

Grievance Officer (GO) and Ombudsman Office details of PMLI Branches - Mar'26

Sl. No.	Region / Zone	State	Location	City	Grievance Officer Name	Grievance Officer Email ID	Grievance Officer Contact no	Grievance Officer Designation	Branch Address	Ombudsman details
1	North	Uttar Pradesh	Meerut	Meerut	Pawan Sharma	pawan.sharma@pnbmetlife.com	9411261116	Assistant Manager	PNB MetLife India Insurance Co. Ltd., 1st Floor, 22, Tej Garhi, Tyagi Mkt, Garh Road, Meerut – 250004	Shri Rajiv Talwar Insurance Ombudsman Office of the Insurance Ombudsman, Bhagwan Sahai Palace 4th Floor, Main Road, Naya Bans, Sector 15, Distt: Gautam Buddh Nagar, U.P-201301. Tel.: 0120-2514252 / 2514253 Email: oio.noida@cioins.co.in
2	North	Uttar Pradesh	Agra	Agra	Vanktshwer Sharma	vanktshwer.sharma@pnbmetlife.com	8650470398	Assistant Manager	PNB MetLife India Insurance Co. Ltd., Padam Business Park, Plot No.INS -1, 2nd Floor, Sector -12A, Awas Vikas, Sikandra Yojna, Agra 282007	Shri Rajiv Talwar Insurance Ombudsman Office of the Insurance Ombudsman, Bhagwan Sahai Palace 4th Floor, Main Road, Naya Bans, Sector 15, Distt: Gautam Buddh Nagar, U.P-201301. Tel.: 0120-2514252 / 2514253 Email: oio.noida@cioins.co.in
3	North	Uttar Pradesh	Saharanpur	Saharanpur	Rohit Kumar	rohit.kumar7@pnbmetlife.com	9304140429	Assistant Manager	PNB MetLife India Insurance Company Ltd. , Sultan Arcade, First Floor, Khasra No. 282/2, South City Colony, Delhi Road, Saharanpur, UP 247001	Shri Rajiv Talwar Insurance Ombudsman Office of the Insurance Ombudsman, Bhagwan Sahai Palace 4th Floor, Main Road, Naya Bans, Sector 15, Distt: Gautam Buddh Nagar, U.P-201301. Tel.: 0120-2514252 / 2514253 Email: oio.noida@cioins.co.in
4	North	Uttarakhand	Dehradun	Dehradun	Parveen Kumar	pkumar7@pnbmetlife.com	8909152555	Assistant Manager	PNB MetLife India Insurance Co. Ltd., 2nd Floor -Bakshi Plaza , Plot No. 435,17 C, New Cantonment Rd, Vijay Colony, New Cantt Road, Hathi Barkala, Pargana Pachhwadon Dehradun, Uttarakhand, 248001	Shri Rajiv Talwar Insurance Ombudsman Office of the Insurance Ombudsman, Bhagwan Sahai Palace 4th Floor, Main Road, Naya Bans, Sector 15, Distt: Gautam Buddh Nagar, U.P-201301. Tel.: 0120-2514252 / 2514253 Email: oio.noida@cioins.co.in
5	North	Delhi	Dwarka	Delhi	Vikas Kumar	vkumar96@pnbmetlife.com	9015031972	Deputy Manager	PNB MetLife India Insurance Co. Ltd.,1st Floor, B-23,Community Centre, Janakpuri ,New Delhi - 110058	Shri Mukhmeet Singh Bhatia Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 46013992/23213504/23232481 Email: oio.delhi@cioins.co.in
6	North	Haryana	Faridabad	Faridabad	Meenakshi Chauhan	meenakshi.chauhan1@pnbmetlife.com	9910057365	Senior Executive	PNB Metlife India Insurance Co Ltd.. Unit No. 08.09 & 10, 2nd Floor Mansha Vega Street Sector 82 ,Faridabad, Haryana-121004	Shri Mukhmeet Singh Bhatia Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 46013992/23213504/23232481 Email: oio.delhi@cioins.co.in

7	North	Haryana	Gurgaon 2 (Sec-14)	Gurgaon	Chandan Singh	chandan.k.singh1@pnbmetlife.com	7982721457	Assistant Manager	PNB MetLife India Insurance Co. Ltd., SCO-16, 3rd Floor, Sec-14, Gurugram (Above Kotak Bank), Haryana-122001	Shri Mukhmeet Singh Bhatia Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 46013992/23213504/23232481 Email: oio.delhi@cioins.co.in
