

Grievance Officer (GO) and Ombudsman Office details of PMLI Branches - Mar'25

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	9873255902	Assistant Manager	PNB MetLife India Insurance Co. Ltd., 1st Floor, 22, Tej Garhi, Tyagi Mkt, Garh Road, Meerut – 250004	Shri Bimbadhar Pradhan 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: bimalokpal.noida@cioins.co.in
2	North	Uttar Pradesh	Agra	Agra	Ravinder Kumar	rkumar43@pnbmetlife.com	9953476136	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 Bimbadhar Pradhan 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: bimalokpal.noida@cioins.co.in
3	North	Uttar Pradesh	Saharanpur	Saharanpur	Rohit Kumar	rohit.kumar7@pnbmetlife.com	9953731159	Assistant Manager	PNB MetLife India Insurance Co. Ltd., 2nd Floor, Kapoor Complex, 2 C /3304, Gill Colony, Opp.Parshvanath Plaza, Court Road, Saharanpur - 247001	Shri Bimbadhar Pradhan 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: bimalokpal.noida@cioins.co.in
4	North	Uttrakhand	Dehradun	Dehradun	Parveen Kumar	pkumar7@pnbmetlife.com	9953358468	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 Bimbadhar Pradhan 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: bimalokpal.noida@cioins.co.in
5	North	Delhi	Dwarka	Delhi	Vikas Kumar	vkumar96@pnbmetlife.com	9899366145	Assistant Manager	PNB MetLife India Insurance Co. Ltd.,1st Floor, B-23,Community Centre, Janakpuri ,New Delhi - 110058	Ms Sunita Sharma Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 23237539 Email: bimalokpal.delhi@cioins.co.in
6	North	Haryana	Faridabad	Faridabad	Meenakshi Chauhan	meenakshi.chauhan1@pnbmetlife.com	9899571015	Sr. Executive	PNB MetLife India Insurance Co. Ltd., SCF No. 39, First Floor, Sector 19, Part II, HUDA Market, Faridabad-121002	Ms Sunita Sharma Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 23237539 Email: bimalokpal.delhi@cioins.co.in
7	North	Haryana	Gurgaon 2 (Sec-14)	Gurgaon	Neeraj Jain	njain9@pnbmetlife.com	8586982722	Manager	PNB MetLife India Insurance Co. Ltd., SCO-16, 3rd Floor, Sec-14, Gurugram (Above Kotak Bank), Haryana-122001	Ms Sunita Sharma Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 23237539 Email: bimalokpal.delhi@cioins.co.in

9	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	Ms Sunita Sharma Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 23237539 Email: bimalokpal.delhi@cioins.co.in
10	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	Ms Sunita Sharma Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 23237539 Email: bimalokpal.delhi@cioins.co.in
11	North	Delhi	Delhi- Netaji Subash Place	Delhi	Taib Farookhi	Taib.farookhi1@pnbmetlife.com	8929791592	Sr. Executive	PNB Metlife India Insurance Co Ltd., Unit NO-904, Pearl Business Park, Plot No-D-7, Netaji Subash Place, Pitampura, Delhi- 110034	Ms Sunita Sharma Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 23237539 Email: bimalokpal.delhi@cioins.co.in
12	North	Delhi	Delhi Green Park	Delhi	Zeeshan Hasan	zeeshan.hasan1@pnbmetlife.com	9811589159	Sr. Executive	S-31 second floor above Standard Chartered Bank, Green Park Main Market New Delhi 110016	Ms Sunita Sharma Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 23237539 Email: bimalokpal.delhi@cioins.co.in
13	North	Delhi	Preeth 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	Ms Sunita Sharma Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 23237539 Email: bimalokpal.delhi@cioins.co.in
14	North	Delhi	Karol Bagh	Delhi	Ankit Sharma	asharma42@pnbmetlife.com	9953363257	Manager	PNB MetLife India Insurance Co. Ltd. 7-B IInd floor Pusa Road rajender park new Delhi-110060	Ms Sunita Sharma Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 23237539 Email: bimalokpal.delhi@cioins.co.in
15	North	Delhi	Delhi Punjabi Bagh	Delhi	Vinod Kaushal	vinod.kaushal2@pnbmetlife.com	8171947049	Sr. Executive	Plot no 41 ,3rd floor central market near PNB bank west punjabi bagh New Delhi -110026	Ms Sunita Sharma Insurance Ombudsman Office of the Insurance Ombudsman, 2/2 A, Universal Insurance Building, Asaf Ali Road, New Delhi – 110 002. Tel.: 011 - 23237539 Email: bimalokpal.delhi@cioins.co.in
16	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 Bimbadhar Pradhan 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: bimalokpal.noida@cioins.co.in

