



PPTM TIMES

AN INITIATIVE OF PAADARIVOM PADIPPARIVOM

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MUSIC AND MEDICINE - Dr. Sashikala Venugopal

Music has healing powers... and if you want to understand HOW and WHAT it does...

Read More - Page 3

SWARAM FOR FILM SONGS - AAYIRAM NILAVE VAA

Learn the swaram for Aayiram Nilave Vaa song from the movie Naan Adimai Pen. This super classical composition by Shri KV Mahadevan was sung by Singers SPB & P Susheela

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PP'S MEMBER'S CONCERT Paadarivom Padipparivom™

- ENTHRALLING ACAPELLA PERFORMANCES
- AMAZING UNPLUGGED SINGING
- LIVE INSTRUMENTAL ACCOMPANIMENT

[LIVE]

24TH JUNE (SAT)
@3PM - 6PM (IST)

VENUE
MEDAI - THE STAGE
ALWARPET, CHENNAI



MEMBERS CONCERT - ACAPPELLA AND UNPLUGGED

It's not everyday that one gets a stage to sing.. and even one does, being part of an A CAPPELLA ACT or an UNPLUGGED singing team is something that remains a distant dream for many.

However, at PAADARIVOM PADIPPARIVOM, where new benchmarks get set everytime and where amateur singers get an opportunity to perform on the big stage in front of an audience, Singing is always a pleasure.

After months of practice, burning the midnight oil and going through the hard SINGING drills and Vocal exercises, our team members are all set to showcase their singing prowess!

Saturday is going to be a fun filled event, one could say, without batting an eyelid. So, block your calendars and head to the MEDAI To fall in love with some great music.

Click here to watch the concert live



உங்களை ஒன்று கேட்பேன் விடையை சொல்ல வேண்டும்! MUSICAL QUIZ #19

1. Name the First Dolby Digital Indian Film.
2. ஏதோ நெஞ்சில் ஆசை வந்து, என்னென்னமோ ஆகிப் போச்சு, சேராமல் தீராது வாடக் குளிரில் வாடுது மனசு - Find the song.
3. It's you, it's you, the sound that knocks my heart. Beautifully broken, you mean it. - Find the Tamil Song

Please send in your answers to these questions to music@learn2learn.in, clearly mentioning your full name, contact number and location with the Subject PP Times - Quiz #19 and ~WIN PP Merchandize

Answers for Quiz #18

1. Name the First Auro Sound Tamil Movie - **Viswaroopam**
2. வானம் எனக்கொரு போதி மரம், நாளும் எனக்கது சேதி தரும், ஒரு நாள் உலகம் நீதி பெறும், திருநாள் நிகழும் தேதி வரும் - **Idhu Oru Pon Maalai Pozhudhu**
3. You forgot sleep and hunger Just rained love all blooms on seeing your face you give a new dawn - Find the tamil song - **பசி தூக்கத்த மறந்து நீயும் அடி பாசத்த பொழிஞ்சாயே தெனம் உன் முகம் பார்த்து பூக்கும் புது விடியலும் தந்தாயே (Un Koodave Porakanum)**



PP CONDUCTS

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EXCLUSIVELY FOR OUR MEMBERS,
THUS MAKING THE BATHROOM TO
GREENROOM CONCEPT COME TRUE!



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Learn to Sing
Idhayam Oru Kovil
From our mentor
Koushik..!!!



கோத்து வீடு!! Find the tamil songs #17



Please send in your answers to these questions to music@learn2learn.in, clearly mentioning your full name, contact number and location with the Subject PP Times - Connection #17 and ~ WIN PP Merchandize

Answers for Connection #16



MUSIC AND MEDICINE

MUSIC - HOW DO WE DEFINE MUSIC?

Is music just an Art Form ?

- A combination of notes in a specific sequence?
- A compilation of sound frequencies set in a pattern that pleases the ear and mind ?
- A form of expression of creativity ?
- A refuge for troubled minds - a stress buster, probably?

Well, of course ! Music is all this and much, much more. Music is, in fact , A BASIC INSTINCT OF ALL FORMS OF LIFE !

Music is the most natural form of communication- evolutionally and phylogenetically. Language and speech are very recently acquired skills when compared to music. And all languages are basically derived from sounds - referred to as Phonetics.

