



Super Audio Madras Pvt. Ltd.



# CONTENT GUIDE





## HOME REMEDIES

100 Remedies - 03:00 mins each

36 Ayurvedic Remedies - 15:00 mins each



# VEGETARIAN COOKING RECIPES

Diabetes | Weight Loss | Heart | Thai Cooking | SriLankan Cooking

27 Recipes of 10:00 mins each



## DANCE

Learn Bharatanatyam | Learn Kathak | Learn Mohiniyattam | Learn Kuchipudi

25 Hours of content in total





# **YOGA FOR BEGINNERS**

Weight Loss Asanas | Mudras | Pranayama |

160 asanas of 10 mins each  
19 hours of content in total



## **MASSAGE/FOOT REFLEXOLOGY**

Thai Massage | Foot Reflexology | Aromatherapy Massage  
Facial Massage | Chinese Foot Massage

06 Hours of content in total



# **SPIRITUAL**

Buddha | Harmandir Sahib | Gods & Goddesses of India | Ganesh | Hanuman

12 Hours of content in total



## **YAKSHAS/ATEETAM**

Classical Fusion - Sitar | Tabla | Flute | Keyboard | Vocals

01:25 mins of content in total



## HINDU CULTURE

Mehendi | Toe Rings | Ear Rings | Namaste  
Temple Bells | Bangles | Sindoor | Kumkum

25 clips of 02:00 mins each



## LEARN MUSIC / LEARN TO SING

Sitar | Tabla | Flute | Keyboard | Harmonium | Guitar | Saxophone | Ghatam | Veena  
Violin | Mandolin | Piano | Drums  
23 Hours of content in total (Learn music)

Mani | Ramdesh Pandey | Sowmya | M.Balamuralikrishna | Charulatha  
06 Hours of content in total (Learn to sing)





## **TELL ME WHY / TELL ME HOW**

Tell me how - 70 questions and answers of 02:00 mins each

Tell me why - 160 questions and answers of 02:00 mins each



## **LEARN PAINTING**

Copper | Ship | Glass | Pot | Bead | Wheel | Meenakari | Kerala Mural | Coffee Painting and more

02 Hours of content in total



## **LEARN SAREE DRAPING**

Kerala | Rajasthani | Gujarati | Bengali | Mumtaz | Tamilnadu | Mermaid | Fish Style  
Cocktail | Jawani Dewani | Marathi and more

40 clips of 02:00 mins each



## LEARN HAIRSTYLES

Curls | Waterfall Hair Band | French Hair Band | Curl Buns | Hair Band  
Twist & Flip Bun and more

17 Clips of 02:00 mins each

1

2

3



## LEARN NUMBERS & TIME

Learn Numbers | Learn to tell time

02 Hours of content in total



## FAIRY TALES

Rapunzel | Beauty & The Beast | Puss In Boots | Cinderella | Three Little Pigs | Little Red Riding Hood | Snow White | Rumplestilskin | Jack & The Beanstalk | Tom Thumb | Pinocchio | Sleeping Beauty and more

04 Fairy Tales of 12:00 mins each | Snow White – 50:00 mins  
Little Red Riding Hood – 22:00 mins | Three Little Pigs – 28:00 mins





## **LEARN ALPHABETS / LEARN COLOURS**

Learn ABCD | My First Words | ABC Song for Children | Alphabet Song  
Colours Song | Lear Colours | Rainbow Colours

03 Hours of content in total (learn alphabets)

02 Hours of content in total (learn colours)



# CHRISTMAS SONGS

Traditional Christmas Songs

01 Hour content of 05:00 mins each



## NURSERY RHYMES

Nursery Rhymes | Karaoke | Instrumental | Lullabies | Good Manners Song  
Happy Birthday Songs and more

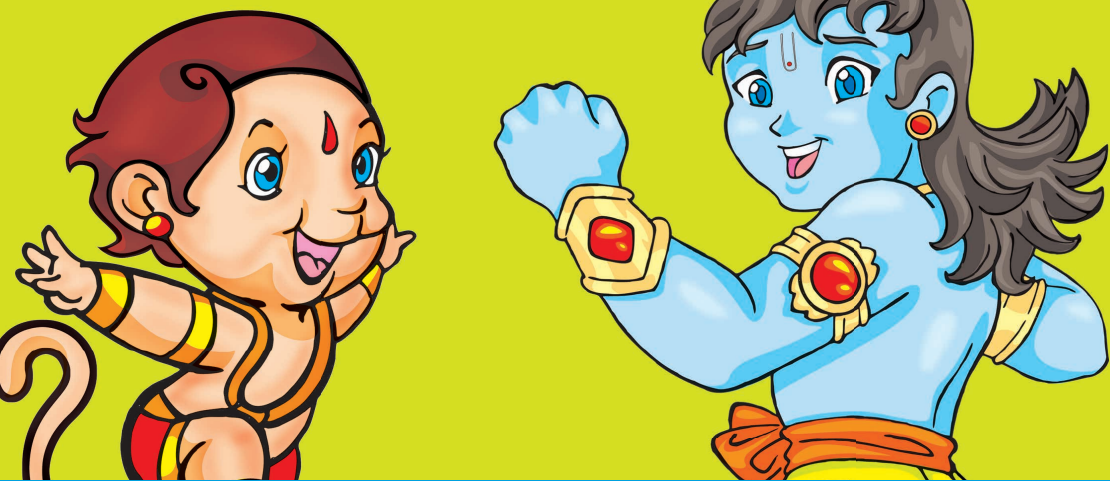
16 Hours of Content with 275 nursery rhymes and more 03:00 mins each



## MAKE UP TUTORIALS

Kajal | Eyeliner | Lipstick | Eyeshadow | Foundation and more

40 Clips of 02:00 mins each



## MYTHOLOGICAL STORIES

Ramayan | Mahabaratha | Akbar & Birbal | Birbal The Witty | Saint Kabir | Lord Buddha and more

59 Hours of Content with 370 stories of 10:00 mins each

22 Hours of Content with 150 stories of 10:00 mins each in Hindi

59Hours of Content with 370 stories of 10:00 mins each in Tamil



# **MEDITATION /CHAKRA**

Chakra Meditation | Meditation The Inner Yoga

02 Hours of Content





# TRAVEL DOCUMENTARY

Varanasi | Khajuraho | Temples of India | Harmandir Sahib and more

05 Hours of content in total



**Super Audio (Madras) Pvt. Ltd.**

3rd Flore 713, Carex Center, Anna Salai, Chennai,  
Tamil Nadu. 600006. India | Phone:044 4214 0067/68

[superaudiomadras@gmail.com](mailto:superaudiomadras@gmail.com) | [www.musicandchants.com](http://www.musicandchants.com)