8	North	Delhi	Rohini	Delhi	Varun Sharma	varun.sharma1@pnbmetlife.com	9797636703	Deputy Manager	PNB MetLife India Insurance Co. Ltd., S-214, 215, 216, 2nd Floor, King's Mall, Plot No. 1B1, Twin District Centre, Sector-10, Near Rohini West Metro Station, Rohini- 110085	Shri Mukhmeet Singh Bhatia Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 46013992/23213504/23232481 Email: oio.delhi@cioins.co.in
9	North	Delhi	Kalka ji	Delhi	Sudhir Sharma	sudhir.sharma3@pnbmetlife.com	9899989607	Assistant Manager	PNB MetLife India Insurance Company Ltd. 2nd Floor, Unit No.4, Flat No. 201, Plot No. 7&8, Vardhaman Trade Centre, Nehru Place, New Delhi-110019	Shri Mukhmeet Singh Bhatia Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 46013992/23213504/23232481 Email: oio.delhi@cioins.co.in
10	North	Delhi	Delhi- Netaji Subash Place	Delhi	Taib Farookhi	Taib.farookhi1@pnbmetlife.com	9625540560	Assistant Manager	PNB MetLife India Insurance Co Ltd., Unit NO-904, Pearl Business Park, Plot No-D-7, Netaji Subash Place, Pitampura, Delhi- 110034	Shri Mukhmeet Singh Bhatia Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 46013992/23213504/23232481 Email: oio.delhi@cioins.co.in
11	North	Delhi	Delhi Green Park	Delhi	Zeeshan Hasan	zeeshan.hasan1@pnbmetlife.com	7836920282	Senior Executive	S-31 second floor above Standard Chartered Bank, Green Park Main Market New Delhi 110016	Shri Mukhmeet Singh Bhatia Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 46013992/23213504/23232481 Email: oio.delhi@cioins.co.in
12	North	Delhi	Preet Vihar	Delhi	Vipin Kumar	vipin.kumar1@pnbmetlife.com	8595441299	Assistant Manager	PNB MetLife India Insurance Co. Ltd., 3rd Floor, Part-1,23, Community Centre-5, Parmesh Business Centre -II, E-11, Karkar Dooma Colony, Vishwas nagar, Delhi-110092	Shri Mukhmeet Singh Bhatia Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 46013992/23213504/23232481 Email: oio.delhi@cioins.co.in
13	North	Delhi	Karol Bagh	Delhi	Ankit Sharma	asharma42@pnbmetlife.com	9870149490	Manager	PNB MetLife India Insurance Co. Ltd. 7-B IIInd floor Pusa Road rajender park new Delhi-110060	Shri Mukhmeet Singh Bhatia Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 46013992/23213504/23232481 Email: oio.delhi@cioins.co.in

14	North	Delhi	Delhi Punjabi Bagh	Delhi	Vinod Kaushal	vinod.kaushal2@pnbmetlife.com	8171947049	Senior Executive	Plot no 41 ,3rd floor central market near PNB bank west punjabi bagh New Delhi -110026	Shri Mukhmeet Singh Bhatia Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 46013992/23213504/23232481 Email: oio.delhi@cioins.co.in
15	North	Uttar Pradesh	Noida Sector -16	Noida	Shruti Jayal	shruti.jayal@pnbmetlife.com	7838408564	Senior Executive	PNB MetLife India Insurance Co LTD. Unit no-615 Tower-B World Trade Tower Noida Sector-16 Uttar pradesh-201301	Shri Rajiv Talwar Insurance Ombudsman Office of the Insurance Ombudsman, Bhagwan Sahai Palace 4th Floor, Main Road, Naya Bans, Sector 15, Distt: Gautam Buddh Nagar, U.P-201301. Tel.: 0120-2514252 / 2514253 Email: oio.noida@cioins.co.in
16	North	Uttar Pradesh	Lucknow - 1 (Commercial Motors)	Lucknow	Sandeep Gupta	gsandeep@pnbmetLife.com	9335697365	Manager	PNB MetLife India Insurance Company Limited., 1st Floor, The Commercial Motors Ltd, Hazrat Ganj, lucknow - 226001	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in
