

Audio and Video Programmes



National Institute of
Open Schooling

Catalogue of Audio, Video & Multi-Media Programmes of NIOS

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विद्याधनम् सर्वधनं प्रधानम्

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FOREWORD

The National Institute of Open Schooling is the premier Institute for open learning which encourages flexibility and freedom to learn especially to those who have missed the opportunity to complete school education.


Over eighteen lakh learners are on the roll of NIOS for Secondary, Senior Secondary and Vocational Education Courses. NIOS has 16 Regional Centres and about 3500 study centres located all over India and in few other countries. The Open Basic Education (OBE) programme is being implemented in partnership with 353 Accredited Agencies (AAs). In addition to developing its own curriculum and self instructional material, NIOS has developed media support programmes utilizing expertise of faculty from renowned Academic and Vocational organizations. The Media Unit of NIOS has produced 338 Audio programmes and **336** Video programmes (**163** in Hindi, **146** in English and 27 in Urdu). These are significant components of the multi channel package offered by NIOS. These Audio- Video cassettes are sent to the study centres (AIs, AVIs) and the Regional Centres of NIOS. The learners are allowed to take these Audio-Video cassettes on loan for a limited period. These are also available as priced cassettes and CDs from the Material Distribution Unit of NIOS.

Realizing the potential of the electronic media, NIOS has made use of modern means of communication and Educational Technology in distance learning. Audio – Video programmes are significant components of the multi- media packages offered by NIOS for various courses of study. The video programmes of NIOS are telecast through the Educational Channel – “Gyan Darshan” (GD-1) and the “Doordarshan” (DD-I). The audio programmes are broadcast through “Gyanvani Channel” (FM).

This publication is a compilation of the Media Programmes developed by NIOS and a ready reference for users of the Audio- Video and Multimedia Programmers. The list of Audio – Video and Multimedia Programmes is also available on NIOS website www.nios.ac.in.

I appreciate the initiative of the Media Unit for compiling this catalogue of the Media Programmes. This catalogue will be updated from time to time. This publication will be beneficial for the Open Schooling functionaries. Your comments and suggestions to make this publication more useful and appealing will be highly appreciated.

January, 2012


Dr. S.S. Jena
Chairman, NIOS

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Use of Audio, Video and Multimedia Materials at NIOS

Today the electronic media plays a vital role in Open and Distance learning system. Distance Teaching-Learning is a multi-media process. The use of electronic and communication technologies such as Television, Radio, Audio and Video cassettes, CDs, Computer and Satellite etc., has made the teaching and learning more efficient, interesting and effective. The Audio and Video programmes are considered as effective mediums vis-a-vis the other electronic media because the learners have full control over their pace and place of learning.

Keeping in view the significance of audio and video programmes in open and distance learning, the Media Unit of the National Institute of Open Schooling (NIOS) has developed and produced several audio and video programmes to supplement the printed self-learning materials. Most of these programmes are produced in English and Hindi versions by using documentary, drama, doccu-drama and other interesting formats. These programmes attempt to present the topics, themes and concepts in very simple and interesting manner so that the learners could get clear understanding and insight of the concerned topics.

The audio programmes of NIOS are developed in an integrated manner with the printed materials in the language subject so that optimum learning could be achieved. In order to make the concepts more clear in some other subjects, the audio programmes proved useful and making learning interactive. In the subjects like science, the video programmes combining with printed texts are presented in the form of illustrations and diagrams supported by commentary. In brief, taking into account the potential of audio and video programmes in teaching-learning at a distance, these programmes have become important components of course materials developed by NIOS.

Telecast and Broadcast Schedule

Video programmes: Telecast on DD-I from 05.02 am to 05.25 am on every Friday and on Educational Channel – Gyandarshan every day from 6.30 p.m. to 7.00 p.m. **Audio programmes:** Broadcast on Gyanvani-105.6 MHz FM channel every Friday, Saturday and Sunday from 8:30 a.m. to 9:00 am and repeat broadcast from 3:30 pm to 4:00 pm.

Use of Audio and Video Materials at NIOS

The audio and video cassettes and CDs are made available to the learners through the Accredited Institutes (AIs and AVIs) of NIOS all over the country. The co-coordinators of such AIs and AVIs are expected to make adequate arrangements to listen to the audio or to view the video programmes during the Personal Contact Programmes.

1. AUDIO PROGRAMMES

1.1 AUDIO PROGRAMMES FOR THE OPEN BASIC EDUCATION (OBE) PROGRAMME

Hindi

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
1	Suno Kahani Sunao Kahani	11.24	–	Listening
2	Sahi Dhang Se Sahi Bolna	8.40	–	Speaking
3	Sune Dhyan Se Kare Dhyan Se	4.45	–	Following instructions
4	Jane Bujhain Karein Sawal	6.10	–	Raising question
5	Kaise Karein Sawal	8.20	–	-do-
6	Kya Kathan Kya Varnan	7.35	–	Story telling
7	Mira Ki Chuppi	7.15	–	
8	Zara Likh Lijiye	6.02	–	Writing skills
9	Chiriya	7.05	–	Poetry
10	Kamyabi Ka Tabeez	6.24	–	Story
11	Gulmohar Ka Janam Din	2.53	–	Talk on telephone
12	Kuch Kaam Karo	2.08	–	Poetry
13	Char Mitra	2.52	–	Story
14	Vivekananda	2.10	–	Speech
15	Neeti Ke Dohe	1.34	–	Poetry
16	Kanya Kumari	4.21	–	Description and dialogue
17	Nachne Wali Ankhen	3.23	–	Story
18	Jhansi Ki Rani	4.51	–	Poetry
19	Gillu	2.19	–	Dialogue
20	Sushrut	3.24	–	Dialogue
21	Hum Dharti Ke Lal	3.14	–	Poetry
22	Pari Ki Bhait	6.53	–	Story
23	Idgah	4.06	–	Play
24	Pad	2.05	–	Poetry
25	Jhansi Ki Rani - Kaise Padhein	30	–	Poetry
26.	Bole Batiyaen	30	–	Discussion

Notes :

1. Audio programmes from 1 to 8 are available in one Audio Cassette.
2. Programmes from 9 to 24 are being made available in another Cassette.
3. Programmes Code 25 and 26 are Tutorials these are not available in Cassettes.

English

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
1	Let's Learn English-1	—	30	Tutorial
2	Lesson Reading	—	30	Tutorial
3	Smart Grammar-Using Can & May	—	30	Tutorial
4	Let's Learn English-4	—	30	Tutorial
5	Let's Learn English-5	—	30	Tutorial
6	Let's Learn English-6	—	30	Tutorial
7	Let's Learn English-7	—	30	Tutorial

Sanskrit

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
1	Lesson Reading	30	—	Tutorial
2	Lesson Reading	30	—	Tutorial

Mathematics

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
1	Introduction to Algebra	—	30	Tutorial
2	Ganit Ke Vidharthiyon ki Saamanya Galtiyen - Nidan Aur Sujhaav	30	—	Tutorial

Science

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
1	Matter Around us	30	—	Tutorial
2	Progress in Food Grain Production	30	—	Tutorial
3	Study of Nature	30	—	Tutorial
4	Healthy Life Cleanliness	30	—	Tutorial

Social Science

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
1	The Rise of Cities and Trade	30	–	Tutorial
2	The Story of Agriculture	30	–	Tutorial
3	Sanskrit	30	–	Tutorial

Home Science

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
1	Air and Water	30	–	Tutorial

1.2 AUDIO PROGRAMMES FOR THE SECONDARY EDUCATION

Hindi (201)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
201/A-1	Tel Ki Dhar	15	–	Story
201/A-2	Wo Mani Hai Santosh	8	–	Poem
201/A-3	Jhagare Kyon	7	–	Talk
201/A-4	Platform	5	–	Dialogue
201/A-5	Bhashan (Speech)	6	–	Speech
201/A-6	Samachar Bulletin (News)	6	–	News
201/A-7	Doorbhash	8	–	Telephonic Conversation
201/A-8	Durghatna	6	–	Drama
201/A-9	Kalpnaa Khel	10	–	Game
201/A-10	Uchcharan	6	–	Pronunciation
201/A-11	Sangam, Anutan aur Balaghath			Intonation etc.
201/A-12	Kahani	8	–	Story
201/A-13	Bhoomika Nirwah	5	–	Role-Play
201/A-14	Varnan	7	–	Description
201/A-15	Ankhon Deha Haal	4	–	Commentary
201/A-16	Sandhi Aur Samas ka Vyavaharik Prayog	30	–	Tutorial
201/A-17	Bolein Kaise	30	–	Tutorial

*The above audio programmes are available in two cassettes (from 1 - 7 in one cassette and 8 - 15 to another cassette). Serial No. 16 and 17 are tutorials and not available in cassettes.

English (202)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
202/A-1	A Telephone Conversation	–	7	Listening and Speaking Module
202/A-2	A Conversation on Favourite Pastimes	–	5	-do-

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
202/A-3	Announcements in Examination Hall	–	7	-do-
202/A-4	Asking for Directions	–	5	-do-
202/A-5	Announcement at Public Places	–	5	-do-
202/A-6	The Bag	–	7	-do-
202/A-7	A Report on the Nine Day Meditation Camp at Tihar Jail	–	13	-do-
202/A-8	An Introduction to Dr. Kiran Bedi: The Wonder Women	–	5	-do-
202/A-9	Each One Teach One	–	6	-do-
202/A-10	Cricket Star Kapil Dev	–	4	-do-
202/A-11	A Quiz on Cricket	–	3	-do-
202/A-12	Instructions on How to Fill a Money Order Form	–	7	-do-
202/A-13	Big Brother and Leisure	–	30	Tutorial
202/A-14	Tiger in the Tunnel and the Road not Taken	–	30	Tutorial

* The above programmes S.No. 1 - 12 are available in one cassette and the Programmes No. 13 - 14 are tutorials for broadcast.

Urdu (206)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Urdu		
206/A-1	Ghalib	30	–	Tutorial
206/A-2	My Bicycle	30	–	Old Syllabus
206/A-3	Adminama	30	–	Tutorial
206/A-4	Drama	30	–	Tutorial
206/A-5	Urdu Hamari Jaban	30	–	Tutorial
206/A-6	Nazir Akbarabadi ki Nazam-Adminama	30	–	Tutorial
206/A-7	Meer-taki - Meer ki gazalgoi	30	–	Tutorial
206/A-8	Shariyar aur Firaq Ghorakhpuri ki gazalgoi	30	–	Tutorial
206/A-9	Firaq Ghorakhpuri ki ek gazal	30	–	Tutorial
206/A-10	Kabir	30	–	Tutorial
206/A-11	Sun-E-Quatib	30		Tutorial

Sanskrit (209)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Sanskrit		
209/A-1	Prerna	30	–	Tutorial
209/A-2	Sadachar	30	–	Tutorial
206/A-3	Uchcharnasya Mahattwam	30	—	Tutorial

Mathematics (211)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
211/A-1	Number System	–	30	Tutorial
211/A-2	Story of Numbers	–	30	Tutorial
211/A-3	Tribhuj aur unke Prakar	–	30	Tutorial
211/A-4	Quadrilaterals and their Classification	–	30	Tutorial
211/A-5	History of Mathematics	–	30	Tutorial
211/A-6	Common Errors in Mathematics and Remedial Suggestions	–	30	Tutorial

Science and Technology (212)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
212/A-1	Vayu	30	–	Tutorial
212/A-2	Gharshan Vidhut aur Vidhut Aveshon ke Gun Dharm	30	–	Tutorial
212/A-3	Padarth ki Avasthain	30	–	Tutorial
212/A-4	AIDS	30	–	Tutorial
212/A-5	Parmanu ki Kahani	30	–	Tutorial

Social Science (213)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
213/A-1	An Overview of Our Freedom Struggle	30	–	Tutorial
213/A-2	The Evolution of Human Society	30	–	Tutorial
213/A-3	Human Rights	–	30	Tutorial

Economics (214)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
214/A-1	Population and Development	–	30	Tutorial
214/A-2	Consumer Awareness	–	30	Tutorial

Computer Science (711)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
1.	Aao computer ke bare mein jaane	30	–	Tutorials

Business Studies (215)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
215/A-1	Large Scale Retail Trade	–	30	Tutorials
215/A-2	Wise Buying	–	30	Tutorials
215/A-3	Savings and Investment	–	30	Tutorials
215/A-4	Structure of Business	–	30	Tutorials
215/A-5	Sole Proprietorship	–	30	Tutorials
215/A-6	Sanskrit Samiti	30	–	Tutorials

Home Science (216)

Prog. Code	Title of the Programmes	Duration in Minutes		Remarks
		in Hindi	in English	
216/A-1	Home and Home Decoration	–	30	Tutorials
216/A-2	Bhojan Aur Uske Poshak Tatva	30	–	Tutorials
216/A-3	Parivar	30	–	Tutorials
216/A-4	Sishu Vikas ke Siddhant	30	–	Tutorials
216/A-5	Bhojan Pakane ki Vidhiya	30	–	Tutorials
216/A-6	Selection of Clothing	–	30	Tutorials
216/A-7	Summer Dressing	–	30	Tutorials
216/A-8	Nutritional Care of Infants	–	30	Tutorials
216/A-9	Nutritional Requirement of Women	–	30	Tutorials

Sahaj Sangeet Vidya (609)

Prog. Code	Programme	Duration in Minutes	
		in English	in Hindi
	Introduction	00:56 Sec.	1:31
609/A-1	Dhrupad-Raga Bhairavee	07:00	7:00
609/A-2	Khayal-Raga Marwa	06:00	6:36
609/A-3	Raga Yaman	06:27	6:11
609/A-4	Raga Bhupali	09:25	9:35
609/A-5	Raga Khamaj	04:42	9:35
609/A-6	Dadra-Raga Mishra Kirwani	07:41	7:42
609/A-7	Tappa Raga Bhairavee	06:50	6:25
609/A-8	Tarana-Raga Bilawal	08:28	7:49
609/A-9	Geet-Tum Nirmohi Ajahu Na Aaye	04:00	4:06
609/A-10	Ghazal-Aaj Jane Ki Zid Na Karo	05:28	5:28
609/A-11	Bhajan-Mero Mann Ram Hi Ram Rate	05:00	5:00
609/A-12	Balihari Nizam Tori Surat Pe	06:30	6:27
609/A-13	Tu Jahan Jahan Chalega	03:26	3:29
625/A-1	Carnatic Music-1	30.00	-
625/A-2	Carnatic Music-2	30.00	-
625/A-3	Carnatic Music-3	30.00	-
625/A-4	Carnatic Music-4	30.00	-

Audio Programmes in Regional Languages:

Marathi (204)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Marathi	in English	
204/ A-1-12	Marathi	107	—	Total 12 prog.

Telugu (205)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Telugu	in English	
205/ A-1-10	Telugu	127	—	Total 10 prog.

Bengali (203)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Bengali	in English	
203/ A-1-12	Bengali	78	—	Total 12 prog.

