

<b>DEPTT OF SAINIK WELFARE/RAJYA SAINIK BOARDS</b>
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SI No	No of ZSBs	Office/ District	Name, Designation & Address	Telephone No.
1	13	Directorate of Sainik Welfare	<b>ANDHRA PRADESH</b> <b>Brig Vanukuri Venkata Reddy (Retd)</b> Director, Sainik Welfare, Andhra Pradesh H.No 32 -14-2C Opp-Shiva Appartment Near Shivalayam Moghalrajapuram Vijayawada-520010	0866-2471233 ((T/F) 0866-2473331 9059367773(M) sainikwelfare-ap@nic.in apsainik@gmail.com
2	00	Deptt of Relief, Rehabilitation & Settlement	<b>ARUNACHALPRADESH</b> <b>Mr. Shampu US (Civ)</b> Offg Director Disaster Management Govt of Arunachal Pradesh New Itanagar -791110	0360-2212282(O) 0360-2213615(F) 9436042677 (M) arun01ddm@gmail.com
3	19	Deptt of Sainik Welfare	<b>ASSAM</b> <b>Brig Narain Dutt Joshi, SM (Retd)</b> Director Directorate of Sainik Welfare Sainik Bhavan, House No. 74 Lachit Nagar, Guwahati – 7 Pin- 781 007 (Assam)	0361-2522229 (T/F) 08414859281 (M) rsbassam@gmail.com
4	09	Deptt of Sainik Welfare	<b>BIHAR</b> <b>Col Dilip Prasad, SM (Retd)</b> Director , Sainik Kalyan Nideshalaya, Main Secretariat Block-2, 2 <sup>nd</sup> Floor Bihar, Patna-800015	0612-2217013 9422044402 (M) 8878633700 (M) directorsknbihar@gmail.com

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5	10	Dte of Sainik Welfare	<b>CHHATTISGARH</b> <b>Brig Vivek Sharma (Retd)</b> Director Dte of Sainik Welfare, Shashtri Chowk Near CMO Office Raipur (CG)- 492001	0771-2445165(O) 0771-2430084(F) 8770789080 (M) 9596744110 (M) dirsw.cg@gmail.com
6	00	Deptt of Sainik Welfare	<b>GOA</b> <b>Maj Venugopal Nair (Retd)</b> Secretary Deptt of Sainik Welfare, Collectorate Building, Panaji – 403 001	0832-2227138 (T/F) 0832-2443236(R) 9420686834 (M) secyrsbgoa@gmail.co msecy- dsw.goa@nic.in
7	09	Directorate of Sainik Welfare and Resettlement	<b>GUJARAT</b> <b>Cdr Shashi Kumar Gupta (Retd)</b> Offg Director, Directorate of Sainik welfare and Resettlement, Gujarat State Gaurav Senani Bhavan, Shahibaug- Airport Road, Shahibaug, Ahmedabad-380004	079-22868347  079-22868346(F) 9099066864 (M) rsb_guj@rediffmail.co m
8	21	Sainik and Ardh Sainik Welfare Department	<b>HARYANA</b> <b>Col Rahul Yadav (Retd)</b> Offg Director, Sainik and Ardh Sainik Welfare Department Room No 67, 4 <sup>th</sup> Floor, Haryana Civil Secretariat, Chandigarh	0172-2741494(O) 0172-2703490(F) 09815425714 (M) <a href="mailto:secretaryrsb@gmail.com">secretaryrsb@gmail.com</a>

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9	10	DepttofSainik Welfare	<b>HIMACHAL PRADESH</b> <b>Mr. Debasweta Barik, IAS</b> Offg Director Deptt of Sainik Welfare Govt of Himachal Pradesh Hamirpur - 177 001	01972-221854 (O) 01972-225643 (F) <a href="mailto:dir-sw-hp@nic.in">dir-sw-hp@nic.in</a>
10	06	Sainik Kalyan Nideshalaya	<b>JHARKHAND</b> <b>Brig BG Pathak (Retd)</b> Director Sainik Kalyan Nideshalaya Ranchi (Jharkhand)	0651-2330178 (T) 0651-2331434 (F) 9973572590 (M) <a href="mailto:jharkhand_skn@yahoo.in">jharkhand_skn@yahoo.in</a>
11	13	DepttofSainik Welfare	<b>KARNATAKA</b> <b>Flt Lt MS Lalaksha (Retd)</b> Director Deptt of Sainik Welfare & Resettlement Fd Mshl KM Cariappa Bhavan No58, Fd Mshl KM Cariappa Road, Bangalore - 560 025	080-25589459 (T/F) <a href="mailto:dirdswrblr@gmail.com">dirdswrblr@gmail.com</a>
12	14	DepttofSainik Welfare	<b>KERALA</b> <b>Flt Lt A Kishan (Retd)</b> Offg Director Deptt of Sainik Welfare Vikas Bhavan Thiruvananthapuram Pin code -693033	0471-2304980 9447030498 (M) <a href="mailto:dswkerala@gmail.com">dswkerala@gmail.com</a>
13	24	Deptt of Sainik Welfare	<b>MADHYA PRADESH</b> <b>Brig Arun Seghal (Retd)</b> Director Deptt of Sainik Welfare Southern Shopping Centre, Guru Teg Bahadur Complex TT Nagar, New Market P.B.NO 364 Bhopal – 462003	0755-2553992 (O) 0755-2577209 (F) 9971905621 (M) <a href="mailto:dirrsb@mp.gov.in">dirrsb@mp.gov.in</a>

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14	33	Deptt of Sainik Welfare	<b>MAHARASHTRA</b> <b>Shri Promod Yadav, IAS</b> Offg Director Deptt of Sainik Welfare Maharashtra State 'Raigad' Building Opp National War Memorial Solapur Road, Ghorpadi Pune - 411 001	020-71002678 9422306160 (M) dir.dsw@maharashtra.gov.in dsw@maharashtra.gov.in
15	02	Rajya Sainik Board	<b>MANIPUR</b> <b>Col Sushil Kumar Sharma (Retd)</b> Secretary Rajya Sainik Board Sainik Rest House Opp. Lamphel Police Station, P.O. Lamphel - 795 004 (Manipur)	0385-2416228(O) 08415902084 (M) rsb.manipur@gmail.com
16	02	Dte of Sainik Welfare	<b>MEGHALAYA</b> <b>Col Gautam Kumar Rai (Retd)</b> Director Directorate of Sainik Welfare, Administrative Building, Lower Lachumiere, Shillong - 1	0364-2225613 (T)/(F) 09436733959 (M) rsbmegha@rediff.com
17	04	Deptt of Sainik Welfare	<b>MIZORAM</b> <b>Surg Lt Cdr Lalnuntluangi (Retd)</b> Director Deptt of Sainik Welfare & Resettlement, Tuikual 'A', PB No.119, Aizawl - 796 001	0389-2322732 (T/F) 9862789780 (M) rsb_mzr@yahoo.in

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18	05	Rajya Sainik Board	<b><u>NAGALAND</u></b> <b>Wg Cdr Rajeev Dong (Retd)</b> Offg Director Directorate of Sainik Welfare and Resettlement Kohima Home Deptt, Govt. of Nagaland sepfuzou Colony above Alder College, High School Road PO Kohima - 797001	0370-2260150(O)/(F) 8258023928 (M) swr.directorngl@yahoo.com
19	08	Rajya Sainik Board	<b><u>ODISHA</u></b> <b>Wg Cdr Bastia (Retd)</b> Offg Secretary Rajya Sainik Board, Nageswar Tangi, Lewis Road Bhubaneshwar -751 002	0674-2971077(O) 0674-2432268(F) 09437492288 (M) <a href="mailto:rsb.odisha@gov.in">rsb.odisha@gov.in</a>
20	22	DepttofSainik Welfare	<b><u>PUNJAB</u></b> <b>Brig Satinder Singh (Retd)</b> Director Defence Services Welfare-cum-Secretary Rajya Sainik Board Punjab Sainik Bhawan, Sector 21-D Chandigarh - 160 022	0172- 2701845 (O) 0172- 2707345 (F) 09797477099 (M) establishmentbranch@rediffmail.com
21	24	Sainik Kalyan Vibhag	<b><u>RAJASTHAN</u></b> <b>Brig Virendra Singh Rathore (Retd)</b> Director Sainik Kalyan Vibhag Secretariat Building North Block Jaipur - 302 005	0141-2227650 (O) 9403236515 (M) <a href="mailto:rajasthan.sainik@rajasthan.gov.in">rajasthan.sainik@rajasthan.gov.in</a>

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22	03	Rajya Sainik Board	<b>SIKKIM</b> <b>Col DN Bhutia (Retd)</b> Secretary Rajya Sainik Board, Govt of Sikkim PS Road Gangtok - 737 101	03592-233564 (O/F)  8170005757 (M) dawasikkim@gmail.com rsbgangtok@gmail.com
23	27	Deptt of Sainik Welfare	<b>TAMIL NADU</b> <b>Maj VS Jaya Kumar (Retd)</b> Addl Director, Rajya Sainik Board Dte of Ex Servicemen's Welfare 22, Raja Muthiah Salai, Choolai Chennai-600 003	044-26692256  044-26691342 044-26691747  9442107209 (M)  <a href="mailto:jdexwel@tn.gov.in">jdexwel@tn.gov.in</a> <a href="mailto:exweldte@tn.gov.in">exweldte@tn.gov.in</a>
24	10	Deptt of Sainik Welfare	<b>TELANGANA</b> <b>Col P Ramesh Kumar (Retd)</b> Director Sainik Welfare, 2 <sup>nd</sup> Floor, Sainik Aramghar Complex Suryanagar Colony Somajiguda Hyderabad – 500 082	040-23423211 (O) 7893550033 (M) directorrsb-ts@nic.in
25	00	Directorate of Sainik Welfare, Tripura	<b>TRIPURA</b> <b>Brig Jai Prakash Tiwari (Retd)</b> Director, Directorate of Sainik Welfare, Tripura Nehru Office Complex Gorkhabasti, P.O. Kunjaban Agartala - 799 006 West Tripura	0381-2351235 (O)  0381-2326507(T)  09402140066 (M)  dirdsw-tr@gov.in  rsb- sainikboard@rediffmail.com
26	14	Dte of Sainik Kalyan Evam Punarvas	<b>UTTARAKHAND</b> <b>Brig KB Chand (Retd)</b> Director Sainik Kalyan, Evam Punarvas ,Uttarakhand 15C Kalidaas Marg PO- Haathibadkala Dehradun-248001	0135-2744208(O)  0135-2743773(F)  09818535587 (M)  dir-soldier-uk@nic.in dskddn@gmail.

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27	74	Sainik Kalyan Evam Punarvas	<b>UTTAR PRADESH</b> <b>Brig Ravi (Retd)</b> Director, Directorate Sainik Kalyan Evam Puranvas Cariappa Bhawan Kaiserbagh Lucknow-226001	0522-2623909 (O) 0522-2625354 (O) 07839553200 (M) dirskpnlu-up@nic.in
28	13	Rajya Sainik Board	<b>WEST BENGAL</b> Col Partha Pratim Barik (Retd) Secretary, Rajya Sainik Board, Block 'IV' (FirstFloor) Writers' Buildings Kolkata - 700 001	033-22141347(O) 9414943347 (M) Rsb-wb@gov.in
29	00	Rajya Sainik Board	<b>ANDAMAN &amp; NICOBAR ISLANDS (UT)</b> <b>Col Dharam Singh Godara (Retd)</b> Secretary Rajya Sainik Board Veer Senani Bhawan, J.N. Road, Haddo Port Blair - 744 101	03192-235621 (T/F) 09933266495 (M) secretaryrsbandnic@gmail.com dharamgodra@yahoo.com
30	00	Zila Sainik Welfare Office	<b>CHANDIGARH (UT)</b> <b>Col Anil Kumar Kundra (Retd)</b> Secretary Zila Sainik Welfare Office (UT) Opposite Aroma Hotel Sector 21-D, Chandigarh Pin - 160022	0172-2701947(O) 09871754669 (M) zswochd@gmail.com

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31	00	Rajya Sainik Board	<b>DELHI</b> <b>Cmde Ajay Saxena,</b> <b>VSM (Retd)</b> Secretary, Rajya Sainik Board 4 <sup>th</sup> Floor, Tower Block, ISBT, Kashmiri gate , Delhi - 110006	011-23861360 (O) 011-23861876 (F) 08985481668 (M) rsbdelhi@nic.in
32	14	DepttofSainik Welfare	<b>JAMMU</b> <b>ANDKASHMIR</b> <b>(UT)</b> Director Deptt of Sainik Welfare Ambphalla Jammu - 180 005 Jammu & Kashmir	0191-2561547(O) 0191-2575362(F) 09419216663 (M) directorsw-11@jk.gov.in
33	01	Zila Sainik Welfare Office	<b>LEH AND LADAKH</b> <b>(UT)</b> Zila Sainik Welfare Office, Opp SP Office Leh (Ladakh) Pin – 194 101 (J&K)	01982-252270 (O/F) <a href="mailto:zswoleh-11@jk.gov.in">zswoleh-11@jk.gov.in</a> 09906040511 (M)
34	00	Rajya Sainik Board	<b>PUDUCHERRY (UT)</b> <b>Shri YLN Reddy,</b> <b>PCAS</b> Offg Director Deptt of Sainik Welfare 261, Lawspet Main Road, Pakkamudianpet, Puducherry - 605 008	0413-2250575 9442780335 <a href="mailto:sainik.pon@nic.in">sainik.pon@nic.in</a>



