



LJEI JANURY'26 EDITION

SUNDAY, 15TH FEBRUARY 2026.

# LJ NEWSLETTER



*Academic  
Leadership  
On a  
Regional  
Stage*



*Celebration  
Times*



# EDITORIAL

December Editorial - One Truth: Excellence is Built Daily, Not Declared.

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

Dear Readers,

When I reflect on this past month, I'm reminded that excellence isn't a destination—it's a discipline practiced daily, measured in moments that matter.

KERACON 2025 brought together 800 corneal experts in Goa, and our faculty didn't just participate—we led. Wet labs on LASIK, DSEK, and DALK. Instructional courses. JAM sessions. Research presentations. The accolades followed: third prize for our poster on topography-guided PRK with CXL in keratoconus, third prize for our video on graft-host junction healing, and four awards in the photo contest.

But here's what mattered most: at Shark Tank – Cornea Catalyst, we pitched innovation under scrutiny. The questions were tough, the feedback sharp—and that's precisely what makes us better. The real win wasn't the recognition; it was holding our own among the best because we belonged there. What we brought back transcends certificates—it's sharper perspectives, refined techniques, and insights that will reshape how we serve our patients.

Last week delivered two milestones that define who we've become. Thirty surgeries in a single day—the highest in L J Eye Institute's eight-year history. Not a chase for numbers, but a surgical ecosystem firing on all cylinders: pre-op coordination, nursing, anaesthesia, post-op care—all executing with precision that comes only from years of shared purpose. Thirty procedures means thirty patients who entrusted us with their sight, thirty families who chose L J when it mattered most.

That same week, our OPD saw 236 patients in one day—another institutional record. That's 236 individuals who woke up and chose to trust us. Behind that number: seamless front-desk operations, quality consultations maintained despite volume and support staff ensuring no one felt overlooked. This confidence isn't accidental; it's earned through consistency—one appointment, one diagnosis, one conversation at a time.

To our graduating optometrists: completing your internship and contact lens fellowship marks more than a requirement met—it's where theory acquired responsibility and learning found purpose. You observed, questioned, practiced, and grew in moments demanding patience, precision, and empathy. The values you carry forward—clinical integrity, continuous learning and ethical patient care—will define not just your careers, but our profession. Keep learning. Keep sharing. Keep growing. L J Eye Institute remains open to you as mentors, collaborators, and well-wishers.

We are privileged to welcome Dr. Kunal as Cornea Consultant. His clinical precision, ethical practice, and commitment to collaborative learning strengthen both our cornea services and our institutional culture. Welcome to the LJEI family, Dr. Kunal. The measure of any month isn't what we accomplished—it's what we're prepared to accomplish next, and for whom.

Dr. Vikas Mittal  
L J Eye Institute



# NEWSLETTER

## HIGHLIGHTS



### A Toast to New Beginnings

The LJ Eye Institute family rang in 2026 with warmth and gratitude as our management hosted a special New Year lunch on January 1st. The occasion brought together our dedicated team to celebrate not just the turning of the calendar, but the collective spirit that drives our mission forward.

It was a moment to pause, break bread together, and acknowledge the commitment each team member brings to patient care every single day. These shared moments remind us that behind every successful treatment and every grateful patient is a team that values both excellence and connection.

**Here's to a year where we continue to see the best in each other—and bring out the best in every patient we serve.**





# NEWSLETTER

## HIGHLIGHTS

Name	Goal
1) Jasbir	Jan end - Home Painting 2026 end - Son's Marriage
2) Harinder	Feb - Housewarming - Son's engagement
3) Rajesh	Weight 86 → 68 Kg
4) Sam	Sept - Nandadevi Yatra
5) Sushma	2 Jyotirling (Bhimashankar + Grishreshwar)
6) Chanda	→ Property purchase on her name → Professional counsellor (by Diwali) Help by Manish
7) Preet	→ US trip + Daughter's school change
8) Shubham	→ 85 → 72 Kg (help - Harinder) 35 → 32 waist size

Name	Goal
9) Sakshi	→ Saving (1000/month) → Laptop purchase
10) Ruby	→ To purchase Macbook + Mandir (white laminate) (till Diwali)
11) Dr. Ruchi	→ Focus on health (help by Dr. Vikas) → Loose 6 Kg → Paint something for house (July 1 <sup>st</sup> )
12) Om	→ Learn Contact lens (July)
13) Karamjeet	→ Car drive (Diwali) (help by Rajesh ji)
14) Dr. Sonia	→ Learn Phaco (April)
15) Dr. Gauri	→ Half Marathon in Ladakh (September 2026)

Name	Goal
16) Rebeca	→ Purchase Activa - black (4 <sup>th</sup> June)
17) Dr. Garq	→ Vacation (July)

### Vision Beyond the Clinic: Our 2026 Resolutions

The first Thursday of 2026 held special significance at LJ Eye Institute. Our regular all-staff meeting took an inspiring turn as team members—from doctors to support staff—shared their personal goals for the year ahead.

