



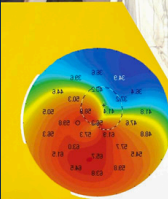
LJEI FEBRUARY'26 EDITION

SUNDAY, 15TH MARCH 2026.

LJ NEWSLETTER



*Academic
Leadership
On a
Regional
Stage*



THE COMPLETE ECTASIA CONFERENCE

February 21-22, 2026



*Sharing
Knowledge
as we move
ahead*



INDEX

EDITORIAL

INSTITUTE HIGHLIGHTS

- Haryana Panchayat Gaurav Award
- Outreach optometrist and new contact lens fellow joining the institute
- Journey Completed, A Legacy Continues

VOICES OF LJ

- Power of structured meetings
- Second habit of highly effective people.
- Inside Heros

ACADEMIC & SCIENTIFIC ENGAGEMENT

- Invited talk at Sun Pharma Dry Eye Conclave
- Participation at Complete Ectasia Conference: Keratoconus Hosted by L V Prasad Eye Institute.

SURGICAL TRAINING & EDUCATION

- Basic Trabeculectomy course Mentorship by Dr Urvish Vashisht

COMMUNITY OUTREACH

- Maha Shivratri eye screening camp

CLINICAL SPOTLIGHT

- Clinical learning or interesting patient cases

CELEBRATION TIME

HAPPY PATIENTS



EDITORIAL

Editorial: LJ Eye Institute Newsletter – February 2026

Institutions grow not by chance, but through clarity of purpose. At LJ Eye Institute, our focus remains constant—advancing ophthalmic care, strengthening education, and expanding access to quality eye care.

February reflected this commitment through several milestones:

- * Team expansion: A Contact Lens Fellow and an Outreach Optometrist joined the institute, strengthening both academic expertise and community engagement.
- * Recognition: LJ Eye Institute was honored with the Haryana Panchayat Gaurav Award, acknowledging our continued rural outreach efforts.
- * Academic engagement: Participation as invited faculty at the Sun Pharma Dry Eye Conclave, New Delhi, and the Complete Ectasia Conference: Keratoconus 360° at L V Prasad Eye Institute, Hyderabad.
- * Patient trust: highest OPD record since our inception.
- * Community outreach: A Maha Shivratri eye screening camp, served nearly 300 patients in a single morning.
- * Surgical training: The Basic Trabeculectomy Course, mentored by Dr. Urvish Vashisht, reinforced our commitment to hands-on learning.

This issue also celebrates Mr. Jasbir, whose journey reflects the perseverance and dedication that quietly sustain institutions.

As we move forward in 2026 under the theme Perseverance, our path remains clear—deepen knowledge, strengthen training, and expand compassionate eye care.

Dr. Vikas Mittal
LJ Eye Institute



INSTITUTE HIGHLIGHTS

HONOURED TO SERVE: LJ EYE INSTITUTE RECEIVES HARYANA PANCHAYAT GAURAV AWARD



February 4 marked a moment of pride for the entire LJ Eye Institute family as we were honoured with the Haryana Panchayat Gaurav Award in recognition of our valuable support and contributions to the community.

This award is not just institutional recognition—it's a testament to every team member who has ventured into rural camps, every doctor who has treated patients with limited access to eye care, and every support staff member who has ensured our outreach programs run seamlessly.

Our commitment to community eye health goes beyond clinical walls. Through camps, awareness drives, and accessible care initiatives, we've touched lives in villages and panchayats across Haryana, restoring not just vision but hope and dignity. This recognition belongs to all of us—because every patient served, every mile travelled, and every sight restored contributes to this collective achievement.

We also had the privilege of facilitating 50 sarpanches of Haryana along with the Panchayati Raj Minister for their valuable contributions to the development of the state of Haryana.

Grateful to serve, honoured to be recognised, and inspired to do even more.





GROWING OUR TEAM MEANS GROWING THE CIRCLE OF THOSE WE CAN SERVE



January brings fresh talent to our Optometry team, strengthening both our academic wing and community outreach efforts.

We're delighted to welcome our new contact lens fellow to the academic wing, where specialized training meets clinical excellence. A fellowship in contact lens practice provides highly specialized expertise, particularly for those with complex corneal conditions and refractive needs.

Simultaneously, our OPD team gains a new optometrist dedicated to our outreach and camping initiatives. This addition underscores our commitment to taking quality eye care beyond our walls—into communities where access to vision services can be life changing.

