



P TIMES

AN INITIATIVE OF PAADARIVOM PADIPPARIVOM

Issue No.21 | July 8th, 2023 | Every Saturday | Tenglish Weekly | 6 Pages

MUSIC AND MEDICINE (PART II) - DR. SASHIKALA VENUGOPAL

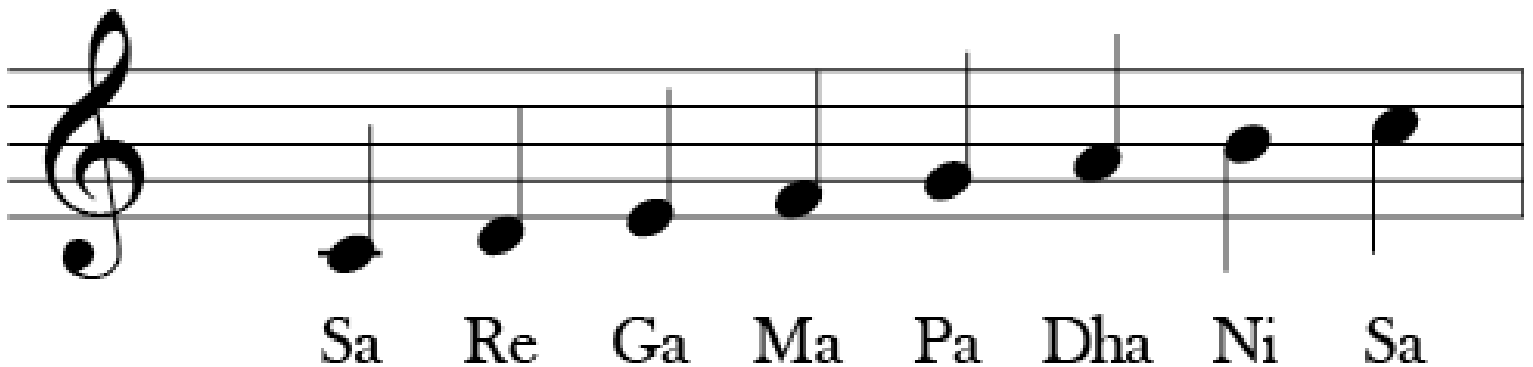
Music has healing powers... and if you want to understand HOW and WHAT it does...

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SWARAM FOR FILM SONGS - NAGUMO HEY SUGAMO

Learn the swaram for Nagumo Hey Sugamo song from the movie Arunachalam. This melodies composition by Music Director Deva was sung by Hariharan & KS Chithra

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THE CONCEPT OF SRUTHI

They always say, sruthi mata, layam pita... Still, what exactly is the sruthi and how do we use it in music??

In very simple terms, the Musical positions of the notes, slightly distant from the STARTING POINT known as the TONIC NOTE, is what the concept of SRUTHI revolves around. Technically speaking, there are 22 such positions used in music.

While singing, there is a particular FOUNDATIONAL PITCH used by the singers- and that in simple terms is sruthi. Therefore, the starting point becomes extremely crucial- and that's what is used as a REFERENCE for other notes and the frequencies at which they occur.

So, the simplest understanding boils down to the fact that the STARTING POINT is crucial and everything else is RELATIVE, to the starting frequency.

This note called as the SHADJAM in the carnatic system of music is what is simply referred to as the ROOT NOTE or TONIC in the western world.



உங்களை ஒன்று கேட்பேன்
வீடையை சொல்ல வேண்டும்!

MUSICAL QUIZ #21

1. Name the First Cinemascope Tamil Movie.

2. மாலை சூட்டி மாப்பிள்ளையாகிட உனக்கோர்
துணைதான் கெடச்சாச்சு, என்ன நெனச்சா
பரிதவிச்சா துடிதுடிச்சா - Find the song.

3. Husband and wife should be compatible, if they
are not compatible, they will be sad - 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 #21 and ~WIN PP
Merchandize

Answers for Quiz #20

1. Who is the first Male singer won National Award
for this Debut Tamil movie song? - **UnniKrishnan**
for **Ennavalae**

2. தென்றலை தூது விட்டு.., ஒரு சேதிக்கு
காத்திருப்பேன்..., கண்களை மூட விட்டு., இன்ப
கனவினில் நான் மிதப்பேன்.. - **Sendhoora Poove**
Sendhoora Poove

3. Automatically Hands are looking for a comb Eyes
are looking for you, my deer The days go slowly in
vain love is touching gently - **கைகள் சீப்பை**
தேடுது தானே கண்கள் உன்னை தேடுது
மானே நாட்கள் மெதுவாய் போகுது வீணே
மெல்ல தொடுதே காதலே

