

**Revised/Updated List**

List of Participants for PR Training

(NORTH ZONE)

Hqrs. Office

<b>S.No</b>	<b>Participants Name</b>	<b>Name of the Office</b>	<b>Designation</b>	<b>Date of Birth</b>	<b>Contact No.</b>	<b>E-Mail ID</b>
1.	Pranava Kumar	Hqrs. Office	Dy. Director	30.09.1969	09878855069	<a href="mailto:pranava.kumar@esic.in">pranava.kumar@esic.in</a>
2.	Sarika	Hqrs. Office	SSO	29.06.1972	09911229672	kumar.srk02gmail.com

DELHI

<b>S.No</b>	<b>Participants Name</b>	<b>Name of the Office</b>	<b>Designation</b>	<b>Date of Birth</b>	<b>Contact No.</b>	<b>E-Mail ID</b>
3.	Ankita Banerjee	Regional Office Delhi	Asstt. Director	25.10.1978	09910530133	<a href="mailto:ankita.banerjee@esic.in">ankita.banerjee@esic.in</a>
4.	Vikas Kundal	Sub Regional Office Rohini	Dy. Director	23.03.1977	09910177008	<a href="mailto:vikas.kundal@esic.in">vikas.kundal@esic.in</a>
5.	Nikhil Kumar	Sub Regional Office Okhla	Asstt. Director	1.11.1972	09868217833	<a href="mailto:nikhil.kumar@esic.in">nikhil.kumar@esic.in</a>
6.	A.P.Singh	Divisional Office Shahdara	Asstt. Director	15.11.1958	09871625151	<a href="mailto:ap.singh@esic.in">ap.singh@esic.in</a>
7.	Dr. U.C. Ojha	ESIC Hospital Cum ODC Basiadarapur	Sr. Specialist & HOD	03.02.1961	09871731979	<a href="mailto:dr.umeshchandra.ojha@esic.in">dr.umeshchandra.ojha@esic.in</a>
8.	A.N. Prasad	ESIC Hospital, Okhla	Jt. Director	31.07.1960	09868215922	<a href="mailto:an.prasad@esic.in">an.prasad@esic.in</a>
9.	Sanjay Kumar Rana	ESIC Hospital Jhilmil	Dy. Director	15.01.1969	09711777108	<a href="mailto:sk.rana@esic.in">sk.rana@esic.in</a>

HARYANA

<b>S.No</b>	<b>Participants Name</b>	<b>Name of the Office</b>	<b>Designation</b>	<b>Date of Birth</b>	<b>Contact No.</b>	<b>E-Mail ID</b>
10.	Ravinder Singh	Regional Office Faridabad	Dy. Director	1.04.1960	09999846511	<a href="mailto:ravindra.singh@esic.in">ravindra.singh@esic.in</a>
11.	Rajesh Sharma	Sub Regional Office Gurgaon	Asstt. Director (OL)	09.11.1979	09213091377	<a href="mailto:rajesh.sharma@esic.in">rajesh.sharma@esic.in</a>
12.	Dr. Sapna Mittal	ESIC Model Hospital Gurgaon	HOD	18.06.1967	09810159141	<a href="mailto:spn_mttl@yahoo.co.in">spn_mttl@yahoo.co.in</a>
13.	Chandra Bhanu Jha	ESIC Hospital Manesar	Dy. Director	05.01.1978	07503149425	<a href="mailto:chandrabhanujha@esic.in">chandrabhanujha@esic.in</a>

## PUNJAB

S.No	Participants Name	Name of the Office	Designation	Date of Birth	Contact No.	E-Mail ID
14.	Baldev Raj	Sub Regional Office Jalandhar	Dy. Director	10.06.1958	09876761177	<a href="mailto:baldra@esic.in">baldra@esic.in</a>
15.	Dr. Sunil Dutt Sharma	ESIC Model Hospital Chandigarh	Specialist Orthopedics	09.03.1971	09464040880	<a href="mailto:dr.sdsharma@esic.in">dr.sdsharma@esic.in</a> , <a href="mailto:drsunilduttsharma@gmail.com">drsunilduttsharma@gmail.com</a>

## RAJASTHAN

S.No	Participants Name	Name of the Office	Designation	Date of Birth	Contact No.	E-Mail ID
16.	C.A. Niranjan Kumar	Regional Office Jaipur	Dy. Director	01.03.1979	09868137201	<a href="mailto:caniranjankumar@esic.in">caniranjankumar@esic.in</a>
17.	Ashok Kumar Rawat	ESIC Model Hospital Jaipur	Jt. Director	15.09.1965	09413345752	<a href="mailto:ashok.rawat@esic.in">ashok.rawat@esic.in</a>

## UTTAR PRADESH

S.No	Participants Name	Name of the Office	Designation	Date of Birth	Contact No.	E-Mail ID
18.	Sumit Shukla	Regional Office Kanpur	Asstt. Director	15.06.1974	09453045766	<a href="mailto:sumit.shukla@esic.in">sumit.shukla@esic.in</a>
19.	Dr. Ravi Shukla	SSMC/SMC Kanpur	Medical Refree	18.06.1976		<a href="mailto:dr.ravi.shukla@esic.in">dr.ravi.shukla@esic.in</a>
20.	Ravi Chandra	Sub Regional Office Noida	Asstt. Director	04.11.1964	09891464984	<a href="mailto:ravi.chandra@esic.in">ravi.chandra@esic.in</a>
21.	R.S. Ram	Sub Regional Office Varanasi	Dy. Director	01.08.1959	09453042909	<a href="mailto:rs.ram@esic.in">rs.ram@esic.in</a>
22.	Dr. Om Prakash	ESIC Hospital Noida	DMS	02.01.1958	09910581675	<a href="mailto:dms_up@esic.in">dms_up@esic.in</a>

