Starleads

Teachers in Punjab: contact list (free sample PDF)

4,499 contacts · **84%** with mobile numbers · **43%** with emails · **66%** with landlines · Updated Oct 2026 · Full list **₹499 (90% off)**

This list has 4,499 teachers in Punjab with contact details. 84% have a mobile number, 43% an email address and 66% a landline. 84% come with a street address, 74% with the person's name, 80% with a designation and 92% with a PIN code.

They are spread over 27 cities and towns; the most are in Ludhiana (3,201), Jalandhar (238) and Patiala (114), followed by Amritsar, Sangrur and Gurdaspur.

Punjab's list is the 8th largest of the 21 states with a teachers list in Starleads' data; the biggest are Maharashtra (53,254) and Karnataka (27,068).

By industry / department, the biggest groups are Teachers (346), School (334) and College (138).

Get all 4,499 contacts in Excel: https://starleads.in/data/teachers-in-punjab/

60 contacts from this list

Phone numbers and emails are partly masked in this sample; the list you buy is complete.

#	Name	Designation	Company	Industry / Department	Mobile	Landline	Email	Address	City	PIN
1	Ranjan Kumar Pa Chander Kapoor	Proprietor	Ajanta School of Foreign Languages	Training Centres/ Coaching Class	+91 94372 XXXXX	0183-222XXX X	pa••••••••••••••@gmail.com	79	Amritsar	143001
2	Mahboob Alam Saini	Principal	B K E & I Co-Educational Primary School	School	+91 94153 XXXXX	0183-253XXX X	me••••••••@rediffmail.com	348/11-3, Guru Ka Mahal	Amritsar	143006
3	Pravin Dutta Kaurbawa	Principal	Guru Ram Dass Girls Higher Secondary School	School	+91 93395 XXXXX	0183-254XXX X	pr••••••••••@gmail.com	Khui Secondary School	Amritsar	143006
4	Mayur Shetty Kaurbawa	Principal	Guru Ram Dass Girls Higher Secondary School	School	+91 99620 XXXXX	0183-254XXX X	s.••••••••••@gmail.com	Khui Secondary School	Amritsar	143006
5	Pallawi Priya Kapoor	Principal	Manohar Vatica Public School	School	+91 93692 XXXXX	0183-243XXX X	pa••••••••••@gmail.com	Sidhu Avenue, Verowal Road	Amritsar	143115
6	Pankaj Trivedi S Bhatti	Principal	Adesh Institute of Engineering and Technology	Engineering College	+91 94260 XXXXX	01639-24XXX X	pn•••••••@yahoo.co.in	Sadiq Road	Faridkot	151203
7	Raminder Wadzat Sachdeva	Chairman	D A V Public School	School	+91 98581 XXXXX	01635-22XXX X	ms••••@gmail.com	Sikham Wala Road	Faridkot	151204
8	Pushyami Nambur Khanna	Head of Department	Desh Bhagat Dental College and Hospital	College	+91 97011 XXXXX	01633-26XXX X	pu••••••••••••@gmail.com	Kotkapura Road	Faridkot	152026
9	Murali P Singh	Principal	Shaheed Bhagat Singh Government College	College	+91 99002 XXXXX	01635-27XXX X	mu••••••••••••••@gmail.com	Bathinda Road	Faridkot	151204
10	Pradip Banura Kaur	Head of Department - History	Shaheed Bhagat Singh Government College	College	+91 98153 XXXXX	01635-27XXX X	pr••••••••••@rediffmail.com	Bathinda Road	Faridkot	151204
11	Ashish Mech Malik	Principal	D A V Public School	School	+91 98275 XXXXX	01679-23XXX X	me••••••••••••••@gmail.com	Bus Stand Road	Gurdaspur	148101