சீர்கமபதந்

AFTER A GREAT STAGE PERFORMANCE

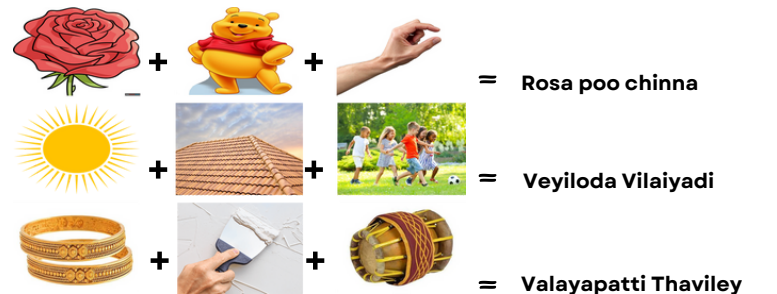


கோத்து வீடு!! Find the tamil songs #19



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WIN PP Merchandize

Answers for Connection #18



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MUSIC AND MEDICINE (PART II)



**Dr. Sashikala
Venugopal
(PP Member)**

We have established that MUSIC has a profound influence and impact on the HEALTH and WELL BEING of humans.

So it is obvious that this influencer can be used a powerful tool in healing various ailments.

Recently one of our PP members shared her experience in this regard in our PP Pals group...Amidst all the chatting, stickers, kalaippus and of course music, valuable insights do get shared there. She had mentioned that she was able to avoid an impending surgery by using the power of music, along with her Doctor's prescription. Is that even possible - many would have wondered. Yes, of course !

Let us explore how music can be effectively applied as a therapeutic adjunct in various conditions.

MUSIC AND SLEEP

Aaraaro, Aarariro..

Thaalelo Thaalelo..

The soft humming voice of the mother, the rhythmic patting on the back and the gentle swaying movements - is enough to induce instant sleep in every infant across the globe. Lullabies are the first kind of music that humans are exposed to. Irrespective of the language, tunes, tones - the emotions and the effects are similar universally.

Air, water, food and SLEEP are the basic requirements for existence. Of this SLEEP is the most essential component for maintaining equilibrium in our body ,thereby fostering wellbeing.

WHAT IS SLEEP ?

- Sleep is defined as a reversible state of unconsciousness.
- We spend ONE THIRD of our life sleeping.
- During sleep, energy is conserved and directed towards restorative functions. Cell restorations, muscle growth, clearance of accumulated toxins, maintenance of body parts - all these complex events take place while we sleep.
- Sleep is a function that is controlled by specific areas in the brain along with neurotransmitters.
- Various external and internal factors affect sleep.
- Sleep follows a specific pattern known as sleep cycle - the Quiet NREM state, the DREAMY REM state and the wake state happens in a cyclic way within the sleepy state.
- Normally humans require 6 to 8 hours of sleep - and the above cycle, each lasting for 90 to 120 minutes, repeats 4 to 5 times.
- Normal Sleep can be disturbed by a myriad of factors and can lead to an array of SLEEP DISORDERS - From Narcolepsy - a Kumbakarnan type of constant sleep of sleepiness to insomnia - where sleep eludes the person.
- Various components of sleep can be disrupted - some might find it difficult to fall asleep, while others may wake up too soon.
- Normal sleep could be disrupted by various diseases and disorders of the body and mind.
- Sleep Medicine is emerging as a separate speciality in modern times.
- Chronic sleep deprivation can result in various ailments and affect the day to day activities profoundly.

THE POWER OF MUSIC ON SLEEP :

Music is a simple, yet effective way of improving SLEEP HYGIENE. Lullabies are equally effective for adults too !

Music improves the quality of all the components of sleep - helps us fall asleep quickly and wake up totally rested. In addition to facilitating quickly falling asleep and improving sleep quality, playing music before bed can improve sleep efficiency, which means more time that you are in bed is actually spent sleeping. Improved sleep efficiency equals more consistent rest and less waking up during the night.

All these have been scientifically proved by many studies.



HOW DOES MUSIC AFFECT SLEEP ?

The sound that we hear gets converted to electrical signals and reach the designated centers in the brain. This triggers a cascade of physical events in the body. This promotes factors aiding sleep and also suppresses issues that affect sleep.

Music also exerts an effect on the hormones and neurotransmitters. Cortisol, the stress hormone is elevated during stress and results in an increased state of alertness thereby interfering with sleep.

Music decreases the levels of Cortisol and helps relax the person thereby making him conducive to sleep.

Music triggers the release of the feel good hormone Dopamine - the pleasurable effects of this at bedtime can ease PAIN which could be the major deterrent to sleep, Physical and psychological responses to music are effective in reducing both acute and chronic physical pain No wonder that an Ilayaraaja melody can clear that headache better than a pill !

