



MAX FACTS

THE OFFICIAL NEWS LETTER OF AOMSI

March 2022 | Issue 4

Editor - Dr. Mimansa Bhoj

Associate editors - Dr. Purva Mansabdar,
Dr. Shibani Das , Dr. Abhishek Bhattacharjee



Women's Day Issue - March 2022



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FROM THE PRESIDENT



A very happy international Women's day to everyone! Most of the important and indispensable things in life are taken for granted, so this opportunity to appreciate all women maxfacs comes as an honor to me as the President of AOMSI. Well, a saying goes to say - a man does what he can, and a woman does what he cannot. It

is indeed verified by the accomplishments of the or female colleagues who have gone all out to outshine in their work.

I may have not walked in your shoes, but what i have learnt from all you achievers is that you have not focussed on the hardships but the opportunities. And this perseverance is a trait that we all must learn from you and imbibe in ourselves.

To all the women maxfacs, i say cheers , and to all my male colleagues i say, join me in cheering them. I am happy to see an issue of MaxFacts dedicated to our women leaders and hearing their stories.

This Women's day was made special by the AOMSI not just by means of organising an online program and felicitations but by the launch of AOMSI Professional Indemnity scheme as discussed in last issue. I urge you all to go through the details and safeguard your professional life.

We have been actively launching schemes for member welfare, but they all remain only as good as your active involvement and participation. Our strength is you all!

Long live AOMSI

Dr. Manjunath Rai

President, AOMSI



FROM THE HONORARY — GENERAL SECRETARY



Dear Colleagues,

March 8 th is celebrated every year as the International Women's Day all across the globe. This year the theme was 'gender equality today for a sustainable tomorrow'. The highlight of this month was that, AOMSI celebrated International Women's Day for the first time ever to recognize and support the women maxillofacial surgeons across the country with an online event. The program was gracefully organized to touch upon all

aspects of womanhood and women in surgery. The program started by an interactive session called 'Mind over Gender' where we had experts in the field Dr Brindha Sitaram and Dr Vyjayanthi Bonanthaya addressed all participants on 'Surgery from a woman's perspective' and gave amazing insights on handling patients and being the best of self in person as well as in profession. This was followed by felicitations of three most eminent and accomplished women maxillofacial surgeons : Prima Dona of OMFS – Dr Neelima Malik; Leader par Excellence – Dr Neelam Andrade; Researcher par Excellence – Dr Divya Mehrotra. We also had a wonderful video compilation of all male maxillofacial surgeons talking about women who inspired them in their journey and in maxillofacial surgery. It was heartwarming to witness such a beautifully curated program and to share the day with women across the world joining us to make this event special.

The master class program was a grand success. With intense learning sessions and panel discussions, masterclass 2022 gave the exam going student a boost of confidence towards better understanding of the concepts. The organizing team and all the mentors wrapped the subject in a concise manner to deliver the most important nuggets to the students who found this extremely beneficial.

A milestone month as we may call March brought the most awaited 'professional indemnity scheme' to life. The professional indemnity scheme offers coverage to any medico legal liability which may be cast upon any clinician and is designed specifically for maxillofacial surgeons. The salient feature of this scheme is the inclusion of legal advice. I urge all of you to avail the inaugural offer by visiting

<https://aomsi.com/WebPages/ProfIndemnitySubscriber.aspx>.

We eagerly look forward to Maharashtra State Chapter conference In Ahmednagar and XIX National Triple O Symposium in Salem in the month of April.

Let us celebrate our specialty by coming together, joining hands and taking our fraternity to greater heights and making Oral and Maxillofacial Surgery a household name.

Dr. S Girish Rao

Honorary General Secretary, AOMSI



FROM THE — EDITOR



Greetings from journal of maxillofacial and oral surgery!

I am pleased to inform you all that the abstract supplement issue of 45th AOMSI annual conference held at Mangalore in December 2021 (Volume 20, issue 1 supplement) is now published online by springer.

It was a daunting task to compile the abstracts received by various delegates and postgraduate students in a comprehensive fashion. I would like to thank the scientific chairman of Mangalore conference "Dr Abhay Kamath and Associate editor "Dr Dipesh Rao for excellent compilation and proof reading.

On the other hand, the new online issue (January -March 2022, volume-21, issue -1) of Journal of Maxillofacial and oral surgery (JMOS) is also published. The table of contents and Springer alert has been sent to all the members on their respective registered emails ID's.

The highlights of this issue are:

- 47 articles ;295 pages
- One invited review and 3 other review papers
- 3- Clinical papers
- 2- Comparative studies
- 21- Original articles
- 15- Case reports and
- 2- technical notes



I wish all readers will find uplift in the existing knowledge in literature after reading this issue of JMOS.

For AOMSI members , To read the full journal and access articles please log on to www.aomsi.com- go to member login - log in with your email I'd: password LM no@aomsi- click on the Journal tab- access articles. You can access all articles from 2009 onwards. Happy reading.

The online link to access journal issues is provided here.
<https://link.springer.com/journal/12663/volumes-and-issues>

Best wishes
Dr. Amit Dhawan
Editor JMOS

Greetings to all !

Team MaxFacts wishes you all a very Happy Women's Day!

We hope you all enjoyed reading the February issue and the supplement highlighting the glorious OMFS day celebrations across the country.

Keeping up with the theme, the March issue is dedicated to the talented women surgeons who have carved a niche for themselves in this primarily male dominated specialty.

In this issue, we highlight the first female president of AOMSI of Dr. Neelima Anil Malik and her journey in OMFS and AOMSI.

We re-introduce one of the most popular and renowned OMFS, who has swept everyone off their feet with her relentless accomplishments in surgery and managing COVID, as an awe-inspiring dancer beyond OMFS- Dr Neelam Andrade.

We also bring in snippets from many women maxillofacial surgeons from across the various states in India talking about what Women's day means to them and their message to other women OMFS!

Our fellowship centre featured for the month is run by a very dynamic lady oncosurgeon- Dr Priti, who is a role model to many young OMFS thinking of pursuing their careers in Oncology.

This issue celebrates women, their contribution to the specialty and highlights their contribution beyond the specialty.

Alongwith all this, we bring the News on what has transpired and upcoming events, the Mindroid corner to stimulate your grey cells and talent corner featuring some amazing contributions by readers continue with your support.

We hope, you, our readers would enjoy reading this issue as much as we enjoyed compiling and working on it. Your suggestions and feedbacks are always welcome!

Happy Reading!

Regards,

Team Max-Facts!



Dr. Mimansa Bhoj
Chief Editor



Dr. Purva Mansabdar
Associate Editor



Dr. Shibani Das
Associate Editor



Dr. Abhishek Bhattacharjee
Associate Editor



Did you know-

Who was the first female president of AOMSI?

Dr. Neelima Anil Malik

Reminiscence of my life as an oral and Maxillofacial Surgeon by Dr. Neelima Anil Malik

How did your journey into the field of dentistry begin and progress?

My odyssey, my tryst with Oral and Maxillofacial surgery started with the wish of my maternal grandfather who wanted me to become a doctor. In order to fulfil his wish I came to dream city Mumbai from small town Rajapur and joined Wilson college for my first year and inter science, as those days it was famous. It was very tough coping with big city and English language. (We were called as Vernies-from vernacular medium)

When the time came to apply for medical colleges, I was advised to apply for dentistry also. I was waitlisted by 2 marks for Sir J. J. Hospital college. I was called for the interview at Nair dental and Prof.Ginwalla, Father of Oral Surgery in India, interviewed me. He was the Dean at that time and he convinced me to confirm the admission. He promised me that if I get admission in MBBS, he will arrange for immediate refund. He gave me first lesson that do not run after uncertainty, but grab the best next opportunity.



**Married to an Orthodontist Dr.
Anil S. Malik -27-01-1977**

In first year BDS, we used to share dissection table with medical students and they used to ridicule us by showing off and we used to cry for missing the medical admission. But ,today when I look back ,I do not regret at all and for that I want to pay my reverence to Prof.Ginwalla.



With her beloved daughter

Dentistry was hard manual work those days, but our teachers were excellent, though they had LDSc, and BDS degree. Only few part time teachers and HODs had foreign degrees. They were very witty and made tough practicals enjoyable. I got my B.D.S. degree from then prestigious Bombay university in 1972. I was university overall topper, therefore, got gold medal and silver medals in few subjects for getting highest marks.

During our BDS days, I was fascinated by oral surgery, because of Prof. Ginwalla, Prof. Chitre and Prof. Dewan, Prof. Kali Kapadia ,Dr. Sunil Kelkar, who were excellent teachers and dedicated surgeons. I still remember Prof.Ginwalla mimicking neuralgia attack during delivering lecture.

