



L J Eye Institute

www.ljeyeinstitute.org

NOVEMBER 2025 EDITION

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MONDAY, 15TH NOVEMBER 2025.

LJ NEWSLETTER

*GERMAN
Technology
Successfully
Adopted*



*Exchange
of
Excellence*



EDITORIAL

November Editorial: Shaping the Future of Eye Care with Vision, Commitment, and Compassion

By Dr. Vikas, Founder & Head, L J Eye Institute

Dear Readers,

At L J Eye Institute, our journey has always been guided by a singular belief: exceptional eye care extends beyond clinical precision—it begins with recognizing the person behind the patient. Every decision, every innovation, and every interaction is anchored in this human-centered vision.

As we navigate a rapidly evolving healthcare landscape, the true impact of our work is measured not only in surgical success rates or technological adoption but in the trust, comfort, and confidence we instill in every individual who walks through our doors. Our mission is to transform lives by combining cutting-edge science with compassion that feels personal, authentic, and enduring.

VISION WITH PURPOSE

Our vision is clear: to redefine eye care standards across the region by integrating advanced diagnostics, innovative treatment protocols, and an unwavering commitment to patient well-being. But vision alone is not enough—it is the alignment of every member of our team with this purpose that turns ambition into meaningful impact. At L J Eye Institute, we cultivate a culture where every professional is empowered to think beyond conventional boundaries, innovate fearlessly, and embrace excellence as a habit.

IMPACT THROUGH CULTURE AND COLLABORATION

Our organizational culture thrives on collaboration, continuous learning, and mutual respect. We celebrate curiosity and initiative, knowing that transformative ideas often emerge from diverse perspectives. Every success story here—whether it is restoring sight, mentoring young professionals, or pioneering new procedures—is a testament to the dedication and spirit of our team. Our impact extends beyond the walls of the institute; it resonates in communities we serve, knowledge we share, and inspiration we ignite in the next generation of eye care professionals.

Human-Centric Approach

At the heart of all we do is the human experience. While technology and innovation guide our procedures, it is empathy, patience, and personalized care that define our approach. Understanding the fears, hopes, and aspirations of those we serve allows us to deliver outcomes that matter—not only clinically but emotionally and socially.

Looking Ahead

As we look toward the future, our commitment remains steadfast: to push the boundaries of eye care, cultivate an environment of excellence, and touch lives with purpose. We invite every member of our team, our patients, and our partners to join us in this journey—to envision not just better eye care, but a brighter, clearer future for all.

Because at L J Eye Institute, vision is not just about sight—it is about insight, impact, and the courage to dream beyond the ordinary.

Warm regards,
Dr. Vikas Mittal



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EVENTS

SETTING NEW BENCHMARKS IN CORNEAL CARE.



Dr. Vikas Mittal, Founder and Medical Director of LJ Eye Institute, marked an important milestone in the advancement of keratoconus treatment. Over the past 5–6 years, LJ Eye Institute has pioneered Bowman Stromal Inlay (BS Inlay) Stromal Augmentation, positively impacting more than 100 patients with progressive keratoconus.

This month, Dr. Mittal was invited to Dr. Shroff's Charity Eye Hospital, New Delhi, where he performed their first Stromal Augmentation surgery and conducted an engaging Keratoconus Workshop for clinicians from across the region. The session was enriched with meaningful discussions, shared learning, and a collective commitment to elevating corneal care.

EVERY EYE, EVERY LIFE, EVERYTIME – CLEAR HOPE THROUGH EVERY CORNEA.

“INNOVATION BECOMES MEANINGFUL ONLY WHEN IT TOUCHES LIVES — AT TIMES EVEN ACROSS BORDERS—AND THAT IS THE HEART OF OUR WORK IN KERATOCONUS CARE AT LJ EYE INSTITUTE.”



EVENTS

When Young Minds Step Into Real Clinics, Learning Stops Being A Chapter—And Becomes A Calling.



L J Eye Institute recently hosted an enriching academic interaction with 25 first-year Optometry students from CGC Jhanjheri, Mohali. The visit offered these budding professionals structured clinical exposure to real-world optometric practices, specialty clinics, and advanced clinical workflows. The students' enthusiasm, curiosity, and eagerness to bridge classroom learning with hands-on experience were truly inspiring. Early exposure of this kind plays a pivotal role in shaping confident, skilled, and compassionate eye-care professionals.

Special appreciation goes to Navneet Sharma and the Department of Optometry, CGC University, for facilitating this meaningful academic initiative. Heartfelt thanks to Sohail and Hardesh for their seamless coordination and support.