17	North	Uttar Pradesh	Varanasi	Varanasi	Vivek Srivastava	vivek.srivastava@pnbmetlife.com	7007634325	Assistant Manager	PNB MetLife India insurance Co. Ltd. Unit No- 503,504, and 505, 5th floor , Vinayak Plaza Tower B,Plot C36/37 A-1 Maldahiya Road Varanasi UP-221010	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in
18	North	Uttar Pradesh	Kanpur	Kanpur	Shivam Gupta	shivam.gupta@pnbmetlife.com	9936367726	Assistant Manager	PNB MetLife India Insurance Co. Ltd., 15/200 “ Ballabh Arcade”, 2nd & 3rd Floor, Civil Lines, Kanpur- 208001	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in
19	North	Uttar Pradesh	Allahabad	Allahabad	Sanjay Verma	sverma30@pnbmetlife.com	9559815899	Deputy Manager	PNB MetLife India Insurance Company Limited., 4th Floor, Vinayak Tower, 28B (124E/20 MG Marg) Civil Station, MG Marg, Allahabad – 211001	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in
20	North	Uttar Pradesh	Gorakpur	Gorakpur	Ashutosh Sharma	ashutosh.sharma2@pnbmetlife.com	7398473510	Assistant Manager	PNB MetLife India Insurance Co. Ltd., 4th Floor, Shop No. 10,11,12,13, Plot No. 560 Crossroad The Mall, Bank Road, Mohallah Purdilpur Tappa, Pargana Haveli, Tehsil Sadar Gorakhpur-273001	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in

21	North	Uttar Pradesh	Lucknow (Gomti Nagar)	Lucknow	Surendra Singh	surendra.singh@pnbmetlife.com	7379462649	Assistant Manager	PNB MetLife India Insurance Company Ltd., 315-B, 3 rd Floor, Cyber Heights, Vibhuti Khand, Gomti Nagar, Lucknow, Uttar Pradesh-226010	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in
22	North	Uttar Pradesh	Ghazipur	Ghazipur	Pooja Chaurasiya	pooja.chaurasiya2@pnbmetlife.com	9044180967	Senior Executive	2Nd Floor, Siddharth Tower, Dadri Ghat, Ghazipur, Uttar Pradesh- 233001,	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in
23	North	Uttar Pradesh	Lucknow Alambagh	Lucknow Alambagh	Rajesh Verma	rajesh.verma2@pnbmetlife.com	9369136456	Assistant Manager	B-64, First Floor Lda Colony, Kanpur Road, Lucknow-226012 - Uttar Pradesh	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in
24	North	Uttar Pradesh	Kanpur - 2	Kanpur	Ankit Shukla	ankit.shukla5@pnbmetlife.com	9565469567	Senior Executive	First Floor, J S Tower-B, Plot No-16/106, Kanpur-208001, Uttar Pradesh	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in
25	North	Uttar Pradesh	Ayodhya	Ayodhya	Kuldeep srivastava	kuldeep.srivastava@pnbmetlife.com	9044710817	Assistant Manager	2nd Floor, Devkali Bypass Ayodhya Above Family Bazaar Ayodhya, Faizabad – 224001 Uttar Pradesh	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in
26	North	Haryana	Karnal	Karnal	Sudha	sudha1@pnbmetlife.com	7404236989	Senior Executive	PNB MetLife India Insurance Co. Ltd., 1st Floor, SCO.143, Sector-13, Karnal - 132001	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
27	North	Rajasthan	Jaipur	Jaipur	Omkar Nath Tripathi	omkar.tripathi@pnbmetlife.com	9610000105	Manager	PNB MetLife India Insurance Company Limited.,F-7, First floor, Sangam Tower Complex, Church Road, Jaipur-302001	Shri Satyajeet Rajan Insurance Ombudsman Office of the Insurance Ombudsman, Jeevan Nidhi – II Bldg., Gr. Floor, Bhawani Singh Marg, Jaipur - 302 005. Tel.: 0141- 2740363 Email: oio.jaipur@cioins.co.in

