



**S. R. GOPAL RAO**  
OPTICIANS & OPTOMETRISTS

**SEE BETTER, DO BETTER**

My Awareness Calendar



2 0 2 5

Dear Well Wisher,

As we step into 2025, I am filled with gratitude and anticipation, reflecting on the shared journey that connects us all in the optical industry. Every year brings its own challenges and triumphs, but the collective resilience and innovation of this community continue to inspire me deeply.

I am Meghana Manay, the COO of S.R.Gopal Rao Opticians & Optometrists, and as the 5th generation steward of this family legacy, I am honoured to carry forward our mission of delivering clarity, care, and excellence. For over nine decades, this legacy has been built on a foundation of trust, innovation, and a commitment to enhancing lives through better vision.

This year, our annual SRGR Awareness Calendar is inspired by the idea of harmony—finding balance in innovation, energy, and mindfulness. It's a reminder that while we strive for progress, true clarity comes from pausing to reflect and recalibrate. This calendar weaves together special moments from the optical industry, global events, and simple celebrations of life that resonate with our shared purpose.

2024 reminded us that moving forward isn't just about speed but about balance—between embracing the future and staying rooted in tradition. It's this ethos that drives us to continuously innovate while preserving the values that define us.

As you turn the pages of this year's calendar, I hope it serves as a guide not just for marking time but for celebrating meaningful milestones—both professional and personal.

Together, let us make 2025 a year of thoughtful progress, where we innovate with intention, energise with purpose, and approach every endeavour with mindful clarity and resilience. Thank you for being an integral part of this journey, and for sharing in our vision of brighter, clearer futures.

**Wishing you a year filled with harmony, growth, and inspired vision.**

*Warm regards,*

Meghana Manay  
*COO, S.R.Gopal Rao Opticians & Optometrists*

# Jan

## 2025



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**Starting the Year with Clarity - Embrace the year ahead with clarity, focus, and the harmony of fresh perspectives and mindful resolutions.**

New beginnings call for fresh perspectives! The first spectacle lenses were made of quartz in the 13th century. Today, precision-crafted eyewear transforms not just how we see, but how we're seen. Here's to a visionary start to 2025!

- 01 New Year's Day
- 04 World Braille Day
- 12 National Youth Day
- 15 National Army Day
- 25 National Tourism Day
- 26 Republic Day



Scan to know more

# Feb

2025



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**Through the Lens of SRGR - Honouring the roots of innovation and tradition, as we celebrate the legacy of S.R.Gopal Rao.**

In 1936, S.R.Gopal Rao envisioned eyewear as more than utility—it became an art. This month, we honour the timeless craftsmanship and heritage that frame our story.

- 02 67th Annual Grammy Awards
- 04 World Cancer Day
- 08 MIDO Starts
- 10 MIDO Ends
- 14 Valentine's Day
- 24 SRGR Founder's Day
- 28 National Science Day



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# Mar

2025



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**Eyeing Excellence -  
Optometrists exemplify balance,  
combining medical expertise and  
personal care to protect the  
precious gift of sight.**

Optometry traces its origins to ancient Greece, but its importance remains timeless. This Optometry Week, we celebrate those who ensure the gift of clear sight for generations to come.

- 01 Zero Discrimination Day
- 03 World Hearing Day | 97th Academy Awards
- 08 International Women's Day
- 18 Global Recycling Day
- 20 International Day of Happiness
- 23 World Optometry Day
- 16-22 World Optometry Week



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# Apr 2025



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**Innovative Visions - In a world of rapid change, true innovation lies in creating solutions that align with both progress and well-being.**

What's the next frontier in eyewear? From lightweight materials to AI-powered lenses, innovation keeps reshaping how we see and connect with the world.

- 02 World Autism Awareness Day
- 07 World Health Day
- 18 World Heritage Day
- 22 Earth Day



Scan to know more

# May

## 2025



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**See the World Clearly -  
Pause, reflect, and see the  
beauty in balance—  
mindfulness is the lens that  
brings life into focus.**

True clarity comes from seeing the world as it is and yourself as you want to be. This May, find focus in both your vision and your mind.