#	Name	Designation	Company	Industry / Department	Mobile	Landline	Email	Address	City	PIN
12	Munish Kumar Kahlon	Principal	Fauja Singh Mann Silver Creek School	School	+91 90010 XXXXX	01871-24XXX X	mu••••••••••••@yahoo.com	Circular Road	Gurdaspur	143505
13	Rakesh Mishra Sharma	Head of Department - Mathematics	R R Bawa D A V College for Girls	School	+91 99103 XXXXX	01871-22XXX X	ra•••••@yahoo.com		Gurdaspur	144005
14	Ramesh Iyer Kaur	Head of Department - Physics	R R Bawa D A V College for Girls	School	+91 99455 XXXXX	01871-22XXX X	ra•••••••@yahoo.com		Gurdaspur	144005
15	Satya Thakur Sharma	Head of Department - Mathematics	R R Bawa D A V College for Girls	School	+91 98115 XXXXX	01871-22XXX X	sa•••••@gmail.com		Gurdaspur	144005
16	Rajesh Kumar Kharbande	Principal	Bills Public School	School	+91 94131 XXXXX	01882-29XXX X	r_•••••••••@yahoo.com	Phagwara Road	Hoshiarpur	146001
17	Sambasiva Rao Kharbande	Principal	Bills Public School	School	+91 92712 XXXXX	01882-29XXX X	sa••••••••••••••@gmail.com	Phagwara Road	Hoshiarpur	146001
18	Saifudden Patho S Maan	Managing Director	Gagan Immigration & Educational Services Private Limited	Education	+91 99163 XXXXX	01882-25XXX X	sa•••@hotmail.com	Jalandhar Road	Hoshiarpur	146001
19	Ponniah Esakky Jeed	Head of Department - Chemistry	Government College, Hoshiarpur	College	+91 99430 XXXXX	01882-25XXX X	po••••••@rediffmail.com	304	Hoshiarpur	146001
20	Nishant Ahuja K Vig	Principal	Saint Soldier`s Divine Public School	School	+91 98782 XXXXX	01882-27XXX X	ni••••••••••@yahoo.com	Bassi Road	Hoshiarpur	146001
21	Mitul Patel Paul	Manager - Admin	Emm Aar International School	School	+91 98202 XXXXX	0181-275XXX X	mi••••••••@yahoo.com	Hoisharpur Road	Jalandhar	144102
22	Prashant Singh Sharma	Principal	Saint Soldier`s Divine Public School	School	+91 98935 XXXXX	0181-247XXX X	pr•••••••••••••••••@hotmail.com	Master Gurbanta Singh Marg, Kapurthala Road	Jalandhar	144401
23	Mangalampalli K Sharma	Principal	Saraswati Vidya Kendra	School	+91 94914 XXXXX	0181-220XXX X	ms••••••••@yahoo.com	38, G T Road	Jalandhar	144001
24	Rajeev Gupta Jain	President	Swami Chhagan Lal Lala Hansraj Jain Senior Secondary School	School	+91 98514 XXXXX	01628-22XXX X	ra••••••••@gmail.com	Public School Amloh Road	Jalandhar	141401
25	Sankar Sambanda Jain	President	Swami Chhagan Lal Lala Hansraj Jain Senior Secondary School	School	+91 94449 XXXXX	01628-22XXX X	sa••••••••••••@yahoo.com	Public School Amloh Road	Jalandhar	141401
26	Raja Gubendran Dogra	Principal	Army School	School	+91 99405 XXXXX	01822-22XXX X	ra••••••••••@gmail.com	Jalandhar Road	Kapurthala	144601
27	Sanjay Pandey Dogra	Principal	Army School	School	+91 98922 XXXXX	01822-22XXX X	sa••••••••••••@gmail.com	Jalandhar Road	Kapurthala	144601
28	Praveen Agarwal K Sardana	President	Kamla Nehru Public School	School	+91 94311 XXXXX	01824-22XXX X	pr•••••••••••••••@yahoo.in	Kamala Nehru College	Kapurthala	144401
29	Kailash Murmu Arora	Principal	Kulwant Rai Jain Dav Public School	School	+91 94245 XXXXX	01822-22XXX X	pr••••••••@rediffmail.com	Kartarpur Road	Kapurthala	144601
30	Sachindra Prata Arora	Principal	Kulwant Rai Jain Dav Public School	School	+91 98181 XXXXX	01822-22XXX X	sa••••••••••••••@gmail.com	Kartarpur Road	Kapurthala	144601
31	Amita Mittal	Industrial & Trade Schools	Dcm Presidency School		+91 84370 XXXXX	0161-267XXX X	dc••••••••••@gmail.com	Urban Estate, Opposite Gol Market	Ludhiana	141010

