

THE RED VELVET



Quarterly Magazine of the Ladies' College Old Girls' Association



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AUGUST 2026



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SIP & PAINT



SIP & PAINT



The Ladies' College Old Girls' Association hosted a relaxing and creative Sip & Paint held on the 23rd of May, bringing together old girls for an evening centred on art, conversation, and connection. Curated by Shernella Perera of The Collective Canvas, a creative experiential workshop brand, the session offered a fun and interactive space for alumnae to reconnect while exploring their artistic side.

Guests enjoyed refreshing drinks as they painted on canvas in a welcoming atmosphere that encouraged creativity, regardless of artistic experience. The event provided the perfect opportunity to unwind and reconnect with old friends while creating a unique keepsake to take home.

Filled with laughter, meaningful conversations, and colourful expression, Sip & Paint celebrated the enduring friendships and strong sense of community that define the Ladies' College family. It was an enjoyable evening that reminded attendees of the value of slowing down, sharing experiences, and creating lasting memories together.







COMEDY & COCKTAILS









COMEDY & COCKTAILS

The Ladies' College Old Girls' Association hosted a spectacular evening of laughter, entertainment, and camaraderie with Comedy & Cocktails on June 13th at the Dutch Burgher Union.

The venue came alive with infectious energy as guests enjoyed a fantastic lineup of live comedy, refreshing cocktails, and lively conversations in a warm and vibrant atmosphere. The evening featured hilarious performances by Trackç and Lulu Wijesinghe, whose witty, relatable humour had the audience laughing from start to finish. Their performances set the tone for an unforgettable night, creating the perfect setting for old girls to reconnect, forge new friendships, and celebrate the joy of being part of the Ladies' College community.

Blending outstanding entertainment with wonderful company, Comedy & Cocktails was more than just a social gathering, it was a celebration of friendship, fun, and shared memories. The evening ended on a high note, with guests leaving with plenty of laughter to remember and already looking forward to the next opportunity to come together as the Ladies' College family.

RED PICKLE RIOT





RED PICKLE RIOT

Red Pickle Riot 2026 held on the 18th of July brought together the Ladies' College community for an exciting day of sport, camaraderie, and friendly competition. Marking a historic milestone, it was the first pickleball tournament organized by the OGA and the first pickleball tournament to be hosted by a girls' school. The event also united generations of the LC family, bringing together participants and supporters of all age groups in celebration of sport and community.

Featuring four spirited teams; the Firecrackers, Mavericks, Rebels, and Wildcards, the tournament showcased skill, teamwork, and determination from the opening serve to the championship match. Beyond the action on the courts, the event created a lively festival atmosphere with enthusiastic supporters, interactive spectator games, social media competitions, sponsor activations, and a fun post-tournament challenge that encouraged everyone to take part. Throughout the day, the values of respect, sportsmanship, and fellowship remained at the heart of every match.

More than a sporting event, Red Pickle Riot 2026 celebrated the enduring spirit of the Ladies' College family, bringing together students, alumnae, parents, staff, volunteers, and supporters for a memorable day of connection, healthy competition, and shared experiences. It was a true testament to the strength of the LC community and the joy of bringing people of all generations together through sport.





















SOZOTM

4PLANET





DRESS FOR THE
LIFE YOU'RE
BUILDING

DRESS FOR THE LIFE YOU'RE BUILDING

Does your wardrobe still reflect the woman you are today?

One of the comments I hear most often from clients is, "My wardrobe is full, but I still have nothing to wear."

Interestingly, the problem is rarely a lack of clothes. More often, the wardrobe no longer reflects the person's current lifestyle, career or goals.

Whether you've started your first job, moved into leadership, become a business owner or entered a new stage of life, your wardrobe should evolve with you.



Dress with intention, not impulse

Before making your next purchase, ask yourself:

Can I wear this at least three different ways?



Does it suit my current lifestyle?



Will I still enjoy wearing it a year from now?



Does it work with the clothes I already own?



Am I buying it because I need it, or simply because it's on sale?



A thoughtful wardrobe is built on one intentional purchase at a time.



One piece, many possibilities

Instead of buying more, make your existing wardrobe work harder.

The little details make a difference

A polished appearance isn't only about clothing. Small details make a big difference.

For example, **one well-fitting blazer** can be worn:



Well-chosen shoes



A structured handbag



Simple jewellery



Thoughtful accessories



Neat grooming

These finishing touches help create a polished and professional image.

Confidence begins long before you leave home

Looking good isn't about impressing others. It's about feeling comfortable, authentic and confident.

When you feel good in what you're wearing, you naturally:

☐ Stand taller

☐ Focus less on your appearance

☐ Communicate with more confidence

☐ Feel more prepared for the day ahead

Your Wardrobe Should Support Your Life

Instead of asking,
"Do I have enough clothes?"

Try asking,
"Do I have the right clothes for the life I'm living today?" As your life evolves, let your wardrobe evolve with it. Choose pieces that reflect who you are today, support your lifestyle and help you feel confident every time you step out the door.

Written by :



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LIFESTYLE MEDICINE



LIFESTYLE MEDICINE



WHAT IS LIFESTYLE MEDICINE

- Fastest growing medical specialty.
- Evidence based.
- Prevents, manages and even reverses chronic, non communicable diseases such as diabetes, heart disease, autoimmune diseases, cancer etc.
- Extremely relevant as today communicable diseases like TB, polio, malaria are reducing while non communicable diseases are rising across ALL age groups.



LIFE SPAN

How many years one lives



HEALTH SPAN

How many years one is healthy and independent for.



AIM OF LIFESTYLE MEDICINE

Increase the health span and reduce the gap between the two (current average is – 10 years)



PLANT BASED DIET

A plant based diet is not a vegetarian or vegan diet. It is simply a diet containing predominantly a variety of different plant based food from coloured vegetables to legumes, nuts and seeds.



EXERCISE

It is not sufficient to do an intensive hour at the gym. Whilst this is good for cardiovascular health, the key to overall health is to "keep moving". For eg: If seated for more than 20 minutes, get up walk around or stretch before sitting back down. Non-formal consistent movement contributes more to wellbeing than formal exercise.



SLEEP

The length, the time of sleep and the quality of sleep are all important. Not having restorative sleep can lead to high cholesterol, high blood pressure, increased risk of heart attacks and is correlated to an increased risk of breast, prostate and colorectal cancer.



SOCIAL CONNECTEDNESS

Of all the pillars the greatest predictor of longevity and health as evidenced in the blue zones (areas in the world with the highest number of healthy and happy centenarians). Loneliness leads to 100 deaths per hour world wide.



SITTING IS THE NEW SMOKING



Studies show that more than 8 hours of sitting daily increases all-cause mortality, even with exercise.



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COMING
SOON...

Retro Riot!

Carnival and Gourmet Food Fair

05.09.2026

@ Ladies' College

Early Bird Offer : 2000/=

valid until 4th September

Regular Price: 2500/-

Contact : 0742610002



UPCOMING EVENTS



- ☐ 5th September Retro Riot Carnival & Gourmet Food Fair
- ☐ 24th October OGA AGM
- ☐ 29th November Christmas Dinner

See you there!

