



LJEI MARCH'26 EDITION

WEDNESDAY, 15TH APRIL 2026.

LJ NEWSLETTER

The Art and Science of Intravitreal Injections



LJEI On a global stage



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EDITORIAL

Editorial: LJ Eye Institute Newsletter – March 2026

Momentum is not built in a single moment – it is sustained, quietly and consistently, by people who show up with purpose every single day. March at LJ Eye Institute was a testament to exactly that.

March reflected this commitment through several milestones:

Holi Celebration: The management organised a half-day OPD followed by a team celebration – a reminder that the people behind the work matter as much as the work itself.

Farewells: Dr. Ishan, Dr. Aastha, Dr. Gauree, and Dr. Kritika completed their tenures at LJ, each leaving behind a standard worth living up to. Dr. Aastha's farewell session – "How to Be Your Best Self" – was a gift to the entire team.

Academic leadership: INJECT 2026, an intensive intravitreal injection workshop, was hosted at LJ under the aegis of the Ambala and Haryana Ophthalmological Societies.

Global representation: Dr. Vikas presented at the Femtosecond Laser (Z8) User Meeting of Asia, Kuala Lumpur, on Femto Laser Assisted Cornea Transplant.

Community outreach: On World Optometry Day, Dr. Vikas engaged with B. Optom students at Chitkara University, presenting on the role of the optometrist in corneal ulcer management.

And our case report this month is a testament to what we believe at our core: that in the right hands, with the right intent, even the most devastating injury can become a story of recovery.

At LJ Eye Institute, excellence is never accidental. It is chosen – again and again.

*Dr. Vikas Mittal
LJ Eye Institute*



INSTITUTE HIGHLIGHTS

"THE BEST WORKPLACES DON'T JUST BUILD CAREERS —
THEY BUILD MEMORIES."



This Holi, LJ Eye Institute painted the day in more than just colours. In a thoughtful gesture that spoke volumes about our leadership's care, the management organised a half-day OPD — ensuring we fulfilled our professional responsibilities with full dedication — followed by a sumptuous snack celebration that brought every team member together under one joyful roof.

It wasn't just a party. It was a statement — that here, your well-being matters as much as your work. The laughter, the warmth, and the festive spread — it reminded us why we love being part of this family.

When an institution celebrates with its people, not just for them, that's culture at its finest.

Happy Holi from a team that works hard and celebrates harder.



INJECT' 2026

WHEN KNOWLEDGE MEETS THE NEEDLE — CLARITY FOLLOWS



On March 22, 2026, LJ Eye Institute, Ambala City, hosted INJECT—an intensive retina workshop dedicated to the art and science of intravitreal injections. Conducted under the aegis of the Ambala Ophthalmological Society and the Haryana Ophthalmological Society, the workshop brought together ophthalmologists for a introduction to the emerging world of intravitreal injections giving them tools to widen the horizons of their practices.

Led by Dr. Ruchi Mittal, Chief VR Surgeon, and Dr. Gauree Gattani, Consultant, Retina Services—both from LJ Eye Institute—the programme covered anti-VEGF therapy, steroids, antibiotics, and real-world clinical dilemmas: Which medication? Which eye? How often? What are the risks?

A hands-on wet lab session provided participants with the confidence that only practice can build.

Because saving sight begins with sharpening skills.



ADVANCED KERATOCONUS MANAGED WITH FEMTOSECOND-ASSISTED PENETRATING KERATOPLASTY.



Great surgery begins where precision meets purpose — and Dr. Vikas just took that message across borders.

Dr. Vikas represented LJ Eye Institute at the prestigious Femtosecond Laser (Z8) User Meeting of Asia, held in Kuala Lumpur — a gathering of some of the finest ophthalmic minds across the continent.

He delivered a compelling presentation on Femto Laser Assisted Cornea Transplant — robotic-assisted, blade-free surgeries that represent the future of corneal care. His insights showcased how this technology, in the right hands, can transform patient outcomes with unmatched precision and safety.