#	Name	Designation	Company	Industry / Department	Mobile	Landline	Email	Address	City	PIN
32	Amit Gupta	Management Schools	Frameboxx Animation & Visual Effects Pvt Ltd		+91 98761 XXXXX	0161-462XXX X	lu••••••@frameboxx.in	2nd Floor, SCO 5, Near ICICI Bank	Ludhiana	141001
33	Nitin Chawla	Pre-Nursery Schools	Kapri Institute of English Speaking		+91 98724 XXXXX	0161-502XXX X	ni••••••••••@gmail.com	Hosur Main Road, Begur Hobli, Opposite Gurudwara 6th Patshahi	Ludhiana	141008
34	Balram Nanda	Study Abroad-Colleges & Universities	Nanda Sales Corporation		+91 98141 XXXXX	0161-253XXX X	ba••••@nandasales.com	Nanda Building, GT Road, Near Dada Motors	Ludhiana	141003
35	Jasmit Dosanjh	Pre-Nursery Schools	Russells Institute of Spoken English Pvt Ltd		+91 94172 XXXXX	0161-653XXX X	ru••••••••••••••@gmail.com	30 F, Gota Vadsar Road, Near Orient Cinema	Ludhiana	141001
36	Pvsd Gk Murthy Singh Dhaliwal	Vice Chairman	B I S College of Engineering and Technology	Engineering College	+91 94901 XXXXX	01682-24XXX X	pv••••••••••@yahoo.com	Dharamkot Road	Moga	142043
37	Arulmozhi Packi Singh Walia	Chairman	Royal Convent School	School	+91 94434 XXXXX	01636-25XXX X	mo•••••@yahoo.co.in	Dhurkot Road	Moga	142055
38	Gajanan Rudraka Arjan Singh	Chairman	S B R S Gurukul	School	+91 94231 XXXXX	01636-27XXX X	sb••••••••••••@gmail.com	Nationa Highway No 95, Sterling Road	Moga	142001
39	Rahul Chhabra Garga	Principal	S D College for Women	College	+91 97403 XXXXX	01636-22XXX X	ra••••••••••••@yahoo.co.in	3	Moga	142001
40	Sandeep Roy Garga	Principal	S D College for Women	College	+91 98909 XXXXX	01636-22XXX X	sa••••••••••@rediffmail.com	3	Moga	142001
41	Anuj Juneja Singh Sachdeva	Chairman	G G S College of Modern Technology	Engineering College	+91 99713 XXXXX	0160-500XXX X	mo••••••••••@yahoo.co.in		Mohali	140301
42	Mohan Vs Sachdeva	Chairman	Sachdeva Engineering College for Girls	Engineering College	+91 97631 XXXXX	0160-263XXX X	mo••••••••@gmail.com	Chandigarh- Ludhiana Highway	Mohali	140413
43	Nitesh Tamta K Joshi	Manager - IT	Sachdeva Engineering College for Girls	Engineering College	+91 98392 XXXXX	0160-263XXX X	ni••••••••••@yahoo.com	Chandigarh- Ludhiana Highway	Mohali	140413
44	Maridi Rao Paul Sing	Principal	Sri Sukhmani Institute of Engineering and Technology	Engineering College	+91 96115 XXXXX	01762-28XXX X	ma•••••@hotmail.com		Mohali	140507
45	Nitish Kumar Singh	Director	Universal Institute of Engineering & Technology	Board/university	+91 98117 XXXXX		ni••••••••••@gmail.com	Lalru-Handesra Road	Mohali	140501
46	Avani Ladia Singh	Head of Department - IT	Bhai Maha Singh College of Engineering	Engineering College	+91 99679 XXXXX	01633-21XXX X	pa•••••••••@ymail.com	Kotkapura Road	Muktsar	152026
47	Prasadjit Garai Singh	Director - Technical	Bhai Maha Singh College of Engineering	Engineering College	+91 99341 XXXXX	01633-21XXX X	pr••••••••••@rediffmail.com	Kotkapura Road	Muktsar	152026
48	Ramya Devi Singh	Head of Department - IT	Bhai Maha Singh College of Engineering	Engineering College	+91 99529 XXXXX	01633-21XXX X	ra••••••••@yahoo.com	Kotkapura Road	Muktsar	152026
49	Pooran Raina Singh Sandhu	Principal	National Public School	School	+91 94192 XXXXX	01633-23XXX X	po••••••••••@yahoo.com	Jalalbad Road	Muktsar	152026
50	Rila Banerjee Singh Sandhu	Principal	National Public School	School	+91 98312 XXXXX	01633-23XXX X	ri••••••••••@gmail.com	Jalalbad Road	Muktsar	152026