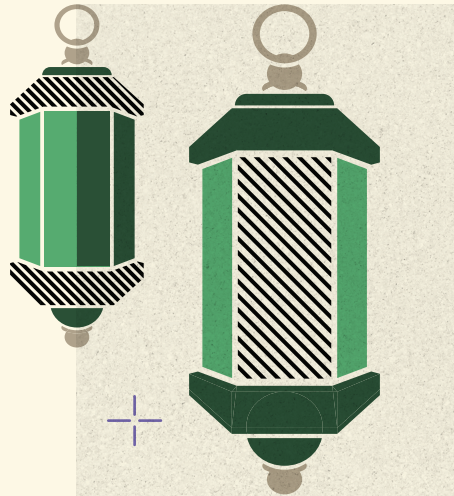
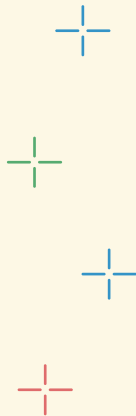
- 01 International Labour Day | May Day
- 05 MET Gala
- 11 Mother's Day | National Technology Day
- 15 International Day of Families
- 18 International Museum Day



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# Jun

## 2025



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**Colours of Pride - Celebrate the vibrant spectrum of identities and experiences—where inclusivity and individuality come together in perfect harmony.**

Did you know? The rainbow flag was first flown in 1978, symbolising inclusion and diversity. This month, let's celebrate individuality with eyewear as vibrant as every hue of life.

- 05 World Environment Day
- 08 World Ocean Day
- 15 Father's Day
- 21 International Yoga Day
- 23 International Olympic Day
- 24 Upcycling Day
- 29 National Statistics Day



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Jul  
2025



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**Sustainable Sight -  
Balance sustainability and  
style with choices that honour  
the planet while enhancing  
how we see the world.**

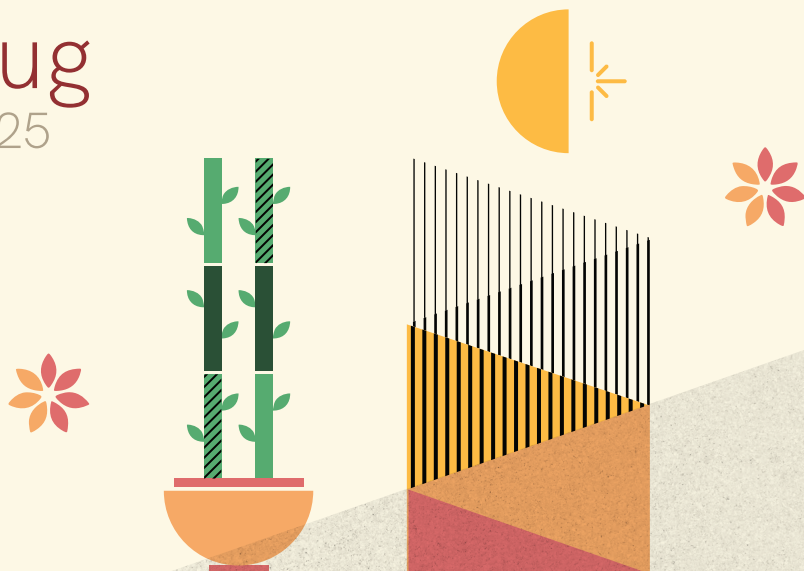
It's estimated that 4.7 billion plastic glasses are produced each year. Choosing sustainable materials and long-lasting eyeglasses, transforms our impact—one frame at a time.

- 01 National Doctor's Day
- 11 World Population Day
- 12 Paper Bag Day
- 15 Social Media Giving Day



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# Aug 2025



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**Renewed Vision - Harmony is the rhythm of renewal, focus, and the clarity to embrace every moment with purpose and grace.**

Harmony is the rhythm of gratitude, balance, and the clarity to embrace each new day. Vision inspires us to see beauty in tradition and opportunity in fresh beginnings, blending past and future into a brighter whole.

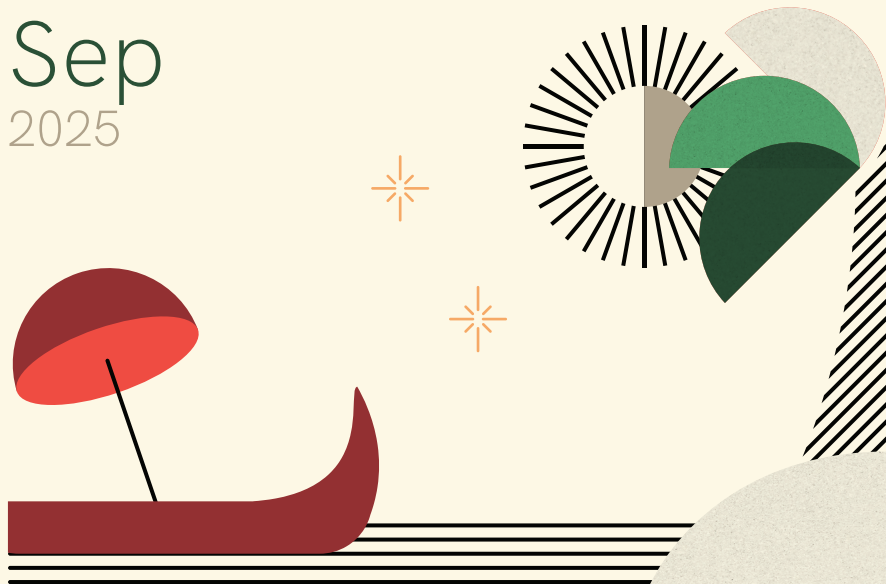
- 04 International Friendship Day
- 13 World Organ Donation Day
- 15 Indian Independence Day
- 19 World Photography Day
- 21 World Senior Citizen Day
- 26 Women's Equality Day
- 29 National Sports Day



