



PP TIMES

AN INITIATIVE OF PAADARIVOM PADIPPARIVOM

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

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SWARAM FOR FILM SONGS - SANGEDHA SWARANGAL

Learn the swaram for Sangeedha Swarangal song from the movie Azhagan. This Beautiful composition by Music Director Marathamani was sung by our very own SPB & Sandhya. And penned by Pulamai Pithan.

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PP PRO 3rd ANNIVERSARY CELEBRATION

VENUE:
LAKSHMI GIRI CONVENTION HALL
7, North Mada St,
Vinayaka Nagar Colony,
Mylapore, Chennai

[LIVE]

On August 6th (Sun),
@3:30 pm (IST)

Hosts - Nagu Bhai & Sujitha

CARMA CONCERT ஓர் அனுபவம்...!!!

CARMA Was a unique concert - giving people a blend of CLASSICAL and CINEMA and went on to become a superhit. As we celebrate our 1st CARMA ANNIVERSARY, here is a beautiful "Poem" about the event by Raghu

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PP-PRO 3RD ANNIVERSARY GRAND CELEBRATION

While we have a dedicated music VERTICAL- PPPRO that offers music coaching in a structured manner, we are really proud about the fact that we have our USP- helping people learn film songs in a structured manner . What also sets us apart from every other institute across the globe is our MENTOR PARTNER MODEL through which all our mentors get a 50% share of the course fee paid by learners.

In short, we don't just run a music institute, but create LIFESTYLES and CAREERS THROUGH MUSIC.

Join PP, experience all the magic and become part of the music revolution. This Sunday, we are celebrating our PPPRO ANNIVERSARY- interesting line up of songs, mentor speak, a fantastic CELEBRITY gracing the occasion, award ceremony and lots of memorable moments to cherish.

Join us to celebrate and embrace music TOGETHER

Click the ICON to watch the Teaching Show LIVE





உங்களை ஒன்று கேட்பேன்
விடையை சொல்ல வேண்டும்!
MUSICAL QUIZ #25

1. Name the 100th Tamil Movie of MGR.
2. Thalar nadai thadumaarudhae Thalir idai thazhuva thazhuva.. Kanal sudum nilaiyaanadhu Viral nagam padhiya padhiya - Find the song.
3. Dusky Sky will be dancing when Indus will be studying while flowing - 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 #25 and ~WIN PP Merchandize

Answers for Quiz #24

1. MSV's 100th Movie and also the First Eastman Color Movie? - **Anbe Vaa**
2. Aadhiyil aandavan Indha boomiyai padaithaanae Avan aasaiyai polaevae Indha boomi amaiyalaiyae - **Sandhosham Sandhosham Vazhkaiyin padhi balam**
3. The Young Gentle Breeze sung a song a moment is a desire pleasure is pleasure in that is the only pleasure - **இளமையெனும் பூங்காற்று பாடியது ஓர் பாட்டு.. ஒரு பொழுது ஓர் ஆசை சுகம் சுகம் அதிலே ஒரே சுகம்..**



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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 beginnings 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 !

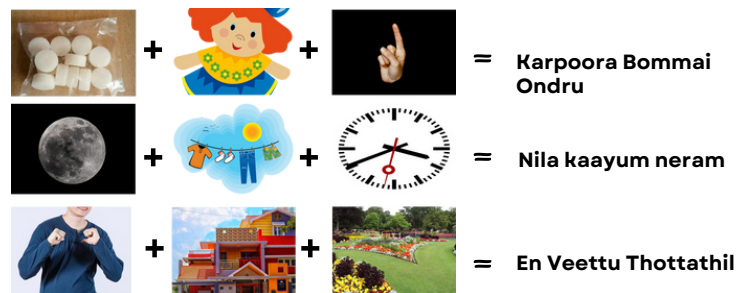
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கோத்து வீடு!! Find the tamil songs #23



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 #23 and ~WIN PP Merchandize

Answers for Connection #22



MUSIC AND MEDICINE (PART IV)

Carnatic Raagas and Sleep:

The most common Carnatic raaga that is traditionally associated with sleep inducing properties is, of course, Raagam Neelambari. This name became even more popular after our Thalaivar's movie Padaiyappa - Ramya Krishnan's portrayal of Neelambari is etched in our memories. But the Raagam Neelambari has a diametrically opposite flavour than that of this character !

Neelambari is the first Raagam that comes to our mind when we think of sleep. Most of the traditional lullabies are based in this Raaga.

The notes of Neelambari are usually expressed in a relaxed pace and are long drawn. One author describes the Raaga to be like 'shading on a canvas' where the swaying gamakas flow seamlessly from one note to another to merge into a soothing blend that brings forth piety, devotion and most importantly Maternal instincts.