One fellow sharpens expertise within the institute; one optometrist extends our reach into the community. Together, they embody what LJ Eye Institute stands for—depth of knowledge and breadth of compassion.

With excellence at the center and compassion at the periphery, we strive to illuminate every corner.





JOURNEY COMPLETED, A LEGACY CONTINUES



Every fellowship ends, but the impact of a dedicated learner never does.

As we welcome new faces, we also celebrate milestones. Dr. Sonia has successfully completed her Cornea Fellowship at LJ Eye Institute, marking the end of an enriching chapter and the end of an exciting new one.

Fellowship journeys are transformative. They shape not just clinical expertise but character, resilience, and the ability to see patients as people, not just cases. Dr. Sonia leaves equipped with all of this and more. As she steps into the next phase of her career, she carries with her the knowledge, values, and warmth that make LJ Eye Institute special. Wherever she goes, she takes a piece of us with her—and leaves behind a legacy of commitment and compassion.

Dr. Sonia, you came here to learn—you leave having taught us just as much. Shine on!





VOICES OF LJ

THE POWER OF STRUCTURED MEETINGS

Meeting Excellence

YOUR JOURNEY TO

When we started our Thursday 8:30 AM meetings...

Let me ask you a question...
What did they look like?
How did we structure them?
What was missing?

Your Evolution Story

THURSDAY 8:30 AM MEETINGS

YEAR 1: We Started
YEAR 2: Added Structure
YEAR 3: Defined Roles
TODAY: Full Framework

Page 1: Where We Started

THE EARLY DAYS

- No clear agenda — people didn't know what to expect
- Meetings started late, sometimes 8:40 or 8:45
- Discussions were off topics frequently
- No one captured decisions or action items
- Some issues repeated week after week
- People left confused about next steps

What We Learned

These weren't bad meetings because people were unprofessional.
They were chaotic because we lacked STRUCTURE.
We needed a framework.
So we started evolving...

Phase 2: Adding Structure

WE ADDED STRUCTURE

changed:
Created a standard Thursday agenda
Sent it out every Wednesday evening
Time-based each agenda item (10 min, 15 min)
Started on time — 8:30 sharp because the role
Appointed a meeting owner each week

The Impact

Meetings became predictable.
People knew what to expect.
We covered more ground in less time.
But we still had a problem — decisions weren't being captured, and action items weren't clear.
So we evolved again...

Phase 3: Defining Roles & Accountability

WE DEFINED ROLES

changed:
Facilitator assigned before each meeting
Timekeeper tracks time for every agenda item
Scribe captures decisions + action items
Minutes shared within 24 hours every Thursday
Action register reviewed at the start of next meeting

The Breakthrough

THIS was the game-changer.
Suddenly, everyone knew their role.
Decisions were documented.
Action items had owners.
People started being held accountable.
We went from chaos to clarity.

Your Thursday Meeting Evolution

BEFORE & AFTER

YEAR 1: WHERE WE STARTED
Agenda not sent (8:00-8:45)
Topic discussions (10-15 min)
Action items (10-15 min)
No minutes
No issues every week
No accountability

TODAY: WHERE WE ARE NOW
Agenda sent Wednesday evening
Start 8:30 sharp — always
Time-based agenda items
Facilitator, Timekeeper, Scribe
Minutes within 24 hours
Action register tracked weekly
Clear accountability

Here's what just happened:
You didn't know it, but you've been practicing SIX SIGMA principles all along.

Your evolution IS the proof that structured meeting management works.

What is Six Sigma?

Data-Driven
Reduce Defects
6σ
3.4 defects per million

BRIEF HISTORY
1980s: Motorola invents Six Sigma → 1995: GE makes it global (\$12B saved) → 2000s: Healthcare adopts it → TODAY: it's a work in progress

YOUR PHASES YOU'VE BEEN PRACTICING

1 PLAN | 2 OPEN | 3 CONDUCT | 4 CLOSE

Agenda & prep | Roles & purpose | Follow agenda | Actions & minutes

Phase 1: PLAN

WHAT YOU DO:

- Define Purpose
- Invite Right People
- Build Agenda
- Send Agenda

Sample Wednesday Message

Subject: Thursday 8:30 Meeting Agenda Team.
Please review the attached agenda for tomorrow.
Key decision: Finalizing new OT roster.
Please review attached data before joining.
See you at 8:30 sharp.
— Quality Team

Phase 1: What You Added

YOU INTRODUCED WEDNESDAY PLANNING

What changed:
Agenda sent every Wednesday 5 PM
People came prepared — no surprises
Meetings became 20% faster

