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LJEI PULSE

JUNE'2026

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FROM THE EDITOR'S DESK

Dr Vikas Mittal

Welcome to the June edition of the LJEI Pulse.

This month's edition covers five updates: our Patiala centre completing two years of operations, all twelve departments completing a cross-department training exercise, an alumna's award at YOSICON 2026, a vitreoretinal case with a dropped nucleus, and a team-building exercise from our recent staff meeting.

The Patiala centre has now completed two years of service — a good point to review what's working and where we still need to build out capacity. The twelve-department exercise resulted in each department documenting two concrete service commitments, twenty-four in total, which we'll track over the coming quarters. Dr. Riddhi Raichura's essay win at YOSICON 2026 reflects well on our mentorship program, and her article in this edition covers what she learned. The dropped-nucleus case is included as a technical read for our surgical team — worth reviewing for the decision-making under complication. And yes, there's a piece on bhelpuri, because a recent team exercise around it produced a genuinely useful lesson on task division that's worth sharing.

As always, feedback on this edition is welcome.

Happy Reading!
Dr. Vikas Mittal



EXPERT'S SPEAK

The ABCs of Who You Are at Work



Mr Gautam Mathur
M.Optom
Consultant Optometrist

At our recent Thursday Learning Session, Mr. Gautam posed a question we rarely pause to ask:

What makes someone truly effective at work—not just skilled, but genuinely impactful?

The answer begins long before we pick up an instrument or read a chart. It begins with how we show up.

Soft skills are the silent architecture behind every meaningful interaction at LJEI—the reason patients feel cared for, not just examined; the reason teams build trust, not just deliver results.

A — Appearance: Speaking Before You Speak

Before a word is spoken, our appearance has already introduced us.

In a healthcare setting, a composed and well-groomed professional is, in itself, a source of reassurance. Dress appropriately, stand tall, maintain eye contact, and keep it simple—because simplicity, when done well, leaves a lasting impression.

As the session reminded us:

“You never get a second chance to make a first impression.”

B — Behaviour: Your Values Made Visible

How we behave—especially when no one is watching—is ultimately how we are remembered.

Being respectful, honest, and accountable costs nothing, yet builds everything. In our line of work, empathy is not merely a soft gesture; it is clinical excellence expressed in a human way.

As Mr. Gautam aptly said:

“Great behaviour comes from great values. Let your behaviour be your identity.”

C — Communication: The Bridge Between Intent and Impact

We communicate throughout the day, but communicating and connecting are not the same thing.

In healthcare, a rushed explanation or an unacknowledged concern is more than a lapse—it is a missed opportunity to make someone feel seen, heard, and safe.

Speak clearly. Listen attentively. Stay positive.

Respond with empathy.

“The biggest problem in communication is the illusion that it has taken place.”



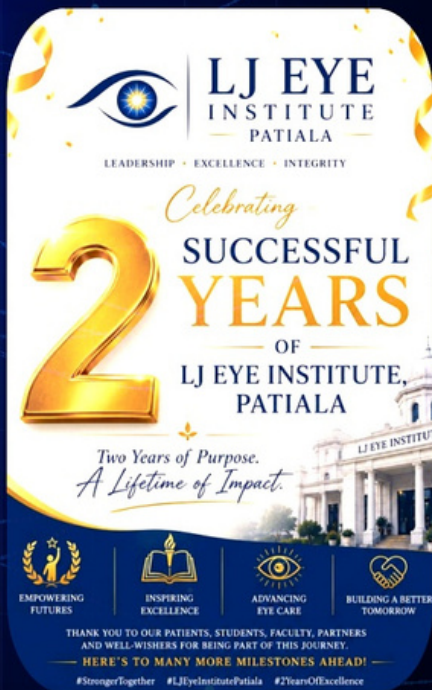
✦ Two Years Down. A Lifetime of Vision Ahead. ✦

On 6 June 2026, LJ Eye Institute Patiala marked two years—not just of operations, but of quietly transforming how a community experiences eye care. Two years of patients who walked in uncertain and left reassured. Two years of a team that learned on the job, grew under pressure, and never lost sight of why they started. Two years of a branch that carried LJEI's soul into a new city—where compassion was not a policy but a practice, and excellence was not an expectation but a habit.

Building something meaningful is never without challenges. There were learning curves, long days, and moments that tested patience and perseverance. Yet every challenge was met with steadiness, every difficult case was handled with care, and every act of service was delivered with integrity. That is what two years truly look like from the inside.

The Patiala team did not simply sustain a branch; they built trust—appointment by appointment, patient by patient. That trust has become the foundation upon which everything else stands.

This anniversary belongs to every individual who showed up—not just on the good days, but especially on the difficult ones. It belongs to those who believed in the mission, embraced the journey, and contributed to something greater than themselves.



