society with integrity and professionalism.

I extend my sincere appreciation to every member of the institution for their unwavering commitment and congratulate the editorial team for compiling this bulletin with great effort and dedication. Their work serves as a valuable record of our journey and accomplishments.

As we move forward, let us continue to embrace innovation, lifelong learning, ethical practice, and teamwork to achieve new milestones in dental education and healthcare. I am confident that our collective efforts will further enhance the reputation and excellence of our institution.

Best Wishes,

# FROM THE DESK OF ASST. DEAN ...

## **Dr. Deepti Singh Hada**

Asst. Dean, Index Institute of Dental Sciences



It is a pleasure to extend my greetings through Volume 4 of the Quarterly Bulletin of Index Institution of Dental Sciences. This edition reflects the collective efforts, achievements, and progress of our institution during the past quarter, highlighting our commitment to academic excellence, quality healthcare, and community service.

Our institution continues to foster an environment that encourages innovation, critical thinking, and professional growth. Through academic activities, clinical training, research initiatives, and outreach programs, our students and faculty have demonstrated remarkable dedication and enthusiasm in advancing the field of dentistry.

The accomplishments featured in this bulletin are a testament to the hard work and collaborative spirit of our faculty, students, and staff. Their unwavering commitment to excellence has strengthened our institution's mission of developing skilled, ethical, and compassionate dental professionals capable of serving society with competence and integrity.

I sincerely appreciate the efforts of the editorial team in documenting these milestones and creating a platform that celebrates our journey of learning and achievement. I also congratulate every contributor whose dedication has made this publication meaningful and inspiring.

As we continue to move forward, let us embrace new opportunities, uphold the highest standards of education and patient care, and work together to shape a brighter future for dental science and healthcare.

With best wishes,

## CAMPUS NEWS

### LECTURE ON DIGITAL DENTISTRY

A guest lecture on “Digital Dentistry” was delivered by Prof. Dr. Amit Bhardwaj on 16th April 2026 at 9:30 AM in the Auditorium Hall, IIDS. The session highlighted recent advancements, applications, and the future scope of digital technologies in dentistry. Dr. Bhardwaj explained the role of digital tools such as CAD/CAM systems, 3D imaging, and digital orthodontics in improving diagnosis, treatment planning, and patient care. The lecture was highly informative and engaging for students and faculty members. The event concluded with an interactive discussion, encouraging attendees to explore innovations in modern dental practices.

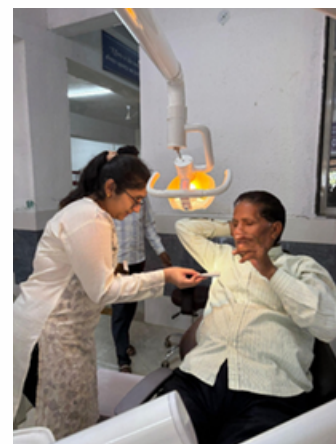


### CLINICAL PRACTICE AND WORKFLOW

The Departments of Oral & Maxillofacial Surgery and Orthodontics, Index Institute of Dental Sciences, organized an Ideation Workshop on “Clinical Practice & Workflow” on 17-18 April at the IIDS Auditorium. The workshop was conducted by Dr. Avnindar Meet Nayyar and focused on patient management, sterilization protocols, workflow optimization, professional coordination, and ethical clinical practice. Faculty members, interns, and postgraduate students actively participated in the interactive sessions. The program concluded by appreciating the speaker, management, and organizing departments.

### WORLD ORAL HEALTH DAY

The Department of Periodontology, Index Institute of Dental Sciences, successfully conducted various activities during World Oral Health Day 2026 to promote oral hygiene awareness and preventive care. The programmes included awareness camps, health talks, leaflet competitions, seminars, group discussions, and interactive patient counselling sessions on oral hygiene and tobacco cessation. Faculty members, interns, and undergraduate students actively participated in educating patients about brushing techniques, plaque control, and the harmful effects of tobacco use. Hands-on training on plaque detection devices and distribution of toothpaste samples were also carried out in collaboration with Haleon, making the events informative, interactive, and impactful.



# CAMPUS NEWS

## CONS ENDO DAY



The Department of Conservative Dentistry and Endodontics at Index Institute of Dental Sciences, Indore celebrated Conservative Dentistry and Endodontics Week from 5–13 March 2026 with great enthusiasm. The programme included an academic lecture by Dr. Anu Vashisht on “3D Cleaning in Endodontics,” highlighting modern irrigation and cleaning techniques in root canal treatment. Various student activities such as quiz, antakshari, pebble painting, fireless cooking, and reels competition were organized to encourage academic excellence, creativity, teamwork, and participation. The celebrations concluded with a cake-

cutting and prize distribution ceremony, creating a joyful atmosphere among faculty members, postgraduate students, interns, and undergraduate students.

