

States and Capitals of India 2026, Name List of 28 States and 8 UT, Map

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India comprises **28 states and 8 Union Territories**, each with its own administrative structure. Every state has a designated capital that functions as its administrative, political, and often cultural hub. Together, the states and Union Territories showcase India's vast geographical, linguistic, and cultural diversity. Knowing the states and their capitals is important for understanding the country's geography, governance, and regional identity. The article delves into the details related to the **States and Capitals of India 2026** and Union Territories.

States and Capitals of India 2026

India is a vast country with diverse cultural and linguistic features. The States and Capitals of India represent one of the major political divisions indicating diversity in unity. At central level, New Delhi act as the National Capital Territory and the Capital of India which overlooks the functioning of overall country. In the similar way, states have also been designated a specified Capital for each which administers and overlooks the functions and management of the state as a center.

List of 28 States with their Capitals 2026

All 28 States of India represent its rich culture and geographical diversity. The cities of each state serve not only as administrative headquarters but also as important centers of culture, history, commerce, and development, highlighting the diverse contributions of each state to the nation as a whole. Here below we have provided a List of States and Capital of India:

List of States and Capitals of India 2026			
S.No.	State	Capital	Formation Date
1	Andhra Pradesh	Amaravati	1 November 1956
2	Arunachal Pradesh	Itanagar	20 February 1987
3	Assam	Dispur	1950
4	Bihar	Patna	1950
5	Chhattisgarh	Raipur	1 November 2020
6	Goa	Panaji	30 May 1987
7	Gujarat	Gandhinagar	1 May 1960
8	Haryana	Chandigarh	1 November 1966
9	Himachal Pradesh	Shimla	25 January 1971
10	Jharkhand	Ranchi	15 November 2000
11	Karnataka	Bengaluru	1 November 1956
12	Kerala	Thiruvananthapuram	1 November 1956
13	Madhya Pradesh	Bhopal	1 November 1956

14	Maharashtra	Mumbai	1 May 1960
15	Manipur	Imphal	21 January 1972
16	Meghalaya	Shillong	21 January 1972
17	Mizoram	Aizawl	20 February 1987
18	Nagaland	Kohima	1 December 1963
19	Odisha	Bhubaneswar	1950
20	Punjab	Chandigarh	1 November 1966
21	Rajasthan	Jaipur	30 March 1949
22	Sikkim	Gangtok	16 May 1975
23	Tamil Nadu	Chennai	1 November 1956
24	Telangana	Hyderabad	2 June 2014
25	Tripura	Agartala	21 January 1972
26	Uttar Pradesh	Lucknow	24 January, 1950
27	Uttarakhand	Dehradun	9 November 2000
28	West Bengal	Kolkata	1950

List of 8 Union Territories with their Capitals 2026

New Delhi is a Union Territory and holds the title of being the capital of India. Other Union Territories include, Andaman and Nicobar Islands, Chandigarh, Dadra and Nagar Haveli, Daman and Diu, Jammu and Kashmir, Ladakh, Lakshadweep and Puducherry. Below we have shared the List of Union Territory and Capitals in the table:

List of Union Territories and Capitals 2026	
Name of the Union Territory	Capital
Andaman and Nicobar Islands	Port Blair
Chandigarh	Chandigarh
Dadra & Nagar Haveli and Daman & Diu	Daman
Delhi	New Delhi
Jammu and Kashmir	Srinagar (Summer) / Jammu (Winter)
Lakshadweep	Kavaratti
Puducherry	Pondicherry
Ladakh	Leh

Difference Between States and Union Territories

India is the largest democracy in the world whose administration has been divided into States and Union Territories. Each state has their own federal government which is accountable to the union government, whereas Union Territories are directly governed by the central government, some of which have legislative assemblies. Below in the table the **Difference Between States and Union Territories** has been highlighted:

States vs Union Territories	
State	Union Territory
It has a large area.	It has a small area.
It is an independent unit.	It is not an independent unit.
It elects its Government.	It is ruled by the Central Government.

It has a larger population as compared to a union territory	It has a smaller population.
A state is administered by a Chief Minister.	A union territory is administered by the Lieutenant Governor.
The Chief Minister is elected through an election.	The Lieutenant Governor is appointed by the President.
The Governor is the head of the state.	The President is the head of the union territory.
A state has more powers than a union territory.	All the powers lie in the hands of the Central Government.
There are 28 states in India.	There are 8 union territories in India.
Examples: Maharashtra, Gujarat, Punjab, Haryana	Examples: Delhi, Chandigarh, Puducherry

Largest State of India 2026

Rajasthan is the Largest State of India by area, It covers approximately an area of 342,239 sq.km which is 10.4% total area of India. It is present in the northwest part of the country and is known for its desert landscapes and historical forts. Jaipur serves as the Capital of the State. The total population of Rajasthan is about 68,548,43.

Smallest State of India 2026

Goa is the Smallest State of India in terms of area, It covers approximately an area of 3,702 square kilometers and is located on the western coast of India, specifically in the Konkan region, bordering the **Arabian Sea**. It has a population of about 1,575,000. Panaji serves as the Capital of Goa. It is known for its beautiful beaches and rich Portuguese history.

Largest Union Territory of India 2026

The Largest **Union Territory of India** in terms of area is Jammu And Kashmir covering a total area of about 42,241 square kilometers, The population of Jammu and Kashmir, according to the census 2011, was 12,267,013. On August 5, 2019, the Indian government removed Article 370, which gave special status to this region. After this, the state of Jammu and Kashmir was split into two Union Territories, Jammu & Kashmir and Ladakh. This change officially took place on October 31, 2019.

Smallest Union Territory of India 2026

The Smallest Union Territory of India in terms of area and population is Lakshadweep covering a total area of only 32 sq.km and having a population of approximately 64,473. It is basically just a group of 36 islands located in the Arabian Sea, about 300-400 km off the Kerala coast.

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