Phase 2: OPEN

8:30 START NOW

THE 5-STEP OPENING

- Start at 8:30 SHARP
- State the PURPOSE
- Assign 3 ROLES
- Walk the AGENDA
- Set GROUND RULES

Phase 3: CONDUCT

Facilitator, Timekeeper, Scribe

Facilitator:
Follow agenda order
Redirect off topic talk
Draw out quiet voices
Call votes if needed
Summarize each item

Timekeeper:
Track time per item
2-min warning signal
Flag overruns
Note actual vs. planned
Keep team disciplined

Scribe:
Log every decision
Capture action items
Note parking lot
Visible to all
Send minutes in 24 hrs

Phase 3: What You Added

THE PARKING LOT

Facilitator: "Important — parking that. Ravi, please note it."
Scribe adds to parking lot.
Meeting continues on agenda.
At 9:20, parking lot reviewed.
Action assigned: "Ravi: Schedule autoclave service by Friday 9 PM"

Phase 4: What You Added

MINUTES SHARED WITHIN 24 HOURS

changed everything:
Every decision documented
No confusion about actions
Accountability skyrocketed

Phase 4: CLOSE

THE 5-MINUTE CLOSING

- SUMMARIZE
- ASSIGN
- DEADLINE
- EVALUATE
- NEXT MEETING

Beyond Thursday Meetings

Quick Reference Card

MEETING CHECKLIST — USE THIS EVERY TIME

BEFORE
Purpose defined
Agenda prepared & sent 24 hrs prior
Right facilitator, timekeeper, scribe
Plan parking lot
Pre-read materials attached

DURING
Facilitator enters
Confirm actions + owners + deadlines
Time-based agenda items
Facilitator notes off topic
Scribe captures decisions + actions

START
Start on time
State the purpose
Assign facilitator, timekeeper, scribe
Review agenda
Agree ground rules

CLOSE
Summarize decisions
Confirm actions + owners + deadlines
Review evaluation (3-5)
Plan parking lot for off topic
Scribe captures decisions + actions

You've Already Started The Journey

Now let's complete it — together.

- You evolved your Thursday meetings
- You proved the framework works
- Now it's time to spread the word
- Every meeting. Every department. Consistently.

A meeting without structure isn't a meeting—it's a conversation that forgot its purpose. Mr Vinod Chaubey brought this home brilliantly, walking us through how our own Thursday 8:30 am meetings evolved—from late starts and forgotten action items to a crisp, accountable framework. The revelation? We had unknowingly been practicing Six Sigma principles all along. The secret lies in four simple phases: Plan. Open. Conduct. Close. Monday/ tuesday agenda prepared. Roles assigned. Decisions documented. Minutes circulated within 24 hours. Structure isn't bureaucracy—it's respect for everyone's time and purpose.

Every great outcome begins with a meeting that actually works.



Habit 2: Begin with the End in Mind Before you build, know what you're building.

At our Thursday learning session, Dr. Tanisha unpacked Habit 2 of Covey's 7 Habits—and it is deceptively simple yet profoundly powerful.

Everything is created twice. First in the mind, then in the world. The carpenter measures twice before cutting once. The architect draws before the first brick is laid. Vision always precedes reality.

Covey poses a question worth pausing on: Are you the architect of your own life—or living by default, shaped by old habits and others' agendas? Habit 1 says you are the creator. Habit 2 says: then create with intention.

One more distinction worth carrying: Leadership is doing the right things. management is doing things right. One keeps the engine running—the other ensures you are headed somewhere worth going.

25TH ANNIVERSARY EDITION

OVER 25 MILLION COPIES SOLD

THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

More than 25 million copies sold
over 700,000 copies
translated
Over 100 languages

