



Nehru Yuva Kendra Sangathan
Ministry of Youth Affairs and Sports, GoI

Ek Bharat Shreshtha Bharat

**Guidelines of Inter State Youth
Exchange Programme 2018-19**



Index

Sl. No.	PARTICULARS	ANNEXURES	PAGE No.
1.	Proposed Venues and release of fund for Inter State Youth Exchange Programme for the year 2018-19	ANNEXURE-I	2
2.	Detail Budget	ANNEXURE-II	3
3.	Budgetary Guidelines	ANNEXURE-III	4
4.	Operational Guidelines	ANNEXURE-IV	5-16
5.	Suggestive Programme Schedule	ANNEXURE- V	17-19
6.	Suggestive Daily Routine	ANNEXURE-VI	20
7.	Invitation Form	ANNEXURE-VII	21-22
8.	Summary Reporting Format and points for submitting narrative Report	ANNEXURE-VIII	23-24
9.	Feedback Form	ANNEXURE-IX	25
10.	Expectation questionnaire for the participants	ANNEXURE-X	26-27
11.	Feedback questionnaire for the participants	ANNEXURE-XI	28-29
12.	Reporting format for submission detailed report with Front & Back Cover page design	ANNEXURE-XII	30-33
14.	Pledge on Ek Bharat Shreshtha Bharat	ANNEXURE-XIII	34
15.	Implementing Strategy /Methodology for reciprocal	ANNEXURE-XIV	35-36
16.	Venue wise tentative time schedule	ANNEXURE-XV	37

Venues and release of fund for Inter State Youth Exchange Programme for the year 2018-19					
S. No	PAO	State	No. of Prog allocated	Kendra/Venue	Total Amount calculated @ 899500 per camp (Amt. in Rs.)
(a)	(b)	(c)	(d)	(e)	(f)
1	Bangalore	Tamil Nadu	1	Chennai	899500
2		Andhra Pradesh	1	Vishakhapatnam	899500
3		Kerala	1	Thiruvananthapuram	899500
4		Puducherry	1	Puducherry	899500
5		Karnataka	1	Bangalore	899500
6		Telangana	1	Hyderabad	899500
7	Bhubnes hwar	Bihar	1	Patna	899500
8		Odisha	1	Bhubaneswar	899500
9		Jharkhand	1	Ranchi	899500
10	Gandhinagar	Chhattisgarh	1	Raipur	899500
11		Madhya Pradesh	1	Bhopal	899500
12		Dadra & Nagar Haveli	1	Silvassa	899500
13		Gujarat	1	Gandhinagar	899500
14		Maharashtra	1	Mumbai	899500
15		Goa	1	Panji	899500
16		Daman & Diu	1	Daman	899500
17	Guwahati	Sikkim	1	Gangtok	899500
18		Manipur & Nagaland	1	Imphal	899500
19		Arunachal Pradesh & Meghalaya	1	Shillong	899500
20		Tripura & Mizoram	1	Agartala	899500
21		Assam	1	Guwahati	899500
22	Alipur	Haryana	1	Gurgaon	899500
23		Delhi	1	Delhi	899500
24		Rajasthan	1	Jaipur	899500
25		Jammu & Kashmir	1	Jammu	899500
26		Punjab	1	Amritsar	899500
27		Himachal Pradesh	1	Shimla	899500
28		Chandigarh	1	Chandigarh	899500
29	Luck now	Uttarakhand	1	Dehradun	899500
30		Uttar Pradesh	1	Lucknow	899500
		Total	30		26985000

ANNEXURE-II

DETAIL BUDGET: INTER STATE YOUTH EXCHANGE PROGRAMME UNDER EK BHARAT SHRESHTHA BHARAT (2018-19)
Budget for 30 Programme each of 50 Participants and 15 days durations

Particular	Details	Amt. (in Rs.)
Boarding & Lodging	@ Rs. 300/- for 100 youth for 15 days	4,50,000
Travelling Expenses including diet allowance (TA/DA)	Rs. 2500/-* for 50 youth includes local travel** and Journey DA***	1,25,000
Local Transport Expenses	lump sum basis	72,000
Documentation including photography	lump sum basis	10,000
To & Fro TA & DA of local participants	Rs. 600 for 50 participants	30,000
Programmes and Activities, competitions	lump sum basis	1,00,000
Contingencies	25% of B&L above	112500
Total Amount		8,99,500/-

*TA and DA of the participants have been calculated on the basis of average fare of ten stations from participating place to Place of Programme, which comes Rs. 1000 (one way)

Average Train Fare on the basis of above is Rs. 1000/- one way.

**Rs. 100 has been earmarked for local travel i.e. from residence to nearest railway station or bus stand and from railway station or bus stand to Inter State Youth Exchange Programme Venue.

***DA has also been added to this @ Rs. 200/- per day for two days one way. Thus, on an average TA and DA cost has been calculated per participant Rs. 2500/-.

Further it is directed that:

- The utilization certificate should be submitted immediately after the completion of the programme or within 12 months from the date of sanction along with the audited statement of accounts comprising of Receipt & Payment Statement, Income & Expenditure Statement and Balance Sheet and other documents mentioned in preceding para. The utilization certificate should be checked and signed by the Chartered Account with reference to the initially and subsidiary accounts of the Government grant to be maintained by the grantee as per Rule 150 (5) of the GFRs 2004. Certificate to the effect that the quantified and qualitative target that should have been reached against the amount utilized were reached and if not the reasons thereon may be indicated in the Utilization Certificate. The fund should be used economically.

NEHRU YUVA KENDRA SANGATHAN
BUDGETRY GUIDELINES FOR INTER STATE YOUTH EXCHANGE
PROGRAMME UNDER EK BHARAT SHRESHTHA BHARAT (2018 – 19)

While conveying sanction to NYKS, Ministry of Youth Affairs & Sports, GOI has strictly mentioned that

- (i) Amount of grants-in-aid should be utilized only for the purpose for which it is sanctioned and unspent balance of grants-in-aid shall be refunded by the grantee institution immediately after conducting the programme.
- (ii) The grantee shall not divert the grants and entrust execution of the scheme or work concerned to another Institutions or organizations and shall abide by the terms & conditions of the grant. If the grantee fails to utilize the grant, for the purpose for which the same has been sanctioned, the grantee will be required to refund the entire amount with interest accrued thereon @ 10% per annum.
- (iii) When the Government of India/State Government has reasons to believe that the sanctioned money is not being utilized for the approved purpose purposes, the payment of the grant shall be stopped.
- (iv) The request for payment of the balance grants-in-aid (10% of the approved amount) will be considered only after completion of the sanctioned programme and submission of the performance report indicating physical and financial targets and achievements along with the list of participants.
- (v) It may be ensured that the **beneficiaries must be in the age group of 15-29 years** for Inter State Youth Exchange Programme under the initiative of Ek Bharat Shreshta and be identified in consultation with the Panchayati Raj Institutions. Since the National Youth Policy focuses on tribal, out of school, youth/adolescents with disabilities, youth in difficult circumstances, the grantee institution/ organization should ensure due representation of these persons in the camps. The grantee organization should ensure that at least **16.20% of the participants should be from SC category and 8.20% of the participants from ST category**. It may also be noted that due representation should be given to **women and physically challenged** youth while conducting the programmes.
- (vi) The grantee will promote HIV/AIDS Awareness.
- (vii) The fact that the **programme is sponsored by the Ministry of Youth Affairs and Sports** should be **prominently highlighted** and displayed while inviting people and holding functions/programmes/events etc.