At L J Eye Institute, we remain committed to fostering experiential learning and guiding the next generation of optometrists toward excellence in eye care

"THE MOMENT WAS LIKE WITNESSING THE SPARK: WHEN FUTURE OPTOMETRISTS SAW THEIR PURPOSE CLEARLY".



EVENTS

DR VIKAS AND DR RUCHI WENT TO UNDERSTAND THE GENESIS OF TECHNOLOGY OF Z8 MACHINE — AND DISCOVERED THE PEOPLE AND THEIR OWNING CULTURE WHO GAVE IT A SOUL.



In his pursuit of excellence and innovation in eye care, Dr. Vikas travelled beyond borders to Ziemer Headquarters in Biel, Switzerland — home to the Z8 Femtosecond Laser, the world's most advanced robotic eye surgery system.

What began as a quest to understand the engineering brilliance behind this remarkable technology soon evolved into a deeper realization — the true secret wasn't just in the machine, but in the people and culture that built it.

He witnessed a workplace where innovation thrives on respect, ownership, and humility. Led by Mr. Frank Ziemer, the organization embodies a culture where every individual feels valued, responsible, and inspired to contribute — a spirit that transforms technology into something truly meaningful.

His visit served as a powerful reminder that great technology transforms healthcare, but great culture transforms people — and its people who ultimately change the world.

At L J Eye Institute, this philosophy continues to guide our mission: to bring global excellence, empathy, and innovation back home, shaping the future of eye care in India.

"He Went Searching For The Genesis Of Technology And Found The Culture That Makes It Come Alive."



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EVENTS

EVERY BREAKTHROUGH BEGINS WITH A TEAM WILLING TO DO WHAT HASN'T BEEN DONE BEFORE.



In November, L J Eye Institute conducted its first in-house camp—an initiative that proved both successful and seamless. What made this moment remarkable was the way it unfolded alongside the regular OPD, supported by a dedicated parallel team of doctors, optometrists, and essential staff members who came together as helping hands. Managing both simultaneously was a first for many, yet the coordination, teamwork, and shared purpose turned it into a smooth and impactful experience. The event not only demonstrated operational efficiency but also highlighted the Institute's culture of unity, adaptability, and patient-first commitment.

Because When We Work Together With Intention, Even The Unheard-Of Becomes Effortlessly Possible.



VOICES OF LJ

EXCELLENCE ISN'T A TITLE — IT'S A HABIT: DOING OUR BEST, EVERY DAY, ALONG WITH GRATITUDE EXPRESSION

In a recent Thursday meeting, **Dr. Anil Jain** delivered a deeply grounding message under the theme, “I may not be the best, but I shall do my best.”

His insightful reflections reminded the team that greatness is not defined by competition but by commitment. With humility, clarity, and purpose, he emphasised that consistent effort, honest intention, and personal accountability shape the kind of care that truly transforms patient experiences.

Dr. Jain's words resonated across the room—not as a lecture, but as a shared moment of alignment. It was a reminder that at L J Eye Institute, excellence is not measured by accolades but by the everyday decisions we make to show up better, support each other, and honour the trust our patients place in us.

This session left the team inspired to elevate their craft—not to be the best in comparison, but to be the best in character, consistency, and compassion.



**“AT L J EYE
INSTITUTE, DOING
OUR BEST
SHOULD NOT BE
AN ACT; IT
SHOULD BE OUR
CULTURE.”**



VOICES OF LJ

IN THE WORLD OF HEALING, THE HARDEST PERSON TO CARE FOR IS OFTEN THE ONE WEARING THE STETHOSCOPE.

In one of the most heartfelt reflections shared recently, Dr Vikas Mittal opened up about a side of medicine rarely spoken about: the emotional weight doctors silently carry. From the joy of restoring vision to the sudden heartbreak of unexpected complications, the post captured the reality behind the white coat — the quiet guilt, the self-doubt, and the constant pressure to stay strong for every patient. What made this narrative powerful was its honesty. He described how patient reactions — fear, frustration, or disappointment — can feel deeply personal, even when outcomes are shaped by factors far beyond medical control. And yet, through experience, came a transformative realisation: before counselling patients, doctors must learn to counsel themselves.

By shifting the conversation gently — acknowledging the role of the body, nature, and healing itself — the surgeon found clarity, steadiness, and a renewed ability to support patients with compassion rather than fear. This self-counselling created space for shared understanding, lighter emotions, and more grounded communication during difficult moments.

The message resonated widely because it reflected a universal truth in medicine: clinicians are caregivers, but they are also human — navigating emotions, responsibility, and vulnerability every day.



