150th Birth Anniversary

Ministry of Culture
Government of India

स्वच्छ भारत
एक कदम स्वच्छता की ओर

POSHAN Abhiyaan
सही पोषण - देश रोशन

NATIONAL HEALTH MISSION

Lauhyatra

Connecting People,
Connecting Ideas

fssai

FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA

Inspiring Trust, Assuring Safe & Nutritious Food

Ministry of Health and Family Welfare, Government of India

* To be replaced by actual logo

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Vision

Lauh Yatra, inspired by Prime Minister Narendra Modi's vision of leveraging the ***150th birth anniversary of Mahatma Gandhi*** to bring about sustainable social change, is a Pan-India Cyclothon, as an outreach for Eat Right India movement led by FSSAI.

Food touches the lives of everyone, every day. The focus on eating right is critical in the backdrop of India's high burden of under-nutrition, micronutrient deficiencies and growing incidence of obesity and non-communicable diseases such as diabetes and cardiac diseases. This impacts the health and consequently the economic growth of the nation.

The 'Cycle Yatris' will pass through villages, towns and cities across the country to engage, excite and enable citizens to eat right and improve their health and wellbeing. 'Swastha Melas', conventions and outreach through mobile units along the way would spark movements and create local champions for 'Eat Right India'. This would be the beginning of a revolution for healthy diets and focus on preventive healthcare.

Lauh Yatra has been inspired by Gandhiji's Salt Satyagraha- The Dandi March in 1930 that ignited a mass movement leading India to independence in 1947.

With a grain of salt Gandhiji changed
the course of India's future.
With grain of salt fortified with iodine and iron,
India now begins its march to be a
healthier nation by eating right.

Theme:
Eat Right India

Lauh Yatra, by connecting people and connecting ideas, focuses on nudging citizens to 'Eat Right' for better health and wellbeing. Eating safe, eating healthy and eating fortified foods coupled with yoga and physical exercise can guarantee a healthy life. Cycling is one of the best forms of physical exercise.

The 'Eat Right India' movement is a collective effort towards both demand and supply side interventions by engaging with key stakeholders and citizens. This aligns with the Government's recent focus on public health through its three key programmes, namely Swachh Bharat Mission, Ayushman Bharat and POSHAN Abhiyaan. This also aligns with many of the UN Sustainable Development Goals (SDGs).

NATIONAL HEALTH MISSION
राष्ट्रीय स्वास्थ्य मिशन

स्वच्छ भारत
एक कदम स्वच्छता की ओर

POSHAN Abhiyaan
PM's Overarching Scheme for Holistic Nourishment
सही पोषण - देश रोशन

Eat Healthy
to prevent NCDs

1. Reduce consumption of foods with high fat, sugar and salt content. #AajSeThodaKam
2. Eliminate trans-fat from diets. #TransFatFreeIndia by 2022, India@75.
3. Ensure availability of healthier food options including whole grains.

Eat Safe
to prevent food borne illnesses

4. Personal as well as surrounding hygiene and sanitation.
5. Safe food practices; Disposal of used cooking oil to produce biodiesel
6. Combating food adulteration through simple tests

FORTIFIED
SAMPOORNA POSHAN SWASTH JEEVAN

Eat Fortified
to prevent micronutrient deficiencies

7. Double Fortified Salt to fight anaemia and iodine deficiency. #AnaemiaMuktBharat
8. Ensure open market availability of fortified foods
9. Use of fortified foods in Government safety net programmes.

10. No Food Waste

SAVE FOOD
SHARE FOOD
SHARE JOY

About LauhYatra

- On 16th October, 2018, the World Food Day, cycle relays will be flagged off from six different locations of the country.
- 25 pre-registered volunteers will cover 50-60 kilometres halting at 2-3 towns and cities on way (5 cyclists identified by Cycling Federation of India will cover the entire track).
- Cyclists will hand over the symbolic relay baton to the next batch at the stopover points and return
- There will be Eat Right India Convention, Outreach on wheels and food testing at stopover locations
- Biggest mass mobilization for public health that will connect all citizens across the country.

18000 Kms

6 cycling tracks each covering 3000 km

4 legs per track, 24 legs total, each covering 750 km

50-60 km of cycling per day

6,000+ cyclists

150 cyclists total at any given point, 25 cyclists on each track

100+ Days

300+ Locations

40 Swastha Melas
747 Convention
2,400 Outreach on Wheels

Lauh Yatra Route Map

North Track (T1)	Leh (J&K, PB, HR, HP, UK, UP)
West Track (T2)	Panaji (MH, D&H, DD, GJ, RJ, HR)
South West Track (T3)	Thiruvananthapuram (KL,TN, KA, MH, MP, RJ, HR)
South Central Track (T4)	Puducherry (TN, AP, TS, MH, MP, UP, RJ, HR)
East Track (T5)	Kolkata (WB, JH, OD, CG, MP, UP)
North East Track (T6)	Agartala (TR, MZ, MN, NL, AS, WB, BR, UP)

Curtain Raiser
New Delhi - 19 September
State Capitals – 1 October

Flag Off
16th October from
6 diferent locations
in the country

Cycling
6 cycling tracks with
4 legs per track with relay
stops in between

Leg 1
16th October
to 10th November

Leg 2
11th November to
6th December

Leg 3
7th December to
1st January

Leg 4
2nd January to
27th January

Grand Finale
All cyclists will
be converging on
27th January in
New Delhi

Lauh Yatra Logistics

Safety First

- Marshals will be available for guidance
- Sweep vehicle to carry cyclists and cycles
- Ambulance and medical kits
- Cycle mechanics to provide on the spot support
- Branded helmets and jerseys/shirts
- Pit stops for water and refreshments
- Insurance of up to 1 lakh
- Intimation to NHAI/States to allow cyclists on toll roads
- Pre-event orientation for all the cycle yatris
- Portal/App to track the progress

Communication

- 'Vaishnava Jana To' video
- Message from the Prime Minister
- Guidance Notes
- Posters/flyers with Eat Right messages
- TV, Radio (including Community Radio)
- Videos/jingles on Eat Right messages
- Website/Web banners
- Promotional items-cap, mug, jersey
- Editorials in local and national print media
- Social media campaign
- Food Safety on Wheels / Food testing kits
- Five part film series for amplifying it beyond the 4-month period
- Amplification through web presence and social media handles of various government and non-government partners

Eat Right India Citizen Engagement Template

Eat Right Swastha Melas would be organized in the spirit of Jan Bhagidari in over 300 locations during the Lauh Yatra.