Beyond the podium, Dr. Vikas engaged in rich dialogue with international surgeons — exchanging best practices, clinical learnings, and a shared commitment to one goal: giving every patient the clearest possible future.

Every conversation on that floor had a patient at the centre of it.

The world is watching.

We're glad it's one of ours on stage.

LJ Eye Institute · Bringing the world's best to our patients



VOICES OF LJ

"SOME GOODBYES DON'T END A CHAPTER — THEY BEGIN A LEGACY."



On 6th March 2026, the corridors of LJ Eye Institute felt a little quieter — and our hearts, a little fuller with gratitude.

We bid a warm farewell to Dr. Ishan, our Comprehensive Ophthalmologist, whose presence among us was defined by clinical precision, genuine compassion, and a quiet dedication that touched every patient and colleague alike. He didn't just treat eyes — he brought a thoughtful, human touch to every consultation.



As he steps into his next horizon, he carries with him the respect, affection, and heartfelt good wishes of the entire LJ family. And we carry forward the benchmark of excellence he quietly set for all of us.

Wishing Dr. Ishan a future as bright as the vision he restored in others.





“SOME GOODBYES DON’T SIGNAL AN ENDING—
THEY ANNOUNCE A BEGINNING.”



The Thursday meeting on 25th March carried a different energy—a little quieter, a little more meaningful. It was farewell day, and three remarkable individuals stepped forward to close a cherished chapter at LJ Eye Institute.

Dr. Aastha, our Glaucoma Fellow, brought curiosity and precision to every case she touched. Dr. Gauree, Consultant in Retina Services, leaves behind a legacy of clinical excellence and quiet dedication. Dr. Kritika, our Phaco Fellow, grew visibly—not just in skill, but in confidence and grace.

Together, they walked these corridors, learned under seasoned mentors, and gave a piece of themselves to this institution. In return, this place gave them something no textbook could—experience shaped by real lives, real eyes, and real responsibility.

As they move forward—to new hospitals, new challenges, and new milestones—they carry with them the culture, values, and warmth of LJ Eye Institute.

We are proud. We are grateful. And we will miss them dearly.

“The best colleagues don’t just leave memories—they leave a standard worth living up to.”



GOODBYES ARE INEVITABLE, BUT THE IMPACT YOU LEAVE BEHIND IS A CHOICE.



On her farewell day, Dr. Aastha chose not to simply say goodbye, but to give back one last time in the most meaningful way she knew—through knowledge. Her session, “How to Be Your Best Self,” was not just a class; it was a reflection of the clarity, intent, and depth she brought into every space she entered.

With a tone that was both professional and deeply relatable, she shared insights that went beyond textbooks—touching on self-awareness, consistency, and the quiet discipline it takes to evolve every day. What made the session truly special was its simplicity: practical takeaways that didn’t feel overwhelming, yet were actionable—something each attendee could carry forward, both personally and professionally.

As she leaves behind a trail of warm memories, she also leaves behind something far more lasting—a mindset shift. Notes that were not just written on paper, but imprinted in perspective.

Her farewell was not an end, but a gentle reminder: growth is a choice we make every day.

“She didn’t just leave memories behind—she left a better version of us ahead.”





BEHIND EVERY CLEAR VISION, THERE'S SOMEONE WHO CARES



Dr. Vikas personally presented each optometrist with a token of love and gratitude, along with heartfelt wishes for their continued growth and prosperity. It wasn't just a gesture—it was a moment where each individual felt truly seen and valued.

As the day drew to a close, the entire team stepped out for a celebratory dinner at a nearby restaurant. It was an evening filled with good food, great company, and the kind of laughter that comes naturally when people genuinely enjoy working together.

Days like these don't just celebrate the work—they energize it. LJ Eye Institute takes immense pride in every optometrist who shows up each day with skill, compassion, and dedication.

