How to create a Podcast:
http://www.apple.com/itunes/podcasts/specs.html

Online Resources:
http://www.podcast411.com/howto_1.html
https://blog.idrsolutions.com/2014/08/create-rss-feed/

Validity Check:
http://feedvalidator.org/

Demo podcast url: http://www.fftsys.com/demo.xml

How to add podcast in iTunes:
Open iteunes -> File->Subscribe podcast-> Add the url

Ans:

1. Enclosure: url: content url, length: size of the content in bytes
2. Duration: Is the length of the content in minutes. Video/mp3
3. Size of contents: There is no limit on size. But large size file might not attract people.
4. Category: Predefined by Apple. Supported category list added bottom of the page.
5. Maximum number of item: No limit.

Supported Category List by Apple:

- iTunes Supported Categories
- Arts
  - Design
  - Fashion & Beauty
  - Food
  - Literature
  - Performing Arts
  - Visual Arts
- Business
  - Business News
  - Careers
  - Investing
  - Management & Marketing

- Shopping
- Comedy
- Education
- Educational Technology
- Higher Education
- K-12
- Language Courses
- Training
- Games & Hobbies
- Automotive
- Aviation
- Hobbies
- Other Games
- Video Games
- Government & Organizations
- Local
- National
- Non-Profit
- Regional
- Health
- Alternative Health
- Fitness & Nutrition
- Self-Help
- Sexuality
- Kids & Family
- Music
- News & Politics
- Religion & Spirituality
- Buddhism
- Christianity
- Hinduism
- Islam
- Judaism
- Other
- Spirituality
- Science & Medicine
- Medicine
- Natural Sciences
- Social Sciences
- Society & Culture
- History
- Personal Journals
- Philosophy
- Places & Travel
- Sports & Recreation
- Amateur

- College & High School
- Outdoor
- Professional
- Technology
- Gadgets
- Tech News
- Podcasting
- Software How-To
- TV & Film

Corresponding Programming

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