Dr. Sashikala Venugopal
(PP Member)

This raagam is the Janya of the 29th Melakarta - Dheera Sankarabharanam. This is an ancient raaga and goes by the name ' Megha raaga Kurunji ' in the Tamil Pann system.

Some of the famous compositions in this Raagam are :

- Amba Nilayadhakshi - Dhikshitar
- Uyyala Lukavayya - Thyagaraaja
- Maamava Madhava - Narayana Theertha
- Mani Noopura - Oothukadu Venkatasubbayyar.



There has been some scientific studies regarding the sleep inducing properties of Carnatic Raagas. One famous study compared the sleep modifying properties of Neelambari with Raaga Kalyani. It was proved beyond doubt that the raagams did have a beneficial effect on improving the sleep architecture - however there was no difference in the sleep improvement achieved by both the raagams - Kalyani, in fact, had a slightly higher impact !

Maybe the connection between sleep and Neelambari was a conditioned response in us having been primed to listening lullabies in this Raagam.

In another study, Raagas Bihag, Mishra Pilu, Malayamarutham were effectively used to improve sleep qualities in depressed patients. Raagam Kaapi is recommended as the ' finest therapy for sleep disorder patients' in another study - it decreased the arousal level more effectively than the other raagas studied. Raaga Darbhari was found to be impactful on sleep quality and memory too.

WHAT IS THE MECHANISM BY WHICH THE RAAGAS IMPACT SLEEP?

It is known that negative emotions like FEAR, SORROW, DISGUST etc when present for a long time can lead to Diseases. Fear is considered as the very origin of insomnia. The resulting emotional conflicts lead to imbalance in the working of the body systems and insomnia is one of the earliest manifestations of the same.

By promoting EMOTIONAL HEALING, music therapy is emerging as a powerful technique for intervention - Especially for sleep disorders.

WHICH IS YOUR FAVORITE SLEEP TIME MUSIC?

The best music to lull you to sleep is very personalised and individualistic. Each of us have our own playlists and favorites. So I asked a couple of our mentors about their secret sleeping pill...

Here is what our Mentor Sushmitha shared with me :

" In my experience, Madhyamavathi also works..There were those nights when either of my kids wouldn't sleep, Yesudas's Harivarasanam Viswamohanam worked wonders for me. Apart from Neelambari, Bhajan type of songs which have repetitions in a regular rhythm has helped me. Sounds of rain and train are good sleep inducers for me. 'Raghu veera Rana dheera' in Houseini, ' Jo achyutanadha ' in Kaapi were the songs that I used to sing for my kids. '

Lucky kids they are, don't you think so !!

Our Mentor Sujitha has this to share :

' My favorite bedtime Raagas are Dharmavathi and Kalyani..

After my advent in PP, the Charukesi craze overtook me too. Charukesi is now my 'All time, Any time comforting raaga. I generally find great solace in listening to soothing melancholic songs.

And songs that evoke the maternal instincts are my favorites. So those are that songs I generally sing for my daughter. The soft soothing pathos numbers resonate best with me and generally lull me to good sleep '



On a personal note - there are these 2 compositions that I love among the lullabies 'Mannu Pugazh kosalai than' - A Pillai thamizh pasuram by Periazhvaar - A thaalaattu for my favorite diety Sri Rama. This is a ragamalika - Raagams used are Durga , Paras, Hindolam, Kamas and Neelambari. This was popularized by the twin Vidwaans BV Raman and Lakshmanan - both being the Guru of my gurus !

And a recent one by Bombay Jayashri ' Kanne en kanmaniye ' in the raagam Kurunji - such a soulful one that will put any one to sleep in a jiffy.

So, what is your favorite? Please do share with us.

In our next issue we will take a closer look at how Music helps in life style disorders.

So until then, wishing you all energetic days and sleepy good nights.

CARMA - ஓர் அனுபவம்...!!!

CARMA Was a unique concert - giving people a blend of CLASSICAL and CINEMA and went on to become a superhit. As we celebrate our 1st CARMA ANNIVERSARY, here is a beautiful "Poem" about the event by Raghu

செவி வழியாய்
ஓர் பயணம்...
இரண்டு
மணித்தியாளம்!

வர்ணங்களாய் ஓர் வர்ணம் பாடினர்;
பின் விநாயகனை முறையாய் துதித்தனர்!

கிருஹ பேதம் என்றனர்...
கூடு விட்டு கூடு பாய்வது போல்
ஒவ்வொரு ராகமாய்
மிதந்து சென்றனர்...

ஸ்வரங்களில் மேலும் கீழும்
சஞ்சாரம் செய்தனர்...
பாமரருக்கும் எளிதாய் புரிய
திரை பாடல்களை
மாலையாய் கோர்த்தனர்...