“IN THE QUIET TRUTH OF MEDICINE, SELF-COUNSELLING IS NOT A LUXURY — IT IS A LIFELINE.



VOICES OF LJ

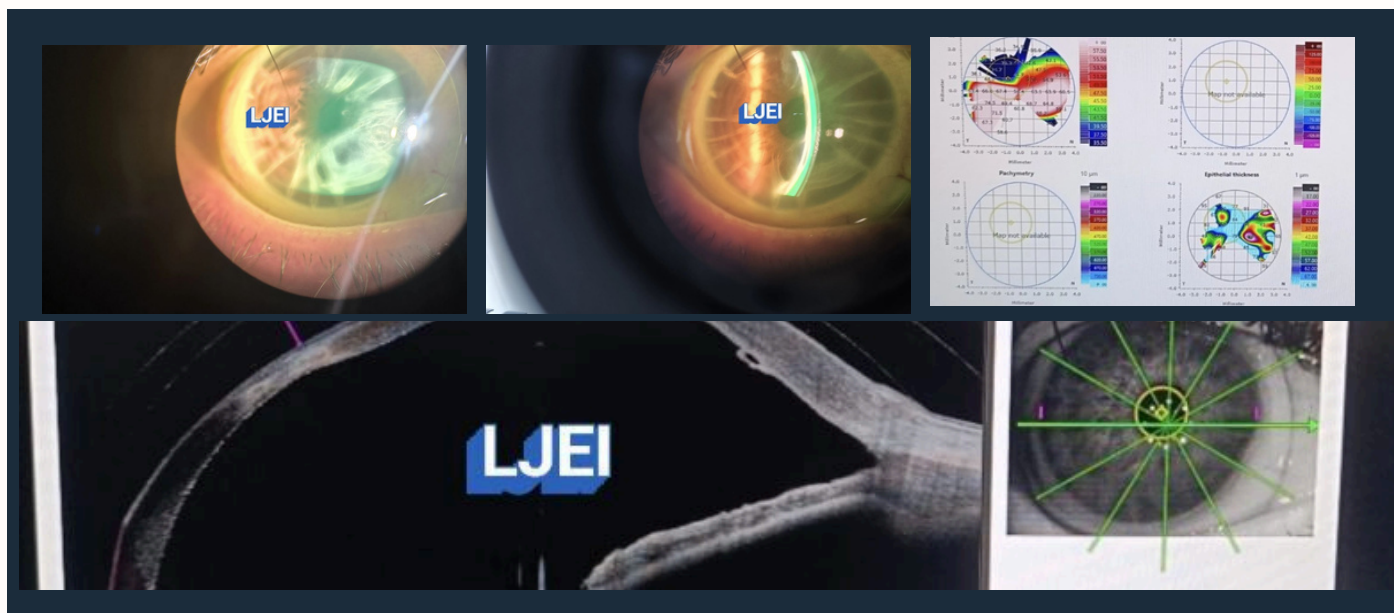
**EVERY ONCE IN A WHILE, A CASE REMINDS US WHY
EXPERTISE AND EMPATHY MUST WORK HAND IN HAND.**

A remarkable case at L J Eye Institute showcased the transformative power of specialty Optometry. A patient who had undergone Radial Keratotomy (RK) 30 years ago presented with an extremely irregular cornea and severely reduced vision. Despite unreliable tomography and highly uneven corneal contours, a carefully fitted miniscleral contact lens delivered exceptional results.

Outcome:

- Unaided Vision: 1/60
- With Miniscleral Lens: 6/12 (P)

This improvement restored not only functional sight but also renewed confidence for the patient. The case stands as a testament to the precision, patience, and expertise required in advanced optometric care, demonstrating how non-surgical interventions can meaningfully change lives.



**“WHEN EXPERTISE AND EMPATHY JOIN HANDS, VISION CARE MOVES
FROM TREATMENT TO TRANSFORMATION”.**



THINK UNLIMITED

A LENS FOR BETTER COMMUNICATION: UNDERSTANDING PEOPLE THROUGH DISC

At L J Eye Institute, we believe that exceptional care is not defined by cutting-edge technology alone—it is equally shaped by how well we understand people. In one of our Thursday meeting sessions, **Mr. Jatin** introduced the DISC model, a simple yet powerful framework that highlights four distinct communication styles.