“Keep looking forward—the best is still in focus.”



“THE BEST WAY TO GROW YOUR FIELD IS TO INSPIRE THOSE JUST ENTERING IT.”



On World Optometry Day, Dr. Vikas stepped beyond the clinic and into a classroom—and returned a little more inspired than when he left.

Invited by Chitkara University to interact with B. Optom students, the visit turned into something far more than a lecture. Walking through their facilities, engaging with bright-eyed students full of questions, and interacting with a dean whose belief in continuous evolution was truly infectious, Dr. Vikas was reminded of why optometry matters—and where its future lies.

He presented on the Role of the Optometrist in Corneal Ulcer Management—a topic closely aligned with his clinical practice —bringing real-world depth to concepts these students are only beginning to explore.

But perhaps what he brought back was equally valuable. That kind of energy—young, curious, and unafraid—has a way of quietly reigniting one’s own purpose.

Because sometimes, the teacher walks away having learned the most.

“When expertise meets enthusiasm, the entire profession moves forward.”



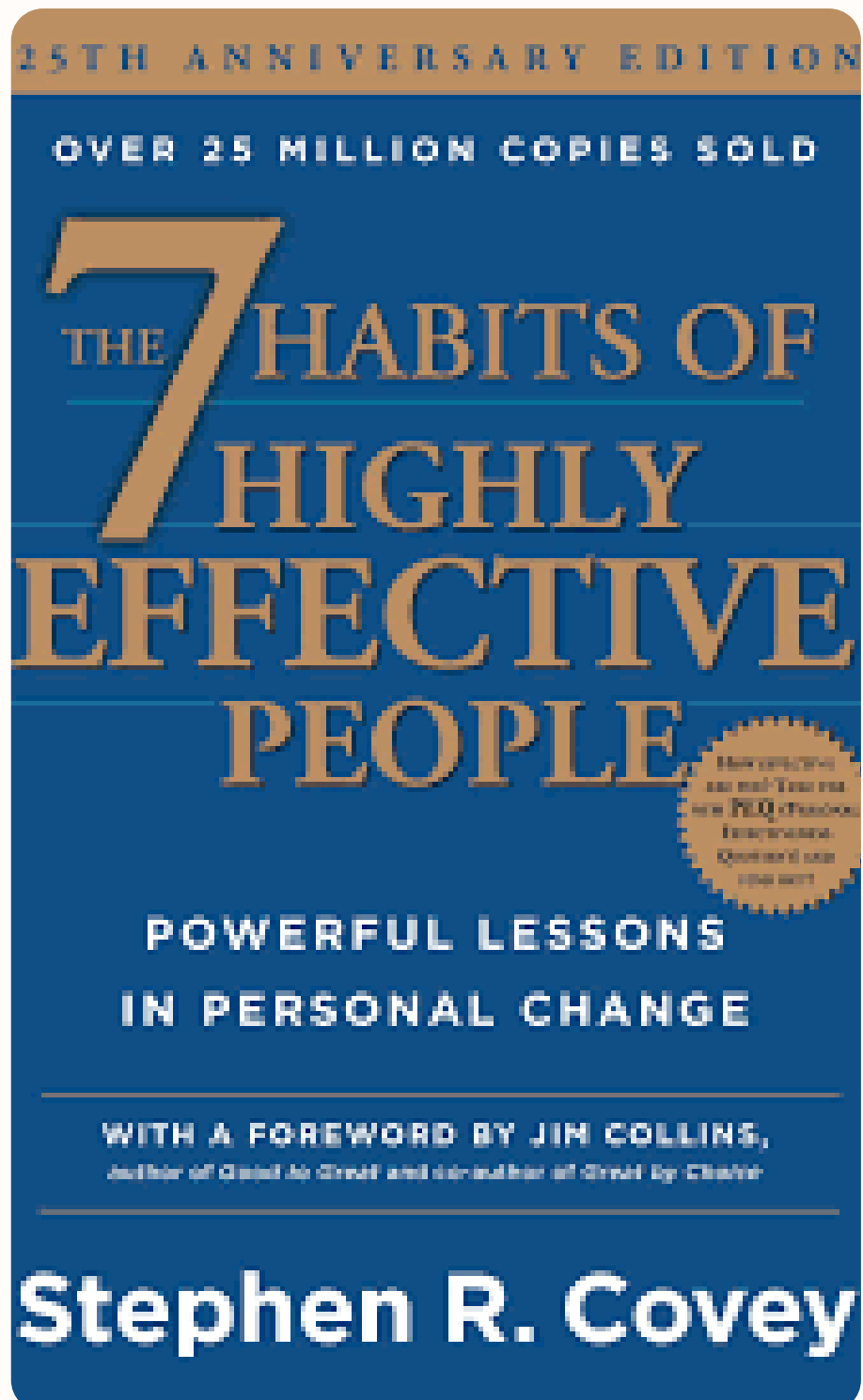
It's not about having more time — it's about choosing what deserves it.