1.3 AUDIO PROGRAMMES FOR THE SENIOR SECONDARY EDUCATION

English (302)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
302/A-1	Introduction, Two Geniuses	—	7.08	Listening and Speaking Module
302/A-2	Caring for Others	—	3.50	Listening and Speaking Module
302/A-3	Inviting People	—	3.40	Listening and Speaking Module
302/A-4	Taking and Conveying Messages	—	4.10	Listening and Speaking Module
302/A-5	Formal and Informal Styles in Speech	—	4.50	Listening and Speaking Module
302/A-6	A Visit to Delhi	—	3.30	Listening and Speaking Module
302/A-7	Looking After Puppy	—	5.55	Listening and Speaking Module
302/A-8	Two Songs: i) Let's Wipe the tears, ii) Two Wings to Fly	—	6.50	Listening and Speaking Module

*Above programmes 1 - 8 are available in one cassette.

Urdu (306)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Urdu	in English	
306/A-1	Agle Janam Mohe Bitiya Na Kijo	30	—	Tutorial
306/A-2	Ghalib ki Ghazal aur Falsafiyana Shayri	30	—	Tutorial
306/A-3	Nazm Ka Irtika	30	—	Tutorial
306/A-4	Afsanvi Adab Ka Irtika	30	—	Tutorial
306/A-5	Afsanvi Adab Aur Dastanvi Adab	30	—	Tutorial

306/A-6	Ismat Chughtai Aur Chauthi Ka Jora	30	–	Tutorial
306/A-7	Drama Nigari Aur Krisan Chandar ka Drama Darwaje Khol Do	30	–	Tutorial
306/A-8	Drama-Insa Allah Khan	30	—	Tutorial
306/A-9	Ali Sardar Zaafrī Ki Nazm Neend	30	—	Tutorial
306/A-10	Sir Syyad Aur Unka Mazmoon	30	—	Tutorial
306/A-11	Simali Hind mein Urdu Ghazal Ki Tarikh aur Momin tatha Atis ki Shayri	30	—	Tutorial
306/A-12	Urdu Ghazal ki Tarikh	30	—	Tutorial
306/A-13	Marsia	30	—	Tutorial

Biology (314)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
314/A-1	Vayu Pradushan	30	–	Tutorial
314/A-2	Jaiv Vikas	30	–	Tutorial
314/A-3	Jal Pradushan	30	–	Tutorial
314/A-4	Vaigyanik Jigyasha	30	–	Tutorial
314/A-5	Jeevon Ka Vargikaran	30	—	Tutorial

Chemistry (313)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
313/A-1	Dainik Jeevan main Rasayan Shastra Ka Yogdan	30	–	Tutorial
313/A-2	Dravya Ki Sanrachna aur uske Gun Dharm	30	–	Tutorial

Business Study (319)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
319/A-1	Joint Stock Company	–	30	Tutorial

Accountancy (320)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
320/A-1	Accounting and its Assumptions, Concepts Conventions	–	30	Tutorial
320/A-2	Accounting Terms and Accounting Equation	–	30	Tutorial
320/A-3	Journal	–	30	Tutorial
320/A-4	Financial Statement	–	30	Tutorial

History (315)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
315/A-1	Itihas – Iska Charitra, Sarthaktha aur Upadeyata	30	–	Tutorial
315/A-2	Ashok aur Uska Yug	30	–	Tutorial

Home Science (321)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
321/A-1	Meal Planning	–	30	Tutorial
321/A-2	Jeevan Ka Prarambh	30	–	Tutorial
321/A-3	Garbhaawastha	30	–	Tutorial

Psychology (328)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
328/A-1	Psychology: An Introduction	30	–	Tutorial
328/A-2	Sikhne Ka Samprataya Tatha Prakar	30	–	Tutorial
328/A-3	Prakarti ke Sarokar	30	–	Tutorial
328/A-4	Carrier-1	30	–	Tutorial
328/A-5	Carrier-2	30	–	Tutorial
328/A-6	Self-Esteem	30	–	Tutorial
328/A-7	Stress Management	30	–	Tutorial

Computer Science (330)

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
330/A-1	Data Communication and Networking	30	–	Tutorial
330/A-2	Anatomy of Digital Computer	30	–	Tutorial

1.4 AUDIO PROGRAMMES ON GENERAL TOPICS

Prog. Code	Title of the Programme	Duration in Minutes		Remarks
		in Hindi	in English	
Gen/A-1	The Missing Girl Child in India	–	30	Tutorial
Gen/A-2	How to Read	30	–	Tutorial
Gen/A-3	Rajyabasha Hindi	30	–	Tutorial
Gen/A-4	Bharatiya Sanskriti	30	–	Tutorial
Gen/A-5	How to Listen	30	–	Tutorial
Gen/A-6	Seekhne ke Kaushal	30	–	Tutorial
Gen/A-7	Padho Likh Aao Badhalo Gyan	5	–	Tutorial
Gen/A-8	Padhne Likhne Se Nahi Daro	5	–	Tutorial
Gen/A-9	NIOS Ka Ahavan: Jab Chaho do Exam	5	–	Tutorial
Gen/A-10	Sab Padhen Aage Badhen	5	–	Tutorial
Gen/A-11	NIOS Ka Ahavan	4	–	Tutorial
Gen/A-12	NIOS Shiksha Ka Vardan Hai	5	–	Tutorial
Gen/A-13	Siksha Ka Maan Karen Aao Samman Karen	7	–	Tutorial
Gen/A-14	NIOS ka Ahavan	5	–	Tutorial
Gen/A-15	Tips for Examinations	–	30	Tutorial
Gen/A-16	Swasthya Chintan – HIV AIDS-1	30	–	Tutorial
Gen/A-17	Swasthya Chintan – HIV AIDS-2	30	–	Tutorial
Gen/A-18	Swasthya Chintan – HIV AIDS-3	30	–	Tutorial
Gen/A-19	Swasthya Chintan – HIV AIDS-4	30	–	Tutorial
Gen/A-20	Consumer Movement and Consumer Education	30	–	Tutorial

Gen/A-21	Fikre Sehat-1	30 (Urdu)	—	Tutorial
Gen/A-22	Fikre Sehat-2	30 (Urdu)	—	Tutorial
Gen/A-23	Fikre Sehat-3	30 (Urdu)	—	Tutorial
Gen/A-24	Fikre Sehat-4	30 (Urdu)	—	Tutorial
Gen/A-24	Apni Samajh Ka Dosh-1	30	—	Tutorial
Gen/A-25	Apni Samajh Ka Dosh-2	30	—	Tutorial
Gen/A-26	Apni Samajh Ka Dosh-3	30	—	Tutorial
Gen/A-27	Apni Samajh Ka Dosh-4	30	—	Tutorial
Gen/A-28	Apni Samajh Ka Dosh-5	30	—	Tutorial
Gen/A-29	Apni Samajh Ka Dosh-6	30	—	Tutorial
Gen/A-30	Rang Hamari Mutthi Mein- Episode-1	15	—	Tutorial
Gen/A-31	Rang Hamari Mutthi Mein-Episode-2	15	—	Tutorial
Gen/A-32	Rang Hamari Mutthi Mein-Episode-3	14	—	Tutorial
Gen/A-33	Rang Hamari Mutthi Mein-Episode-4	—	15	Tutorial
Gen/A-34	Rang Hamari Mutthi Mein-Episode-5	—	14	Tutorial
Gen/A-35	Rang Hamari Mutthi Mein-Episode-6	—	13	Tutorial
Gen/A-36	Rang Hamari Mutthi Mein-Episode-7	—	13	Tutorial
Gen/A-37	Rang Hamari Mutthi Mein-Episode-8	—	14	Tutorial
Gen/A-38	Rang Hamari Mutthi Mein-Episode-9	—	13	Tutorial
Gen/A-39	Rang Hamari Mutthi Mein-Episode-10	—	14	Tutorial
Gen/A-40	Chalo Padhen	14.22	14.22	Tutorial
Gen/A-41	Impact of Media on Adolescents	14.55	14.50	Tutorial
Gen/A-42	Choosing the Right Career	14.03	14.56	Tutorial
Gen/A-43	Consequences of Early Marriage	15.00	14.03	Tutorial
Gen/A-44	Stress and its Management	14.44	14.25	Tutorial
Gen/A-45	Peer Pressure	14.55	14.06	Tutorial
Gen/A-46	Food and Nutrition during Adolescence	15.00	13.48	Tutorial
Gen/A-47	Empathy and Important Life Skills	14.23	14.27	Tutorial
Gen/A-48	Historical and Philosophical Base of NIOS Functionaries-1	16.46	14.12	Tutorial
Gen/A-49	Accredited Institutions and Student Support Services-2	15.33	14.04	Tutorial

Gen/A-50	Instructional Strategies for Open Schooling-3	13.53	12.31	Tutorial
Gen/A-51	Operational Strategies for Coordinators and Academic Facilitators -4	10.33	09.11	Tutorial
Gen/A-52	Training of Trainers	12.58	11.02	Tutorial
Gen/A-53	Personal Contact Programme-1	22.00	—	Tutorial
Gen/A-54	Personal Contact Programme-2	23.00	—	Tutorial

2. VIDEO PROGRAMMES

2.1 VIDEO PROGRAMMES FOR THE OPEN BASIC EDUCATION (OBE)

Prog.	Title	Language	Duration in Minutes	
Code-1.	Ekai Dahai Saikda	Hindi	08.00	-

This programme depicts how mathematical concepts, like place value, could be made easy to comprehend by OBE level learners using play way methods. The programme highlights that in playful group activities, the learners not only learn faster but also develop feelings of cooperation and friendship.

2.	Khel Khel Mein Jodo Ghatao	Hindi	17.44	–
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As the title of the film shows, the film relates to the subject of Mathematics. The film depicts how to add a value to another and how to subtract one value from another. The important thing is that the process of adding and subtracting has been explained through a game using paper cards having a number and plus minus sign on each of them. Interpersonal interaction is also developed through this film.

3.	Phool Khile Kaliyan Muskaein	Hindi	11.19	—
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The film describes various parts of flower in a very effective and dramatic manner. Different sections of flower have been shown by their biological names like calyx, corolla, androeciun, gynoecium, style, stigma, and pollens etc. The process of pollination is well described. Formation of fruit has also been shown in the film. Types of pollination have been nicely depicted through appropriate examples.

4.	Vidyut Utpadan Evem Vitran	Hindi	10.32	—
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The programme deals with the basics of electricity production/generation. Scenes of dam and turbines make the programme very effective and video worthy. Every process of the electricity generation has been shown in the video. How electricity is distributed to the houses and industry has also been shown. It is a good programme for the learners.

5.	Anokha Swad	Hindi and English	23.00	23.00
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This video programme depicts an elderly women demonstrating to her grand daughters how seasonal fruits and vegetables can be preserved for long time using common home grown skills in making pickles, *murrabbas*, sharbat, squash, etc. The viewers can easily learn and apply the recipes shown in the programme for preparing the same tasty and nutritive.

2.2 VIDEO PROGRAMMES FOR THE SECONDARY EDUCATION COURSE

Hindi (201)

Prog. Code	Title	Language	Duration in Minutes	
			in Hindi	in English
201/V-1	Jab Ek Din Calendar Bola	Hindi	10.00	–

This programme presents the importance and need of language-use in data organisation which can be expressed in different forms like flowchart, pie chart, tree-diagram, etc. Such forms of data organisation help in considerable savings of time and energy. This aspect has been depicted through interaction between an office employee of a company and an imaginative character representing the viewpoint of a calendar for effective communication.

Urdu (206)

206/V-1	Urdu Hai Jis Ka Naam	Urdu	20.40	–
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Besides presenting a brief history of the Urdu language, this programme offers a glimpse of the important feature of this language. The Ghazal and a small play have been used to highlight the beauty of the Urdu language.

206/V-2	Ghazal	Urdu	28.38	—
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The programme is based on the history of Ghazal and its development. Important features of Ghazal, a popular form of Urdu poetry, have been described in the present programme. The contribution of various legendary ghazal writers and poets like Mir, Daag, etc., has been highlighted in this programme.

206/V-3	Fiction	Urdu	28.20	—
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This programme deals with various forms of fictions in Urdu literature like Dastan, Novel Afsana, etc. Various aspects like plot, kirdar, etc., related to Urdu fiction, called Dastan, have been explained through interaction between the student participants and an expert in Urdu. Works of popular writers like Prem Chand and Rajinder Singh Bedi have also been discussed in detail in this programme.

206/V-4	Nazm	Urdu	26.00	—
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A brief history of Nazm – a form of Urdu poetry - has been described in this programme. Besides this, the work of classical Poets like Hali, Nazeer Akbarabadi etc., and some of the present day exponents of this art form, have also been highlighted in the programme.

206/V-5	Marsia	Urdu	25.43	—
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Marsia is one of the forms of Urdu poetry. In this form of poetry, the poet expresses sorrow and grief after death. Most of the Marsias are written on the harassment and torture of Hazrat Imam Hussain in Karbala. In this course, famous Marsia of the poet Mir Anis have been included so that the students could understand the feeling which the poet has expressed about Hazrat Hussain.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Urdu	in English
206/V-6	Sir Syed aur Unka Mazmoon	Urdu	26.39	—

In English, 'Mazmoon' is called essay. Through 'Mazmoon', Sir Syed has tried to explain how to write an essay, which was a new born of literature at that time. After studying this Mazmoon, students will also be able to know about Sir Syed Ahmed Khan.

206/V-7	'Aazamaish': Ek Urdu Drama	Urdu	29.30	—
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Through this video programme on 'Aazamish', the author has tried to express how to perform a drama. This film reveals the history of Urdu drama and prominent dramatists of Urdu language. The present status of drama in Urdu language has been discussed.

206/V-8	Meer Anees Ka Marsia	Urdu	27.30	—
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The programme deals with the definition of Marsia. Marsia is a style of Urdu Poetry that is specially written on the occasion of "Waqyat-e-Karbla" that is the Shahadat of Imam Hussain. Meer's Life style has also been depicted in the film. How Meer Nazeer became famous marsia writer and why he was called the legendry Urdu poetry writer has been well described. At the end of programme, questions of the learner's have been answered by experts.

206/V-9	Nazeer Akbarabadi Ki Awami Shiari	Urdu	26.05	—
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The programme depicts the life style of Nazeer Akbarabadi. Nazeer was well known as Awaami Shayar and the reason for the same has been described by the experts in the programme. Nazeer Akbarabadi's style of poetry was well elaborated in the programme with the help of good examples of his "Shayries". Learners Questions were also answered by the subject experts at the end of the programme.

206/V-10	Khuda-E-Sukhan MEER	Urdu	29.45	—
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The programme depicts the life style of Meer and classical shayri discussed in the film. Urdu Ghazals of Meer was a key point of discussion. Subject Expert elaborated how Meer was different from other poets of Urdu Shayri and Meer was known as "Khuda-E-Sukhan". In total programme is very effective. Learners queries about Meer and his shayries were also answered effectively.