28	North	Chandigarh (U.T)	Chandigarh	Chandigarh	Parveen Kumar	parveen.kumar3@pnbmetlife.com	9878527711	Assistant Manager	PNB MetLife India Insurance Company Limited., 2nd Floor SCO 68-69, Sector 17B, Chandigarh – 160017	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
29	North	Punjab	Jalandhar - 2 (Lajpat Nagar)	Jalandhar	Gaurav Sharma	gaurav.sharma12@pnbmetlife.com	9988953784	Manager	PNB MetLife India Insurance Co. Ltd.,Unit No. T.F-3, Third Floor, Eminent Mall Complex, Guru Nanak Mission Chowk, Jalandhar, Punjab-144001	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
30	North	Punjab	Ludhiana - 2 (The Mall Road)	Ludhiana	Sneha Shrivatav	sneha.shrivastav@pnbmetlife.com	8360777673	Deputy Manager	PNB MetLife India Insurance Co. Ltd., Municipal corporation no. B-19-89, 1st Floor, Lodhi Towers, The Mall Road, Ludhiana-141001	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
31	North	Punjab	Amritsar - 2 (Eminent Mall)	Amritsar	Ankur Sanon	asanon2@pnbmetlife.com	9811074508/ 9811125723	Deputy Manager	PNB MetLife India Insurance Co. Ltd.,“Unit No FUF 5-8” “Eminent Mall”, Built on Property bearing No. 10, Keneddy Avenue,Mall Road, Amritsar -143001	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
32	North	Punjab	Hoshiarpur	Hoshiarpur	Jaspal Singh	jaspal.singh11@pnbmetlife.com	9711763006	Senior Executive	PNB MetLife India Insurance Co. Ltd.,“Unit No S.F.1” “The Mall Complex, Sutheri Road,Hoshiarpur – 146001	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
33	North	Punjab	Pathankot	Pathankot	Pardeep	pardeep5@pnbmetlife.com	8929101611	Deputy Manager	PNB MetLife India Insurance Co. Ltd. ,S6-4039,Unit No-SF-1,First Floor , R K Complex, Dalhousie Road, Pathankot-145001	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
34	North	Himachal Pradesh	Shimla	Shimla	Anupama Sharma	anupama.sharma1@pnbmetlife.com	8580433372	Senior Executive	PNB Metlife India Ins. Co. Ltd, Dyerton Bizhub, Ground Floor, Commercial Complex, Tallend Bypass, Shimla, Himachal Pradesh - 171001	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in

35	North	Himachal Pradesh	Hamirpur	Hamirpur	Pawan Kumar	pawan.kumar23@pnbmetlife.com	8929810815	Senior Executive	PNB MetLife India Insurance Company Ltd., Archana Bhawan, 1st Floor Ward No-9, Opposite Head Post Office, Hamirpur - 177001	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
36	North	Himachal Pradesh	Chamba	Chamba	Shubham Narang	shubham.narang@pnbmetlife.com	8894129052	Senior Executive	PNB Metlife India Insurance Co. Ltd 1st Floor Bharmour Road Near Municipal Office Bharmour Chowk Chamba, Teh. & Distt. Chamba (HP).-176315	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
37	North	Himachal Pradesh	Dharamshala	Dharamshala	Narinder Kumar	narender.kumar4@pnbmetlife.com	9811739779	Senior Executive	Unit No-1 , 2Nd Floor , Mmr Snow Pines, 34- Civil Lines, Kangra Road, Near Hotel Conipher, Dharamshala, Distt Kangra (H.P.) 176215	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
38	North	Himachal Pradesh	Mandi	Mandi	Rakshanda Katoch	rakshanda.katoch@pnbmetlife.com	6230195172	Senior Executive	#118/3/9, 2Nd Floor, Bhagwan Mohalla Near Bsnl Exchange Opposite Indira Market, Distt, Mandi (H.P.), -175001	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
39	North	Himachal Pradesh	Una	Una	Amit Kumar	amit.kumar13@pnbmetlife.com	9811765308	Senior Executive	Unit No. 02, More Building Bearing Municipal/ Cooperation No. Ward No.3, Situated At Hamirpur Road, Near Axis Bank, Una-174303	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