Vaishnava Jana To
Prabhat Pheri

Closed-door Meetings
Public Meetings

Grand Finale New Delhi

- Pedal Parade - 15,000 cycle yatris
- 150 state food stalls
- Recognition of 150 champions

34 Major Eat Right Swastha Melas

- Poster Competitions
- Cultural Performances
- Health and Nutrition Booths

5 Metro Eat Right Swastha Melas

- Fortified Food Stalls
- Poster Competitions
- Eat Right Thalis

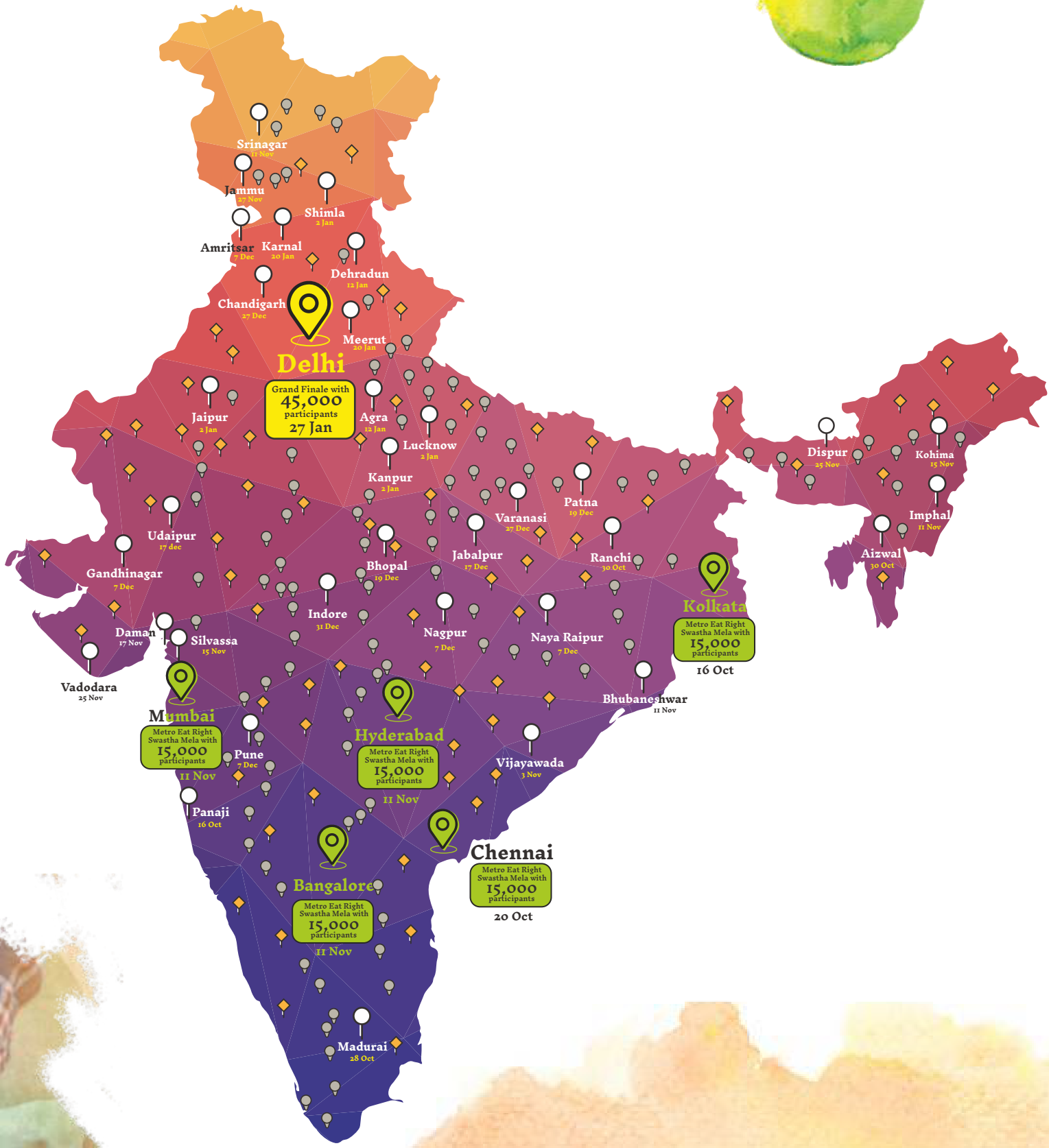
267 Eat Right India Convention

- Eat Right Videos
- Food stalls
- Activity Booths

480 Uncovered Locations

- Food and Nutrition Stalls
- Engagement Activities

Map


Srinagar
17 Nov
Jammu
27 Nov
Shimla
2 Jan
Amritsar
7 Dec
Karnal
20 Jan
Dehradun
12 Jan
Chandigarh
27 Dec
Meerut
20 Jan
Delhi
Grand Finale with
45,000
participants
27 Jan
Jaipur
2 Jan
Agra
12 Jan
Lucknow
2 Jan
Kanpur
2 Jan
Patna
19 Dec
Varanasi
27 Dec
Udaipur
17 dec
Gandhinagar
7 Dec
Bhopal
19 Dec
Jabalpur
17 Dec
Ranchi
30 Oct
Indore
31 Dec
Nagpur
7 Dec
Naya Raipur
7 Dec
Daman
17 Nov
Silvassa
15 Nov
Vadodara
25 Nov
Mumbai
Metro Eat Right
Swastha Mela with
15,000
participants
11 Nov
Pune
7 Dec
Panaji
16 Oct
Hyderabad
Metro Eat Right
Swastha Mela with
15,000
participants
11 Nov
Vijayawada
3 Nov
Bhubaneshwar
11 Nov
Kolkata
Metro Eat Right
Swastha Mela with
15,000
participants
16 Oct
Chennai
Metro Eat Right
Swastha Mela with
15,000
participants
20 Oct
Bangalore
Metro Eat Right
Swastha Mela with
15,000
participants
11 Nov
Madurai
28 Oct
Dispur
25 Nov
Kohima
15 Nov
Imphal
11 Nov
Aizwal
30 Oct

Swastha Mela Participation

New Delhi (27 Jan)

- 45,000 participants

5 Metros

- 75,000 participants
- 15,000 per location

34 State Capitals/ Big Cities

- 1,53,000 participants
- 4,500 per location

Convention

267 Cities / Big Towns (stopover locations)

- 1,33,500 participants
- 500 per location

480 Other District Headquarters/ Cities and Towns (not on route) -

- 2,40,000 participants
- 500 per location

Outreach on Wheels

1200 Activations (within stopover cities)

- 6,00,000 participants
- 500 per location

1200 Activations (in transit cities/towns)

- 6,00,000 participants
- 500 per location

Rewards and Recognition

Roll of Honour

- All Cyclists on Eat Right India
- Partner Organizations and individual

Award for the Most Effective Activation

- Metros (2 prizes)
- State capitals and major cities (3 prizes)
- Other Cities (2 prizes)

Award for Leveraging for Most Effective Activation (States/UTs)

- Big States (2 prizes)
- Small States (2 prizes)

Awards for Poster competition

Award for Professional Commitment

- Medical Doctor (2 prizes)
- Dietician / Nutritionists
- Food Scientists and Technologists
- Chef

People Cycling for a Cause on a Single Day (27 Jan)

New Delhi

- 15,000 participants

5 Metros

- 7,500 participants
- 15,000 per location

34 State Capitals/ Big Cities

- 15,300 participants
- 450 per location

267 Cities / Big Towns (Stopover locations)

- 40,050 participants
- 150 per location

1200 Other Towns (in transit locations)

- 72,000 participants
- 60 per location

480 District Headquarters/ Cities and Towns not on route

- 28,800 participants
- 60 per location

Partners

Government Partners

Ministry of Health and Family Welfare

NITI Aayog

Ministry of Culture

Ministry of Home Affairs

Ministry of Defence

Ministry of Road Transport and Highways

Ministry of Housing & Urban Affairs

Ministry of Rural Development

Ministry of Women and Child Development

Ministry of Drinking Water and Sanitation

Ministry of Human Resource Development

Ministry of Youth Affairs and Sports

Ministry of Information and Broadcasting

Related Departments of all State Governments and UT Administration

Development Partners

TATA TRUSTS

World Food Programme

GAIN

PATH

Nutrition International (NI)