NEHRU YUVA KENDRA SANGATHAN

Operational Guidelines of Inter State Youth Exchange Programme under the initiative of Ek Bharat Shreshtha Bharat 2018-19

1. Background and Context

There is no country like India, quite as diverse, multi-lingual and multi-cultural, yet bound together by the ancient bonds of shared traditions, culture and values. Such bonds need to be strengthened through enhanced & continuous mutual interaction between people of varied regions and ways of life so that it encourages reciprocity & secures an enriched value system of unity amongst people of different States in a culturally special country like India.

“Ek Bharat Shreshtha Bharat” was announced by Hon’ble Prime Minister on 31st October, 2015 on the occasion of the 140th birth anniversary of Sardar Vallabhbhai Patel. Subsequently, the Finance Minister announced the initiative in his Budget Speech for 2018-19. Through this innovative measure, the knowledge of the culture, traditions and practices of different States & UTs will lead to an enhanced understanding and bonding between the States, thereby strengthening the unity and integrity of India.

All States and UTs will be covered under the programme. There will be pairing of States/UTs at national level and these pairings will be in effect for one year, or till the next round of pairings. The State/UT level pairings would be utilized for State level activities. District level pairing would be independent of the State level pairings. The activity will be very useful to link various States and Districts in annual programmes that will connect people through exchanges in areas of culture, tourism, language, education, trade etc. and citizens will be able to experience the cultural diversity of a much larger number of State/UTs while realizing that India is one.

Objectives of Ek Bharat Shreshtha Bharat

The broad objectives of the initiatives are as follows:-

1. To celebrate the unity in Diversity of our Nation and to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our country.

2. To promote the spirit of National Integration through a deep and structured engagement between all Indian States & Union Territories through a yearlong planned engagement between States.
3. To showcase the rich heritage and culture, customs and traditions of either state for enabling people to understand and appreciate the diversity that is India, thus fostering a sense of common identity.
4. To establish long term engagement and
5. To create an environment which promotes learning between states by sharing best practices & experiences.

Relevant Extracts from the Text of PM's address at the Run for Unity event on Rashtriya Ekta Diwas 2015 at Rajpath in the context of Ek Bharat Shreshtha Bharat

"In the days ahead, we are going to launch a new initiative under which every State will choose another State each year to promote its language and culture. We are consulting States in this regard. I have set up a small committee to work out modalities in this regard. This is one way of ensuring "Ek Bharat Shreshtha Bharat".

"For example, if Haryana Chooses Tamil Nadu in 2016 in this regard, then at least 100 sentences of Tamil Language should be taught to students in each school. People of Haryana should be exposed to Tamil language and culture by suitably organizing some events including Tamil food festival and even trips to Tamil Nadu should be organised. Tamil Nadu should do the same in respect of Haryana including cultural and student exchanges. This would open a new Chapter in our country towards further enriching unity. Next year, Haryana and Tamil Nadu should pick up another State for such exchanges which in due course help in understanding each other better besides appreciating the exclusive strength of our country which is 'Unity in diversity'. This is how we can realize "Ek Bharat Shreshtha Bharat".

Key Theme of Ek Bharat Shreshtha Bharat:

- To celebrate the idea of India as a nation wherein different cultural units across varied geographic coalesce and interact with each other, this glorious manifestation of diverse cuisine, music, dance, theatre, movies & films, handicrafts, sports, literature, festivals, painting, sculpture etc will enable people to imbibe the innate chord of binding and brotherhood.

- To make our people aware about the seamless integral hull of the Modern Indian State spread across a landmass of 32 lakh sq. km, on whose firm foundations, the geo-political strength of the country is ensured benefitting one and all.
- To impress upon people at large about the increasing inter-connectedness between constituents of various cultural & economic zones which is so vital for the spirit of nation building.
- To induce a sense of responsibility & ownership for the nation as a whole through these close cross- cultural interactions as it intends to build up the inter- dependence matrix unequivocally.
- To further promote inter-state travel for boosting business activities of various hues.
- To create learning ecosystem between the various stakeholders of the partnering states so that they benefit from the best practices of one another by establishing a State to State Connect.

Possible Engagements/Activities to be undertaken in the Project:

Development of reading/learning material for basic conversation in all Indian languages would also form a component of the programme along with the following:-

- Organizing National/State and District level events covering culture, heritage, cuisine, art, games & sports, debates, essay writing, quiz etc.
- Sharing of best practices in Governance in the fields of healthcare, education, sanitation, use of technology
- Developing tour guide and home stay capacities with linguistic abilities
- Organizing essay competitions and online quizzes on Ek Bharat Shreshtha Bharat State specific themes
- Exposure of students of one State to alphabets, songs, proverbs and 100 sentences in the languages of the partner State.
- The Music of each partner states to be promoted through various modes including Aakashvani, FM Channels, Music Concerts, Ring Tones etc.
- Dance Festivals of each one of the partner states may be organised. The dances can be further popularized by conducting dance contests carried popularly by corresponding regional channels.
- Organize culinary festivals with an opportunity to learn culinary practices and photography competitions highlighting culture and heritage of the Partner State.

- Prepare and share with the partner States a book containing information on their culture, customs, traditions, flora & fauna etc. for dissemination to schools and colleges.
- Theatre, movie & films of partner states to be promoted through specialized performances and screenings.
- Organising National/State Specific Quiz Competitions in various languages on TV/Radio/Ek Bharat Shreshtha Bharat website.
- Youth excursions can be dovetailed with the existing curriculum needs and can converge into project reports, start-up ideas etc., during recess periods and vacation.