<b>ZILA SAINIK WELFARE OFFICERS/ZILA SAINIK BOARD</b>
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<b>ANDHRA PRADESH</b>				
1.	1	Ananta-puramu	Zilla Sainik Welfare Officer Sainik Bhavan Near Clock Tower Anantapuramu – 515001	08554-241146  zswopr-ap@nic.in
2.	2	Chittoor	Zilla Sainik Welfare Officer, D.No.4-479, C.B. Road, Greampet Chittoor – 517 002	08572-228682  zswocr @nic.in
3.	3	East Godavari @ Kakinada	Zilla Sainik Welfare Officer Sainik Bhavan, Treasury Compound Kakinada – 533 001 East Godavari District	0884-2375308  zswoggo-ap@nic.in
4.	4	Guntur	Zilla Sainik Welfare Officer, Sainik Bhavan Opp Hindu College Guntur – 522 001	0863-2225853  zswogtr-ap@nic.in
5.	5	Kadapa	Zilla Sainik Welfare Officer Sainik Bhavan Opp APS RTC Bus-stand Kadapa – 516 002	08562-244558  zswocud-ap@nic.in
6.	6	Krishna @ Vijayawada	Zilla Sainik Welfare Officer Indira Gandhi Municipal Complex Labbipet Vijayawada – 520010	0866-2473330  zswokri-ap@nic.in
7.	7	Kurnool	Zilla Sainik Welfare Officer, Sainik Bhavan, B- Camp Kurnool – 518 002	08518-229445  zswoknl@yahoo.in zswoknl-ap@nic.in

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8.	8	Prakasam – Ongole	Zilla Sainik Welfare Officer, 8th Portion, Ground Floor Old RIM Hospital Bhavan Opp: Collector Office Ongole- 523 001	08592-233086 (T/F)  zswoprk-ap@nic.in
9.	9	SPS Nellore	Zilla Sainik Welfare Officer Sainik Bhavan, Kondagapalem Gate Centre, Dargamitta, SPSR Nellore – 524 004	0861-2328419  zswonel-ap@nic.in
10.	10	Srikakulam	Zilla Sainik Welfare Officer Pedda Reli Veedhi , Near St. Joseph School Srikakulam - 532 001	08942-227688  zswosrk-ap@nic.in
11.	11	Visakhapatnam	Zilla Sainik Welfare Officer Sainik Bhavan, LIG-71, D.No. 4-56-2/2 Lawson bay Colony, Post Office Road, Near Krishna Temple Behind Ushodaya Road Visakhapatnam - 530017	0891-2706511  zswovis-ap@ nic.in
12.	12	Vizianagaram	Zilla Sainik Welfare Officer Sainik Bhavan Cantonment Post Vizianagaram (Pin – 531 202)	08922-274743  zswoviz-ap@nic.in
13.	13	West Godavari @ Eluru	Zilla Sainik Welfare Officer Zila Sainik Welfare Office, D.No.11-212, 6 <sup>th</sup> Road Behind State Bank of India Sri RamNagar, Eluru - 534003	08812-253687  zswowgo@nic.in
<b>ASSAM</b>				
14.	1.	Cachar	Zila Sainik Welfare Officer Zila Sainik Welfare Office, Park Road Silchar PO. & Dist- Silchar Pin – 788001	03842-231115  cacharzb@gmail.com
15.	2.	Dibrugarh	Zila Sainik Welfare Officer, Zila Sainik Welfare Office DC Office Complex PO/Dist - Dibrugarh (Pin – 786 003)	0373-2310083  dsbdib@gmail.com

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16.	3.	Dhubri	Zila Sainik Welfare Officer, Zila Sainik Welfare Office In Front of DC Office PO Dhubri - 783301	03662-232662  zswodhubri2016@gmail.com
17.	4.	Jorhat	Zila Sainik Welfare Officer Zila Sainik Welfare Office, DC Office Complex Distt Jorhat - 785 001	03762-309317  zswjorhat@gmail.com
18.	5.	Kamrup	Zila Sainik Welfare Officer Zila Sainik Welfare Office Kamrup, Guwahati-01 C/o Office of the Deputy Commissioner, Kamrup (Metro), Guwahati – 781 001	0361-2733147  zswokamrup@gmail.com
19.	6.	Kokrajahar	Zila Sainik Welfare Officer Zila Sainik Welfare Office RNB Road (Near Head Post Office) Kokrajahar – 783 370	0366-1270025  zilasainik.welfare@gmail.com
20	7.	Karbi Anglong	Zila Sainik Welfare Officer Zila Sainik Welfare Office Karbi Anglong Po – Dipu Pin – 782 460	0367-1274981 8638940640(M) zsbkarbianglong@gmail.com
21.	8.	Lakhimpur	Zila Sainik Welfare Officer Zila Sainik Welfare Office, North Lakhimpur - 787 001	03752-242228 06900060167 (M) zsb-nlp@gmail.com
22.	9.	Nagaon	Zila Sainik Welfare Officer Zila Sainik Welfare Office, P.O.Nagaon - 782 001	03672-233665  zswonagaon@gmail.com
23.	10.	Sonitpur	Zila Sainik Welfare Officer Zila Sainik Welfare Office, Dist Sonitpur PO Tezpur - 784 001	03712-233977 (O)  zswotezpur@gmail.com

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24.	11.	Barpeta	Zila Sainik Welfare Officer Zila Sainik Welfare Office, DC Office Complex Dist Barpeta- 781 301	03665- 252193 (O)  zswobarpeta@gmail.com
25.	12.	Goalpara	Zila Sainik Welfare Officer, Zila Sainik Welfare Office Distt Goalpara – 783 101	03663-240223 (O)  zsbgoalpara@gmail.com
26.	13.	Darrang	Zila Sainik Welfare Officer Zila Sainik Welfare Office DC Office Complex PO- Mangaldai Dist Darrang Pin-784 152	03713-225899 (O)  zswodarrang@gmail.com
27.	14.	Karimganj	Zila Sainik Welfare Officer Zila Sainik Welfare Office Dist Karimganj Pin-788710	03843-260248 (O)  zswokarimganj@gmail. com
28.	15.	Kamrup (Rural)	Zila Sainik Welfare Officer Zila Sainik Welfare Office DC Office Complex PO – Amingaon Dist Kamrup (R) Pin – 781 031	0361-2680050  zswokamrupr@gmail.com
29.	16.	Bongaigaon	Zila Sainik Welfare Officer Zila Sainik Welfare Office DC Office Complex PO – Bongaigaon Dist – Bongaigaon Pin – 783 380	zswobongaigaon@gmail. com
30.	17.	Sivasagar	Zila Sainik Welfare Officer Zila Sainik Welfare Office DC Office Complex PO – Sivasagar Dist – Sivasagar Pin – 785 640	08638199322 (M)  <a href="mailto:zswosivasagar@gmail.com">zswosivasagar@gmail.com</a>  <a href="mailto:zswosivasagar123@gmail.com">zswosivasagar123@gmail.com</a>
31.	18.	Golaghat	Zila Sainik Welfare Officer, Zila Sainik Welfare Office, DC Office Complex PO – Golaghat Dist – Golaghat Pin – 785 621	03774-282026  zswogolaghat@gmail. com

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32.	19.	Hailakandi	Zila Sainik Welfare Officer, Zila Sainik Welfare Office DC Office Complex PO – Hailakandi Dist – Hailakandi Pin – 788 151	0384-4222380  zswohailakandi@gmail.com
<b>BIHAR</b>				
33.	1.	Bhojpur	Zila Sainik Kalyan Karyalaya Kutchehri Road Ara-802301	0612-2217013  zskkbhojpur@gmail.com
34.	2.	Bhagalpur	Zila Sainik Kalyan Karyalaya Tilka Manjhi Bhagalpur - 812 001	0641-2400821  zskbhagalpur@gmail.com
35.	3.	Chapra	Zila Sainik Kalyan Karyalaya, New Bus Stand, Chapra - 841301	06152-236714  zsws.saran@gmail.com
36.	4.	Darbhanga	Zila Sainik Kalyan Karyalaya C/o Collectorate Darbhanga - 846001	06272-243728  zsboarddarbhanga@gmail.com
37.	5.	Gaya	Zila Sainik Kalyan Karyalaya Gaya – 823001	0631-2421708  zskkgaya@gmail.com
38.	6.	Motihari	Zila Sainik Kalyan Karyalaya Motihari -845401	06252-238278  zskkmotihari@gmail.com

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39.	7.	Munger	Zila Sainik Kalyan Karyalaya Munger	06344-227345 zskkmunger@gmail.com
40.	8.	Muzaffarpur	Zila Sainik Kalyan Karyalaya Muzaffarpur	0621-2215373 zskkmuz@gmail.com
41.	9.	Patna	Zila Sainik Kalyan Karyalaya Patna-801503	06115-229978 zskkptm123@gmail.com
<b>CHHATTISGARH</b>				
42.	1.	Bilaspur	District Sainik Welfare Officer, Near Colletorate Parisar Bilaspur (CG) -495 004	07752-422121(O) 07752-422121(F) zsk.bsp.cg@gmail.com
43.	2.	Durg	District Sainik Welfare Officer, Raipur Naka, Near BSNL Tower, Durg (CG) - 491 001	0788-2219939(O) 0788-2219939(F) 08333856295 (M) dswo.durg@gmail.com
44.	3.	Jagdalpur	District Sainik Welfare Officer, Surbhi Kunj, Near Balram Press, Balaji Ward, Jagdalpur, Bastar (CG)- 494001	07782-231347 (O) 07782-231347 (F) dswojdp@gmail.com
45.	4.	Raipur	District Sainik Welfare Officer, Shashtri Chowk Near CMO Office Raipur (CG) - 492001	0771-2427449 (O) 0771-2427449(F) dswo.raipur@gmail.com
46.	5.	Rajnand-gaon	District Sainik Welfare Officer, Near PWD Rest House Rajnandgaon (CG) - 491 441	07744-226862(O) 07744-226862(F) dsworjn.cg@nic.in
47.	6.	Jashpur	District Sainik Welfare Officer, State Ware House Complex, Cheer Bagicha, Jashpur (CG) – 496 331	07763-220954 (O) 07763-220954 (F) jspdsw@gmail.com

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48.	7.	Ambikapur (Sarguja)	District Sainik Welfare Officer, Collectorate Campus Ambikapur, Surguja (CG) - 497 001	07774-221721(O) 07774-221721(F) zsb.ambikapur@gmail.com
49.	8.	Baikunthpur	District Sainik Welfare Officer, Collectorate Campus Baikunthpur, Korea (CG) – 497 335	07836-234021(O) 07836-234021(F) dswobkpur@gmail.com
50.	9.	Kanker	District Sainik Welfare Officer, Old Kacheri Parisha Kanker (CG) - 494334	07587-455691(O) 07587-455691(F) dswoknk.@gmail.com
51.	10.	Raigarh	District Sainik Welfare Officer, Collectorate Parisar Raigarh (CG) - 496001	07762- 223190 (O) 07762-223190 (F) dsworig.@gmail.com
<b>GUJARAT</b>				
52.	1.	Ahmedabad	District Sainik Welfare and Resettlement Office, Gaurav Senani Kumar Bhawan, B/h TV Tower Bodakdev, Ahmedabad -380054	079-26851382 zsb_abd@rediffmail.com
53.	2.	Vadodara	District Sainik Welfare and Resettlement Office Military Boys Hostel Building, Chhani Sama Road Crossing Vadodara – 390024	0265-2772666 zsb_vdr@rediffmail.com
54.	3.	Jamnagar	District Sainik Welfare and Resettlement Office, Lal Bungalow Sankul Jamnagar-361001	0288-2558311 jamnagar@ewdiffmail.com

G. Sl. No	Sl. No.	Office/ District	Name, Designation & Address	Telephone No.
55.	4.	Surat	District Sainik Welfare and Resettlement Office, Gaurav Senani Bhawan Near Abhinandan Rasidency, Opp Hare Krishna Diamond, Sarthana Jakatnaka, Surat – 395 006	0261-2913820 (O)/(F) 09426802820 zsb_srt@rediffmail.com
56.	5.	Rajkot	District Sainik Welfare and Resettlement Office, Sainik Aramgruh Building Near RUDA Office Opp Police HQ Rajkot-360001	0281 – 2476825 zsb_rjt@rediffmail.com
57.	6.	Sabarkantha (Himatnagar)	District Sainik Welfare and Resettlement Office, C Block, First Floor Bahumali Bhawan, Jilla, Seva Sadan, Himatnagar-383001 District - Sabarkantha	02772-246630 zsb_hmt@rediddmail.com
58.	7.	Kutchh (Bhuj)	District Sainik Welfare and Resettlement Office, 114, Seva Sadan, Bhuj – 370001 Dist – Kutchh – Bhuj	02832 – 221085 (O)/(F) zsb_ktc@rediffmail.com
59.	8.	Mahesana	District Sainik Welfare and Resettlement Office, Block No.-2, 3rd Floor, Raj Mahel Road Mahesana - 384001	02762- 220235 zsb_msn@rediffmail.com
60	9.	Panchmahal (Godhara)	District Sainik Welfare and Resettlement Office, Room No 32, 3 <sup>rd</sup> Floor, Jilla Seva Sadan, Godhara – 389 001 District – Panchmahal	02672-240580 zsb_god@rediffmail.com