Because of my merit, I got house post for six months and Registrar post for one and half years in the department of exodontia, immediately after BDS and with this two years experience ,plus merit ,I was chosen as a full time lecturer, but as per the vacancy, I had to work in the morning session in prosthetics lab and in the afternoon in

conservative lab. The job was important for me and in spite of my merit they would not give me MDS admission in Oral Surgery, without resignation. So I had to wait for two years, then my teachers ,who were working in Oral surgery- as part time lecturers, Dr.D'costa in the morning and Dr.Mrs. Battiwalla in the afternoon, exchanged the departments for me and then I could work full time in the department of oral surgery. I am eternally indebted to them.

So, I did my MDS while doing my duties as lecturer.



Dept staff at NHDC in 1982 at AOMSI preconference with faculty of Glasgow

How did you zero in on OMFS for your MDS?

We were supposed to give three subject options and I gave all three options as oral surgery and all heads of the department called me one by one in their chamber, convincing me to change the options and also told me that this branch is not meant for girls and you will be wasting one precious seat, as unfortunately two senior girls ,who had joined oral surgery before me ,did not complete it and left it. Even Prof. Ginwalla, who had retired and was Prof. emeritus expressed his displeasure, but my guide Prof Chitre stood by me and welcomed me. He considers me as his eldest daughter and all my students as his grandchildren. My salutations to him.

So, In 1974,I joined MDS in oral surgery and in 1975

,I was engaged to my life partner Dr. Anil ,who was doing is MDS in orthodontics. But Dr. Chitre had strictly told me that I should not get married till I clear my exams, and I had to obey that against my parent's wishes.

During our post graduate days Dr. Ginwalla used to visit the department and sit in his favourite recliner chair ,talking to all of us. We adored him and his gentle personality and were in great awe .No body ever sat in that special chair except him. After passing my MDS, during his visit to oral surgery department, I met Dr. Ginwalla in the corridor,outside Operation Theatre, I told him the good news, he just patted my back and wished me luck. That was the biggest blessing I got in my life. I am indebted to all my teachers.



So how did you begin your professional journey?

I entered Nair dental as an UG student in 1969 and worked as teaching faculty, from 1973 till 2008.

Thirty four long years ,my youth was spent serving at Nair Hospital Dental College.I enjoyed all the teaching posts possible ,including associate dean,(this post was abolished after I retired),again I am the only person doing this in the history of NHDC, without any break and retired as a Dean and I was



Study Group of Oral Surgeons of Bombay-1969.

Sitting- Dr. S.S.Khera, Dr.Ginwalla, Dr.M.A.wadkar. Standing on right Dr. A.P.Chitre - Photo by him.

honoured and appointed as Prof.Emeritus after a long gap after 1973, (Dr.Ginwalla was honoured in 1973) and till today no body else has got this honour.

R. Ahmad dental college in Kolkata, Nair Dental was the second premier dental institute in India, in those days and the first college in India to start post graduation in various subjects.



**As associate professor at NHDC
Mumbai.Dr. Khanna-
HOD-1981-1995**

**What about your association with AOMSI ?
What motivated you to actively work for the
association?**

For the benefit of youngsters, let me give you a background of Nair Hospital Dental college. After

Many senior people from all over India, joined Oral surgery under Dr. Ginwalla and later went to different cities to start the PG program in oral surgery. Prof. Chitre was one of Dr. Ginwalla's favourite students and after his retirement he became HOD at Nair in 1973.

Since Prof. Chitre was one of the founder members to start our Association of Oral Surgeons of India and I was a staff member, I was motivated by him to work for the association. We had formed a Bombay study group, involving all oral surgeons in the city. I was involved in all the activities of the association as well as the study group, I was treasurer and I used to be scientific secretary. Initially there were some hurdles in Association activities and in 1979, the enthusiastic Bombay group revived the association And we organised all India third conference of AOSI under Dr. Chitre, Dr.Parulkar, Dr.Dudani, Dr.Khera, Dr.Kelkar and many other seniors guidance and leadership.

Dr.S.Dewan was scientific Chairman and I was Scientific secretary for the same ,that was my entry point in the affairs of association. After this there was not looking back and I started getting more and more involved in all the activities of association.



As HOD At Nair with staff and students.2002. Note all the staff members are my favourite students.

What are the various posts you held in AOMSI? What were the challenges you faced as lady OMFS in your journey. Please share some anecdotes for our readers.

I worked as an executive member, President elect and later on as President. Being woman means juggling with so many situations with smile on face. During 1979 conference in Bombay, I was 8 months pregnant and I even delivered a Scientific paper panting, catching my breath and managed the Scientific activities. I even operated during this phase and worked till 15 days before delivery.

My important phase of motherhood was in 1980 and in the beginning of this new year Dr.Chitre left for Libya and I was given charge of managing the Dept as associate professor. In February I went on my maternity leave and I was falling short of six months experience for promotion of HOD and professor. Those days 3 months maternity leave was permissible, but I had to extend my leave for another three months. I had put up a request to the Municipal commissioner for not advertising

the post,but they did not agree and that is how I remained associate professor for 14 years without promotion. But ,I do not have regrets, as I had my independent surgical unit and I was already PG guide. Dr. Khanna came as a HOD and with mutual understanding we strengthened the department and increased the paramedical staff and improved the infrastructure. I had learned so much from him, as he is an excellent surgeon and teacher and he was also very active in association activities. We conducted and participated many hands on workshops for the students all over India .We also developed first indigenous trauma care set and many surgical instruments ,even TM J condylar prosthesis with the help of AK Surgicals, who were dealing mainly with orthopaedic instruments. These mini plates and screws were used all over India and afterwards many players in the field copied them.

Alongside, I was climbing the ladder in association scenario and in 2001 at annual conference at Goa, I won the election for president elect. A year before that I had contested for the post and that time I was asked by many opponents, of course male members to withdraw, but I declined saying that I will accept the public mandate and not afraid of losing the election. Ultimately, had the great honour of being First Lady president of AOMSI -Association of Oral & Maxillofacial Surgeons of India.

During my tenure, we organised the 1st Indo Lanka joint conference of Oral and Maxillofacial Surgery held at Colombo, Sri Lanka. This was the most challenging role as for the first time we thought about joint conference out of India and we were coordinating with Sri Lanka association office bearers only on phone ,without knowing each other well .We had to face many hurdles, but in the end ,the conference was huge success and at the same conference I released my Textbook of Oral and Maxillofacial surgery, in the Hands of His excellency deputy high commissioner of India to Sri Lanka ,Shri Mohan Kumar.



Your textbook is synonymous with Bible of maxfacts among Indian students, how did you conceive the idea and what was the journey like through the various editions?

Ever Since the first edition of my textbook was published in 2002, it has been a long and gratifying journey for me. Over the last two decades we have received remarkable and enthusiastic feedback from all over. This widespread acceptance and positive response led me write and release the Fifth edition on 05-02-2021.

I take this opportunity to thank all my eminent contributors and publishers, for without their wholehearted support this arduous task was not possible.

This textbook is actually the natural outcome of having worked at one of the prime dental teaching institutes in India, where there is abundance of variety of clinical materials and excellent infrastructure. This textbook also represents many years of combined clinical research and experience at our institute. There is no better vocation than that of teaching, inspiring and motivating students. My sole intention was to motivate the students, develop their interest in the subject Of Oral & Maxillofacial Surgery, and to help them to gain correct information and acquire and improve good surgical skills, based on sound principles.

The story of how the book was conceived udates back to when I used to travel all over India as

examiner or DCI inspector and used to interact with staff and students. I realised that students are mostly using faulty notes handed over from seniors. There was no formal Indian textbook giving right information and covering entire syllabus for our subject. Students could not afford costly foreign author books either. At the same time my beloved daughter had joined dentistry and was studying in Mangalore. As a mother ,naturally I was feeling sad that having taught so many students, I cannot teach my own daughter, so on her insistence, I started the writing and editing process of my book. It took me two years to complete the task ,but publishing a book takes long time, so I literally had to give her my printed proofs of the book for her to study the subject before officially releasing it.

Those days students never used to read textbooks and many people told me that they will not use fat textbook, they like small guides. But I believed that I must impart knowledge, the way I used to teach and stuck to it. I was very happy that over the years all over Asia it is well accepted and many staff and students from India, Bangladesh, Pakistan, U.K. and some other Asian regions correspond with me and I am always open to suggestions, which I incorporate in every new edition. Our fifth edition was worked upon tirelessly during the pandemic.



