



DR. VIDHYADHARAN J

BDS, PGDMH, MBA (hospital management)
MSc (Applied Psychology)
DENTIST



Chennai, Tamil Nadu 600013



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PERSONAL DETAILS

Nationality : Indian

Date of Birth : 18.09.1995

Marital Status : Single

Present Address : No. 6, 4th
lane, Anjeneya Nagar,
Royapuram, Chennai.

Gov. registration no : 31107

PASSPORT DETAILS

Passport No : U4944456

Date of Issue : 01/05/2020

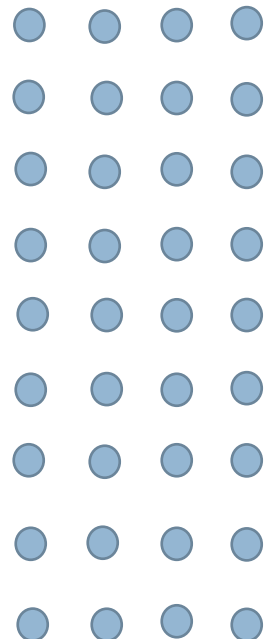
Date of Expiry : 30/04/2030

Dedicated Dentist offering 5 years of experience practicing dentistry in coordination with highly skilled staff. Skilled at developing effective treatment plans for patients experiencing tooth decay and other various oral diseases and issues. Committed to providing personalized patient care through quality service and communication. Accommodating when helping patients overcome dental fears by displaying patience and compassion.



SKILLS:

- Emergency dental care
- General restorative dentistry
- Root canal treatment
- Filling caries
- Sealant applications
- Patient engagement
- Injury repair
- Patient care
- Dental tissue assessment





WORK HISTORY:

GREATER CHENNAI CORPORATION

District Programme Coordinator (Present)

- Collaborate with different departments, external agencies, and community organizations to facilitate program activities.
- Maintain comprehensive records of program activities, analyze data, and prepare reports to assess program effectiveness.
- Organize and participate in community meetings and workshops to promote program awareness and encourage public participation.
- Identify training needs for staff and coordinate relevant capacity-building initiatives.
- Collect, analyze, and report data pertinent to program performance and outcomes.
- Organize training sessions and workshops to enhance the skills of team members and stakeholders involved in program activities.
- Ensure all program activities adhere to governmental regulations and prepare timely reports for higher authorities.

NGO Medical Doctor (Mar 2023 – Mar 2024)

- Provided treatment for illnesses, infections, injuries, and other medical conditions.
- Prescribed medications to patients for the management of acute and chronic diseases.
- Counselling patients on diet, hygiene, lifestyle changes, and preventative care measures.
- Documented patient history and physical examination results in electronic medical records system.
- Developed individualized care plans based on patient needs and preferences.
- Collaborated with healthcare professionals to coordinate optimal patient care plans.
- Participated in quality assurance activities aimed at improving overall patient care outcomes.
- Monitored compliance with established standards of practice within the facility.
- Provided guidance during emergency situations involving critical care patients.

Associate dentist in toothsi (Jun 2022 – Oct 2022)

- Consultation for aligner treatment. Examining patients' teeth and gums to diagnose and treat various oral health issues.
- Utilizing X-rays and computer-generated imaging to assist with examinations.
- Providing dental treatments to patients, including routine cleanings, extractions, dental fillings, cavity, and tooth decay treatments, teeth whitening, bonding, and applications of dental crowns, caps, and veneer.

Associate dentist in smiles.ai (Mar 2022 – Jun 2022)

- Scanning the intra oral structure for aligner process
- Repair and remove problematic or chipped teeth
- Correct teeth alignment or placement by installing braces
- Protect teeth by using sealants or using whitening treatments
- Recommend patients to dental specialists as needed for recommended procedures

Duty Medical Officer (June 2021 – Jan 2022)

Rainbow Children's Hospital Chennai, Tamilnadu.

- Conducted research, gathered information from multiple sources and presented results.
- Improved patient outcomes and delivery of care through improved clinical quality processes.
- Led diverse team of medical and administrative professionals in day-to-day clinic activities such as patient care, new business development and patient relations.
- Completed patient referrals to other medical specialists.

