

Yoga Express/19032 - Exp - WR
DEC/Delhi Cantt. to FL/Phulera Junction
5h 19m - 349 km - 8 halts - Departs Daily

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|-----------|------------|--------------------------------|--------------|-----|--------------|-----|------|-----|-----|------|-----|-----|------|
| 1 | YNRK | Yog Nagari Rishikesh | | | 14:55 | | | 1 | 1 | 0 | 25 | 386 | NR |
| 2 | HW | Haridwar | 15:50 | | 16:00 | | 10m | 2 | 1 | 23 | 43 | 314 | NR |
| 3 | RK | Roorkee | 16:58 | | 17:03 | | 5m | 3 | 1 | 64 | 44 | 269 | NR |
| 4 | TPZ | Tapri Junction (Saharanpur) | 17:47 | | 17:49 | | 2m | 1 | 1 | 97 | 87 | 272 | NR |
| 5 | DBD | Deoband Junction | 18:08 | | 18:10 | | 2m | 1 | 1 | 124 | 80 | 255 | NR |
| 6 | MOZ | Muzaffarnagar | 18:28 | | 18:30 | | 2m | 2 | 1 | 148 | 83 | 247 | NR |
| 7 | KAT | Khatauli | 18:46 | | 18:48 | | 2m | 1 | 1 | 170 | 61 | 242 | NR |
| 8 | SKF | Sakhoti Tanda | 18:57 | | 18:58 | | 1m | 1 | 1 | 180 | 75 | 237 | NR |
| 9 | MUT | Meerut Cantt. | 19:14 | | 19:16 | | 2m | 1 | 1 | 199 | 65 | 230 | NR |
| 10 | MTC | Meerut City Junction | 19:20 | | 19:25 | | 5m | 2 | 1 | 204 | 65 | 224 | NR |
| 11 | MDNR | Modinagar | 19:43 | | 19:45 | | 2m | 2 | 1 | 223 | 73 | 222 | NR |
| 12 | GZN | New Ghaziabad | 20:03 | | 20:04 | | 1m | 2 | 1 | 245 | 7 | 216 | NR |
| 13 | GZB | Ghaziabad Junction | 20:56 | | 20:58 | | 2m | 3,4 | 1 | 251 | 30 | 217 | NR |
| 14 | DSA | Delhi Shahdara Junction | 21:26 | | 21:28 | | 2m | 4 | 1 | 265 | 12 | 213 | NR |
| 15 | DLI | Old Delhi Junction | 22:00 | | 22:25 | | 25m | 5 | 1 | 271 | 30 | 219 | NR |
| 16 | DEC | Delhi Cantt. | 22:53 | | 22:55 | | 2m | 1 | 1 | 286 | 64 | 217 | NR |
| 17 | GGN | Gurgaon | 23:11 | | 23:13 | | 2m | 1 | 1 | 303 | 86 | 214 | NR |
| 18 | PTRD | Pataudi Road | 23:34 | | 23:36 | | 2m | 1 | 1 | 333 | 44 | 228 | NR |
| 19 | RE | Rewari Junction | 00:05 | | 00:07 | | 2m | 4 | 2 | 354 | 67 | 242 | NWR |
| 20 | KRH | Khairthal | 00:50 | | 00:52 | | 2m | 2 | 2 | 402 | 80 | 302 | NWR |
| 21 | AWR | Alwar Junction | 01:12 | | 01:15 | | 3m | 2 | 2 | 428 | 79 | 272 | NWR |
| 22 | BKI | Bandikui Junction | 02:01 | | 02:06 | | 5m | 3 | 2 | 489 | 98 | 222 | NWR |
| 23 | GADJ | Gandhi Nagar Jaipur | 02:58 | | 03:01 | | 3m | 2 | 2 | 574 | 17 | 423 | NWR |
| 24 | JP | Jaipur Junction | 03:20 | | 03:30 | | 10m | 3 | 2 | 579 | 74 | 428 | NWR |
| 25 | FL | Phulera Junction | 04:14 | | 04:16 | | 2m | 4 | 2 | 634 | 84 | 386 | NWR |
| 26 | KSG | Kishangarh | 04:55 | | 04:57 | | 2m | 2 | 2 | 689 | 40 | 462 | NWR |
| 27 | AII | Ajmer Junction | 05:35 | | 05:45 | | 10m | 5 | 2 | 714 | 70 | 482 | NWR |
| 28 | BER | Beawar | 06:30 | | 06:32 | | 2m | 1 | 2 | 766 | 68 | 447 | NWR |
| 29 | HP | Haripur | 07:01 | | 07:03 | | 2m | 1 | 2 | 800 | 44 | 315 | NWR |
| 30 | SOD | Sojat Road | 07:48 | | 07:50 | | 2m | 2 | 2 | 833 | 51 | 295 | NWR |
| 31 | MJ | Marwar Junction | 08:15 | | 08:20 | | 5m | 3 | 2 | 854 | 79 | 269 | NWR |
| 32 | SOS | Somesar | 08:41 | | 08:43 | | 2m | | 2 | 882 | 84 | | NWR |
| 33 | RANI | Rani | 09:00 | | 09:02 | | 2m | 1 | 2 | 906 | 68 | 283 | NWR |
| 34 | FA | Falna | 09:15 | | 09:17 | | 2m | 1 | 2 | 920 | 69 | 283 | NWR |
| 35 | JWB | Jawai Bandh | 09:31 | | 09:33 | | 2m | 1 | 2 | 936 | 80 | 291 | NWR |
| 36 | PDWA | Pindwara | 10:02 | | 10:04 | | 2m | 2 | 2 | 975 | 73 | 373 | NWR |
| 37 | ABR | Abu Road | 10:40 | | 10:50 | | 10m | 1 | 2 | 1019 | 57 | 262 | NWR |
| 38 | PNU | Palanpur Junction | 11:45 | | 11:50 | | 5m | 1 | 2 | 1071 | 88 | 231 | WR |
| 39 | SID | Siddhpur | 12:10 | | 12:12 | | 2m | 1 | 2 | 1101 | 46 | 133 | WR |
| 40 | UJA | Unjha | 12:30 | | 12:32 | | 2m | 1 | 2 | 1115 | 50 | | WR |
| 41 | MSH | Mahesana Junction | 12:58 | | 13:00 | | 2m | 1 | 2 | 1136 | 81 | 93 | WR |
| 42 | KLL | Kalol Junction | 13:31 | | 13:33 | | 2m | 2 | 2 | 1178 | 33 | | WR |
| 43 | GNC | Gandhinagar Capital | 14:10 | | 14:12 | | 2m | 2 | 2 | 1199 | 39 | 76 | WR |
| 44 | SBIB | Sabarmati BG | 14:48 | | 14:50 | | 2m | 1 | 2 | 1222 | 8 | 55 | WR |
| 45 | ADI | Ahmedabad Junction | 15:35 | | | | | 6 | 2 | 1228 | - | 52 | WR |