Besides above the objective of this programme, which can also be termed as national Integration Tour is to facilitate the visit of youth living and working in one State to other State(s) with marked cultural differences and an exchange visit by the youth of the visited States. More specifically, such inter-State youth exchanges would aim at:

- a. Familiarization with the environment, family life, social customs, etc. of the people living in different parts of the country.
- b. Understanding of the common historical and cultural heritage of the country as symbolized in historical monuments, cultural forms and the way of life of the people.
- c. Understanding of the problems being faced by the people of different regions.
- d. Appreciation of the vastness of the country, its varied customs and traditions and yet a basic oneness which should engender among the participants a pride in being an Indian and
- e. To inculcate amongst the youth a feeling of communal harmony.

Formation of groups and activities: In regard to formation of groups, their itinerary and activities would be planned keeping in view the following:

- a) The groups should be reasonably representative i.e. they should comprise young men and young women, students and non-students; should preferably include persons of different communities, particularly minorities and those belonging to the Scheduled Castes and Scheduled Tribes.
- b) These groups while travelling to the place of visit could stop, en-route, where conveniently possible, to visit places of interest relating to development and those of historical and cultural heritage.

- c) The groups on reaching the places of visit should undertake a variety of programmes as per **page no 7 -8**.

Duration of the Inter State Youth Exchange Programme

The duration of each Inter State Youth Exchange Programme will be of 15 days. This includes date of arrival and departure of participants. Accordingly, the date/period and local venue of each Inter State Youth Exchange Programme will be decided by concerned State Director, NYKS.

Implementation Strategy:

The Inter State Youth Exchange Programme under the initiative of Ek Bharat Shreshtha Bharat engagement matrix between state and UTs for the first year are given at Annexure-1.

Phasing

The project shall have the following two phases (Please see annexure-1)

(Phase-I)

In first Phase selected 100 participants (50 from participating States & 50 from Host State) each will be invited for Phase –I of the Inter State Youth Exchange Programme.

In the 2nd Phase (Reciprocal) 50 selected participants each will be invited for reciprocal Inter State Youth Exchange Programme. The Host State of the first phase Inter State Youth Exchange Programme will be the participating State and participating State of the first phase Inter State Youth Exchange Programme will be Host State in the 2nd Phase (Reciprocal) of the Inter State Youth Exchange Programme.

Finalization of Dates and Venue:

The Inter State Youth Exchange Programme should be started from **1st Sept, 2018**

Selection of the Participants and their Travel Arrangements

The State Directors will closely monitor and ensure that State/Kendra offices duly attend the invitations received for participation in the Inter State Youth Exchange Programme. The participants will be duly and timely selected and their train/bus reservations should timely

be arranged after due confirmations. The State Offices will be required to monitor the issue on regular basis.

Every Inter State Youth Exchange Programme will have 100 participants from 2 States (Participating States and Host State). All selected participants will be in the age group of 15-29 years. As far as possible the same participants may participate in the reciprocal programme.

While selecting the participants for Inter State Youth Exchange Programme the following criteria should be taken into consideration:-

- All participants should be young activists/ members of the Youth Clubs of NYK.
- Out of the selected participants, a minimum 50% of them must belong to the weaker sections of the society such as SC (16.20%), ST, OBC (8.20%), Minority, Disabled and with due representation of women.
- The participant NYKs are expected to select the youth in such a manner so that all diversities are duly represented.
- All the participants should possess a proven track record of voluntary work / social service.
- The youth who had an opportunity to participate in this programme during the year 2017-18 or another out station special camps should not be considered for selection.
- The professional cultural troupes or persons should not be invited in Inter State Youth Exchange Programme.
- Preference should be given to the Youth Award Winners of the district, representative (s) of Best Youth Club Award Winner, from the Artist/Performers category, from the Team Leaders category (NYVs), etc.

Programmes and Activities-

Each Inter State Youth Exchange Programme should have the following programmes as per the theme & activities under Ek Bharat Shreshtha Bharat

1. Organizing Sports Programme & Competition
2. Organizing Debate Competition on Ek Bharat Shreshtha Bharat
3. Organizing Essay writing Competition on Ek Bharat Shreshtha Bharat
4. Sharing of best practices in Governance in the fields of health care, education, sanitation, use of technology

5. Exposure of youth of one state to alphabets, songs, proverbs & 100 sentences in the languages of the partner state
6. Organizing Dance of each one of the partner state & contest
7. Organizing culinary festival with an opportunity to learn culinary practices.
8. Organizing Photography competitions highlighting culture and heritage of the Partner State
9. Prepare & Share with the partner states a book containing information on their culture customs, traditions, flora & fauna etc. for dissemination to youth clubs.
10. Organizing screening of movies & films of partner states.
11. Organizing youth excursion programme on the theme of Ek Bharat Shreshtha Bharat.
12. Organising talk on National Achievement
13. Organization of Mock Gram Sabha
14. Organisation of Group Discussion on Health Issues, Prevention of Drug Abuse, Alcoholism & Suicidal Tendency, conversation of biodiversity, gender equality Swachh Bharat, Good Governance and Cashless Society etc.

Feedback by the Participants

Once the Inter State Youth Exchange Programme is over, before holding of the valedictory function/closing ceremony, the feedback session shall be organised wherein feedback form for their purpose shall be used. The feedback of the participants should be videographed & submitted with the detailed reports.

Documentation & Reporting

The programme should be properly documented with detailed reports, photography, press clippings & Video (In DVD) in Soft copies & hard copies. The videos, news clippings from Doordarshan & news channels should be submitted along with the detailed reports.

Important points to be noted by all SDs & DYCs for successful implementation of Inter State Youth Exchange Programme 2018-19

- Ek Bharat Shreshtha Bharat (EBSB) programme was a significant initiative launched by Hon'ble Prime Minister to promote mutual understanding by involving people from different states & UTs in an interaction based on pertaining in the culture, literature, sports, tourism etc. Of their paired states, so as to out strengthen national integration.
- As per the suggestions made by PMO the programme may be upscaled by expanding the canvas of activities, provide massive publicity & visibility to the programme, involving celebrities, leading sports personalities and senior functionaries of Government, Utilise technology for programme publicity etc.
- Concerned State Directors, NYKS should approach Doordarshan in their respective States for live telecast of the programme.
- Road Shows may be organised for wide publicity of the programme.
- The State & UTs pairing should remain the same for the first two years till the programme stabilises and then made an annual pairing.
- Use of social media and efficient monitoring are very important aspect of this programme.
- Focus should be on culture, language learning, food festivals, traditional costumes and lifestyle related aspects of the paired states.
- The programme should be organised as outdoor activities preferably at important public places and ensure the participation of general public.
- Care needed in the selection of participants so that there are no drop outs. It is suggested that, those participants are to be selected who are determined to participate in the programme. The drop outs will hamper the target achievement.
- The participants should be of sound health.
- Easy process may be adopted in selection of participants.
- Briefing of participants about the programme is essential to be done prior to attending the programme by State Director/District Youth Coordinator
- Reservation of journey tickets of participants should be done at least 1 month in advance and once tickets are reserved it should be ensured that there are no drop outs.