***Journey to be continued
in the next issue
of MaxFacts...***

News



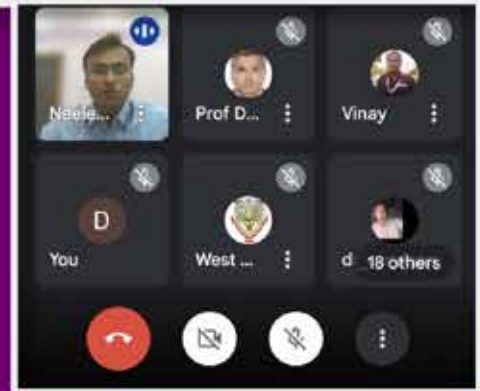
from the world of OMFS





ESTHESIONEUROBLASTOMA

- bimodal peak in the second and sixth decades of life
- KADISH staging (A,B – local, C – dura involvement, D – regional mets)
- Hyams grading(4 types)
- Cervical LN – 5-12%
- Grade 1 and 2 – Sx +/- RT
- Grade 3 or 4 – NACT – Sx - RT



Webinar on

“Management of anterior skull base tumors”

AOMSI West Bengal State Chapter

Core organizing team:

Dr. Swagato Chowdhury

Venue



Online (Zoom)

Date
February 26 2022

No. of participants

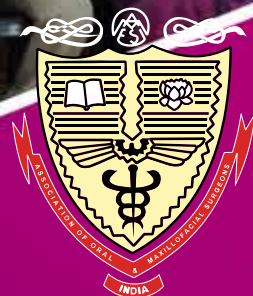


30 participants

Number of faculty



1



CDE programme on Medico legal issues, Jurisprudence, Informed Consent, Medical Jousting

Organised by
Department of Periodontics - KMCT Dental college

Date : 24/3/22, 10am to 1pm

Venue: KMCT Dental college, Calicut

Inaugurated by
Dr. Manoj Kumar, Prinicipal, KMCT Dental College

Speakers:
Dr. Manjunath Rai

No. of participants: 167

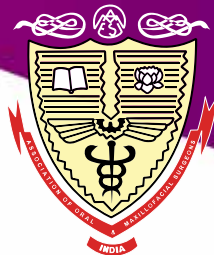


Credit points awarded by
Kerala Dental Council



Following the untimely and tragic demise of Dr. Basavaraj Sikkerimath, the AOMSI social security scheme has disbursed a collective amount of Rs. 2325000/- to his wife Dr. Shobha who has acknowledged the efforts of the association and the scheme. We stand with her during these difficult times and hope to extend support whenever needed by the family.

International Women's Day Celebration



Venue: Zoom Platform

Date & Time: 8th March, 7 pm onwards

Organisers:

AOMSI (Dr. Abhilasha Yadav, Dr. Yeshaswini Thelekkat, Dr. Mimansa Bhoj, Dr. Elavenil P, Dr. Sonal Anchlia, Dr. Shalini Thakur, Dr. Tripti Shetty, Dr. Gowri, Dr. Dipesh Rao, Dr. Ashi Chug, Dr. Arjun K and Dr. Manjunath Rai and Dr. Girish Rao)

Guest speakers:

Dr. Brindha Sitaram and Dr. Vyjayanthi Bonanthaya

Topic: Mind over Gender

No. of participants: 84

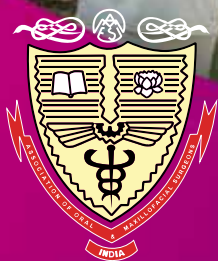
Moderator: Dr. Shalini Thakur

Felicitations:

1. Prima Dona of OMFS - Dr. Neelima Malik.
2. Leader Par Excellence - Dr. Neelam Andrade.
3. Researcher Par Excellence - Dr. Divya Mehrotra

Men monologues: "I respect them! : video messages from the male members of AOMSI appreciating women MaxFacs who inspire them and who they admire.





Cricket match between

AOMSI DELHI NCR State Chapter and JAMIA DENTAL FACULTY

AOMSI DELHI-NCR State Chapter

Core organizing team

AOMSI Delhi NCR State Chapter and JAMIA DENTAL INSTITUTE

Date: 19/3/22

Venue: MAK pataudi stadium (jamia sports complex, jamia university)

Number of participants: 22 faculty

Chief guest: Dr. Waqar, Deputy Director, Games & Sports Jamia Millia Islamia

Any special details:

Team Jamia Captain – Dr. Nafis Ahmad

Team AOMSI Delhi NCR State Chapter Captain – Dr. Rohit Chandra

Team Jamia won the toss and elected to Bat. Team Jamia scored 97 runs all out in 18 overs.

Team AOMSI Delhi NCR scored 98 runs in 16 overs.



Delhi NCR AOMSI

beat JAMIA Institue by 3 wickets

Man of the Match: Dr. Athreya Rajgopal
(Team AOMSI Delhi NCR)

Best Batsman: Dr. Sanjay Singh
(Team AOMSI Delhi NCR)

Best Bowler: Dr. Anurag Singh
(Team AOMSI Delhi NCR)

Best Fielder: Dr. Amit Tamrakar
(Team Jamia)



Pan India Journal Club Series February 2022



Presenter: Dr. Supriyo Pal , GuruNanak Institute of Dental Sciences, Kolkota, West Bengal

Moderator: Dr. Gaurav Singh, Principal, Professor and Head, OMFS
Sardar Patel Postgraduate Institute of Dental and Medical Sciences, Lucknow

Article: Treatment of Frontal Sinus Fractures – A Systematic Review and Meta-analysis

Treatment of Frontal Sinus Fractures: A Systematic Review and Meta-analysis

Essam Ahmed Al-Moraissi ¹, Abdulmalik Alyahya ², Edward Ellis ³

Affiliations + expand

PMID: 34252369 DOI: [10.1016/j.joms.2021.06.013](https://doi.org/10.1016/j.joms.2021.06.013)

DOI: <https://doi.org/10.1016/j.joms.2021.06.013>

No. of attendees: 358



Helmet awareness rally commemorating OMFS day

Core organizing team:

Department of OMFS,
Sri Venkateshwara Dental College,
Puducherry

Date : 01/3/22

Rally from Gandhi statue to
Sri Venkateshwara Dental College (15kms)

Number of participants:
150 students

Chief guest:

Rally flagged off by
**Honourable Lt.Governor
of Puducherry,
Dr. Tamilisai Soundararajan**





AOMSI Chattisgarh State Chapter

Event: Scientific session

Core organizing team:

AOMSI Chattisgarh State Chapter and Balco Medical Centre with IDA State branch

Date : 10/3/22

Venue: Hotel Ivy, Pachopedi Naka, Raipur

Speakers:

Dr. Dipmalya Chatterjee,

MS, MCh(Plastic Surgery)

**Topic: Reconstructive surgery
in oral cancers**

Dr. Gunjan Agarwal

MDS, FGOLF (MSKCC, USA) Maxillofacial Surgeon

Topic: Neck dissection overview

What

Women's Day — means to you?



Dr. Vini Kaila
Andhra Pradesh



Max fac is both a joy and a challenge for me.

A delight of living my dream while being treated with the utmost respect by majority of my peers, friends, and family.

It's also difficult to establish oneself in this overwhelmingly male-dominated field, with discrimination occurring occasionally, if not from peers, then from patients. And yet I adore every aspect of my job as a "female max fac surgeon."

Dr. Richa Angik
Bihar & Jharkhand



Women's day is the day to acknowledge our strength, perseverance, versatility and achievement and also the contribution to the society. It also reminds us to help our fellow sisters to be self-sustainable and smash their own ceilings to chase their dreams. I have been blessed to be born in a family where I was given opportunity to be an accomplished oral surgeon as I am now. And as mother of a girl child I would do the same. I look up to the supreme seniors in our fraternity and get inspired by them and be the same for upcoming ones. Women have been gifted by nature to create, so from our tireless effort nurture a life to make them a complete being. We also from gentleness, hard work and tireless effort make this a better society to live.