Professional Associations

Indian Medical Association

Indian Dietetics Association

Nutrition Society of India

Association of Food Scientists and Technologists of India

Indian Federation of Culinary Associations

Industry Associations

CII

FICCI

ASSOCHAM

PHD Chamber of Commerce

Indian Chamber of Commerce

Accommodation and Catering

Hotels and Restaurants Associations

National Restaurants Association of India

All India Catering Association

Corporate Partners

Cycling Logistics and Support

Cycle Federation of India

Event Management

MERAKI

MAXIMUS

Coordination and Funding

Coordination

- ***National level*** - Advisory Committee with Member (Health and Nutrition), NITI Aayog as Chair and an Implementation Committee
- ***State level*** – Existing State Steering Committee on Food Safety chaired by Chief Secretary with Special invitees
- ***District Level*** – Existing District Advisory Committees chaired by District Magistrates with Special invitees

Funding

- Allow funding of activities at state, district and local level from IEC component of National Health Mission, Poshan Abhiyan and Swachh Bharat Mission
- Expenses for cycle rally and core activities will be made through contributions from partners and from FSSAI budget

Support

Lauh Yatra and associated events and programmes have been conceived as collaborative activities of many government and non-governmental partners.

Monetary and material

Corporates, development partners and other stakeholders have this wonderful opportunity to be partner in Lauh yatra as a part of Eat Right India movement. This would be our fitting tribute to Mahatma Gandhi on occasion of his 150th birth anniversary. You can either provide monetary or material support or both through variety of options available to you.

Accommodation

Hotels get the opportunity to host the cycle yatris and support team for two days as per itinerary in course of the cycle rally. For both these the team is provides lodging facility and meals (two dinners and two breakfasts). For reasons of logistics, only offers for groups of 8 people or more with rooms on single occupancy basis would be acceptable.

Professionals

Food, nutrition and public health professionals are invited to participate as experts, speakers, influencers and role models.

Student Volunteers

Students of universities and colleges can volunteer for various activities on specific days. Details of options for volunteering and time commitment are given.

Schools

School students can participate in Padyatra – Prabhat pheris on event day in each city when the Lauh Yatra either makes a stopover or is passing through their city or town.

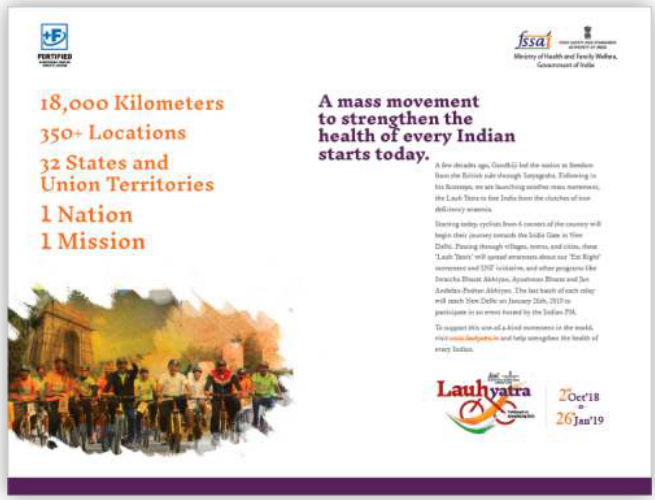
Expected Outcomes

- Engage, excite and enable citizens to eat healthy, eat safe and eat fortified.
- Create a pool of Eat Right India Champions, who would provide sustainability to the movement
- Reinvigorate State and District level machinery and ensure coordination and effective efforts at all levels by ensuring periodic regular meetings of the State Steering Committees and District Advisory Committees on food safety
- Create trust in public by enabling them to get their food tested through mobile vans and by disseminating of simple self-test to check adulterants
- 150 Clean Street Food Hubs across the country [Work already initiated] 15 Smart Food Cities in partnership with Ministry of Urban Development [Work already initiated]
- Full integration of Eat Right Toolkit with Health and Wellness Centres for focus on preventive healthcare as a part of Ayushman Bharat
- Create demand for fortified staples in the open market and support it with their availability in retail across the country
- Create an ecosystem for collection of used cooking oil for use as bio-diesel
- Engage young people: unleash the creativity of young people through poster competition

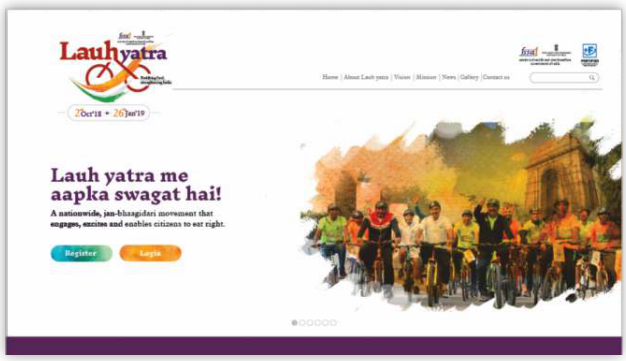
Annexure I
Advertisements

Pre-Launch ad

Launch ad



Website



Social Media Post

Lauhyatra
Volunteers' Kit
Lauhyatra
Info Kit
Lauhyatra
Lauhyatra
C10022

Fortifying
Food
Strengthening
India

Annexure II
Branding

6 Tracks 4 Legs each					
Track	Tracks	Leg 1	Leg 2	Leg 3	Leg 4
T1	North	Leh-Srinagar	Srinagar-Amritsar	Amritsar-Shimla	Shimla-Delhi
T2	West	Panaji-Mumbai	Mumbai-Gandhinagar	Gandhinagar-Jaipur	Jaipur-Delhi
T3	South West	Thiruvanantpuram-Bengaluru	Bengaluru-Pune	Pune-Ujjain	Ujjain-Delhi
T4	South Central	Puducherry-Hyderabad	Hyderabad-Nagpur	Nagpur-Jhansi	Jhansi-Delhi
T5	East	Kolkata-Bhubaneshwar	Bhubaneshwar-Naya Raipur	Naya Raipur-Kanpur	Kanpur-Delhi
T6	North East	Agartala-Imphal	Imphal-Siliguri	Siliguri-Lucknow	Lucknow-Delhi

Statewise Summary of Tracks

No.	State or Uts	Administrative capitals	Leg 1	Leg 2	Leg 3	Leg 4
1	Andaman and Nicobar Islands	Port Blair	-	-	-	-
2	Andhra Pradesh	Vijaywada	T4			
3	Arunachal Pradesh	Itanagar	-	-	-	-
4	Assam	Dispur		T6		
5	Bihar	Patna			T6	
6	Chandigarh	Chandigarh			T1	
7	Chhattisgarh	Naya Raipur		T5	T5	
8	Dadra and Nagar Haveli	Silvassa		T2		
9	Daman and Diu	Daman		T2		
10	National Capital Territory of Delhi	New Delhi				T1, T2, T3, T4, T5, T6
11	Goa	Panaji	T2			
12	Gujarat	Gandhinagar		T2	T2	
13	Haryana	Chandigarh				T1
14	Himachal Pradesh	Shimla			T1	T1
15	Jammu and Kashmir	Srinagar (Summer)	T1	T1		
16	Jharkhand	Ranchi	T5			
17	Karnataka	Bengaluru	T3	T3		
18	Kerala	Thiruvananthapuram	T3			
19	Lakshadweep	Kavaratti	-	-	-	-
20	Madhya Pradesh	Bhopal			T4	
21	Maharashtra	Mumbai	T2	T2		
22	Manipur	Imphal	T6	T6		
23	Meghalaya	Shillong	-	-	-	-
24	Mizoram	Aizawl	T6			
25	Nagaland	Kohima		T6		
26	Odisha	Bhubaneswar	T5	T5		
27	Puducherry	Puducherry	T4			
28	Punjab	Chandigarh			T1	
29	Rajasthan	Jaipur			T2	T2
30	Sikkim	Gangtok	-	-	-	-
31	Tamil Nadu	Chennai	T4			
32	Telangana	Hyderabad	T4	T4		
33	Tripura	Agartala	T6			
34	Uttar Pradesh	Lucknow			T6	T6
35	Uttarakhand	Dehradun				T1
36	West Bengal	Kolkata	T5			