G. Sl. No	Sl. No.	Office/ District	Name, Designation & Address	Telephone No.
<b>HARYANA</b>				
61.	1.	Ambala	Secretary, Sainik and Ardh Sainik Welfare Office, Sainik Rest House, Ambala Cantt - 133001 Distt. Ambala (Haryana)	0171-2640557  amb.sainik-hry@gov.in
62.	2.	Bhiwani	Secretary, Sainik and Ardh Sainik Welfare Office Railway Road Bhiwani - 125 021	01664-243538 (O)  zsbhbw.sasw-hry @ gov.in
63.	3.	Faridabad	Secretary, Sainik and Ardh Sainik Welfare Office, Sector -16, Faridabad – 121001	0129-2287304(O)  0129 - 2589089 (O)  zsbfd.sasw-hry @ gov.in
64.	4.	Fatehabad	Secretary, Sainik and Ardh Sainik Welfare Office, 24-A, Industrial Area Fatehabad (Haryana)	01667-224219 (O)  zsbftb.sasw-hry@gov.in
65.	5.	Gurgaon	Secretary, Sainik and Ardh Sainik Welfare Office, Opp Apna Bazar, Civil Lines, Gurgaon - 122001	0124-2320730 (O)  zsbgrg.sasw-hry @ gov.in
66.	6.	Hisar	Secretary, Sainik and Ardh Sainik Welfare Office, Near Old Court Road, Hissar (Haryana)	01662-272901 (O)  zsbhsr.sasw-hry@gov.in
67.	7.	Jhajjar	Secretary, Sainik and Ardh Sainik Welfare Office, Sainik Rest House Jhajjar (Haryana) - 124103	01251-254236 (O)  zsbjrr.sasw-hry@gov.in
68.	8.	Jind	Secretary, Sainik and Ardh Sainik Welfare Office , Sainik Rest House, Jind – 126102	01681-245254 (O)  zsbjnd.sasw-hry @ gov.in

G. Sl. No	Sl. No.	Office/ District	Name, Designation & Address	Telephone No.
69.	9.	Kaithal	Secretary, Sainik and Ardh Sainik Welfare Office, Bldg No.761/13, Amargarh Gamri, Opp Gali No. 3 Kaithal - 132 027	01746-223731 (O)  zsbkkl.sasw-hry @ gov.in
70.	10.	Karnal	Secretary, Sainik and Ardh Sainik Welfare Office, Near Distt Session Court, Old GT Road, Karnal – 132801	0184-2272589 (O)  zsbkrl.sasw-hry@gov.in
71.	11.	Kurukshetra	Secretary, Sainik and Ardh Sainik Welfare Office, Sainik Rest House Complex, Kurukshetra –132118	01744-220922 (O)  zsbkkr.sasw-hry@gov.in
72.	12.	Narnaul	Secretary, Sainik and Ardh Sainik Welfare Office, Sainik Rest House, Near Bus Stand Narnaul - 123001	01282-250259 (O)  zsbnlr.sasw.hry@gov.in
73.	13.	Panchkula	Secretary, Sainik and Ardh Sainik Welfare Office, 227, B Block, Yojana Bhawan, Sec - 04 Panchkula -134 017 ( Haryana)	0172-2584213 (O)  zsbpkl.sasw-hry@gov.in
74.	14.	Panipat	Secretary, Sainik and Ardh Sainik Welfare Office, Kothi No.118, Adarsh Nagar, Near Post Office, CSD Canteen, Panipat - 132 103	0180-2650311 (O)  zsbpnp.sasw-hry@gov.in
75.	15.	Rewari	Secretary, Sainik and Ardh Sainik Welfare Office, Sainik Rest House Rewari - 123 401	01274-224341 (O)  01274-261411(O)  01274-260850  zsbrwr.sasw-hry@gov.in

G. Sl. No	Sl No.	Office/ District	Name, Designation & Address	Telephone No.
76.	16.	Rohtak	Secretary Sainik and Ardh Sainik Welfare Office, Civil Lines, Opp Chhotu Ram Park, Rohtak -124001	01262-242687 (O)  09466565363-HC  zsbroh.sasw-hry@gov.in
77.	17.	Sirsa	Secretary, Sainik and Ardh Sainik Welfare Office, Barnala Road, Near Police Line Sirsa-125055	0166-297545 (O)  zsbsrs.sasw-hry @ gov.in
78.	18.	Sonepat	Secretary, Sainik and Ardh Sainik Welfare Office, Gohana Road, Near Police Lines Sonepet - 131001	0130-2242659 (O)  zsbsnp.sasw-hry@ gov.in
79.	19.	Yamuna Nagar	Secretary, Sainik and Ardh Sainik Welfare Office, Near Panchayat Bahwan, Yamuna Nagar-135001	01732-211892(O)/(F)  zsbynr.sasw-hry@gov.in
80.	20.	Palwal	Secretary, Sainik and Ardh Sainik Welfare Office, Old Court Complex, Palwal	01275-297790  zsbpwl.sasw-hry@ gov.in
81.	21.	Charkhi Dadri	The Welfare Officer District Sainik & Ardh Sainik Welfare Department, Charkhi Dadri - 127306	<a href="mailto:zsbdadri@gmail.com">zsbdadri@gmail.com</a> <a href="mailto:zsbedd.sasw@hry.gov.in">zsbedd.sasw@hry.gov.in</a> 9307558903 (M)
<b>HIMACHAL PRADESH</b>				
82.	1.	Bilaspur	Deputy Director Zila Sainik, Welfare Office Bilaspur Pin - 174 029 (H.P)	01978-222343  zswofficebilaspur@ gmail.com
83.	2.	Chamba	Deputy Director Zila Sainik Welfare Office Chamba – 176314	01899-222357  dswochamba@gmail.com

G. Sl. No	Sl. No.	Office/ District	Name, Designation & Address	Telephone No.
84.	3.	Hamirpur	Deputy Director Zila Sainik, Welfare Office Hamirpur - 177 001 (H.P)	01972-222334  sainikwelfarehamirpur@gmail.com
85.	4.	Kangra at - Dharamshala	Deputy Director Zila Sainik Welfare Office Kangra at Dharamshala Pin- 176215	01892-223279  Deputydirectorsw.kan@gmail.com
86.	5.	Kullu & Lahaul spiti	Deputy Director Zila Sainik Welfare Office Kullu - 175101 (HP)	01902-222272  kullusainikwelfare@gmail.com
87.	6.	Mandi	Deputy Director Zila Sainik Welfare Office Vijay Palace Colony Mandi (HP) – 175001	01905-222120  ddrsw@gmail.com
88.	7.	Shimla + Kinnaur	Deputy Director Zila Sainik Welfare Office Longwood, Shimla – 171001 (HP)	0177-2658586  ddswsml@gmail.com
89.	8.	Sirmour at Nahan	Deputy Director Zila Sainik Welfare Office Sirmour At Nahan - 173001	01702-222551  zswonahan123@gmail.com
90.	9.	Solan	Deputy Director Zila Sainik Welfare Office The Mall, Solan (HP) – 173212	01792-223764  sainik-sol-hp@nic.in
91.	10.	Una	Deputy Director Zila Sainik Welfare Deptt Una (HP) – 174303	01975-226090  ddswouna@gmail.com
<b>JAMMU &amp; KASHMIR AND LEH LADAKH (UTs)</b>				
92.	1.	Baramulla, Bandipora,	Zila Sainik Welfare Office- Premises of DC Office Near Bus Stand Baramulla-193101 (J & K)	01952-238539 (O)  zswobla-11@jk.gov.in
93.	2.	Kupwara	Zila Sainik Welfare Office Kupwara Near Tourist Centre, Kupwara - 193222	01955-252116 (O)  zswokupwa29-11@jk.gov.in

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94.	3.	Doda, Ramban, Kishtwar	Zila Sainik Welfare Office Near PWD Dak Bangalow Doda – 182 202 (J & K)	01996-233553  09622224078 <a href="mailto:zswododa-11@jk.gov.in">zswododa-11@jk.gov.in</a>
95.	4.	Jammu	Zila Sainik Welfare Office, Ambphalla, Jammu Pin – 180 005 (J & K)	0191-2546273  09419245967 <a href="mailto:zswswo-swd@jk.gov.in">zswswo-swd@jk.gov.in</a>
96.	5.	Kathua	Zila Sainik Welfare Office Near Govt Hr.Sec.School (Boys) Kathua – 184101 (J & K)	01922-234785  08547183400  <a href="mailto:zswokathua-11@jk.gov.in">zswokathua-11@jk.gov.in</a>
97.	6.	Leh	Zila Sainik Welfare Office, Opp SP Office Leh (Ladakh) Pin – 194 101 (J & K)	01982-252270 01982-252270 (F) <a href="mailto:zswoleh-11@jk.gov.in">zswoleh-11@jk.gov.in</a> <a href="mailto:zswokargil-11@jk.gov.in">zswokargil-11@jk.gov.in</a>
98.	7.	Kargil	Zila Sainik Welfare Office Near New Bus Stand Kargil	<a href="mailto:zswokargil-11@jk.gov.in">zswokargil-11@jk.gov.in</a>
99.	8.	Poonch	Zila Sainik Welfare Office, Near Bus Stand, Poonch Pin -185101 (J & K)	01965-220161 (O) 9622397933 (M) <a href="mailto:zswopoonch-11@jk.gov.in">zswopoonch-11@jk.gov.in</a>
100.	9.	Rajouri	Zila Sainik Welfare Office, Jawahar Nagar, Rajouri (Phir Ganju) Pin -185132 (J & K)	01962-263350(O) 8717069824 (M) <a href="mailto:zsworajouri-11@jk.gov.in">zsworajouri-11@jk.gov.in</a>
101.	10	Samba	Zila Sainik Welfare Office, Ward No. 8, Samba-184 121 (J & K)	01923-246868 (O) 9874488871 (M) <a href="mailto:zswosamba-11@jk.gov.in">zswosamba-11@jk.gov.in</a>
102.	11.	Srinagar, Budgam, Ganderbal, Anantnag, Kulgam, Pulawama, Shopian.	Zila Sainik Welfare Office, Batamaloo Road, Srinagar Pin-190010 (J & K)	0194-2474728 (O)  09419080532 (M) <a href="mailto:zswosgr-11@jk.gov.in">zswosgr-11@jk.gov.in</a>
103.	12.	Udhampur	Zila Sainik Welfare Office Adarsh Colony, Udhampur Pin – 182 101 (J & K)	01992-271338 (O) 9419147314 (M)  <a href="mailto:zswoudhampur-11@jk.gov.in">zswoudhampur-11@jk.gov.in</a>
104.	13.	Reasi	Zila Sainik Welfare Office Reasi C/o Stn HQ, Reasi	<a href="mailto:zsworeasi-11@jk.gov.in">zsworeasi-11@jk.gov.in</a>
105.	14.	RS Pura	Zila Sainik Welfare Office RS Pura At present attach with ZSWO, Jammu	<a href="mailto:zsworspura-11@jk.gov.in">zsworspura-11@jk.gov.in</a>

106.	15.	Akhnoor	Zila Sainik Welfare Office Akhnoor At present attach with ZSWO, Jammu	zswoakhnoor-11@jk.gov.in
<b>JHARKHAND</b>				
<b>G. Sl. No</b>	<b>SI No.</b>	<b>Office/ District</b>	<b>Name, Designation &amp; Address</b>	<b>Telephone No.</b>
107.	1.	Chaibasa	Zila Sainik Kalyan Karyalaya, Court Compound, West Singhbhum, Chaibasa - 833201	06582-259545  zilasainikchaibasa@gmail.com
108.	2.	Dumka	Zila Sainik Kalyan Karyalaya, Court Compound, Dumka-814101	06434-237027  zskkdumka@yahoo.in
109.	3.	Hazaribagh	Zila Sainik Kalyan Karyalaya, Multipurpose Building, Near Private Bus Stand Hazaribagh- 825301	06546-267767  zskkhazaribagh@yahoo.in
110.	4.	Ranchi	Zila Sainik Kalyan Karyalaya, Sainik Bazar, Main Road Ranchi, Pin – 834001	0651-2330159  zskkranchi@yahoo.in
111.	5.	Gumla	Zila Sainik Kalyan Karyalaya, Gumla At-Karoundi, Post – Karoundi-via- Nawagarh, Dist – Gumla (Jharkhand) – 835 232	06524- 221129  zskkgumla@yahoo.in
112.	6.	Medininagar	C/o Deputy Commissioner Colloectorate Building Medininagar Palamu – 822 101 (Jharkhand)	8207771428 (M)  zskkmedininagar@yahoo.com
<b>KARNATAKA</b>				
113.	1.	Bangaluru (Urban)	Joint Director Deptt. of Sainik Welfare & Resettlement, Fd Mshl KM Cariappa Bhavan, No 58, Fd Mshl KM Cariappa Road, Bangaluru (Urban Dist) Pin - 560025	080-25585119  sainikblr@rediffmail.com
114.	2.	Bangaluru (Rural) + Chikkaballa pur, Kolar, Ramnagar & Tumkur	Dy Director Deptt of Sainik Welfare & Resettlement, Fd Mshl KM Cariappa Bhavan, No.58, Fd Marshal KM Cariappa Road, Bangaluru (Rural) Pin – 560025	080-25588718  sainikrural@rediffmail.com

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115.	3.	Kalburagi, Raichur, Bindar, Yadgiri	Dy Director Dept of Sainik Welfare & Resettlement, Vikas Bhavan Complex, (Mini Vidhana Soudha) Station Road, Kalburagi Pin – 585102	08472-225003  sainikwelfareglb@yahoo.com
116.	4.	Vijayapura	Dy Director, Deptt of Sainik Welfare & Resettlement Distt Office Building Vijayapura Pin - 586 101	08352-250913  sainikwelfare_bijapur@yahoo.co.in
117.	5.	Bagalkot and Koppal	Dy Director Dept of Sainik Welfare & Resettlement, Dist Administration Building, Ground Floor (Near Post Office) Bagalkot Pin – 587101	08354-235434  bagalkot.dswr4@gmail.com
118.	6.	Belgavi	Joint Director Deptt of Sainik Welfare & Resettlement Court Compound, Belgavi - 590 001	0831-2469341  sainikwelfarebelgaum@yahoo.in
119.	7.	Dharwad Haveri Bellary Gadag	Dy Deptt of Sainik Welfare & Resettlement DC's Office Compound Dharwad - 580 001	0836-2440176  sainikwelfareddw@yahoo.com
120.	8.	Uttara Kannada	Dy Deptt of Sainik Welfare & Resettlement, M.G. Road, Karwar, Uttara Kannada, District – 581301	08382-226538  sainik.kwr@gmail.com
121.	9.	Dakshina Kannada & Udupi	Joint Director Deptt of Sainik Welfare & Resettlement, Sainik Rest House Building, Urva Stores Ashok Nagar – PO Mangalore – 575006	0824-2450933  dydirsdswrmlre@yahoo.com
122.	10.	Kodagu	Joint Director Deptt of Sainik Welfare & Resettlement, Canara Bank Building, Main Road, Madikeri Pin – 571201	08272-229866  jtdirectordswrmdk@yahoo.com