Dr. Sruthi Rao

Chhattisgarh



"Hands that help are holier than lips that pray" is the dictum that drives me each day. To sum up as a mother of twins, a home maker, a wife, a teacher and a Maxillofacial surgeon is nothing but an extension of myself, often – times struggling to find the balance and on other occasions aching it. The cheer in my children's laughter, a word of motivation from my students, a smile of gratitude from my patients as well as an occasional criticism are steps in my life that keep me going. WOMEN'S DAY for me is the WILL to stand up each time I fall, to OWN my mistakes, to keep MOVING on come – what – may, to EXPRESS myself, to NEUTRALIZE bias, to be SENSITIVE to ones in need. I strive to do my DUTY, to ADVANCE my skills and YEARN for knowledge at every opportunity. Each morning I awake with a thirst to rise to new heights in each role I play inspired by the Eagle parting the clouds with its tireless wings

Dr. Shreya Krishna

Delhi NCR



Women's day evokes a bittersweet emotion in me. It's bitter because it's a day and not a year or a decade!. Its sweet because you do pause from your daily drill and give yourselves a hearty pat for wherever you are standing despite all the hurdles. Its also special because it gives me a flashback of all the many many women that have influenced me right from my childhood, school to now my professional career. It always begins with my Mom, my biology School teacher Mrs.Sonali, my sister, my professional seniors like Dr.Richa, my colleagues like Dr.Sushma and so many more. Each year I see the world around me evolve and conditions becoming more favourable for women to achieve their dreams. Conference rooms have 'suits' of every kind and OTs have head caps of all shapes and sizes! Cheers to the ladies in our lives who have paved the way for us and shown us the power of being a woman.

Dr. Divya C Khaunte

Goa



Women are the epitome of courage and determination. Over the years, women have been celebrated for scaling peaks that were thought to be reserved for men and they have done that despite all the odds against them for which they deserve appreciation, love and respect for all. This ability to multitask while pursuing my career as a surgeon helped me grow professionally and personally.

Dr. Taranjit Kaur

Gujarat



In the beginning and in the end of our lives , we are all humans irrespective of our cast creed and gender.

It is in middle part of our journey that we take up roles of a man woman black white etc.

As a woman and a surgeon , I feel I bring in poetry to the prose of my profession. I bring love compassion, passion, morality, justice and Joy.

Joy of sharing , joy of creating , joy that colours bring to our lives.

As a woman I bring change.

The fluidity that change needs is what I am. Am metamorphosing each moment.

The form and the function are indistinguishable. While a woman is a form, a man is the function, both are equally important for an efficient system.

Let's celebrate our uniqueness our individuality our togetherness on this International Women's day.

Happy International women's day to one and all.

Dr. Geeta Kalra

Haryana



I feel privileged to be a woman oral and maxillofacial surgeon and proud to have achieved a certain level of satisfaction in my academic and professional life. I attribute this to my strong spirit and family support. It has not been an easy journey in terms of maintaining work life balance, fighting gender bias and building patient trust in a female surgeon. Nevertheless, today I am happy to be a role model for many budding female dental surgeons who look upon me with appreciation and seek support and encouragement. However, we have a long way to go and my wish is to see more women maxillofacial surgeons occupying key positions in our national and international organisations.

Dr. Parveen Lone

Jammu and Kashmir



International women's Day is celebrated Globally to commemorate cultural, political, social & economic achievements of women, focus on women rights, gender equality & violence against women. Belonging to a very remotest village where there was no road connectivity till 2021 & also being divorcee, I am first female OMF surgeon in JK. I am thankful to God Almighty & my parents who not only educated me but also supported me through all thick & thin. Hence focus of attention should be on education of every girl child to make her confident & self-sufficient to face all the challenges in life

Dr. Pratiksha Shetty

Karnataka



2022, this is a good time to be a woman. It is an era where the gender disadvantage women have been suffering for centuries is finally resolving (at a slow pace, but we are getting there...). Being a woman, the responsibilities that comes along with it and the balancing act that we play has always been romanticized. Woman stretch themselves to the seams and more, trying to live upto this general expectation. But woman manage to do all of that, at a price, but they do a wonderful job nevertheless. They have the respect and appreciation for their journey, which makes women that extraordinary strength. In a profession like Oral and Maxillofacial surgery, which at some point was dominated by men, today we have talented, powerful women paving way for equal presence of gender. Women's day to me is a time to take step back and applaud the tremendous work done by us the women, appreciate the sacrifices made, to help us carry on with same enthusiasm, love and determinations that only a woman is capable of. Let us all take a bow.

Dr. Yesh Thelekkat

Kerala



When I was asked to write on "What does Women's Day mean to me", the first thought that came to my mind was – "That Women's Day is still celebrated globally screams loud that women still must fight for parity, respect and recognition of their achievements". True. Many women have been able to make their way up fighting their own battles. However, by and large, women are still constantly facing discrimination, lack of respect by their male counterparts and opportunity, globally. The unwritten rule by the society, be it the West or the East, is that the woman's primary role is in being a home maker and a mother. Though many have been fortunate to have support from family and peers to overcome this, there are still many whose skills are drowned because they are forcefully sidelined, disrespected, and ill-treated.

Many a time, the woman herself is responsible for the patriarchal dominance that exists as she believes – "that is how things should be". As Eleanor Roosevelt has said "No one can make you feel inferior without your consent". Do not consent to be treated inferior. Woman's Day to me should be Everyday – when we do not shy away from recognizing, honoring, respecting women for their ability, talent, achievements in all walks of life – Home or Profession and not just objectify them. Until then, Women's Day will be celebrated.

Dr. Anisha Maria

Madhya Pradesh



Women surgeons are still far away from being treated as equal to their male colleagues.

The profession is rife with sexual harassment, bullying and discrimination. Even today only 19 % women are choosing to be surgeons worldwide.

We all know that women will make excellent surgeons as they are more empathetic and hand dexterity is better than in men. But how we perform better when we are battling workplace abuse & discrimination and this starts from PG training days itself.

Men are very much aware of this, but prefer to keep silent as it's a competitive field. Supervising surgeons have a lot of power and get away with this abuse easily. Women also have to spend time in bringing up families and so the ambition has to take a backseat in the initial years.

Personally I feel I did not get the kind of mentorship which would have given me an edge in the immediate years after I completed my residency as is usually given to my male colleagues. Bosses are usually men and they tend to lean towards the male colleagues. It took me 10-12 years to create a name for myself as a surgeon.

Frankly, any woman becomes more confident in life after her kids are grown and home responsibility lessens. It's heartening to see women like Dr Neelima Malik and Dr Neelam Andrade make it as Presidents in a male dominated AOMSI.

In the end hard work, dedication, opportunity at work and skills do matter.

Still many women do not make it to the top positions in hospitals and private practice where the real battle is on to get recognition.

One interesting observation- I got more appreciation from my male residents as a teacher than from the female students! I feel this was a compliment.

The commitment required to do rounds and duties was more in the male students.

I am optimist. The profession will get better for women surgeons as slowly they are increasing in numbers and by seeing more of them in operation theatres slowly the discrimination will die down.

Dr. Abhilasha

Maharashtra



I sit staring down my window with a cup of coffee reminiscing about yesterday's surgery as I prepare to go for my evening rounds. I am tempted to think what life would be like if my ancestors didn't fight for my right to education and free will. What would it be like if my hands didn't hold a scalpel? Women are the real architects of society, they build not only their life but the life of everyone around them. It's overwhelming to see young girls with big dreams and women shattering glass ceilings all around the world and especially in Science.

I, like a lot of other female surgeons, were told that surgery is a man's world, but not anymore. In my student life I have been inspired and sustained by some of the most brilliant surgeons and many of them happened to be women. As I talk to my female residents and see them defying the odds as I did when I was in their position, I can't help but feel proud. Proud to see their femininity and power manifest into the glory of being a surgeon, a life changer and this is what women's day means to me.

So, when I think of women's day, I think of all the achievements and contributions women have made despite the hardships and turbulence. Women's day for me stands for equal rights, access to higher education and better health care, equal pay, safety and equal representation.

It also gives me the opportunity to thank the unstoppable women who came before me and to remind myself to persevere to make the world a better place for our future generations.

Wishing you all fearless and invincible women. A very Happy Women's Day!



Dr. Kriti

North East

Globally, the purpose of the day is to celebrate women achievements, recognise challenges, and deliver greater attention to women rights and gender equality. In my opinion, more than this celebration of one day, some changes or continued existence of a progressive mindset everyday at every level is the need of the hour towards gender equality.

As a woman maxfac, I feel the recognition at our workplace, family's support and society's acceptance towards our professional commitment and goal, and also a woman supporting and empowering other women can provide us a healthy environment towards our growth in our profession



Dr. Mounabati Mohapatra

Odisha

There is a saying : "A good surgeon should have a lion's heart, an eagle's eye and lady's hand"

Lion's Heart : Balancing sympathy and science equally. Courageous, strong decision maker like a king - LION. So are the women!

Eagle's Eye : Very sharp, watchful eye, noticing in detail from a distance - no one is better than a woman!

Lady's finger : Artistic, soft and kind touch. Any one better than a woman ?

Proud of all the women surgeons out there!