At our recent Thursday session, Dr. Tanisha walked us through Habit 3 from Stephen Covey's *The 7 Habits of Highly Effective People* — Put First Things First. And honestly, it hit home for all of us.

In a world of endless to-do lists and back-to-back schedules, we've mastered managing time but forgotten to manage ourselves. Covey reminds us that effectiveness isn't about doing more; it's about doing what truly matters — not the urgent noise, but the important things that quietly shape our personal and professional lives.

Ask yourself: What one action, if done consistently, would make a real difference? That answer — that's where your focus belongs.

At LJ Eye Institute, we don't just care for vision. We believe clarity begins within.





INSIDE HEROS

“HE DIDN'T JUST GROW WITH THE INSTITUTION—HE BECAME THE REASON IT GREW STRONGER.”



Every institution has pillars—individuals whose journeys quietly shape its foundation. This is the story of one such journey at LJ Eye Institute —marked not by shortcuts, but by relentless evolution.

He began modestly at Sanjivni Eye Hospital as a part-time pharmacy assistant, balancing college alongside responsibilities of cleaning shelves and organizing medicines. What seemed routine was, in fact, the groundwork of discipline and attention to detail.

Three years of consistent learning transformed him into a full-time Pharmacy In-Charge in 2010.

But growth, for him, was never linear.

In 2011, he stepped out of his comfort zone and entered the world of opticals—learning the nuances of lens fitting. A short but intensive training stint at Yamunanagar, followed by exposure in Delhi, equipped him with hands-on expertise in spherical, cylindrical, bifocal, and progressive lenses. For the next 2.5 years, he managed both pharmacy and opticals single-handedly—demonstrating operational ownership at its finest.

In 2013, he pivoted again—this time into the clinical domain. Starting as an OPD assistant, he quickly expanded his role into Auto Refraction (AR) and Non-Contact Tonometry (NCV) stations, while continuing to assist optometrists and senior doctors. This phase marked his transition from backend operations to patient-centric care.

With the inception of LDI Institute in 2017, his journey took a specialized turn. Under expert mentorship in Delhi, he mastered RGP and scleral contact lenses, followed by advanced exposure at LBPI. This phase established his clinical depth in contact lens practice.

But his adaptability didn't stop there.

He transitioned into IT oversight, briefly contributed to the investigation department, and by 2019, was entrusted with LASIK patient counseling—a role demanding both clinical understanding and empathetic communication.



In 2024, he was assigned a defining responsibility—Center In-Charge at Patiala. Here, he became a one-man leadership engine:

- Managed complete floor operations
- Supported OT workflows
- Led documentation and compliance
- Successfully executed NABH inspection processes
- Oversaw renovation and infrastructure setup
- Trained and aligned the entire team

In essence, he didn't just manage the center—he built its operational backbone.