Annexure III
Track Summary

DETAILS: Track 1

Track	Leg		Place	District	State	Distance from previous location	Day 1 (Event Day)	Day 2 (Cycling Day)
North Track (T1)	Leg1	Inaugural City 1 (IC1)	Leh	Leh(Ladakh)	Jammu and Kashmir	0	16-10-2018	17-10-2018
		C2	Nimmoo	Leh(Ladakh)	Jammu and Kashmir	34	18-10-2018	19-10-2018
		C3	Uleytokpo	Leh(Ladakh)	Jammu and Kashmir	34	20-10-2018	21-10-2018
		C4	Khalsi	Leh(Ladakh)	Jammu and Kashmir	27	22-10-2018	23-10-2018
		C5	Lamayuru	Leh(Ladakh)	Jammu and Kashmir	20	24-10-2018	25-10-2018
		C6	Heniskot	Kargil	Jammu and Kashmir	29	26-10-2018	27-10-2018
		C7	Mulbekh	Kargil	Jammu and Kashmir	37	28-10-2018	29-10-2018
		C8	Kargil	Kargil	Jammu and Kashmir	36	30-10-2018	31-10-2018
		C9	Kaksar	Kargil	Jammu and Kashmir	30	01-11-2018	02-11-2018
		C10	Dras	Kargil	Jammu and Kashmir	34	03-11-2018	04-11-2018
		C11	Baltal	Sri nagar	Jammu and Kashmir	48	05-11-2018	06-11-2018
		C12	Kangan	Sri nagar	Jammu and Kashmir	58	07-11-2018	08-11-2018
		C13	Ganderbal	Ganderbal	Jammu and Kashmir	20	09-11-2018	10-11-2018
	Leg2	IC2	Srinagar	Sri nagar	Jammu and Kashmir	18	11-11-2018	12-11-2018
		C2	Awantipora	Pulwama	Jammu and Kashmir	32	13-11-2018	14-11-2018
		C3	Anantnag	Anantnag	Jammu and Kashmir	27	15-11-2018	16-11-2018
		C4	Banihal	Ramban	Jammu and Kashmir	51	17-11-2018	18-11-2018
		C5	Ramban	Ramban	Jammu and Kashmir	22	19-11-2018	20-11-2018
		C6	Chenani	Udhampur	Jammu and Kashmir	50	21-11-2018	22-11-2018
		C7	Udhampur	Udhampur	Jammu and Kashmir	29	23-11-2018	24-11-2018
		C8	Domel	Jammu	Jammu and Kashmir	37	25-11-2018	26-11-2018
		C9	Jammu	Jammu	Jammu and Kashmir	27	27-11-2018	28-11-2018
		C10	Ghagwal	Samba	Jammu and Kashmir	48	29-11-2018	30-11-2018
		C11	Kathua	Kathua	Jammu and Kashmir	33	01-12-2018	02-12-2018
		C12	Gurdaspur	Gurdaspur	Punjab	56	03-12-2018	04-12-2018
		C13	Batala	Gurdaspur	Punjab	33	05-12-2018	06-12-2018
	Leg3	IC3	Amritsar	Amritsar	Punjab	42	07-12-2018	08-12-2018
		C2	Harike	Tarn taran Sahib	Punjab	60	09-12-2018	10-12-2018
		C3	Ferozpur	Ferozpur	Punjab	51	11-12-2018	12-12-2018
		C4	Moga	Moga	Punjab	55	13-12-2018	14-12-2018
		C5	Kot Kapura	Faridkot	Punjab	53	15-12-2018	16-12-2018
		C6	Bathinda	Bathinda	Punjab	56	17-12-2018	18-12-2018
		C7	Barnala	Barnala	Punjab	65	19-12-2018	20-12-2018
		C8	Malerkotla	Sangrur	Punjab	41	21-12-2018	22-12-2018
		C9	Ludhiana	Ludhiana	Punjab	45	23-12-2018	24-12-2018
		C10	Samrala	Ludhiana	Punjab	40	25-12-2018	26-12-2018
		C11	Chandigarh	Chandigarh	Punjab/Haryana	62	27-12-2018	28-12-2018
		C12	Kalka	Panchkula	Haryana	28	29-12-2018	30-12-2018
		C13	Khandaghat	Solan	Himachal Pradesh	57	31-12-2018	01-01-2019
	Leg4	IC4	Shimla	Shimla	Himachal Pradesh	30	02-01-2019	03-01-2019
		C2	Solan	Solan	Himachal Pradesh	46	04-01-2019	05-01-2019
		C3	Nahan	Sirmiur	Himachal Pradesh	87	06-01-2019	07-01-2019
		C4	Paonta Sahib	Sirmour	Himachal Pradesh	40	08-01-2019	09-01-2019
		C5	Selakui	Dehradun	Uttrakhand	34	10-01-2019	11-01-2019
		C6	Dehradun	Dehradun	Uttrakhand	26	12-01-2019	13-01-2019
		C7	Rishikesh	Dehradun	Uttrakhand	45	14-01-2019	15-01-2019
		C8	Haridwar	Haridwar	Uttrakhand	20	16-01-2019	17-01-2019
		C9	Roorkee	Haridwar	Uttrakhand	33	18-01-2019	19-01-2019
		C10	Saharanpur	Saharanpur	Uttar Pradesh	40	20-01-2019	21-01-2019
		C11	Shamli	Shamli	Uttar Pradesh	66	22-01-2019	23-01-2019
		C12	Bagpat	Baghpat	Uttar Pradesh	54	24-01-2019	25-01-2019
		New Delhi				57		