POWERFUL LESSONS
IN PERSONAL CHANGE

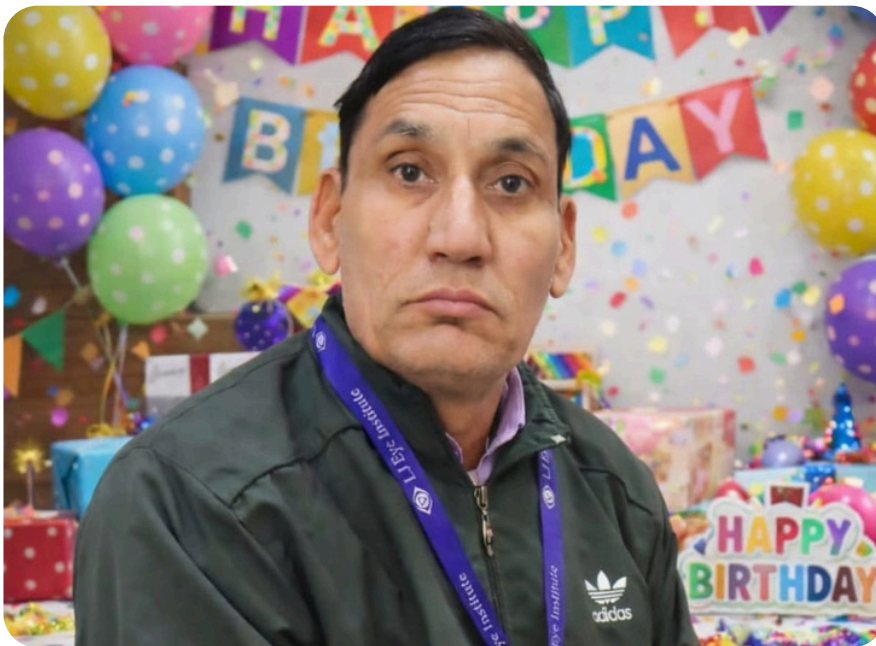
WITH A FOREWORD BY JIM COLLINS,
Author of *Good to Great* and co-author of *Great by Choice*

Stephen R. Covey





INSIDE HEROES # 2 MR. JASBIR SINGH



From Humble Beginnings to the Heartbeat of LJ Eye Institute

Meet Mr. Jasbir—a man whose journey reads less like a résumé and more like a quiet testament to resilience, faith, and unwavering purpose.

He began his career distributing medicines to government hospitals in Ambala Cantt, learning early the value of service and reliability. A brief detour into consumer retail followed, but healthcare kept calling him back.

In 2006, Sanjeevni Eye Hospital became his true calling—where he served as an OPD Assistant, supported pre-surgical preparations, and even oversaw aspects of building construction, proving his dedication stretched far beyond his job title. A difficult separation in 2007 did not break him; he simply showed up elsewhere, serving in Civil Hospital's emergency ward with the same quiet commitment.

When Dr. Manmeet facilitated his return and Dr. Vikas entrusted him with coordinating patient flow, Jasbir blossomed into someone truly indispensable. Transitioning seamlessly into LJ Eye Institute, he has now spent nine remarkable years heading the AR and NCT stations—ensuring every refraction workflow runs with precision, and every patient feels genuinely cared for.

His story is one of perseverance, humility, and grace through every season of life.

**Some pillars don't hold up ceilings—they hold up people.
Mr. Jasbir is proudly one of ours.**





ACADEMIC & SCIENTIFIC ENGAGEMENT

ONE STAGE. A ROOMFUL OF INDIA'S FINEST.



On 7 February 2026, the prestigious Sun Pharma Dry Eye Conclave, held at Andaz Aerocity, Delhi, brought together the country's top ophthalmological minds—and Dr. Vikas Mittal of LJ Eye Institute was right there among them as an invited speaker.

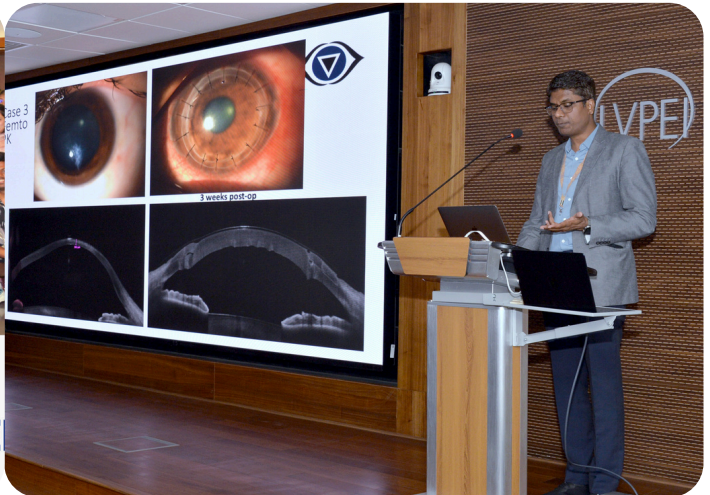
The conclave was a deep dive into the most pressing challenges in dry eye care today—from keratoconus management and Bowman's stromal inlay to chemical injury treatment, immunomodulator therapies, ocular surface healing, post-surgical dry eye, and insights from globally referenced DEWS III report. Rich panel discussions added real-world wisdom to cutting-edge science.