Today, back at L J Eye Institute, Ambala City, he serves as the Head of Counseling and Business Head—a role that reflects not just his experience, but his ability to integrate clinical insight with organizational vision.

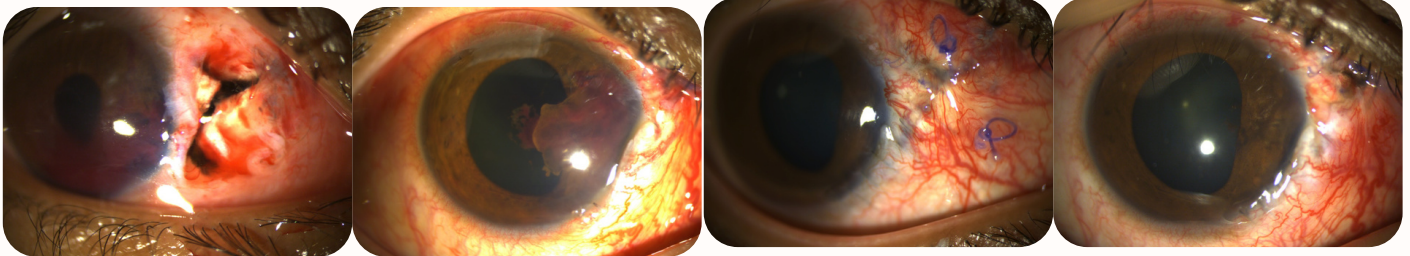
“Not defined by a designation, but by adaptability.”





CASE REPORT

RESILIENCE BEYOND TRAUMA — A SEVERE OPEN GLOBE INJURY



An 18-year-old male presented to us following a high-impact ocular trauma to the right eye caused by a wooden stick—an injury that tested both surgical precision and the eye's capacity for recovery.

On examination, vision was limited to Hand Movements with accurate projection of rays, and intraocular pressure (IOP) was digitally low—suggestive of a compromised globe integrity. Clinical findings revealed a deep nasal scleral tear, superior lid laceration, and significant intraocular tissue disruption, including iris and vitreous prolapse, along with iridodialysis.

Emergency Intervention

The patient underwent urgent wound exploration, meticulous scleral tear repair, and anterior vitrectomy. Tetanus prophylaxis was administered, and detailed counselling was provided to the patient and family regarding the guarded visual prognosis and potential complications such as endophthalmitis, hyphema, and phthisis bulbi. The eye was patched carefully postoperatively.

Post-Operative Journey

The early postoperative period reflected cautious optimism.

Day 1: Vision improved to Counting Fingers (CF), IOP 4 mmHg; anterior chamber showed a blood-mixed reaction.

Day 3: IOP rose to 7 mmHg; fibrin membranes and clots were noted, with a pale fundal glow.

Day 4 onwards: Vision gradually improved to 5/60 with steady IOP recovery.

At 3 weeks, the anterior chamber had quietened, though early posterior subcapsular cataract (PSC) changes and vitreous hemorrhage limited fundus clarity. Importantly, the retina remained attached.

Follow-Up Milestones

1 month 5 days: VA improved to 6/60, IOP stabilized at 19 mmHg.

3.5 months: Vision sustained at 6/60, IOP 13 mmHg; tomography indicated a steep cornea.

Clinical Insight

This case underscores the delicate balance between structural devastation and functional recovery. Despite a severe open globe injury with tissue prolapse, the patient demonstrated encouraging visual rehabilitation and IOP normalization.

However, the journey is far from over. The prognosis remains guarded, with ongoing vigilance required for secondary complications such as retinal damage, cataract progression, and proliferative vitreoretinopathy (PVR).

Takeaway

In ocular trauma, timely intervention, surgical expertise, and consistent follow-up can transform even the most daunting presentations into stories of resilience—where every line of vision regained is a testament to both science and hope.



HAPPY PATIENTS





L J Eye Institute
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**Thank you for
being with us**



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