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दूरभाष /Tele: 0135-2755906  
Email: [dirrcdehradun@echhs.gov.in](mailto:dirrcdehradun@echhs.gov.in)  
[rcechsddn@gmail.com](mailto:rcechsddn@gmail.com)

**BY REGD SDS**

क्षेत्रीय केन्द्र ई.सी.एच.एस. देहरादून  
Regional Centre ECHS Dehradun  
मार्फत हेडक्वार्टर उत्तराखण्ड सब एरिया  
c/o HQ Uttarakhand Sub Area  
पिन - 900461 IPIN - 900461  
मार्फत 56 ए.पी.ओ. I/c/o 56 APO

2314/Med/Emp

31 Mar 2020

Central Org ECHS (Dir Stats & Auto)  
IHQ of MoD (Army)  
AG's Branch  
Thimayya Marg  
Near Gopinath Circle  
New Delhi-110010

**COVID-19 HELPLINE : DETAILED OFFR'S INCHARGE**

2. Please ref MD ECHS, dirns dt 29 Mar 2020.

2. Details of helpline numbers are as under :-

(a) Regional Centre ECHS, Dehradun :-

(i) Col (TS) Raminder Sidhu, Jt Dir (H&S) - 0135-2755906.  
(Email-rcechsddn@gmail.com)

(b) ECHS Polyclinics under AoR of RC ECHS :-

- (i) Col Ajeet Singh Rawat (Retd) - 8193958262, 0135-2754407  
OIC, ECHS PC Dehradun (Email-dehradun@echhs.gov.in)
- (ii) Col Arvind Kant (Retd) - 9412054246, 01360-252939  
OIC, ECHS PC Vikasnagar (Email-vikasnagar@echhs.gov.in)
- (iii) Col PS Yadav - 9419039694, 01389-222416  
Stn HQ, Joshimath (Email-shqjoshimath@echhs.gov.in)
- (iv) Lt Col HS Rawat (Retd) - 7500359654, 01363-241582  
OIC, ECHS PC Karanprayag (Email-karanprayag@echhs.gov.in)
- (v) Col S K Singh (Retd) - 7409046755, 01374-223345  
OIC, ECHS PC Uttarkashi (Email-uttarkashi@echhs.gov.in)
- (vi) Lt Col J P Kala (Retd) - 8057447149, 01386-233753  
OIC, ECHS PC Rudraprayag (Email-rudraprayag@echhs.gov.in)
- (vii) Col Lakshman Singh (Retd) - 8868839548, 01382-229594  
OIC, ECHS PC Kotdwar (Email-kotdwara@echhs.gov.in)
- (viii) Col Paresch Mishra - 7006460749, 01386-262331  
OIC, ECHS PC Lansdowne (Email-mhldn900400@gmail.com)
- (ix) Col Anand Kumar (Retd) - 8979571002, 01368-221775  
OIC, ECHS PC Pauri (Email-paurigarhwal@echhs.gov.in)
- (x) Col Abhay Raj Sharma (Retd) - 9018587878, 0135-2482968  
OIC, ECHS PC Raiwala (Email-raiwala@echhs.gov.in)
- (xi) Lt Col Satish Chandra (Retd) - 7409128336, 01376-233040  
OIC, ECHS PC Tehri (Email-tehri@echhs.gov.in)

- (xii) Col BS Rawat (Retd) - 8476002777, 01332-275266  
OIC, ECHS PC Roorkee (Email-roorkee@echhs.gov.in)
- (xiii) Wg Cdr RA Kumar (Retd) - 8971913228, 01331-245255  
OIC, ECHS PC Sarsawa (Email-oicechspolysarsawa@gmail.com)

3. For info please.

(Sd-x-x-x-x-x-x-x-x-x-x)  
(रनबीर सिंह / Ranbir Singh)  
कर्नल/ Col  
निर्देशक / Director

**Copy to :-**

Central Org ECHS (Med) - For info please.