Dr. Sarita Mahajan

Punjab



As a woman, I feel highly empowered being a maxillofacial surgeon. I believe most women have instincts of being patient and compassionate, qualities that make me a better surgeon and help me in work-life balance. I wish my fellow women maxillofacial surgeons a happy women's day and envision more women leaders in our community.

Neha Aggarwal

Rajasthan



Celebrating women's day for me means to be limitless. Don't let anything and anyone limit you in the pursuit of your dream. As women, we've been told our role of being healers is almost a natural instinct. But as soon as we become a little more ambitious, we are considered hysterical. To all those hysterical women, be free and be ambitious. Be you!

Dr. Elavenil Paneerselvam

Tamil Nadu



To me, this day symbolizes expression of respect and admiration for fellow women – a day to pay tribute to women who have been inspirational through their acts of goodness and righteousness in different facets of life, as well as trailblazers in the field of Oral & Maxillofacial Surgery. I believe that expression of respect and support is absolutely vital for spreading positivity and gaining momentum. Because, every woman championing a cause needs encouragement to move forward and even a doyenne needs reassurance, to create new paradigms.

Wishing lots of love and more power to all inspiring women. And, kudos to the men who support women unconditionally and voice their respect sans reservation.

Women's Day

Dr. Soujanya
Telangana



OMFS is THE most lively and passionate speciality among all dental specialities. It has a very steep learning curve similar to other surgical specialities. As a woman OMFS surgeon, my perspective is, consistency in profession and dedication is always important for career growth. For a woman priorities keep changing in order to balance family life, but it doesn't mean they are out of their profession. Infact I feel surgical skills are very important for the survival but not through gender dominance. My confidence levels and leadership qualities have improved after getting trained in this speciality. I encourage and look forward to seeing more female trained surgeons and hopefully we will see society deleting the word 'male dominant OMF specialty' from their minds.

Mamta Agarwal
Uttar Pradesh



I believe that being a woman maxfax surgeon is the most rewarding joy of life as it provides clinical satisfaction, confidence and financial freedom. We all experience the stress at times as being the primary homemaker there is always the need to harmonise our professional and personal lives. Still at the end of the day I am a proud surgeon and being a female makes it more gratifying. Happy woman day

Dr. Debolina Pramanik
West Bengal



It is not easy to survive in the field of surgery which is mostly driven by men. You have to face challenges at every step. We prove perseverance every day in this field. For me surviving this battle is the epitome of womanhood. Every day is women's day!



Dr. Jyotsna Jha
Uttarakhand



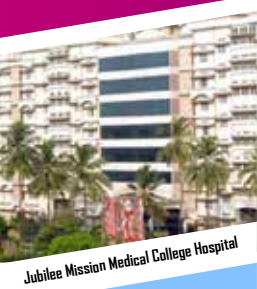
International Women's Day allows us to celebrate our achievements, to honour and recognize all of the courageous women who came before us, and to pave the way for those who will come after us.

Oral and maxillofacial surgery has been understood as the 'good old boys club' Or a 'man's profession' But we, female maxillofacial surgeons, with our hard work and dedication, are changing that misconceptions as more and more of us are pursuing OMFS, being recognised as distinguished surgeons and taking up important leadership positions. However, there are still a lot of people who are unconsciously biased and it definitely requires a cultural change.

So, on this women's day, let's take a pledge to reflect on the great women in our lives and take a call for accelerating gender parity.

Let us remind everyone that we should actively choose to challenge stereotypes, fight biases, broaden perceptions, be inclusive and celebrate women's achievements every day.

Fellowship centres of AOMSI



Jubilee Mission Medical College Hospital



Kanachur Hospital & Research Centre



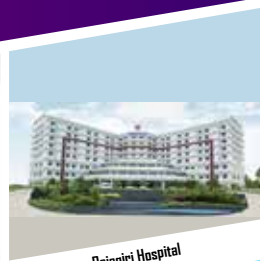
Almas Hospital



Amrita Institute of Medical Sciences



K.P. Sanghvi Hospital



Rajagiri Hospital



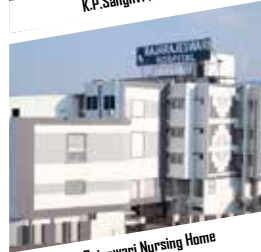
Shubhechha Multispecialty Hospital



Jabalpur Hospital Research Centre



MAX Hospital



Raja Rajeswari Nursing Home



Hannah Joseph Institute of Madurai



Ganga Hospital



SMC Hospital



Cachar Cancer Hospital and Research Centre



BSES MG Hospital



Saptrishi Hospital and Cancer Center



HCG Manavata Cancer Center



Post Graduate Institute of Dental Sciences



Chandan Hospital



Mazumdar Shaw Medical Center



Care Cancer Centre



MVR Cancer Center



Nangal Cancer Hospital



Aster Medcity



The AOMSI fellowship program aims to train young OMFS who acquire adequate knowledge at the end of their residency but would need more Hands-on opportunities and skills to independently manage a variety of cases in different sub-specialties of Maxillofacial surgery.

The first AOMSI fellowship exam was conducted in Vijaywada, during midterm convention in 2015, for Trauma and Orthognathic surgery fellowships. AOMSI, currently offers fellowship in 3 sub-specialties - **Maxillofacial trauma, Orthognathic Surgery and Oral Oncology.**

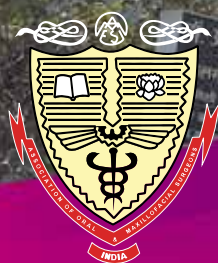
The trainees are shortlisted after qualifying a national level examination. The selected trainees undergo an interview. The AOMSI fellows are paid an educational grant/ stipend during the course of their fellowship. The duration of the training is for a period of one year.

The following section in Max-Facts is dedicated to highlight about the features of the fellowship centres of AOMSI. Every month two centres will be featured along with an interview of a fellow who has had a first hand experience of working at the centre.

For more information regarding the AOMSI fellowship, log on to - www.aomsi.com

AOMSI FELLOWSHIP CENTRE - ORAL ONCOLOGY FELLOWSHIP CENTRE

Saptrishi Hospital & Cancer Center, Jabalpur



Other faculty in the department:

- Dr. Anjaneya Dube (Maxillofacial Surgeon)
- Dr. Sunit Lokwani (Medical oncologist)
- Dr. Shyam Rawat (Radiation Oncologist)

**Year of commencement
of AOMSI fellowship** : January 2021

**Number of AOMSI
fellowship seats per year** : One



Course director:
Dr. Preeti Jain



Procedures done at the center :

Number of surgeries
performed at the center : 284 in 2021

Head & Neck Oncology cases : 134 in 2021

Non Head & Neck cases : 150



Is there anything special about a woman as a center head?

When women become leaders, they provide a different set of skills, imaginative perspectives, and, importantly, structural and cultural differences that drive effective solutions. Being intuitive by nature, women are better planners. The organisations run by women are more inclusive .

Women are powerful agents of change, they are known to make the working environment less authoritative and more co operative. With their inherent qualities of being more intuitive, affectionate and task oriented, they are able to strike a unique balance of co operation, co existence and transformational objectiveness in whatever they do.

Did you face any resistance as a woman towards your journey to the top?

It was in the early 90s when I was studying in MBBS final year and preparing to go to the US for higher studies. During my final exams, My father got diagnosed with cancer and that day changed the course of my life. I decided to become a cancer surgeon.

My journey of becoming a surgical oncologist started with my post graduation in General Surgery. Initial days of residency were really hard. As it was considered to be a male dominated branch. I had to work really hard to prove myself equivalent to them. However soon my hard work, sincerity and dedication became an example for everyone else to follow. Through the journey I met different types of people and had mixed experiences. Most of the experiences later on were positive and inspiring. I always considered difficulties as opportunities to learn. I believe that all the hardships shaped me as a better human being.

What makes this center special ?

I feel proud to state that I pursued surgical oncology for my sheer passion to help and heal the ailing cancer patients. I consider it as my personal responsibility to inculcate compassion and honesty in the trainees over and above imparting knowledge and skills about cancer surgery, I have been training aspiring cancer surgeons as DNB surgical oncology teacher and in different fellowship programs in Head & Neck oncology and Gynaecological oncology over the past 14 years. All of those trained under me are doing good work and serving premier institutes in the country.

Our center, Saptrishi hospital and cancer center is a charitable organization, primarily established with the goal of delivering state of the art treatment facilities at an affordable cost. Me joining here as the head of Oncology, along with Dr Anjaneya Dube, my ex student and fellow being my colleague now, follow the same principles and ethics. It gives us immense satisfaction for being known in the entire region for our good work along with ethical and evidence based practices in cancer surgery.