DETAILS: Track 2

Track	Leg		Place	District	State	Distance from previous location	Day 1 (Event Day)	Day 2 (Cycling Day)
WestTrack (T2)	Leg1	Inaugural City 1	Panaji	North goa	Goa	0	16-10-2018	17-10-2018
		C2	Sawantwadi	Sindhu durg	Maharashtra	61	18-10-2018	19-10-2018
		C3	Malvan	Sindhu durg	Maharashtra	54	20-10-2018	21-10-2018
		C4	Devgad	Sindhu durg	Maharashtra	46	22-10-2018	23-10-2018
		C5	Rajapur	Ratnagiri	Maharashtra	50	24-10-2018	25-10-2018
		C6	Ratnagiri	Ratnagiri	Maharashtra	66	26-10-2018	27-10-2018
		C7	Sanghmeshwar	Ratnagiri	Maharashtra	50	28-10-2018	29-10-2018
		C8	Chiplun	Ratnagiri	Maharashtra	47	30-10-2018	31-10-2018
		C9	Khed	Ratnagiri	Maharashtra	32	01-11-2018	02-11-2018
		C10	Poladpur	Raigarh	Maharashtra	40	03-11-2018	04-11-2018
		C11	Goregaon	Raigarh	Maharashtra	42	05-11-2018	06-11-2018
		C12	Nagothane	Raigarh	Maharashtra	53	07-11-2018	08-11-2018
		C13	Vashi	Thane	Maharashtra	80	09-11-2018	10-11-2018
	Leg2	IC2	Mumbai	Mumbai city	Maharashtra	16	11-11-2018	12-11-2018
		C2	Manor	Palghar	Maharashtra	87	13-11-2018	14-11-2018
		C3	Silvassa	Dadra & Nagar Haveli	Dadra & Nagar Haveli	81	15-11-2018	16-11-2018
		C4	Daman	Daman	Daman & Diu	30	17-11-2018	18-11-2018
		C5	Dandi(Navsari)	Navsari	Gujarat	83	19-11-2018	20-11-2018
		C6	Surat	Surat	Gujarat	48	21-11-2018	22-11-2018
		C7	Bharuch	Bharuch	Gujarat	76	23-11-2018	24-11-2018
		C8	Vadodara	Vadodra	Gujarat	79	25-11-2018	26-11-2018
		C9	Godhara	Panch mahal	Gujarat	81	27-11-2018	28-11-2018
		C10	Santrampur	Mahisagar	Gujarat	69	29-11-2018	30-11-2018
		C11	Balasinor	Mahisagar	Gujarat	76	01-12-2018	02-12-2018
		C12	Nadiad	Kheda	Gujarat	64	03-12-2018	04-12-2018
		C13	Ahmedabad	Ahmedabad	Gujarat	56	05-12-2018	06-12-2018
	Leg3	IC2	Gandhinagar	Gandhinagar	Gujarat	27	07-12-2018	08-12-2018
		C2	Mehsana	Mehsana	Gujarat	61	09-12-2018	10-12-2018
		C3	Palanpur	Banaskantha	Gujarat	71	11-12-2018	12-12-2018
		C4	Abu Road	Sirohi	Rajasthan	51	13-12-2018	14-12-2018
		C5	Pindwara	Sirohi	Rajasthan	53	15-12-2018	16-12-2018
		C6	Udaipur	Udaipur	Rajasthan	105	17-12-2018	18-12-2018
		C7	Chittorgarh	Chittorgarh	Rajasthan	113	19-12-2018	20-12-2018
		C8	Bhilwara	Bhilwara	Rajasthan	62	21-12-2018	22-12-2018
		C9	Bijainagar	Ajmer	Rajasthan	76	23-12-2018	24-12-2018
		C10	Beawar	Ajmer	Rajasthan	48	25-12-2018	26-12-2018
		C11	Ajmer	Ajmer	Rajasthan	56	27-12-2018	28-12-2018
		C12	Kishangarh	Ajmer	Rajasthan	31	29-12-2018	30-12-2018
		C13	Jobner	Jaipur	Rajasthan	80	31-12-2018	01-01-2019
	Leg4	IC4	Jaipur	Jaipur	Rajasthan	47	02-01-2019	03-01-2019
		C2	Khatu	Sikar	Rajasthan	81	04-01-2019	05-01-2019
		C3	Sikar	Sikar	Rajasthan	46	06-01-2019	07-01-2019
		C4	Fatehpur	Sikar	Rajasthan	50	08-01-2019	09-01-2019
		C5	Sadulpur	Churu	Rajasthan	92	10-01-2019	11-01-2019
		C6	Hisar	Hisar	Haryana	74	12-01-2019	13-01-2019
		C7	Narwana	Jind	Haryana	74	14-01-2019	15-01-2019
		C8	Kaithal	Kaithal	Haryana	43	16-01-2019	17-01-2019
		C9	Kurukshetra	Kurukshetra	Haryana	54	18-01-2019	19-01-2019
		C10	Karnal	Karnal	Haryana	40	20-01-2019	21-01-2019
		C11	Panipat	Panipat	Haryana	35	22-01-2019	23-01-2019
		C12	Sonipat	Sonipat	Haryana	52	24-01-2019	25-01-2019
		New Delhi				60		

DETAILS: Track 3

Track	Leg		Place	District	State	Distance from previous location	Day 1 (Event Day)	Day 2 (Cycling Day)
South West (T3)	Leg1	Inaugural City 1	Thiruvanantpuram	Thiruvanantpuram	Kerala	0	16-10-2018	17-10-2018
		C2	Thuckalay	Kanyakumari	Tamil Nadu	60	18-10-2018	19-10-2018
		C3	Kanyakumari	Kanyakumari	Tamil Nadu	34	20-10-2018	21-10-2018
		C4	Tirunelveli	Tirunelveli	Tamil Nadu	86	22-10-2018	23-10-2018
		C5	Kovilpatti	Thoothukudi	Tamil Nadu	63	24-10-2018	25-10-2018
		C6	Sivakasi	Virudhunagar	Tamil Nadu	42	26-10-2018	27-10-2018
		C7	Madurai	Madurai	Tamil Nadu	78	28-10-2018	29-10-2018
		C8	Dindigul	Dindigul	Tamil Nadu	71	30-10-2018	31-10-2018
		C9	Karur	Karur	Tamil Nadu	79	01-11-2018	02-11-2018
		C10	Erode	Erode	Tamil Nadu	67	03-11-2018	04-11-2018
		C11	Salem	Salem	Tamil Nadu	68	05-11-2018	06-11-2018
		C12	Dharmapuri	Dharmapuri	Tamil Nadu	64	07-11-2018	08-11-2018
		C13	Krishnagiri	Krishnagiri	Tamil Nadu	55	09-11-2018	10-11-2018
	Leg2	IC2	Bengaluru	Bengaluru	Karnataka	67	11-11-2018	12-11-2018
		C2	Tumakuru	Tumakuru	Karnataka	71	13-11-2018	14-11-2018
		C3	Sira	Tumakuru	Karnataka	55	15-11-2018	16-11-2018
		C4	Chitradurga	Chitradurga	Karnataka	84	17-11-2018	18-11-2018
		C5	Davanagere	Davanagere	Karnataka	61	19-11-2018	20-11-2018
		C6	Haveri	Haveri	Karnataka	66	21-11-2018	22-11-2018
		C7	Hubbalii	Dharwad	Karnataka	76	23-11-2018	24-11-2018
		C8	Belgaum	Belgaum	Karnataka	102	25-11-2018	26-11-2018
		C9	Sankeshwar	Belgaum	Karnataka	54	27-11-2018	28-11-2018
		C10	Kolhapur	Kolhapur	Maharashtra	63	29-11-2018	30-11-2018
		C11	Karad	Satara	Maharashtra	74	01-12-2018	02-12-2018
		C12	Satara	Satara	Maharashtra	54	03-12-2018	04-12-2018
		C13	Bhor	Pune	Maharashtra	75	05-12-2018	06-12-2018
	Leg3	IC3	Pune	Pune	Maharashtra	55	07-12-2018	08-12-2018
		C2	Shirur	Pune	Maharashtra	69	09-12-2018	10-12-2018
		C3	Ahmednagar	Ahmednagar	Maharashtra	54	11-12-2018	12-12-2018
		C4	Newasa	Ahmednagar	Maharashtra	60	13-12-2018	14-12-2018
		C5	Aurangabad	Aurangabad	Maharashtra	62	15-12-2018	16-12-2018
		C6	Talvad	Nashik	Maharashtra	70	17-12-2018	18-12-2018
		C7	Malegaon	Nashik	Maharashtra	60	19-12-2018	20-12-2018
		C8	Dhule	Dhule	Maharashtra	60	21-12-2018	22-12-2018
		C9	Shirpur	Dhule	Maharashtra	53	23-12-2018	24-12-2018
		C10	Sendhwa	Barwani	Madhya Pradesh	52	25-12-2018	26-12-2018
		C11	Ghulania	Barwani	Madhya Pradesh	42	27-12-2018	28-12-2018
		C12	Manpur	Indore	Madhya Pradesh	68	29-12-2018	30-12-2018
		C13	Indore	Indore	Madhya Pradesh	52	31-12-2018	01-01-2019
	Leg4	IC4	Ujjain	Ujjain	Madhya Pradesh	57	02-01-2019	03-01-2019
		C2	Agar	Agar malwa	Madhya Pradesh	68	04-01-2019	05-01-2019
		C3	Soyat Kalan	Agar malwa	Madhya Pradesh	61	06-01-2019	07-01-2019
		C4	Jhalawar	Jhalawar	Rajasthan	49	08-01-2019	09-01-2019
		C5	Kota	Kota	Rajasthan	88	10-01-2019	11-01-2019
		C6	Lakheri	Bundi	Rajasthan	73	12-01-2019	13-01-2019
		C7	Sawai Madhopur	Sawai madhopur	Rajasthan	56	14-01-2019	15-01-2019
		C8	Lalsot	Dausa	Rajasthan	65	16-01-2019	17-01-2019
		C9	Dausa	Dausa	Rajasthan	40	18-01-2019	19-01-2019
		C10	Rajgarh	Churu	Rajasthan	58	20-01-2019	21-01-2019
		C11	Kishangarh Bass	Alwar	Rajasthan	75	22-01-2019	23-01-2019
		C12	Gurugram	Gurgaon	Haryana	92	24-01-2019	25-01-2019
		New Delhi			New Delhi	35		