- The participants should be given exposure to industry and Skill Development programme during Inter State Youth Exchange Programme which may facilitate the provision of employment to them.
- Accordingly, quality site visits should be organised & literature on developmental Schemes of Centre & States pertaining to nation development may also be provided to them.
- Efforts should be made to increase the involvement of female participants.
- The detailed programme should be chalked out by concerned SD, NYKS with the selection of suitable resource persons.
- The suggestive Programme, schedule is provided which may further be fine tuned by SDs before commencement of the programme & shared with Hqtrs, Spl. Projects Section.
- Traditional costumes & Dresses should be brought by participants during the camp.
- Efforts may be made for coordinating with State Nodal Officer, Ek Bharat Shreshtha Bharat State Govt. Department for successful organization of the Inter State Youth Exchange Programme (Ek Bharat Shreshtha Bharat).

Nehru Yuva Kendra Sangathan
Ministry of Youth Affairs and Sports, Govt. of India
Inter State Youth Exchange Programme under the initiative of Ek Bharat Shreshtha
Bharat, 2018-19
Application Form

(to be submitted along with Medical Fitness Certificate and Indemnity Bond

Space for pasting of
duly attested
Passport Size
Photograph of the
Participants

Name:-.....
Fathers'/Spouse Name:-.....
Date of Birth:-.....**Age as on 1st July 2018.**.....
Gender:-.....
Educational Qualification:-.....
Category (Gen/SC/ST/OBC/PH/Minority).....
Complete Address with Pin Code:-.....
.....
Contact Phone/Mobile No. with STD Code (Self and Guardian both):-
.....
Whether Member of Youth Club/Mahila Mandal.....
Experience in Youth Work or Community Service.....
What are your expectation from this programme.....
.....

Particulars of Bank Account:-
Bank Account Number:-_____ Aadhaar Number:-_____
Name of Bank:-_____
MICR Code:-_____ Bank IFSC Code:-_____

Name Address and Telephone No. of Two References

Details of Reference 1:-	Details of Reference 2:-
Name : _____	Name : _____
Address:- _____	Address:- _____
_____	_____
Telephone/Mobile No. _____	Telephone/Mobile No. _____

I undertake that the information furnished by me as above is correct as per my knowledge and belief. I am also undertaking that I have informed my parent/guardian for participating in the Inter State Youth Exchange Programme (Ek Bharat Shreshtha Bharat), 2018-19.

Signature of the Applicant
(Name.....)

Place:
Date:

Nehru Yuva Kendra Sangathan
Indemnity Bond
(TO BE SUBMITTED WITH THE APPLICATION FORM)

Inter State Youth Exchange Programme under the initiative of Ek Bharat Shreshtha Bharat, 2018-19

I, _____, son/ daughter of
_____, resident of village
_____, Distt _____ do
hereby declare that as a Participant of Inter State Youth Exchange Programme under the initiative of Ek Bharat Shreshtha Bharat, 2018-19, I am willingly participating in the programmes & activities of Programme & That I am given detailed information of the programme (including journey to be undertaken to programme venues of programme and back), and that under no circumstances will I make any claim for any loss or injury that I may suffer in the course of the programme & activities of Inter State Youth Exchange Programme under the initiative of Ek Bharat Shreshtha Bharat, 2018-19

I fully understand that NYKS and Department of Youth Affairs, Ministry of Youth Affairs and Sports, Govt. of India will not be responsible to make any kind of compensation in consequence of any mishap/loss/injury suffered by me during this programme and activity.

(Signature of Participant)

(Signature of Parent)

Name _____

Name _____

Date _____

Date _____

Signature of Witness 1:

Signature of Witness 2:

Name _____

Name _____

Date _____

Date _____

Medical Fitness Certificate

(To be signed by a registered medical practitioner holding a degree not below that of MBBS)

(TO BE SUBMITTED WITH THE APPLICATION FORM)

Name (in Block letters): _____	Passport Size Photograph of Candidate
Age: _____ Gender : _____	
Complete Address: - _____	
Father's Name:- _____	
Height:- _____ Weight: _____	
Blood Group & Rh. Factor: _____ Chest: _____	
Heart & Lungs: _____	
Vision: L: _____ R: _____	
Colour Vision: _____	
Hearing: _____	
Hernia/Hydrocele/Piles: _____	
Remarks: _____	

I certify that I have carefully examined Sh./Km./Sm. _____
Son/Daughter of Sh. _____, who has signed in my
presence. He/She has no mental and physical disease and is FIT to participate in the
programme.

Signature of the Candidate

**Signature of the Medical Officer with seal and
Registration Number**

Name: _____

Place: _____

Date: _____

Suggestive Programme Schedule for Inter State Youth Exchange Programme 2018-19

Day	Time	Programme/Activity	Remarks
01	09.00-10.30	Registration of Participants, Distribution of Schedule, TA forms, Feedback forms & other resource Material.	
	10.30 to 11:30	Inauguration Session	
	11:45-13:00	Introduction Of Participants of concept of Inter State Youth and salient features of Inter State Youth Exchange Programme under Ek Bharat Shreshtha Bharat.	
	13:00 to 14:00	Lunch Break	
	14:00-15.30	<ol style="list-style-type: none"> 1. Interactive session on celebrating unity in diversity of our nation. 2. Strengthening & maintaining the fabric of traditionally existing emotional bonds between people of our country. 3. Promoting the spirit of National Integration 	Interacting Lecture Session by eminent scholar personalities
	15:30 to 17:30	Football friendly match, volley ball, Kabaddi, Marathon run.	
	02	9:30 to 10:30	Planning for engagement of youth between two states for a year to promote national integration.
10:30 to 11:30		Group Discussion	
11:30 to 11:45		Tea	
11:45 to 13:00		Presentation by each group	
13:00 to 14:00		Lunch Break	
14:00 to 15:30		Group Presentation (Contd.)	Group presentation to be led by expert.
15:30 to 17:30		Friendly football match	
Day 3 to 5	9:00 to 10:30	Debate competition on Ek Bharat Shreshtha Bharat	Session -1
	10:30 to 11:30	Debate competition on Ek Bharat Shreshtha Bharat	Session -2
	11:30 to 11:45	Tea	
	11.45-13.00	Debate competition on Ek Bharat Shreshtha Bharat	Session -3
	13.00-14.00	Lunch	
	14.00-15.30	Debate competition on Ek Bharat Shreshtha Bharat	Session -4
	15:30 to 15:45	Tea Break	
	15:45-17.00	Debate competition on Ek Bharat Shreshtha Bharat	Session -5
	17.00-17.30	Break	
	17:30 to 19:30	Debate competition on Ek Bharat Shreshtha Bharat	Session -6
Day 6	9:00 to 10:30	Interactive session on diversity of food across the country & its importance in National Integration	
	10:30 to 11:30	Group Discussion	
	11:30 to 11:45	Tea	
	11.45-13.00	Presentation by Group Leader	
	13.00-14.00	Lunch	
	14.00-15.30	Summarization of Group findings	
	15.30-17:00	Tea/Break	