Dr. Sunil Kumar

Year of joining fellowship program: 1st January 2022

Present designation:

Saptarshi Cancer Hospital, Jabalpur



Describe in one word your time at the fellowship centre ?

Educating



djgulia10@gmail.com

Your learning experience at the centre ?

Working in close association with an Onco-surgeon overall helped me to develop new surgical and diagnostic skills.

Briefly describe a typical day at the fellowship centre ?

On OPD days, we participate in seeing new patients and attend to the old follow ups. At times, we do the biopsies on OPD days. OT days are spend in observing and assisting cancer surgeries. Generally, in the evenings we finish with the patient paper work. On easy days, we present seminars, have journal club discussions and Tumour Board meetings.

What did you learn beyond OMFS ?

I have learned and gained deep knowledge of human anatomy, physiology, medicine and chemo radiotherapy. This program has also helped me develop managerial skills and improved my interactions with various other medical specialities.

How did the fellowship program help you ?

It has helped me understand head and neck oncology at a deeper level.

Your advice to the young OMF surgeons ?

My advice to young OMF surgeons is that if you want to be an Onco surgeon then AOMSI fellowship is the best and great platform but you have to be prepared to work harder compared to your time during the post graduation.

One most important advice is that please visit your fellowship centre before joining because some times you find a very different environment and you feel low and depressed as your expectation might be very high.



Dr. Sunil with his mentors



During case discussions



Dr. Sunil assisting Dr Preeti



Centre of excellence

**Do you want to be featured
as a centre of excellence ?**

**A shout out to all OMF surgeons
to get featured on Max-Facts!!**

- Are you working at a high volume centre ?
- Are you willing to train young OMF candidates ?
- Is your centre open to inviting candidates
for observership or fellowship?
- Are there opportunities for research at your centre ?

If it's a "YES" write to us at "maxfacts@aomsi.com" &
we will feature your centre of excellence
in our upcoming issues!

Let's join hands to learn better and grow together!





BEYOND OMFS

Dr. Neelam Andrade 

Life is
BETTER
when I
DANCE

**TANZ VERDEN
BALLROOM
INTERNATIONAL**



Dr. Neelam Andrade

Dr. Neelam Andrade is a name that commands respect not only in Indian Oral and Maxillofacial Surgeons' community but across the world as a remarkable surgeon, administrator, teacher and dancer. She is Dean Nair Dental, Dean Nesco Jumbo Covid Center and now Director (ME & MH) of all 5 major medical hospitals in MCGM and 16 peripheral hospitals.

Born in 1961, in New Delhi, Dr. Neelam is the daughter of Mr P.K.Bhatia & Mrs. Lalita Bhatia. She did her schooling from Duruleo Convent High School in Bandra, Mumbai, where she amazed her teachers with her exceptional talent and diligence.

She has done her graduation and post-graduation from Nair Hospital Dental College where she topped the University in Peridontology in her BDS. She has been teaching in her alma mater for more than last three decades and is presently the Dean of the institution. A fellow of the Royal College of Physicians and Surgeons (Glasgow, UK) and Indian Board of Oral & Maxillofacial Surgeons (AOMSI), she has to her credited more than 77 Pubmed indexed publications in peer-reviewed journals.

Dr. Andrade has been awarded with multiple awards and fellowships. She has been a recipient of "M.S.N. Ginwala Best Scientific Paper Award" on many occasions. She has received the T.C. White Fellowship from the RCPS (Glasgow), "Services to Humanity" Award from the Ahtesaab Foundation, "Soni Ladhuhai Foundation Award" for Annual Blood Donation Drive, "Best Oral Surgeon of the Year-2016" at Denasia Awards, "Outstanding Dentist of the Year -2017" at Famdent awards, "Best Maxillofacial surgeon of the Year-2018" and Superstar award -2019 from Famdent Dentistry's National Excellence Awards. She received the "Most Proactive Sr. Academician of the Year 2018-19" award at Dental Academic Excellence Awards Ceremony (Guident). Her work at the NESCO JUMBO COVID facility has garnered her 16 prominent awards and felicitations including those from Hon Governor and Mayor.

However, OT is not her only stage, Dr. Neelam Andrade has won laurels in Competitive Latin Ball room dancing proving that if one is passionate, one can accomplish greatness in whatever one sets her heart to!

In Beyond OMFS this month we shine the light on what Dr Andrade does, beyond OMFS!!

Questions?

How did your stint with dancing begin?

As a child I always wanted to learn dance, the Indian classical, in fact I begged my parents to enrol me in Gopi Krishna Bharatnatyam classes. My father took me to the academy, but the fees quoted were beyond my father's imagination. My late father was a Govt. general manager employee in ESIC, as fate would have it, I never got to take dance classes as a child. When my daughters were small I ensured that I fulfilled my dream through them. I enrolled both in Bharatnatyam academy and I fruitfully completed my aspiration of being a Bharatnatyam dancer by being a proud mother of excellent dancers today who completed their Arangetram at a very young age in front of an audience of 750 people.

For me personally to delve into dance started after I got married to a Roman Catholic. We used to attend Catholic Guild Medical Ball, every year, in this there used to be an annual waltz dance competition, a beautiful elegant form of dance, we used to look forwards to watching the same, and I really wished to learn it one day and participate in the competition. Somehow, I feel this urge of wanting to learn waltz was somewhere in my genes, as, my father was a Waltz teacher himself and conducted classes in Connaught place Delhi in the early and late 1950s.

In 2006-07, I started my search to learn waltz and got to know about Sandeep Soparkar's Latin Ballroom classes, very close to my house, hence with the hope of learning waltz I went there, and I was informed that they taught 7 different styles of Latin Ballroom along with waltz. Very keen to learn I joined, it's there that I got our instructor, an amazing teacher Reesha Dhulap. I have lots and lots to speak about my teacher who has kept me going all through these years and I

owe my addiction only to her, that I never left the class, in all the years, except during Covid for maybe 18 months when classes were put on hold and later during initial period of restarting classes as I did not get time from my other responsibilities.



With class fellows just before performance

What all forms of Dance do you enjoy?

I started my training in Waltz, Jive, Rumba, Cha cha, Samba, Fox trot and Tango. Each dance has a different count, different mood, different music, different step names and rules. Each is a partner dance, the instructor teaches both the male and female steps. I enjoy Waltz, jive, cha cha and Foxtrot the most.



Questions?

Can you share about your professional training in the field of Competitive Latin Ball Room dancing?

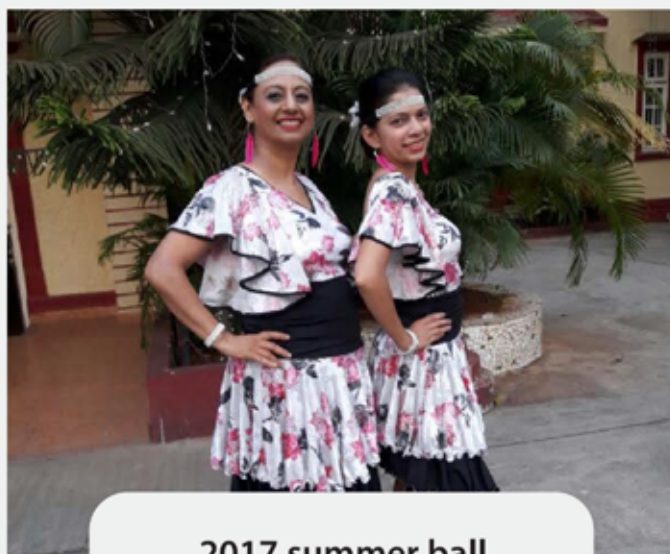
My stint in competitive dancing started when out of the blue I won the Gold Medal in impromptu dance competition, with an unknown, unpractised choreography on unknown music. I was approached by my teacher to take part formally with training, a little shy and with a feeling that I am not that good to take part in a competition I had declined. But on the competition day there was an open event, for fun sake I took part and landed winning the gold, this gave me confidence and next year I took up the class for formal training for competition besides my regular classes.

My academy holds regular annual International Contessa in September / October, there are many dance style categories and age groups for participants. Formal training starts around 2 months before the event. A partner is allotted and written choreography is given, which one can add to it with acceptance from the teacher.