40	North	Haryana	Hisar	Hisar	Anand Kumar Singh	anand.singh5@pnbmetlife.com	9162596993	Assistant Manager	First Floor, Sco-189, Cue-1, Near Bimal Jain Hospital, Red Square Market, Hissar, Haryana- 125001	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
41	North	Haryana	Ambala	Ambala	Harjit Singh	harjit.singh3@pnbmetlife.com	7087177922	Assistant Manager	First Floor, Minerva Complex, Rai Market Road, Ambala Cantt., Haryana-133001	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in

42	North	Rajasthan	Kota	Kota	Himani Tyagi	himani.tyagi@pnbmetlife.com	9351762449	Assistant Manager	2nd Floor, Wonder View Plaza, Modi Bldg, PN 1, Ballabhabari, Jhalawar Rd. Gumanpura. Kota - 324007	Shri Satyajeeet Rajan Insurance Ombudsman Office of the Insurance Ombudsman, Jeevan Nidhi – II Bldg., Gr. Floor, Bhawani Singh Marg, Jaipur - 302 005. Tel.: 0141- 2740363 Email: oio.jaipur@cioins.co.in
43	North	J & K	Srinagar - 1 (Hadika Building Complex)	Srinagar	Aaqib Mashood Dar	amdar@pnbmetlife.com	9906676617	Manager	PNB MetLife India Insurance Company Limited., 2nd Floor, Hadika Building Complex, Hadika Bagat Brazulla, Srinagar-190005.	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
44	North	J & K	Jammu - 1 (Rail Head Complex)	Jammu	Harjeet Kumar	hrkumar@pnbmetlife.com	9697581255	Manager	PNB MetLife India Insurance Company Limited., TRG Hotel, 4th Floor, GMC – 29, Rail Head Complex, Jammu – 180012.	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
45	North	J & K	Anantanag	Anantanag	Tawseef Ahmad Mir	tawseef.mir@pnbmetlife.com	7298388205	Assistant Manager	PNB MetLife 3rd Floor Enso Tower Khanabal Anantanag – 192101	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
46	North	J & K	Sopore	Sopore	Afaq Ahmad Dar	aahmad@pnbmetlife.com	7006327512	Manager	PNB MetLife India Insurance Company Limited.,1st Floor, Bhat Shopping Complex, Apna bazaar, Sopore, J & K - 193201	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
47	North	Uttar Pradesh	Noida - 62	Noida	Manoj Kumar	manoj.kumar16@pnbmetlife.com	9873666633	Assistant Manager	Plot No A013/001, 3rd Flr, Synergy Tower, Block A, Sector 62, Noida, Uttar Pradesh 201301	Shri Rajiv Talwar Insurance Ombudsman Office of the Insurance Ombudsman, Bhagwan Sahai Palace 4th Floor, Main Road, Naya Bans, Sector 15, Distt: Gautam Buddh Nagar, U.P-201301. Tel.: 0120-2514252 / 2514253 Email: oio.noida@cioins.co.in
48	North	Uttar Pradesh	Lucknow Aliganj	Lucknow Aliganj	Richa Mishra	richa.mishra@pnbmetlife.com	9026192202	Assistant Manager	Samridhi Arcade, 2nd Floor, Unit No.-SF-2, Sector- E, Sitapur Road Yojna, Aliganj Near Ram Ram Bank Chauraha, Lucknow-U.P.- 226024	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in

49	North	Uttar Pradesh	Deoria	Deoria	Deepak Mishra	deepak.mishra@pnbmetlife.com	7505424980	Assistant Manager	PNB METLIFE INDIA INSURANCE CO LTD C.C ROAD IN FRONT OF BHATAACHARYA HOSPITAL DEORIA UP 274001	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in
50	North	Uttar Pradesh	Mirzapur	Mirzapur	Harshit Srivastava	harshit.srivastava@pnbmetlife.com	8960639626	Assistant Manager	PNB MetLife India Insurance Co. Ltd. 1st Floor, Triveni Complex, Ratanganj Mirzapur -231001.UP	Shri Sanjai Singh Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 4002082 / 3500613 Email: oio.lucknow@cioins.co.in