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# Sep

## 2025



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**Journeys in Focus -  
Every adventure teaches us  
to balance excitement with  
reflection—see the world,  
and yourself, more clearly.**

Every traveller needs a perfect lens. From sunlit beaches to bustling cities, eyewear elevates the view while protecting what matters most—your eyes.

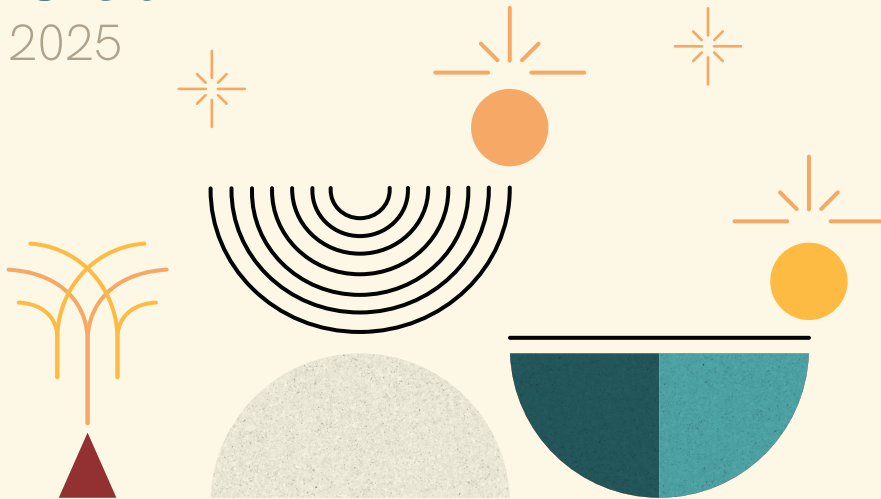
- 05 National Teacher's Day
- 08 International Literacy Day
- 15 Engineer's Day
- 23 International Day of Sign Languages
- 26 SILMO Starts
- 27 World Tourism Day
- 29 SILMO Ends



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# Oct

## 2025



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**Festive Reflections -  
As festivities light up our days,  
balance celebration with  
moments of connection,  
reflection, and joy.**

In every celebration, there's a moment of pause—a reflection of light, joy, and togetherness. This World Sight Day, let's honour the clarity and beauty of vision, adorning our journey with timeless elegance and embracing the power of sight to enhance every moment.

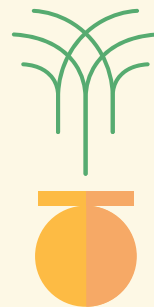
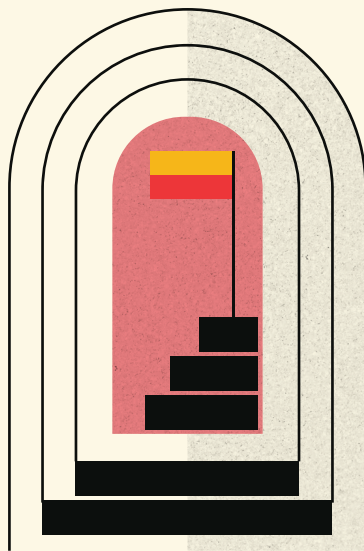
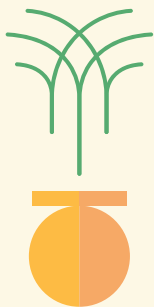
- 01 International Day of Elderly
- 08 Indian Air Force Day
- 10 World Sight Day | World Mental Health Day
- 14 International E-Waste Day
- 15 World White Cane Day



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# Nov

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**Golden Visions - Find harmony in transitions, as the golden hues of the season remind us to embrace both change and stability.**

Did you know? Gold-plated glasses date back to the 19th century, prized for their elegance and durability. Today, modern designs balance tradition with innovation.

- 14 Children's Day | World Diabetes Day
- 19 International Men's Day
- 21 World Television Day



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# Dec

## 2025



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**Looking Ahead - As we step into a new year, carry forward the lessons of balance, energy, and purpose for a harmonious future.**

As we step into 2026, the clearest vision is one of possibility. Let's look forward with purpose, grace, and frames that reflect our aspirations.

- 03 International Day of Persons with Disabilities
- 04 Indian Navy Day
- 10 World Human Rights Day
- 31 New Year's Eve



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