ஞானம் உள்ளோர்,
தலையை ஆட்டி,
தம் தம் தொடைகளில்
தாளம் தட்டி,
திளைத்து இருந்தனர்
தன்னை மறந்து!

மற்றோர் வெறும் கண் மூடி,
களிப்பில் இறங்கி,
காற்றில் மிதந்தனர்!

ஆனந்தம் கொண்ட போதெல்லாம்
கேட்போர் ஆரவாரம் செய்தனர்...
இல்லம் திரும்பிய பின்
உள்ளுக்குள் சிறு அமைதி கண்டனர்!

சாமரம் வீசும் எம் கைகள்
இசை சாகரத்தில் முத்தெடுத்த
எம் குருமார்க்கு!

காலம் கடந்தும் நினைவில் நிற்கும் இந்த CARMA ...
இதை காணவும், கேட்கவும் கிடைத்தது கூட ஒரு கர்மா!



Raghu
(PP Member & Blr.
Ambassador)



Looking for answers to important questions in your life?

LET ME GUIDE YOU ON A JOURNEY OF SELF-DISCOVERY AND EXPLORATION THROUGH THE TAROT CARDS.

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- Raghu

SWARAM FOR FILM SONG - SANGIEDHA SWARANGAL

Singers : SPB and Sandhya || Music by : Maragathamani || Movie : Azhagan || Lyrics :
Pulamai Pithan

HUMMING :

Male : Aaaa.... aaa.... aaaa... aaaa.... aa.... a,aaa...

DS,,RSSD, D,S, SGRG SRDS MDGM R,GMR,

Female : Haa...aa... aa...aa...haa... aaaa..

DN G,M RGS D,NS M,RGS

PALLAVI

Male : Sangeedha swarangal ezhae kanakkaa Innum I ru kkaa ennavo mayakkam

S S S S S S SRG M,PMGRS S RG M,PM GRS RGMR RG M,P,,

Female : En veetil I ra vu Angae irava illae paga la enakkum mayakkam

S S S S S S SRG M,PMGRS S RG M,PM GRS RGMR RG M,P,,

Male : Nenjil ennavo nenaichaen

DNP PDNS S S S

Female : Naanum dhaan nenaichaen

DNP MGR GMP

Male : Nyaba gam varala

DNP MGR GMP

Female : Yosi cha theriyum

DNP MGR GMP

Male : Yo sa na varala

DNP MGR GMP

Female : Thoongi naa velangum

DN P MGR GMP

Male : Thoo kam dhaan varala

DN P MGR GMP

Female : Paadu ren medhuvaa... urangu....

DNP MGR GM PS SSS

Male : Sangeedha swarangal ezhae kanakkaa Innum I ru kkaa ennavo mayakkam

S S S S S S SRG M,PMGRS S RG M,PM GRS RGMR RG M,P,,

Female : En veetil I ra vu Angae irava illae paga la enakkum mayakkam

S S S S S S SRG M,PMGRS S RG M,PM GRS RGMR RG M,P,,

SWARAMS FOR CHARANAM ARE AS SAME AS PALLAVI



வாரம் ஒரே ராகம் - 22

ஆரோகணம்

அவரோகணம்



ராகத்தின்பெயர் : ஆபோகி

மேளகர்த்தா எண் : 22வது மேளமாகிய கரஹரப்ரியாவின் ஜன்னியம்

ராகத்தின் இனம் : ஆண்

ராகத்தின் நிறம் : செம்பழுப்பு

ராகத்தின் சுவை : கருணை, பக்தி

ஆரோகணம் : ஸ ரி2 க1 ம1 த2 ஸ

அவரோகணம் : ஸ த2 ம1 க1 ரி2 ஸ

பாடுவதற்கு சிறந்த நேரம் : காலை

கர்நாடக இசையில் பாடல்கள் சில :

1. வர்ணம் - எவரிபோதன்
2. திருப்புகழ் - நினைத்ததெத்தனையில்
3. கிருதி - சபாபதிக்கு

திரை இசையில் பாடல்கள் சில :

1. கண்களின் வார்த்தைகள்
2. இன்றைக்கு ஏனிந்த
3. சந்திரனை தொட்டது யார்
4. கொஞ்ச நேரம்
5. இதயம் இந்த இதயம்



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OWN WRITING
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class 1 to 10

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We provide income tax filings and allied professional support at a low cost.

OUR AREAS OF WORK

- Income Tax, Updated Returns for FY 2021-22 and FY 2020-21, Assessments and allied work
- GST, TDS, EPF, ESI and ALLIED Works
- Internal audit
- 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

9080565886

kashwin238@gmail.com