



# PP<sup>TM</sup> TIMES

AN INITIATIVE OF PAADARIVOM PADIPPARIVOM

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## MUSIC AND MEDICINE (PART III) - DR. SASHIKALA VENUGOPAL

We have solid scientific evidence to prove that music helps in the management of various sleep disorders - either as a single therapeutic intervention and/or in combination with.....

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## SWARAM FOR FILM SONGS - POOJAIKETHA POOVIDHU

Learn the swaram for Poojaiketha Poovidhu song from the movie Needhana Andha Kuyil. This Evergreen composition by Music Director ILAIYARAAJA was sung by his brother Gangai Amaran & KS Chithra.

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## JOIN THE VIRTUAL SYMPHONY OF SOULFUL MELODIES!

There we come with PP's DIGITAL CONCERT - the ultimate singing concert experience that will transport you to a world of pure joy and musical bliss from the comfort of your own home!

Prepare to be mesmerized by the enchanting voices of our talented artists as they serenade you with their soul-stirring performances. Whether you're a fan of classical, pop, or rock, Paadarivom Padipparivom has something for everyone.

No need to worry about missing out on the live concert atmosphere - we've mastered the art of bringing the stage to you with our state-of-the-art virtual technology. Feel the energy and excitement as if you were in the front row, cheering and applauding along with fellow music lovers.

So clear your schedule, grab your headphones, and get ready to immerse yourself in an unforgettable evening of harmonies and happiness. Don't miss out on PP's DIGITAL CONCERT - let's enjoy the music together!

**Click the ICON to watch the concert LIVE**





உங்களை ஒன்று கேட்பேன்  
வீடையை சொல்ல வேண்டும்!

## MUSICAL QUIZ #22

1. Which is the 500th film of Ilayaraja??
2. Kadalilae mazhaiveezhndhapiin Endha thuli mazhai thuli Kaadhalil adhupola naan Kalandhitten kaadhali - Find the song.
3. Love doesn't look upon cleanliness, Even spit is sacred - Find the tamil song

Please send in your answers to these questions to [music@learn2learn.in](mailto:music@learn2learn.in), clearly mentioning your full name, contact number and location with the Subject PP Times - Quiz #22 and ~WIN PP Merchandize

### Answers for Quiz #21

1. Name the First Cinemascope Tamil Movie. - **Raja Raja Cholan**
2. மாலை சூழிட மாப்பிள்ளையாகிட உனக்கோர் துணைதான் கெடச்சாச்சு, என்ன நெனச்சா பரிதவிச்சா துடிதுடிச்சா - **Pudhu Mappillaiku..Nalla yogamadaa..Andha manamagal dhaan..vandha neramadaa..**
3. Husband and wife should be compatible, if they are not compatible, they will be sad - **புருஷன் பொருசாதி பொருத்தம் தான் வேணும், பொருத்தம் இல்லாட்டி வருத்தம் தான் தோணும்...**

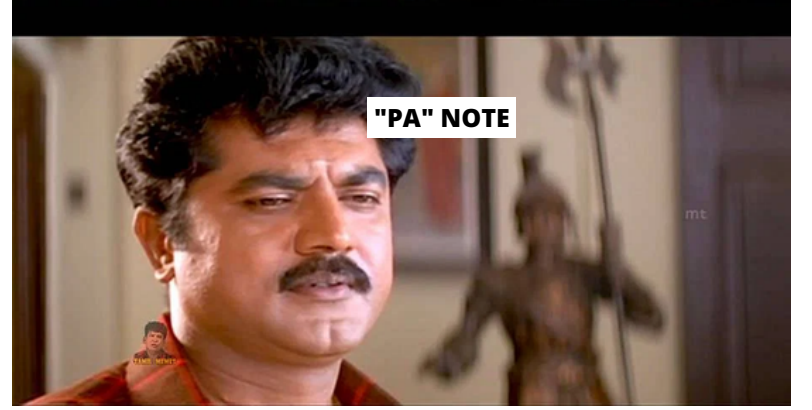
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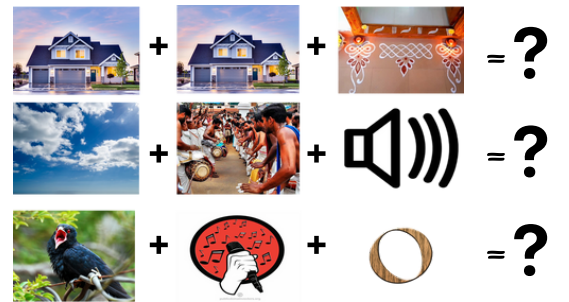