206/V-11	Firaque Gorakhpuri ki Classical Shayri	Urdu	29.12	—
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The programme deals with the life style of Firaque Gorakhpuri. How Firaque Gorakhpuri adopts the traditional style of Urdu Ghazal has been well elaborated. He established the style of classical shayries in the modern age. Learners queries were also answered by the expert.

206/V-12	Ghalib ki Shairi	Udru	27.25	—
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The programme depicts various stages of Ghalib's life style and his poetic specialties. Experts elaborated his shayries and their forms. Learners' questions were also answered by the experts at the end of the programme.

Prog. Code	Title	Language	Duration in Minutes	
			in Hindi	in English
206/V-13	Eid Gaah	Urdu	23.25	—

Eid Gaah is Urdu short story written by Munshi Prem Chand. The Film effectively elaborates the style of Munshi Prem Chand's short story. The moral of the story has also been described. Two subject experts elaborated the basics of the story, its types, style and basic skill of story writing. Learners' question was also answered by the experts at the end of the programme.

206/V-14	Urdu mein Script Writing Aur Reporting	Urdu	28.50	—
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This video programme showcases a lively discussion among a panel of some eminent Urdu script writers explaining the dynamics of script writing for TV and Radio media. Experts tips on do's and don'ts of writing scripts for documentary, fiction, talk shows, radio magazine show and news reporting etc., forms the highlights of this video programme.

206/V-15	Meer Anis aur Marsia	Urdu	29.50	—
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“Marsia” is one of the Genre of Urdu poetry which took epic telling in Urdu Poetry to its very heights. Mir Anees was undoubtedly the pioneer of their Genre “Marsia”. This programme highlights the poetic characteristics of Marsia and Mir Anees.

206/V-16	Urdu Hamari Jaban Aur Tallaffuz	Urdu	29.50	—
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The lyrical beauty of any language lies in its presentation and personification. One of the main source of sweetness of Urdu language is the perfect setting of its words and their right pronunciation. This programme sheds light on Urdu pronunciation.

Mathematics (211)

211/V-1	Profit and Loss	Hindi and English	12.00	10.20
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This programme deals with the basic concepts of percentage, profit and loss and discount. These concepts have been introduced with the help of real-life shot of shops and vendors. Few solved examples have also been depicted in the programme to highlight the concepts. The programme poses few problems for the students and explains how to solve them.

211/V-2	Area	Hindi and English	16.00	16.00
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This programme explains the concept of area of plane, its unit and method of its measurement. It also demonstrates why the square of 1 cm is an appropriate unit for measuring the area of plane figures. Application of the formulae for calculating areas of different geometrical figures has been explained for different situations. The method for computation of the area of the walls of a house has been demonstrated through activities.

Prog. Code	Title	Language	Duration in Minutes	
			in Hindi	in English
211/V-3	Banking System	Hindi and English	17.37	17.00

Actual working of a bank has been highlighted in this programme. Various activities, normally carried out in a bank have been explained in this programme. The concept of banking, various types of accounts, their special features and need have also been explained. The method of computation of interest in a Savings Bank account has been described with the help of few examples from daily life.

211/V-4	Circle	Hindi and English	14.00	14.40
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This programme deals with a very common geometrical figure viz., circle. The programme depicts 'circle' as one of the simplest geometrical figures with widest possible use in our daily life. The use of the circle, its properties and special features has been described with the help of several common examples. The example of the road being tangential to the wheel of a moving vehicle (bus) has been included as an example of application of the abstract mathematical concept of tangents.

211/V-5	Statistics through Graphs	Hindi and English	15.00	15.20
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This programme introduces one of the most widely applied branches of Mathematics, viz., 'Statistics'. Besides explaining the need for studying statistics, the programme explains the basis of the 'Statistics', its terminology and special features. The use of various statistical diagrams, their construction and interpretations have also been highlighted in the programme.

211/V-6	Geometry Around Us	Hindi and English	16.00	16.00
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This programme highlights the importance of the study of Geometry and describes various applications of Geometry in daily life. The presence of Geometry in nature around us that appeals to our aesthetic sense has also been covered in the programme. Besides highlighting the use of Geometry and various geometrical shapes in construction of buildings, bridges, dams, etc. the programme highlights the use of geometry by craftsmen, potters, artisans and architects also.

211/V-7	Lines and Angles	Hindi and English	13.00	13.00
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This programme deals with the meaning of lines, line segment, rays and their differences. This programme also shows drawing of lines and angles. The application of lines and angles in different situations has also been shown in the programme. The concept and application of parallel lines and perpendicular lines has also been shown in this programme. The real life applications of parallel lines by focusing on railway lines and construction of buildings have been described in the programme.

211/V-8	Triangles	Hindi and English	11.00	10.20
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This programme deals with one of the most important polygons viz., the triangle. Besides highlighting different properties of a triangle, various applications of the triangles have been explained in the programme. The programme focuses on different types of triangles.

Prog. Code	Title	Language	Duration in Minutes	
			in Hindi	in English
211/V-9	Congruency and Similarity	Hindi and English	15.00	15.10

This programme brings out the distinction between two very important concepts in Geometry, viz., the concept of congruency and similarity. Special properties of congruent and similar triangles have been explained. Activities like cutting and folding of papers have been extensively used in the presentation to give clear visual inputs.

211/V-10	A Quadrilateral	Hindi and English	13.28	13.28
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This programme deals with the geometrical figure ‘Quadrilateral’. The meaning, types and properties of quadrilaterals have been explained through activities and graphs. Specific properties of special types of quadrilaterals have also been explained in this programme.

211/V-11	Real Number	Hindi and English	14.00	11.55
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This programme reviews rational numbers and creates the need for real numbers. It is an activity-based programme in which real numbers have been defined and their properties have been explained with the help of examples. Computer graphics and animation have been used to make the programme more lively and enjoyable.

211/V-12	Rational Number	Hindi and English	13.05	12.50
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This programme on the number system reviews integers and highlights the need for fractions. The extension of number system to rational number is done on the basis of the concept of fraction. The whole programme proceeds with computer graphics and animated figures.

211/V-13	Integers	Hindi and English	11.30	11.10
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This programme is about the need of numbers in our daily life and deals with the different stages of the expansion of number system i.e., from natural numbers to integers. The basic mathematical operations like addition, subtraction, multiplication and division have been explained through various examples.

211/V-14	Computer – An Introduction	Hindi and English	10.40	09.45
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This programme justifies the study of computers and cites various applications of computers in daily life. It explains various stages of development of computers and highlights various types of computers. The contribution of the persons who are responsible for this remarkable gift to mankind has also been mentioned.

211/V-15	Algorithm and Flow Chart	Hindi and English	10.55	10.45
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This programme highlights the role of flow charts in feeding instructing and information into the computer in a particular order so that the computer functions in the right direction. The unique feature of this programme is the way the concept of flow chart has been described with the help of various examples and activities. This programme also shows the characteristics of various programming languages.

Prog. Code	Title	Language	Duration of Minutes	
			in Hindi	in English
211/V-16	Volume and Surface Area	Hindi and English	14.50	14.40

This programme deals with the application of formulae to find out volume and surface area of solids of different sizes and shapes in our daily life. The uses of these concepts in our daily life have been presented through computer graphics and group activities. This programme also shows why a cube of side 1 cm is used as the standard unit for measuring volume.

211/V-17	Pythagoras Theorem	Hindi and English	12.20	12.40
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This programme deals with a very interesting property of a right-angled triangle and highlights the contribution of Pythagoras in this regard. With the help of this property, the methods of finding the height of mountain peaks and distances between stars and their sizes have been explained. The use of this property has been shown with the help of some examples.

211/V-18	Statistics	Hindi and English	17.30	16.40
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In this programme, the methods of collecting information and their importance have been highlighted. This programme shows various ways in which we can process data to get the much desired information. The terminology and special features of the study of Statistics are also covered in a dramatization format.

211/V-19	Height and Distance	Hindi and English	13.50	13.55
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In this programme, the methods of finding values of T-Ratios for angles and their use to find unknown heights and distances have been described. This programme also shows how “Scientific Computer” is used for finding these values. It also shows how to use Clinometers to measure an angle. The angles of depression and elevation have also been explained through various examples using animated figures.

211/V-20	Trigonometry- An Introduction	Hindi and English	15.50	16.25
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This programme deals with application of Pythagoras theorem and other properties of a triangle in our day-to-day life. Its applications have been demonstrated by taking some common examples like finding the height of a pole without climbing on it. The ratios and the relations between the sides and angles of right angle triangle have been shown with the help of computer graphics. A few trigonometric identities have also been covered in the programme.

Science and Technology (212)

212/V-1	Pendulum	Hindi and English	14.56	15.45
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The programme starts with a number of examples of oscillatory motion in our daily life. It describes some experiments performed with the help of a pendulum. The first experiment is to find the time period of different amplitudes. In the second experiment, the time period has been computed for different lengths of the pendulum. The programme concludes with the findings of these experiments, emphasizing the need of the exact and accurate measurement.

Prog. Code	Title of Programmes	Language	Duration of Minutes	
			in Hindi	in English
212/V-2	Archimedes Principle	Hindi and English	11.00	11.20

The programme deals with the Archimedes Principle and its uses in our daily life. The programme explains the conditions of floating bodies. The programme also shows an experiment to measure the up-thrust on a body. A laboratory experiment has also been explained to verify the Archimedes' Principle to emphasise the importance of up thrust on a body in a liquid. Theory and experiment is well knit in the programme. A number of examples have been included to highlight the principle in our daily life.

212/V-3	Let's Measure Length	Hindi and English	18.00	17.35
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This programme deals with standardization of units and highlights the concept of the least count of different scales for measurement of length. The main focus of the programme is on the description of construction, working and principle of vernier calipers and the screw gauge. The importance of the least count and the zero error of these instruments has been highlighted. The methods of using these instruments and recording the final reading have also been explained.

212/V-4	Our Food	Hindi and English	25.00	25.00
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This programme highlights the importance of food in providing energy and strength for keeping our body fit and healthy. Besides highlighting the dependence of animals and human beings on plants for food, the importance of the sun, air and water for making food has also been highlighted. The muscular system, nervous system, excretory system, circulatory and digestive system of the human body have been explained highlighting the functions of the organs of these systems. The chemical composition of food as proteins, fats, carbohydrates are dealt with in detail with suitable examples.. The cause and prevention of different types of deficiency and malnutrition diseases have also been covered. Besides highlighting the importance of personal hygiene, food habits and other sanitary conditions, the programme has touched upon the causes and prevention of various diseases like cholera, typhoid, jaundice etc.

212/V-5	Materials Around Us	Hindi and English	11.00	11.00
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This programme begins by distinguishing between natural and man-made materials with sufficient number of examples of such materials. The materials of common use like glass, cement and materials for clothing like cotton, wool, silk, nylon etc., has been mentioned. Further it highlights monomers and polymers. Several other materials like paints, soaps, detergents have also been described highlighting effects on pollution. Petroleum products, their uses and harmful effects have also been described with examples. The materials used in the field of medicines and in agriculture like fertilizers and insecticides have also been highlighted. The programme concludes with a message to conserve natural resources.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
212/V-6	Simple Machines	Hindi and English	12.55	12.30

This programme highlights different types of simple machines like lever, pulley, wheel and axil, inclined plane, screw, wedge etc., commonly used in our daily life. The working principle of each machine has been explained through graphics and diagrams. A few illustrations of complex machines like pump, sewing machine, etc., have also been highlighted in the programme.

212/V-7	Atmospheric Pressure	Hindi and English	11.35	11.18
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This programme is about atmospheric pressure and its applications in our daily life. With the help of an experiment, the programme explains that anything having weight pushes or presses other things. Besides highlighting the factors affecting atmospheric pressure, the programme also displays the units and the instruments used for measuring atmospheric pressure. Live shots as well as diagrams and animation have been used to enrich the programme.

212/V-8	Electric Current	Hindi and English	12.30	12.15
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This programme starts with an introduction to electric current or electricity. The electrons and their flow have been explained with the help of the experiments. The Coulomb's Law and its applications have also been described in the programme. Besides highlighting the conducting and some non-conducting substances, the concept of resistance and unit of current have also been explained. Definitions, diagrams and equations have been displayed through graphics and animations at different places.

212/V-9	Electromagnetism	Hindi and English	10.35	11.00
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The basic concept of electromagnetism and electricity, which we use for our domestic purposes, has been explained in this programme. In the first half of the programme, electromagnetism has been introduced with the help of three experiments. The generation of electricity due to the motion of a magnet and its applications in different domestic appliances like electric motor, fan and generator have been highlighted. The working principle and uses of electric generator have also been high-lighted. The programme deals with importance of domestic wiring and highlights various types of wires and household circuits. The basic principle of working of some of the electrical appliances of common use like electric bulb, electric iron and immersion heater have also been explained with the help of diagrams and graphics.

212/V-10	Description of Motion	Hindi and English	14.30	13.40
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Besides describing the basic concept of motion, the difference between rest and motion has been explained in the programme. The terms like distance displacement, speed and velocity have also been explained with the help of examples. Further, with the help of live visuals, graphics and animation, uniform and non-uniform motions have been differentiated. Before concluding, the programme explains acceleration and retardation with the help of live examples and offers a recap of the programme.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
212/V-11	Communication	Hindi and English	16.00	16.35

The programme deals with the means of communication and highlights various theories of communication. This programme depicts different types of means of communication including symbols and emotions. Besides marking differences between verbal and non-verbal communication, the programme also displays some devices through which communication is possible. The programme also explains the concepts like wavelength, frequency, amplitude and electromagnetic waves.

212/V-12	Nuclear Energy	Hindi and English	15.17	14.50
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This programme explains the meaning of nuclear energy, its uses and importance with the help of familiar examples. The main focus of the programme is to highlight the nuclear reactions like – nuclear fission and fusion, and to explain the principle of nuclear reactor. A brief introduction to the status of nuclear energy in India has also been given in the programme. Besides describing the harmful effects of nuclear energy, the problem of disposal of the nuclear waste has also been explained in the programme. The programme concludes with a recap of the programme.

212/V-13	Energy	Hindi and English	14.40	14.40
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The programme explains the term ‘energy’ and describes different kinds of energy. Different types of energies like kinetic energy, potential energy, radiation energy, magnetic energy and chemical energy have been highlighted in the programme. A few natural resources from which energy is drawn have also been given in the programme.

212/V-14	Tele- communication	Hindi and English	17.40	17.40
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This programme deals with the different types of waves used for communication. To begin with, a radio panel has been displayed to indicate medium waves (MW), short waves (SW), frequency modulation (FM) etc. Some devices which use electromagnetic waves for communication have also been highlighted. The programme also talks about video and sound signals and methods of their recording. Besides explaining the working of telephone and other wireless devices, some of the advanced technologies of communication like computer and compact disc have also been described in the programme.

212/V-15	Universe	Hindi and English	15.30	16.00
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The programme describes the formation of day and night and different seasons by correlating them with different types of motions of the earth. Besides explaining the different phases of the moon, reasons of lunar and solar eclipses have also been explained with the help of illustrations and live visuals. Different types of constellations have also been described. Further, while differentiating between stars and planets, a brief description of the nine planets of the solar family has also been given with the help of animated visuals.