Private Dental Practitioner (Jan 2019 – Dec 2021)

Lakshmi Dental Clinic Chennai, Tamilnadu

- Improved patients' comfort by providing calm and professional care, explaining procedures, answering questions and carefully managing pain.
- Performed root canal procedures to treat nerve and dental pulp issues and prevent further damage to teeth and gums.
- Extracted teeth, performed root canals and filled cavities with dedication to pain management.
- Checked growth, development and maxillary changes for verification of typical developmental milestones for age group.
- Performed FPD, RPD, Crown cutting has been delivered with passionate manner to patient.
- Administered care in emergency situations to treat tooth injuries.



EDUCATION:

B.D.S. DENTISTRY (2013-12 – 2019-01)

Thai Moogambigai dental collage affiliated to Dr. M.G.R Research and Educational Institute University Chennai

GPA: 70

MSC APPLIED PSYCHOLOGY (PRESENT)

Pursuing Applied Psychology at Annamalai University

PG DIPLOMA IN MENTAL HEALTH (2022-2023)

Mental health at The Indira Gandhi National Open University (IGNOU)

CGPA: 75

MASTER OF BUSINESS ADMINISTRATION IN HOSPITAL MANAGEMENT (2021-2023)

MBA at Pondicherry University

CGPA: 72

HSC Grade (2012-06 – 2013-05)

Bishop Corrie Anglo Indian Higher Secondary School Chennai

CGPA: 69

SSLC Grade (2010-06 – 2011-05)

Bishop Corrie Anglo Indian Higher Secondary School Chennai

CGPA: 76



RESEARCH AND STUDY PUBLICATIONS:

- Published an article on “**GRAPE – A POTENT ORAL HEALTH BENEFICIAL AGENT IN ORAL HEALTH CARE**” in International journal of innovative science and research technology (**IJISRT Journal**), (**Volume 7, Issue 7**) 2019.
- Published an article on “**PREVALANCE OF ORAL HEALTH STATUS, MALOCCLUSION AMONG SCHOOL GOING INDIVIDUALS IN CHENNAI: AN EPIDEMOLOGICAL STUDY**” in World Journal of Pharmaceutical and Life Sciences (**WJPLS Journal**), (**Volume 6, Issue5**) 2020.
- Published an article on “**ESTIMATION OF BLOOD GLUCOSE LEVEL AMONG BODYBUILDERS CONSUMING SUPPLEMENT PROTEIN – AN OBSERVATIONAL STUDY**” (**IJDMSR Journal**), (**Volume 3, Issue 6**), 2021.
- Published an article on “**DENTIST IN INDIA FEEL HOPELESS AS A FULL TIME ACADEMICIAN: A NATIONAL SURVEY** (**IJDR**).



PAPER AND POSTER PRESENTATIONS:

- A paper presented on “**WORLD NO TOBACCO DAY**” celebration held at “**ABIRAMI MEGA MALL**” to educate people on behalf of “**INDIAN DENTAL ASSOCIATION**” held on “**MAY 2017**” (**GUEST PRESENTATION**)

- A poster presented on "WORLD NO TOBACCO DAY" celebration held at "ABIRAMI MEGA MALL" on behalf of "THAIMOOGAMBIGAI DENTAL COLLEGE AND HOSPITAL" held on "MAY 2017" (WON FIRST PRIZE)
- A Poster presented on "PULPECTOMY FAILURES AND MANAGEMENT" AT SRI BALAJI DENTAL COLLEGE & HOSPITAL on 7th UNDERGRADUATE PEDODONTICS CONFERENCE 2017 On March 2017. (won second price)
- A Paper on "REVIEW OF PULPOTOMY - MATERIALS USED" ALL INDIA STUDENTS DENTAL CONFERENCE. IN RAMACHANDRA DENTAL COLLEGE AND HOSPITALS (won second price) on December 2017.
- A Paper presented on "ERUPTION CYST" on SHOWCASE 2017 meet on SAVEETHA DENTAL COLLEGE AND HOSPITAL.
- A paper presented on "SAF (self-adjusting files) AS IRRIGATION SOLUTION IN SHAPING AND CLEANING" on SRI VENKATESHWARA DENTAL AND HOSPITAL on 2017 (won first price).
- A Paper presented on "ORAL SUBMUCOUS FIBROUS TREATMENT AND MANAGEMENT AMONG SLUM PEOPLE IN CHENNAI" at PRIYADHARSHINI DENTAL COLLEGE AND HOSPITAL 2018.
- A paper presentation done on "TOOTH SEPERATORS" on guest lecture in THAIMOOGAMBIGAI DENTAL COLLEGE AND HOSPITAL in 2016.
- A poster presentation done on "FAILURES OF AMALGAM RESTORATIONS" in endodontic conference on THAIMOOGAMBIGAI DENTAL COLLEGE AND HOSPITAL ON 2019.
- A poster presentation done on "CHAIR SIDE STRETCH EXERCISE FOR DENTIST" on PROSTHODONTICS fest in (2020) at THAIMOOGAMBIGAI DENTAL COLLEGE AND HOSPITAL IN



