

S.No	Region	States/UT	HQ	No of States Uts
1	Zone 1	Jammu and Kashmir	Chandigarh	5
		Punjab		
		Haryana		
		HP		
		Chandigarh		
2	Zone 2	Uttrakhand	Lucknow	2
		Uttar Pradesh		
3	Zone 3	Gujrat	Mumbai	5
		Maharashtra		
		Goa		
		Dadar & Nagar Haveli		
		Daman & Diu		
4	Zone 4	Madhya Pradesh	Delhi	3
		Delhi		
		Rajasthan		
		Delhi		
5	Zone 5	Bihar	Ranchi	3
		Jharkhand		
		West Bengal		
6	Zone 6	Assam	Guwahati	8
		Arunchal Pradesh		
		Meghalaya		
		Manipur		
		Nagaland		
		Mizoram		
		Tripura		
		Sikkim		
7	Zone 7	Karnataka	Banglore	5
		Kerala		
		Tamil Nadu		
		PondiCherry		
		Lakshdweep		
8	Zone 8	Andhra Pradesh	Hyderabad	4
		Orissa		
		Chattisgarh		
		Andaman and Nicobar		
		India		35