212/V-16	Motion of Molecules	Hindi and English	11.23	09.55
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This programme explains the nature of movement of a molecule. The process of diffusion has been demonstrated in air as well as in water. The programme shows the involvement of such movements in food and O₂ molecules in the cells and the elimination of wastes i.e., elimination of CO₂ from the cell. The process of osmosis has been explained with the help of experiment. The programme shows the nature of fluids with regard to their viscosity by taking several examples like petrol, mobil oil etc. A comparison between the movements of objects in a factory and the movement of molecules has also been shown in the programme.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
212/V-17	Human Reproduction	Hindi and English	12.53	13.50

This programme emphasises that all organisms must reproduce for maintenance of their species. Various parts of the male and the female reproductive system have been described in the programme. The processes of formation and production of the ovum have been shown in relation to the menstrual cycle in females. The programme also shows various steps in fertilization, development and growth of the foetus. A special depiction has been made in the programme mentioning the basis of the determination of sex of the child. Towards the end, several aspects of a pregnant mother have been shown with regard to proper environment and nourishment etc. It suggests the right age group of females for having children and the importance of family planning and methods for achieving the same.

212/V-18	Skeleton Muscles and Movement	Hindi and English	12.20	11.00
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This programme highlights the need of the locomotary system in the animal world by showing different animals, each one in an active phase of movement either for food or for protection against enemies. The second part of the programme explains the need of the skeleton to give shape to the body and to provide attachment to muscles. The programme also brings out the differences between bone and cartilage and explains various kinds of joints and muscles, and shows the working of these muscles in movement and in various postures. The need of maintaining proper posture during various activities has also been highlighted.

212/V-19	Agricultural Practices	Hindi and English	12.12	12.30
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This programme throws light on those scientific and agricultural practices which are necessary to increase our food production. Various methods and techniques to increase production have also been explained and each part of those methods has been highlighted. Towards the end, the programme emphasizes that scientific and agricultural practices are the only means for achieving success in better food production.

212/V-20	Animal Husbandry	Hindi and English	12.08	12.30
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This programme focuses on the uses of animals and their classification. The programme shows different types of sheds for different types of animals which protect them from heat, cold, rain etc. This programme also shows prevention of various diseases like viral, bacterial and fungal diseases.

212/V-21	Wonders of Radio Activity	Hindi and English	13.47	13.40
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This programme begins with elucidation of the phenomenon of radioactivity in its entirety. The programme demonstrates the uses of radioactivity in various areas such as medicine, archaeology and other basic and applied sciences. The programme also highlights the pioneering contributions made by scientists like Henry Becquerel, who discovered radioactivity; and Nobel Prize winner Madam Curie in the field of radioactivity.

Prog. Code	Title	Language	Duration in Minutes	
			in Hindi	in English
212/V-22	Changes Around Us	Hindi and English	15.50	15.50

Everyday all of us experience change. In order to highlight this fact, this programme has been developed for learners at upper primary level. This programme depicts various types of changes which take place around us in our immediate environment.

212/V-22	Man and Environment	Hindi and English	14.20	14.40
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The programme highlights the characteristic features of the living and non-living constituents of our environment. The importance of environment for our survival and the uniqueness of the planet Earth for sustaining life has been described. The life sustaining conditions have also been mentioned in the programme. The constituents of biosphere such as hydrosphere, lithosphere and atmosphere have been described. The ecosystem with special reference to biotic and abiotic components has been explained with live examples. The food chain, food web and the energy flow have also been described emphasising their importance in maintaining natural balance. Besides describing the hazardous effects of environment pollution, the possible precautionary measures to control environmental pollution have also been suggested in the programme.

212/V-23	Vaayu Mandal Ke Ghatak	Hindi and English	23.42	23.58
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This programme deals with the Earth, its atmosphere and the layers of gases surrounding the Earth. A detailed view of atmospheric gases, layers of gases and their ratio has also been provided in the film. The Film depicts green house effect, importance of ozone layer shield, effects of chlorofluorocarbons and global warming. At the end of the programme, water and its relevance to Earth is described by using good visuals of forest, plants, ice etc. Illustrated explanation of temperature inversion is well depicted.

212/V-24	Projectile Motion	Hindi	14.03	
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The programme deals with the projectile motion and motion of an object in two directions: its path and various factors which are responsible for the moving object to take a curved path. Example of Gun Shot and throwing of Rubber band made it a very effective visual presentation of the concept of projectile motion.

Social Science (213)

213/V-1	Interaction between Man and Environment	Hindi and English	07.45	07.20
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This programme is about different patterns of interaction between man and environment. To illustrate how man has been living with his natural surroundings, given the environmental and cultural constraints, this programme shows how the tribal people in various countries of the world have over the years, learned to adapt and adjust with their natural habitats. This programme also shows how modern man, on the other hand, has learned to mould nature according to his own needs and requirements by constructing dams and canals, making deserts green and creating high-tech living environs even in harsh inhabitable natural regions such as the Antarctica.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
213/V-2	Utilisation and Management of Natural Resources	Hindi and English	09.55	10.34

This programme is about over-exploitation of the natural resources in the face of increasing demands of rapidly rising human population. This programme suggests ways and means that need to be adopted to achieve efficient management of the natural reserves of our planet, so as to ensure their availability for the present and future generations.

213/V-3	Population, Environment and Quality of Life	Hindi and English	09.52	11.00
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This programme depicts how man has exploited nature for his own survival. The programme shows the ways and means adopted by modern man in order to satisfy his ever-increasing needs and wants which has led to depletion of the natural resource base of the Earth. This has resulted in paucity of resources and coupled with unequal distribution of the resources among socio-economic groups in human societies. The programme also shows how these factors have contributed to the rising trends in poverty, hunger, diseases, unemployment, crime-rate and other such social evils in a developing country like India. This programme delves deep into such issues and suggests some corrective measures that are needed to alleviate the situation.

213/V-4	Contribution of Ancient Civilization	Hindi and English	10.25	10.42
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The programme documents a very important phase of human history, marked by the emergence of the Bronze Age civilization of the Indus Valley, China, Egypt and Sumer. Starting with a brief overview of the specific geographical and socio-cultural traits, the programme highlights the unique contribution of these civilizations in the field of science, arts, crafts and culture.

213/V-5	Cultural Heritage of India	Hindi and English	26.00	26.00
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This programme highlights our cultural achievements from ancient to modern times in the fields of science, medicine, astronomy, metallurgy, art and architecture and literature. The purpose of this programme is to educate the learners about the unique features that form the essence of our culture and civilisation which have universal appeal and relevance. Homage has also been paid to the brave soldiers who fought for the freedom of India.

213/V-6	Religions of India	Hindi and English	20.30	20.40
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This programme attempts to inform and educate the young generation about the unique features and essence of our religions, which have universal appeal. It highlights salient characteristics of religions of India viz., Hinduism, Jainism, Buddhism, Islam, Sikhism, Christianity, Zoroastrianism etc. Actual footage of tribal worship has been utilized to highlight religious practices of the tribal people.

213/V-7	We Govern Ourselves	Hindi and English	12.38	12.10
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This programme on governance relates to the subject of Political Science and is intended for learners of the Senior Secondary level. It presents an interactive classroom session involving a class teacher and her students through which we get to know how the representatives of Lok Sabha and State Assemblies are elected.

Prog. Code	Title	Language	Duration in Minutes	
			in Hindi	in English
213/V-8	Manav Sabhyata ka Vikas	Hindi	28.40	—

This video programme tells the story of growth of Human civilization from the prehistoric to Bronze Age, Copper Age and Iron Age periods, with particular focus on India subcontinent.

Business Studies (215)

215/V-1	Business Around Us	Hindi and English	15.00	15.00
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This programme starts with classification of activities from daily life under Economic Activities and Non-Economic Activities. This programme also acquaints the viewers with different types of businessmen like producers, wholesalers, transporters, packers, storekeepers and their roles in running the chain of business right from production of goods to delivery of goods to the consumer.

215/V-2	Nature and Scope of Business	Hindi and English	15.00	15.00
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This programme deals with three basic occupations, i.e., profession, employment and business and acquaints the viewers with their features. This programme shows how people occupied in these three occupations earn their livelihood by rendering goods and services. Proceeding with live visuals, this programme also throws light on the relationship between profession, employment and business. This programme also introduces trade and the services that support trade. The programme concludes by showing the interdependence of all the occupation.

215/V-3	Self- Employment Business	Hindi and English	15.00	14.45
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This programme defines self-employment by contrasting it with wage employment. This programme throws light on the resources necessary for self-employment. This programme also throws light on the term entrepreneurship.

215/V-4	Dak Ghar Bacchat Yojanaye	Hindi	21.00	-
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This programme on the subject of Business Studies has been prepared basically for the learners at Secondary level. The programme aims to apprise the learners and general public about various Savings Schemes of Post Office and their benefits.

Home Science (216)

216/V-1	Conservation of Nutrients	Hindi and English	11.50	11.36
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This programme highlights how the nutrients can be conserved at home. It includes the right use of correct washing and cutting practices. Also the use of pressure cooker is encouraged so as to save time and conserve nutrients.

Prog. Code	Title	Language	Duration in Minutes	
			in Hindi	in English
216/V-2	Children with Special Needs	Hindi and English	20.00	20.00

The programme deals with the issues related to the disabled children and strives to motivate them to continue their education. The Film is in a drama format and key focus is on empowerment of children with special needs. It touches the element of sensibility and care to deal with such children with special needs.

216/V-3	Cognitive Development in Middle Childhood	Hindi and English	20.40	19.56
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The programme deals with the Psychological term cognitive development especially in the middle childhood i.e. children of 6-11 years of age. What is the cognitive development has been described in the beginning of the programme. Physical Changes during this age, development of logical thinking and self-concentration have been dealt with effectively. The term reversibility was also described in the programme. The programme is very effective in terms of content elaboration.

216/V-4	Work Organization	Hindi and English	15:15	15:15
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The programme deals with work organization which is planning and performing ones work activities in such a way that they are completed in the allotted time and with minimum expenditure of energy. Doing the work in the right manner at the right time has been described in a drama format. Saving time through the use of work simplification techniques like sequence of work movements, use of labour saving devices, appropriate posture at work, dovetailing and use of shortcuts, etc, have been well depicted in the programme. Time and energy management are the salient features of the programme.

216/V-5	Preservation of Fruits and Vegetable	Hindi	17.05	—
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This video programme depicts various aspects and importance of food preservation. It also elaborates the detailed information about how fruits and vegetables can be preserved for a longer period. Various principles and techniques related to the preservation have also been discussed.

2.3 VIDEO PROGRAMMES FOR THE SENIOR SECONDARY EDUCATION COURSE

English (302)

Prog. Code	Title	Language	Duration in Minutes	
			in Hindi	in English
302/V-1	Introducing Yourself in different Situations	English	-	13.30

This programme depicts several ways of introducing ourselves in formal and informal situations. The programme enacts real life situations like interviews, social gatherings etc., to convey appropriate ways of introducing ourselves. It depicts characters representing varying age groups and with different regional (Indian) accents. The objective of this programme is to give exposure to learners about appropriate ways of self-introduction in their daily life.

302/V-2	Nosy Affair	English	-	10.00
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This programme deals with some of those phrases in the English language that uses the human nose in a figurative sense to convey a meaning. It depicts situations that highlight usage of expressions such as Paying through the nose, Poking the nose, to effectively drive home a point of discussion, argument and other forms of interaction. The objective of this programme is to encourage learners to use such phrases in daily speech so as to make communication crisp and effective.

Urdu (306)

306/V-1	Urdu Aur Mass-Media	Urdu	29.39	—
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The programme deals with various fields of Mass-Media like Print and Electronic Media. The key focus of the programme is on Electronic Media which includes Urdu News gathering, feature writing in Urdu, working with Radio and TV as an Anchor and a News Reader. Experts elaborated all the aspects very effectively and questions of the learners were also answered by the experts at the end of the programme.

306/V-2	Urdu aur Print Media	Urdu	27.10	—
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The programme focuses on writing for Print Media like Newspapers and Magazines. How a learner opts the field of Print Media and pursues career in the Urdu Print Media has been effectively depicted. Experts elaborated all the aspects of Print Media very effectively. Questions of the learners were also answered by the expert at the end of the programme. This programme is very effective for those who wish to opt for Print Media as career.

306/V-3	Electronic Media Mein Urdu	Urdu	25:00	—
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The programme deals with the language of Urdu and especially its use in electronic media like Radio and television. How to develop a news or an article in Urdu for various media delivery mechanisms has been elaborated with suitable examples. Experts on the panel answer the queries raised by learners in the programme.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
306/V-4	Electronic Media Mein Urdu Ka Mustakbil	Urdu	28:00	—

This programmes depicts the Mustakbil or the future of Urdu language in various electronic media. Radio and television both have special Urdu bulletins as well as dedicated channel also in Urdu language. The programme elaborates the development process of Urdu language in electronic media. At the end of the programme, queries of learners were answered by the subject and media expert on the panel.

306/V-5	Akhtar-UI-Iman ki shayri aur Jadidyat	Urdu	27:15	—
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This urdu lesson based programme for senior secondary level deals with the life cycle of Akhtar-ul- Iman. The programme is face to face discussion with the learners and discusses every aspect related to the Akhtar ul Iman. The expert in the programme described the language and writing style of Akhtar ul Iman. The learners understand about the creative writing and get answers from the experts on the panel.

306/V-6	Electronic Media, Print Media aur Urdu	Urdu	28.30	—
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This programmes depicts the future of Urdu language in various electronic media Print media. Radio and television both have been specially using this language for Urdu bulletins. The programme elaborates the development process of Urdu language in electronic media and Print Media. At the end of the programme, queries of learners were answered by the subject experts and media expert on the panel.

306/V-7	Urdu mein Script Writing Aur reporting	Urdu	28.30	—
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This video programme showcases a lively discussion among panelists of eminent urdu script writers explaining the dynamics of script writing for TV and Radio. Experts tips on do's and don'ts of writing scripts for documentary, fiction, talk shows, radio magazine show and news reporting etc., form the highlights of this video programme.

306/V-8	Ek Sawal	Urdu	11.34	—
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This is a video programme on Urdu subject based on a famous drama 'Ek Sawal'. Through this programme, the position of women among the masses has been shown. The story focuses the situations of a poor house-help who finally succeeded over through her problems. Overall, the video is very helpful to convey the message of women empowerment.

311/V-9	Urdu shayri mein Hibbul watni	Urdu	24.56	—
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Among all the languages of India, Urdu is the one language which moved the hearts of the people of India and nurtured the spirit of patriotism. In this programme, the poetic spirit of Urdu poetry has been highlighted.