The roots are strong. The vision is clear. The work continues.

✦ Two years of planting seeds—now watch what grows next. ✦



More Days, More Care: Dayalbagh Vision Centre Doubles Its Reach



There's a particular kind of trust that builds slowly — one OPD day at a time. For months, our Dayalbagh Vision Centre held that trust every Thursday, as familiar faces returned for check-ups, follow-ups, and the quiet reassurance of being seen and heard.

Now, that trust gets another day to grow.

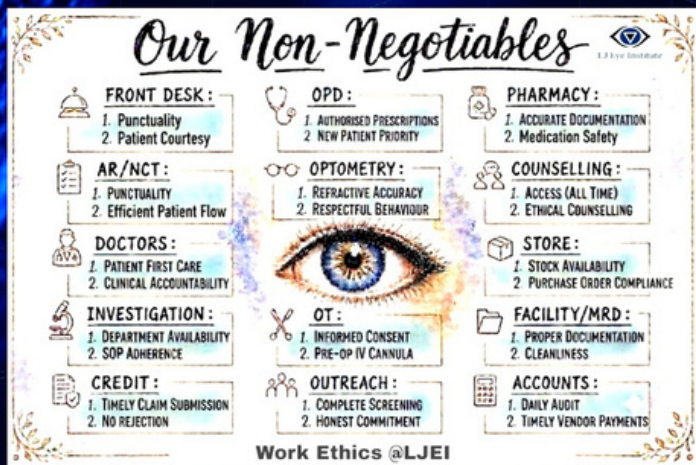
Starting this month, Dayalbagh Vision Centre will run OPD twice a week — Thursdays and Saturdays — doubling access for a community that has waited, traveled, and shown up faithfully for eye care closer to home. For a working parent who couldn't take a weekday off, or a grandparent needing one more chance to get that cataract check done, Saturday changes everything.

This expansion didn't happen overnight. It's the outcome of a team that kept listening to what the community needed and kept pushing for more, even when growth meant more coordination and more hands on deck. That's what it takes to turn one clinic day into two: patience, persistence, and a belief that every patient deserves timely care, not care on a waitlist.

It's a small addition on a calendar. But for someone who's been putting off an eye check because Thursday never worked out, it's the difference between waiting another week and walking in this Saturday.

**One more day. One more door open. One more reason to
never put off caring for your eyes.**

Two Promises, Twelve Departments: How LJEI Turned a Class Into a Commitment



A class on work ethics could have ended with everyone nodding politely and moving on. Instead, something different happened at LJEI — every department walked away and chose two non-negotiables of their own to live by, every single day.

Front Desk pledged punctuality and courtesy — because a warm welcome sets the tone for the entire visit. OPD committed to authorised prescriptions and prioritising new patients. Optometry stood by refractive accuracy and respectful behaviour. Doctors owned patient-first care and clinical accountability. Investigation promised availability and strict SOP adherence, while OT held firm on informed consent and pre-op safety.

Counselling chose round-the-clock access and ethical guidance. Pharmacy anchored itself in accurate documentation and medication safety. Outreach committed to complete screening and honest commitment in the field. Behind the scenes, Store, Facility, Accounts, and Credit each picked their own quiet but essential promises — stock availability, cleanliness, timely payments, zero claim rejections.

Twelve departments. Twenty-four promises. One shared thread running through all of them: that every patient who walks through our doors deserves the very best of us, consistently, not occasionally.

What makes this special isn't the poster on the wall — it's that these weren't handed down from above. Each team looked inward, asked "what can we truly guarantee?", and answered honestly. That kind of ownership doesn't happen overnight. It's built one committed choice at a time.

Two non-negotiables each. One shared promise: patients first, always.



When a Single Image Speaks for an Entire Institute:

Dr. Hitisha's Retina Scan Features on Ophthalmology Science

Dr. Hitisha Mittal
Consultant

When a Single Image Speaks for an Entire Institute: Dr. Hitisha's Retina Scan Features on Ophthalmology Science

Some moments arrive quietly — a notification, a shared image on a WhatsApp thread — and yet carry enough weight to make an entire institute pause and smile. This was one of them.

A retinal image captured by Dr. Hitisha, Retina Consultant at LJEI, now graces the cover of Ophthalmology Science, the American Academy of Ophthalmology's own journal — a publication read and respected by retina specialists across the world.

For anyone who has spent years behind a slit lamp or peering through a fundus camera, this recognition means something deeper than a photo credit. It reflects thousands of hours of quiet, careful work — steady hands, a trained eye, and the discipline to capture not just an image, but a moment of clinical truth worth sharing with the global ophthalmic community. Getting a single frame right, one that a journal of this stature chooses to feature, is never accidental. It's the result of showing up, image after image, patient after patient, until the work speaks entirely for itself.