17	North	Uttar Pradesh	Lucknow - 1 (Commercial Motors)	Lucknow	Sandeep Gupta	gsandeep@pnbmetLife.com	9811168139	Manager	PNB MetLife India Insurance Company Limited., 1st Floor, The Commercial Motors Ltd, Hazrat Ganj, lucknow - 226001	Shri. Atul Sahai 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: bimalokpal.lucknow@cioins.co.in
18	North	Uttar Pradesh	Varanasi	Varanasi	Vivek Srivastava	vivek.srivastava@pnbmetlife.com	7007634325	Assistant Manager	PNB MetLife India Insurance Company Limited., KBN Plaza, 1st floor, B38/2A-63-65-N, Tulsipur (Rathatra Mehmooor Ganj Road), Varanasi - 221010	Shri. Atul Sahai 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: bimalokpal.lucknow@cioins.co.in
19	North	Uttar Pradesh	Kanpur	Kanpur	Shivam Gupta	shivam.gupta@pnbmetlife.com	9953845997	Assistant Manager	PNB MetLife India Insurance Co. Ltd., 15/200 " Ballabh Arcade", 2nd & 3rd Floor, Civil Lines, Kanpur- 208001	Shri. Atul Sahai 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: bimalokpal.lucknow@cioins.co.in
20	North	Uttar Pradesh	Allahabad	Allahabad	Sanjay Verma	sverma30@pnbmetlife.com	9953935845	Deputy Manager	PNB MetLife India Insurance Company Limited., 4th Floor, Vinayak Tower, 28B (124E/20 MG Marg) Civil Station, MG Marg, Allahabad – 211001	Shri. Atul Sahai 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: bimalokpal.lucknow@cioins.co.in
21	North	Uttar Pradesh	Gorakpur	Gorakpur	Deepak Mishra	deepak.mishra@pnbmetlife.com	7290044739	Senior Executive	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. Atul Sahai 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: bimalokpal.lucknow@cioins.co.in
22	North	Uttar Pradesh	Lucknow (Gomti Nagar)	Lucknow	Surendra Singh	surendra.singh@pnbmetlife.com	8929384615	Assistant Manager	PNB MetLife India Insurance Company Ltd., 315-B, 3 rd Floor, Cyber Heights, Vibhuti Khand, Gomti Nagar, Lucknow, Uttar Pradesh-226010	Shri. Atul Sahai 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: bimalokpal.lucknow@cioins.co.in
23	North	Uttar Pradesh	Ghazipur	Ghazipur	Pooja Chaurasiya	pooja.chaurasiya2@pnbmetlife.com	9811833242	Senior Executive	2Nd Floor, Siddharth Tower, Dadri Ghat, Ghazipur, Uttar Pradesh- 233001,	Shri. Atul Sahai Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 2231330 / 2231331 Email: bimalokpal.lucknow@cioins.co.in
24	North	Uttar Pradesh	Lucknow Alambagh	Lucknow Alambagh	Rajesh Verma	rajesh.verma2@pnbmetlife.com	9811273359	Assistant Manager	B-64, First Floor Lda Colony, Kanpur Road, Lucknow-226012 - Uttar Pradesh	Shri. Atul Sahai Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 2231330 / 2231331 Email: bimalokpal.lucknow@cioins.co.in

25	North	Uttar Pradesh	Kanpur - 2	Kanpur	Resham Tiwari	resham.tiwari@pnbmetlife.com	7844916323	Senior Executive	First Floor, J S Tower-B, Plot No-16/106, Kanpur-208001, Uttar Pradesh	Shri. Atul Sahai Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 2231330 / 2231331 Email: bimalokpal.lucknow@cioins.co.in
26	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. Atul Sahai Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 2231330 / 2231331 Email: bimalokpal.lucknow@cioins.co.in
27	North	Haryana	Karnal	Karnal	Sudha	sudha1@pnbmetlife.com	7404236989	Sr Excutive	PNB MetLife India Insurance Co. Ltd., 1st Floor, SCO.143, Sector- 13, Karnal - 132001	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
28	North	Rajasthan	Jaipur	Jaipur	Omkar Nath Tripathi	omkar.tripathi@pnbmetlife.com	9953942497	Deputy Manager	PNB MetLife India Insurance Company Limited.,F-7, First floor, Sangam Tower Complex, Church Road, Jaipur-302001	Shri Rajiv Dutt Sharma Insurance Ombudsman Office of the Insurance Ombudsman, Jeevan Nidhi – II Bldg., Gr. Floor, Bhawani Singh Marg, Jaipur - 302 005. Tel.: 0141 - 2740363 Email: bimalokpal.jaipur@cioins.co.in
29	North	Chandigarh (U.T)	Chandigarh	Chandigarh	Kamal Sachdeva	skamal@pnbmetlife.com	9811148727	Manager	PNB MetLife India Insurance Company Limited., 2nd Floor SCO 68-69, Sector 17B, Chandigarh – 160017	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
30	North	Punjab	Jalandhar - 2 (Lajpat Nagar)	Jalandhar	Bharat Diwakar	bharat.diwaker@pnbmetlife.com	8800049567	Manager	PNB MetLife India Insurance Co. Ltd.,Unit No. T.F-3, Third Floor, Eminent Mall Complex, Guru Nanak Mission Chowk, Jalandhar, Punjab-144001	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
31	North	Punjab	Ludhiana - 2 (The Mall Road)	Ludhiana	Mandeep Kumar	mkumar@pnbmetlife.com	9654383657	Manager	PNB MetLife India Insurance Co. Ltd., Municipal corporation no. B- 19-89, 1st Floor, Lodhi Towers, The Mall Road, Ludhiana-141001	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
32	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	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in

