



S. R. GOPAL RAO
OPTICIANS & OPTOMETRISTS

See Better Do Better

My Awareness Calendar

2023



Dear Well Wisher!

2022, showed us how quickly we can all bounce back and recover from a trying period. The key is to continue to hold it together while we grow.


Competition tends to throw us all into a frenzy with little room for work-life balance, a concept which is so alien to those born before the 60's. To them it always came naturally, they continue to remain disciplined, focused, patient and dedicated.

Let 2023 be the year of growth and balance, for all of us, in all walks of our lives. Be it work, health, relationships and mental wellness.

Wishing you a wonderful and prosperous year ahead.

Thank you for always supporting us.

From Your Trusted Optician
S.R.Gopal Rao Opticians & Optometrists



*Scan the QR code on each page
to know more*



Follow the **20/20/20** rule to reduce eye strain. Take a break from the page or the screen every 20 min., to look at something 20 feet away, for 20 seconds.



2023

JANUARY

- 1 New Year's Day
- 4 World Braille Day
- 12 National Youth Day
- 15 Army Day
- 26 Republic Day

M	T	W	T	F	S	S
30	31					01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



The location of our first store in 1936 – N.R. Road – was strategically chosen for its proximity to several hospitals in the city, at the time.



2023

FEBRUARY

- 4 World Cancer Day
- 11 International Day of Women and Girls in Science
- 14 Valentine's Day
- 24 SRGR Founder's Day
- 27 World NGO Day
- 28 National Science Day

M	T	W	T	F	S	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

4 to 6 - MIDO Collection Release



"I have been wearing glasses/sunglasses for a long time now and love to try out new frames. I was really impressed with the selection of frames in this store. Frames for all ranges and styles."

-Poojitha Prasad



2023

MARCH

	M	T	W	T	F	S	S
1	Zero Discrimination Day		01	02	03	04	05
3	World Hearing Day	06	07	08	09	10	11
8	International Women's Day	13	14	15	16	17	18
15	World Consumer Rights Day	13	14	15	16	17	18
18	World Recycling Day	20	21	22	23	24	25
21	World Forest Day	27	28	29	30	31	
23	World Optometry Day						
27	World Theatre Day						

21 to 25 - World Optometry Week



Getspexy, our in-house brand, launched wooden eyewear - appealing to consumers conscious about the **carbon footprint** of their purchases

2023

APRIL

- 2 World Autism Awareness Day
- 7 World Health Day
- 18 World Heritage Day
- 22 World Earth Day

M	T	W	T	F	S	S
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Place your eye health in the hands of our **experienced optometrists**. Regular testing helps to detect vision problems at the earliest stage - this is also when it most treatable.



2023

MAY

- 1 International Labour Day
- 7 World Athletics Day
- 11 National Technology Day
- 14 Mother's Day
- 18 International Museum Day
- 24 Commonwealth Day

M	T	W	T	F	S	S
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2008 marked the city's first **Pride march**, and the city was home to India's very first **LGBTQ** radio station.

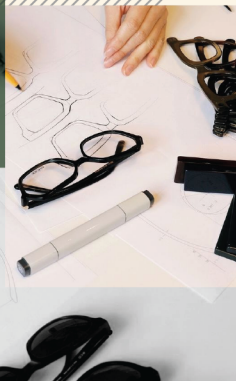


2023

JUNE

	M	T	W	T	F	S	S
3 World Bicycle Day				01	02	03	04
5 World Environment Day	05	06	07	08	09	10	11
8 World Oceans Day	12	13	14	15	16	17	18
18 Father's Day	19	20	21	22	23	24	25
21 International Yoga Day							
24 World Upcycling Day	26	27	28	29	30		

Frames made from ocean plastic, recycled metal, lenses made from bio acetate, to **recycled packaging** - the eyewear industry is taking measures to celebrate the old and discarded!



2023

JULY

- 1 Doctor's Day
- 11 World Population Day
- 12 Paper Bag Day
- 30 International Friendship Day

M	T	W	T	F	S	S
31					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Bangalore is a goldmine for urban photography enthusiasts with its historic markets, landmarks, and pre- and post-colonial architecture. S.R.Gopal Rao are proud custodians of the city's culture and heritage.

#SeeBangaloreBetter



2023

AUGUST

- 6** Friendship Day
- 13** World Organ Donation Day
- 15** Independence Day
- 19** World Photography Day
- 26** Women's Equality Day
- 29** National Sports Day

M	T	W	T	F	S	S
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Upcycling eyewear waste.
Biodegradable packaging.
Working consciously
over the past 5 years to
minimise plastic
consumption and waste
generation



2023

SEPTEMBER

	M	T	W	T	F	S	S
5 Teacher's Day					01	02	03
8 International Literacy Day	04	05	06	07	08	09	10
16 World Ozone Day	11	12	13	14	15	16	17
23 International Day of Sign Language	18	19	20	21	22	23	24
27 World Tourism Day	25	26	27	28	29	30	
29 World Heart Day							

29 September to 2 October - SILMO Collection Release

The *best in vision*
care is on the move!
Reaching new parts
of the city, and
beyond



2023

OCTOBER

- 1** International Day for the Elderly
- 8** Indian Air Force Day
- 10** World Mental Health Day
- 12** World Sight Day
- 15** World White Cane Day

M	T	W	T	F	S	S
30	31					01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

29 September to 2 October - SILMO Collection Release



2023

NOVEMBER

	M	T	W	T	F	S	S
14 Children's Day			01	02	03	04	05
19 International Men's Day	06	07	08	09	10	11	12
21 World Television Day	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30			

The best designs are the ones constructed using **single material**. Making it easy to deconstruct and recycle. Eyewear made from only titanium is a **100% recyclable**



2023

DECEMBER

	M	T	W	T	F	S	S
2 National Pollution Control Day					01	02	03
3 Day of Disabled Persons	04	05	06	07	08	09	10
4 Indian Navy Day	11	12	13	14	15	16	17
10 Human Rights Day	18	19	20	21	22	23	24
14 World Energy Conservation Day	25	26	27	28	29	30	31
31 New Year's Eve							