311/V-10	Tarakki Pasand Afsana	Urdu	28.54	—
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Progressive movement had taught Indian Languages to work for development of society. This movement gave a new dimension to Urdu and in Urdu Afsansas seven social financial end even many evils of the society were and are being widely discussed. This aspect of Urdu language has been explained in this programme.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
311/V-11	Mass- Media Ka Kadeem Chehra aur Mushayra	Urdu	28.10	—

Communication is the way to express oneself in others with full explanation and clarity. The Urdu Mushaira is one of the old ways of communication and it always strengthens the link of communication. This programme explains the importance of Mushairas as a vital communication link.

311/V-12	Urdu Ghazal mein Mir ka Makaam	Urdu	28.21	—
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Mir is a stand aside name in Urdu Ghazal. His Ghazals provided the very heights of Urdu Ghazals. The programme is based on the importance of Mir's poetry.

Mathematics (311)

311/V-1	Coordinate Geometry-I	Hindi and English	23.42	26.57
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This programme on Coordinate Geometry will help learners gain a clear insight into the concepts involved. After viewing the programme, the learners will be able to know the history of Coordinate Geometry. They will also be able to relate the concepts involved in Coordinate Geometry to their real life situations.

311/V-2	Coordinate Geometry-II	Hindi and English	30.00	27.03
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This programme discusses the equations of straight lines under different conditions of parallelism and perpendicularity of two lines. Computer graphics have been used to make it interesting.

311/V-3	Matrix & Operation on Matrices	Hindi and English	20.00	22.00
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This programme depicts situations involving interactions between three friends, who try to solve problems related with matrix. This programme will help the learners to arrange large number of data in matrix form. Three algebraic operations viz. addition, subtraction & multiplication between matrices are also explained through discussion between three friends.

311/V-4	Modulus and Argand Diagrams	Hindi and English	20.00	20.00
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The programme deals with the mathematical term Argand Diagram. The relationship between numbers like Real Numbers and Mixed Numbers has been described through Argand Diagram. The terms Argand Diagram and Argand Plane have been described effectively. This programme focuses on the concept of Argand Diagram by using examples.

311/V-5	Relations and Functions	Hindi and English	26.00	26.00
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The programme deals with the mathematical term Relations and Functions and describes how it captures the idea of precise correspondence between one object and the other. The concept of set has been well described along with definition of Set and different kinds of relations like Symmetric, Transitive and Equivalence Relations. Similarly functions, its definitions and types like Into functions and Onto Functions, One to One functions and Many to One functions were described. At the end of the programme Graph of functions were also described.

Physics (312)

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
312/V-1	Mechanical Energy	Hindi and English	13.55	13.50

This programme aims to complement the relevant lessons in the course and presents the topics in a lively and interesting way. The basic concepts of work power and energy have been explained with the help of activities. In order to clarify the phenomenon of conservation of energy, working models available in the National Science Centre have also been shown. The work done by a constant and a variable force has been described with the help of real life situations to enunciate the two types of energy – kinetic and potential. Some practical experiments, animation and diagrams have been included for visualization.

312/V-2	Surface Tension	Hindi and English	17.30	16.33
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This programme complements the relevant lessons in the Senior Secondary course. The programme is based on daily life activities. In this programme, small experiments relating to surface energy have been conducted under the guidance of experts. Besides explaining the concept of surface energy of a liquid through experiments/activities, animation etc., certain important phenomena such as capillary effect and floating of a mosquito on water have been depicted to show the effects and application of surface tension. Several other important applications of the phenomenon of surface tension have also been depicted.

312/V-3	Electromagnetism Part-I	English	–	23.43
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The programme is based on Electromagnetism through self induction. This phenomenon of producing the induced current by changing the current in the same circuit has been shown. In Mutual Induction change in magnetic flux is directly proportional to the change in current has also been discussed. This programme enables the learner to understand how mutual induction is used in eddy current inspection.

312/V-4	Electromagnetism Part-II	English	–	15.37
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The programme is based on magnetic effect of current and electromagnetism. The laws related to it and their application have been described. The phenomena have been presented through demonstration.

Chemistry (313)

313/V-1	The Mole Concept	Hindi and English	14.43	14.45
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This programme clarifies the concept of mole with the help of demonstration of chemical reactions. It also deals with how to calculate the number of moles of a substance. It concludes with a brief description of the uses of molar mass followed by a summary of the concepts discussed in the programme. The programme explains the meaning of Avogadro Number 3. It also describes the molar masses of different chemical substances through demonstration.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
313/V-2	Rate of Chemical Reaction	Hindi and English	13.30	13.28

This programme is about common chemical processes such as rusting of iron and ripening of fruits. This programme first explains these chemical process and then goes on to demonstrate the effects of factors such as temperature, concentration of chemical reactants, surface tension, catalysts etc., on the rate of chemical reaction.

313/V-3	Chemical Equilibrium	Hindi and English	29.30	31.44
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The programme highlights the term chemical equilibrium and its meaning. The types of Chemical equilibrium like static Equilibrium and Dynamic Equilibrium have been depicted in the programme with appropriate examples. Law of Mass Action and Le-Chatelier Pressure Law have been explained. Effects of Concentration, Temperature, Pressure and Catalyst on Equilibrium have been shown in very effectively.

313/V-4	Beyond the Ion Curtain	Hindi and English	30.48	30.00
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This video programme highlights the practical applications of Electrochemistry in real life and then seeks to explain in simple terms the theoretical concepts of Electrochemistry such as oxidation and reduction reactions, origin of redox potential, Electrochemical cell and chemical reactions that take place inside fuel cells and batteries etc.

313/V-5	Volumetric Analysis	Hindi and English	21.55	20.31
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This video programme seeks to explain in simple ways the terms used in volumetric analysis, preparation of standard solution, performing titration and calculation of morality etc.

Biology (314)

314/V-1	“Respiration in Human”	Hindi and English	26.14	28.49
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This programme is aimed at strengthening the knowledge of learners regarding breathing and respiration in human beings. This programme depicts functioning of the human respiratory system and differentiates between breathing and respiration. The cellular respiration involving actual utilization of oxygen inside the body cells has been described. The exchange of respiratory gases in lungs and then their transport to the cells, has been shown through animation, charts and diagrams.

314/V-2	Classification of Organism	Hindi and English	22.15	20.55
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This programme deals with the scientific names of different organisms i.e. Animals and Plants. In the beginning of the programme, a visit to zoo has been shown which facilitates elaborating various scientific terminologies regarding writing a classification of an organism. The term adaptation has been defined and described. ‘Taxonomy’, the science of classification has also been described in the film. Methods of classification have been shown. Various terms like Kingdom, Phylum, Class, Order, Family, Genus and Species for classification of an organism have been described effectively. At the end of the programme, some details of the viruses have also been mentioned by elaborating their history and diseases caused by them.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
314/V-3	Classification of Animalae	Hindi and English	20.32	20.14

The programme deals with the classification of Animals. In the process of the classification; the term organization has been described in the beginning of the programme. Single cell animals, Organ, Organ System have also been described by using appropriate visuals/graphics. Animal kingdom has been depicted effectively. Various terms like Ectoderm, Mesoderm and Endoderm have also been described. Chordate and Non-Chordate have been described with appropriate examples. Visuals of various Sponges, Round-worms, Earth-worms, Leaches, Scorpions, Crabs, Prawns, Star fish etc., make the programme very effective.

314/V-4	Classification of Plantae	Hindi and English	16.21	16.50
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The programme deals with the classification of Kingdom Plantae. The Process of classification of different kingdoms has been shown effectively by using graphics and animation. Division of the Plant Kingdom like Brayophyta and Tracheophyta and their sub kingdoms have been described. The term Anthredia and Archegonia have also been described effectively. The Programme is very rich in terms of visuals and information.

Geography (316)

316/V-1	Migration	Hindi and English	13.47	13.40
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This programme is about the process of migration. In this programme comparison has been made between migration of birds and human beings. This is a docu-drama of two young men who came to Delhi in search of jobs. They came from far flung rural areas. This programme depicts various problems confronted by migrants like searching for house, jobs adapting to local environment like congestion, overcrowding etc.

316/V-2	The Mysteries of the Interior Earth	Hindi and English	13.08	12.27
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This programme aims at showing the relationship of earthquakes and volcanoes with present relief features of the earth through effective use of animation, live footage and still photographs.

316/V-3	Mysteries Under the Sea	Hindi and English	14.52	15.05
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This programme aims at showing the diversity of relief features on the earths surface and under the water. The variety in submarine relief features has also been effectively brought out with deft use of animation and lives under water footage.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
316/V-4	Map Skills	Hindi	22:31	–

This video programme revolves around a studio-based discussion among subject experts on the topic of Maps. The nature of maps, their types (Political, Physical etc.), and related characteristics have explained in detail. The standard color/shading schemes and other illustration techniques used in maps to depict different geographical features, physical resources and assets have also been explained in simple and easy to understand manner.

316/V-5	Mechanism of Monsoon	Hindi and English	17:43	17:42
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The video programme depicts the complex phenomenon of Monsoon, its characteristics and the influencing factors. The crucial role of Jet Stream, Southern Oscillation and El-Nino in the mechanism of monsoon have also been explained effectively.

316/V-5	Increasing Population Depleting Resources	English	–	25.51
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This programme presents the problems caused by increasing population and depleting resources. Population means a number of people in a particular area. The quantitative and qualitative aspects have been discussed. The programmes discusses global problems such as pollution, deforestation, depleting freshwater and natural resources and global warming etc.

Economics (318)

318/V-1	Money Supply	Hindi and English	20.20	26.30
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This programme deals with the supply of money in a state. The need and importance of money, role of the Reserve Bank of India and its functions, control over the supply of money in the market, control over the commercial banks, their deposits and lending activities have been explained. This programme enhances student's understanding of the topic which is also contained in the course material.

318/V-2	Money and Banking	English	—	24.45
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This video programme explains in detail about the origin of Money and Economy before Money, about the Barter System and role of money to overcome the difficulties in Barter System. The programme also touches upon the role of Reserve Bank of India and Commercial Banks in monitoring monetary discipline as well as their innovative practices in the global economy. The programme also discusse innovative facilities offered by commercial banks for safety of people and their comfort such as ATM and online transactions etc.

318/V-2	Marketing and marketing structure	English	—	24.45
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Market is a mechanism where the group of buyers and sellers interact to determine the price and quantity of a goods and services. This programme includes concept of market and classification of markets on the basis of competition.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
318/V-3	Demand and its Related Components	English	—	31.08

This video programme is based on the concept of demand and its determinants. The creation of demand by the seller for the buyers has been discussed in the programme. Various types of demand have been elaborated effectively in the programme.

Business Study (319)

319/V-1	Planning – An Element of Management	Hindi and English	15.00	14.28
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This programme deals with how to plan business activities and implement them so as to reach the satisfactory level of achievement. This programme shows how planning is important to almost any one in society starting from a school boy to a business man. This programme shows how planning involves establishing objectives, identifying alternatives, evaluating the alternatives and choosing the best among them for implementation in a systematic way.

319/V-2	Motivation	Hindi and English	15.00	15.00
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This programme defines motivation, establishes the need for motivation and also shows how to motivate people. This programme also talks about self motivation.

319/V-3	Right forms of Business Organization	Hindi and English	26.13	26.00
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The programme deals with the formation and suitability of different forms of Business Organization like Sole Proprietary Ship, Partnership, Joint Stock Company, Cooperative Societies and Hindu Family Business. It starts with description of a small business owned by a single owner. Then it shows how this small business took the shape of a big company. The need and suitability of each form of Business Organization has been shown with the help of role-play keeping in mind the practical approach of each form. It gives a clear idea to the viewers about the forms of business organizations they may opt for and under what circumstances.

319/V-4	Long Term finance	Hindi and English	23.38	22.00
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This programme deals with the long term finance and depicts the requirements of finance for purchase of goods and for other infrastructure. It also deals with the internal and external sources of finance. Various types of finances like Short Term Finance, Mid Term Finance and Long Term Finance have been elaborated. Various terms like IPO, Shares, New Shares, Right Shares, Debentures, Types of Debenture have also been explained.

Home Science (321)

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
321/V-1	Understanding Colors	Hindi and English	19.55	19.55

The programme deals with the colors, characteristics of colors and their types. Primary, Secondary and Tertiary colors have been defined by using suitable examples and their visuals. Various terms like Tints, Tones have also been described. Various Color Schemes like Analogous, Achromatic, Complementary, Split Complementary, Monochromatic, Double Split Complementary, Triad, Tetrad, Neutral and Clash have been shown in the film by using their suitable examples. At the end of the programme, application for Fashion Industry and Home Furnishing have been described in the brief.

321-V-2	Sashaktikaran	Hindi	20.00	—
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A sequel of the programme Sashaktikaran, it portrays the success that is achieved by the same lead character. He has been shown as an established businessman and a kind hearted person. He does not forget the contribution of his well wishers. The motto of the programme is to convey the message that equal opportunity for every member of the society ensures true empowerment. In the programmes, school, school project and low cost schooling have been beautifully. It depicts that school play an active role in providing opportunities for development.

Psychology (328)

328/V-1	Little People on the Move	Hindi and English	18.00	21.00
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This programme aims at giving a thorough exposition on the growth and development of a child through suitable visuals and interviews and supplemented by computer graphics, expert's opinion etc.

328/V-2	Adolescence	Hindi and English	26.00	26.00
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This programme deals with the subject of Psychology and depicts various factors and changes associated with adolescence. The physiological changes and their effects on an adolescent boy or girl have been explained by a psychologist.

328/V-3	The Mysteries of Human Behaviour	Hindi and English	17.00	17.00
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This programme deals with the subject of Psychology and explains the human brain, the nervous system and its functioning. The cause – effect relationship between a person's behaviour and his surroundings has been effectively brought out in the programme. Different moods of happiness, sorrow etc., have been effectively expressed through the medium of mime.

328/V-4	Psychology-An Introduction	Hindi and English	21.40	21.42
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The programme highlights branches of Psychology like Cognitive Psychology, Educational Psychology, Social Psychology, Developmental Psychology, Clinical Psychology, Experimental Psychology and Organizational and Industrial Psychology. It also introduces various aspects of Psychology. Prof. G Mishra elaborates the term and meaning of Psychology. How Psychology is a scientific study of mental process and human behavior and how people have different types of personality has been described effectively. The term behavior has been described clearly. Various other terms like Thinking, Imagining, Remembering, Reasoning and Perceiving have also been elaborated in the programme. Participant and Non participant types of Observation techniques and correlation of scientific with Psychology have also been described in the programme.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
328/V-5	Adjustment	Hindi and English	21.55	20.31

The programme elaborates human behavior and its capability to cope up with atmospheric surroundings. Human beings' behavior as a social animal has been shown in the film by using appropriate visuals. The process of Adjustment, what adjustment is and how it is important in problem solving have been described effectively. Dr. Aruna Baruta's interview depicts how adjustment with the situations is a must for betterment of life. Various other factors of adjustment like Physical, Family, Emotional, Social and Professional have also been described.

328/V-6	Personality	Hindi and English	26.30	27.00
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The programme deals with the term personality, its definition and characteristics. External and internal characteristics of a human being have been shown in the programme. How personality of a person focuses his/her internal characteristics have been described by using appropriate situations and visuals. Various scientific terms like DNA, RNA, Chromosomes, Thyroid, and Parathyroid Glands etc., have also been mentioned in the programme.

