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| Birth | 23 March 1910, District Akbarpur, Faizabad, Uttar Pradesh. |
| Family | Iron business since generation. Grandfather and grand uncle were pro-Congress, father was active Congressman, arrested during Civil Disobedience Movement (1930-32). |
| Primary & Secondary Education | In Akbarpur and Bombay, close contact with Jawaharlal Nehru during his Akbarpur visit, close contact with Mahatma Gandhi in Bombay, passed matriculation in 1925. |
| College Education | In Kashi and Calcutta. Helped in Guwahati Congress session, student organisation in Calcutta, the All Bengal Students Association, passed B.A. (Hons) in 1st division in 1929. |
| Higher Education | Joined Humbolt University of Berlin (Germany) in 1929 as a research scholar for Ph.D. in Economics, active in student organisation for Indian independence. Anti British Boycott demonstraton during Geneva session of the League of Nations. In 1933 got Ph.D. and returned to motherland. While in Germany resolved for life long political work. |
| 1933-34 | Worked among students in Calcutta. |
| 1934 | Contribution to setting up the Congress Socialist Party, |
| 1934 to 36-37 | Participation in student and labour movements in Calcutta, Editor of Congress Socialist. |
| 1936 to 37-39 | Head of Foreign Department of All India Congress Committee (AICC), nominated as Congress candidate for Central Assembly election in 1937 but refused to contest. Participation in Congress Parry works in Uttar Pradesh, close to Nehru. |
| 1936-37 to 1940-41 | Did mostly party work in Calcutta. |
| 1937 to 1948 | Came close to Gandhiji. |
| 1938 to 1942 | Differences with Nehru on India's policy during Second World war, always with Ganhiji on collective Satyagraha and self-assertion. |
| May 1939 | Arrested for anti-war propaganda but found innocent and released. |
| 7 June 1940 | Arrested second time for anti-war propaganda during war, sentenced for two years but released after a year and half. |
| 8 August 1942 | Participated as an All India Congress Committee delegate in the famous 'Quit India' session of Congress; speech at the session. |
| 9 August 1942 | Underground; established underground Congress Radio centres at Bombay and Calcutta, speeches from those underground broadcasting centres; wrote, published and distributed several underground leaflets, pamphlets, organised underground activities all over the country. |
| May 1943 | Nepal Government arrested Lohia and Jayaprakash ordered by the British India Government, underground revolutionaries secured their release. |

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| 10 May 1944 | Arrested in Bombay after 21 month underground work, detained first in Lahore and then in Agra, inhuman torture in Lahore Jail, father's death, Lohia refused to be released on parole. Released in June 1946 after 24 month incarceration. |
| June 1946 | Nehru's offer of General Secretaryship of Congress, Lohia's refusal, differences with Nehru regarding relations of Congress organisation with Congressmen in power, difference developed on other issues too. |
| 18 June 1946 | Public meeting at Madgaon (Goa) in defiance of prohibitory order. Beginning of Goa Satyagraha, arrested and releases next day. |
| 29 September 1946 | Entry in Goa defying prohibitory order, arrested and released after nine days. |
| 1946-47 | Inspired by Lohia, formation of Nepali Congress, Lohia went to Darjeeding to support the demands of Nepali people, arrested and released immediately. |
| 16 August 1946 | Public meeting in Chatgaon, the citadel of East Bengal Muslim League, threatened to kill by the men of league. |
| 1946-47 | During Hindu-Muslim riots before and after artition he worked with Gandhiji in Calcutta, Delhi and Noakhali for a few days to stop communal riots. |
| February 1947 | Presided Congress Socialist Party's Kanpur session. |
| June 1947 | Lohia and Jayaprakash at the special session of All India Congress Committee as special invitees for final decision on partition. Both strongly opposed partition. |
| 29 January 1948 | Last meeting with Gandhiji. |
| 30 January 1948 | Assassination of Gandhiji. |
| March 1948 | Congress Socialist Party's decision to part with Congress, Lohia left Congress. |
| 1949 | Led the Northern India's struggle for the freedom of its Princely states. |
| May 1949 | Led demonstration on 'Nepal Day' in Delhi, arrested and imprisoned first time in free India, released after one and half month. |
| September 1949 | First foreign visit as political leader, joined the World Government Conference at Stockholm. |
| January 1950 | Arrest and release for the struggle of Princely States of Rewa, Madhya Pradesh. |
| February 1950 | Presided the first conference of Hind Kisan Panchayat held at Rewa. |
| June 1951 | Arrested at Kagodu (Karnataka) for leading Kisan Satyagraha, releases after nine days. |
| July 1951 | 45 days foreign tour for the second time, participated as Indian delegate at the Frankfurt (Germany) meeting of World Socialist Conference, later visited Yugoslavia, Japan and America, met Einstein in America. |
| March 1952 | First conference of Socialists of Asian countries with Lohia's effort, decided to set up organisation of Asian Socialist. |
| September 1952 | Merger of Socialist Party and Kisan Mazdoor Praja Party of Acharya Kripalani to set up Praja Socialist Party (PSP). |
| February 1953 | Meeting of Nehru and Jayaprakash on cooperation with Congress. Lohia |

