

TABLE 3	TOTAL POPULATION OF GEOGRAPHIC REGIONS, DISTRICTS AND THUMS OR PRAGANNAS				
		(Including population not present)			
NEPAL	8,473,478	Dolakha	132,738	Chisankhu	150,976
Eastern Hills	1,767,757	Dolakha	5,355	Chisankhu	30,378
		Sunghani	6,599	Bungham	10,673
Sisndhu Palchok	179,365	Boch	3,463	Solu	36,286
		Makaibari	1,898	Chyanam	6,934
Sindhu	24,588	Ramkot	1,797	Kuwapani	2,999
Katheli	32,875	Mati	1,934	Tilpungkatti	18,221
Palchok	29,958	Phasku	2,706	Chaurasi	22,911
Nawalpur	9,686	Magha	2,333	Taluwa	12,339
Sipa	10,253	Katakuti	2,260	Chuplu	10,235
Listi	25,728	Bigu	3,315	Majh Kirat	124,317
Choutara	19,966	Loting	1,227	Rawa	74,200
Phulping	26,311	Gumbu	4,549	Halesi	16,582
		Chilankha	1,304	Majhuwa	20,489
Kabhre Palanchok	190,873	Laduk	1,998	Khamtel	13,046
Chawarkot	2,677	Bulung	2,105	Bhojpur	237,573
Phulwari	4,268	Thadi	1,363	Kulung	10,765
Buchakot	1,133	Pulchok	5,051	Majuwa	3,973
Kottimal	8,190	Deulang	1,515	Dingla	16,257
Bahratal	15,026	Barakhuwa	6,045	Phali	15,081
Palanchok	7,701	Alampur	35,131	Pouwa	29,243
Dapcha	10,536	Lakhanpur	4,640	Hatuwa	26,774
Namuda	997	Pakrawas	7,343	Amchok	17,872
Sankhu	1,412	Chisapani	4,699	Khotang	31,552
Kabhre	2,263	Simras	24,109	Siktel	26,788
Panauti	14,889	Chasankhu	122,639	Diprung	10,715
Choukot	1,032	Jhapa	7,408	Chuichumma	11,844
Khadapu	1,117	Darkha	768	Ratanchha	7,440
Dhulikhel	5,271	Namdu	11,998	Dama	5,220
Banepa	9,292	Khimti	2,340	Bokhim	3,446
Nala	4,100	Jiri	6,082	Khikamachha	15,385
Mahadev Pokhari	1,334	Chankhu	7,167	Choudandi	5,218
Anaikot	3,130	Salu	2,697		
Bihabar	9,821	Manthali	7,487	Tehrthum	389,977
Ghumkharka	3,146	Lyang Lyang	13,261	Tamorkhola	13,202
Sanga	1,790	Tilpung	22,708	Mewakhola	14,651
Deopur	7,837	Solu	9,118	Maiwakhola	21,009
Mandan	8,245	Bijulikot	4,462	Yangrup	58,880
Chauri	13,337	Bhirkot	1,469	Taplejung	19,836
Bhoomlu	12,492	Malu	3,798	Panchthar	85,108
Nagre	3,325	Priti	5,690	Athari	30,349
Saintish Pangu	9,958	Namadi	2,389	Phedap	48,562
Tehra Pangu	9,476	Sabra	1,867	Sankhuwauttar	18,533
Mangaltar	3,303	Bhuji	3,609	Panchkhapan	16,932
Chakal	10,542	Betali	5,081		
Goldar Charkilla	3,233	Ekan	3,240	Savauttar	26,903
Tehrthum (Contd..)		Lekhani	1,700	Mahi Soth	37,865
Chainpur (Dasthar)	9,365	Devidhap	4,613	Pihar	51,765
Panch Majhia	4,194	Eastern Terai	1,808,433	Dhanchhhar	50,122
Das Majhia	22,453			Hannuwangar	254,658
Chathum	124,239	Persa	114,167	Pokaria	34,978
		Chitawan Bhikhna Chori		Gudigoan	16,957
		16 Hajar Ripumari	391	Maljhamuna	38,545
Chhathum	8,893	Naurangiyantaph Daluwa	24,059	Rayajhamuna	19,823
Choubise	18,498	Maurangiya Jagatpur	30,479	Jagadar	38,601
Miklung Pahad	23,345	Sidmadar Paschim	21,344	Pakri	49,596
Jhalara	4,735	Sidmadar Purba	37,894	Majhuwa	9,059
Chhathar	45,530			Khalsa	37,246
Khalsa	23,238			Bhagini Khonch	8,659
Ilam	115,060			Bhadaura	1,194

