

Area of Responsibility of Army Recruiting Offices in Head Quarters Recruiting Zone(North East States)

S No	Rtg Office	AOR	CONTACT NO (IVRS)
(a)	RO (HQ) Shillong (10 Districts)	MEGHALAYA: East Khasi Hills, West Khasi Hills, Jaintia Hills, Ribhoi, East Garo Hills, West Garo Hills & South Garo Hills (07 Districts) ASSAM: Morigaon, Nagaon, Sonitpur (03 Districts)	0364-2500557
(b)	ARO Narangi (11 Districts)	ASSAM: Barpeta, Darrang, Kamrup, Nalbari, Kokrajhar, Dhubri, Goalpara, Bongaigaon, Udalguri, Chirang & Baksa. (11 Districts)	0361-2641985
(c)	ARO Jorhat (24 Districts)	ARUNACHAL PRADESH: West Siang, East Siang, Dibang Valley, Lohit, Tirap, Changlang, Lower Subansiri, Upper Subansiri, Tawang, East Kameng, West Kameng, Papumpare, Upper Siang, Kurung Kamai, Lower Dibang Valley, and Anjaw Hawaii (16 Districts) ASSAM: Jorhat, Tinsukia, Sibsagar, Dhemaji, North Lakhimpur, Dibrugarh, Golaghat, & Karbi Anglong (08 Districts)	0376-2310830
(d)	ARO Silchar (08 Districts)	ASSAM: Cachar, Karimganj, Hailakandi & North Cachar Hills (04 Districts). TRIPURA: West Tripura, North Tripura, South Tripura & Dhalai (04 Districts)	03842-260177
(e)	ARO Rangapahar (20 Districts)	NAGALAND: Kohima, Phek, Mon, Zunheboto, Wokha, Mokokchung, Dimapur, Tuensang, Pren, Kephare and Longleng (11 Districts) MANIPUR: Imphal, Ukhrul, Bishnupur, Thoubal, Churachandpur, Tamenglong, Senapati, Chandel & Imphal West (09 Districts)	03862-249170
(f)	ARO Aizawl	All districts of Mizoram	0389-2350141