From fitness milestones and spiritual journeys to family celebrations and professional development, the whiteboard became a canvas of dreams and aspirations. Each goal tells a story of ambition, growth, and hope.

What makes us different, isn't just our clinical expertise; it's the real people behind it. This exercise reminded us that when we support each other's personal victories, we strengthen the foundation of care we provide to every patient who walks through our doors.

Here's to a year of achieving goals—both behind the examination room and within it.





# NEWSLETTER

## HIGHLIGHTS

— Theme of the Year —

# PERSEVERANCE

*“Because Every Vision Deserves Our Best”*


## जब तक तोड़ेंगे नहीं, तब तक छोड़ेंगे नहीं

*at Perseverance Means to Us*

- ing committed to excellence
- ding strong during challenges
- ng with compassion—every day
- ing, improving, evolving continuously
- orting each other as one team

— Our Promise —

*I continue to serve with dedication,  
deliver with precision,  
and care with heart.*



**Dr. Vikas Mittal**  
Medical Director  
LJ Eye Institute

### Perseverance: Our Guiding Light for 2026

Every year needs a North Star, and ours is Perseverance.

During our Thursday meeting, Vinod Chaubey Sir and Dr. Urvish Vashisht unveiled this year's theme with clarity and conviction. Through real-life examples, they illustrated what perseverance truly means—not just pushing through challenges, but maintaining purpose and commitment even when the path gets difficult.

In eye care, we witness perseverance daily: patients who persist through treatments, families who navigate difficult diagnoses, and our own team members who show up with dedication day after day. This theme isn't aspirational; it's already woven into the fabric of who we are.

As we embark on 2026, perseverance will be our compass—guiding us through complex cases, institutional growth, and personal goals alike. It's the quality that transforms ordinary efforts into extraordinary outcomes.

**Because the clearest vision comes to those who refuse to look away from their goals.**





# NEWSLETTER

## HIGHLIGHTS

### To Be Proactive: The First Step to Excellence

Our Thursday gathering on January 2nd took a transformative turn as Dr. Tanisha led the team through Habit 1 of Stephen Covey's 7 Habits of Highly Effective People: Be Proactive.

Key Takeaways:

Act, don't react – Take charge of situations rather than being driven by circumstances

Focus on available resources – Work with what we have instead of blaming what's missing

Own your mistakes – Admit them, correct them, and move forward empowered

Set clear goals over empty promises – Back your commitments with persistent action

These aren't just professional principles; they're life principles that shape how we approach patient care, teamwork, and personal growth.

**Because great vision care begins with those who take charge of their own vision for success.**

25TH ANNIVERSARY EDITION

OVER 25 MILLION COPIES SOLD

# THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

Named one of the Top 100 Business Books of All Time

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





# NEWSLETTER

## HIGHLIGHTS



### PEPCO in Action: Streamlining Care with Heart

At LJ Eye Institute, our PEPCO values—Patient First, Ethics, Positivity for All, Compassion, and Operational Excellence—aren't just words on a wall. They're principles we bring to life every single day.

In a significant move toward operational excellence, we've introduced specialized patient care teams dedicated to specific service lines: Cataract, LASIK, Keratoplasty, Retina, and Glaucoma. Each team is focused on one mission—ensuring patients navigate their journey seamlessly, with minimal waiting time and maximum care.

This isn't just about efficiency; it's about dignity. When patients spend less time waiting and more time receiving focused attention, they feel valued. When our teams specialize, they deliver deeper expertise and more personalized support.

**It's a simple equation: streamlined processes + compassionate people = memorable patient experiences. Because putting patients first means making every moment of their journey count.**





# NEWSLETTER

WHERE EXPERTISE MEETS PURPOSE,  
PROGRESS FOLLOWS



## Welcome to the LJ Family!

New year, new energy, new expertise! We're thrilled to welcome three talented physicians who've joined the LJ Eye Institute family this January.