It's a proud moment for LJEI, but more than that, it's a reminder of what's possible when expertise is paired with patience — when a clinician treats every scan as though it matters, because to the patient behind it, it always does.



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Ophthalmology Science



**One image, one moment of excellence
— carrying LJEI's name farther than
words ever could.**

A Fond Farewell, A New Beginning : Dr. Rishu's Journey Comes Full Circle



Dr. Rishu Malhotra
Professor

Every fellowship has an ending, and today we bid a warm farewell to Dr. Rishu as she completes her short-term Cornea Fellowship. It wasn't an easy stretch — stepping away from a settled routine, relearning as a student even after years of expertise, and pushing through long days to master one of ophthalmology's most intricate subspecialties. That kind of commitment deserves to be acknowledged before anything else.

But farewells at LJEI rarely mean an ending — they mean the start of something more. Alongside the completion of her fellowship, Dr. Rishu has also been promoted from Associate Professor to Professor, in recognition of the growth, discipline, and trust she has built over the years.

It's a rare and meaningful moment — closing one chapter of learning and opening another of leadership, almost in the same breath. For the residents she will continue to teach and the patients she treats, this means access to even sharper, more refined expertise. For LJEI, it's a quiet source of pride, a reminder that when people invest in their own growth, the whole institute grows stronger with them.

Farewell to the fellow who chose to learn more. Welcome to the professor who will now help others do the same.

**TURNS OUT, THE SECRET TO GREAT TEAMWORK WAS
SITTING IN A MIXING BOWL.**



Thursday's learning session brought a refreshing twist: Ms. Madhu explained teamwork not through a slide deck, but through a shared bowl of bhelpuri. The team gathered around the ingredients – puffed rice, sev, chutneys, peanuts, onion, a squeeze of lime – each one ordinary on its own, some even too sharp or too plain to enjoy alone.

But combined with care, in the right proportion, at the right moment, they became something everyone reached for.

The message landed gently but clearly. At LJEI, a clinician's precision, a counsellor's patience, an administrator's follow-through, a technician's steady hands – none of these alone create the experience our patients trust us for. It's only when each person brings their part, and trusts the next person to bring theirs, that the outcome truly comes together.

It was a reminder that strong institutions, much like a good bhelpuri, aren't built on individual brilliance working alone – they're built on balance, timing, and trust.

ALONE, WE ARE INGREDIENTS. TOGETHER, WE ARE LJEI.

SIGHT RECLAIMED: MANAGING A DROPPED NUCLEUS AFTER COMPLICATED CATARACT SURGERY

Sex: Male

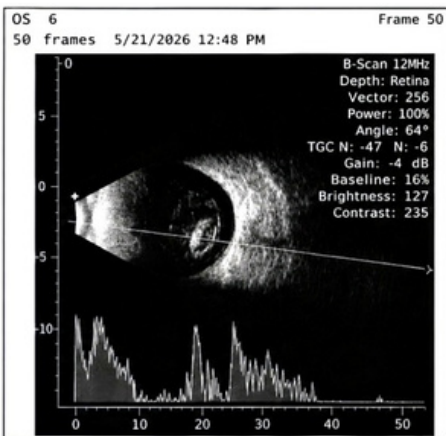
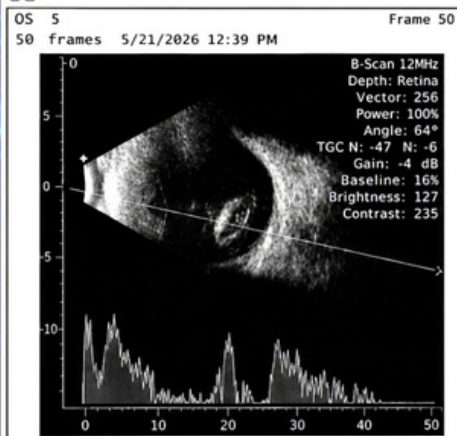
UBM/B-Scan Series 5/21/2026 | Study 5/21/2026

Operator:

Physician:

LENS ECHOES SEEN, HIGH REFLECTIVE MEM+ MULTIPLE DOT ECHH ECHOES IN VITREOUS, RETINA ON,
CHONOID N & ONH WNL.

OS



A 54-year-old male arrived at LJEI with severe pain, redness, and profound vision loss in his left eye – the aftermath of a complicated cataract surgery performed elsewhere. There was no history of trauma, yet his left eye now saw only hand movements, with vision at 8/6 in the unaffected right eye starkly highlighting what had been lost.