Music is UBIQUITOUS in nature

- In the rustling of the leaves and the swaying of the trees
- In the gentle rush of the flowing rivers and the rumbling lashing of the raging seas,
- In the silent caress of the subtle breeze and the trembling boom of the ravaging hurricane
- In the buzz of the bumble bee and the song of the nightingale

Yes - we could just on, but the list will not be complete. There is MUSIC EVERYWHERE AND There is MUSIC IN EVERYTHING. MUSIC is always primarily an EMOTIONAL OUTFLOW. It is the MASTER OF ALL EMOTIONS - and can invoke and provoke all kinds of emotions - joy, melancholy, sorrow, compassion, love, romance, devotion, courage, anger, disgust, fear, lust etc.

It is scientifically proven that music is very potent influencer on the human psyche.

We are all aware of all these various facets of music - But what does MUSIC have to do with MEDICINE - I can hear you ask !

Well - a lot more than we can ever imagine!

MEDICINE :

Practising medicine is an art - where the trained physician assesses and analyses the condition presented , then applying diagnostic tools delineates the most probable cause and thereafter prescribes a treatment regime. Does this mean that practising Medicine is all about treating the sick and removing diseases? This is how modern medicine is being portrayed - but unfortunately this is not the way it is meant to be.

Fundamentally, the art of medicine aims at facilitating a status of good HEALTH in the population. That brings us to the next question - What is HEALTH? A mere absence of disease? Health is a status of the equilibrium between the four main aspects of WELL-BEING :

PHYSICAL, MENTAL, SOCIAL AND SPIRITUAL.

Physical health is only one aspect of health. More importantly, physical health is directly dependent on the other three aspects - and disruptions in physical health is often due to some derailment in the other three.

Mental health is the most important factor in determining the health of the individual - and sadly the most often neglected factor too. As we all know two thirds of the modern diseases are life style diseases and stress is the common causative factor in all of them.

Social Health - man is a social animal. Being an active part of the society is an absolute requirement for well being.



Dr. Sashikala
Venugopal
(PP Member)

Spiritual Health - Spirituality is about seeking a meaningful connection with something bigger than oneself - not necessarily through religion . An inward search of meaning and purpose. This aspect is also directly connected to the mental well being of the individual.

It is now evident that mental health is the crucial factor that impacts health. And we just saw that MUSIC has PROFOUND EFFECTS on the mind and the brain. Being the MASTER MODIFIER, Music can greatly EMPOWER the mind and IMPACT mental health.

Music, as a therapeutic tool, has been widely used across the world from time immemorial. Our ancient scholars have identified the various beneficial effects of music and it's application. The PRANAVA mantra OM has profound influence on the energy system of the body. Powerful mantras have been devised from Vedic ages and been passed on to us. A treasure trove is available waiting to be explored further.

Music therapy is now being used for a wide variety of conditions as an adjunct to other treatment modalities. Specific types of music are being advocated for specific conditions with beneficial effects. I am sure each of you will have experiences to share in this regard. As an amateur singer and a physician, I started searching and collecting a lot of information on this aspect. I will be sharing them in the subsequent editions of PP Times. Let's explore this together...Please do share your experiences where music has helped you or your loved ones heal in some way.

Paadarivom Padipparivom in association with India Turns Pink, Kalyanmayee and Airports Authority of India and Manila Tamil Sangam

SINGATHON 2023 - 108 HRS SINGING MARATHON

COMING UP THIS OCTOBER

SINGATHON - 2023

108 HOURS SINGING MARATHON

by Paadarivom Padipparivom in association with India Turns Pink, Kalyanmayee, Airports Authority of India and Manila Tamil Sangam.

OBJECTIVE :

- To provide breast cancer screening for 10,008 women, during Oct 2023 for 31 days.
- To have a breast cancer free India by 2030.

18th October, 10:00am to 22nd October, 10:00pm, Chennai International Airport, Domestic Terminal



Singing is pleasure. Singing in front of an audience is delight and SINGING For a cause is a DOUBLE DELIGHT

Come October - and that double delight delicacy is what we are about to serve to our audiences across the globe through our SING-A-THON- a whopping 108 hour singing marathon at one of the busiest places in Chennai City ever- THE CHENNAI INTERNATIONAL AIRPORT.

108 hours of singing - a GUINNESS ATTEMPT
10,008 women to be screened for BREAST CANCER across 31 days

PAADARIVOM PADIPPARIVOM in collaboration with INDIA TURNS PINK - an NGO which has been continuously doing great work in this space for a long time, have come together for the 3rd time in succession. Apart from the great amount of music that's sure to leave audiences mesmerized, one needs to remember the cause that we are doing all this for - a small contribution of INR 365 could potentially make a difference to the life of 1 person around us.

