



# PTIMES

AN INITIATIVE OF PAADARIVOM PADIPPARIVOM

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## MAKE A DIFFERENCE TO A LIFE - ACT NOW

We at Paadarivom Padipparivom are organizing this massive record breaking event, SING-A-THON 2023 (Oct 18-22), 108 hours of continuous singing, for the AWARENESS and PREVENTION of breast cancer.

**Read More - Page 3**

## MUSIC AND MEDICINE (PART V)

Let us turn our attention towards the more challenging conditions which can be grouped under the umbrella of 'LIFE STYLE DISORDERS' and explore the role of Music in these conditions.

**Read More - Page 4**

COIMBATORE JAMALONG 1ST ANNIVERSARY  
GRAND CELEBRATIONS

HOST - EVER ENTHUSIASTIC  
DR. SASHIKALA VENUGOPAL

ON 19TH AUG (SAT), 9 AM ONWARDS!  
VENUE - MANGALA INTERNATIONAL  
HOTEL, COIMBATORE



## COIMBATORE'S 1ST JAMALONG ANNIVERSARY

Our JAMALONG sessions are really special and memorable. After Bangalore, It's now time for COIMBATORE. It's been a fun-filled year and we are all set to celebrate our 1st JAMALONG ANNIVERSARY in COIMBATORE.

So, what makes our JAMALONG sessions real fun? Is it the choice of songs?  
The camaraderie between the people of kovai?  
The lovely studios of kovai with great acoustics?

Well, it's a combination of all of these.. but more than anything else, the PASSION and GRIT of the singers to keep giving us all nothing but the best - EVERYTIME! Even this time around - A great set of hosts, enthusiastic singers and loads of fun guaranteed.

So, join us for all the fun this Saturday for a day of festivities, soul stirring music and unlimited celebrations.

**On 19th August, @9 am onwards! Venue : Mangala International Hotel, Coimbatore.**



உங்களை ஒன்று கேட்பேன்  
வீடையை சொல்ல வேண்டும்!

## MUSICAL QUIZ #27

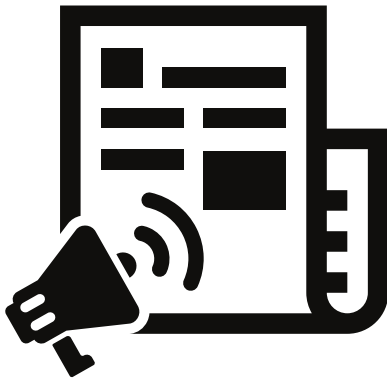
1. Name the 100th Tamil Movie of Sivaji.
2. Dhegam engum kangal thondraatho Nee ennai paarkayil naanathai mooda - Find the song.
3. Honeymoon I live, Why this test, Listen to the Skymoon, My pain to say. !!! - Find the tamil song

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 #27 and ~WIN PP Merchandize

### Answers for Quiz #26

1. Name the First Keva Color Movie in Tamil. - **Alibabavum 40 Thirudargalum**
2. Jeevanaanathu Isai naatham enbathu Mudivillathathu... Vazhum naallem Ennai vazhavaipathu Isaiyendranathu - **Song : Oru Iniya Manadhu...**

3. This is the time when Money from above rains, at that time King's Money god knocks on the door - **காசு மேல காசு வந்து கொட்டுகிற நேரமிது வாச கதவ ராஜ லட்சுமி தட்டுகிற வேளையிது**



**TO ADVERTISE THIS SPACE  
CONTACT : 8668018282**

## சீர்கமபதந்

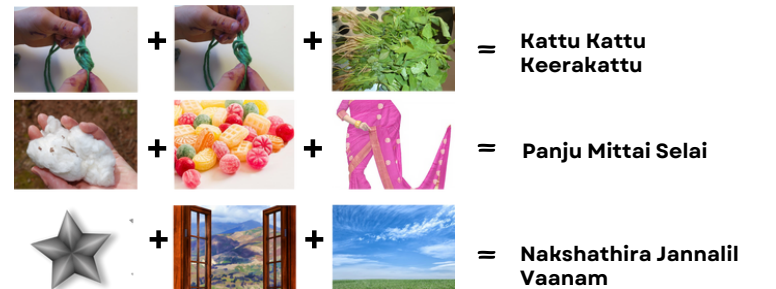


## கோத்து வீடு!! Find the tamil songs #25



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 #25 and ~WIN PP Merchandize

### Answers for Connection #24



# MAKE A DIFFERENCE TO A LIFE - ACT NOW

Paadarivom Padipparivom™ 

## SINGATHON 2023

**108 HOURS SINGING MARATHON**

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

**Who are we? We (Paadarivom Padipparivom) are a music community with a sole vision of making people across the globe, truly happy through music!**

- 1** To provide breast cancer screening for 10,008 women, during Oct 2023 for 31 days.
- 2** To have a breast cancer free India by 2030.
- 3** Performances by PP Team Members, Schools, Colleges, Corporates, Doctor Communities, Airline Community & Special Performances.