DETAILS: Track 4

Track	Leg		Place	District	State	Distance from previous location	Day 1 (Event Day)	Day 2 (Cycling Day)
South Central Track (T4)	Leg1	Inaugural City 1 (IC1)	Puducherry	Puducherry	Puducherry	0	16-10-2018	17-10-2018
		C2	Mahabalipuram	Kancheepuram	Tamil Nadu	95	18-10-2018	19-10-2018
		C3	Chennai	Chennai	Tamil Nadu	57	20-10-2018	21-10-2018
		C4	Thiruthani	Thiruvallur	Tamil Nadu	90	22-10-2018	23-10-2018
		C5	Tirupati	Chittoor	Andhra Pradesh	66	24-10-2018	25-10-2018
		C6	Nellore	Nellore	Andhra Pradesh	137	26-10-2018	27-10-2018
		C7	Kavali	Nellore	Andhra Pradesh	57	28-10-2018	29-10-2018
		C8	Ongole	Prakasam	Andhra Pradesh	70	30-10-2018	31-10-2018
		C9	Guntur	Guntur	Andhra Pradesh	111	01-11-2018	02-11-2018
		C10	Vijayawada	Krishna	Andhra Pradesh	36	03-11-2018	04-11-2018
		C11	Jaggyapeta	Krishna	Andhra Pradesh	81	05-11-2018	06-11-2018
		C12	Suryapet	Suryapet	Telangana	62	07-11-2018	08-11-2018
		C13	Nalgonda	Nalgonda	Telangana	55	09-11-2018	10-11-2018
	Leg2	IC2	Hyderabad	Hyderabad district	Telangana	102	11-11-2018	12-11-2018
		C2	Bhuvanagiri	Yadadri-bhuvanagir	Telangana	48	13-11-2018	14-11-2018
		C3	Jangaon	Jangaon	Telangana	42	15-11-2018	16-11-2018
		C4	Warangal	Warangal urban	Telangana	62	17-11-2018	18-11-2018
		C5	Huzurabad	Karimnagar	Telangana	39	19-11-2018	20-11-2018
		C6	Karimnagar	Karimnagar	Telangana	41	21-11-2018	22-11-2018
		C7	Korutla	Jagitial	Telangana	71	23-11-2018	24-11-2018
		C8	Nirmal	Nirmal	Telangana	61	25-11-2018	26-11-2018
		C9	Adilabad	Adilabad	Telangana	76	27-11-2018	28-11-2018
		C10	Pandharkawada	Yavatmal	Maharashtra	48	29-11-2018	30-11-2018
		C11	Hinganghat	Wardha	Maharashtra	75	01-12-2018	02-12-2018
		C12	Wardha	Wardha	Maharashtra	42	03-12-2018	04-12-2018
		C13	Buti Bori	Nagpur	Maharashtra	52	05-12-2018	06-12-2018
	Leg3	IC3	Nagpur	Nagpur	Maharashtra	27	07-12-2018	08-12-2018
		C2	Savner	Nagpur	Maharashtra	43	09-12-2018	10-12-2018
		C3	Pandhurna	Chhindwara	Madhya Pradesh	52	11-12-2018	12-12-2018
		C4	Multai	Betul	Madhya Pradesh	41	13-12-2018	14-12-2018
		C5	Betul	Betul	Madhya Pradesh	47	15-12-2018	16-12-2018
		C6	Itarasi	Hoshangabad	Madhya Pradesh	90	17-12-2018	18-12-2018
		C7	Bhopal	Bhopal	Madhya Pradesh	93	19-12-2018	20-12-2018
		C8	Sanchi	Raisen	Madhya Pradesh	48	21-12-2018	22-12-2018
		C9	Begumganj	Raisen	Madhya Pradesh	74	23-12-2018	24-12-2018
		C10	Sagar	Sagar	Madhya Pradesh	58	25-12-2018	26-12-2018
		C11	Malthone	Sagar	Madhya Pradesh	60	27-12-2018	28-12-2018
		C12	Lalitpur	Lalitpur	Uttar Pradesh	51	29-12-2018	30-12-2018
		C13	Talbehat	Lalitpur	Uttar Pradesh	44	31-12-2018	01-01-2019
	Leg4	IC4	Jhansi	Jhansi	Uttar Pradesh	50	02-01-2019	03-01-2019
		C2	Dabra	Gwalior	Madhya Pradesh	58	04-01-2019	05-01-2019
		C3	Gwalior	Gwalior	Madhya Pradesh	45	06-01-2019	07-01-2019
		C4	Morena	Morena	Madhya Pradesh	40	08-01-2019	09-01-2019
		C5	Dholpur	Dholpur	Rajasthan	30	10-01-2019	11-01-2019
		C6	Agra	Agra	Uttar Pradesh	58	12-01-2019	13-01-2019
		C7	Mathura	Mathura	Uttar Pradesh	55	14-01-2019	15-01-2019
		C8	Hathras	Hathras	Uttar Pradesh	42	16-01-2019	17-01-2019
		C9	Aligargh	Aligargh	Uttar Pradesh	35	18-01-2019	19-01-2019
		C10	Kosi Kalan	Mathura	Uttar Pradesh	80	20-01-2019	21-01-2019
		C11	Palwal	Palwal	Haryana	44	22-01-2019	23-01-2019
		C12	Faridabad	Faridabad	Haryana	32	24-01-2019	25-01-2019
		New Delhi			Delhi	14		