Guidelines of Inter State Youth Exchange Programme- Ek Bharat Shreshtha Bharat (2018-19)

	17:00 to 20:00	Culinary festival of (with an opportunity to learn culinary practices) of India with special reference to both the states.	
Day 07	9:00 to 10:30	Essay competition on Nation Development with special reference to Ek Bharat Shreshtha Bharat	
	10:30 to 11:30	Appreciation of language, dialect, alphabets songs, proverbs of host & participating states.	
	11.30-11.45	Tea	
	11.45-13.00	Group Discussion	
	13.00-14.00	Lunch	
	14.00-15.30	Presentation by participants and writing of 100 sentences in the language of partner state.	Session 1
	15.30-17:00	Tea/Break	
Day 08	17:00 to 19:00	Presentation by participants and writing of 100 sentences in the language of partner state.	Session 2
	9:00 to 10:30	Various forum of dance in India and its socio-cultural importance & its significance	
	10:30 to 11:30	Various dances of partner states & its importance	
	11.30-11.45	Tea	
	11.45-13.00	Dance contest of each partner state (in group)	
	13.00-14.00	Lunch	
	14.00-15.30	Dance contest of each partners state in Group	
	15.30-15:45	Tea/Break	
	15:45 to 17:00	Finalization of contest & declamation of results & prize distribution.	
	Day 09	9:00 to 10:30	A glimpse of Best practices in Governance in the fields health care, education, sanitation and use of technology
10:30 to 11:30		A glimpse of Best practices in Governance in the fields health care, education, sanitation and use of technology	Session 2
11.30-11.45		Tea	
11.45-13.00		Organisation of youth parliament on Best practices in Governance in the fields of health care, education, sanitation & use of technology.	
13.00-14.00		Lunch break	
14.00-17:00		Youth Parliament continue	
17:00 to 17:15		Tea/Snacks	
17:15 to 18:15		Volley ball Tournament.	
Day 10	9:00 to 13:00	Youth Excursion programme to historical places; monuments, important religious places.	
	13.00-14.00	Lunch break	
	14:00 to 18:00	Places to visit viz. Wild life, Flora & Fauna, Bio-diversity park, botanical garden discussion & summing up	
Day 11	9:00 to 13:00	Visit to industries, corporate houses, manufacturing units viz. textiles, handicrafts, food procession industries	
	13.00-14.00	Lunch break	
	14:00 to 18:00	Visit to institutions of national Importance, Youth Clubs, reputed NGOs, Rotary Clubs & Lions Clubs, and Discussion on Summing up.	
Day 12	9:00 to 10:30	Guidance for preparation of Book Containing information on culture, custom, traditions, Flora & Fauna of partners states for disseminating to youth clubs.	
	10:30 to 11:30	Formation of Groups & Group discussion for preparation of book containing information on culture, custom, tradition, flora & Fauna of partner states.	
	11.30-11.45	Tea Break	
	11.45-13.00	Group discussion to continues	

Guidelines of Inter State Youth Exchange Programme- Ek Bharat Shreshtha Bharat (2018-19)

	13.00-14.00	Lunch break	
	14.00-17:00	Book writing by groups and its presentation	
	17:00 to 17:15	Tea/Snacks	
	17:15 to 18:00	Recreation	
	18:00 to 19:00	Sharing of documentary film of partner states.	
	19:00 to 20:00	Screening of Documentary film of partner states	
Day 13	9:00 to 10:30	Expert talk on National achievement	Session 1
	10:30 to 11:30	Expert talk on national Achievement	Session 2
	11:30 to 11:45	Tea break	
	11:45 to 13:00	Group discussion on health issues, prevention of Drug Abuse & Alcoholism, suicidal tendency, conversation of biodiversity, gender equality, Swachh Bharat, Good Governance & Cashless Society.	
	13:00 to 14:00	Lunch	
	14:00 to 17:00	Group presentation	
	17:00 to 17:15	Tea Break	
	17:15 to 18:00	Summing up & recommendation	
	18:00 to 19:00	Kabaddi tournament	
Day 14	9:00 to 10:30	Provision of constitution (73 rd amendment) Act, 1992 & 74 th Amendment, Act 1992 and Gram Sabha	
	10:30 to 11:30	Continue-----	
	11:30 to 11:45	Tea Break	
	11:45 to 13:00	Mock Gram Sabha in groups	
	13:00 to 14:00	Lunch	
	14:00 to 15:00	Summing up and recommendations	
	15:00 to 15:15	Tea break	
	15:15 to 17:00	Traditional costume & Dress festival	
	17:00 to 20:00	Local Shopping	
Day 15	9:00 to 10:30	Interactive session & Group experience sharing on Ek Bharat Shreshtha Bharat	
	10:30 to 11:30	Continue-----	
	11:30 to 11:45	Tea Break	
	11:45 to 13:00	Feedback form filling	
	13:00 to 14:00	Lunch	
	14:00 to 15:00	Valedictory function	
	15:00	Dispersal	

Important Note:- The universal content given in Annual Action Plan 2018-19 must be included as programme /activities as part of scheduled activities

Nehru Yuva Kendra Sangathan

Suggestive Daily Routine for the Inter State Youth Exchange Programme (2018-19)

Time	Programme / Activity
05.00-05.30	Morning Rise
05.30-06.00	Daily Morning Routine
06.00-06.30	All Faith Prayer, Devotional Songs and Community Singing
06.30-07.30	Yoga / Exercise Traditional/Popular Games
07.30-8.00	Community Work/Shramdan Cleaning of the Campus
08.00-08.30	Personal Time
08.30-09.00	Break Fast
9.00-11.30	Session -1
11.30-11.45	Tea
11.45-13.00	Session- 2
13.00-14.00	Lunch
14.00-15.30	Session-3
15.30-15.45	Tea
15.45-17.45	Games and sports
17.45-21.30	Cultural Performances/ Language learning/ Experience Sharing etc.
21.30-22.00	Dinner
22.00	Light off

Annexure-VII

**NEHRUYUVA KENDRA SANGATHN
INVITATION FORM**

(for participating in Inter State Youth Exchange Programme)

To,

State Director

Nehru Yuva Kendra Sangathan (Name of participating State)

Dear Colleague,

I take this opportunity to invite a contingent of 50 (No. of participants) for participating in Inter State Youth Exchange Programme being organised by Nehru Yuva Kendra Sangathan (Name of Inter State Youth Exchange Programme organising State)..... as per detail below.