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123.	11.	Shivamogga Chitradurga Davanagere	Dy Director Deptt of Sainik Welfare & Resettlement, K. Balaraj Urs Road Near DC's Residence, Shivamogga – 577201	08182-220925  soldiersshimoga @rediff mail. com
124.	12.	Hassan and Chik-kamagalur	Dy Director Deptt of Sainik Welfare & Resettlement, 'Shree Vasvi Nilay' Shankaripur, 1st Cross, B M Road, Hassan – 573201	08172-250465 sainikwelfarehassan@in.com
125.	13.	Mysore Mandya Chamara-janagar	Dy Director Deptt of Sainik Welfare & Resettlement, Sqn Ldr AB Devaiah Bhavan, Near DC's Office, Mysore -570005	0821-2425240  sainikwelfaremysore05@gmail .com
<b>KERALA</b>				
126.	1.	Alappuzha	Zila Sainik Welfare Office Arattuvazhi Road, Alappuzha-688 007	0477-2245673 (O) zswalp@gmail.com
127.	2.	Er-anakulam	Zila Sainik Welfare Office Civil Station, Kakkanad, Ernakulam-682 030	0484-2422239 (O) zswokm@yahoo.com
	3.	Idukki	Zila Sainik Welfare Office Theruvan Towers Thodupuzha, Idukki - 685584	0486-2222904 (O) zswoidukki@yahoo.com
129.	4.	Kannur	Zila Sainik Welfare Office Civil Station, Kannur-670002	0497-2700069 (O) zswokannur@gmail.com
130.	5.	Kasaragod	Zila Sainik Welfare Office, Civil Station PO, Vidya Nagar, Kasaragod - 671123	0499-4256860 (O)  zswoksgd2@gmail.com
131.	6.	Kollam	Zila Sainik Welfare Office, Civil Station, Kollam-691013	0474-2792987 (O)  zswokollam@yahoo.co.in



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132.	7.	Kottayam	Zila Sainik Welfare Office, Manarcad (PO), Kottayam-686109	0481- 2371187 (O) zswoktym@gmail.com
133.	8.	Kozhikode	Zila Sainik Welfare Office Balan K Nair Road, Kozhikode - 673001	0495- 2771881 (O) kkdzswo@bsnl.in
134.	9.	Malappuram	Zila Sainik Welfare Office, Civil Station, Malappuram-676505	0483-2734932 (O) zswompm@gmail.com
135.	10.	Palakkad	Zila Sainik Welfare Office, Jaini Medu Vadakkanthara PO Palakkad-678013	0491-2971633 (O) zswopalakkad@gmail.com
136.	11.	Pathanamthitta	Zila Sainik Welfare Office, Collectorate, Pathanamthitta Pin - 689645	0468-2222104 (O) zswopta@gmail.com
137.	12.	Thiruvananthapuram	Zila Sainik Welfare Office, Vanchiyoor Thiruvananthapuram Pin- 695035	0471-2472748 (O) zswotvpm@gmail.com
138.	13.	Thrissur	Zila Sainik Welfare Office, Sainik Centre, Poothole Thrissur Pin-680004	0487- 2384037 (O) zswothrissur@gmail.com
139.	14.	Wayanad	Zila Sainik Welfare Office Kalpetta North PO, Wayanad-673001	04936-202668 (O) zswowyd@gmail.com
<b>MADHYA PRADESH</b>				
140.	1	Betul	Distt Sainik Welfare Office Near Shahni Super Market Gang, Tegor Ward, Betul - 460001	07141-230790 (O) dswobet@mp.gov.in
141.	2	Bhind	Distt Sainik Welfare Office Mela Ground, Bhind - 477001	07534-236379 (O) 09711202858 (M) dswobhi@mp.gov.in
142.	3.	Bhopal	Distt Sainik Welfare Office Sainik Rest House, Banganga Bhopal Pin - 462 003	0755-2556198(O) 08308823195 (M) dswopho@mp.gov.in

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143.	4.	Chhatarpur	Distt Sainik Welfare Office, H.No 527, Ward No 35, Gali No 4, Shanti Nagar Colony, Sagar Road Chhatapur - 471001	07682-245460(O)  07682-245460(F) 9007698804 (M) dswocha@mp.gov.in
144.	5.	Chindwara	Distt Sainik Welfare Office Near Ekta Park, Nagpur Road Chindwara-480001	07162-242119(O) 09981920255 (M) dsowchi@mp.gov.in
145.	6.	Katni	Distt Sainik Welfare Office Dun Colony, Jawahar Nehru Ward, House No 16B, Behind Star Recovery Home Hospital, Bargawan, Katni (MP) – 483 501	07622-223144 (O)  dswodam@mp.gov.in
146.	7.	Gwalior	Distt Sainik Welfare Office Race Course Road, Near Sainik Petrol Pump, Gwalior – 474002	0751-2340878 (O)  dswogwa@mp.gov.in
147.	8.	Khandwa	Distt Sainik Welfare Office Near Poorv Zila Panchayat Bhawan, Jail Road, Civil Lines, Khandwa-450001	0733-2228311(O)  9479523959 (M) dswokhd@mp.gov.in
148.	9.	Indore	Distt Sainik Welfare Office, Jairam Pur Colony, Indore – 4502004	0731-2367319 (O)  09109726500 (M)  <a href="mailto:dswind@mp.gov.in">dswind@mp.gov.in</a>
149.	10.	Guna	Distt Sainik Welfare Officer Jail Road, Opp Akashwani Bhavan, Guna – 473001	07542-251010 (O)  dswogun@mp.gov.in
150.	11.	Hosangabad	Distt Sainik Welfare Office Sainik Rest House, Behind Home Guard Office, Hoshangabad - 461 001	07574-254465 (O) 9425608605 (M) <a href="mailto:dswohos@mp.gov.in">dswohos@mp.gov.in</a>
151.	12.	Jabalpur	Distt Sainik Welfare Office Katanga Colony ,Narmada Road, Shaheed Raman Bakshi Marg, Jabalpur Pin - 482 001	0761-2667336 (O)  09655884049 (M) dswojab@mp.gov.in

<b>G. Sl.</b>	<b>Sl No</b>	<b>Office/ District</b>	<b>Name, Designation &amp; Address</b>	<b>Telephone No.</b>
152.	13.	Mandsaur	Distt Sainik Welfare Office HDX-33, Street No. 2, Kitiyani, Mandasaur - 458 001	07422-256139 (O) 07773090404 (M) dswomas@mp.gov.in
153.	14.	Morena	Distt Sainik Welfare Office Near to Railway Over- Bridge Chauraha, MS Road Morena - 476 001	07532-226003 (O) dswomor-mp@nic.in
154.	15.	Narsinghpur	Distt Sainik Welfare Office H. No 268, Ward No 14, Gayadutt Ward Station Gunj, Narsinghpur-487001	07792-236328 (O) 09409267918 (M) dswonar@mp.gov.in
155.	16.	Ratlam	Distt Sainik Welfare Office, Sainik Rest House, Opp Home Guard Colony, Pratajp Nagar Ratlam- 457 001	07412-267111 (O) 9423164608 (M) dsworat@mp.gov.in
156.	17.	Rewa	Distt Sainik Welfare Office, Sainik Rest House, In front of Sainik School, Civil Lines Rewa-486001	07662-254118 (O) 07415249145 (M) dsworewa@yahoo.in
157.	18.	Satna	Distt Sainik Welfare Office Sainik Rest House, Near Jawahar Nagar, Stadium/ Water Tank, Satna - 485 001	07672-222389(O) 07440742053 (M) dswosat@mp.gov.in
158.	19.	Sagar	Distt Sainik Welfare Office, Collectorate Compound Sagar - 470 001	07582-225589 (O) dswosag@mp.gov.in
159.	20.	Seoni	Distt Sainik Welfare Office In front of Watika Restaurant, Near Benganga Heights, Bara Pathar, Seoni - 480 661	07692-222730 (O) 09479523959 (M) dswoseo@mp.gov.in

G. Sl.	Sl No	Office/ District	Name, Designation & Address	Telephone No.
160.	21.	Shahdol	Distt Sainik Welfare Office, H No. 21, Behind Mawar Hospital, Shukhi Mohalla, Shahdol - 484774	07652-231946 (O) dswoshd@mp.gov.in
161.	22.	Sidhi	Distt Sainiik Welfare Office Near Tilak Talkies, Maharana Pratap Road, Sidhi - 486 661	07822-250852 (O) 09007698804 (M) dswosid@mp.gov.in
162.	23.	Tikamgarh	Distt Sainik Welfare Office Room No.75, Collectorate, Tikamgarh - 472 001	07683-240709 (O) dswotik@mp.gov.in
163.	24.	Ujjain	Distt Sainik Welfare Office Sainik Rest House, Kothi Palace, Near New Court Building, Vikram Nagar Road Ujjain - 456 010	0734-2511355 (O) 09654163248 (M) dswoujj@mp.gov.in
<b>MAHARASHTRA</b>				
164.	1.	Ahmed- Nagar	Zila Sainik Welfare Office Ex-Servicemen Rest House Chandni Chowk Ahmednagar – 414 001	0241-2323160 (O) 0241-2322154 (O) 9850893511 (M) zsw_ahmednagar@ maharashtra.gov.in
165.	2.	Akola	Zila Sainik Welfare Office Collector Office Compound Akola-444001	0724 -24333377 (O) 0724-2436070 (O) zsw_akola@ maharashtra.gov.in
166.	3.	Amravati	Zila Sainik Welfare Office Amravati Camp Dist. Amravati-444602	0721-2661126 (O) zsw_amravati@ maharashtra.gov.in

G. Sl. No	Sl. No.	Office/ District	Name, Designation & Address	Telephone No.
167.	4.	Aurangabad	Zila Sainik Welfare Office Nandanvan Colony, Bhavsinghpura Road Aurangabad – 431203	0240-2370313 (O) 9767645831 (M) zsw_aurangabad@ maharashtra.gov.in
168.	5.	Bhandara Gondia	Zila Sainik WelfareOffice, Mahasul Karmarachri ParisarBhandara-440001	07184-250619 (O) 09370270001 (M) 09373100805 (R) zsw_bhandara@ maharashtra.gov.in  zswogondia@gmail. com
169.	6.	Beed	Zila Sainik Welfare Office Near District Court Beed-431122	02442-222105 (O) zsw_beed@ maharashtra.gov.in
170.	7.	Buldhana	Zila Sainik Welfare Office, "Sainiki Complex", Near ST Bus Stand Buldhana -443 001	07262-242208(O) zsw_buldhana@ maharashtra.gov.in
171.	8.	Chandrapur	Zila Sainik Welfare Office New Administrative Building, Chandrapur Pin- 442401	07172-257698 (O)  zsw_chandrapur@ maharashtra.gov.in
172.	9.	Dhule	Zila Sainik Welfare Office, Ex-servicemen Rest House Collector Office compound Dist. Dhule- 424001	02562-237264 (O) 9422713756 (M) zsw_dhule@ maharashtra.gov.in
173.	10.	Gadchiroli	Office of the District Magistrate Zila Sainik Welfare Office, Gadchiroli	07172- 257698 (O) zsw_chandrapur@ maharashtra.gov.in
174.	11.	Jalgaon	Zila Sainik Welfare Office Collector Compound Jalgaon Pin – 425001	02482-2241414 (O) 99860142073 (M) zsw_jalgaon@ maharashtra.gov.in
175.	12.	Jalna	Zila Sainik Welfare Office Opposite District Sports Sankul Beed Bypass Road Jalna – 431 203	02482-225201 (O)  zsw_jalna@ maharashtra.gov.in
176.	13.	Kolhapur	Zila Sainik Welfare Office Collector Compound, Nagala Park Kolhapur – 416003	0231-2665812 (O) 0231-2654811 9970856438 (M) zsw_kolhapur@ maharashtra.gov.in

