



NAVAL PENSION OFFICE

CONTACT NUMBERS FOR EX-SERVICEMEN



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1.	Naval Pension Office Toll Free No.	1800220560 022-25075455 / 25075600	navpen-navy@nic.in	022-25575605
2.	Release Centre Tele No.	022-25075615/16	releasecentre@gmail.com	022-25564823
3.	CABS Exchange	022-25075400		022-25563323
4.	Placement Cell	022-25075623	navpenplacement@gmail.com	
5.	GB Section	022-25075620	navpen-navy@nic.in	022-25075621
6.	ECHS Section	022-25075622		022-25075621
7.	NPO Demob	022-22751168 / 22751062		022-22751168
8.	NPO IRLA PCDA (Pension) Mumbai	022-22751242 022-22751181 / 22882166		
9.	PCDA (Pension) Allahabad website : www.pcdapension.nic.in	0532-2421880		
10.	Indian Navy Information website : www.irfc.-nausena.gov.in			
11.	CGDA, New Delhi website : http://cgda.nic.in			
12.	DGR website : www.dgrindia.com	011-26192352	dgremployment@yahoo.com	
13.	DESA Toll Free	011-24121068 1800113999	desa@vsnl.com	
14.	Veteran Sailors' Forum (VSF)	011-24121068	vsfdelhi@yahoo.com	
15.	Kendriya Sainik Board (KSB)	011-26715250	website : www.dgrindia.com	
16.	PCDA(N), Mumbai website : www.pcdanavy.nic.in	022-22882166	cda-bom@nic.in	022-22020772
17.	HQECHS Mumbai Upnagar	022-250775448	hgechsupnagar@gmail.com	022-25564823
18.	CRSO (North)	Off: 011-24121429 813055888 / 9868174466	crsonorth.navy@gmail.com	011-24121430
19.	CRSO (Central)	011-24121429 Mob. : 9650693980	crsonorth.navy@gmail.com	011-24121430
20.	CRSO (East)	0891-2813067	crsoeast.navy@gmail.com	0891-2510275
21.	CRSO (NE)	033-22221436 Mob. : 9874699709	crsonortheast.navy@gmail.com	033-22314965
22.	CRSO (West)	022-22751998 Mob : 9867274965	crsowest.navy@gmail.com	022-22698393
23.	CRSO (South)	0484-2873333, 0484-2873334 Mob.: 9446028261	crsosouth.navy@gmail.com	0484-2667398
24.	CRSO (A & N)	03192-248294 Mob.:9531856044	crso.an@gmail.com	03192-232829
25.	INS Agrani (DSC/Recruitment)	0422-2315531	Extn - 932	
26.	Navy Info Website : www.irfc.-nausena.gov.in			