October 18th to October 22nd
 A FUND RAISER
 365 rupees - which is just 1 rupee/day
 A chance to make a difference to the societies around us!!!

Let's get together and create a BREAST CANCER FREE INDIA 2030.
 If you want to Volunteer Contact : **8668018282**

SWARAM FOR FILM SONGS - AAYIRAM NILAVE VAA

Singers : SPB and P.Susheela || Music by : K.V. Mahadevan || Movie: Adimai Penn

PALLAVI:

Male : Aayiram nila vae vaa Oar aayiram nila vae vaa
G,MRS SS, RG P,, R,M G,MRS SS, RG P,,
 Idhazho ram suvai the da Puthu paadal vizhi paada paada
DDD PGPG DD DSD DPM, NN N,NNDP PMM R,MG MRS - (2)
 Aayiram nila vae vaa Oar aayiram nila vae vaa
G,MRS SS, RG P,, R,M,MPM G,MRS SS, RG DPM2P,,

CHARANAM - 1:

Male : Nalliravu thunaiyiru ka Naamiruvar thaniyiruka
P,NDP,M, MMMM DDPPG GM,MP,G M,,MMSSD,S
 Naanamenna bhaa vam enna Nadai thalarndhu ponadhenna
DS,DP,M, M, M, NNPDNPM,G, GG, MP,G MM,M,M,M, - (2)
 Illai urakam orae Manam ennaasai paaraayo
PP NNS NS NS S,S,R N,N,D,PM - (2)
 En uyirilae unnai ezhudha Ponmeni thaa raayo
G MNDS N,ND M,D,P M,P,G,G, M,M NNPMGRNS
 Aayiram nila vae vaa Oar aayiram nila vae vaa
G,MRS SS, RG P,, R,M, G,MRS SS, RG P,,

CHARANAM - 2:

Female : Mannavanin thol Iran dai mangai endhan kai Thazhuva
SDSDP,M, M,M, MM RGMRS,N, N,S, R,N, S,, S,S,S,
 kaar ku zhalum Paai viri kum kan si van dhu Vaai velu kum
S, R, M,R,M, M, MM MP,MR,, M P D M P, P,P,P DPMPDSDS - (2)
 Indha mayakam Ezhil mugam Muthaaga verkaadhho
PP D D S NS NS N S, R N,N,ND,PM, - (2)
 Andha ninaivil Vandhu vi zhun dhen Kothaana poo vaaga
MM NDS N D M D P MPG3G3 M,M NNPMGRNS
 Aayiram nila vae vaa Oar aayiram nila vae vaa
G,MRS SS, RG P,, R,M G,MRS SS, RG P,,
 Idhazho ram suvai the da Puthu paadal vizhi paada paada
DDD PGPG DD DSD DPM, NN N,NNDP PMM R,MG MRS - (2)
 Aayiram nila vae vaa Oar aayiram nila vae vaa
G,MRS SS, RG P,, R,M,MPM G,MRS SS, RG DPM2P,,

CHARANAM - 3:

Male : Alli malar meniye le aadayena naanirukka...
P,NDP,M, MMMM DDPPG GM,PM,G M,,MMPMGMG,M
Female : Aaa.. Kallavizhi paarvaiyi le Kaanum inbam kodi perum
P,NDP,M, MMMM DDPPG GM, PM,G M,,MM MM,M
Male : Aaaaaa... Alli malar meniye le aadayena naaniru kka...
P,NDP,M, MMMM DDPPG GM,PM,G M,,MM PMMGMG,M

Female : Aaa.. Kallavizhi paarvaiyi le Kaanum inbam kodi perum
P,NDP,M, MMMM DDPG GM, PM,G M,M, MM,M
Male : Chinna idaiyil malar, idhazh, pattaalum nohaadho
PP NNS NS NS S,S,R N,N,D,PM - (2)
Female : Inbam idhuvo? **Male :** Innum ye dhu vo?
GM NDS ND M DP P
Female : Thandhaalum aahaa dho
MPG3G3 M,M NNPMGRNS
Both : Aayiram nila vae vaa Oar aayiram nila vae vaa
G,MRS SS, RG P,, R,M, G,MRS SS, RG P,,

CHARANAM - 4 :