Dr. Parmeet joined as our new Cornea fellow, Dr. Kritika as our new Phaco Fellow, and Dr. Manshu steps into the fellowship of Glaucoma and Pediatrics services.

Fellowship is more than training—it's about growing together, learning from each other, and building lasting professional bonds. As our new fellows embark on this journey, they join a legacy of excellence and a community that believes in nurturing talent with the same care we extend to our patients.

To Dr. Parmeet, Dr. Kritika, and Dr. Manshu: Your journey here begins with endless possibilities. We're excited to learn alongside you, support your growth, and witness the difference you'll make.

**Welcome aboard—here's to seeing the future clearly, together!**





# NEWSLETTER

## NEW INITIATIVES



We have two exciting updates from Thursday's meeting to share with you:

### 🎉 Extended Access to LJ

Great news! LJ is now open on Sundays, giving our patients more flexibility and better access to care when they need it most.

### 📺 Telemedicine Gets a Fresh Start

Starting February 1st, we're rolling out regular improvements to our telemedicine services. This revamp will ensure we're consistently delivering the best virtual care experience for our patients. Both changes reflect our ongoing commitment to making healthcare more accessible and responsive to the needs of those we serve. We're thrilled to see these initiatives come to life! Thank you for your continued dedication to our mission.

### 🎉 Sundays Just Got Better

LJ is now open on Sundays—because care doesn't take weekends off.

### 📺 Telemedicine 2.0 Starts Feb 1st

We're giving our virtual care a regular refresh to keep you connected, supported, and ahead of the curve.

**Two surprises, one mission: making healthcare work around your life, not the other way around.**



# VOICES OF LJ

## 250 PATIENTS.: WHEN RAIN COULDN'T WASH AWAY COMMITMENT



On January 27th, we celebrated Chief Minister Shri Nayab Singh Saini's birthday in the most meaningful way possible—by serving our community.

Despite heavy rain and a hailstorm that would've kept most indoors, 189 dedicated souls showed up for our free skin and eye screening camp. Their determination reminded us why we do what we do.

The Highlights:

Mr. Amarpal Rana graced the occasion as Chief Guest, representing the CM and inaugurating the camp with the ribbon-cutting ceremony

LJ Eye Institute proudly led the eye screening efforts, bringing expertise and care to those who needed it most. Our teams worked seamlessly through challenging weather to ensure every patient received quality screening.

250 patients. One storm. Zero excuses.

This wasn't just a successful camp—it was a testament to the resilience of our community and the unwavering spirit of healthcare that refuses to be dimmed by any storm.

Because some commitments are stronger than the weather.





# VOICES OF LJ

## REPUBLIC DAY CELEBRATION



This January 26th, under a crisp winter sun, the LJ family came together on our rooftop to honor India's 77th Republic Day.

Dr. Urvish Vashisth, joined by our newest team members, proudly hoisted the tricolor as it unfurled against the clear sky. The moment was followed by our voices rising in unison for the National Anthem—a reminder of the values we share, both as citizens and as healers.

The Celebration:

Flag hoisting ceremony led by Dr. Urvish Vashisth

Our new LJ family members experienced their first Republic Day with us

National Anthem sung with pride and unity

Sweet laddoos and warm samosas shared among the entire staff

It was simple. It was beautiful. It was us—celebrating the freedom that allows us to serve, and the togetherness that makes us stronger.



# VOICES OF LJ

## OPHTHAFEST-2026



Opthafest 2026, the Annual Conference of the Haryana Ophthalmological Society (HOS) and Ambala Ophthalmological Society (AOS), turned into a proud moment for the LJ Eye Institute family.

**Our Faculty Took the Stage:**

Dr. Ruchi Mittal, Dr. Vikas Mittal, Dr. Neha Jain, and Dr. Gauree Gattani represented LJEI as speakers, sharing insights and expertise on a respected academic platform.

**Excellence Recognized:**

A huge congratulations to Dr. Gauree Gattani, whose case presentation won First Prize in the Challenging Case category—a testament to clinical brilliance and thoughtful problem-solving.

