



P TIMES

AN INITIATIVE OF PAADARIVOM PADIPPARIVOM

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

(Last week Continuation) WHO has called for a global action for reducing the incidence of NCDs by 25% by the year 2025. THE GOOD NEWS IS THAT THESE CONDITIONS ARE BOTH PREVENTABLE AND REVERSIBLE IF WE INTERVENE EARLY.

Read More - Page 4

SWARAM FOR FILM SONGS - ORU KADHAL DEVADHAI

Learn the swaram for Oru Kadhal Devdhadi song from the movie Idhaya Thamarai. This Lovely composition by the Twin Music Directors Shankar - Ganesh was sung by our very own SPB & Chithra.

Read More - Page 5

Learn to Sing

Oru Kadhal Devadhai

First Singapore hybrid show

Mentees Poovazhah & Umesh Jayaprakash

[LIVE] f y

On 26th August (Sat)
@ 4:45 PM (IST) / @7:15 PM (SGT)

Mentors Nagu Bhai & Krishna Vijay

IDHU ENNA OORR - SINGAPOOOORREEE..!!!!!!

At PAADARIVOM PADIPPARIVOM, the celebrations never cease to amaze.

What started off as a simple JAMMING initiative has now gathered momentum.

And, even before we blink an eyelid, we are here, starring at a MAJOR MILESTONE in our SINGAPORE Chapter- the 1st Singapore JAMMING ANNIVERSARY.

The CEO of PAADARIVOM PADIPPARIVOM will be there to grace the occasion. In addition to a day-long gala Celebration, we also have our 1st HYBRID TEACHING SHOW from Singapore - oru kaadhal devadhai with our guest mentor Krishna Vijay!!

Click the Icon to watch the show live   



உங்களை ஒன்று கேட்பேன்
வீடையை சொல்ல வேண்டும்!

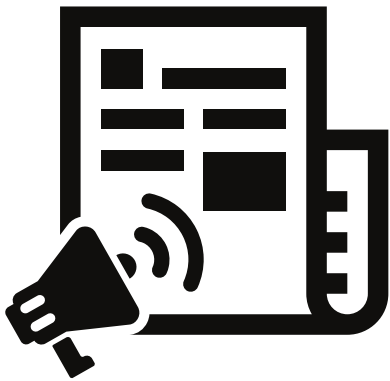
MUSICAL QUIZ #28

1. Name the 100th Movie of Ilayaraaja.
2. Poo pondra pennodu aattam Aanaalum silar medhu nottam En vaazhkkai azhgaana thottam Inbangal endraalae naattam - Find the song.
3. We just saw each other yesterday Now we have forgot each other moment we saw - 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 #28 and ~WIN PP Merchandize

Answers for Quiz #27

1. Name the 100th Tamil Movie of Sivaji - Navarathiri
2. Dhegam engum kangal thondraatho Nee ennai paarkayil naanathal mooda - Song : Mudhan Mudhalil Parthen ; Movie : Aahaa.
3. Honeymoon I live, Why this test, Listen to the Skymoon, My pain to say. !!! - தேனிலவு நான் வாழ ஏன் இந்த சோதனை வான் நிலவை நீ கேளு கூறும் என் வேதனை (Sundari Kannal Oru Sedhi)



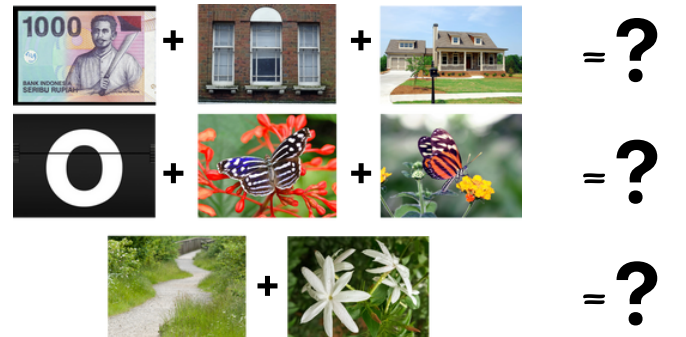
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CONTACT : 8668018282

சீர்கமபதந்



கோத்து வீடு!! Find the tamil songs #26



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 #26 and ~WIN PP Merchandize

Answers for Connection #25



MAKE A DIFFERENCE TO A LIFE - ACT NOW



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
Call : 866 801 8282
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. Click this link to Contribute - <https://avegaa.mojo.page/singathon2023>
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 VI)

WHO has called for a global action for reducing the incidence of NCDs by 25% by the year 2025.

THE GOOD NEWS IS THAT THESE CONDITIONS ARE BOTH PREVENTABLE AND REVERSIBLE IF WE INTERVENE EARLY.

WHAT IS THE PLAN OF ACTION ?

Clearly, not at all an easy task. These conditions are triggered by a myriad of non medical causes along with medical ones. Hence the management plan for these conditions should also include cognitive, emotional and interpersonal interventions. While medical, surgical and pharmacological managements have a major role in treating these conditions, the underlying psychological issues of the individual are often conveniently overlooked. This leads to improper management of these conditions leading to development of further complications in a cascading manner.

This is where MUSIC comes in. Contemporary research is striving to bridge this serious gap. MUSIC has emerged as a Powerful Stimulator of socio emotional processes. Music targets the common denominator in all these conditions - STRESS. By causing RELAXATION , Music challenges these conditions headon. Thus was born the exciting new dimension to Music.

Music Therapy, which has been scientifically defined thus :

"Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program". (American Music therapy Association 2006) Music therapy as per this definition has been in vogue in our Indian Heritage from time immemorial. Based on the Chakras of the body and the state of balance/ imbalance in these chakras, various kinds of music have been 'prescribed' successfully to treat conditions of the body and the mind.