## World Oral Health Month 2026: Promoting Preventive Oral Care for a Healthier Community

Observed from March 20 to April 20, 2026, World Oral Health Month promoted the theme “A Happy Mouth is a Happy Life” through awareness, prevention, screening, and advocacy initiatives led by the Department of Public Health Dentistry. Activities included rallies, interactive education sessions, oral health talks, and screening camps across urban and rural communities. Mobile dental units screened thousands for gingivitis, dental decay, and other conditions while providing personalized guidance and treatment pathways. A pledge ceremony emphasized tobacco cessation and twice daily brushing to encourage lasting behavioral change. The campaign successfully strengthened awareness, preventive practices, and commitment toward oral health.



# CAMPUS NEWS

## CONVOCAATION 2026

The Convocation Ceremony at Index Institute of Dental Sciences under Malwanchal University was organized with great enthusiasm, dignity, and pride in the presence of university dignitaries, faculty members, students, and parents. The ceremony celebrated the academic achievements and successful completion of courses by graduating students from various constituent colleges. Degrees were conferred upon students, while meritorious students were honored with medals, certificates, and awards for their outstanding performance in academics and extracurricular activities. Inspiring speeches by dignitaries emphasized professional ethics, leadership, and social responsibility. The event created a memorable and emotional atmosphere, motivating students to pursue their future careers with confidence, dedication, and integrity.



## ANUROOP 2026



The Annual Fest “Anuroop 2026” was organized at Index Institute of Dental Sciences under Malwanchal University from 9th to 13th April 2026 with great enthusiasm and active participation from students and faculty members. The fest included various cultural programs, sports competitions, fashion shows, skits, dance and singing performances, along with the “Mr. Anuroop” and “Miss Anuroop” competitions. Students from different colleges enthusiastically participated, showcasing talent, creativity, confidence, teamwork, and sportsmanship. The Celebrity Night featuring renowned Punjabi singer Sunanda Sharma was the major attraction of the event. Overall, the fest promoted unity, cultural spirit, leadership, and extracurricular development among students.

## CAMPUS NEWS

### AWARENESS PROGRAM AND SCREENING CAMP

The Screening camp and Awareness program were successfully conducted by the Department of Oral and Maxillofacial Surgery At Index Institute Of Dental Sciences, Indore on the occasion of World Oral Health Day . The initiative helped in early diagnosis, spreading awareness, and motivating individuals especially drivers, workers and among local public to adopt a healthier lifestyle. Such programs play a vital role in preventing oral cancer and improving overall community health. Such outreach activities create a long-term impact by promoting behavioral change, improving health literacy, and encouraging individuals to take responsibility for their well-being. Moreover, by emphasizing the connection between personal health and family welfare, the program successfully delivered a strong emotional and social message.



### SEMINAR ON ONLINE FRAUDS

Index Institute of Dental Sciences, Indore, organized a Value Added Course on “Online Frauds, Telephonic Fraud and Fraudulent Transactions” on 28 February 2026. Guest Speaker Mr. Manish Satpal, Senior Technology Head and Corporate Trainer, shared insights on cyber frauds, including phishing, OTP scams, UPI frauds, and telephonic scams. He emphasized that fraudsters exploit human psychology and highlighted preventive measures like safeguarding OTPs, verifying calls, using strong passwords, and reporting fraud promptly. The interactive session engaged students and faculty, addressing queries on banking and social media scams. Certificates were distributed, reinforcing the institute’s commitment to cyber awareness and responsible digital practices.

### ORAL SURGERY DAY

The Department of Oral and Maxillofacial Surgery, Index Institute of Dental Sciences, Indore, celebrated International OMFS Day on 13 February 2026 to promote awareness about oral cancer, facial trauma, and oral healthcare. The program began with a Walkathon involving faculty, postgraduates, interns, and undergraduates to spread awareness about early diagnosis and treatment. Skits highlighting the harmful effects of tobacco use, oral cancer prevention, and facial trauma management were performed. The celebration concluded with departmental activities, cake cutting, refreshments, and photography sessions with anesthetists, emphasizing teamwork and interdisciplinary collaboration. The event successfully highlighted the importance of the OMFS specialty in healthcare.