D – Dominance: Direct, decisive, and results-driven

I – Influence: Energetic, social, and persuasive

S – Steadiness: Calm, patient, and relationship-focused

C – Conscientiousness: Detail-oriented, logical, and structured

Understanding these styles enables our team to communicate more effectively with both patients and colleagues. By recognizing an individual's preferred communication style, we can listen with greater intention, tailor our explanations, and build a more comfortable and trusting environment.

Quick Tips for Connecting with Each Style

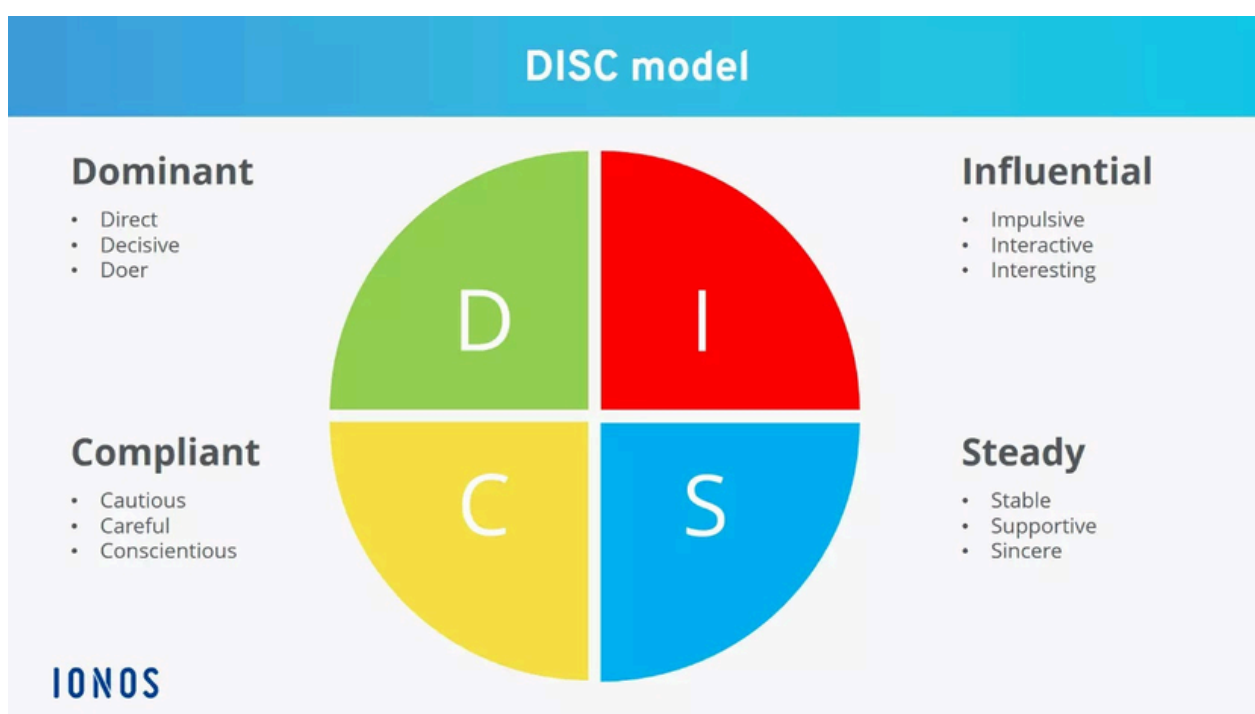
D: Be clear, concise, and solution-oriented.

I: Maintain an upbeat, engaging interaction.

S: Be patient, supportive, and reassuring.

C: Offer detailed, logical, and well-structured information.

When we adapt our communication to others, we elevate every interaction—making it more personal, thoughtful, and impactful. After all, care is more than vision; it is the quality of connection we create.



WHEN COLLABORATION BEGINS, POSSIBILITIES MULTIPLY.



CELEBRATION ZONE

**IN HEALTHCARE, THE TRUEST AWARDS ARE NOT
CONFERRED—THEY ARE FELT.**

At L J Eye Institute, we are often reminded that beyond clinical excellence, it is compassion and connection that touch lives most deeply. Two recent moments beautifully reflected this truth.

During a post-operative check-up, a grateful patient presented **Dr. Gauree** with a small copy of the Gita—a simple yet profound gesture honouring her care during cataract surgery. In another heartwarming instance, a 90-year-old patient travelled all the way to Ambala solely to consult Dr. Ruchi, reflecting the trust and comfort she inspires.

These moments reaffirm that the real recognitions in healthcare are woven into the affection, gratitude, and faith our patients place in us.



**“BECAUSE IN THE END, A PATIENT’S
TRUST IS THE HIGHEST HONOUR A
CLINICIAN CAN EVER RECEIVE.”**





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Thank you for being with us



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