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| | opposed to cooperate. |
| June 1953 | Special session of PSP at Betul (M.P.) to decide on cooperation with Congress. |
| December 1953 | First PSP conference at Allahabad, Lohia elected General Secretary. |
| July 1954 | Led the PSP movement against hike in Canal Water Tax, arrested, filled petition in Allahabad High Court to secure the right to Satyagraha. Lohia won and was released after two months. |
| August 1954 | Chief Minister Pillai's Travancore-Cochin Praja Socialist Government opened fire on unarmed citizens killing some of them. Lohia as general secretary of the party advised Pillai from the prison to resign, Pillai Government did not comply with the advice. So, Lohia resigned as general secretary of the Party. |
| January 1955 | Congress at its Avadi (Tamil Nadu) session declared 'socialist pattern of society' as its goal, Ashok Mehta welcomed the declaration and showed enthusiasm for cooperation, Lohia strongly opposed Ashok Mehta, Madhu Limaye also expressed opposition to Ashok Mehta, Limays's membership was suspended which, too, was opposed by Lohia. |
| April 1955 | Arrested during Manipur movement, released a few days later. |
| June 1955 | Inner struggle in PSP at its peak, Lohia suspended from membership. |
| December 1955 | Socialist Party set up under Lohia's leadership, session in Hyderabad presided by Lohia. |
| 1957 | Second General Election, Lohia was a candidate from Chakia Chandauli (U.P.) and lost the election. |
| 1957 | Lohia supported Jayaprakash's proposal for merger of PSP and SP. |
| November 1958 | Satyagraha for entry into NEFA boundary, arrested and released. |
| November 1959 | Repeated attempts for entry into NEFA, arrested and released. |
| November 1960 | All India Satyagraha by Socialist Party, Lohia arrested in Lucknow, petition in High Court against illegal detention, again released. |
| 1960 | Refused entry at Government Guest House, Kanpur and satyagraha to oppose it, penalty of Rs 100/- refusal to pay. |
| 1961 | Effort to organise World Ramayan Mela (Fair). |
| Nov-Dec 1961 | Participation in World Peace Council at Athens. |
| 1962 | Third general election, fought against Nehru in Phulpur (U.P.) constituency and lost. |
| 1963 | After Chinese attack, tour of Indo-China border, arrest and release. Elected from Farrukhabad constituency in a by election. |
| 1964 | Fourth foreign tour for two months, satyagraha against racism at Jackson (Mississippi State, USA). 1965 |
| 1965 | Fifth foreign tour, visited Germany, Russia and Kabul alongwith Madhu Limaye, met Frontier Gandhi. |

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| 1965 | Toured Kutch-Pak border. |
| August 1965 | Illegal arrest in Patna during anit-starvation movement, released on Supreme Court order. |
| July 1966 | Arrested in Kanpur during U.P. Bandh. |
| November 1966 | Arrested during student agitation in Delhi, filed petition in Supreme Court and released. |
| 1967 | Fourth General Election, slogan 'Defeat Congress, Save Country', elected to Parliament from Kannauj (U.P.) |
| 28 September 1967 | Admitted to Wellington (now Rammanohar Lohia Hospital) for prostate operation. |
| 12 October 1967 | Breathed his last at 1.05 a.m. According to Inquiry Committee set up by Indira Government and later Janata Government he died because of non-availability of anti bacterial medicine, lack of care by doctors, cremated at electric crematorium without any religious ceremony. Homage in Parliament and suspension of day's work. |