All steps in each style have a name and choreography is written, we learn block by block on the musical notes, and the choreo is byhearted, anyone who is really good in class at memorizing and going from one step into another, notes it down and it's circulated for the class to remember. In a competition the partners have it on phone to know it by heart. We know the choreo for the competition but we dont know what song will be played, the tempo of the dance

would go by the song the steps would remain the same. You must dance on the count of the musical notes, if you're not in sync with the music you will lose marks, it should also be effortless, have attitude, and smile throughout, look like you are enjoying every moment and you are not stressed. There is also a way to enter, to take position, to stay in position until music starts, to start the dance only on the count of one of the style which u must catch in the beat of the song, and start if your partner that is the male does not catch the beat and start on the one, you will lose marks. The lady cannot start, the lady follows. If the man does not start he is unsure to catch the note of ONE in the music the lady just stands pretty. The entire dance sequence of the song can go to 3-4 pages for each style and each song.

The costumes, makeup, hairstyle is decided by the teacher. Daily training happens in the last week a formal dress rehearsal happens, passes and tickets are there for watching, international and national judges are called. It's an awesome experience every time and it's very thrilling to win too.



2017 summer ball

Questions?

So far, I have won around 16 medals mix of gold, silver and bronze.



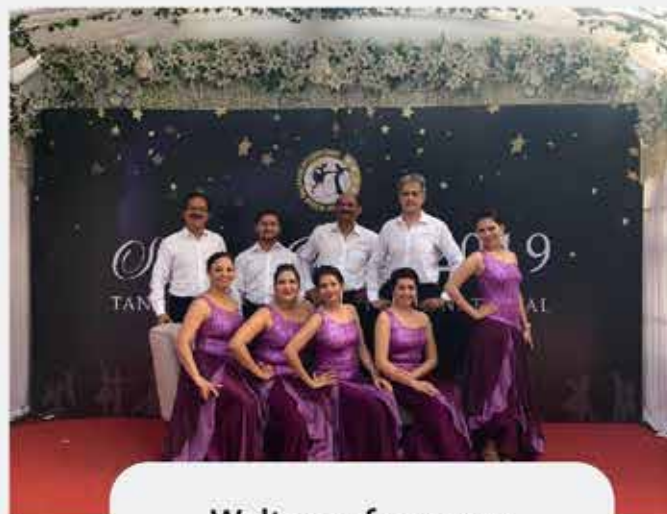
**With her partner and teacher,
Reesha Dhulap (in centre)**

Tell us something about your partner in these competitions..

Partners are allotted by our teacher, Reesha Dhulap, she knows who is best for who. We have danced with all as in routine class, for every dance you move to the next partner in a clockwise or anticlockwise fashion. So, everyone gets a chance with everyone, there are no age limits, there is no uncle and aunty, everyone is addressed by their first name, beyond the name we may not know anything about the person, we are only connected for that dance and learning it that's it. It's an amazing different world.

All that everyone hopes is that partners are

regular for practice and get the steps and choreo right, because even if you get it right and your partner does not, it's not going to work out.



Waltz performance

Would you please share any memorable anecdote from your dance competitions with us?

I remember the day when for important dress rehearsal all participants (my competitors) were busy practising and I could not as my partner did not turn up! Another time when all were ready and dressed to kill the competition, I was still waiting for the tailor to get my costume which arrived with just 10 minutes before the start of the show!

A very memorable moment for me is when the international judges gave us the Gold medal in Samba style - a dance form which is my weakest.

What do you enjoy the most about Dancing?

For me dance is a stressbuster - for the 1.5

Questions?

or 2 hours of my dance class, I forget all my problems - I am just there to get my steps right, to learn my choreography and improve my dance. To perform better and go up to the next level.

I started with prebronze, bronze, reached Silver, Gold category is final. After a break of now 18-20 months in Covid I decided to again start with Bronze, as I wanted to revise and then go higher up.



You don the cap of being one of the most sought after OMFS, teacher, administrator with endless responsibilities, please share how amidst your busy routine, you manage to take out time for dance?

Classes are in evenings, competition classes maybe late in the day (around 8pm to 10pm). For like 7-8 years (precovid) I had my class every Sunday 4pm to 6pm, which I hardly ever missed. It is very much doable if you have the passion. I have restarted now and gone back to my basics Saturday class 6.30 to 8pm. I never get bored of it.

As you go to higher classes you can do your class and multiple lower classes if you wish free of cost during the week.

There is a condition that those who did 3 summer balls consecutively would have their names appear as Stars on the dance floor. I got it into me to take part every year in Summer all performance because I dreamt to see my name one day on the dance floor and that kept me going. I achieved that and have taken part in 7 summerballs consequently, until 2020 March when we were practicing for the next and Covid came.



How has dance helped you in becoming a better surgeon/ teacher/ administrator par excellence?

My teacher or one of my Mentors now for so many years has engraved in me the values of persistence, consistency, hard-work and

Questions?

dedication to reform, improve and achieve higher. There is no shortcut to get things right, only hard-work pays! She makes us practice and practice before our performance endlessly, till we obtain what she calls Muscle Memory, this I connect and extrapolate in my daily routine also.

There is no time pass in her class, it's only serious work, the breaks are only water breaks of not more than 5 mins and you are back on the floor, I never see her ever on her mobile or chit chatting in class, in all these years I have never seen her except maybe 1-2 times come late for class, she is there before others arrive. She never takes calls during her class only in between classes she would attend. Her shows, competitions get better year after year. There is so much to learn and implement in her way of organization and planning in our working too.



With daughter Dr. Tanvi

Any other hobbies that you enjoy?

I enjoy any form of event management and I love traveling too. I cannot miss reading the newspaper everyday even if it's just for 15-20 minutes.

Your message for your fellow maxfacs who wish to pursue dance as a hobby

Dance is an expression of joy - a time to forget your problems to only think of your next step, to drown in the music and feel blissful of your existence.

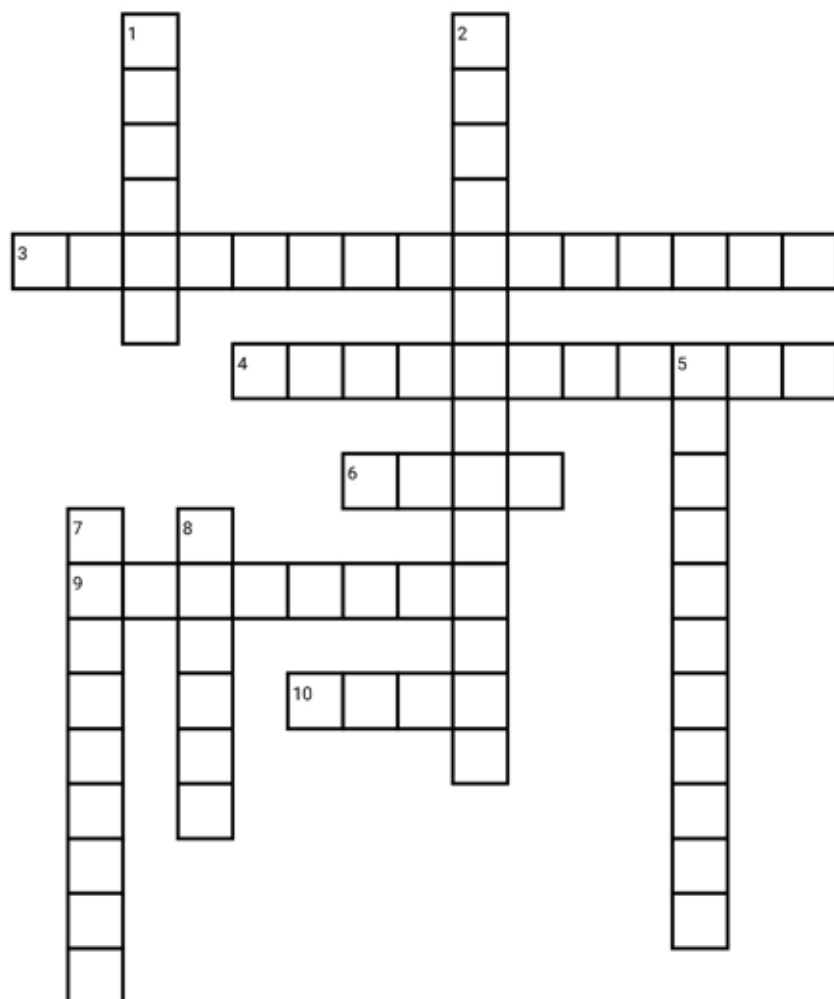
Any form of dance is good there is so much to choose from, so many styles, if you wish to be a trained dancer. It is never late, if you have the passion, I started at the age of 48.

“

Two words of my teacher that always keep ringing in our ears

"And Again" that helps in perfection although perfection is never complete ever there is always n always Scope for Improvement.

”



Down:

1. This incision is a modification of coronal approach which helps to break up the scar and make it less noticeable, when the hair is worn short.
2. This is a procedure to tighten the excessive movement of the condyle.
5. This tumors refer to cases in which the second primary cancer is diagnosed within 6 months of the primary cancer
7. What is the name of the sebaceous glands which are embedded within the tarsal plates ?
8. I was the first to describe the submandibular approach.

