

Upasana Express (PT)/12328 - SF - ER
SLN/Sultanpur Junction to HWH/Howrah Junction
16h 52m - 903 km - 12 halts - Departs Sun,Thu

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|-----------|------------|--|--------------|-----|--------------|-----|------|-----|-----|------|-----|-----|------|
| 1 | DDN | Dehradun | | | 21:45 | | | 3 | 1 | 0 | 28 | 637 | NR |
| 2 | HW | Haridwar | 23:35 | | 23:43 | | 8m | 2 | 1 | 52 | 58 | 314 | NR |
| 3 | MB | Moradabad Junction | 02:37 | | 02:45 | | 8m | 1 | 2 | 219 | 69 | 193 | NR |
| 4 | BE | Bareilly Junction | 04:03 | | 04:05 | | 2m | 1 | 2 | 310 | 60 | 169 | NR |
| 5 | LKO | Lucknow Charbagh NR | 08:00 | | 08:10 | | 10m | 1,2 | 2 | 544 | 61 | 124 | NR |
| 6 | MBLP | Maharaja Bijli Pasi (Nihalgarh) | 09:37 | | 09:39 | | 2m | 1 | 2 | 633 | 72 | 108 | NR |
| 7 | SLN | Sultanpur Junction | 10:21 | | 10:23 | | 2m | 1 | 2 | 684 | 51 | 95 | NR |
| 8 | BSB | Varanasi Junction | 13:10 | | 13:20 | | 10m | 5,6 | 2 | 827 | 22 | 77 | NR |
| 9 | DDU | Pt. DD Upadhyaya Junction (Mughalsarai) | 14:10 | | 14:20 | | 10m | 2 | 2 | 845 | 68 | 79 | ECR |
| 10 | DLN | Dildarnagar Junction | 15:11 | | 15:13 | | 2m | 2 | 2 | 903 | 87 | 225 | ECR |
| 11 | BXR | Buxar | 15:38 | | 15:40 | | 2m | 1 | 2 | 939 | 93 | 68 | ECR |
| 12 | ARA | Ara Junction | 16:24 | | 16:26 | | 2m | | 2 | 1008 | 46 | 59 | ECR |
| 13 | PNBE | Patna Junction | 17:30 | | 17:40 | | 10m | 1 | 2 | 1057 | 75 | 57 | ECR |
| 14 | MKA | Mokama | 18:51 | | 18:53 | | 2m | 1 | 2 | 1146 | 32 | 144 | ECR |
| 15 | KIUL | Kiul Junction | 19:58 | | 20:00 | | 2m | 5 | 2 | 1180 | 36 | 153 | ECR |
| 16 | JAJ | Jhajha | 21:30 | | 21:35 | | 5m | 2 | 2 | 1234 | 82 | 138 | ECR |
| 17 | JSME | Jasidih Junction | 22:07 | | 22:09 | | 2m | 1 | 2 | 1278 | 64 | | ER |
| 18 | MDP | Madhupur Junction | 22:36 | | 22:38 | | 2m | 3 | 2 | 1307 | 65 | | ER |
| 19 | ASN | Asansol Junction | 23:53 | | 23:58 | | 5m | 5 | 2 | 1388 | 61 | 106 | ER |
| 20 | HWH | Howrah Junction | 03:15 | | | | | 8 | 3 | 1587 | - | 12 | ER |