33	North	Punjab	Hoshiarpur	Hoshiarpur	Jaspal Singh	jaspal.singh11@pnbmetlife.com	9711763006	Sr Executive	PNB MetLife India Insurance Co. Ltd., "Unit No S.F.1" "The Mall Complex, Sutheri Road, Hoshiarpur – 146001	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
34	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	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
35	North	Himachal Pradesh	Shimla	Shimla	Aqib Khan	akhan34@pnbmetlife.com	9218007272	Manager	PNB Metlife India Ins. Co. Ltd, Dyerton Bizhub, Ground Floor, Commercial Complex, Tallend Bypass, Shimla, Himachal Pradesh - 171001	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
36	North	Himachal Pradesh	Hamirpur	Hamirpur	Pawan Kumar	pawan.kumar23@pnbmetlife.com	8929810815	Sr. Executive	PNB MetLife India Insurance Company Ltd., Archana Bhawan, 1st Floor Ward No-9, Opposite Head Post Office, Hamirpur - 177001	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
37	North	Himachal Pradesh	Chamba	Chamba	Shubham Narang	shubham.narang@pnbmetlife.com	8894129052	Sr Excutive	PNB Metlife India Insurance Co. Ltd 1st Floor Bharmour Road Near Municipal Office Bharmour Chowk Chamba, Teh. & Distt. Chamba (HP).-176315	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
38	North	Himachal Pradesh	Dharamshala	Dharamshala	Narinder Kumar	narender.kumar4@pnbmetlife.com	9811739779	Sr Excutive	Unit No-1 , 2Nd Floor , Mmr Snow Pines, 34- Civil Lines, Kangra Road, Near Hotel Conipher, Dharamshala, Distt Kangra (H.P.) 176215	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
39	North	Himachal Pradesh	Mandi	Mandi	Ajay Kumar	ajay.kumar66@pnbmetlife.com	9811859203	Senior Executive	#118/3/9, 2Nd Floor, Bhagwan Mohalla Near Bsnl Exchange Opposite Indira Market, Distt, Mandi (H.P.), -175001	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in

40	North	Himachal Pradesh	Una	Una	Amit Kumar	amit.kumar13@pnbmetlife.com	9811765308	Sr Executive	Unit No. 02, More Building Bearing Municipal/ Cooperation No. Ward No.3, Situated At Hamirpur Road, Near Axis Bank, Una-174303	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
41	North	Haryana	Hisar	Hisar	Nishu Devi	nishu.devi2@pnbmetlife.com	8708435795	Sr. Executive	First Floor, Sco-189, Cue-1, Near Bimal Jain Hospital, Red Square Market, Hissar, Haryana- 125001	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
42	North	Haryana	Ambala	Ambala	Suman Kumar	suman.kumar1@pnbmetlife.com	9811350941	Assistant Manager	First Floor, Minerva Complex, Rai Market Road, Ambala Cantt., Haryana-133001	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
43	North	Rajasthan	Kota	Kota	Himani Tyagi	himani.tyagi@pnbmetlife.com	9811042882	Assistant Manager	2nd Floor, Wonder View Plaza, Modi Bldg, PN 1, Ballabhabari, Jhalawar Rd. Gumanpura. Kota - 324007	Shri Rajiv Dutt Sharma Insurance Ombudsman Office of the Insurance Ombudsman, Jeevan Nidhi – II Bldg., Gr. Floor, Bhawani Singh Marg, Jaipur - 302 005. Tel.: 0141 - 2740363 Email: bimalokpal.jaipur@cioins.co.in
44	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.	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
45	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.	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
46	North	J & K	Anantanag	Anantanag	Aman Bin Shabir	aman.shabir@pnbmetlife.com	7780949055	Sr Executive	PNB MetLife 3rd Floor Enso Tower Khanabal Anantanag – 192101	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in

47	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	Mr Atul Jerath 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: bimalokpal.chandigarh@cioins.co.in
48	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 Bimbadhar Pradhan 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: bimalokpal.noida@cioins.co.in
49	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. Atul Sahai Insurance Ombudsman Office of the Insurance Ombudsman, 6th Floor, Jeevan Bhawan, Phase-II, Nawal Kishore Road, Hazratganj, Lucknow - 226 001. Tel.: 0522 - 2231330 / 2231331 Email: bimalokpal.lucknow@cioins.co.in