DETAILS: Track 5

Track	Leg		Place	District	State	Distance from previous location	Day 1 (Event Day)	Day 2 (Cycling Day)
East Track (T5)	Leg1	Inaugural City 1 (IC1)	Kolkata	Kolkata	West Bengal	0	16-10-2018	17-10-2018
		C2	Memari	Purba bardhaman	West Bengal	82	18-10-2018	19-10-2018
		C3	Durgapur	Paschim Bardhaman	West Bengal	97	20-10-2018	21-10-2018
		C4	Asansol	Paschim Bardhaman	West Bengal	43	22-10-2018	23-10-2018
		C5	Dhanbad	Dhanbad	Jharkhand	69	24-10-2018	25-10-2018
		C6	Bokaro Steel City	Bokaro	Jharkhand	40	26-10-2018	27-10-2018
		C7	Muri	Ranchi	Jharkhand	80	28-10-2018	29-10-2018
		C8	Ranchi	Ranchi	Jharkhand	65	30-10-2018	31-10-2018
		C9	Jamshedpur	East Singhbum	Jharkhand	120	01-11-2018	02-11-2018
		C10	Rairangpur	Mayurbhanj	Odisha	73	03-11-2018	04-11-2018
		C11	Baripada	Mayurbhanj	Odisha	82	05-11-2018	06-11-2018
		C12	Balasore	Balasore	Odisha	60	07-11-2018	08-11-2018
		C13	Jajpur	Jajpur	Odisha	100	09-11-2018	10-11-2018
	Leg2	IC2	Bhubaneshwar	Khordha	Odisha	72	11-11-2018	12-11-2018
		C2	Athagarh	Cuttack	Odisha	57	13-11-2018	14-11-2018
		C3	Hindol	Dhenkanal	Odisha	53	15-11-2018	16-11-2018
		C4	Kadalimunda	Angul	Odisha	66	17-11-2018	18-11-2018
		C5	Kadaligarh	Sambalpur	Odisha	69	19-11-2018	20-11-2018
		C6	Manamunda	Boudh	Odisha	56	21-11-2018	22-11-2018
		C7	Balangir	Balangir	Odisha	53	23-11-2018	24-11-2018
		C8	Padmapur	Bargarh	Odisha	46	25-11-2018	26-11-2018
		C9	Paikamal	Bargarh	Odisha	30	27-11-2018	28-11-2018
		C10	Suarmar	Mahasamund	Chattisgarh	61	29-11-2018	30-11-2018
		C11	Mongra	Dhamtari	Chattisgarh	42	01-12-2018	02-12-2018
		C12	Patan	Durg	Chattisgarh	125	03-12-2018	04-12-2018
		C13	Bhilai	Durg	Chattisgarh	31	05-12-2018	06-12-2018
	Leg3	IC3	Naya Raipur	Raipur	Chattisgarh	33	07-12-2018	08-12-2018
		C2	Simga	Baloda Bazar	Chattisgarh	64	09-12-2018	10-12-2018
		C3	Kawardha	Kabirdham	Chattisgarh	75	11-12-2018	12-12-2018
		C4	Mandhla	Mandla	Madhya Pradesh	133	13-12-2018	14-12-2018
		C5	Niwas	Singrauli	Madhya Pradesh	63	15-12-2018	16-12-2018
		C6	Jabalpur	Jabalpur	Madhya Pradesh	68	17-12-2018	18-12-2018
		C7	Sihora	Jabalpur	Madhya Pradesh	42	19-12-2018	20-12-2018
		C8	Maihar	Satna	Madhya Pradesh	117	21-12-2018	22-12-2018
		C9	Satna	Satna	Madhya Pradesh	43	23-12-2018	24-12-2018
		C10	Chitrakoot	Chitrakoot	Uttar Pradesh	77	25-12-2018	26-12-2018
		C11	Banda	Banda	Uttar Pradesh	69	27-12-2018	28-12-2018
		C12	Fatehpur	Fatehpur	Uttar Pradesh	91	29-12-2018	30-12-2018
		C13	Lalganj	Raebareily	Uttar Pradesh	52	31-12-2018	01-01-2019
	Leg4	IC4	Kanpur	Kanpur nagar	Uttar Pradesh	87	02-01-2019	03-01-2019
		C2	Bilhaur	Kanpur nagar	Uttar Pradesh	55	04-01-2019	05-01-2019
		C3	Chhibramau	Kannuj	Uttar Pradesh	77	06-01-2019	07-01-2019
		C4	Mainpuri	Mainpuri	Uttar Pradesh	51	08-01-2019	09-01-2019
		C5	Etah	Etah	Uttar Pradesh	60	10-01-2019	11-01-2019
		C6	Sikandra rao	Hathras	Uttar Pradesh	33	12-01-2019	13-01-2019
		C7	Aligarh	Aligarh	Uttar Pradesh	41	14-01-2019	15-01-2019
		C8	Khurja	Buland shahr	Uttar Pradesh	54	16-01-2019	17-01-2019
		C9	Hapur	hapur	Uttar Pradesh	57	18-01-2019	19-01-2019
		C10	Meerut	Meerut	Uttar Pradesh	31	20-01-2019	21-01-2019
		C11	Modinagar	Ghaziabad	Uttar Pradesh	24	22-01-2019	23-01-2019
		C12	Ghaziabad	Ghaziabad	Uttar Pradesh	30	24-01-2019	25-01-2019
		New Delhi				30		