51	North	Uttarakhand	Haldwani	Haldwani	Manoj Kumar Singh	manoj.singh7@pnbmetlife.com	7535958829	Senior Executive	PNB MetLife India Insurance Co. Ltd, 2nd Floor, AK Tower, Durga City Centre, Nainital Road Haldwani, Nainital - Uttarakhand - 263139.	Shri Rajiv Talwar Insurance Ombudsman Office of the Insurance Ombudsman, Bhagwan Sahai Palace 4th Floor, Main Road, Naya Bans, Sector 15, Distt: Gautam Buddh Nagar, U.P-201301. Tel.: 0120-2514252 / 2514253 Email: oio.noida@cioins.co.in
52	North	J & K	Udhampur New	Udhampur	Ravi Sharma	ravi.sharma6@pnbmetlife.com	7006625853	Assistant Manager	PNB MetLife India Insurance Co Ltd, V.K Tower, First Floor, W.No 5, Opp Court, Adjacent to PNB Bank, Dhar Road, Udhampur- 182101	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
53	North	Himachal Pradesh	Sarkaghat	Sarkaghat	Ajay Kumar	ajay.kumar66@pnbmetlife.com	9817796521	Senior Executive	PNB MetLife India Insurance co. Ltd. First Floor , Near Post Office, ward No.-7, Sarkaghat, Dist. Mandi, 175024 Himachal Pradesh	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
54	North	Haryana	Jind	Jind	Pankaj Sikka	pankaj.sikka@pnbmetlife.com	8818007465	Assistant Manager	PNB MetLife India Insurance co. Ltd. SCO- 7, 1st floor, DSC URBAN Estate, Jind, Haryana- 126102	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
55	North	Punjab	Kapurthala	Kapurthala	Amit Sharma	amit.sharma16@pnbmetlife.com	9876621787	Senior Executive	PNB MetLife India Insurance co. Ltd. SCF 3&4 , NJSa Boys Hostel Site, PUDA Near London Hotel, Sultanpur Lodhi Road, Kapurthala, Punjab - 144601	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in

56	North	Himachal Pradesh	Rohru	Rohru	Manoj Kumar Sharma	manoj.sharma6@pnbmetlife.com	7018187206	Senior Executive	PNB MetLife India Insurance co. Ltd. Roshan Corporation Hub, Khasra No 1392 & 1393, Gangtoli Chakk, Janki Dass Market, First Floor , Above HDFC bank , Ward No 7, Shimla Highway Rohru, Distt. Shimla, Himachal Pardesh-171207	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
57	North	Punjab	Moga	Moga	Rishav Kakkar	rishav.kakkar@pnbmetlife.com	8699000150	Assistant Manager	PNB MetLife India Insurance co. Ltd. Touchsky Building, 1st Floor, Touch Sky, Zone 2, 01322/A-3, W.No 43, Firozpur Road, Mehla Singh-1, Distt Moga - Punjab 142001	Ms Alka Jha Insurance Ombudsman Office Of The Insurance Ombudsman, Jeevan Deep Building SCO 20-27, Ground Floor Sector- 17 A, Chandigarh – 160 017. Tel.: 0172-2706468 Email: oio.chandigarh@cioins.co.in
58	North	Rajasthan	Jodhpur	Jodhpur	Ganpat Kankrawa	ganpat.kankrawa@pnbmetlife.com	7742517473	Senior Executive	Harnath Tower, 5th Floor, 72CC+94V, P.W.D Colony, Jodhpur, Rajasthan- 342001	Shri Satyajeet Rajan Insurance Ombudsman Office of the Insurance Ombudsman, Jeevan Nidhi – II Bldg., Gr. Floor, Bhawani Singh Marg, Jaipur - 302 005. Tel.: 0141- 2740363 Email: oio.jaipur@cioins.co.in
59	North	Rajasthan	Udaipur	Udaipur	Babu Lal sharma	babulal.sharma@pnbmetlife.com	9950232274	Deputy Manager	Shree kanhaiya Plot no-5 ABC,3rd floor ,Ashok Nagar ,Udaipur Rajasthan -313001	Shri Satyajeet Rajan Insurance Ombudsman Office of the Insurance Ombudsman, Jeevan Nidhi – II Bldg., Gr. Floor, Bhawani Singh Marg, Jaipur - 302 005. Tel.: 0141- 2740363 Email: oio.jaipur@cioins.co.in