1. Name of State NYKS organizing Inter State Youth Exchange Programme:
2. Address:
3. Phone No.
4. Email Id:
5. Dates of the Prog.: From to
6. Venue of the Prog.:
7. How to reach:
8. Contact persons and their telephonic numbers:-
 - a) State Director.....
 - b) DYC.....
 - c) ACT.....

You are therefore requested to send the details of contingent in the **enclosed Form** latest by (last date of receipt of details of participants from participating Kendra).....

Yours faithfully

Name
Signature, State Director
Nehru Yuva Kendra Sangathan.....
(Name of Organising State)

Enclosed: as above (Form)

CC:

1. Dr.A.K.Verma, Asst. Director, HQ.

‘FORM’

Nehru Yuva Kendra Sangathan
List of participants for participating in Inter State Youth Exchange Programme
 (It is mandatory on the part of Kendra selected for participation to send contingent)

- (a) Name of participating Kendras (five)
- (b) List of the participants (10 participants from each Kendra) and waiting list;

Sl. No.	Name	Age (Between to 15 to 29 years)	Sex*	Category **	Mobile no. of Participants

** Out of the selected participants, at least 16.20% of the participants should be from SC category and 8.20% of the participants from ST category.

* Due representation should be given to women (30%) and physically challenged youth for participation in the programme.

- (c) Train name and number
- (d) Date and time of the start of their journey:.....
- (e) Estimated Time of arrival of the train at (station):.....
- (f) Booking details of their return journey (Date and train name):

Counter Signature of State Director

Name
District Youth Coordinator
 Signature of DYC of Participating Kendra
 Stamp of the Kendra

Nehru Yuva Kendra Sangathan
Inter State Youth Exchange Programme – 2018-19
Summary Reporting Format and points for submitting detailed Report
 (To be prepared by the State Director of Organising State)

Part - A

State: **Name of State Director:**

1. Venue of Inter State Youth Exchange Programme-----

2. Date: From to

3. Collaborating Departments and Agencies:.....

4. Resources Mobilized:

a) Material (Type) Quantity Value (in Rs.)

- 1.
- 2.
- 3.

b) Fund (in Rs.)

6. Name of Resource persons and topics covered by them in the Inter State Youth Exchange Programme 2018-19

- i.
- ii.
- iii.

7. Name and Designation of Dignitaries/VIPs attended the Inter State Youth Exchange Programme 2018-19

- i.
- ii.
- iii.

8. Details of Participants

Sl. No.	Participating		Categories of Participants															
	State	District	SC		ST		OBC		Minority		Physically Challenged		General		Total		Grand Total	
			M	F	M	F	M	F	M	F	M	F	M	F	M	F		
1.																		
2.																		
3.																		
FromSaansad Adarsh Grams																		
Grand Total																		

9. Programme & Activities under taken in the Inter State Youth Exchange Programme -----
 ----- (use separate sheet)

It is certified that all the participants in the Inter State Youth Exchange Programme were in the age group of 15-29 yrs and above mentioned activities and programmes were organized.

Signature of State Director

Signature of Youth Coordinator

Part - B

Details of Programmes and Activities Organized – to be provided in the detailed report

The detailed report of Inter State Youth Exchange Programme should also cover following points as well as Part –A above along with press cuttings, action photographs, audio visuals clippings, opening and closing ceremony invitation letter/cards, IEC material used, Feedback from the participants, etc. It must be ensured that besides hard copy of the detailed report, soft copy in PDF is sent to NYKS Headquarters) on or before **04 days of the completion of the Inter State Youth Exchange Programme.**

- Sports Programme & Competition
- Debate Competition on Ek Bharat Shreshtha Bharat
- Essay writing Competition on Ek Bharat Shreshtha Bharat
- Sharing of best practices in Governance in the fields of health care, education, sanitation, use of technology
- Exposure of youth of one state to alphabets, songs, proverbs & 100 sentences in the languages of the partner state
- Dance of each one of the partner state & contest
- Culinary festival with an opportunity to learn culinary practices.
- Photography competitions highlighting culture and heritage of the Partner State
- Prepare & Share with the partner states a book containing information on their culture customs, traditions, flora & fauna etc. for dissemination to youth clubs.
- Screening of movies & films of partner states on theme of Ek Bharat Shreshtha Bharat.
- Youth excursion programme on the theme of Ek Bharat Shreshtha Bharat.
- Talk on National Achievement
- Mock Gram Sabha
- Group Discussion on Health Issues, Prevention of Drug Abuse, Alcoholism & Suicidal Tendency, conversation of biodiversity, gender equality Swachh Bharat, Good Governance and Cashless Society etc.

Nehru Yuva Kendra Sangathan

Inter State Youth Exchange Programme 2018-19

(To be filled in by each Inter State Youth Exchange Programme participants)

FEEDBACK FORM

Sr. No.	Particular		Details				
1.	Name of Venue where Inter State Youth Exchange Programme was organised	:					
2.	Name of the State which organised the camp	:					
3.	Dates of programme	:					
4.	Your comments on various Programmes and competitions organised by giving grade 0,1,3 or 5						
Sl. No.	Topic/Theme	*Content	*Resource Person/Moderator	*Presentation	*Resource Material	Total Grading	
1							
2							
3							
4							
5							
6							
7							
8							
*Note: Grade content, resource person, presentation and resource material as per your opinion 0 for Not relevant, 1 for Good, 3 for Very Good and 5 for Excellent							
5.	Your comments on other Events & Activities with regards to its relevance on National Integration and promoting emotional bonds between the people of our country, in understanding inter-cultural practices & building Common Identity by giving grade 0,1,3 or 5						
Sl. No.	Events	*Content	*Resource Person	*Presentation / Work done	*Resource Material	Total grading	
1							
2							
3							
4							
5							
6							
7							
8							
*Note: Grade content, resource person, presentation / work done and resource material as per your opinion 0 for Not relevant, 1 for Good, 3 for Very Good and 5 for Excellent							
6.	Kindly give your comments on physical arrangements by (√) mark						
Sl. No.	Arrangements	Very Good	Good	Satisfactory	Required further improvement		
1	Boarding & Lodging						
2	Food						
3	Hospitality						
7.	Was the Inter State Youth Exchange Programme interactive/ participatory, if yes please explain					:	
8.	Do you feel your motivation is enhanced to facilitate the process of National Integration and in achieving the objectives of Inter State Youth Exchange Programme. Kindly indicate your choice by (√) mark					:	Yes/No
9.	Give your overall impression with regards to the Inter State Youth Exchange Programme					:	
10.	Your suggestions to improve the Inter State Youth Exchange Programme					:	