328/V-7	Self Analysis	Hindi and English	20.00	20.00
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This video programme vividly depicts the importance and need for doing self introspection to understand our attitudes and thought processes, our inherent abilities and strengths and weaknesses. The fact that self analysis is the key for not only leading a fulfilling life but also for helps me us in evolving as a better person has been effectively depicted in the video programme.

Political Science (317)

317/V-1	Panchayati Raj	Hindi & English	21.45	21.45
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The programme elaborates the development process of Panchayats in India and discusses the Government, Society, Parliament, Legislative Assembly and Legislative Council. The Directive principle of the State have also been discussed in the programme. How Panchayati Raj system was established in India and the importance of 73rd amendment in the Constitution have also been described. District, Blocks and Village – the three layer system election of Sarpanch, Meetings of Village Panchayats, functions of Village Panchayat, Budget system and sources of budget are also the key feature of the programme.

317/V-2	Panchayati Raj Aur Shaktiyon ka Vikendrikaran	Hindi	22.58	—
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This video programme traces the history of Panchayats – the institution of local governance, right from the Harappan, Vedic period to the British Raj period. Therefore, it focus on the development of Panchayati Raj institutions in independent India, as shaped by recommendations of different committees (the Balwant Rai Committee in 1957, the Thungan committee etc., and the 73rd Constitutional amendment in 1992) that gave the constitutional status to the Panchayati Raj institutions. The fact that Panchayati Raj bodies play a crucial role in decentralization of power structure and equitable distribution of resources at the local and village level in a large and varied country like India has also been explained.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
317/V-3	Indian Federal System	English	—	24.30

The Indian Federal System is a constitutional set up having provision of two Government – the Union Government and the Government in the States. They function within their respective spheres that have been defined and demarcated in the Indian Constitution. The powers and subjects of the Union Government and of the State Government have been mentioned. The third list includes powers and subjects in the Concurrent List. A federal State derives its existence from the Constitution. Every power- Executive, Legislative, and Judicial is subordinate to and controlled by the Constitution. The Indian Constitution is a written document which defines the structure, organization and power of the central government of the as well as state governments. It prescribes the limits within which each wing of the state functions.

317/V-4	Fundamental Rights	Hindi	21.49	—
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The Fundamental Rights have been mentioned in the part III of the Indian Constitution. It starts with article 12 and ends with article 35. The Fundamental Rights are very essential for development of individuals personality and establishment of democracy. They are conferred by the Constitution of the country and are justiceable. The Fundamental Rights are defined as basic human freedoms which every Indian citizen has the right to enjoy for proper and harmonious development of personality. These rights are universally applied to all the citizens, irrespective of race, place of birth, religion, cast, creed, color or gender.

2.4 VIDEO PROGRAMMES FOR VOCATIONAL EDUCATION COURSES

Carpentry (252)

Prog. Code	Title	Language	Duration in Minutes	
			in Hindi	in English
252/V-1	Carpentry	Hindi and English	13.40	13.35

This programme depicts the ancient art of carpentry or working with wood. Produced with live visuals, this programme throws light on various aspects of wood work, like selection of wood and the tools used such as hammer, chisel, nails, etc. This programme shows the process of making furniture like sawing chiseling, boring etc. The programme ends with examples of readymade furniture which are used in everyday life.

Engineering and Technology (253)

253/V-1	Solar Energy Technician	Hindi and English	12.00	11.52
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This programme acquaints the viewers with what the solar energy is and in how many ways solar energy can be utilized for the benefit of mankind. It also describes production, maintenance and working of various devices that work on solar energy, like solar cooker, solar dryer, domestic and industrial water heaters. The programme also describes in detail the working and maintenance of a solar distillation plant and solar photovoltaic lighting system. The concluding part of the programme describes in detail the working of solar water pumping and maintenance of batteries required for solar photovoltaic lighting system.

253/V-2	Bio-Gas Technician	Hindi and English	13.30	14.10
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This programme opens with a view of a Biogas Plant and the materials used for producing the gas. The programme systematically highlights the types of Biogas plants, their installation, production and maintenance. The concluding part of the programme highlights some appliances, which run on Biogas like biogas burner and biogas bulb.

Secretarial Practice (326)

326/V-1	Office Automation	Hindi and English	18.22	18.30
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This programme aims at familiarizing the viewers about Personal Assistant/Personal Secretary and about working/operations of various equipment of common use in an office situation viz., fax machine, photocopier, computer, dictaphone etc. This programme also shows how an office secretary does her/ his daily jobs and what responsibilities he/she has to carry out.

326/V-2	Handling Mail	Hindi and English	17:36	17:45
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The programme depicts handling of mail like incoming mail and outgoing mail. Various terms like Regular Mail, Confidential Mail, Private Mail, Telegraph, Fax, Email, personal letters have been described in this programme. The categorization of mails like confidential mail and very confidential mail have also been described. Making a date stamp, archiving and maintaining records of mail, collection of mail from various departments and distribution of mail have also been shown with good combination of visuals. The process of handling incoming and outgoing mails by an organization has also shown in the film.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
326-V-3	Placing of vowels in shorthand	English	-	15.31

Placing of vowels in shorthand is a programme made in the area of stenography. Stenography is written purely on the basis of sounds. Vowels are nothing but the way of representing a consonant on the basis of sound. The programme discusses the types of vowels, and their placement alongside the consonants. The film discusses how vowels are an integral part of writing and learning stenography and its various positioning alongside a consonant. Various tables have been shown and with elaboration each vowel has been explained. The film uses animation to make the programme simple and interesting to understand. This film is a good-learning tool for the learners of stenography. It is a supplement to the self learning material being offered to the NIOS learners.

426-V-1	Secretarial Practice	English	-	20.09
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The programme is based on the qualities of Secretary. A Secretary differs from an Administrative Assistant. The Secretary is expected to possess a higher degree of business acumen, be able to manage projects, as well as have the ability to convince others on behalf of the executive. A Secretary must have some qualities such as Taking Dictation, Handling Mail, Handling Telephone Calls, Fixing Appointments, Making Travel Arrangements, Making Correspondence and Arranging Meeting etc.

426-V-2	Business Communication	English	-	25.29
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This video tutorial seeks to highlight the importance attached to communication in the business world, by giving broad explanations on points such as: What is communication and its process; Important points that make communication effective; and various obstacles to communication.

Stenography (325)

325-V-1	Consonants and their Joining	English	-	31.00
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“Consonants and their Joining” is a video programme for the subject of ‘Stenography’. Stenography writing is purely based on the principle of writing on the basis of sound. Most of the time the students find it difficult to comprehend certain of its topics. This is the foundation of understanding and learning Stenography. The film shows how to write consonants, various types of consonants, different sounds of consonants, and then writing and joining principles. The film uses dramatic presentation as a base and shows how the students are confused and flooded with lots of questions regarding this topic. It depicts how a Stenography Instructor, who appears on the TV, solves various problems and makes it easy to comprehend the topic. The programme uses animation to show various consonants, their classification, method of writing, how two consonants can be joined, and what rules govern them etc. The video programme by using the illustrative technique unfolds certain answers which a learner often faces while understanding the topic-consonants and their joining. The film is a very good supplement to the self learning material for the students pursuing stenography as one of the subjects.

Agriculture (351)

Prog. Code	Title	Language	Duration in Minutes	
			in Hindi	in English
351/V-1	Plant Protection	Hindi and English	11.50	11.45

This programme focuses the attention of viewers on the diseases of plants and the methods to protecting them by using different types of medicines. This programme uses a discussion between a teacher and a student. The discussion focuses on fungi, its harmful effects and solution.

351/V-2	Water Management	Hindi and English	12.35	13.30
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This programme depicts four different methods of irrigation commonly used in India. This programme shows irrigation is dependent on types of soil and crop. This programme also displays a model for water management.

351/V-3	Mushroom Production	Hindi and English	22.00	21.50
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This programme on Mushroom Production is based on a Vocational Course in Agriculture. It has been developed as an effective teaching/training aid for learners. Various stages/procedures involved in production of mushrooms and material facility required at each stage have been covered through live shots at the Government Oyster Mushroom Production Centre. The advantages of Mushroom Production and its importance as a village-based cottage industry have also been depicted.

351/V-4	Poultry Farming	Hindi and English	20.50	20.53
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This programme on Poultry Farming is based on a Vocational Course in Agriculture. It has been developed as an effective teaching/training aid for learners. This programme depicts latest technologies used for breeding, nutrition, feeding and preservation of poultry and provides inputs on measures to control diseases. The programme provides basic information to the students and other interested persons in this area of applied science.

Play Centre Management (359)

359/V-1	Play Time is Fun Time	Hindi and English	13.47	13.40
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This programme emphasis why play is essential in the growth of children. The programme shows how play time develops childrens physically and mentally and enhances their communication skills. The programme also shows how play time develops sportsman spirit and mutual understanding among children.

359/V-2	How to Organise a Play Centre	Hindi and English	13.58	14.00
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This programme highlights a real situation at a children's play centre. Besides demonstrating the setting up and organisation of a play centre, the programme highlights how to take care of childrens physical needs, nutritional needs, safety and security. The importance of supervision of children during play and the need of guidance in development of interpersonal relationships have been described in the programme.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
359/V-3	Tie and Dye	Hindi and English	18.28	18.28

The video programme showcases the famous products and techniques of the traditional craft of Tie and Dye. Popular specimens of tie and dye such as lahariya, dupattas, saris etc., being made by Rajasthani craftsmen in traditional set up forms the highlight of this video programme. Basic techniques used in creating wonderful patterns of tie and dye as Marbling, Binding, Pleating, Smocking, Knotting etc., have been effectively demonstrated by an expert craftsman. The business potential of tie and dye products has been highlighted as shots of shops selling tie and dye products to eager buyers fill up the screen.

Toys Making and Joyful Learning (416-417)

417/V-1	Toy out of paper	Hindi and English	18.28	18.05
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The programme is aimed at promoting the use of waste paper among learners. The programme depicted the use of sand paper, cardboard, newspapers and threads. The relationship between children and toys has been shown in a nice manner. The materials like glaze paper, gum, balls, dolls, butterflies and various colours make the programme more interesting to encourage learners for doing such activities.

416/V-1	Puppets in Education	Hindi and English	16:20	16:55
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The programme begins with a song based on puppets. The programme also depict how to use puppets in education with their history and effectiveness as a strong medium of learning. Puppets can be used as a multi dimensional attractive and ancient medium. It can be used in schools. How to made puppets, its usage and categories like Glove Puppets, String Puppets, Finger Puppets and Rod Puppets have been described in effective manner

Rural Health for Women (Gram Sakhi) (403)

403/V-1	Prakartik Chikitsa Ewam Manav Swasthya	Hindi	32.20	—
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This video programme showcases the immense benefits of ‘Nature Cure’ for common human ailments. Importance of *Panch Tattvas* in nature cure and how their imbalance causes varied human ailments and the therapies prescribed to cure them have been effectively explained by expert Naturopaths. Importance of Yogic Kriyas and Pranayam in Naturopathy has also been discussed.

Library Science (436)

436/V-1	Library & Society	Hindi and English	18.30	19.00
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This programme describes different types of functions of the libraries and highlights services provided by the libraries. This programme makes it clear that the libraries are not only store-houses of knowledge but also serve the purpose of communication within the society. In addition, the role of libraries in promoting literature and culture has also been highlighted.

Teacher Training (441)

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
441/V-1	Organizing an ECE Centre	Hindi and English	12.30	12.02

This programme shows in detail the essential requirements for successful running of an Elementary Child Education (ECE) Centre. An actual ECE Centre being run in an efficient manner providing a happy and healthy learning environment for the children has been shown in the programme.

446/V-1	Our Own Elderly	Hindi and English	25.20	25.20
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The Programme deals with Elderly Persons and various problems being faced by them. Social Security, Financial Security and Psychological Security have been described effectively in the programme. Effects of loneliness on elders have also been shown. Dr. Himesh Desai's and Dr. Kausic Kayals interview in the film focuses on the major problems in elderly and their causes. How to deal with our own elderly have been well taken care of in the programme

446/V-2	Care of Elderly	Hindi	24.20	—
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The program described how old age comes and how changes in human body come. The programme discussed many problems of elderly persons. Their physiological condition has also been discussed in the video.

446/V-3	Vridha Jano Ki Vishist Awasyaktaein Ewam Samanya Dekhbhaal	Hindi	26.30	—
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The program described basic needs and care required in old age. The programme discusses problems related to elderly persons and remedies to each.

Community Health (451)

451/V-1	First Aid	Hindi	31.05	—
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The programme deals with the term First Aid. The provision of initial care for an illness or injury has been discussed in the programme. It is usually performed by non-experts but trained personnel to sick or injured person until proper medical treatment can be accessed. The aim of the programme to train a person to preserve life, preventing further harm and prevent the condition from worsening or danger or further injury. First aid also involves trying to start the recovery process for the illness and injury, and in some cases might involve completing treatment such as in the case of applying a plaster to small wounds.

Cutting Tailoring and Dress Making (705-706)

Prog. Code	Title	Language	Duration in Minutes	
			in Hindi	in English
705/V-1	Problems and Remedies of Sewing machine	Hindi and English	22.11	21.33

This programme is targeted for the learners studying Cutting and Tailoring course in Home Science. It starts with a brief history of sewing machine showing how it has evolved over the years. The film focuses on the modern day sewing machine with all its components parts and the working. The fact that the breakdown of even a small part could hinder the smooth operation of a sewing machine has been clearly brought out by the film. It delves into the causative factors that underlie the most common problem sewing machines, and faults and how to repair them. The film lays particular emphasis on the importance of carrying out regular maintenance and upkeep of sewing machines for their longer life and their smooth and unhindered running.

706/V-1	Appropriate Measurement Well Fitted Garments	Hindi and English	23.49	23.49
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This video programme is targeted for the learners of Cutting Tailoring and Home Science. It highlights the importance of the taking correct body measurement for tailoring well fitted garments. The film depicts two methods (i) direct & chest measuring and (ii) three kinds of measurements i.e. length, width and circumference. The dos and don'ts to be observed while taking these measurements have been shown. How to take proper measurements, accurate drafting, pattern making and preparing layouts have been beautifully shown in the programme.

Beauty Culture (612)

612/V-1	Beauty: A Devine Feeling	Hindi and English	21.26	21.23
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The film shows in detail different types of skin- normal, dry, oily etc. - and the associated skin ailments and their remedies. The rejuvenating effects of massage particularly face massage and therapeutic effects of different types of pack/masks for a healthy and glowing skin have been particularly highlighted.

Computer Science (711)

711/V-1	Fundamentals of Computer	Hindi and English	10.00	10.00
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This programme is meant for beginners. It gives them an idea of what a computer is and what its functions are. The programme also highlights the use of computers in different organizations like Railways, Airports, Passport Office, and Banks etc. Various forms of computer-based communication systems like E-mail, Internet, LAN etc., have also been depicted in the programme.