#	Name	Designation	Company	Industry / Department	Mobile	Landline	Email	Address	City	PIN
51	Sujit Dash Singh Walia	Assistant Director - Legal Affairs	Gurukul Vidyapeeth	College	+91 99566 XXXXX	01762-50XXX X	nf••••••@yahoo.co.in	Chandigarh - Patiala Highway	Patiala	140401
52	Mahantesh Malal Varma	Head of Department - Computer Science	Lal Bahadur Memorial Mahila College	College	+91 99899 XXXXX	0175-222XXX X	ma••••••••••@yahoo.com	Bansan Street	Patiala	147200
53	Arka Chatterjee Dhaliwal	Principal	Lal Bahadur Memorial Mahila College	College	+91 98307 XXXXX	0175-222XXX X	ne••••••••••••••@yahoo.co.in	Bansan Street	Patiala	147200
54	B Ram Kumar Ana Singh Shahi	Secretary	Pjm High School	School	+91 96500 XXXXX	0175-236XXX X	ra••••••••••@hotmail.com	Banna Road	Patiala	147001
55	Mohan K S Sadana	Proprietor	Sadana Coaching Centre	Training Centres/ Coaching Class	+91 96202 XXXXX	0175-222XXX X	mo••••••••••@gmail.com	No - A 211	Patiala	147001
56	Paleti Sridhar C Soni	Principal	D A V Centenary Public School	School	+91 90009 XXXXX	01675-25XXX X	so•••@sify.com	Near Club Road	Sangrur	148023
57	Prakash Doddama Bhushan Gupta	Director	Green Valley Public School	School	+91 99860 XXXXX	01675-24XXX X	pr••••••••••@gmail.com	Jandali Road	Sangrur	148021
58	Rohan Chaddha Bhushan Gupta	Director	Green Valley Public School	School	+91 98734 XXXXX	01675-24XXX X	ro••••••••••@rediffmail.com	Jandali Road	Sangrur	148021
59	Naqib Akhter Sharma	Principal	Y S Public School	School	+91 98327 XXXXX	01679-28XXX X	ys••••••••••@yahoo.com	Bhatinda Road	Sangrur	148101
60	Harikrishnan Se Bharti	Director	Y S Public School	School	+91 98410 XXXXX	01679-28XXX X	ns••••••••••@gmail.com	Bhatinda Road	Sangrur	148101

Questions

How many teachers are there in Punjab?

This list has 4,499 teachers in Punjab with contact details, 84% of them with a mobile number. It's the count in Starleads' data, not an official census.

How can I get the contact numbers of teachers in Punjab?

Download this list in Excel: 4,499 contacts, 84% with a mobile number and 43% with an email address. Check 60 real contacts free first, then pay ₹499 (90% off) by UPI or bank transfer.

Which cities in Punjab have the most teachers?

Ludhiana (3,201), Jalandhar (238), Patiala (114), Amritsar (109) and Sangrur (73).

Which state in India has the most teachers?

In Starleads' data: Maharashtra (53,254), Karnataka (27,068), Delhi (23,117). Punjab is 8th of 21 states. These are the counts of contacts in each list, not an official census.

Is there a free teachers list PDF for Punjab?

Yes. The free sample PDF has 60 contacts from this list, with phone numbers and emails partly masked. The full list comes as an Excel workbook.