Male : Poigai enum Neermagalum Poovaadai porthirundhaal
SDSDP,M, M,M, M M M RGMRS,N S,, S,S,S,
Female : Thendral enum Kaadhala nin kai vi la ka Verthu nindraal
S, R, M,R, M,M,M MP,MR,, M P D M P, P,P,P
Male : Aaa... Poigai enum Neermagalum Poovaadai porthirundhaal
DPMPDS DS SDSDP,M, M,M, M M M RGMRS,N S,, S,S,S,
Female : Aaa... Thendral enum Kaadhala nin kai vi la ka Verthu nindraal
S, R, M,R, M,M,M MP,MR,, M P D M P, P,P,P
Male : Enna thudipo Aval nilai nee unara maataayo
PP NNS NS NS S, SS,R N,N,D,PM
Female : Andha nilaiyil **Male :** Andha su ga thai
GM NDS ND M DP P
Female : Naan unara kaa taayo
M, PG3G3 M,M NNPMGRNS

LAST PALLAVI :

Both : Aayiram nila vae vaa Oar aayiram nila vae vaa
G,MRS SS, RG P,, R,M G,MRS SS, RG P,,
 Idhazho ram suvai the da Puthu paadal vizhi paada paada
DDD PPGG DD DSD DPM, NN N,NNDP PMM R,MG MRS
 Aayiram nila vae vaa Oar aayiram nila vae vaa
G,MRS SS, RG P,, P,NS,, D,PMR SS, RG P,,

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INCREASE YOUR POSITIVE VIBES WHILE SINGING

The word chakra means "disk" or "wheel" in Sanskrit and refers to the energy centers in your body. We derive energy from the cosmos and the earth. If one sings with devotion, following the raga lakshana (norms) and sruti shuddhi (pitch purity), the raga will have a positive effect on a specific nerve in the body. The vibrations of the notes activate a chakra, Increase the energy of Your Aura

Shadjam - The Mooladhara Chakra - SA
 Associated with the Energy of Survival- Element is Earth / Pritivi

Rishabhjam - Swadhisthana Chakra - RI
 Associated with reproductive organs and life force - Element is Water/Jalam

Gandharjam - Manipooraka Chakra - GA
 -Associated with power and mastery of self- Element is Fire/Agni

Madhyamam - Anahata Chakra - MA
 Associated with energy of compassion and love-Element is Air/Vayu

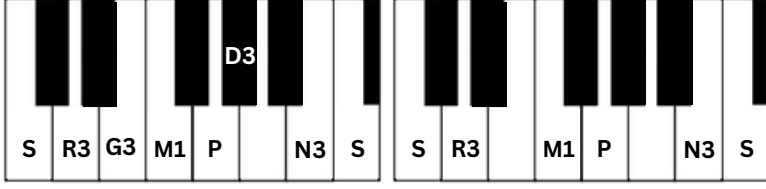
Panchamam - Visuddhi Chakra - PA
 Directly related to C reativity and Communication Element is Ether/Akasham

Dhaivatam - Ajna Chakra - DA
 The seat of intellect and wisdom, Analyzing and Reasoning -All Elements

Nishadam - Sahasrara - NI
 Associated with spiritual enlightenment, Divine Wisdom and understanding and Union with God. All Elements



வாரம் ஒரு ராகம் - 17



ராகத்தின்பெயர் : நாட்டை

மேளகர்த்தா எண் : 36வது மேளமாகிய சலநாட்டையின் ஜன்னியம்

ராகத்தின் இனம் : ஆண்

ராகத்தின் சுவை : வீரம்

ஆரோகணம் : ஸ ரி3 க3 ம1 ப த3 நி3 ஸ

அவரோகணம் : ஸ நி3 ப ம1 ரி3 ஸ

பாடுவதற்கு சிறந்த நேரம் : எப்பொழுதும் பாடலாம்

கர்நாடக இசையில் பாடல்கள் சில :

1. வர்ணம் - பலுமாருநின்னே, 2. கிருதி - மஹாகணபதிம், 3. பஞ்சரத்தினம் - ஜகதானந்தகாரகா

திரை இசையில் பாடல்கள் சில :

1. மெட்டி ஒலி காற்றோடு, 2. ஆள அசத்தும், 3. ஒரு பட்டாம்பூச்சி, 4. சந்தோஷ கண்ணீரே, 5. சென்னை செந்தமிழ்

PP - யில் கற்றுக் கொடுத்த பாடல்கள் :

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