Across:

3. Name the modification of the Transconjunctival approach when the medial extent of the incision can be extended superiorly , behind the lacrimal drainage system, as high as the levator aponeurosis.
4. Nerve injury which involves complete severing of the nerve
6. Lingual Split techniques was given by ?
9. Excessive tear production due to injury in the nasolacrimal duct.
10. I was the first to advocate the use of heat as a form of sterilization.

MINDROID CORNER



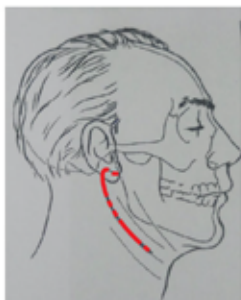
1. What is the percentage of Formalin used for fumigation ?

2. Name this instrument ?



3. Who was the first to coin the term Stereolithography ?

4. What is the name of this incision ?



5. Who was the first to bring in the concept of General Anesthesia ?

6. What is this type of genioplasty called ?



7. What is the name of respiration which is characterized by periods of hyperventilation separated by period of apnoea ?

8. Name this instrument ?



9. Name the syndrome in which there is posterior movement of the globe when the antagonist muscle is unable to relax or ' pay out rope ' so that the axis of rotation is transferred to the site of restriction or adhesion.

10. What is the strongest component of the medial canthal tendon complex ?

■ Submit your answers for quiz & crossword to maxfacts@aomsi.com by 25th April 2022.

■ Answers for mindroid will be revealed on our social media handles along with a shout out to those who send in correct answers.



TALENT CORNER

photography

Dr. Aman
(LM 1010)



Dr. Anisha Maria
(LM 787)

Dr. Ashok
(LM 5531)



Dr. Basavaraj Katakol
(LM 5000)



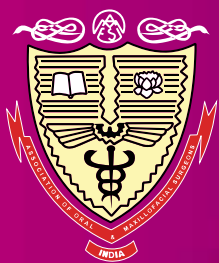
Dr. Yajas Kumar
(SLM 6760)

Dr. Meghana
(SLM 6778)



Dr. Gourab Mandal
(LM 5039)





TALENT CORNER

art



◀ Dr. Annuradha
(LM 3028)



◀ Dr. Bhavana
(SLM 6285)



◀ Dr. Dhvani Ranveria
(LM 4302)



◀ Dr. Hemanth
(SLM 3364)



▶ Dr. Sahana M S
(LM 3536)



▶ Dr. Lakshmi Shetty
(LM 2157)



▶ Dr. Twinkle Thakker
(LM 4451)



▶ Dr. Srijan Mukherji
(LM 705)

TALENT CORNER

poetry



The road ahead.

I dreamt one day....
The road ahead would be a game
Lovely and lively...I am and will be greatest
To make name and fame

Lush greens blue skies. Marigold flower
All the goodies of nature one can shower

Up and down right and left path be clear
As I've gathered all that I would gear

I keep smiling doing all my chores
Adhered to my disciplined duty though I have so much more

I want you to be well informed...about the must should list
Gladly that would lead you to perfection I insist

A few wonders come back. when given...love peace and happiness
Spreading joy sharing sorrow and yet no to nothingness

Life's dream unfolding. Career family balancing
Ups and downs health and sickness. All in the making..

Some maketh. to the life's added years brimming into old age
Some silently slip into slumber unknown at a young age

Make a choice wisely my friend
Relax refine there's light there at the tunnels end

Stop giving too much to much wanted profession
All is not yours pass on the baton

Sing a song to hearts content
Write an ode even at first attempt

A helping hand a shoulder to cry..rub that tear
A warm smile to cheer an ear to hear

Life's here with dreams. Have a passion in addition
A road ahead that was...is already in motion

So wake up and chill
Until everything comes to a stand still...

Dr. R.M.Lalitha
(LM 6737)

Upcoming events



Event	Dates	Contact info/Web Link	Venue
8th Maharashtra State Chapter Conference	7 th - 9 th April, 2022	8mscaomsi@gmail.com Dr. Yashal Jadhav 7743842255	Dr Vithalrao Vikhe Patil Medical College, Ahmednagar
Pan India PG Training Programme- Journal Club series	24 th April, 2022	yeshas26575@yahoo.com	Zoom meeting
XIX National Triple O Symposium	29 th - 30 th April, 2022	www.ooovmsdcsalem.com	Annapoorna Auditorium, Vinayaka Mission Campus, Salem
IAOMS/ALACIBU NEXTGEN Online Conference	May 9 th - May 13 th , 2022	Registration must have- IAOMS active membership www.iaoms.org	Online
INDOCLEFTCON 2022	19 th - 21 st May, 2022	http://www.indocleftcon2022.com	Le Meridien, Kochi, India
AlexORL Mega Congress 2022- 5th Egyptian Sialendoscopy Hands-on/Live Surgery Course	21 st - 23 rd May, 2022	Professor Emad Ahmad Magdy (+2) 0122 458 8889 Email: emad.magdy@alexmed.edu.eg	Department of Otorhinolaryngology Dissection Lab & Operating Rooms, Alexandria University, Faculty of Medicine, Alexandria, Egypt
Masterclass in Orthognathic Surgery	27 th - 29 th July, 2022	+27 79 0770207 +27 11 615 9595 Ferretti@sbsol.co.za	Johannesburg, South Africa

Want to feature an upcoming event ? Mail us at maxfacts@aomsi.com



AOMSI **MASTER CLASS - 2022** **(VIRTUAL)**



MARCH 4TH & 5TH - 04.00 PM TO 09.00 PM



MARCH 6TH - 09.00 AM TO 04.00 PM



MARCH 11TH & 12TH - 04.00 PM TO 09.00 PM



MARCH 13TH - 09.00 AM TO 04.00 PM



VIVA

DATE

**18TH, 19TH,
25TH & 26TH
MARCH - 2022**

TIME

**9:00 AM
TO
5:00 PM**

REGISTRATION IS OPEN

TO REGISTER VISIT

www.aomsi.com



25th MIDCOMS 2022

15th & 16th July 2022

LE MERIDIEN, Coimbatore, Tamil Nadu

Theme: Scaling up skills



Conference highlights

- Video Sessions
- Guest Lectures
- Live Surgery Workshop
- Small Group Discussions
- Focused Mentorship Sessions
- Quiz

Registration charges - Conference

Type of delegate	Early bird (March 15 th , 2022)	March 16 th – July 5 th , 2022	July 6 th onwards & spot registration
Post graduates (AOMSI members)	7500	8500	9000
Young delegates (less than 5 years post PG) (AOMSI members)	8000	9000	10000
Delegates (AOMSI members)	9000	9500	10000
Delegates (non AOMSI members)	11500	12500	13500
Accompanying person	7000	8000	9000

Registration Charges – Pre Conference

Type of delegate	Early bird (March 15 th , 2022)	March 16 th – July 5 th , 2022	July 6 th onwards & spot registration
Post Graduates AOMSI members	2500	3000	3500
Delegates AOMSI members	3000	3500	4000
Delegates Non members	4000	4500	5000

Pre Conference – July 14th, 2022
Ganga Hospital Live Surgical Workshop



Core committee

Organizing Chairman: **Dr. Prabhu .S**

Organizing Secretary: **Dr. Kannan Balaraman**

Treasurer: **Dr. Vimalambiga Ramani**

Conference Secretary: **Dr. Veerabahu**

Scientific Chairman: **Dr. Subramaniam**

Aomsi Scientific Coordinator: **Dr. Samiran Ghosh**



46th Annual Conference of AOMSI



**INDORE
2022**



- ✓ CITY PLACED AT HEART OF INDIA.
- ✓ INDIA'S CLEANEST CITY FOR 5TH TIME IN A ROW.
- ✓ FOOD CITY FAMOUS FOR ITS STREET FOOD.
- ✓ LARGEST CONVENTION CENTER IN CENTRAL INDIA.

**REGISTRATION
IS
OPEN**

Place : Brilliant Convention Centre (Nakshatra), Indore

Date : 17th, 18th and 19th November 2022

Host : Indore AOMSI

www.46indore.aomsi.com



In the

Forthcoming
ISSUE

Women's Day Issue

- » Special interviews
- » Mindroid - Quiz and Crossword
- » Talent corner

& much more!!!

Want to be a part of the upcoming issue?

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Do you run a centre of excellence?

Doing something beyond OMFS?

Contact us on maxfacts@aomsi.com or call 9880875543

Watch this space for more! See you in March!