# CAMPUS NEWS

## NATIONAL PERIODONTIST DAY

The Department of Periodontology at Index Institute of Dental Sciences, Indore, celebrated National Periodontists Day 2026 with a three-day event titled "Perio-Omniscient 2.0." The programme aimed to spread awareness about periodontal health and its connection with overall systemic well-being. Activities included a national-level online quiz competition with participation from 14 dental colleges across India, along with creative events such as Rangoli, soap carving, clay art, and wall painting competitions. A multidisciplinary panel discussion highlighted the vital role of periodontists in comprehensive dental care. The celebrations successfully promoted academic excellence, creativity, professional unity, and awareness about the importance of periodontal health.



## FACULTY CORNER

### CLINICAL EMPATHY FOR CLINICAL EXCELLENCE



**Dr. Aruna Kanaparthi**

Professor  
Department of Conservative  
Dentistry and Endodontics,  
Index Institute of Dental Sciences

Global and national health care sector is seeing a phenomenal growth and aggressive expansion driven by increased demand which is valued in millions of billions. In this scenario, while the patient has access to world class facilities with cutting edge technology, there is lack of patient satisfaction due to emotional detachment of health care professionals along with their focus on profitability.

The core principle of clinical empathy with personalized and holistic approach to patient management is being overlooked very often. Studies have shown that health-care professionals with high levels of empathy operate more effectively, have lower stress and anxiety, face fewer litigations and increased job satisfaction as they gain patient trust, confidence and gratitude. The patients and their family members feel free to express their doubts and anxieties resulting in a positive therapeutic change and improvement in the quality of life of patients.

The reasons for lack of empathy in health-care professionals maybe due to lack of training, focus on treatment, increased patient load, time pressure etc. however its importance for holistic healing cannot be over-emphasized.



Sir William Osler has rightly said

***“The good physician treats the disease; the great physician treats the patient who has the disease”.***



## FACULTY CORNER

### “Beyond the Drill: The Art and Science of Dental Practice Management”



**Dr. Raveena Makker**

Professor  
 Department of Prosthodontics and  
 Crown and Bridge  
 Index Institute of Dental Sciences

Dental practice management extends far beyond clinical expertise. It includes the systems and processes that keep a clinic running efficiently; from scheduling and patient communication to staff coordination, billing, marketing, compliance, and financial planning. The aim is simple, create a smooth, patient-centred, and sustainable practice environment. With the rise of digital tools and dedicated practice management software, many clinics now streamline tasks and elevate overall performance with greater precision.

A truly effective practice integrates its administrative functions with clinical workflows. When documentation, billing, scheduling, and communication align seamlessly with chairside care, teams work with fewer errors, quicker turnaround times, and better coordination. This harmony strengthens compliance, reduces bottlenecks, and ensures providers always have accurate, up-to-date information, ultimately enhancing both patient experience and operational stability.

In today's rapidly evolving dental landscape, the role of the practice manager has never been more vital. As technology and AI reshape care delivery and workforce pressures increase, managers become the drivers of culture, innovation, and team wellbeing. “Great management turns everyday routines into meaningful impact—lifting teams, uplifting patients, and transforming care.” When leaders guide with empathy, clarity, and continuous learning, they create motivated, resilient teams. And when people feel valued and connected to a shared purpose, the entire practice thrives.

### Oral Pathology in the Age of Artificial Intelligence and Liquid Biopsy

The global landscape of oral pathology is undergoing a profound transformation driven by the convergence of artificial intelligence (AI), liquid biopsy, molecular diagnostics, and precision medicine. What was once dependent primarily upon conventional histopathology is now evolving into an era of predictive, minimally invasive, and data-driven diagnostics.

Among the most significant advancements is the emergence of salivary liquid biopsy, where biomarkers such as circulating tumor DNA, microRNA, extracellular vesicles, and mRNA signatures are being explored for the early detection of oral squamous cell carcinoma and oral potentially malignant disorders. Simultaneously, AI-assisted diagnostic systems are demonstrating remarkable accuracy in analyzing clinical photographs, radiographic images, cytology slides, and digital histopathology for early lesion detection and risk prediction.

These innovations signify a paradigm shift from reactive diagnosis toward preventive and precision-based oral healthcare. However, despite technological sophistication, the irreplaceable role of the oral pathologist remains central. Scientific interpretation, clinicopathological correlation, and ethical clinical judgment continue to define diagnostic excellence.

As oral pathology integrates biotechnology with computational intelligence, the specialty stands at the forefront of next-generation healthcare—where diagnosis may soon become earlier, smarter, minimally invasive, and profoundly personalized.



