



Dr. BINDU JAMES

BDS, MDS in Periodontics & Implantology

Contact

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PLRA-110, Pullattu house,
Ponoth road, Kaloor, Cochin-17

PROFESSIONAL SKILLS

Major surgical procedures

1. Flap Surgeries
2. Implants
3. Surgical crown lengthening
4. Regenerative therapy
5. Bone Augmentation

Minor Surgical Procedures

1. Gingivectomy
2. Frenectomy
3. Depigmentation
4. Operculectomy
5. Low Level Laser Therapy

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PERSONAL SKILLS

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- Singer
- Basketball Player
- Athletics

PERSONAL DETAILS

Name: Dr. Bindu James

Father's Name: Prof. Dr. James Joseph

Date of Birth: 22.01.1996

Age: 26 years

Nationality: Indian

Status: Unmarried

Languages Known: English, Malayalam (Read, Write & Speak) and Kannada(Only to Speak)

ABOUT

I am a goal-oriented periodontist with an eye for detail, a passion for giving my best service to the field of dentistry and patient diagnosis with creative processes and bring treatment risks to the minimum.

I look forward to building a good relationship with a team of dentists thereby exploring my career at a good dental clinic / hospital.

INTERNSHIP & EDUCATION

○ INTERNSHIP

JSS Dental College & Hospital, Mysore | 2018 - 2019

- Preliminary exposure to all departments of Dentistry
- Regular cases & diagnosis handled in rural areas and city
- Identified and consequently learnt to reduce key risks in treatments
- Organized several camps and events to create awareness on dental health in rural areas.

○ EDUCATION

○ MASTER OF DENTAL SURGERY (MDS) IN PERIODONTICS & IMPLANTOLOGY
College: SRI HASANAMBA DENTAL COLLEGE AND HOSPITAL, HASSAN, KARNATAKA
Year of Passing: 2022
University: RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES

○ BACHELOR OF DENTAL SURGERY (BDS)
College: JSS DENTAL COLLEGE & HOSPITAL, MYSORE
Year of Passing: 2018
University: JSS ACADEMY OF HIGHER EDUCATION & RESEARCH

○ 10TH STANDARD and PRE-UNIVERSITY EDUCATION/ PLUS-2
School: ST. PAUL'S INTERNATIONAL SCHOOL, KALAMASSERY
Year of Passing: 2012

ONLINE CDE PROGRAMMES ATTENDED

- 'Periodontics for the general practise' by Dr. Balaji Manohar on 26/7/20
- 'Tobacco Cessation and Dentistry' by Dr. Vikrant Mohanty on 03.01.2020
- 'Electronic Working Length Determination : Clinical Tips & Troubleshooting' by Dr. Ajay Logani on 31.01.2021
- 'Techniques in minor Oral & Dentoalveolar Surgery and Management of Impacted Tooth -Mandibular Third Molar' by Dr. Bhoyar Subhash on 14.02.2021
- 'Oral Habits in Children: Clinical Aspects & Management' by Dr. Nikhil Marwah on 11.04.2021
- 'Cortico-basal implantology- Myth or reality' by Dr. Mahendra Perumalon on 08/07/21
- 'Platelet concentrates' by Dr. Ashok K P on 02/07/21
- 'Demystifying laser' by D A P M R V Dental college on 15/07/21
- 'Chemical plaque control' by Dr. Ashok KP on 16/07/21

CO-CURRICULAR ACTIVITIES

PUBLICATIONS

- Evaluation of knowledge and preparedness among general dental practitioners, house surgeons and post graduates of dental educational systems in South India during the COVID-19 pandemic- An online Questionnaire based survey.
DOI: 10.20959/wjpr202216-26405
Journal: World Journal of Pharmaceutical Research Vol 11, Issue 16, 2022
- Comparative evaluation of efficacy of Acacia catechu Willd and chlorhexidine as mouthwash on gingivitis- A clinicomicrobiological study
DOI: 10.20959/wjpr20232-26404
Journal: World Journal of Pharmaceutical Research Vol 12, Issue 2, 2023

LIBRARY DISSERTATION

- Non-surgical versus Surgical periodontal therapy
- Growth factors in periodontal regeneration

CONFERENCES/ CDE PROGRAMMES/ HANDS-ON/ WORKSHOPS/WEBINARS ATTENDED

- ISP 44th National Conference, 08th-10th November 2019, Bengaluru.
- One day lecture "Magnification in Endodontics" 31st January 2020 SHDCH, Hassan.
- One day lecture "Prosthodontically driven dental implant restoration" 17th February 2020 SHDCH, Hassan.
- One day hands on workshop "Touch to Teach" 25th February 2020 SHDCH, Hassan.

DECLARATION

I hereby declare that the above particulars furnished by me are true to the best of my knowledge and belief.

Dr. Bindu James