## UTTARAKHAND

S.No	Participants Name	Name of the Office	Designation	Date of Birth	Contact No.	E-Mail ID
23.	Priyaranjan Sinha	Regional Office Utarakhand	Dy. Director	28.06.1973	07503142401	<a href="mailto:priyaranjan.sinha@esic.in">priyaranjan.sinha@esic.in</a>

## HIMACHAL PRADESH

S.No	Participants Name	Name of the Office	Designation	Date of Birth	Contact No.	E-Mail ID
24.	Chhering Negi	Regional Office Baddi	Dy. Director	12.10.1956	09805526986	<a href="mailto:c.negi@esic.in">c.negi@esic.in</a>
25.	Dr. Sandhya Gargya	SSMC/SMC Himachal Pradesh	SMO (I/c)	09.04.1958	09418070303	<a href="mailto:mseichospitalparwanoo@gmail.com">mseichospitalparwanoo@gmail.com</a> , <a href="mailto:esih-parwanoo.hp@esic.in">esih-parwanoo.hp@esic.in</a>
26.	Dr. Manju Bala Goyal	ESIC Model Hopital, Baddi	Specialist Grade -II	06.06.1974	09417957333	<a href="mailto:dr.manju.goyal@esic.in">dr.manju.goyal@esic.in</a>

Jammu & Kashmir

S.No	Participants Name	Name of the Office	Designation	Date of Birth	Contact No.	E-Mail ID
27.	Sindo Ram	Regional Office Jammu	Dy. Director	07.02.1964	09419116259	<a href="mailto:sindo.ram@esic.in">sindo.ram@esic.in</a>
28.	Dr. Vandna Bakshi	SSMC/SMC Jammu	SMO (I/c)	05.02.1963	09419139404	<a href="mailto:dr.vandana.bakshi-esic@esic.in">dr.vandana.bakshi-esic@esic.in</a>
29.	K.Ajay Singh	Jammu	Asstt. Director	09.07.1974	09419200912	<a href="mailto:kajay.singh@esic.in">kajay.singh@esic.in</a>

WEST ZONE

Mumbai

S.No	Participants Name	Name of the Office	Designation	Date of Birth	Contact No.	E-Mail ID
30.	P.G. Kamble	Regional Office Mumbai	Asstt. Director	12.12.1970	09221742630	<a href="mailto:praveen.ganadhar@esic.in">praveen.ganadhar@esic.in</a>
31.	T.T. Sawant	SSMC/SMC	Asstt. Director	01.06.1958	09730307684	<a href="mailto:tt.sawant@esic.in">tt.sawant@esic.in</a>
32.	R.G. Waghmare	Sub Regional Office Thane	Dy. Director	11.06.1957	09869083390	<a href="mailto:rg.waghmare@esic.in">rg.waghmare@esic.in</a>
33.	Rajiv K. Choudhary	Sub Regional Office Marol	Dy. Director	20.03.1973	09987974799	<a href="mailto:rajivk.chodhary@esic.in">rajivk.chodhary@esic.in</a>
34.	Rajshekhar Singh	Sub Regional Office Pune	Asstt. Director	24.02.1974	09823483104	<a href="mailto:rajshekhar.singh@esic.in">rajshekhar.singh@esic.in</a>
35.	P. Sudarsanan	Sub Regional Office Nagpur	Dy. Director	06.01.1974	09422507212	<a href="mailto:sudarsanan.p@esic.in">sudarsanan.p@esic.in</a>
36.	Rajinder Bist	Sub Regional Office Nasik	SSO	08.07.1974	09011050615	<a href="mailto:rajinder.bist@esic.in">rajinder.bist@esic.in</a>

MADHYA PRADESH

S.No	Participants Name	Name of the Office	Designation	Date of Birth	Contact No.	E-Mail ID
37.	Ramphal Ladwal	Regional Office Indore	Asstt. Director	25.10.1959	08889611125	<a href="mailto:ramphal.ladwal@esic.in">ramphal.ladwal@esic.in</a>

GUJARAT

S.No	Participants Name	Name of the Office	Designation	Date of Birth	Contact No.	E-Mail ID
38.	Rakesh Kumar	Regional Office Ahmedabad	Dy. Director	30.12.1972	09825012268	<a href="mailto:rakesh.kumar1@esic.in">rakesh.kumar1@esic.in</a>
39.	Gajendra Singh Mandora	SRO, Vadodara	Asstt. Director	30.09.1974	09099903573	<a href="mailto:m.gajendra@esic.in">m.gajendra@esic.in</a>

GOA

S.No	Participants Name	Name of the Office	Designation	Date of Birth	Contact No.	E-Mail ID
40.	D.K. Chourasia	Regional Office Goa	Dy. Director	30.11.1968	09427524015	<a href="mailto:dk.chourasia@esic.in">dk.chourasia@esic.in</a>