**Dr Urvashi Tomar**

Professor  
 Department of oral & Maxillofacial  
 Pathology  
 Index Institute of Dental Sciences

# STUDENT CORNER

## DENTAL ANXIETY AND FEAR



**SHIVAM KUMAR PANDEY**

Intern  
Index Institute of Dental Sciences

If the thought of sitting in a dental chair makes your heart race, you are far from alone. Dental anxiety and fear affect millions of people worldwide, often causing them to delay or entirely avoid crucial healthcare appointments.

This fear typically stems from a variety of sources. For many, it is rooted in a painful past experience, a dread of needles, or the piercing sound of the drill. For others, the vulnerability of lying back while someone works closely in their personal space triggers a distressing sense of helplessness.

Fortunately, modern dentistry has evolved to prioritize your emotional comfort just as much as your oral health. Dentists today employ gentle techniques, advanced pain-management options, and sedation methods tailored to your specific comfort level. Furthermore, clear communication is an incredibly powerful tool; simply letting your dental team know you are nervous allows them to adapt their pace, explain procedures beforehand, and establish a simple hand signal for when you need a break.

Do not let fear compromise your smile. Taking control of your oral health begins with finding a compassionate provider who listens, understands, and works entirely at your speed.



## ESTHETICS IN MODERN DENTISTRY: THE ART OF CREATING CONFIDENT SMILES

In today's era, digital dentistry has transformed esthetics into a seamless blend of precision and artistry. Smile design is no longer confined to imagination—it is digitally visualized, customized, and perfected before a single instrument touches the tooth. Contemporary technology empowers clinicians to harmonize facial features, tooth proportions, and personality into one confident smile. In Conservative Dentistry and Endodontics, preservation meets innovation, ensuring function and beauty coexist. Every restoration is not just a procedure, but a crafted masterpiece. Esthetics today represents the perfect union of science and contemporary art, redefining patient confidence and clinical excellence.



**Dr. Mahek Batra**

MDS 1<sup>st</sup> Year,  
Index Institute of Dental Sciences

## STUDENT CORNER

### DENTAL MYTHS BUSTED: SEPARATING FACT FROM FICTION



**ARUMAN PANDEY**

Intern  
 Index Institute of Dental Sciences

**Myth 1: “Sugar alone causes cavities.”**

Fact: Sugar doesn't directly drill holes; it feeds acid-producing bacteria. Frequent snacking and poor brushing give these bacteria the perfect environment to thrive.

**Myth 2: “The harder you brush, the cleaner your teeth.”**

Fact: Aggressive brushing damages enamel and irritates gums, leading to sensitivity and recession. Gentle, circular motions with a soft-bristled brush work far better.

**Myth 3: “Flossing is optional if you brush well.”**

Fact: Brushing cleans only 60% of tooth surfaces. Flossing removes hidden plaque between teeth, preventing decay and gum disease.

**Myth 4: “Baby teeth don't matter.”**

Fact: Primary teeth guide permanent teeth into position and support jaw development. Early loss can lead to alignment issues later.

**Myth 5: “You only need to visit a dentist when you have pain.”**

Fact: Many dental problems (cavities, gum disease, early oral cancer) are painless in early stages. Regular check-ups catch issues before they become serious and expensive.

**Myth 6: “Oil pulling can replace brushing and flossing.”**

Fact: Oil pulling may offer mild benefits as an adjunct, but it cannot remove plaques effectively as mechanical brushing and flossing. Science still ranks traditional methods first.



### IMPACT OF AI ON MEDICAL ETHICS

The day AI was introduced to the world is the day that should be marked as one of the biggest evolutionary triumphs. AI has not only paved the way for a transformative era in medical ethics but also has become an indispensable component in medical science. Just like the two sides of a coin, apart from working as a boon it has its own repercussions as well. There is a significant increase in precision of imaging and electronic medical records (EMR), diagnosis, treatment, augmenting the intelligence of the physicians, etc. However, there are various obstacles while handling AI. One of the biggest setbacks is lack of clinical empathy and patient privacy. The triad of patient, doctor, and medical robot is a complex relation suggesting that physicians/doctors should provide treatment in an empathetic and compassionate environment, which will significantly affect the healing process of patients. Especially if any child is a patient, then there are high chances of the child to experience fear or anxiety as they engage in healthcare settings and meet professionals. In that scenario, experts must consider such cases raise concern on ethical dilemmas. The imperative point to be noted is that experts should not blindly trust AI, as this forces patients into a form of blind paternalism. Hence, it can be inferred that AI can work as the biggest boon if it totally depends on how experts use it and control it.



**JAHANVI SHARMA**

Intern  
 Index Institute of Dental Sciences



**AFFILIATIONS & ACCREDITATIONS**



**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**



**OTHER GROUP OF INSTITUTIONS**



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