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177.	14.	Latur	Zila Sainik Welfare Office, Sainik Sankul, Ambajogai Road, Front of MIMSR MedicalCollege Latur – 413512	02382-228544 (O) 9440483285 (M) zsw_o_latur@maharashtra.gov.in  zsw_o_latur@Mahasainik.com
178.	15.	Mumbai City	City Sainik, Welfare Office Old Custom House, Fort, Mumbai – 400001	022-22662440 (O)  022-23088011(O)  zawo_mumbaicity@maharashtra.gov.in
179.	16.	Mumbai Upnagar	Zila Sainik Welfare Office Mumbai Suburban District Administrative Building, 9th Floor, Near Chetna College Govt Colony, Bandra (East), Mumbai – 400051	022-265552172(O)  zsw_o_mumbaiupnagar@maharashtra.gov.in
180.	17.	Nashik	Zila Sainik Welfare Office Collector Office Compound Nasik – 422 002	0253-2577255 (O) 0253-2577253 (O) 09869070211 (M) zsw_o_nasik@maharashtra.gov.in
181.	18.	Nagpur	Zila Sainik Welfare Office Administrative Building No.1, 3rd Floor,Civil Line, Nagpur- 440001	0712-2561133 (O) zsw_o_nagpur@maharashtra.gov.in  zsw_o_nagpur@mahasainik.com
182.	19.	Parbhani-Nanded	Zila Sainik Welfare Office Collectorate Compound, Nanded– 431 602	02462-245510 9421323366 zsw_o_parbhani@maharashtra.gov.in  zsw_o_parbhani@mahasainik.com
183.	20.	Nandurbar	Zila Sainik Welfare Office, Collectorate Compound, Nandurbar	02562 - 237264(O) 9422713756 (M) zsw_o_dhule@maharashtra.gov.in
184.	21.	Osmanabad	Zila Sainik Welfare Office, Collector Office Compound Osmanabad – 413501	02472-222557 (O) 8007791070 (M) zsw_o_osmanabad@maharashtra.gov.in zsw_o_osmanabad@mahasainik.com
185.	22.	Pune	Zila Sainik Welfare Office, Collector Office Compound, Pune– 411001	020-26122287 (O)  zsw_o_pune@maharashtra.gov.in

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186.	23.	Hingoli	Zila Sainik Welfare Office, Opposite Bachat Bhavan Stadium, Railway Station Road, Parbhani – 431401	07252-231088 (O) 09404975099 (M) 08605973381 (R) zsw_ parbhani@ maharashtra.gov.in
187.	24.	Raigad	Zila Sainik Welfare Office, Near Lekha Kosh Office, Raigad – 402201	02141-222208 (O) 09822958901 (M) zsw_ raigad@ maharashtra.gov.in
188.	25.	Ratnagiri	Zila Sainik Welfare Office, Collector Office Compound Shivaji Nagar Ratnagir – 415612	02352-222271 (O) 02352-226250 (R) zsw_ ratnagiri@ maharashtra.gov.in  zsw_ ratnagiri@ mahasainik.com
189.	26.	Satara	Zila Sainik Welfare Office, Ajinkyatara Bldg, Povai Naka Satara – 415001	02162-239293 (O)  zsw_ satara@ maharashtra.gov.in
190.	27.	Sangli	Zila Sainik Welfare Office, Sangli Miraj Road, Pushkar Chowk Sangli – 416416	0233-2671711 (O) 0233-2373003 (R) zsw_ sangli@ maharashtra.gov.in  zsw_ sangli@ mahasainik.com
191.	28.	Solapur	Zila Sainik Welfare Office Collector Office Compound Solapur – 413004	0217-2731035 (O)  zsw_ solapur@ maharashtra.gov.in
192.	29.	Sindhudurg	Zila Sainik Welfare Office, Main Administrative Building, C Block, 1st Floor, At + Post - Oras (BK), Tel. Kudal Dist Sindhudurg Pin-416812	02362-228820 (O)  zsw_ sindhudurg@ maharashtra.gov.in
193.	30.	Thane- Palghar	Zila Sainik Welfare Office, Collector Office, Room No. 402, 4th Floor, Tembhi Naka Thane – 400601	022-25344041(O) 09869074423 (M) zsw_ thane@ maharashtra.gov.in
194.	31.	Yavatmal (Yeotmal)	Zila Sainik Welfare Office Collector Office Compound Dist. Yavatmala – 445001	07232-245273 (O)  zsw_ yavatmal@ maharashtra.gov.in

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195.	32.	Wardha	Zila Sainik Welfare Office, Front side of Yashwant Mahavidhyalaya Wardha – 442 001	07152-248955 (O) 07152-231088 (O) 09850525353 (M) 08826399033 (R) zswo_wardha@ maharashtra.gov.in  zswo_wardha@ mahasainik.com
196.	33.	Washim	Zila Sainik Welfare Office, Room No.206, Admin Bldg. Collector Office Com- pound, Washim – 444505	07252-230188 (O) 9850525353 (M) zswo_washim@ maharashtra.gov.in
<b>MANIPUR</b>				
197.	1.	Imphal	Secretary, PO- Lamphel, Dist-Imphal West Manipur - 795004	0385-2416228 (O)
198.	2.	Churachandpur	Secretary Churachandpur	09856666350 (M)
<b>MEGHALAYA</b>				
199.	1.	Shillong +East Khasi Hills, West Khasi Hills, South West Khasi Hills, East Jaintia Hills, West Jaintia Hills, Ri Bhoi District.	Zila Sainik Welfare Office, Old NEC Building, East Khasi Hills, Shillong-793001	0364-2500459 (O)  <a href="mailto:zsbshillong@gmail.com">zsbshillong@gmail.com</a>
200.	2.	Tura + West Garo Hills, East Garo Hills, South West Garo Hills, North Garo Hills, South Garo Hills	Zila Sainik Welfare Office O/o the Deputy Commissioner Complex, West Garo Hills, Tura Pin – 940002	3651-220022  <a href="mailto:zswtura@gmail.com">zswtura@gmail.com</a> <a href="mailto:zilasainik220@gmail.com">zilasainik220@gmail.com</a> m
<b>MIZORAM</b>				
201.	1.	Aizawl (Mamit + Serchhip)	Zila Sainik Welfare & Resettlement Office, Sainik Rest House Building, Khatla, Aizawl, Mizoram Pin - 796001	0389-2333131(O)/(F)  09436140868 (M)  <a href="mailto:zsbizawl@gmail.com">zsbizawl@gmail.com</a>



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202.	2.	Lunglei (Siaha+Lawngtlai)	Deputy Director Zila Sainik Welfare & Resettlement Office, Distt. Lunglei -796 701	0372-2324737(O) 0372-2324737(F) zswllimiz@yahoo.in
203.	3.	Kolasib	District Sainik Welfare & Resettlement Office Distt. Kolasib - 796081	03837-222265 (O)/(F) zsbkolasib11@gmail.com
204.	4.	Champhai	District Sainik Welfare & Resettlement Officer Zila Sainik Welfare & Resettlement Office Distt. Champhai Pin - 796321	03831-235517(O)/(F) zsb717@gmail.com
<b>NAGALAND</b>				
205.	1.	Dimapur	Zila Sainik Welfare Officer, Zila Sainik Welfare Office Walford Area, Near Rajbari, New Circuit House, Dimapur (Nagaland) Pin - 797112	9436275650 (M) tnksingh14@gmail.com
206.	2.	Kohima	Zila Sainik Welfare Officer, Zila Sainik Welfare Office, Kohima DC's Office Complex, Kohima-797001	9485239273 (M) zilasainikkma@gmail.com
207.	3.	Mokokchung	Zila Sainik Welfare Officer, Zila Sainik Welfare Office, No 007, Majakong Ward Mokokchung Pin- 798601	09436893668 (M) 8132913470 (M) zsw0.mkg@gmail.com
208.	4.	Wokha	Zila Sainik Welfare Officer, Zila Sainik Welfare Office DC Office Complex Wokha PO Wokha - 797 111	8132863276 (M) 7005205152 (M) thomsong799@gmail.com
209.	5.	Zunheboto	Zila Sainik Welfare Office, Zila Sainik Welfare Office Zunheboto - 798620	7005162847 (M) pika_achumi@yahoo.co.in

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<b>ODISHA</b>				
210.	1.	Cuttack	Secretary, Zila Sainik Board, Cuttack At Mission Road, PO - Buxi Bazar (Near the Samaj Office), Cuttack- 753001	0671-2420159 (O)/(F)  zsbcuttack2016@ gmail .com
211.	2.	Balasore	Secretary Zila Sainik Board, Balasore Brit Buildings, C&D Block, Firtst Floor, Sadar Thana, Chhak,OT Road, Balasore - 756 001	06782-261668 (O)  zsbbalasore@gmail. com
212.	3.	Dhenkanal	Secretary, Zila Sainik Board, Dhenkanal, At Kunja Kanta, PO/Distt –Dhenkanal – 759001	06762-226484 (O)  zsbddenkanal2016@ gmail.com
213.	4.	Ganjam (Berham- pur)	Secretary, Zila Sainik Board, AT/PO Berhampur, Ganjam - 760 004	0680-2292485 (O)  zsbganjam2016@ gmail.com
214.	5.	Kalahandi (Bhawanip- atna)	Secretary, Zila Sainik Board Kalahandi At – Mahavirpada, PO – Bhawanipatna Kalahandi – 766001	06670-230110 (O)  zsbkalahandi2016@ gmail.com
215.	6.	Sambalpur	Secretary, Zila Sainik Board, Sambalpur, Collectorate Building Sambalpur - 768 001	0663-2410154 (O)  zsb Sambalpur2016@ gmail.com
216.	7.	Keonjhar	Secretary, Zila Sainik Board, Keonjhar, Near Nizarat Section ,Collectorate Building, Keonjhargarh - 758001	06766-254652 (O)  zsbkeonjhar2016@ gmail.com
217.	8.	Koraput	Secretary, Zila Sainik Board, Koraput, Sahid Laxman Nayak Bhawan, Koraput - 764020	06852-250144  zsbkoraput2016@gmail.com

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<b>PUNJAB</b>				
218.	1.	Amritsar	District Defence Services Welfare Office, 52, Court Road, Opp GPO, Amritsar - 140 001	0183-2563102  dsw_ asr@rediffmail.com
219.	2.	Bathinda	District Defence Services Welfare Office, Civil Lines, Opp City Centre Mall, Bathinda	0164-2212612  sainikwelfarebti@rediffmail.com
220.	3.	Faridkot	District Defence Services Welfare Office Talwandi Road, Faridkot – 151 203	01639-250788  ddswfdk@rediffmail.com
221.	4.	Fatehgarh Sahib	District Defence Services Welfare Office, Shakti Sadan, Sainik Rest House, Behind Bachhat Bhavan Fatehgarh Sahib- 140407	01763-232287  fgsdsw_10@rediffmail.com
222.	5.	Ferozepur	District Defence Services Welfare Office, Near Saragarhi Gurudwara Ferozepur	01632-246211  dsw_ f_zr@rediffmail.com
223.	6.	Fazilka		
224.	7.	Gurdaspur	District Defence Services Welfare Office, Near Court Road, Gurdaspur	01874-247205  dswogsp.2011@rediffmail.com
225.	8.	Hoshiarpur	District Defence Services Welfare Office, Near Green View Park, Court Road Hoshiarpur - 146001	01882-222013 09419294884 dswohpr@rediffmail.com
226.	9.	Jalandhar	District Defence Services Welfare Office, Shastri Market Jalandhar	0181-2455423  dsw_ jal@rediffmail.com

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227.	10.	Kapurthala	District Defence Services Welfare Office, Near Fawara Chowk Kapurthala	01822-232872  kapurthala.dsw@rediffmail.com
228.	11.	Ludhiana	District Defence Services Welfare Office, Near Clock Tower, Ludhiana Pin - 141 001	0161-2741066  dsw.ludhiana@rediffmail.com
229.	12.	Mansa	District Defence Services Welfare Office Room No 37, First Floor, DC Complex Mansa - 151 505	01652-229181  dsw_mansa@rediffmail.com
230.	13.	Moga	District Defence Services Welfare Office, Room No. C-214,C-217 &C-218, District Administration Complex, Ferozepur Road Moga - 142001	01636-237488  dsw.moga@rediffmail.com
231.	14.	SAS Nagar	District Defence Services Welfare Office, Sainik Sadan, Phase-10, Sector-64, Near Silvi Park,SAS Nagar - 160062	0172 -2231065  ddsw_sas@rediffmail.com
232.	15.	Muktsar Sahib	District Defence Services Welfare Office, Near Haryali Petrol Pump,Bathinda Road, Sri Muktsar Sahib Pin – 152 026	01633-240701  dsw_mkts@rediffmail.com
233.	16.	Shahid Bhagat Singh Nagar	District Defence Services Welfare Office, 331, Friends Colony, Nawan Sharhar, SBSNagar	01823-225075  dsw_nsr@rediffmail.com
234.	17.	Patiala	District Defence Services Welfare Office Gurdwara Dukh Niwan Sahib Road, Near Railway Station, Patiala - 147001	0175-2361188  dsw.patiala@rediffmail.com

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235.	18.	Ropar	District Defence Services Welfare Office, Rupnagar, Near Old Bus Stand Rupnagar	01881-220324 dswo_rpr@rediffmail.com
236.	19.	Sangrur	District Sainik Welfare Office, Near Ranbir Club, Club Road Sangrur - 148 001	01672-234021 dswosangrur@rediffmail.com
237.	20.	Taran Taran	District Defence Services Welfare Office, Near Police Line, Amritsar Road, Tarantaran	01852-227321 ddswott@rediffmail.com
238.	21.	Barnala	District Defence Services Welfare Office, District Administrative Complex, Rom No 87-89, Second Floor Handiaya Road Barnala -148101	01679-230104 dswobarnala@rediffmail.com
239.	22.	Pathankot	District Defence Services Welfare Office, Pathankot DAC Complex Malikpur, R No 345, Pathankot	0186-2345789 ddswoptk@rediffmail.com
<b>RAJASTHAN</b>				
240.	1.	Ajmer	Adhikari Zila Sainik Kalyan Karyalaya, Sainik Vishram Grah Building. Opp Revenue Board, Ajmer - 305 001	0145-2627972 (O) 9869221000 (M) dsboardajmer@gmail.com
241.	2.	Alwar	Adhikari Zila Sainik Kalyan Karyalaya, Near Company Garden, Alwar	0144-2338527 (O) 9983992774 (M) skolw22@gmail.com
242.	3.	Barmer	Adhikari Zila Sainik Kalyan Karyalaya, New Railway Station, Barmer - 344 001	02982-221185 (O) 9414110528 (M) zska-bar-rj@nic.in
243.	4.	Bharatpur	Adhikari Zila Sainik Kalyan Karyalaya Near Gordhangate Bharatpur - 321 001	05644-223707 (O) 9897968855 (M) skobtp@gmail.com

