How can we get the distance b/w two rings(colours) in Newton's rings?

The distance between two rings is the difference between radiuses of Newton's rings:

$$\Delta r = r_N - r_{N-1}$$

The radius of Nth Newton's bright ring is given by

$$r_N = \sqrt{\left(N - \frac{1}{2}\right)\lambda R}$$

N is the bright-ring number,
R is the radius of curvature of the lens the light is passing through,
λ is the wavelength of the light passing through the glass.

The radius of Nth Newton's dark ring is given by

$$r_N = \sqrt{N\lambda R}$$

N is the dark-ring number,
R is the radius of curvature of the lens the light is passing through,
λ is the wavelength of the light passing through the glass.