## சீர்கமபதந்

IN HAMSANANDHI RAAGAM



கோத்து வீடு!! Find the tamil songs #20



Please send in your answers to these questions to [music@learn2learn.in](mailto:music@learn2learn.in), clearly mentioning your full name, contact number and location with the Subject PP Times - Connection #20 and ~ WIN PP Merchandize

Answers for Connection #19



## MUSIC AND MEDICINE (PART III)

We have solid scientific evidence to prove that music helps in the management of various sleep disorders - either as a single therapeutic intervention and/or in combination with other medical modalities depending on the underlying cause. Since music evokes all kinds of emotions, we should be careful about choosing the right kind of music for sleep.

### WHAT KIND OF MUSIC IS GOOD FOR A REALLY 'GOOD NIGHT'S' SLEEP ?

Soothing Ilayaraja melodies, haunting Rafi numbers. Mellifluous flute or other instrumental music...The list is really huge and largely individualized. Studies have shown that customised playlists based on individual preferences are the most effective kind that help induce good sleep



Dr. Sashikala Venugopal  
(PP Member)

### HOW DO WE ENTICE NIDRA DEVI TO EMBRACE US ?

We are flooded with a variety of sleep inducing music audios in the internet. Let's take a closer look at some of them.

#### \*\* Resting heart rate:

The heart beat slows down when we sleep - the heart rate measured when we sleep is called resting heart rate and is usually around 60 to 65 in normal people. Not surprisingly, the best kind of music at bed time is one that is soothing and has a slow rhythm - typically 60 to 80 beats per minute !!

#### \*\* Nature sounds :

Researchers found that nature's sounds led to more outward-focused attention in the brain, rather than inward-focused. Inward-focused attention is associated with states of anxiety, stress, and depression, all of which can be antithetical to sleep. Listening to nature sounds like the sounds from the forests, chirping birds, gentle gush of water etc makes the brain move towards a restive mode and invites Nidra Devi with open arms..

#### \*\* Water sounds and ocean sounds:

Relatively gentle, gradual variations in the intensity of moving water sounds can induce deep relaxation. Likewise, the rhythmic crashing of water onto sand and rock can be quite calming. By creating a mental state of relaxation, contentment, and gentle focus, the wave sound can be deeply relaxing.

#### \*\* White Noise :

White noise is a mixture of all sound frequencies at once, at the same level of intensity producing an even steady flow of sound. This type of music is becoming increasingly used in ICUs in hospitals with huge benefits.

#### \*\* Pink Noise :

A balanced music with both low and high frequency sounds that mimic sounds of nature - this increases the time of deep, slow wave sleep, which is truly rejuvenating

**\*\* Classical Music and Instrumental Music :**

There are Raagas in Indian Classical music which have proven sleep inducing qualities from time immemorial. This is a separate topic for discussion and we will look at it in the next part.

Here is something special for you all this week. Our own PP Pals member Yaminnii Sanjeev introduced me to something very exclusive two weeks ago.

Let us hear about that directly from her...!!!

**THE HOPONOPONO PRAYER TO SLEEP LIKE BABY**

The major reason for not being able to sleep could be over thinking, unresolved emotions like anger, guilt, fear of failure etc.....

Hoponopono Prayer helps to process our emotions and heal our body, Mind and Soul. The word ho'oponopono roughly translates to “cause things to move back in balance” or to “make things right.” It's a very zen-like concept.

(In native Hawaiian language, “pono” means balance, in the sense of “life.” When things are in balance, nothing is off, so to speak)



**Yaminnii Sanjeev**  
(Founder of Padmayam / PP Member)



**Benefits of Practising Hoponopono**

Improved mental health, especially anxiety and depression.

- Reduced stress
- Enhanced physical well-being
- Increased emotional control
- Better relationships
- More effective conflict resolution
- Achievement of inner peace
- And much more..

**Hoponopono Prayer**

- I'm sorry,
- Please forgive me,
- Thank you,
- I love you.”

With regular practice, reciting these four simple phrases helps develop self-love and self-esteem at the times when we need it most.