711/V-2	Your First E-mail	Hindi and English	16.30	17.20
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The basic objective of this Video Programme is to create and send a new e-mail, view and save message check for antivirus. The programme depicts how to use modern age technology for better communication and how to use it at best. The programme shows various features of internet and web technologies. Composing, reading and sending emails have been beautifully described in the film.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
711/V-3	Effective Power-Point Presentation	Hindi & English	23.00	23.00

As the title denotes, the programme is based on a useful tool and feature of MS-Office called Power-Point. The programme elaborates all the basic features of Power Point along with Windows. Basic text setting, background setting, colour schemes and effects have been described in the programme. Slide show and some basic key functions have also been discussed which makes this video programme very effective.

616/V-1	Common Hardware Problems	Hindi and English	19.17	19.17
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The basic objective of this Video Programme is to get familiar with component based errors, diagnose the errors in case of any factor and troubleshoot them. This programme also identifies different types of precautionary measures at the time of the troubleshooting.

616/V-2.	Assembly of Computers	Hindi and English	21.28	23.30
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The programme deals with hardware parts and assembly of computer. Various parts like CPU, Motherboard, Drive, Floppy Disk drives and Mouse are described. After assembly of computer, how to install the basic software to boot-up the system is also practically shown.

Ayurvedic Therapy (721-722)

721/V-1	Ayurvedic Therapy	Hindi	27.07	—
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The programme shows the Ayurvedic therapy and how it is beneficial for the good perspective of health. Ayurvedic therapy is so useful and the Panchkrama is the key to it have been shown in the video. Panchkarma as a rejuvenation (Kayakalp) therapy has also been discussed in this programme.

Electrical Technician (701)

701/V-1	Vidyut Parichay: Chinh, Sanket aur Ekai	Hindi	17.28	
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The programme introduces Electricity and Types of Electricity. With the help of appropriate visuals like generator and alternator, the film describes various types of electricity. Various terms like Conductor, Insulator, Dielectric, electric phase are well described. The difference between wire and cable has been clearly shown. Series, Parallel and Mixed Connection have been well illustrated by using Graphics and Animation. The best part of the film is the description given by an expert instructor that clarifies the doubts related to the programme and its concept.

Yog (614)

614/V-1	Samridh Jiwan Ki Kunji – Yog -1	Hindi	23.30	—
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This is part one of the series called Samridh Jiwan Ki Kunji-Yog. The objectives of this series of books is to enrich NIOS learners and demonstrate them the exact postures of yoga. In the beginning a short introduction of has been given. Thereafter Shawasana, Tadasana, Bajuon Ki Kriyaayein and Pairon Ki Kiryayein have been taken for demonstration. The process of Yoga and how to begin with Yoga has been depicted in the film. After every posture, the Yoga expert explains the benefits of Yoga.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
614/V-2	Samridh Jiwan Ki Kunji-Yog -2	Hindi	17.48	–

This is second programme in series “Samridh Jiwan ki Kunji-Yog”. The programme depicts various Kriyas and Aasnas of Yog. It includes “Leit kar ki jane wali kriyayin like Sharir ke Madhya Bhag ko uthane ki kriya, Hanthon se Ghutne Chhune ki kriya and Chhati Phulaane ki kriya. At the end of each kriya and aasan, the benefits of the same have been described by the Yog Expert.

614/V-3	Samridh Jiwan ki Kunji - Yog -3	Hindi	17.48	–
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This is third programme of series “Samridh Jiwan ki Kunji-Yog”. This programme depicts various aasnas of Yog like Sukhasan, Vajrasan and Padmasan. Various kriyayein like ‘Hathon ko kalai se upar neeche karna’, hathon ko pura kholna aur band karna’ and ‘Mutthiyon banakar kalai ko chakrakar ghumana’ have been shown in the programme. The Gahra Sawasan has also been well demonstrated in the programme. At the end of each kriya and aasan, the benefits of the same are described by the Yoga Expert.

614/V-4	Samridh Jiwan Ki Kunji – Yog - 4	Hindi	19.24	–
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This is the fourth part of the series called “Samridh Jiwan Ki Kunji - Yog”. This film depicts how to take right posture in different Asanas and Kriyas like Baith Kar Ki Jane Wali Kriyayein, Baju Dayein Bayein Failana, Baju Uper le Jana, Kuhniyon ko Guhmana, Baju Upar Niche Karna. Khil Khlia Kar Hansna, Singhasan and thereafter then ending prayer. The benefits of these asanas and kriyas have also been explained by the Yoga Expert.

614/V-5	Samridh Jiwan ki Kunji-Yog -5	Hindi	27.11	–
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The programme demonstrates various yog asnas and kriyas. The kriyas shown in the programme include Ghutano Se Bari Bari Chhati ko Dabane Ki Kriya, Ghutno Se Ek Sath Chhati Dabane ki Kriya, Cycling and Rolling. At the end of the every kriya, Shawasana has been demonstrated by the Yoga Performer.

614/V-6	Samridh Jiwan ki Kunji-Yog-6	Hindi	22.18	–
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In this programme, various Aasnas and Kriyas have been demonstrated. These are Muthi Par Thodi Rakhne ki Kriya, Muthiyon Pe Bayin-Dain Or Gaal Rakhne Ki Kriya, Kuhniyon Ka Stand etc. In Aasnas Makarasan, Bhujangasan and Shalbhashan have been demonstrated in a very effective manner. This programme is very useful for learners as well as new Yoga Performers.

614/V-7	Samridh Jiwan Ki Kunji-Yog -7	Hindi	29.30	–
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The programme describes various aspects of Pranayama, its origin and various breathing techniques. Rechak, Poorak and Kumbhak types of breathing techniques have been shown effectively. In this programme Swas Praswas Ki Kriya, Anulom Vilome, Kapaal Bhaati, Bhastrika, Bhamri, Sheetly and Sheetkari Kriyas has been included and demonstrated.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
614/V-8	Yog aur Jeevan	Hindi	23.16	–

The programme depicting the Nityakarama, daily diet, exercise and yoga according to the age. Various activities on health have been discussed. This solutions have also been discussed in the programme. The balanced diet is very important in yoga. Yoga not only makes man strong but also preaches Aadhyatma and making mentally strong. These points make the programmes attractive.

614/V-8	Yog Sambandhi Bhraantiyan	Hindi	29.53	–
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The program is based on the myths related to yoga. The video elaborates how to identify theses problems and get rid of them. In every age, yoga can give calmness in a right way. The related rules have been described in the programme.

2.5 VIDEO PROGRAMMES ON NIOS

Prog. Code	Title	Language	Duration in Minutes	
			in Hindi	in English
NIOS/V-1	Reaching the Unreached	Hindi and English	25.00	25.00

This programme highlights the role being played by the NIOS in the Open Schooling sector, the role of the Co-coordinators of the NIOS Study Centers, useful information for admission seekers to the National Institute Open Schooling and people working in non-formal education sector etc. The film depicts the salient features of the Open Schooling system being followed by the NIOS.

NIOS/V-2	A School for the Masses	Hindi and English	26.55	26.15
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This is a documentary programme about National Institute of Open Schooling (NIOS). The programme deals with the working process of NIOS, its schemes and mode of learning which makes it different from other learning modes. The Human Resource involved in implementing various stages i.e., the programmes at curriculum development, course material printing and despatch, admission and organising examinations, evaluation etc. have been shown in the programme. The programme effectively portrays various aspects of the NIOS.

NIOS/V-3	Sun Rise at Every Door Step	Hindi and English	20.55	21.24
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This programme depicts the distinguishing features of the Open Learning System. This programme also shows how people who cannot avail schooling programmes under the formal education system have benefited through Open and Distance Learning (ODL) mode of education.

NIOS/V-2	The Role of Coordinator	Hindi and English	28.55	28.45
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This programme highlights the managerial duties and functions of Coordinator of a Study Centre of NIOS through enactment of real life situations that a Coordinator faces in carrying out his/her duties.

2.6 VIDEO PROGRAMMES ON GENERAL TOPICS

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
Gen/V-1	Reading Skill	Hindi and English	13.48	15.00

This programme presents a lively enactment of a classroom situation involving a class teacher and his/her students. The classroom interaction between students and teacher brings out clearly the efficacy of various reading techniques, enabling the readers to gain better understanding of the subject matter being read.

Gen/V-2	Aparna Ka Janam	Hindi	28.23	–
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This programme in a drama format depicts the story of Aparna, a lady doctor. The story of Aparna unfolds through a series of flashbacks revealing how Aparna on her birth was almost killed by her parents in active connivance with her *bua* (aunt), as they did not want another girl child. The child, however, is saved in the nick of time by a village mid-wife, who raises Aparna as her own daughter. Years later, the same relative – her *bua* - is treated by Aparna, who operates on her and saves her life. The relatives and the parents of Aparna beg for forgiveness as they learn the truth. The programme is a telling commentary on the prevalent gender bias and discriminations against a girl child in a male dominated society like ours.

Gen/V-3	The Genius of India	Hindi and English	33.00	28.00
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This programme is based on an essay titled “The Renaissance in India” written by Shri Aurobindo, the great Indian philosopher and thinker. Shri Aurobindo’s ideas on the specific Genius of India, its characteristic soul, the need to rediscover the ancient spiritual knowledge and experience of India for an original dealing with the present day scenario have been cogently presented in the programme. There is a striking mix of visual, sound and commentary in the programme.

Gen/V-4	Question Bank	English	–	28.49
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This programme is about preparation and implementation of Question Bank. In Open Learning system, Question Book plays a vital role to judge the ability of students. In this programme, various factors in development of a good Question Bank have been explained by an expert. Types of question like, take long answer type, short answer type and objective type have also been explained. The programme is very useful for development of Question Paper and Ability Test Paper.

Gen/V-5	Chhau	English	–	28.20
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This programme is a recording of the Chhau Dance the world famous folk dance form of Jharkhand. This dance was performed by the NIOS learners belonging to the same region.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
Gen/V-6	Ankor: City of Hindu Buddhist Temples	Hindi and English	16.00	16.45

This programme features the ancient city of Ankor Vat in Cambodia, famous for its beauty and much acclaimed Hindu and Buddhist Temple. The programme is based on research and field work. More than 40 photographs have been taken on location. The aim of the programme is to show the great historic works of art and architecture from South East Asian countries which show strong influence of contemporary Indian style and practices.

Gen/V-7	Tolerance	Hindi & English	23:25	22:14
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The video programme effectively portrays enactments of commonplace scenes at home and offices to bring out clearly the virtues of being tolerant in our dealings in daily life.

Gen/V-8	Ye Dosti	Hindi	16:30	—
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This programme depicts the story about two friends having good and bad habits and behavior. How youth diverted themselves in wrong direction of having drugs and other bad things has been shown beautifully with the help of drama. Various Psychological factors, social factors and family factors have been described in the programme. Medication and rehabilitation from drug abuse has also been depicted with the drama characters.

Gen/V-9	Jeewan Kaushal – Ek Parichay	Hindi	26.00	—
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This series of video programme deals with the meaning and importance of various life skills, their role in personality development and techniques of enhancing life skills. Skill management and 10 core life skills were discussed in the programme. The aims and objective of each life skill have been elaborated effectively. The programme has effectively brought out that with good life skills a learner can be in control of his time, life, relationships, stress and energy levels. Life skills empowered learners would have flexibility of responding effectively to surprises and opportunity that comes in their lives.

Gen/V-10	Time Management	Hindi	29.00	—
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Tasks well begun are likely to have been well done. The programme on time management has been developed with the goal of making learners aware of the best methods of time utilization, organization and prioritization. The importance of managing time in the context of competing demands of family, friends and self has been beautifully shown in the film. Depicting the reason of wasted time by an individual, the application of time management technique in the area of study hours, during holidays etc., has also been discussed. Priorities, challenges with the health, effective study habits, coping with stress of time lines and schedules and using life skills of managing time have also been discussed in the programme. The key point which makes the programmes more effective is the POWER and SWAT models of time management.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
Gen/V-11	Personality Development	English	—	29.15

Personality is often described as the sum of personal characteristics of an individual. It reflects in one's attitude, beliefs, intensions and behavior. The programme deals with the issues related with Personality Development like its importance, need and what is personality. Renowned author and mentor Mr. Shiv Khara's statement enriches the programmes. Since personality development begins from the birth and continues through the life time, the significance of developing it during adolescences has been discussed in the programmes. 3 P model of personality development and practice of 10 core life skills suggested by WHO have been effectively handled in the programmes.

Gen/V-12	Stress Management	English	—	29.05
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Modern day life is full of stress. It is an individual's ability to respond positively to these that determines the quality of his/her mental and emotional well being. The programme mainly focuses on the topics related to stress, types of stress, causes of stress and common problems due to stress. Stress hormones and physical symptoms during the stress have also been elaborated. The role of skills, specially coping skills, to effectively manage everyday life stresses has been beautifully shown in the programmes.

Gen/V-13	Badlte Kadam -Rozgaar Ki Ore -I	Hindi	13.20	—
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This is a success story based on an electrician named Chandika Prasad enrolled in the Vocational Education Course of NIOS. Chandika belongs to a poor family, based in Chhapra, Bihar who came to Delhi to earn living. One of the Accredited Vocational Institution (AVI) Coordinator of NIOS met him at an electrical shop. He was impressed by the interaction with Chandika Prasad and offered him to join a course of Electrical Technician in AVI at Chhatarpur, Delhi. After completing the course successfully Chandika Prasad was offered a job of Electrician in one of the multinational food joint on a handsome salary and now he is leading a respectable life. The characters involved in the programme and the incidents occurred in their lives are real which were shot on actual location. The objective of the programme is to promote vocational education and to enable learners to develop the competencies for acquiring life skills.

Gen/V-14	Badlte Kadam -Rozgaar Ki Ore -II	Hindi	08.50	—
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The programme is based on a poor girl who lost her father and is struggling for livelihood. Going with the hurdles of survival how the girl achieved a better living through learning the basic Beauty Culture and Tailoring has been beautifully depicted in this video programme. The video well depicts the Success Story for survival and better living of a poor and deprived child. This video programme has richly depicted the struggle of a girl who despite her poverty learnt basics of cutting and the tailoring and she is now handsomely earning for his livelihood.

Gen/V-15	Model Exam Centre	Hindi	12.40	—
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This is short duration filler about showing the examination system of NIOS. The programme shows how NIOS handles its large number of learners appearing for examinations. The Programme depicts the establishment and functioning of the Model Exam. Centres. At the end, questions answers with the learners make the programme more relevant and interesting.

Prog. Code	Title of Programmes	Language	Duration in Minutes	
			in Hindi	in English
Gen/V-15	Vyavsayik Siksha: Sahi Chayan Sahi Rozgaar	Hindi	20.00	—

This video programme shows a lively and informative counseling session involving expert counselor/co-ordinator of a Vocational Study Centre (AVI) of NIOS and NIOS representative responding to the prospective NIOS learner's queries on choosing suitable Vocational Education Course in Home Science.