DETAILS: Track 6

Track	Leg		Place	District	State	Distance from previous location	Day 1 (Event Day)	Day 2 (Cycling Day)
North East Track (T6)	Leg1	Inaugural City 1 (IC1)	Agartala	West Tripura	Tripura	0	16-10-2018	17-10-2018
		C2	Teliamura	Khowai	Tripura	43	18-10-2018	19-10-2018
		C3	Ambassa	Dhalai	Tripura	40	20-10-2018	21-10-2018
		C4	Kumarghat	Unakoti	Tripura	51	22-10-2018	23-10-2018
		C5	Zawlnuam	Mamit	Mizoram	62	24-10-2018	25-10-2018
		C6	New Mamit	Mamit	Mizoram	63	26-10-2018	27-10-2018
		C7	Lengpui	Mamit	Mizoram	62	28-10-2018	29-10-2018
		C8	Aizawl	Aizawl	Mizoram	33	30-10-2018	31-10-2018
		C9	Kolasib	Kolasib	Mizoram	79	01-11-2018	02-11-2018
		C10	Vairengte	Kolasib	Mizoram	33	03-11-2018	04-11-2018
		C11	Jiribam	Jiribam	Manipur	75	05-11-2018	06-11-2018
		C12	Nungba	Tamenglong	Manipur	89	07-11-2018	08-11-2018
		C13	Noney	Noney	Manipur	61	09-11-2018	10-11-2018
	Leg2	IC2	Imphal	Imphal	Manipur	63	11-11-2018	12-11-2018
		C2	Kangpokpi	Sadar Hills	Manipur	45	13-11-2018	14-11-2018
		C3	Kohima	Kohima	Nagaland	93	15-11-2018	16-11-2018
		C4	Dimapur	Dimapur	Nagaland	68	17-11-2018	18-11-2018
		C5	Karbi Anglong	Karbi Anglong	Assam	43	19-11-2018	20-11-2018
		C6	Hojai	Hojai	Assam	88	21-11-2018	22-11-2018
		C7	Jagiroad	Morigaon	Assam	117	23-11-2018	24-11-2018
		C8	Guwahati	Kamrup Metropolitan	Assam	58	25-11-2018	26-11-2018
		C9	Nalbari	Nalbari	Assam	73	27-11-2018	28-11-2018
		C10	Howli	Berpetta	Assam	59	29-11-2018	30-11-2018
		C11	Bogaigaon	Bongaigaon	Assam	60	01-12-2018	02-12-2018
		C12	Alipurduar	Alipurduar	West Bengal	122	03-12-2018	04-12-2018
		C13	Dhupguri	Jalpaiguri	West Bengal	60	05-12-2018	06-12-2018
	Leg3	IC3	Siliguri	Darjeeling	West Bengal	85	07-12-2018	08-12-2018
		C2	Islampur	Uttar Dinajpur	West Bengal	70	09-12-2018	10-12-2018
		C3	Purnea	Purnea	Bihar	100	11-12-2018	12-12-2018
		C5	Bhagalpur	Bhagalpur	Bihar	90	13-12-2018	14-12-2018
		C6	Munger	Munger	Bihar	62	15-12-2018	16-12-2018
		C7	Sheikhpura	Sheikhpura	Bihar	81	17-12-2018	18-12-2018
		C8	Patna	Patna	Bihar	118	19-12-2018	20-12-2018
		C9	Arrah	Bhojpur	Bihar	81	21-12-2018	22-12-2018
		C10	Buxar	Buxar	Bihar	71	23-12-2018	24-12-2018
		C11	Ghazipur	Ghazipur	Uttar Pradesh	61	25-12-2018	26-12-2018
		C12	Varanasi	Varanasi	Uttar Pradesh	77	27-12-2018	28-12-2018
		C13	Allahabad	Allahabad	Uttar Pradesh	126	29-12-2018	30-12-2018
		C15	Sultanpur	Sultanpur	Uttar Pradesh	102	31-12-2018	01-01-2019
	Leg4	IC4	Lucknow	Lucknow	Uttar Pradesh	135	02-01-2019	03-01-2019
		C2	Sandila	Hardoi	Uttar Pradesh	56	04-01-2019	05-01-2019
		C3	Hardoi	Hardoi	Uttar Pradesh	57	06-01-2019	07-01-2019
		C4	Shahjahanpur	Bareily	Uttar Pradesh	63	08-01-2019	09-01-2019
		C5	Bareilly	Bareily	Uttar Pradesh	84	10-01-2019	11-01-2019
		C6	Pilibhit	Bareily	Uttar Pradesh	51	12-01-2019	13-01-2019
		C7	Rudrapur	Deoria	Uttar Pradesh	74	14-01-2019	15-01-2019
		C8	Rampur	Moradabad	Uttar Pradesh	48	16-01-2019	17-01-2019
		C9	Chandausi	Sambhal	Uttar Pradesh	63	18-01-2019	19-01-2019
		C10	Anupshahr	Bulandshahr	Uttar Pradesh	63	20-01-2019	21-01-2019
		C11	Bulandshahr	Bulandshahr	Uttar Pradesh	42	22-01-2019	23-01-2019
		C12	Greater Noida	Gautam Budh Nagar	Uttar Pradesh	44	24-01-2019	25-01-2019
		New Delhi				**42**		

Swastha Mela

Sr No	City	State	Event Date	Track	
Grand Finale					
1	New Delhi	Delhi	27-01-2019	All Tracks	Leg 4/ C13
Metro Cities					
2	Bengaluru	Karnataka	11-11-2018	T3	Leg 2/ IC2
3	Mumbai	Maharashtra	11-11-2018	T2	Leg 2/ IC 2
4	Chennai	Tamilnadu	20-10-2018	T4	Leg 1/ C3
5	Hyderabad	Andhra Pradesh, Telangana	11-11-2018	T4	Leg 2/ IC 2
6	Kolkata	West Bengal	16-10-2018	T5	Leg 1/ IC1
State Capitals and Big Cities					
7	Dispur, Guwahati	Assam	25-11-2018	T6	Leg 2/ C8
8	Patna	Bihar	19-12-2018	T6	Leg 3/ C8
9	Naya Raipur	Chhattisgarh	07-12-2018	T5	Leg 3/ IC3
10	Silvassa	Dadra and Nagar Haveli	15-11-2018	T2	Leg 2/ C3
11	Daman	Daman and Diu	17-11-2018	T2	Leg 2/ C4
12	Panaji	Goa	16-10-2018	T2	Leg 1/ IC1
13	Gandhinagar	Gujarat	07-12-2018	T2	Leg 3/ IC2
14	Shimla	Himachal Pradesh	02-01-2019	T1	Leg 4/ IC4
15	Srinagar (Summer)	Jammu and Kashmir	11-11-2018	T1	Leg 2/ IC2
16	Ranchi	Jharkhand	30-10-2018	T5	Leg 1/ C8
17	Bhopal	Madhya Pradesh	19-12-2018	T4	Leg 3/ C7
18	Imphal	Manipur	11-11-2018	T6	Leg 2/ IC2
19	Aizawl	Mizoram	30-10-2018	T6	Leg 1/ C8
20	Kohima	Nagaland	15-11-2018	T6	Leg 2/ C3
21	Bhubaneswar	Odisha	11-11-2018	T5	Leg 2/ IC2
22	Chandigarh	Punjab, Haryana, Chandigarh	27-12-2018	T1	Leg 3/ C11
23	Jaipur	Rajasthan	02-01-2019	T2	Leg 4/ IC4
24	Lucknow	Uttar Pradesh	02-01-2019	T6	Leg 4/ IC4
25	Dehradun	Uttarakhand	12-01-2019	T1	Leg 4/ C6
26	Vijayawada	Andhra Pradesh	03-11-2018	T4	Leg 1/ C10
27	Vadodara	Gujarat	25-11-2018	T2	Leg 2/ C8
28	Jammu	Jammu and Kashmir	27-11-2018	T1	Leg 2/ C9
52	Nagpur	Maharashtra	07-12-2018	T4	Leg 3/ IC3
30	Indore	Madhya Pradesh	31-12-2018	T3	Leg 3/ C13
31	Pune	Maharashtra	07-12-2018	T3	Leg 3/ IC3
32	Amritsar	Punjab	07-12-2018	T1	Leg 3/ IC3
33	Agra	Uttar Pradesh	12-01-2019	T4	Leg 4/ C6
34	Kanpur	Uttar Pradesh	02-01-2019	T5	Leg 4/ IC4
35	Madurai	Tamilnadu	28-10-2018	T3	Leg 1/ C7
36	Karnal	Haryana	20-01-2019	T2	Leg 4/ C10
37	Udaipur	Rajasthan	17-12-2018	T2	Leg 3/ C6
38	Varanasi	Uttar Pradesh	27-12-2018	T6	Leg3/C12
39	Jabalpur	Madhya Pradesh	17-12-2018	T5	Leg 3/ C6
40	Meerut	Uttar Pradesh	20-01-2019	T5	Leg 4/ C10

Notes

"When food submerses the body,
and through the body the soul, its relish disappears,
and then alone does it begin to function in
the way nature intended it to."

To commemorate the 150th birth year of Mahatma Gandhi
Karyanjali: Gandhi Ji in Action

Lauhyatra
Connecting People, Connecting Ideas