

## **Aligner Workshop – Evidence-Based Strategies for Optimum Outcomes**

The Department of Orthodontics and Dentofacial Orthopaedics, Subharti Dental College and Hospital, Swami Vivekanand Subharti University, organized a 1 day Continuing Dental Education (CDE) program on “**Aligner Workshop: Evidence-Based Strategies for Optimum Outcomes**” on 29th July 2025.

The event featured eminent speakers from the field of Orthodontics, including:

- **Dr. N.R. Krishnaswamy**, Vice Principal and Professor & Head, Department of Orthodontics, Ragas Dental College & Hospital, Chennai
- **Dr. Ajit Kalia**, Professor & Head, Department of Orthodontics, M.A. Rangoonwala Dental College, Pune
- **Dr. Shubhaker Rao**, Principal & Head, Balaji Dental College, Hyderabad
- **Dr. Jitendra Bhagchandani**, Professor & Head, Department of Orthodontics, Sardar Patel Dental College, Lucknow
- **Dr. Dhruv Yadav**, Director, Saturn Aligners & Associate Professor, Santosh Dental College, Ghaziabad

These distinguished speakers shared their expertise on various aspects of aligner therapy, culminating in a hands-on workshop on aligner planning software.

The CDE was attended by around 80 delegates, including orthodontists from various institutions and private practitioners from Delhi and the NCR region. Notably, approximately 30 delegates were alumni of Subharti Dental College.

### **Program Structure:**

The program was divided into three main sessions comprising four lectures and one hands-on workshop. The event began with an inaugural function chaired by the Hon’ble Vice-Chancellor, Dr. Pramod Kumar Sharma, Dr. N.K.Ahuja Sir, Professor Emeritus Ex.Vice Chancellor of Subharti University, Dr. Nikhil Srivastava Sir, Principal and Dean, Subharti Dental College, Heads of all departments of dental college. Dr. Sanjay Labh, Secretary of Indian Orthodontic Society also grace the event and share his wisdom of words.

### **Session Highlights:**

- **Lecture 1:** *Historical Aspects of Aligners* by Dr. Jitendra Bhagchandani
- **Lecture 2:** *Clear Aligners and Treatment Efficiency: Putting the Facts into Perspective* by Dr. N.R. Krishnaswamy
- **Lecture 3:** *Types of Attachments in the Aligner System* by Dr. Ajit Kalia
- **Lecture 4:** *Remarks and Takeaway Points* by Dr. Shubhaker Rao, who presented compelling case records and scientific evidence underscoring the effectiveness of aligners in orthodontics

Following the lectures, participants enjoyed a lunch break, after which the hands-on workshop on aligner treatment planning using Maestro 3D Dental Studio software took place.

