

	1st week		2nd week		3rd week		4th week		5th Week	
21-Dec			1. Childhood memories	2 Discussion about Loneliness	3. Challenges faced by seniors	4. Childhood memories	5. Coping up with old age	6. Tips to maintain good health		
22-Jan	7. Karoke song	8. Stand up comedy	9. Childhood memory	10. Experience	11. Skit	12. Instrument play	13. Inspirational quote	14. Interview of a psychiatrist		
22-Feb	15. Reelce sharing	16. Dabba Airlines skit	17. Debate	18. Poem & 19. Interview of doctor	20. BV Manjunath - Karoke	21. Family physician skit & 22. Reelce	23. Karoke song- Raghvendra, 24. Vinay hobby	25. Experience sharing - Achok shetty & 26. Marriage Matrimonial skit		
22-Mar	27. Devotional song & Jayram Annappayya Skit	28. 29. Indu- Shayari & 30. Shanthi Mohini Prafulla - Mock Interview	31. Women's day special talk & 32. Vasanth Karoke	33. Vasanth Story, 34. Invisible Cockroach & 35. Best Childhood memories	36. Vasanth Kumar - Memorable trip, 37. KL Rao - Elders should enjoy golden age	38. Anuradha - Sloka, 39. CV Sastry- Walking, 40. Uma Sastry - Anthakshari	41. Nandini Bharath - Sloka, 42. Sathyachari - Sloka, 43. KL Rao Sloka	44. Sharada Vishwanath - Bhavageethe	45. Vasanth kumar - Karoke songs, 46. National helpline - Anand & Shoba, 47. Manoj M Short story	48. Lalith Rao- Skit, 49. KL Rao - Talk, 50. Drums Arun- Drum performance
22-Apr	51. Vasanth Kumar - Hindi karoke song, 52. Annappayya - Childhood memories	53. Vathcala - Talk on Dangers of Lead poison	54. Mr. BV Manjunath-Karoke & 55. Mr. KL Rao- Talk on Dr. Ambedkar	56. Mrs. Lalitha Rao-Interlude with a Ghost	57. Mr. Raghavendra- Karoke song & 58. Mrs. Vijayalakshmi - Experience sharing	59. Mr. Devendra Prasad - Kannada songs & 60. Mr.K. L Rao - Talk on Jyothi Rao Phule	61. Mr. Raghavendra- Karoke song, 62. Mrs Sandhya D - Halku (Short Poems), 63. Mr Devarajan - Visit to Badrinath Temple, 64. Lalitha Rao - Examination Episode, 65. Mr Devaraj - Talk about Loneliness after Retirement	66. Mrs Roopa Pal - Eureka moments in Medical History, 67. Mrs Radha Prathi - Scratching the Surface (Background of Customs and Traditions), 68. Mr Devaraj - Talk about Mangoes, 69. Mr Devendra Prasad - Kannada Movie songs & 70. Mrs Shyamala Krishnan - Songs		
22-May	71. Mr. Vasanth Kumar - Karoke songs, 72. Ms Kavya Srinivasan - Folk Songs, 73. Mr. Vasanth Kumar - Karoke songs, 74. Mrs Padmavathy (OM Old Age Home) - Songs, 75. Mrs Jayashree (OM Old Age Home) - Songs, 76. Prof. Choodamani - Unique features of South Indian Temple, 77. Mrs Tara Kini - Soaring With Music, 78. Mr Jimmy Xavier - Riding with a Radio Jockey, 79. Mr Harish Bijoor - Talk on who killed advertising?	80. Mr Prosun Gupta - Requirements to Write a Will, 81. Mrs Rajalakshmi Kanthan - Real Story Narration, 82. Mr Devendra Prasad - Kannada Movie songs, 83. Mr K.L Rao - Talk on Public Grievances, 84. Mr K.L Rao - My Memories of Bank service, 85. BV Manjunath - Karoke Songs, 86. Mr Sivaguru - Experience sharing & 87. Mrs Rupa Ramamurthy - Experience about how she learnt dance at 55	88. Vasanth Kumar - Karoke songs, 89. Jayanth - Talk on Restaurant confidential, 90. Raghavendra - Karoke songs, 91. Lalitha Rao - Story on tale of a Snake, 92. Rani Thimmayya - Story, 93. Suma & Nagalakshmi - Songs, 94. Devarajan - Talk on Sanskrit & Saying, 95. KL Rao - Sharing few episodes during his service	96. Rajalakshmi Parthasarathy - Talk about happiness, 97. Devarajan - Talk about his Journey in Railways, 98. Devarajan - Talk about the sweetness of Jaggery, 99. Devarajan - Talk about his trip to Nandi Hills, 100. Devendra Prasad - Bhava Geethe	101. BV Manjunath - Jokes and Karoke, 102. KL Rao - Talk on points to ponder on money matters	103. Lalitha Rao - Trip to South Africa, 104. KL Rao - Talk about RajarshishahooMa haraj of Kolhapur				

Jun-22	105. Lalitha Rao - Anecdotes of Funny situations,	106. Rajalakshmi Parthasarathy - Talk on Happiness	107. K.L Rao - Talk on Ahilya Bai Holkar Queen of Indore,	108. Vasanth Kumar - Bhakti Song	109. Premi Shenoy - Experience sharing	110. K.L Rao - Infomal talk	111. Rupa Ramamurthy - Comparing life to Scrabble	112. Molly Joseph- Sharing her views on how to be happy in life		
22-Jul	113. Srinivasan - Keyboard play for movie songs	114. Vasanth Kumar - Recipe	115. Regina Robinson - Comedy Kabali	116. Devendra Prasad - Kannada Folk song	117. Sivaguru - Experience sharing	120. Lalitha Rao - Talk about teachers	123. Vasanth Kumar - Sharing some of the bad experience of life	124. Vasanth Kumar - Krishna Bhajan		
					118. K.L Rao - Talk on Indian Heritage	121. Vasanth Kumar - Devotional songs				
					119. K.L Rao - Talk on Health tips	122. Vasanth Kumar - Sharing Bad Experience				
22-Aug	125. Lalitha Rao - The best of the best anubhav programs	126. Chandana & Team - The story of Anubhav Nightingales Bangalore	127. Annappayya - Stupidity	129. Gopinath Gargasha - Bhajan	131. Vathesala & Lalitha Rao - Tell me why? (Conversation about kitchen science)	132. K.L Rao - Talk on Bharat Ratna JRD Tata				
			128. Sastry - Alpine Holiday	130. AA members - Talent show						
22-Sep	133. Annappayya- Our Shoulders! (Conversation with a doctor on shoulder pain)	134. Shyamala Krishnan - Seasonal songs	135. K.L Rao - Sloka	137. Gopinath Gargasha - Devotional songs	139. Lalitha Rao - Visually handicapped	141. Vasanth Kumar - Devotional songs	143. K.L Rao - Talk on Mahatama Gandhi			
			136. Uma Sastry - Bhavageethe	138. Annappayya - Master Health check up anubhav pilot programem discontinued	140. K.L Rao- Talk	142. Vasantha Rangamani - My Struggle in the Kitchen	144. Dr Sowmya & Sanak Adhrey - Destressing with Music			
Anubhav Programmes started in April 2024 through self initiative with media4community										
Apr-24	K.L Rao (Talk on Education)		K.L Rao Talk		Ruby Talk (Native place)					
May-24	K.L Rao (Talk on Education)		Padnavathi (Devotional Song)		1)Prema talk on QAH 2)Vasanth kumar-song		Lakshmi G - Song		Thamalya - Talk	
Jun-24			Sandhya - song Nalini -song				Padmavathamma-song			