Dr. Vikas represented not just LJ—but the gold standard of care we stand for every single day. Our doctors don't just treat. They lead.

Pride isn't just what we feel—it's what we deliver, one patient at a time.



THE COMPLETE ECTASIA CONFERENCE



Where the World's Best Gathered – And LJ Was There

Two days. Two talks. One doctor putting Ambala on India's cornea map.

On 21 and 22 February 2026, Dr. Vikas Mittal represented LJ Eye Institute at the elite Complete Ectasia Conference: Keratoconus 360° at the legendary L V Prasad Eye Institute, Hyderabad.

Alongside global luminaries, Dr. Vikas delivered two significant presentations—on Femtosecond Laser-Assisted Keratoplasty and Bowman's Layer Transplantation in Keratoconus—two of India's most advanced corneal surgical techniques.

The conference spanned the full ectasia universe—from early diagnosis and corneal cross-linking protocols, CXL-Plus techniques, and DALK surgical masterclasses, to the exciting frontiers of AI-driven progression models and gene therapy for keratoconus.

Two days of world-class science. Countless future patients, better served.

At LJ, your doctor never stops learning—because you never stop deserving the best.

Excellence isn't an event. At LJ Eye Institute, it's a habit.



SURGICAL TRAINING & EDUCATION

Basic Trabeculectomy Course at LJ Eye Institute



Glaucoma doesn't wait—and neither did we.

On 22 February 2026, LJ Eye Institute hosted its Basic Trabeculectomy Course—a focused, hands-on workshop designed for surgeons who believe that true confidence is built not in theory but in practice at the wet lab table.

Mentored by Dr. Urvish Vashisht, Senior Glaucoma Consultant, LJ Eye Institute, the day-long course went far beyond textbook steps. Participants learned surgical decision-making, bleb survival strategies, MMC application techniques, releasable suture methods—and how to rescue a failing trabeculectomy. Because in glaucoma surgery, it's not just about doing the procedure—it's about knowing what to do when things don't go as planned.

Six seats. Six surgeons. One full day of focused, structured, step-by-step guidance—the kind that quietly transforms how a surgeon operates, thinks, and protects vision.

The best surgical training doesn't just teach you the steps—it teaches you the judgment to know which step comes next.

At the end of the course, a "Basic Trabeculectomy Course Booklet" was distributed to participants.

Because the best celebrations happens when your professional community feels like home.



COMMUNITY OUTREACH

WHERE FAITH MET SIGHT



300 lives. One sacred morning.

This Maha Shivratri, L J Eye Institute brought the gift of sight to the sacred grounds of one of the oldest Shiv temples — a place where faith has lived for centuries.

On the auspicious 15th of February, our team conducted a free eye screening camp, reaching 300 patients in a single day— neighbors, devotees, and elders—all welcomed with open hearts and expert hands.

Because good vision should not wait—and what better moment to serve than when a community already comes together in devotion?

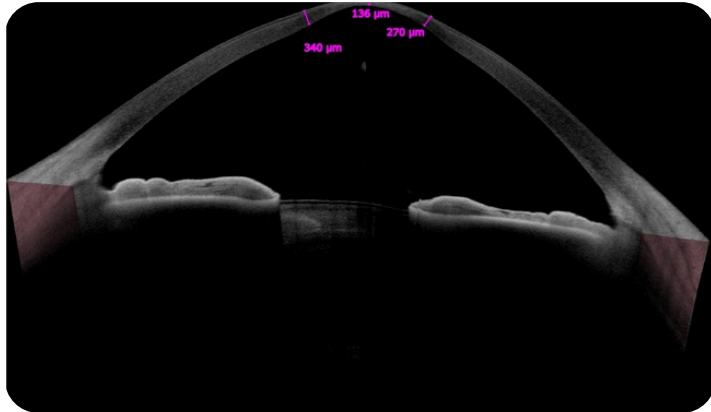
L J Eye Institute—where compassion meets commitment every single day.

Seeing is believing. Serving is belonging.