**Beyond the Podium:**

Dr. Ruchi Mittal conducted an engaging academic quiz that brought energy and interaction to the conference floor

Our LJEI Fellows connected with senior academicians and dignitaries from across India, soaking in wisdom that goes far beyond textbooks

Our team, alongside esteemed AOS members, led wet lab training sessions—guiding budding surgeons through hands-on learning where real confidence is built

**The LJEI Way:**

For us, conferences aren't just about presenting. They're about participating, mentoring, learning, and growing—together.

Proud of our faculty.

Proud of our fellows.

Proud to be LJEI.



# VOICES OF LJ

EXCELLENCE : BEYOND IMAGINATION



**First time ever, Dr Urvish successfully performed Squint Surgery on a 9 month old kid**





# VOICES OF LJ

## INSIDE HEROES # 1

In 2007, he was just another student in 10+2—curious, observant, and unaware that a routine school eye-checkup camp would quietly redirect his life.

The camp wasn't extraordinary. The equipment was basic. The process was repetitive.

But for him, it sparked questions.

Who are these people? How does this work? Can this be a career?

He asked. He listened. He learned.

Soon, he was offered ₹ 100 and a meal for every camp he helped with. For many, that would have been enough. For him, it quickly became monotonous. He didn't want pocket money—he wanted purpose.

That restlessness brought him to Nilavati Eye Hospital, Ambala. After completing his 10+2 exams, he joined as an OPD assistant. The role was small, but the exposure was vast. He didn't stick to a job description—he multitasked, observed workflows, and absorbed the ecosystem of a hospital.

Still searching, he moved to Vardhman IVF Centre, where he learned laboratory sampling and gynecology-related procedures. It added skill—but not satisfaction.

In 2009, he went to Mandi Ratta, joining an orthopaedic hospital. There, he assisted in the OT, handled night duties, and learned orthopaedic protocols hands-on. Long nights, limited guidance—but immense learning.

Then came 2010, a turning point.

He met Dr. Manmeet at Sanjeevani Eye Hospital.

On Dr. Manmeet's advice, he returned to ophthalmology as an OPD assistant. Once again, routine crept in. But this time, instead of leaving, he chose a different path—initiative.

He approached Mahendra Sir, persistently requesting to learn OT work. Gradually, trust replaced hesitation. He began handling pre-operative and post-operative patients, especially those under general anesthesia—responsibility that demanded precision, patience, and accountability.

In 2013, an internal conflict between staff unexpectedly opened a door.

Dr. Vikas asked him to assist in the OT.

That evening—from 2:00 pm to 10:30 pm—he assisted surgeries under direct guidance. Among them were keratoplasties—complex corneal transplant procedures.

That wasn't just an OT shift.

That was transformation.

That night, he moved from being support staff to becoming a surgical ally.

From unnoticed to indispensable.

From zero to hero—not by title, but by competence.

Recognizing his potential, Dr. Manmeet ensured he was admitted to a Diploma in OT Technician course, which he completed in 2015.

But growth didn't stop there.

A new curiosity took hold—the Investigation Department.

There was a problem: the department was guarded. The person in charge wouldn't allow him to even touch the machines. No access. No training. No entry.

So he started small.

He requested permission to switch on the machines every morning.

To clean them.

To maintain them.

He showed up before hours. He handled equipment with respect. He asked intelligent questions—and waited patiently.

Slowly, resistance turned into trust.

He began learning one instrument at a time.

One parameter. One protocol. One mistake corrected. One skill earned.

In 2015, he officially started with ARNIC.

Today, he heads the Investigation Department at LJI Eye Institute—a role built not on entitlement, but on years of quiet perseverance.

And even now, he hasn't stopped learning.

He is currently pursuing a Diploma in Optometry, because for him, growth has never been a destination—only a discipline.

This story is not about talent alone.

It's about inquisitiveness over comfort, initiative over entitlement, and patience over shortcuts.



# VOICES OF LJ

## HAPPY PATIENTS



**SOME DAYS MARK PROGRESS. OTHERS  
QUIETLY DEFINE WHO WE'VE BECOME.**





L J Eye Institute

[www.ljeyeinstitute.org](http://www.ljeyeinstitute.org)

JANUARY 2026 EDITION

**Thank you for  
being with us**



L J Eye Institute

[www.ljeyeinstitute.org](http://www.ljeyeinstitute.org)



**L J Eye Institute**

251, Model Town, Ambala City, 134003.

Mob: 7206001266, [info@ljeyeinstitute.org](mailto:info@ljeyeinstitute.org)

[www.ljeyeinstitute.org](http://www.ljeyeinstitute.org)