In this way, it's both a lullaby to the self and a guaranteed insightful way to approach forgiving other people

**(Continuation - Next Edition)**

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## SWARAM FOR FILM SONG - POOJAIKETHA POOVIDHU

Singers : Gangai amaran and KS Chithra|| Music by : Ilaiyaraaja || Movie : Needhana Andha Kuyil ||

Lyrics : Vaali

### PALLAVI:

**Female:** Poo jai kae tha poo vi dhu... Nae thu thaa na poo tha dhu...

S, G M, P MPM, G SSN S, G M, P MPM, G SSN

Ada poo tha dhu yaa ra dha paa tha dhu...

NN NS S S, G, G GN, NS S S,..

**Male:** Me lae pot ta dhaa va ni se lai yaa gi po na dhu

G, M G, S N,, S NSMG G, M G, S N,, S NSMG

**Female:** Se lai izhu thu vi du va dhe ve lai yaa gi po na dhu

G, M GG S N N S NSMG GM PM G, S N, S NSMG

**Male:** Kok ku on nu kok ki po du dhu hoi

S, G G, G G, M M, P MP, P,..

**Female:** Poo jai kae tha poo vi dhu... Nae thu thaa na poo tha dhu...

S, G M, P MPM, G SSN S, G M, P MPM, G SSN

Ada poo tha dhu yaa ra dha paa tha dhu...

NN NS S S, G, G GN, NS S S,..

### 1ST CHARANAM:

**Male:** Paa vaa dai kattai yile paar the nae ma cham

MM P, MM PP, PPM MM P, MM P P

Aa naa lum nen ju kkul lae ye dho acham

MM P, MM P P, P PM G, M, P,P,

**Female:** No gaa ma paa thu put tae ve ren na mi cham

MM P, MM P P, P PM MM P, MM P P

Kal yaa nam kat ti ki tta in num so cham

MM P, MM P P, P PM G, M, P, P,

**Male:** Achu vella pechu la aala thookkura

P,N N,S N,P M,P P,N N,S N,

Konja neram paarunna kooli kekkura

P,N N,S N, PM,P P,N N,S N,

**Female:** Thulli pogum pulli maana Mallu vetti izhu kkudhu

PDM M,M PDM M,M PDM M,M PDM MM

Maa man pe sum pe cha kettu Ve ppan ku chi ini kku dhu

P, N N, S NSN, P M,P PD, P M, P PM G S,N

**Male:** Poo jai kae tha poo vi dhu... Nae thu thaa na poo tha dhu...

S, G M, P MPM, G SSN S, G M, P MPM, G SSN

Ada poo tha dhu yaa ra dha paa tha dhu...

NN NS S S, G, G GN, NS S S,..

Swarams for Second charanam are as same as the first charanam.



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- Net worth Certificates
- Stock verification
- MSME Registrations
- Accounting and Book-keeping
- And all related works

**Reasons to file returns early**

- Early returns, early refunds
- More time to rectify errors if any

**LAST DATE**  
31st JULY, 2023

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### Padmayam's July'23 Element Zodiacs Tarot Guidance

**THE FIRE ZODIACS** ARIES / LEO/SAGITARIUS  
*The Passionate /Bold /creative / Daring*

The decisions to be made by considering the advice of experts , do not rush into closures !  
**Affirmation for the Month**  
I am Grounded and Balanced ! Its safe to Receive Help from others !

**THE EARTH ZODIACS** TAURUS /VIRGO/CAPRICORN  
*The Ambitious /Responsible/Planners / Grounded*

This Month looks good for Romance and Harmony !  
The Business Partnerships also Looks Good !  
**Affirmation for the Month**  
I am OPEN to LOVE That I deserve and I am ready to express myself !

**THE AIR ZODIACS** GEMINI/LIBRA/AQUARIUS  
*The Intelligent /Analytical/ Free Spirited*

This month is Challenging as you are required to come out of your comfort zone for your highest Good !  
**Affirmation for the Month**  
I am Open for huge Changes and possibilities for my Highest good !

**THE WATER ZODIACS** CANCER/SCORPIO/PISCES  
*The Emotional /Flexible /Sensitive /Intuitive*

This Month has new beginings that would be an opportunities for Growth of Prosperity and abundance !  
**Affirmation for the Month**  
I am in Gratitude to the universe for New Possibilities of receiving Prosperity !

**For Your Personal Consultations reach us**  
**9176983026 @PADMAYAM**

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