Name & Signature of the participant not required

Nehru Yuva Kendra Sangathan
Inter State Youth Exchange Programme

Date _____ to _____

Venue:- _____

EXPECTATION OF THE PARTICIPANTS

(Questionnaire to be filed by the Participants on arrival)

1. Why did you wish to participate in Inter State Youth Exchange Programme?

2. Have you ever visited any place outside your State? If Yes, what was your experience?

3. What are your expectations from this programme?

4. Do you have friends/relatives outside your State _____
yes/no _____

If yes, Name the place _____

5. What are your opinion about rich heritage, culture, custom, traditions, cuisine, to understand and appreciate the diversity of our country and what measures you will take to promote and preserve these?

6. Do you know about the programmes run by Nehru Yuva Kendra or other department of Govt. for youth development and Inter State Youth Exchange Programme in your State, if yes please elaborate.

7. In which programmes you are interested. (Sports Programme, Debate Competition, Essay writing, best practices in the field of Health care, education, sanitation and use of technology, understanding alphabets, sound, proverb and 100 sentences, Dance of each one of the partner state, Culinary festival, photography competitions, culture customs, traditions, flora and fauna etc for dissemination of youth clubs, screening of movies & films of partner states, youth excursion programme on the theme of Ek Bharat Shreshtha Bharat, talk on National Achievement, Mock Gram Sabha, Group discussion on Health Issues, prevention of Drug Abuse, Alcoholism & Suicidal tendency, etc.)

8. What are your hobbies? Please specify

9. What measures should be taken for mainstreaming National Integration, Promoting Unity in Diversity and Strengthen the fabric Traditionally existing emotional bonds between the people of our country?

10. What specifically would you like to learn & get experience from this programme?

11. Any other point you would like to mention

Nehru Yuva Kendra Sangathan
Inter State Youth Exchange Programme

Date _____ to _____

Venue:- _____

FEEDBACK FORM FOR PARTICIPANTS

(Questionnaire to be filed by the Participants at the end of the programme)

1. Name of participant (Optional) _____

2. What was your first feeling when you come on the first day of the camp and what are your thoughts and impression now?

3. Have you made any friends during this programme if yes, how many and common areas of interest?

4. What impressed you much about this programme
Topics of the programme _____
Class Room Session _____
Culture _____
Other Camp activity _____
Way of interaction of the resource person

5. Did this programme enrich your knowledge about National Integration?

6. In what way do you think you can contribute in upbringing of responsible and productive youths in the society?

7. What role you would play after attending the Inter State Youth Exchange programme for mainstreaming the Youth in your locality?

8. How would you disseminate the information you have accumulated in Inter State Youth Exchange Programme to your peer groups for their benefit?

9. What improvements would you suggest for the organization of Inter State Youth Exchange Programme? The activities you wish to be added/excluded from the programme.

10. Your overall impression on:

- Interaction with VIPs _____

- Interaction with Resource Person :- _____

- Interaction with Youth:- _____

- Programmes and activities:- _____

- Boarding and Lodging:- _____

11. Any other comment you would like to register apart from above points?

Annexure-XII

The detailed Report of Inter State Youth Exchange Programme should come in the following manner (in 3 copies).

The contents of the Inter State Youth Exchange Programme report should contain the following:-

1. Front & Back Cover Page (sample attached)
2. Photographs collage may be given in the inner cover of front and back page
3. Quotation of the Hon'ble PM on Youth
4. Situation of Youth in the State
5. Credential of NYKS
6. Background and Context
7. Aims and Objective (as per the Inter State Youth Exchange Programme guidelines)
8. A brief on the background of the youth participated in Inter State Youth Exchange Programme
9. Implementing strategy
10. Material provided in the kit eg. IEC material, booklets, etc.
11. Detailed Report or Programme and Activities along with reporting proforma (Annexure-IX) duly supported by maximum number of relevant action photographs which should include
 - Picture on Lectures/Question answer session (on core issues mentioned in the guidelines) of the Inter State Youth Exchange Programme
 - 3 pictures of sight seeing
 - Action photographs on Sports Programme, Debate Competition, Essay writing, best practices in the field of Health care, education, sanitation and use of technology, understanding alphabets, sound, proverb and 100 sentences, Dance of each one of the partner state, Culinary festival, photography competitions, culture customs, traditions, flora and fauna etc for dissemination of youth clubs, screening of movies & films of partner states, youth excursion programme on the theme of Ek Bharat Shreshtha Bharat, talk on National Achievement, Mock Gram Sabha, Group discussion on Health Issues, prevention of Drug Abuse, Alcoholism & Suicidal tendency, etc.

Write up on each activity undertake in the Inter State Youth Exchange Programme	Photographs of that activity should be given
Write up on other activity undertake in the Inter State Youth Exchange Programme	Photographs of that activity should be given

12. Financial implication (submission of Audited Utilization Certificate)
13. Analysis of Feedback of participants from Annexure-X to XII
14. Outcome and Conclusion of the programme
15. The report should be duly supported by sample invitation cards, press clippings and audio video CDs and photograph CD.
16. List of VIPs, Resource Persons with their topic covered, State/District level officials and other dignitaries attended programme
17. Collage of Press Clippings

Sample Front Cover page

					
---	---	---	--	---	---



Report of

Inter State Youth Exchange (Ek Bharat Shreshtha Bharat) Programme 2018 -19

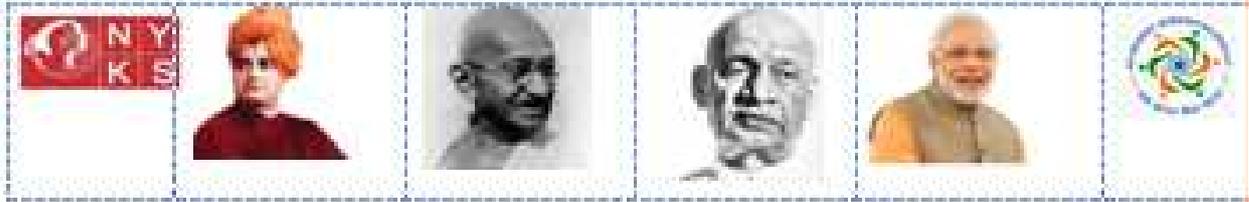
Organized By
Nehru Yuva Kendra Sangathan
(Ministry of Youth Affairs and Sports,
Govt. of India)