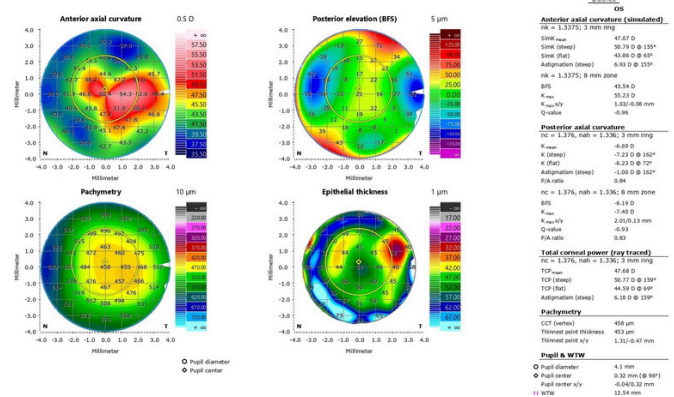
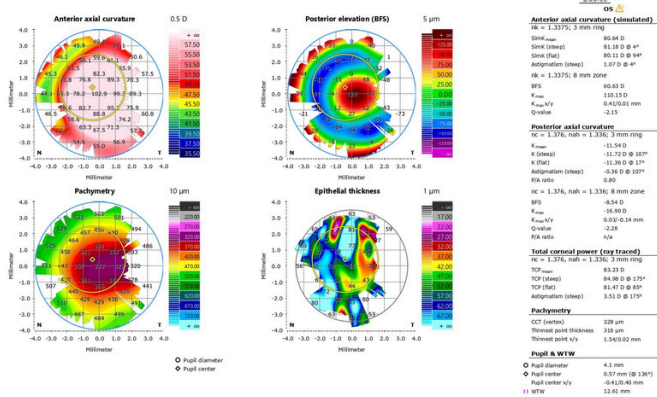
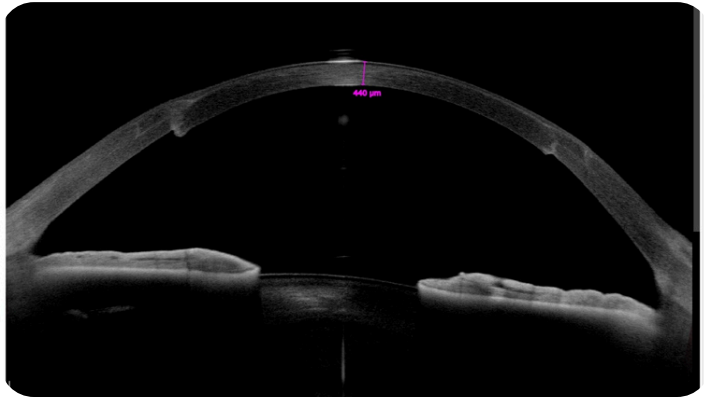


CLINICAL SPOTLIGHT

PRE- OPERATIVE



POST- OPERATIVE



ADVANCED KERATOCONUS MANAGED WITH FEMTOSECOND-ASSISTED PENETRATING KERATOPLASTY.

A-48-year-old male from Srinagar presented with a history of painless diminution of vision for the past 18 years, with no improvement using spectacle correction.

PRE-OPERATIVE EVALUATION

- PGP: -11.00 DS OU
- BCVA: OD- 2/60 , OS- 3/60 and with pinhole NI.
- RETINOSCOPY : Dull centrally obscured glow with a prominent scissors reflex.
- SLE : OU - corneal thinning with apical scarring.
- BCVA with RGP CL: OD 6/9 , OS 6/6

DIAGNOSIS: Advanced bilateral keratoconus

ADVISED: Femtosecond-assisted penetrating keratoplasty (PK) for OU.

CLINICAL INTERPRETATION:

- Long-standing untreated keratoconus progressed to advanced ectasia with scarring.
- RGP trial demonstrated excellent visual potential.
- Femtosecond- assisted PK provided rapid visual rehabilitation.
- Residual postoperative astigmatism was present but optically manageable.

ACADEMIC LEARNING POINTS:

- Scissor reflex with dull glow strongly indicates advanced ectasia.
- Contact lens trial is critical to assess visual potential before keratoplasty.
- Femtosecond- assisted PK allows precise wound architecture and faster visual recovery.
- Early post-operative astigmatism is expected and manageable with glasses.



CELEBRATION TIME



**Birthday
Celebration**

**Dr Vikas
&
Dr Neha**





HAPPY PATIENTS





L J Eye Institute

www.ljeyeinstitute.org

FEBRUARY 2026 EDITION

**Thank you for
being with us**



L J Eye Institute

www.ljeyeinstitute.org



L J Eye Institute

251, Model Town, Ambala City, 134003.

Mob: 7206001266, info@ljeyeinstitute.org

www.ljeyeinstitute.org