CDE PROGRAMMS AND HAND'S ON PROGRAM:

- Participated on "STEM CELL RESEARCH" conducted by "ACS MEDICAL COLLEGE AND HOSPITAL" held on "MARCH 2014" (2 CDE POINTS)
- Participated on "CAUSE TO CURE OF ORAL CANCER" conducted by

"SATHYABAMA UNIVERSITY & DENTAL COLLEGE AND HOSPITAL " held on "MAY 2017" (8 CDE POINTS)

- Participated on "PRECISO EDUSERUE PVT LTD "conducted a module in " CLINICAL ENHANCEMENT PROGRAMME FOR BUDDING PRACTITIONER" held on "SEP 2017" (EMS AWARD)
- Participated on "WORKSHOP ON IMMEDIATE FUNCTIONAL LOADING IMPLANTS " conducted by "DEPARTEMENT OF PROSTHODONTICS" in " THAIMOOGAMBIGAI DENTAL COLLEGE AND HOSPITAL " held on "MAY 2017 (10 CREDIT POINTS)
- Participated on "SCOPE OF PERIODONTICS " conducted by "DEPARTMENT OF PERIODONTICS" at "CHETTINAD DENTAL COLLEGE AND HOSPITAL" held on " MARCH 2017" (4 CREDIT POINTS)
- Participated on "CLINICAL DENTAL PHOTOGRAPHY" conducted by "INDIAN DENTAL ASSOCIATION" held on "JAN 2018" (5 CREDIT POINTS)
- Participated on "PITFALLS IN ORTHOGANTHIC SURGERY" conducted by "DEPARTMENT OF ORAL AND MAXILLOFACIAL SURGERY" at "THAIMOOGAMBIGAI DENTAL COLLEGE AND HOSPITAL" held on "JAN 2018"
- Participated on "PERIO CHAT" conducted by "DEPARTMENT OF PERIODONTICS" at "THAIMOOGAMBIGAI DENTAL COLLEGE AND HOSPITAL" held on "FEB 2020" (2 CREDIT POINTS)
- Participated on "UG STUDENT CONVECTION" conducted by " SRM DENTAL COLLEGE AND HOSPITAL "held on "FEB 2020" (GUEST LECTURE FOR STUDENTS)



HAND'S ON:

- Participated an hand' on program on "ROTARY ENDODONTICS AND POST CORE RESTORATION "conducted by "DEPARTMENT OF CONSERVATIVE DENTISTRY AND ENDODONTICS " at "THAIMOOGAMBIGAI DENTAL COLLEGE AND HOSPITAL" held on "FEB 2020" (6 CREDIT POINTS)



ACHIEVEMENTS:

- Topper in **PUBLIC HEALTH DENTISTRY** department on theory and practical examination.

- Distinction in **ORTHODONTICS AND DENT FACIAL ORTHOPEDICS, PROSTHODONTICS AND CROWN AND IMPLANT OLOGY, ORAL MEDICINE AND RADIOLOGY, ENDODONTICS AND PREVENTIVE DENTISTRY.**



LANGUAGES:

- English, Tamil & Telugu (Read, Write and Speak)



COMPUTER SKILLS:

- MS Office (Windows, MS Word, MS Excel)
- C, C++



INTERESTS:

- Bodybuilding
- Boxing
- Basketball
- Cricket

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