Venue: _____
State _____

Host State _____ Participating State _____



Arise, Awake, And Stop Not Till the Goal is Reached
-Swami Vivekananda



अंतर्राज्यीय युवा आदान प्रदान कार्यक्रम (एक भारत श्रेष्ठ भारत)

2018-19

आयोजक:

नेहरु युवा केन्द्र संगठन
(युवा कार्यक्रम एवं खेल मंत्रालय,
भारत सरकार)

कार्यक्रम स्थल _____

राज्य _____

कार्यक्रम की तिथि - _____ से _____ तक

मेजबान राज्य _____

प्रतिभागी राज्य _____



Sample



"उठो, जागो और तब तक मत रुको जब तक लक्ष्य की प्राप्ति न हो जाए"

जयामी विठ्ठलकर

Annexure-XIII

Pledge on Ek Bharat Shreshtha Bharat

“I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of Sardar Vallabhbhai Patel. I also solemnly resolve to make my own contribution to ensure internal security of my country”.

Annexure-XIV

Implementation Strategy/Methodology for reciprocal Inter State Youth Exchange Programme under Ek Bharat Shreshtha Bharat initiatives

First Phase

Sl. No.	Name of Place for the programme	First Phase						
		Name of participating State (From)	No. of District	No. of Participants (10 participants from each district)	Name of Host State (To)	No. of District	No. of Participants (10 participants from each district)	Total No. of Participants
		A			B			A+B
1.	Chennai	Jammu & Kashmir	5	50	Tamil Nadu	5	50	100
2.	Vishakhapatnam	Punjab	5	50	Andhra Pradesh	5	50	100
3	Thiruvananthapuram	Himachal Pradesh	5	50	Kerala	5	50	100
4	Bangalore	Uttarakhand	5	50	Karnataka	5	50	100
5	Hyderabad	Haryana	5	50	Telangana	5	50	100
6	Guwahati	Rajasthan	5	50	Assam	5	50	100
7	Raipur	Gujarat	5	50	Chhattisgarh	5	50	100
8	Bhubaneswar	Maharashtra	5	50	Odisha	5	50	100
9	Ranchi	Goa	5	50	Jharkhand	5	50	100
10	Gangtok	Delhi	5	50	Sikkim	5	50	100
11	Imphal	Madhya Pradesh	5	50	Manipur & Nagaland	5	50	100
12	Shillong	Uttar Pradesh	5	50	Arunachal Pradesh & Meghalaya	5	50	100
13	Agartala	Bihar	5	50	Tripura & Mizoram	5	50	100
14	Silvassa	Chandigarh	5	50	Dadra & Nagar Haveli	5	50	100
15	Daman	Puducherry	5	50	Daman & Diu	5	50	100
Total			75	750		75	750	1500

Second Phase

Sl. No.	Name of Place for the programme	Second Phase						
		Name of participating State (From)	No. of District	No. of Participants (10 participants from each district)	Name of Host State (To)	No. of District	No. of Participants (10 participants from each district)	Total No. of Participants
		A			B			A+B
1.	Jammu	Tamil Nadu	5	50	Jammu & Kashmir	5	50	100
2.	Amritsar	Andhra Pradesh	5	50	Punjab	5	50	100
3	Shimla	Kerala	5	50	Himachal Pradesh	5	50	100
4	Dehradun	Karnataka	5	50	Uttarakhand	5	50	100
5	Gurgaon	Telangana	5	50	Haryana	5	50	100
6	Jaipur	Assam	5	50	Rajasthan	5	50	100
7	Gandhinagar	Chhattisgarh	5	50	Gujarat	5	50	100
8	Mumbai	Odisha	5	50	Maharashtra	5	50	100
9	Panji	Jharkhand	5	50	Goa	5	50	100
10	Delhi	Sikkim	5	50	Delhi	5	50	100
11	Bhopal	Manipur & Nagaland	5	50	Madhya Pradesh	5	50	100
12	Lucknow	Arunachal Pradesh & Meghalaya	5	50	Uttar Pradesh	5	50	100
13	Patna	Tripura & Mizoram	5	50	Bihar	5	50	100
14	Chandigarh	Dadra & Nagar Haveli	5	50	Chandigarh	5	50	100
15	Puducherry	Daman & Diu	5	50	Puducherry	5	50	100
	Total		75	750		75	750	1500

VENUE WISE TENTATIVE TIME SCHEDULE FOR THE
ORGANIZATION OF INTER STATE YOUTH EXCHANGE
PROGRAMME (RECIPROCAL)
EK BHARAT SHRESHTHA BHARAT

S. No.	Name of Host State/Venue	Tentative Dates	Name of Host State/Venue	Tentative Dates
Phase-1			Phase-2	
1	Hyderabad (Telangana)	Sept, 2018	Gurgaon (Haryana)	Oct, 2018
2	Chennai (Tamil Nadu)	Sept, 2018	Jammu (Jammu and Kashmir)	Oct, 2018
3	Vishakhapatnam (Andhra Pradesh)	Sept, 2018	Amritsar (Punjab)	Oct, 2018
4	Thiruvananthapuram (Kerala)	Sept, 2018	Shimla (Himachal Pradesh)	Oct, 2018
5	Bangalore (Karnataka)	Sept, 2018	Dehradun (Uttarakhand)	Oct, 2018
6	Guwahati (Assam)	Oct, 2018	Jaipur (Rajasthan)	Nov, 2018
7	Raipur (Chhattisgarh)	Oct, 2018	Gandhinagar (Gujarat)	Nov, 2018
8	Bhubneshwar (Odisha)	Oct, 2018	Mumbai (Maharashtra)	Nov, 2018
9	Ranchi (Jharkhand)	Oct, 2018	Panji (Goa)	Nov, 2018
10	Gangtok (Sikkim)	Oct, 2018	Delhi (Delhi)- UT	Nov, 2018
11	Imphal (Manipur)	Nov, 2018	Bhopal (Madhya Pradesh)	Dec, 2018
12	Shillong (Meghalaya)	Nov, 2018	Lucknow (Uttar Pradesh)	Dec, 2018
13	Agartala (Tripura)	Nov, 2018	Patna (Bihar)	Dec, 2018
14	Silvassa (Dadra & Nagar Haveli)- UT	Nov, 2018	Chandigarh (Chandigarh)- UT	Dec, 2018
15	Daman (Daman and Diu)- UT	Nov, 2018	Puducherry (Puducherry)- UT	Dec, 2018