<b>G. SI. No</b>	<b>SI No.</b>	<b>Office/ District</b>	<b>Name, Designation &amp; Address</b>	<b>Telephone No.</b>
244.	5.	Bikaner	Adhikari Zila Sainik Kalyan Karyalaya Sainik Vishram Grah Building, Near Public Park, Bikaner - 334 001	0151-2226671 (O)  9414038854 (M)  zska_bikrj@yahoo.in
245.	6.	Bhilwara	Adhikari Zila Sainik Kalyan Karyalaya, C-221, Subhash Nagar, In Front of Reliance Office, Bhilwara	01482-265133 (O)  08442079444 (M)  bhitersainik2013@gmail.com
246.	7.	Churu	Adhikari Zila Sainik, Kalyan Karyalaya, Sainik Vishram Grah Building Churu - 331 001	01562-250948 (O)  7023000318 (M)  zskachuru@yahoo.com
247.	8.	Chirawa	Adhikari Zila Sainik Kalyan Karyalaya, Chirawa, Behind Dalmia Ground, Chirawa, Jhunjhunu	01596-222880 (O)  9414431439 (M)  sainik.chirawaz@gmail.com
248.	9.	Deedwana	Adhikari Zila Sainik Kalyan Karyalaya, Behind Jivan Bima Nigam, Sainik Vishram Grah Building, Deedwana Distt Nagaur - 341303	01580-223729 (O)  9462080940 (M)  zska-nag-did-rj@nic.in
249.	10.	Jaipur	Adhikari Zila Sainik Kalyan Karyalaya, Sainik Vishram Grah Building Jai Singh Highway, Bani-Park, Jaipur - 302 006	0141-2201487 (O)  9461117195  zskajaipur@gmail.com
250.	11.	Jaisalmer	Adhikari Sainik Kalyan Karyalya, Jaisalmer, Near Railway Station, aisalmer	02992-250029(O)  9413040796 (M)  zska-jai-rj@nic.in

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251.	12.	Jhunjhunu	Adhikari Zila Sainik Kalyan Karyalaya Jhunjhunu Near Railway Station Jhunjhunu	01592-232653 (O) 9441343976 (M) ikrarjrn@gmail.com
252.	13.	Jodhpur	Adhikari Zila Sainik Kalyan Karyalaya Sainik Vishram Grah Building, Rai Ka Bagh, Jodhpur 342-006	0291-2650372(O) 9352355450 (M) zska-jod-rj@nic.in
253.	14.	Kota	Adhikari Zila Sainik Kalyan Karyalaya Sainik Vishram Grah Building, In front of Bhimrao Hospital Kota	0744-2323712 (O) 9412051057 (M) zska-kota@yahoo.com
254.	15.	Karauli	Adhikari Zila Sainik Kalyan Karyalaya Karauli, Sainik Nagar, Near Chungi Naka, Hindon Road, Karauli	07464-221734 (O) 9869221000 (M) zskakaroli2018@ gmail.com
255.	16.	Nagaur	Adhikari Zila Sainik Kalyan Karyalaya Near Railway Station, Nagaur - 341 001	01582-240776 (O) 8554912324 (M) sainik.nagaur@gmail.com
256.	17.	Neem Ka Thana (Sikar)	Adhikari Zila Sainik Kalyan Karyalaya, Neem Ka Thana (Sikar)	01574-231920 (O) 8223815259 (M) zska-ntk@yahoo.com
257.	18.	Pali	Adhikari Zila Sainik Kalyan Karyalaya, Jaipur Highway Road Pali, Sojat Road, Pali - 301 406	02932-225230 (O) 7891426335 (M) zska.pali@rajasthan.in zskkpali@yahoo.com

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258.	19.	Behror	Adhikari Zila Sainik Kalyan Adhikari Behrod, (Alwar) Rajasthan	01494-222084(O) 9899638571 (M) zskabehror@gmail.com
259.	20.	Shergarh	Adhikari Zila Sainik Kalyan Karyalaya, Shergarh (Jodhpur), Rajasthan	02929-243694 (O) 7042106047 (M) <a href="mailto:zskashergarh@rajasthan.gov.in">zskashergarh@rajasthan.gov.in</a>
260.	21.	Sikar	Adhikari Zila Sainik Kalyan Karyalaya Sainik Vishram Grah Building Near Collectorate, Sikar-332001	01572-254437 (O) 9446365900 (M) zskasikrj@gmail.com
261.	22.	Sri Ganganagar	Adhikari Zila Sainik Kalyan Karyalaya Lakkar Bazar, Sri Ganganagar (Rajasthan)	0154-2442547 (O) 9914438552 (M) zskksgr@gmail.com
262.	23.	Tonk	Adhikari Zila Sainik Kalyan Karyalaya 1/17, Housing Board Colony, Tonk	01432-245862 (O) 9783832223 (M) zskatonk04@gmail.com
263.	24.	Udaipur	Adhikari Zila Sainik Kalyan Karyalaya Sainik Vishram Grah Building 21, Residency Road Udaipur - 313 001	0294-2411724 (O) 9462992198 (M) zska-uda-rj@nic.in
<b>SIKKIM</b>				
264..	1.	Gangtok East/North Sikkim	Zila Sainik Board, North/East Govt of Sikkim PS Road, Gangtok - 737 101	03592-201062 (O) 8372834882(M)/Staff 8768946740(M)/Staff zsbgtk@gmail.com
265.	2.	South Sikkim	Zila Sainik Board, (South) Govt of Sikkim, Namchi Pin-737126	03595-263003 (O) 7602081402(M)/Staff 7551846793(M)/Staff zsbnamchi12@gmail.com



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266.	3.	West Sikkim	Zila Sainik Board, Gyalshing, Govt of Sikkim	03595-263003 (O)  8759137591 (M)/Staff 7076719212 (M) zsbgyz@gmail.com
<b>TAMIL NADU</b>				
267.	1.	Chennai	Assistant Director, Ex-Servicemen's Welfare Major Parames- waran Memorial Building, 2, West Mada Street Srinagar Colony, Saidapet Chennai Pin-600015	044-22350780  exwelchn@tn.gov.in
268.	2.	Coimbatore	Assistant Director, Ex-Servicemen's Welfare , Ex Services Centre, Huzur Road, Coimbatore 641 018	0422-2974107  exwelcbe@tn.gov.in
269.	3.	Cuddalore	Asst Director Ex-Servicemen's Welfare, Ex-Services Centre, No. 33.II Cross Street, Seetharam Nagar, Pudupalayam Cuddalore – 607 001	04142-220732  exwelcud@tn.gov.in
270.	4.	Dindigul	Asst Director Ex-Servicemen's Welfare Ex-Services Centre, Master Plan Complex Collectorate Dindigul-624 305	0451-2460086  exweldgl@tn.gov.in
271.	5.	Dharma Puri	Asst Director Ex-Servicemen's Welfare, No. H.49, Kalliappa Nivas, TNHB, Avvai Nagar, Otha- patti Dharmapuri- 636 705	04342- 297844  exweldpi@tn.gov.in
272.	6.	Erode	Deputy Director Ex-Servicemen's Welfare Jawans Bhavan Gandhiji Road,(Near Manickam Theatre) Erode-638001	0423-2263227  exwelerd@tn.gov.in

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273.	7.	Kancheepuram @Tambaram, Chennai	Assistant Director Ex-Servicemen's Welfare No. 2, GST Road, Jeeva Commercial Complex Tam- baram, Chennai-600 045	044-22262023 exwelkpm@tn.gov.in
274.	8.	Kanya- kumari @Nagercoil	Assit Director Ex-Servicemen's Welfare Ex-services Centre & Shopping Complex, Railway Feeder Road, Kot- tar, Nagercoil-629002	04652-243515 exwelkkm@tn.gov.in
275.	9.	Krishnagiri	Assit Director, Ex-servicemen's Welfare, Ex-service's Centre, 433, Banglore Road, Krishnagiri- 635 001	04343-236134 exwelkgi@tn.gov.in
276.	10.	Madurai	Asst Director Ex-Servicemen's Welfare Ex-Services Centre, Near Madurai Jn, Railway Station, Rly. Colony Madurai - 625 016	0452-2308216 exwelmdu@tn.gov.in
277.	11.	Nagapat- tinam	Asst Director Ex-Servicemen's Welfare Gd Floor, Collocorate Complex, Nagapattinam -611002	04365-253042 exwelngp@tn.gov.in
278.	12.	Namakkal	Asst Director, Ex-Servicemen's Welfare R.D.O. Office Complex, Mohanur Road, Namakkal - 637 001	04286-233079 exwelnmk@tn.gov.in
279.	13.	Pudukottai	Asst Director Ex-Servicemen's Welfare Ex-Service Centre Kalyanaramapuram 1st Street Thirukokarnam P.O. Pudukottai Pin - 622 002	04322-221593 exwelpdk@tn.gov.in

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280.	14.	Ramanathapuram	Dputy Director Ex-Servicemen's Welfare Ex-Service Centre, Master Plan Complex, Collectorate, Ramanathapuram Pin – 623503	04567-230045  exwelrmd@tn.gov.in
281.	15.	Salem	Assistant Director District Ex-Servicemen's Welfare, Room No.307,3rd Floor Collectorate Complex, Salem, Pin – 636001	0427-2410903  exwelslm@tn.gov.in
282.	16.	Sivagangai	Asst Director Ex-Servicemen's Welfare Ex-Services Centre, Maruthupandiyar Nagar, Sivagnagai Pin - 623 560	04575-240483  exwelsvg@tn.gov.in
283.	17.	Thanjavur	Asst Director Ex-Servicemen's Welfare Ex-Servicemen Centre, Muthukumara, Moopanar Road, Opp. Head Post Office, Thanjavur-613001 (TN)	04362-230104  exweltnj@tn.gov.in
284.	18.	Nilgiris	Asst Director Ex-Servicemen's Welfare Ex-Service Centre Goods Shed Road, Udhagamandalam Pin - 643 001	0423-2444078  exwelnlg@tn.gov.in
285.	19.	Theni	Dupty Director Ex-Servicemen's Welfare II Floor, Collectorate Complex, Theni-625 531	04546-252185  exwelthn@tn.gov.in
286.	20.	Thoothukudi	Asst Director Ex-Servicemen's Welfare, Ex-Servicemen Centre, Toovipuram, 9th Street Toothukudi Pin– 628 003	0461-2321678  exweltut@tn.gov.in

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287.	21.	Tiruchirapalli	Asst Director Ex-Servicemen's Welfare, Ex-services Centre, 19-1, Warners Road Cantonment, Tiruchirapalli-620 001	0431-2410579  exweltry@tn.gov.in
288.	22.	Thirunalveli	Asst Director Ex-Servicemen's Welfare, Ex-Services Cen- tre, Palayamkottai, Tirunelveli - 627 002	0462-2560440  exweltnv@tn.gov.in
289.	23.	Thiruvallur	Asst Director Ex-Servicemen's Welfare No.6/25, Lal Bahadur Sastri Road, Periyakuppam Thiruvallur - 602001	044-27663163 exweltr@tn.gov.in
290.	24.	Tiruvannamalai	Asst Director Ex-Servicemen's Welfare 1st Floor, Collectorate Complex Vengikkal, Tiruvannamalai Pin – 606 604	04175-233047  exwelvm@tn.gov.in
291.	25.	Vellore	Asst Director Ex-Servicemen's Welfare Jawans Bhavan, Near Main Telephone Exchange, Vellore-632001	0416-2220432  exwelvel@tn.gov.in
292.	26.	Villupuram	Asst Director No 18/13, Chairman Chidambaram St, West Shanmugapuram Colony, Villupuram Pin – 605 602	04146-220524  exwelvpm@tn.gov.in
293.	27.	Virudhunagar @ Srivilliputhur	Asst Director Ex-Servicemen's Welfare, Ex-Services Centre 10, Periyaswamy Koil Street Srivilliputhur, 626125	04563-260382  exwelvnr@tn.gov.in

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<b>TELANGANA</b>				
294.	1	Adilabad	Regional Sainik Welfare Officer, O/o Reginal Sainik Welfare Office, Milk Chilling Centre Premises, Opp - Doordadarshan TV Station Adilabad - 504 001	08732-227063 (O) 9133355840 (M) zswoadb-ts@nic.in
295.	2	Hyderabad	Regional Sainik Welfare Officer, O/o Reginal Sainik Welfare Office, Sainik Aramghar Complex, 2nd Floor, Suryanagar Colony, Somajiguda Hyderabad – 500 082	040-23423213 (O) 08499004450 (M) zswohyd-ts@nic.in
296.	3	Karimnagar	Regional Sainik Welfare Officer, O/o Reginal Sainik Welfare Office, Sainik Bhavan, Opp Revenue Club Karimnagar – 505 001	0878-2240622 (O) 09133355842 (M) zswoknr-ts@nic.in
297.	4	Khammam	Regional Sainik Welfare Officer, O/o Reginal Sainik Welfare Office, H.No:10-4-22 Sai baba Temple lane, Mamillagudem, Khammam- 507102	08742-234888 (O) 09133355071 (M) zswokmm-ts@nic.in
298.	5	Mahabub-nagar	Regional Sainik Welfare Officer, O/o Reginal Sainik Welfare Office 2 <sup>nd</sup> Floor, Zila Paraja Parishath Mahabubnagar- 509 001	08542-223468 (O) 09908056298 zswombnr-ts@nic.in
299.	6	Sangared-dy	Regional Sainik Welfare Officer, O/o Reginal Sainik Welfare Office Integrated Collectorate Complex, 2nd Floor, North West Block, Sangareddy Pin - 502 001	08455-276734(O) 08499004450 (M) zswombnr-ts@nic.in
300.	7	Nalgonda	Regional Sainik Welfare Officer, O/o Reginal Sainik Welfare Office H.No:6-4-165(New) Opp Nagarjuna Degree College, Ramgiri 'X' Rd Nalgonda - 508001	08682-224820 (O) 09133355861 (M) zswonlg-ts@nic.in