Gen/V-16	Pate Ki Baat	Hindi	22.33	—
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This is an award winning video programme on life skills. The programme effectively enacts scenes from real life to highlight application of life skills like coping with generation gap, modern life style, double standards etc. Overall it is a good programme for learners.

3. MULTIMEDIA PROGRAMMES

Chemistry

Prog. Code	Title of Programme	Parts	Language	Duration in Minutes	
				in Hindi	in English
MM/01	Classification of Elements	1	English	—	30.00

The programme depicts classification of Elements in groups and their periods. Physical and chemical properties of elements have been well described. Trends in Periodic Table have been properly shown in the programme.

MM/02	p-Block Elements	1	English	—	30.00
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The variation in the properties of the p-block elements due to the influence of d and f- electrons in the inner core of the heavier elements makes their chemistry interesting. In p-block elements Boron, Carbon, Nitrogen, Oxygen, Fluorine and Helium and heads of six groups.

MM/03	Redox Reaction	1	English	—	30.00
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The video programme gives details of oxidation and reduction reactions. Classification of redox reductions has been well described in the programme. Balancing of chemical equations using oxidation number and half reaction method are also included and presented in a very effective manner.

MM/04	Atomic Structure	1	English	—	30.00
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The programme starts with the sub atomic particles. Various models like Thomson's model, Rutherford's model, Bhor's Model, Quantum Mechanical Model have been described in the programme. Using animation rules for filling of electrons in orbitals and electronic configurations of atoms have been well elaborated in this programme.

MM/05	Surface Chemistry	1	English	—	30.00
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As the title of programme it depicts Chemistry at the interface, Absorption isotherms catalysis and types of catalysis. Preparation of properties and applications of colloids are well described.

MM/06	Chemical Reaction & Equation	1	English	—	30.00
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The programme starts with the introduction of Chemical Reaction. Terms like Chemical Equations, Types of Chemical Reactions, Nature of Chemical Reactions and Effects of Chemical Reactions have been well described in the programme.

MM/07	Atomic Structure	2	English	—	30.00
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The programme starts with the sub atomic particles. Various models like Thomson's model, Rutherford's model have been well described in the programme.

MM/08	Atomic Structure	3	English	—	30.00
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The programme starts with the sub atomic particles. Various models like Bhor's Model, Quantum Mechanical Model have been well described in the programme.

Prog. Code	Title of Programme	Parts	Language	Duration in Minutes	
				in Hindi	in English
MM/09	Matter in Our Surrounding	1	English	—	30.00

This animated programme provides details of Matter. Matter is a stuff of which substances made. This has been well elaborated in the programme. Matter in our Surrounding are described in the programme with Physical nature of Matter, State of Matter and Matter can change its State.

Physics

MM/10	Work	1	English	—	15.00
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The programme starts with the introduction of Work. What is Work? How you find different activities being done at your home and outside in your daily life etc.

MM/11	Energy	1	English	—	20.00
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This animated programme provides details of Energy. How many are types of Energy? How do we calculate the amount of potential energy? These are well elaborated in the programme.

MM/12	Power	1	English	—	10.00
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This programme provides details of Power. It is the Work/Time ratio. The dimension of power is Energy/Time. Two types of power have been defined in this programme- Mechanical Power and Electrical Power. Power is the rate at which the work is done. This has been elaborated in this porogramme.

MM/13	Force	1	English	—	20.00
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This interactive animated programme starts with the introduction of Force. How many types of force? Define the term of Force. What happens when a force is applied in different directions to a body at rest? What happens if we apply a force to a moving object? Force can change the shape and size of some bodies? These are well elaborated in the programme.

MM/14	Inertia	1	English	—	20.00
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This interactive animated programme starts with the introduction of Inertia. Why some of the leaves and fruits get detached from the tree? Why is water sticking to wet hands removed by giving jerk? Some examples of Inertia and many more interesting topics have been are well elaborated.

MM/15	Momentum	1	English	—	20.00
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This interactive animated programme starts with the Athletes performing various events. Why does the athlete run before releasing the javelin? Momentum is transmitted through a system of bodies at rest etc., has been described in this programme.

MM/16	Action and Reaction	1	English	—	15.00
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This interactive animated programme starts with the example of Action and Reaction. In which direction air comes out? In which direction balloon moves? The Newton's third law of motion, Toy Boat etc., have been explained in this programme.

4. NIOS Audio and Video Material available for sale

4.1 Audio Cassettes available for Sale

Audio Cassette	Audio Programmes	Level	Subject
1.	<ol style="list-style-type: none"> 1. Suno Kahani Sunao Kahani 2. Sahi Dhang Se Sahi Bolna 3. Sune Dhyan Se Kare Dhyan Se 4. Jane Bujhain Kare Sawaal 5. Kaise Kare Sawaal 6. Kya Kathan Kya Varnan 7. Mira Ki Chuppi 8. Zara Likh Lijiye 	Open Basic Education (OBE) Programme	Hindi
2.	Sunane Ka Samay	OBE	Hindi
3.	<ol style="list-style-type: none"> 1. Tel Ki Dhar 2. Wohh Mani Hai Santosh 3. Jhagare Kyon 4. Platform 5. Bhashan (Speech) 6. Samachar Bulletin (News) 7. Doorbhash (Telephone Conversation) 	Secondary	Hindi
4.	Sahaj Sangeet Vidya (Music Programme)	Secondary	Hindi/English
5.	<ol style="list-style-type: none"> 1. Durghatna (Drama) 2. Kalpana Khel (Game) 3. Uchcharan (Pronunciation) 4. Sangam, Anutan aur Balaghat (Intonation etc.) 5. Kahani (Story) 6. Bhoomika Nirwah (Role-Play) 7. Varnan (Description) 8. Ankhon Deha Hal 	Secondary	Hindi
6.	Parichay <ol style="list-style-type: none"> 1. Dohe 2. Aaj Main Beej Hun 3. Veeron Ka Kaisa Ho Basant 4. Isse Jagao 5. Veeraangana 	Secondary	Hindi

	<ol style="list-style-type: none"> 6. Bahot Dino Ke Baad 7. Dhoop Batti : Bujhi, Jali 8. Hamara Aadivaasi Samaj 9. Laghu Kathaein 10. Shaher- Shaher, Gaon- Gaon Soochna Takniki 11. Savaiya 12. Chandgehna Se Lauti Ber 13. Megh Aaye 14. Padd 15. Biti Vibhawari Jaag Ri 16. Bahadur 17. Thele Par Himalay 18. Sarkari Makan 19. Akhbaar Ki Duniya 	Secondary	Hindi
7.	<ol style="list-style-type: none"> 1. A Telephonic Conversation 2. A Conversation on Favourite Pastimes 3. Announcements in Examination Hall 4. Asking for Directions 5. Announcement at Public Places 6. The Bag 7. A Report on the Nine Day Meditation Camp at Tihar Jail 8. An Introduction to Dr. Kiran Bedi: The Wonder Women 9. Each One Teach One 10. Cricket Star Kapil Dev 11. A Quiz on Cricket 12. Instructions on How to fill a Money Order Form 	Secondary	English

8.	<ol style="list-style-type: none"> 1. Introduction, Two Geniuses 2. Caring for Others 3. Inviting People 4. Taking and Conveying Messages 5. Formal and Informal Styles in Speech 6. A Visit to Delhi 7. Looking after Puppy 8. Two Songs: i) Let's Wipe the Tears, ii) Two Wings to Fly 	Senior Secondary	English
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4.2 Audio CDs available for Sale

AUDIO PROGRAMMES

Sl.	Audio Programmes	Level	Subject
1.	Sune,Gune,Bole Batiyain	Secondary	Hindi
2.	Swasthya Chintan (Adolscence Education Programme (ARSH Project)	General	Hindi
3.	Apani Samajh Ka Dosh (ARSH Project)	General	Hindi
4.	Rang Hamari Mutthi Mein	General	Hindi
5.	Chalo Padhen	General	Hindi/English
6.	Impact of Media on Adolescence	General	Hindi/English
7.	Choosing the Right Career	General	Hindi/English
8.	Consequences of Early marriage	General	Hindi/English
9.	Stress and its Management	General	Hindi/English
10.	Peer Pressure	General	Hindi/English
11.	Food and Nutrition During Adolescence	General	Hindi/English
12.	Empathy and Important Life Skills	General	Hindi/English
13.	Carnatik Music (4 Programmes)	Secondary	English

4.3 Video CDs available for Sale

V.C.D.	Video Programmes	Level	Subject
1.	1. Jab Ek Din Calender Bola 2. Urdu Hai Jiska Naam	Secondary	1. Hindi 2. Urdu
2.	1. Real Number 2. Integers	Secondary	Mathematics
3.	1. Rational Number 2. Statistics	Secondary	Mathematics
4.	1. Statistics through Graphs 2. Trigonometry an Introduction	Secondary	Mathematics
5.	1. Banking System 2. Profit and Loss	Secondary	Mathematics
6.	1. Area 2. Height & Distance	Secondary	Mathematics
7.	1. Lines and Angles 2. Congruency and Similarity	Secondary	Mathematics
8.	1. Circle 2. A Quadrilateral	Secondary	Mathematics
9.	1. Volume and Surface Area 2. Pythagorus Theorem	Secondary	Mathematics
10.	1. Triangles 2. Algorithm and Flow Chart	Secondary	Mathematics
11.	1. Electromagnetism 2. Computer - An Introduction	Secondary	1. Science & Technology 2. Mathematics
12.	1. Geometry Around Us 2. Motion of Molecules	Secondary	1. Mathematics 2. Science & Technology
13.	1. Archimedes' Principle 2. Tele Communication	OBE/Secondary	Science and Technology
14.	1. Simple Machine 2. Communication	OBE/Secondary	Science and Technology
15.	Our Food	Secondary	Science and Technology
16.	1. Pendulum 2. Description of Motion	Secondary	Science and Technology
17.	1. Skeleton Muscles and Movement 2. Human Reproduction	Secondary	Science and Technology

18.	1. Energy 2. Nuclear Energy	Secondary	Science & Technology
19.	1. Man and Environment 2. Utilisation and Management of Natural Resources	Secondary	1. Science and Technology 2. Social Science
20.	1. Material Around Us 2. Lets Measure Length	Secondary	Science and Technology
21.	1. Universe 2. Atmospheric Pressure	Secondary	Science and Technology
22.	1. Wonders of Radio Activity 2. Electric Current	Secondary	Science and Technology
23.	1. Animal Husbandry 2. Agricultural Practice	Secondary	Science and Technology
24.	Cultural Heritage of India	Secondary	Social Science
25.	Religions of India	Secondary	Social Science
26.	1. Population, Environment and Quality of Life 2. Contribution of Ancient Civilization 3. Interaction between Man and Environment	Secondary	Social Science
27.	Planning - An Element of Management	Secondary	Business Studies
28.	We Govern Ourselves	Secondary	Social Science
29.	Changes Around Us	Secondary	Science and Technology
30.	Matter Around Us	Secondary	Science and Technology
31.	Conservation of Nutrients	Secondary	Home Science
32.	Children With Special Needs	Secondary	Home Science
33.	Anokha Swad	OBE	Home Science
34.	1. Nosy Affair 2. Introducing Yourself in Different Situation 3. Reading Skill	Sr. Secondary Sr. Secondary General	English English General
35.	Co-ordinate Geometry-I	Sr. Secondary	Mathematics
36.	Co-ordinate Geometry-II	Sr. Secondary	Mathematics
37.	1. Mechanical Energy 2. Surface Tension	Sr. Secondary	Physics
38.	1. Rate of Chemical Reaction 2. The Mole Concept	Sr. Secondary	Chemistry

39.	Respiration in Human	Sr. Secondary	Biology
40.	1. Migration 2. The Mysterious of the Interior Earth	Sr. Secondary	Geography
41.	1. Nature and Scope of Business 2. Business Around Us	Sr. Secondary	Commerce/Business Studies
42.	1. Motivation 2. Self-Employment	Sr. Secondary	Commerce/Business Studies
43.	Money Supply	Sr. Secondary	Economics
44.	Matrix and Operation on Matrices	Sr. Secondary	Mathematics
45.	Dak Ghar Bachat Yojanayein	Sr. Secondary	Commerce
46.	Little People on the Move	Sr. Secondary	Psychology
47.	Mysteries Under the Sea	Sr. Secondary	Geography
48.	Adolescence	Sr. Secondary	Psychology
49.	The Mysteries of Human Behaviour	Sr. Secondary	Psychology
50.	Monsoon Magic	Sr. Secondary	Geography
51.	Classification of Organism- Planate	Sr. Secondary	Biology
52.	Classification of Organism	Sr. Secondary	Biology
53.	Personality	Sr. Secondary	Psychology
54.	Self Analysis	Sr. Secondary	Psychology
55.	Classification of Organism- Animalae	Sr. Secondary	Biology
56.	Understanding Colours	Sr. Secondary	Home Science
57.	Chemical Equilibrium	Sr. Secondary	Chemistry
58.	Volumetric Analysis	Sr. Secondary	Chemistry
59.	Office Automation	Sr. Secondary	Vocational
60.	Organizing an ECE Centre	Sr. Secondary	Vocational
61.	Your First E-mail	Sr. Secondary	Vocational
62.	Common Hardware Problem	Sr. Secondary	Vocational
63.	Samridh Jiwan Ki Kunji- Yog. Part-1, 2 and 3	Sr. Secondary	Vocational
64.	Samridh Jiwan Ki Kunji- Yog. Part-4 and 5	Sr. Secondary	Vocational

65.	Samridh Jiwan Ki Kunji- Yog. Part-6 and 7	<i>Sr. Secondary</i>	Vocational
66.	Assembling of Computer	Sr. Secondary	Vocational
67.	Tie and Dye	<i>Sr. Secondary</i>	Vocational
68.	1. Bio-Gas Technician 2. Solar Energy Technician	Vocational	Engineering and Technology
69.	1. How to Organise a Play Centre 2. Play Time is Fun Time	Vocational	Home Science
70.	1. Plant Protection 2. Water Management	Vocational	Agriculture
71.	Mushroom Production	Vocational	Agriculture
72.	Poultry Farming	Vocational	Agriculture
73.	1. Library and Society 2. Fundamental of Computer	Vocational	1. Library Science 2. Computer Science
74.	Carpentry	Vocational	Carpentry
75.	Tolerance	General	General
76.	Reaching the Unreached	General	General
77.	Genius of India	General	General
78.	Ye Dosti	General	General
79.	Pate Ki Baat	General	General
80.	Jeevan Kaushal – Ek Parichay	General	General
81.	Time Management	General	General
82.	Stress Management	General	General
83.	Personality Development	General	General

SALE OF AUDIO/VIDEO CASSETTE & CD'S

Most of the audio and video programmes are now available on audio cassettes and VCDs for sale @ Rs.40/-per audio cassette and @ Rs.100/- per VCD. A list of audio/video programmes available for sale is given in the Brochure. Please send requisition for these programmes to the following along with a demand draft in favour of **The Secretary, National Institute of Open Schooling, New Delhi.**

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