Classical Indian Music - both Hindusthani and Carnatic have specific raagas that affect and modulate the various Chakras, thereby helping restore balance.

As a group of passionate music lovers and avid singers, I think we at PP are already on the right track in this battle ! Wow !!

In the next part we shall get into the musical aspects and interventions for each of these life style conditions , one by one.

Till then keep singing your hearts away - **A SONG A DAY CAN KEEP THESE DISEASES AWAY - Why not ?**



Dr. Sashikala Venugopal
(PP Member)

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SWARAM FOR FILM SONG - ORU KADHAL DEVADHAI

Singers : SPB & K.S.Chithra || Music by : Shankar - Ganesh || Movie : Idhaya Thamarai ||

Lyrics : VairaMuthu

PALLAVI:

Male : O ru kaa dhal de va thai Boo mi yil van dhal
S R2 G1, P M1, R2 G1, G1R2 N1 P R2, S,,
 O ru kaa dhal kaa vi yam Kai yo du than dhal
S R2 G1, P M1, R2 G1, N1, G1, P N1, D1,
 Kallu rum kaa lai ve lai yil
D1D1, D1S SN1N1, P D1PP, M1 PM1M1,

Female : O ru kaa dhal de va thai Boo mi yil van dhal
S R2 G1, P M1, R2 G1, G1R2 N1 P R2, S,,
 O ru kaa dhal kaa vi yam Kai yo du than dhal
S R2 G1, P M1, R2 G1, N1, G1, P N1, D1,
 Kallu rum kaa lai ve lai yil
D1D1, D1S SN1N1, P D1PP, M1 PM1M1,

Male : O ru kaa dhal de va thai Boo mi yil van dhal
S R2 G1, P M1, R2 G1, G1R2 N1 P R2, S,,

Charanam :

Male : Pookka lin ka ru va rai yil Pi ran dha val nee ya
P,P S N1 P P S N1, N1 P M1 G1 M1,M P,M1

Poovu kko ru poo jai sei yya Piran dha van naan illai ya
P,P D1 P, N1, N1 S N1, R1R1 S N1 R1, S,N1 SN1N1,

Female : l dha ya thin thaa ma rai yil l ru ppa van nee ya
P, P P S N1P P S N1, N1 P M1 G1 M1, MP,M1

Thaa ma rai kul veedu katti Than dha val naan il lai ya
P, P D1 P, N1,N1 SN1, R1 S N1 R1, S, N1 SN1N1,

Male : O do di van dha dhal Ul moo chu vaan gu dhu
N1, D1, P, G1, M1 P,,, N1, D1, PR1 R1, G1, G1M1,

Female : Un moo chil al la vaa En moo chum ul la dhu
N1, D1, P, G1, M1 P,,, N1, D1, PR1 R1, G1, G1M1,

Male : On draa na dhu
M1 M1 G2 R2G2R2S

Female : O ru kaa dhal de va thai Boo mi yil van dhal
S R2 G1, P M1, R2 G1, G1R2 N1 P R2, S,,

Male : O ru kaa dhal kaa vi yam Kai yo du than dhal
S R2 G1, P M1, R2 G1, N1, G1, P N1, D1,

Female : Kallu rum kaa lai ve lai yil
D1D1, D1S SN1N1, P D1PP, M1 PM1M1,

Male : O ru kaa dhal de va thai Boo mi yil van dhal
S R2 G1, P M1, R2 G1, G1R2 N1 P R2, S,,

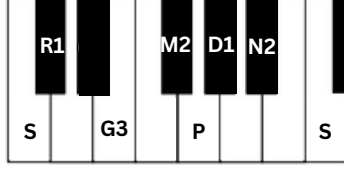
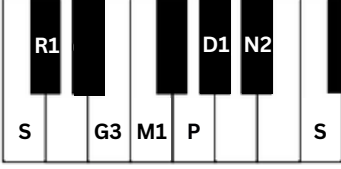
SWARAMS FOR SECOND CHARANAM ARE AS SAME AS FIRST CHARANAM



வாரம் ஒரே ராகம் - 25

ஆரோகணம்

அவரோகணம்



ராகத்தின்பெயர் : சக்ரவாகம்

மேளகர்த்தா எண் : 16 (ஜனக / தாய் ராகம்)

ராகத்தின் இனம் : ஆண்

ராகத்தின் நிறம் : பழுப்பு நிறம்

ராகத்தின் சுவை : பயச்சுவை

ஆரோகணம் : ஸ ரி1 க3 ம1 ப த1 நி2 ஸ

அவரோகணம் : ஸ நி2 த1 ப ம2 க3 ரி1 ஸ

பாடுவதற்கு சிறந்த நேரம் : நள்ளிரவு

பெயர்க் காரணம் : 'சக்ரவாகம்' என்றால் 'சகோர பறவை'

என்று பொருள். இது இரவில் தன் இணையைப் பிரிந்து வாழும் சோகத்தினைக் கொண்டது.

கர்நாடக இசையில் பாடல்கள் சில :

1. வர்ணம் - ஜலஜாசுதி
2. திருப்புகழ் - அபகார நிந்தை
3. கிருதி - கஜானனயுதம்

திரை இசையில் பாடல்கள் சில :

1. உள்ளத்தில் நல்ல உள்ளம்
2. வனிதாமணி
3. நீ பாதி நான் பாதி
4. அகரம் இப்போ சிகரம் ஆச்சு
5. சத்தம் இல்லாத தனிமைகேட்டேன்

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