

TABLE 1.	AREAS OF THE DISTRICTS OF NEPAL, THEIR POPULATION AND DENSITIES				
	Popu. 1971	Area in Sq. miles	Density/Sq. miles	Area in Sq. Kms	Density/Sq.Kms
A. MECHI	617,760	2,784	222	7,211	86
1. Taplejung	84,715	1,169	72	3,027	28
2. Panchthar	145,809	466	313	1,207	121
3. Ilam	139,538	593	235	1,535	91
4. Jhapa	247,698	557	445	1,442	172
B. KOSHI	866,260	3,141	276	8,136	106
1. Sankhuwashabha	114,313	1,238	92	3,206	36
2. Tehrathum	119,307	340	350	882	135
3. Dhankuta	107,649	347	310	898	120
4. Moran	301,557	758	398	1,963	154
5. Sunsari	223,434	458	488	1,187	188
C. SAGARMATHA	1,313,480	4,883	269	12,647	104
1. Solukhumbu	105,324	1,450	73	3,756	28
2. Okhaldhunga	122,862	425	289	1,101	112
3. Khotang	163,297	431	379	1,117	146
4. Bhojpur	194,506	773	252	2,002	97
5. Udayapur	112,622	861	131	2,231	50
6. Saptari	312,565	535	584	1,386	226
7. Siraha	302,304	407	743	1,054	287
D. JANAKPUR	1,265,755	3,533	358	9,150	138
1. Dolakha	130,022	772	168	1,999	65
2. Ramechhap	157,349	620	254	1,605	98
3. Sindhuli	147,409	901	164	2,334	63
4. Dhanusha	330,601	439	753	1,137	291
5. Mahottari	324,831	457	711	1,184	274
6. Sarlahi	175,543	344	510	892	197
E. BAGMATI	1,496,972	4,123	363	10,678	140
1. Dhading	236,276	1,212	195	3,139	75
2. Rasuwa	17,517	479	37	1,240	14
3. Sindhu Palchok	206,384	988	209	2,559	81
4. Kavre Palanchok	245,165	563	435	1,459	168
5. Nuwakot	172,718	466	371	1,207	143
6. Kathmandu	353,757	211	1,675	547	647
7. Lalitpur	154,998	152	1,018	395	393
8. Bhaktapur	110,157	51	2,152	133	831
F. NARAYANI	1,103,027	3,232	341	8,371	132
1. Makawanpur	163,766	868	189	2,248	73
2. Chitwan	183,644	966	190	2,503	73
3. Parsa	202,123	489	413	1,266	160
4. Bara	233,401	486	480	1,260	185
5. Rautahat	320,093	422	758	1,094	293
G. GANDAKI	1,023,110	4,681	219	12,122	84
1. Manang	7,436	794	9	2,055	4
2. Parbat	118,689	484	245	1,253	95
3. Kaski	151,749	498	305	1,290	118
4. Lamjung	140,226	829	169	2,148	65
5. Gorkha	178,265	998	179	2,584	69
6. Shyanja	268,606	499	538	1,293	208
7. Tanahu	158,139	579	273	1,498	106
H. DHAULAGIRI	276,729	5,951	47	15,412	18
1. Dolpa	19,110	3,174	6	8,222	2
2. Mustang	26,944	1,321	20	3,421	8
3. Myagdi	57,946	595	97	1,542	38
4. Baglung	172,729	860	201	2,228	78
I. LUMBINI	1,165,702	3,464	337	8,971	130
1. Gulmi	227,746	485	469	1,256	181
2. Arghakhanchi	130,212	531	245	1,376	95
3. Palpa	212,633	911	233	2,360	90
4. Nawalparasi	146,549	480	305	1,243	118
5. Rupandehi	243,346	458	531	1,187	205
6. Kapilbastu	205,216	598	343	1,548	133
J. KARNALI	188,012	5,178	36	13,410	14
1. Humla	29,524	2,309	13	5,981	5
2. Mugu	25,718	1,212	21	3,139	8

3. Jumla	122,753	1,091	113	2,825	43
4. Tibrikot	10,017	566	18	1,465	7
K. RAPTI	705,813	3,670	192	9,805	72
1. Rukum	96,243	709	136	1,837	52
2. Rolpa	162,955	658	248	1,704	96
3. Salyan	141,457	724	195	1,876	75
4. Pyuthan	137,338	538	255	1,392	99
5. Dangdeukhuri	167,820	1,041	161	2,995	56
L. BHERI	575,071	4,065	141	10,529	55
1. Dailekh	156,072	632	247	1,638	95
2. Jajarkot	86,564	867	100	2,244	39
3. Surkhet	104,933	1,239	85	3,209	33
4. Bardiya	101,793	602	169	1,558	65
5. Banke	125,709	726	173	1,880	67
M. SETI	597,124	4,822	124	12,488	48
1. Bajhang	108,623	1,462	74	3,786	29
2. Bajura	61,342	622	99	1,611	38
3. Doti	166,070	1,121	148	2,904	57
4. Achham	132,212	509	260	1,319	100
5. Kailali	128,877	1,107	116	2,868	45
N. MAHAKALI	361,170	2,610	138	6,760	53
1. Darchula	68,868	707	97	1,830	38
2. Baitadi	128,696	689	187	1,784	72
3. Dadeldhura	94,743	600	158	1,555	61
4. Kanchanpur	68,863	614	112	1,591	43
1. EASTERN DEVELOPMENT REGION	2,797,500	10,808	259	27,994	100
2. CENTRAL DEVELOPMENT REGION	3,865,754	10,888	355	28,199	137
3. WESTERN DEVELOPMENT REGION	2,465,541	14,095	175	36,505	68
4. FAR WESTERN DEVELOPMENT REGION	2,427,190	20,344	119	52,992	46
NEPAL	11,555,985	56,136	206	145,689	79