**365 rupees is all that it takes for 1 BREAST CANCER SCREENING**

**DONATE TODAY for a BREAST CANCER FREE INDIA by 2030**

**If you would like to volunteer for this noble cause, get in touch with us!**

**TO CONTRIBUTE** **SCAN ME** 

From 18th Oct'23 @10am to 22nd Oct'23 @10pm  
Chennai International Airport, Domestic Terminal  
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Web : Learn2learn.in

We at Paadarivom Padipparivom are organizing this massive record breaking event, SING-A-THON 2023 (Oct 18-22), 108 hours of continuous singing, for the AWARENESS and PREVENTION of breast cancer.

We aim to screen 10008 women during the event. And it just costs Rs.365/ screening.

### How can you help this cause?

1. You can pay and get yourself or your close ones screened.
2. You can sponsor whatever is possible(1 screening being the minimum) and we will use it to screen people who can't afford even screening costs.
3. If you are from a corporate, you can sponsor for the women in your organisation, who can in turn come and get themselves screened at the exclusively set up SING-A-THON SCREENING BOOTHS at the CHENNAI INTERNATIONAL AIRPORT.
4. If you, your company/your residential community / your groups of singing friends sponsor for 100 screenings (that is Rs. 36,500, we will be giving one hour of singing / singing slot dedicated to you/ your company/ community (Min 6 singers per one hour slot)
5. If you are an individual and interested in singing, contact us on 86680 18282

Let's join hands to make a difference!!!

**Team PAADARIVOM PADIPPARIVOM™  
Kadavul Amaitha Medai™**



# MUSIC AND MEDICINE (PART V)

## Music and Life Style Diseases :

Now that we have bewitched Nidra Devi with the power of Music, let us turn our attention towards the more challenging conditions which can be grouped under the umbrella of 'LIFE STYLE DISORDERS' and explore the role of Music in these conditions.

## LIFE STYLE DISORDERS :

This includes a vast majority of diseases that come under the classification of 'NON COMMUNICABLE DISEASES' (NCDs)

As the name suggests, these disease are not caused by infections and hence cannot spread from person to person. And they are caused by the FAULTY life style that has become ubiquitous in the modern times.

They are slowly progressing conditons - silent serial killers.



## The major diseases that come under this category are :

- Diabetes Hypertension
- Obesity
- Mental disorders
- NAFLD - (Non Alcoholic Fatty Liver Disease which can lead to Fibrosis and cirrhosis of the liver.)
- Cardiovascular diseases
- Stroke
- Respiratory diseases
- Cancer

Just to give you an idea about the magnitude of this problem - One out of four Indians could die of NCDs before the age of 70.

Out of the total disease burden in TN in 2019, NCDs (Cancer, Diabetes, CVD, Stroke, Mental Health) accounted for 72% premature deaths and 75% of years lived with disabilities, A key feature to note in this is that few years ago , this was only 40%,

THE MOST IMPORTANT POINT TO NOTE IS THAT - 80% of heart disease, diabetes and respiratory diseases and 40% of cancers are preventable by eliminating four common risk factors NCDs Common risk factors - Tobacco and alcohol usage, unhealthy lifestyle with faulty diet habits and lack of physical activities And, of course, the ever prevalent 'STRESS' and ANXIETY - Which form the underlying triggering factors for all these risk factors.

**(CONTINUATION - NEXT EDITION)**

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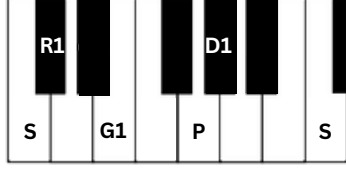
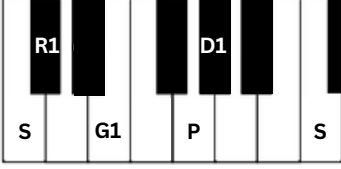
[www.Padmamayam.com](http://www.Padmamayam.com)



## வாரம் ஒரே ராகம் - 24

ஆரோகணம்

அவரோகணம்



ராகத்தின்பெயர் : பூபாளம்

மேளகர்த்தா எண் : 15 வது மேளமாகிய

மாயாமாளவகௌளையின் ஜன்னியம்

ராகத்தின் இனம் : ஆண்

ராகத்தின் நிறம் : வெளிர் சாம்பல் நிறம்

ராகத்தின் சுவை : அற்புத சுவை

ஆரோகணம் : ஸ ரி1 க1 ப த1 ஸ

அவரோகணம் : ஸ த1 ப க1 ரி1 ஸ

தமிழிசையில் பெயர் : புறநீர்மைப்பண்

ஹிந்துஸ்தானி இசையில் பெயர் : பிபாஸு

பாடுவதற்கு சிறந்த நேரம் : விடியற்காலை

பெயர்க் காரணம் : புள் - பறவை ; அளம் - சப்தமிடுதல்

என்னும் பொருளில் விடியற்காலையில் புள்ளினங்களும், பூச்சிகளும், உறக்கம் கலைந்து கரைந்து செல்லும் நேரத்தில் பாடவேண்டிய ராகம் என்னும் பொருளைத் தருகின்றது.

புள்ளாளம் என்னும் பெயர் மருவி, பின்பு பூபாளம் என்றானது.

கர்நாடக இசையில் பாடல்கள் சில :

1. தேவாரம் - மங்கையர்க்கரசி
2. கிருதி - திருப்பள்ளி எழுந்தருள்
3. அஷ்டபதி - மாமியஞ்சலி

திரை இசையில் பாடல்கள் சில :

1. செந்தாமரம்பூவில்
2. பார்த்து சிரிக்குது பொம்மை

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