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301.	8	Nizamabad	Regional Sainik Welfare Officer, O/o Reginal Sainik Welfare Office, H.No.6-2-424, Ground Floor Subhash Nagar Nizamabad - 503 002	08462-238509 (O) 09133300240 (M) zswonzb-ts@nic.in
302.	9	Ranga Reddy	Regional Sainik Welfare Officer, O/o Reginal Sainik Welfare Office 2nd Floor, Suryanagar Colony, Somajiguda, Hyderabad - 500 082	040-23392232 (O) 09133355852 (M) zsworr-ts@nic.in
303.	10	Warangal	Regional Sainik Welfare Office, O/o Reginal Sainik Welfare Office , Sainik Bhavan, Kanaka Durga Colony, Waddepally Warangal - 506 370	0870-2456018 (O) 09133355848 (M) zswowgl-ts@nic.in
<b>UTTARAKHAND</b>				
304.	1.	Almora	Zila Sainik Kalyan Evam Punarvas Adhikari, Zila Sainik Kalyan Evam Punarvas Karyalaya Chaughanpata Almora - 263601 (UK)	05962-230246 05962-232210 (F) 09568344888 (M) <a href="mailto:zskalmora-uk@gov.in">zskalmora-uk@gov.in</a> zskalmora@yahoo.com
305.	2.	Bageshwar	Zila Sainik, Kalyan Evam Punarvas Adhikari Zila Sainik Kalyan Evam Punarvas Karyalaya Kanda Road, Bageshwar (UK)-263642	05963-220961 (O) 05963-221751 (F) 08172033354 (M) zskbageshwar-uk@gov.in zskbgr@yahoo.co.in
306.	3.	Chamoli	Zila Sainik Kalyan Evam Punarvas Adhikari Zila Sainik Kalyan Evam Punarvas Karyalaya Gopeshwar Chamoli – 246 401	01372-252195 (O) 01372-251481 (F) 08979740114 (M) <a href="mailto:zskchamoli-uk@gov.in">zskchamoli-uk@gov.in</a> zskchamoli@rediffmail.com
307.	4.	Champavat	Zila Sainik Kalyan Evam Punarvas Adhikari Zila Sainik Kalyan Evam Punarvas Karyalaya, District HQ, Champavat (U'Khand)	05965-230893 (O) 09412277441(M) 05965-230883 (F) <a href="mailto:zskchampawat-uk@gov.in">zskchampawat-uk@gov.in</a> zskchampa@hotmail.com

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308.	5.	Dehradun	Zila Sainik Kalyan Evam Punarvas Adhikari, Zila Sainik Kalyan Evam Punarvas Karyalaya, Court Compound, Dehradun, Pin – 248 001	0135-2626091 (F) 09219696308 (M) 08171240134 (M) <a href="mailto:zskdehradun-uk@gov.in">zskdehradun-uk@gov.in</a> Zskddn01@gmail.com
309.	6.	Haridwar	Zila Sainik Kalyan Evam Punarvas Adhikari Zila Sainik Kalyan Evam Punarvas Karyalaya Tehsil Parisar, Jwalapur Haridwar (Uttarakhand) 249407	01334-250916 09720004118 (M) <a href="mailto:zskharidwar-uk@gov.in">zskharidwar-uk@gov.in</a> zskhdruk@gmail.com
310.	7.	Lansdown (Pauri Garhwal)	Zila Sainik Kalyan Evam Punarvas Adhikari Zila Sainik Kalyan Evam Punarvas Karyalaya Distt HQ, Lansdown – 246155	01386-262365 (O)  01386-263149 (F) 09456533283 (M) <a href="mailto:zsklansdwne-uk@gov.in">zsklansdwne-uk@gov.in</a> <a href="mailto:zsklnsdn@yahoo.co.in">zsklnsdn@yahoo.co.in</a>
311.	8.	Nainital (Haldwani)	Zila Sainik Kalyan Evam Punarvas Adhikari Zila Sainik Kalyan Evam Punarvas Karyalaya Haldwani Nainital Pin – 263 139	05946-281410 (O)/(F) 09971773155 (M) <a href="mailto:zskhaldwani@rediffmail.com">zskhaldwani@rediffmail.com</a> <a href="mailto:zsknainital-uk@gov.in">zsknainital-uk@gov.in</a>
312.	9.	Pauri (Garhwal)	Zila Sainik Kalyan Evam Punarvas Adhikari Zila Sainik Kalyan Evam Punarvas Karyalaya District HQ, Pauri Garhwal Pin – 246 001	01368-222335 (O) 09456533283 (M) 01368-223399 (F) <a href="mailto:zskpauri@gmail.com">zskpauri@gmail.com</a> <a href="mailto:zskpauri-uk@gov.in">zskpauri-uk@gov.in</a>
313.	10.	Pithoragarh	Zila Sainik Kalyan Evam Punarvas Adhikari Zila Sainik Kalyan Evam Punarvas Karyalaya District HQ, Pithoragarh-01	05964-224185 (O) 05964-226771 (F) 09412277441 (M) <a href="mailto:zskpithoragarh-uk@gov.in">zskpithoragarh-uk@gov.in</a> <a href="mailto:zsk_pth@yahoo.com">zsk_pth@yahoo.com</a>
314.	11.	Rudraprayag	Zila Sainik Kalyan Evam Punarvas Adhikari Zila Sainik Kalyan Evam Punarvas Karyalaya, Sachchidanand Nagar Badrinath Marg, Rudraprayag, (UK)-246 171	01364-233584 (O)/(F) 08057566197 (M) <a href="mailto:zskrudraprayag-uk@gov.in">zskrudraprayag-uk@gov.in</a> <a href="mailto:zskrudraprayag@gmail.com">zskrudraprayag@gmail.com</a>

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315.	12.	Tehri Garhwal	Zila Sainik Kalyan Evam Punarvas Adhikari Zila Sainik Kalyan Evam Punarvas Karyalaya New Tehri, Tehri (Garhwal) Pin- 249001	01376-232320 (O)  01376-234145 (F) 08126447790 (M) zsktehri-uk@gov.in Zsk.ntt2009@gmail.com
316.	13.	Udhamsingh Nagar	Zila Sainik Kalyan Evam Punarvas Adhikari, Zila Sainik Kalyan Evam Punarvas Karyalaya Karyalaya Shopping Complex, Rudrapur Udhamsingh Nagar-263153	05944-250331 (T/F) 05944-244826 09968546393 (M) zskusnagar-uk@gov .in zskausn@gmail.com
317.	14.	Uttarkashi	Zila Sainik Kalyan Evam Punarvas Adhikari Zila Sainik Kalyan Evam Punarvas Karyalaya District HQ, Uttarkashi - 249193	01374-222417 (O/F) 08126447790 (M) <a href="mailto:zskuttarkashi-uk@gov.in">zskuttarkashi-uk@gov.in</a> zskuttarkashi-uk@gov.in



UTTAR PRADESH				
318.	1.	Agra	Zila Sainik Kalyan Evam Punarvas Karyalaya Collectorate Campus Agra - 282 001	0562-2260549 07839553205 zsaag-up@nic.in
319.	2.	Aligarh	Zila Sainik Kalyan Evam Punarvas Karyalaya Collectorate Parisar, Aligarh – 202001	0571-2401763 7839553206 zsaal-up @nic.in
320.	3.	Prayagraj	Zila Sainik Kalyan Evam Punarvas Karyalaya, Infront of Lok Seva Aayog, Thorn Hill Road, Prayagraj - 211 001	0532-2548434 7839553207 zsaah-up@nic.in
321.	4.	Ambedkar Nagar	Zila Sainik Kalyan Evam Punarvas Karyalaya Old Collectorate, Ambedkar Nagar - 224122	05271-246818 7839553208 zsaan-up@nic.in
322.	5	Amethi	Office being established	8765610974 zsaam-up@gov.in
323.	6.	Amroha	Zila Sainik Kalyan Evam Punarvas Karyalaya Collectorate Compund, Amroha – 244 221	05922-252109 7839553245 zsajp-up@nic.in
324.	7.	Azamgarh	Zila Sainik Kalyan Evam Punarvas Karyalaya, Redaupur, Infront of SBI Main Branch Azamgarh - 276 001	05462-220820 7839553209 zsaaz-up@nic.in

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325.	8.	Auraiya	Zila Sainik Kalyan Evam Punarvas Karyalaya Collectorate Campus Auraiya – 206246	7839553210  zsaau-up@nic.in
326.	9.	Badaun	Zila Sainik Kalyan Evam Punarvas Karyalaya, Sainik Psrishad, Near Zila Panchayat Gate Badaun - 243 601	05832-267122 7839553211 zsabd-up@nic.in
327.	10.	Bhadohi	Zila Sainik Kalyan Evam Punarvas Karyalaya, DM Collectorate Vill-Sarpataha Bhadohi - 221304	05414-251229 7839553212 zsasr-up@nic.in
328.	11.	Bagpat	Zila Sainik Kalyan Evam Punarvas Karyalaya, Court Road, Near Tehsil Bagpat – 262501	0121 – 2222843 0212-222284 07839553213(M) zsabg-up@nic.in
329.	12.	Bahraich	Zila Sainik Kalyan Evam Punarvas Karyalaya Mal Kachehari Bahraich - 271 801 (U P)	05252-234775 7839553215 zsabh-up@nic.in
330.	13.	Bijnore	Zila Sainik Kalyan Evam Punarvas Karyalaya Collectorate Compund Bijnore - 246 701	01342-262994 7839553216 zsabl-up@nic.in
331.	14.	Balia	Zila Sainik Kalyan Evam Punarvas Karyalaya, NCC Tirha, Harpur Balialia - 277 001	05498-240202 7839553216 zsabl-up@nic.in
332.	15.	Balrampur	Zila Sainik Kalyan Evam Punarvas Karyalaya Tehsil Sadar, Room No. 33 Second Floor , Balrampur - 271201	05263-235086 7839553217 zsablp-up@nic.in
333.	16.	Banda	Zila Sainik Kalyan Evam Punarvas Karyalaya Collectorate Compound Banda - 210 001	05192-285392 7839553218 zsabn-up@nic.in
334.	17.	Barabanki	Zila Sainik Kalyan Evam- Punarvas Karyalaya, Faizabad Road In Front of Judge Residence, Barabanki - 225 001	05248-222565 7839553219 zsabb-up@nic.in

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335.	18..	Bareilly	Zila Sainik Kalyan Evam Punarvas Karyalaya Kachehari Parisar Bareilly - 243 001	0581-2421794 7839553220 zsambr-up@nic.in
336.	19.	Basti	Zila Sainik Kalyan Evam Punarvas Karyalaya Opp DM Office, Basti - 272 001	05542-246670 (O) 7839553221 zsabs-up@nic.in
337.	20.	Bulands-hahar	Zila Sainik Kalyan Evam Punarvas Karyalaya, Kachehri Road, Bulandshahr Pin – 203 001	05732-282562 (O) 7839553223 zsabu-up@nic.in
338.	21.	Chandauli	Zila Sainik Kalyan Evam Punarvas Karyalaya Collectorate Compound Chandauli - 232104	05412-260700 (O) 07839553224 zsacd-up@nic.in
339.	22.	Chitrakoot	Zila Sainik Kalyan Evam PunarvasKaryalaya Zila Panchayat Compound Chitrakoot -210205	05198-236475 7839553225 zsact-up@nic.in
340.	23.	Deoria	Zila Sainik Kalyan Evam Punarvas Karyalaya , Near SP Office, Deoria Pin - 274 001	05568-222450 7839553226 zsade-up@nic.in
341.	24.	Etah	Zila Sainik Kalyan Evam Punarvas Karyalaya Collectorate Compound Etah - 207 001	05742-233753 7839553227 zsaet-up@nic.in
342.	25.	Etawah	Zila Sainik Kalyan Evam Punarvas Karyalaya Railway Station Road Etawah – 206001	05688-254167 7839553228 zsaew-up@nic.in
343.	26.	Ayodhya	Zila Sainik Kalyan Evam Punarvas Karyalaya Civil Line Ayodhya - 224 001	05278-222184 7839553229 zsafz-up@nic.in
344.	27.	Farrukha-bad	Zila Sainik Kalyan Evam Punarvas Karyalaya, Infront of Stadium, Fatehgarh Pin - 209 601	05692-234890 7839553230 zsafr-up@nic.in