Examination revealed retained lens matter in the anterior chamber and a dangerously elevated intraocular pressure of 47 mmHg. B-scan ultrasonography confirmed the diagnosis: a dropped crystalline lens nucleus in the vitreous cavity. The immediate priority was stabilization – medical management brought his pressure and inflammation under control before any further intervention could be planned.

Once stable, the patient underwent 23G pars plana vitrectomy with nucleus removal and secondary intraocular lens implantation. By the very next day, his retina was attached, the lens well-centred, and pressure normal – a promising start that held through recovery.

At one month, his vision had improved to 6/18, his cornea was clear, and his eye was anatomically stable. A simple spectacle prescription now stands between him and clearer sight.

Timely recognition, pressure control, and precise vitreoretinal intervention can transform a devastating complication into a genuine visual recovery.

**BEHIND EVERY CASE NUMBER IS A PERSON WHO GOT THEIR SIGHT – AND THEIR
STORY – BACK.**



ALUMNI CONSTELLATION

From Student to Surgeon: A Legacy of Mentorship Comes Full Circle

When ***Dr. Riddhi Raichura**, LJEI's own Cornea Fellowship alumna, won the ****YOSICON 2026 International Essay Writing Competition***, her winning words were not about a surgical technique or a clinical breakthrough. Instead, they celebrated the person who shaped the way she thinks, questions, and cares.

Her award-winning essay, **"The Mentor Who Transformed My Career and Mindset,"*** is a heartfelt tribute to ***Dr. Vikas Mittal***, under whose guidance she learned that surgery is never just about skilled hands—it is about curiosity, humility, and remembering that every patient carries a story beyond their diagnosis.

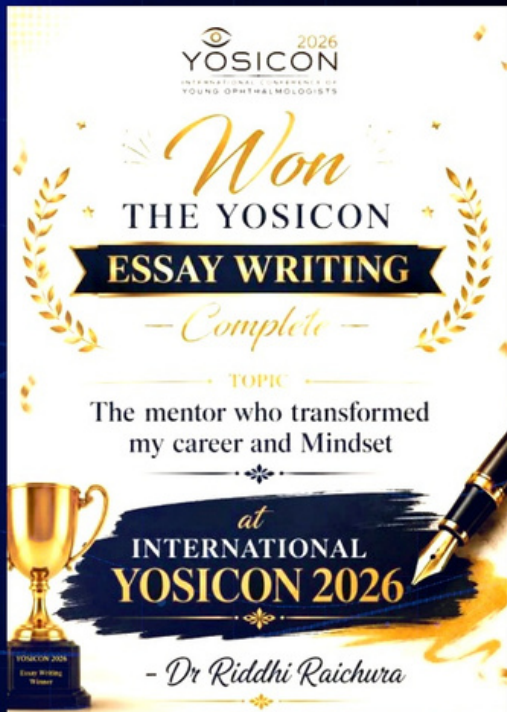
Sharing her achievement on ***Guru Purnima**, Dr. Riddhi credited her mentor with teaching her to observe deeply, think independently, and never stop asking ***why—lessons that continue to define her journey as a Cornea, Ocular Surface, and Refractive Surgeon.**

This is a proud full-circle moment for ***L J Eye Institute***: a fellow trained within these walls, carrying forward the values instilled here, now being recognized on an international stage for articulating exactly what true mentorship looks like.

An idea. A mentor. A moment of belief.

And together, they traveled all the way to an international stage.

This is what happens when guidance outlives the classroom —and becomes a legacy.



"SOME CAREERS ARE BUILT. OTHERS ARE EARNED."



In 2014, a young intern walked through the doors of Sanjivni Eye Hospital, unaware that this first step would shape a lifetime of service to sight. Mr. Raman Kumar began his career here, and once his internship ended, he took on his first real responsibility – Optometrist at the Vision Centre in Matheri.

Just 7-8 months in, life threw him a curveball. He was called back to the main hospital, his Vision Centre visits reduced to a single day – Thursdays. For many, this might have felt like a setback. For Raman, it became an opportunity. He used every patient interaction, every quiet moment to sharpen his skills.

When LJ Eye Institute was born in 2017, Raman was ready. He joined as a Senior Optometrist and never stopped learning. LASIK work-up, dry eye clinic protocols, myopia control, contact lens fittings – he didn't just learn these skills, he mastered them, one by one, patient by patient.

Somewhere along this journey, mastery turned into mentorship. Raman began shaping not just his own path, but the paths of those who would come after him.

In 2021, that dedication was recognized when he was promoted to Chief Optometrist – a title he continues to honor every single day.

FROM AN INTERN TO A CHIEF – MR. RAMAN KUMAR'S STORY IS PROOF THAT CONSISTENCY, PATIENCE, AND PASSION ALWAYS FIND THEIR WAY TO THE TOP.

Thank you for being with us



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