Music improves sleep through calming parts of the autonomic nervous system, leading to slower breathing, lower heart rate, and reduced blood pressure.

Music also puts out the disturbing noises from the surrounding and disturbing thoughts and anxiety.

So it is evident that music offers an one stop solution to all types of sleep disorders - of course, in addition to addressing the basic cause medically.

What is the best kind of music for sleep?

We will look into this and other aspects in the next issue.

Meanwhile, why don't tmyou share with us your unique experiences about Music and sleep ? Each experience will benefit a lot of others, isn't it ?

SWARAM FOR FILM SONG - NAGUMO HEY SUGAMO

Singers : HariHaran & KS Chithra || Music by : Deva || Movie : Arunaachalam || Lyrics : Vaira Muthu

PALLAVI:

Female: Na gu mo hey su ga mo vet kam vi du mo
G G G PR R RS RSR R GR RS S SRS
 Mu tham po dum bo dhu moo dum I lan ko di
S R RGRG, R SRSR, S NS, N P D S R

Male: Na gu mo hey su ga mo vet kam tha gu mo
G G G PR R RS RSR R GR RS S SRS
 Mu tham po dum bo dhu moo dum I lan ko di
S R RGRG, R SRSR, S NS, N P D S R

Female: Na gu mo hey su ga mo vet kam vi du mo
G G G PR R RS RSR R GR RS S SRS
 Mu tham po dum bo dhu moo dum I lan ko di
S R RGRG, R SRSR, S NS, N P D S R
 Nagu moo ooo oo oo
G,GP G,D,,,, PDPDPPG,,,,,,

CHARANAM 1:

Female: Velli ko lu su ga osai osai ida Velli ki zha mai yil aasai aasai vara
P,D D D D D SSD SSD DD P,D D D D D SSD SSD DD
 Mu tham tha ru gai yil meesai meesai van dhu Mogam thoondi vidu dhae
D, S S S S R SNN NDD D P PD D PD D SD P,PG

Male: U chan dha lai yi la ennai enni kondu Ul lan kaal va rai pinni pinni kondu
P, D D D D D SSD SSD DP P, D D D D SSD SSD DD
 Mutham tha ru gai yil moga mana ki li U dha ta ka di chu vit ta dhae
D, S S S S R SNN NDD DPP D D P D D S D P,PGMPDPG

Female: Ne sa maa **Male:** Ne san dhaan
R R G P P G

Female: Kaa ya maa **Male:** Paa ru maa
R, R G, P, P G

Female: Ri ri ga **Male:** Pa pa ga - (2)

Male & Female: Ga ri sa / ni sa ni / Sa ni dha / pa dha sa ri

Female: Na gu mo **Male:** Hey su ga mo **Female:** vet kam vi du mo
G GP R,G GPR R R NR,SN R GR RS S SGRS

Male: Mutham po dum bo dhu aa dum I lan ko di
S R RGRG, R SRSR, S NRS, N P D S R

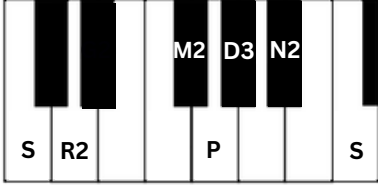
Female: Nagu moo ooo oo ooooo
G,GP G,D,,,, S,NDP,MGRSRGPD,,,,,,

Last Nagumo Sangathis:

Female: Na gu moo ooo oooo ooooo
G, G G,PPGRS SRGPD,,,, DPPMGRSRGPD,,,,,,



வாரம் ஒரு ராகம் - 19



ராகத்தின்பெயர் : ஹம்ஸநாதம்

மேளகர்த்தா எண் : 60வது மேளமாகிய நீதிமதியின் ஜன்னியம்

ராகத்தின் சுவை : வீரம்

ஆரோகணம் : ஸ ரி2 ம2 ப த3 நி2 ஸ

அவரோகணம் : ஸ நி2 த3 ப ம2 ரி2 ஸ

பாடுவதற்கு சிறந்த நேரம் : எப்பொழுதும் பாடலாம்

கர்நாடக இசையில் பாடல்கள் சில :

1. கிருதி - பண்டுரீதி, 2. கிருதி - பாட வேண்டும், 3. கிருதி - நீயே பராமுகம்

திரை இசையில் பாடல்கள் சில :

1. இரவும் நிலவும், 2. இலக்கணம் மாறுதோ, 3. இசையில் தொடங்குதம்மா, 4. மலர்களே மலர்களே, 5. அரும்பே கரும்பே

PP - யில் கற்றுக் கொடுத்த பாடல்கள் :

Click on the Song name to learn

1. தென்றல் வந்து என்னைத் தொடும், 2. சொர்க்கமே என்றாலும், 3. பூவாசம் புறப்படும், 4. ஓம் நமஹ



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