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345.	28.	Fatehpur	Zila Sainik Kalyan Evam Punarvas Karyalaya, Near SP Office, Fatehpur -212 601	05180-224232 07839553231 zsafu-up@nic.in
346.	29.	Firozabad	Zila Sainik Kalyan Evam Punarvas Karyalaya, Suhag Nagar, Section-1, Firozabad - 283 203	05612-230944 07839553233 zsafi-up@nic.in
347.	30.	Gautam-budh Nagar	Zila Sainik Kalyan Evam Punarvas Karyalaya Old Rajkeeya Degree College, Sector-19 'C' Block Gautambudh Nagar - 201301	0120-2544814 7839553234 zsagb-up@nic.in
348.	31.	Ghaziabad	Zila Sainik Kalyan Evam, Punarvas Karyalaya, Collectorate Compound, Raj Nagar Ghaziabad-201 001	0120-2822643 7839553235 zsaga-up@nic.in
349.	32.	Ghazipur	Zila Sainik Kalyan Evam Punarvas Karyalaya, Head Post Office , Ghazipur – 233 001	0548-2226671 07839553236 zsagp-up@nic.in
350.	33.	Gonda	Zila Sainik Kalyan Evam Punarvas Karyalaya, Ambedkar Nagar Chauraha Infront of Judge's Bungalow, Gonda Pin - 271 001 (UP)	05262-230038 07839553237 zsagn-up@nic.in
351.	34.	Gorakhpur	Zila Sainik, Kalyan Evam Punarvas Karyalaya, Civil Lines, Gorakhpur Pin - 273 001	0551-2337643 07839553238 zsagr-up@nic.in
352.	35	Hamirpur	Zila Sainik Kalyan Evam, Punarvas Karyalaya, Infront of Police Office, Hamirpur – 210 301	05282-222319 07839553239 zsahm-up@ nic .in
353.	36	Hapur	Zila Sainik Kalyan Evam Punarvas Karyalaya, Collectorate, Hapur – 245101	8765610970 zsahap-up@nic.in
354.	37.	Hardoi	Zila Sainik Kalyan Evam, Punarvas Keryalaya, Hardoi, Near Cinema Chauraha, Hardoi - 241 001 (U P)	05852-234733 07839553240 zsahr-up@nic.in

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355.	38.	Hathras	Zila Sainik Kalyan Evam Punarvas Karyalaya, Collectprate Compound, Hathras (UP) - 204121	05722-226245 07839553241 zsaht-up@nic.in
356.	39.	Jalaun	Zila Sainik Kalyan Evam Punarvas Karyalaya, Churkhi Road, Baghora Jalaun Pin-285 001	05162-252798 07839553242 zsajl-up@nic.in
357.	40	Jaunpur	Zila Sainik Kalyan Evam Punarvas Karyalaya, Civil Lines, Jaunpur - 222001	05452-261110 07839553243 zsaju-up@nic.in
358.	41.	Jhansi	Zila Sainik Kalyan Evam Punarvas Karyalaya, Civil Lines, Jhansi - 284 001	0510 - 2980791 0510-2470049 07839553244 zsajh-up@nic.in
359.	42.	Kannauj	Zila Sainik Kalyan Evam Punarvas Karyalaya, Near BlockOffice Sarai Meera Road Kannauj -209721	05694-234071 07839553246 zsakj-up@nic.in
360.	43.	Kanpur Nagar	Zila Sainik, Kalyan Evam Punarvas Karyalaya, Collectorate Compound, Kanpur Nagar-208001	0512-2306648 07839553247 zsakn-up@nic.in
361.	44.	Kanpur Dehat	Zila Sainik, Kalyan Evam Punarvas Karyalaya, Behind Vikas Bhavan, Collectorate Compound Kanpur Dehat, Pin - 208 001	05111-270465 07839553248 zsakd-up@nic.in
362.	45.	Kasganj	Zila Sainik, Kalyan Evam Punarvas Karyalaya, Sorogate, Kasganj - 207173	05744-242001 07839553249 zsakr-up@nic.in
363.	46.	Kaushambi	Zila Sainik, Kalyan Evam Punarvas Karyalaya, Osa Manjanpur, Kaushambi -212207	05331-235642 07839553250 zsaks-up@nic.in
364.	47.	Kheri	Zila Sainik Kalyan Evam Punarvas Karyalaya, Lakhimpur, Collectorate Compound , Kheri - 262701	05872-252757 07839553251 zsalk-up@nic.in

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365.	48.	Kushinagar	Zila Sainik Kalyan Evam Punarvas Karyalaya, Ravinder Nagar Dhuse, Kushinagar - 274304	05564-246210 07839553262 zsaku-up@nic.in
366.	49.	Lalitpur	Zila Sainik Kalyan Evam Punarvas Karyalaya, Old Tehsil Lalitpur -284403	0517-6277800 07839553252 zsala-up@nic.in
368.	50.	Lucknow	Zila Sainik Kalyan Evam Punarvas Karyalaya, Sainik Bhawan, Kaiserbagh Lucknow – 226 001	0522-2622367 07839553254 zsalu-up@nic.in
369.	51.	Maharaj Ganj	Zila Sainik Kalyan Evam Punarvas Karyalaya, Mukhyalaya Collectorate Maharaj Ganj - 273 303	05523-223863 07839553255 zsamg-up@nic.in
370.	52.	Mahoba	Zila Sainik Kalyan Evam Punarvas Karyalaya, Pattaha Road , Near Power House Mahoba - 210 427	05281-244160 07839553256 zsamh-up@nic.in
371.	53.	Mainpuri	Zila Sainik Kalyan Evam Punarvas Karyalaya, Collectorate Compound, Mainpuri Pin-205001	05672-234890 07839553257 zsamp-up@nic.in
372.	54.	Mathura	Zila Sainik Kalyan Evam Punarvas Karyalaya Near Civil Lines, Near Tehsil Mathura -281 001	0565-2471749 07839553258 zsamt-up@nic.in
373.	55.	Mau	Zila Sainik Kalyan Evam Punarvas Karyalaya, Collectorate Building, Room No 7, Mau - 275 101	0547-2225816 07839553259 zsamb-up@nic.in
374.	56.	Meerut	Zila Sainik Kalyan Evam Punarvas Karyalaya, Collectorate Compound Meerut - 250 001	0121-2644551 07839553260 zsame-up@nic.in
375.	57.	Mirzapur	Zila Sainik Kalyan Evam Punarvas Karyalaya, Civil Lines, Pattaha Mirzapur – 231 001	05442-256372 07839553261 zsami-up@nic.inzskmzp52@gmail.com
376.	58.	Moradabad	Zila Sainik Kalyan Evam Punarvas Karyalaya, Katchari Road, Court Campus, Moradabad - 244001	0591-2412260 (O) 07839553253 zsamo-up@nic.in

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377.	59.	Muzaffar-Nagar	Zila Sainik Kalyan Evam Punarvas Karyalaya, Malviya Chowk, Muzaffarnagar-251001	0131-2437623 07839553263 zsamu-up@nic.in
378.	60.	Pilibhit	Zila Sainik Kalyan Evam Punarvas Karyalaya, New Tehsil, Room No 6 Pilibhit – 262 001	05882-258882 07839553294 zsapi-up@nic.in
379.	61.	Pratapgarh	Zila Sainik Kalyan Evam Punarvas Karyalaya, Collectorate Office, Pratapgarh - 230 001	05342-220891 07839553265 zsapr-up@nic.in
380.	62.	Rampur	Zila Sainik Kalyan Evam Punarvas Karyalaya, Collectorate Parisar Rampur- 244901	0595-2350022 07839553266 zsara-up@nic.in
381.	63.	Raibareilly	Zila Sainik Kalyan Evam Punarvas Karyalaya, Sainik Bhawan, Near Collectorate Building Raibareilly - 229 001	0535-2203554 07839553267 zsarb-up@nic.in
382.	64.	Sant Kabir Nagar	Zila Sainik Evam Kalyan Punarvas Karyalaya, Collectorate Parisar Sant Kabir Nagar - 272175	05547-226778 07839553268 zsask-up@nic.in
383.	65.	Saharanpur	Zila Sainik Kalyan Evam Punarvas Karyalaya, Railway Road ,Saharanpur Pin - 247 001	0132-2643629 07839553269 zsasa-up@nic.in
384.	66.	Shahjahanpur	Zila Sainik Kalyan Evam Punarvas Karyalaya, Collectorate Compound Shahjahanpur - 242 001	05842-223005 07839553270 zsasj-up@nic.in
385.	67	Shamli	Zila Sainik Kalyan Evam Punarvas Karyalaya Rashtriya Kisan Inter College, Karnal Road, Shamli – 247776	8765610973 zsasham-up@nic.in
386.	68	Siddharth Nagar	Zila Sainik Kalyan Evam Punarvas Karyalaya, Tehsil Parisar, Siddharth Nagar-272 207	05544-220345 07839553271 zsasn-up@nic.in

G. Sl. No	SI No.	Office/ District	Name, Designation & Address	Telephone No.
387.	69.	Sitapur	Zila Sainik Kalyan Evam Punarvas Karyalaya, Lalbag, Sitapur - 261001	05862-242055 07839553272 zsasi-up@nic.in
388.	70.	Sonbhadra	Zila Sainik Kalyan Evam Punarvas Karyalaya, Vikas Bhawan, Room-66 Sonbhadra Pin 231216	05444-223885 07839553273 zsaso-up@nic.in
387.	71.	Shravasti	Zila Sainik Kalyan Evam Punarvas Karyalaya, Raja Saheb Ki Choti Kothi (Anand Bhavan) , Post - Bhinga, Shravasti -271831	07839553274 zsasv-up@nic.in
389.	72.	Sultanpur	Zila Sainik Kalyan Evam Punarvas Karyalaya, Civil Lines, Tikunia Park, Sultanpur- 228 001	0536-240416 07839553275 zsasu-up@nic.in
390.	73.	Unnao	Zila Sainik Kalyan Evam Punarvas Karyalaya, In front of Railway Station Unnao – 209801	0515-2820544 07839553276 zsaun-up@nic.in
391.	74.	Varanasi	Zila Sainik Kalyan Evam Punarvas Karyalaya, Collectorate Compound, Varanasi - 221002	0542-2508254 (O) 07839553277 zsava-up@nic.in
<b>WEST BENGAL</b>				
391.	1.	Murshidabad	Secretary Zila Sainik Board, Murshidabad 7/A, Barrack Square, PO-Behrampore Murshidabad,-742 101	03582-277459 9485103183 zsb- murshidabad@ban gla.gov.in
392.	2.	Burdwan, Birbhum	Secretary Zila Sainik Board, Burdwan " Sainik Bhavan", Baronilpur, PO- Sripally, Distt-Burdwan –713 103	0342-2644782 9051368574 <a href="mailto:secy.zsb-burdwan@bangla.gov.in">secy.zsb- burdwan@bangla.gov.i n</a>



G. Sl. No	Sl. No.	Office/ District	Name, Designation & Address	Telephone No.
393.	3.	Dakshin Dinajpur + Uttar Dinajpur	Secretary Zila Sainik Board, Raghunathpur PO: Beltlala Park, Dakshin Dinanpur, West Bengal – 733 103	03522-258175 9433313068(M) <a href="mailto:secy.zsbdd-wb@gov.in">secy.zsbdd-wb@gov.in</a>
394.	4.	Darjeeling	Secretary, Zila Sainik Board, Darjeeling "Sainik Bhavan", Kutchery Compound PO: & Dist: Darjeeling, West Bengal, PIN – 734 101	0354-2254056  <a href="mailto:zsbd-wb@gov.in">zsbd-wb@gov.in</a>
395.	5.	Howrah & Hooghly	Secretary, Zila Sainik Board, Howrah, New Trasury Building (Top Floor), Howrah Collectorate, PO & Dist: Howrah, PIN: 711 101	033-26414694  9433787981  <a href="mailto:secy.zsb-howrah@bangla.gov.in">secy.zsb-howrah@bangla.gov.in</a>
396.	6.	Jalpaiguri	Secretary, Zila Sainik Board, Collectorate  Complex, PO: & Dist : Jalpaiguri, West Bengal Pin – 735 101	03561-230848 9434042612(M) Zsb- jalpaiguri@bangla.gov.in
397.	7.	Kolkata	Secretary, Zila Sainik Board, Kolkata "Sainik Bhavan", 1/4, A.J.C Bose, Road, Kolkata Pin-700 020	033-22233893  8509767411  <a href="mailto:Zsb-kolkata@bangla.gov.in">Zsb-kolkata@bangla.gov.in</a>
398.	8.	Malda	Secretary Zila Sainik Board, Malda Collectorate Buildings, Office of ICDS, SW Deptt, Dist: Malda Pin – 733 103	03512-223546 9013814250  <a href="mailto:secy.zsb-malda@bangla.gov.in">secy.zsb-malda@bangla.gov.in</a>
399.	9.	Midnapore Merdininpur East & West, Purulla, Bankura	Secretary, Zila Sainik Board, Midnapore "Sainik Bhavan", PO: Rabindranagar, Dist : Paschim Midnapore, PIN : 721 101	03222-275874 7259244837 Secy.zsb- midnapore@bangla.gov.in

G. SI. No	SI No.	Office/ District	Name, Designation & Address	Telephone No.
400.	10.	Nadia	Secretary Zila Sainik Board, Nadia Administrative Buildings, PO- Krishnagar Dist- Nadia, Pin- 741 101	03472-252287 (O) 8985775684 <a href="mailto:zsb-nadiawb@bangla.gov.in">zsb-nadiawb@bangla.gov.in</a>
401.	11.	North 24 Parganas	Secretary, Zila Sainik Board, 24 Parganas (North) o/o. Minority Affairs Bhavan, West Banamalipur, PO- Barasat Dist- North 24 Parganas, Pin-743 201	033-25628538 (O) 8848121327 <a href="mailto:zsb-barasat@bangla.gov.in">zsb-barasat@bangla.gov.in</a>
402.	12.	South 24 Parganas	Secretary, Zila Sainik Board, South 24 Parganas New Administrative Building, West Lobby (3rd Floor) PO- Alipore, Kolkata 700 027	033-24790542 8368018112 <a href="mailto:secy.zsb-wb@s24pgs.gov.in">secy.zsb-wb@s24pgs.gov.in</a>
403.	13	Cooch Behar Alipur Duar	Secretary, Zila Sainik Board, Coochbehar, Sagar Dighi Square (Old Election Office), Near SBI, Cooch Behar - 736101	03852-222196 <a href="mailto:secyzsb-wb.cbr@coochbehar.gov.in">secyzsb- wb.cbr@coochbehar.gov.in</a>