Illam Danda	14,586	Bara	210,500	Biratnagar	228,952
Maipar	52,379	Tokani	47,059	Bhala Bhaleni	41,065
Puwapar	15,521	Khesraha	34,987	Beli	46,780
Phakphok	32,574	Bariyarpur	34,660	Bijayapur	11,298
East Inner Tarai	191,570	Totani	4,825	Mangadh	20,507
		Basatpur	9,937	Bariyadi	22,860
Sindhuli	102,261	Cherwanta	12,912	Katahari	14,361
Sindhuli	9,580	Mewa	16,134	Phateharipur	9,320
Marinatrika	4,864	Gad simroan	6,191	Gograha	25,053
Jhangajholi	10,497	Pachrauta	7,406	Itahara	1,539
Mulkot	4,297	Rautahat	189,500	Laharbhatta	5,873
Dumja	4,031	Parwa	46,038	Harkpur	8,499
Khurkot	2,517	Chand Paschim	15,196	Harichangadhi	10,263
Dhoksila	3,852	Matiban	11,427	Sonapur	10,375
Hariharpur	3,965	Ratahati Kachhad	1,636	Mikalung Pahad	1,159
Tin Patan	26,458	Chand Purba	11,580	Jhapa	80,252
Sunnam	20,661	Jhaj ubar	38,167	Rthumauja	17,747
Haibar	2,549	Jhaj Daxin	32,141	Rampur	1,439
Dingding	4,672	Jataha	33,315	Najarpur	18,356
Harkhapur	558	Sarlahi	134,449	Jhapa	7,960
Khalanga	1,103	Sarlahi	66,553	Bhedbheda	1,876
Bhimkhori	2,657	Hariharpur	3,990	Rajgadh	6,713
Udaipur	89,309	Kodraha	16,640	Champarur	1,404
Udaipur	14,081	Brahmapuri	7,864	Dhaijan	11,877
Chaudandi	5,870	Asi Bhau	39,402	Chandrapur	3,596
Tallohatitrijuga	2,355	Mohotari	419,040	Jhorapata	1,580
Trijuga	11,792	Asibhon	25,127	Birat Pokhar	7,704
Sorungkatticharkilla	4,222	Kamala Khonch	2,772	Kathamandu Valley	415,761
Sorung	5,159	Koradi	132,984	Kathmandu Urban	106,579
Rampur	11,495	Kheshraha	68,934	Kathmandu Rural	8,940
Rasuwa	13,526	Tappa Bahadura	30,200	Sangla Khola	3,460
Khanbu	3,688	Mahottari	159,023	Tokha	10,679
Limpatar	8,631	Siraha	176,915	Deopatan	17,834
Satthar Namanta	2,177	Rampur	37,163	Changu	7,890
Kathmandu Rural (Continued)		Western Hills	3,374,932	Samari	1,315
Gokarna	4,909	Nueakot	149,168	Dhading	8,612
Balaju	3,180	Dashkhuwa	1,486	Dhuwakot	2,395
Mudkhu	2,908	Rasuwa	4,934	Kalleri	4,391
Darmathali	8,981	Panchsaya Khola	20,689	Taruka	6,591
Kalimati	11,873	Chogaday	5,996	Budhaising	4,278
Bode	4,295	Kiteni Khani	1,028	Phirkop	9,265
Sankhu	9,243	Gerkhu	2,755	Niwarchok	4,312
Kulashwor	4,146	Parachyang	553	Sallyantar	3,666
Lalitpur Urban	42,183	Batar	2,253	Aganchok	7,694
Lalitpur Rural	93,386	Khinchet	8,288	Basari	2,955
Kotaku	1,356	Nuwakot	4,641	Boodhathoom	546
Bade Gaon	1,029	Satar	2,466	Lakuwa	2,275
Khokana	5,246	Tutungga	393	Darakha	10,718
Levu	6,536	Narja	9,624	Lamidada	11,853
Chapagaon	7,664	Dhaibung	6,393	Gorkha	142,346
Sanagaon	2,798	Tame	13,243	Dhyalchok	2,162
Koteswar	654	Thansing	5,869	Dumsari	693
Thaiba	3,067	Gadh Khar	2,315	Taksar	597
Harisidhi	3,800	Bhaludada	836	Phoojel	3,017
Bisankhu	7,599	Geruwa	1,779	Birinchook	680
Techo	3,718	Poondi	1,616	Chhepetar	735
Motitar	3,309	Thapagaon	1,899	Bhoomlichok	1,776
Pangha	2,940	Kholegoan	1,765	Darabhung	1,737
Satungal	1,443	Gurjay	460	Padelthok	1,118
Bugnmati	3,269	Ruping	2,283	Upallo Ludi	626
Chovar	5,943	Jiling	1,301	Ghalang	767
Lahacoat	779	Jhiltung	5,769	Makaipur	985
Balambu	1,317	Nagar	764	Manakamana	1,491
Shipidhi	1,152	Mudkhu	441	Tinmane	893
Chhegaon	3,787	Kagate	669	Takalung	2,292

Naikapa	4,648	Kahule	348	Phenem	1,250
Puldol	770	Barmandi	2,827	Ghairung	2,876
Dahachok	2,820	Belkot	12,548	Chhichhing	5,154
Bhimdung	2,167	Kabilas	11,770	Nanmjung Bungkot	4,353
				Thoolo Dipling	885
Kartipur	7,038	Talakhu	9,197	Syaprak	950
Thankot	4,204	Dhading	137,196	Bhogteni	401
Sanoguthi	2,229	Satsayakhola	9,452	Makaising	1,393
Gulkhu	2,099	Atharasaya Khola	7,164	Tanglichok	2,189
Bhaktapur Urban	32,320	Tamai	5,480	Bakrang Bhogateni	2,241
Bhaktapur Rural	51,889	Jyamrung	5,911	Shiling	1,131
Katunje	6,848	Khari	2,100	Chyangli	2,234
Bageswari	9,250	Madhuban	628	Dhuwakot	1,229
Nagarkot	2,102	Sallyan	1,395	Deorali	1,985
Changu	7,049	Ranapalek	1,513	Khoplang	977
Bode	6,389	Maidi	16,182	Bhirkot	1,508
Nakdash	2,239	Salang	2,576	Gaikhur	2,387
Labhu	3,947	Sankhu	1,902	Ligling	7,317
Thimi	14,065	Kumpur	2,027	Ajirkot	12,702
Gorkha (Continued)		Rising	9,087	Deorali	2,092
Chhoprak	3,201	Bardanda	5,036	Majhthana	3,552
Hermi	2,999	Kahun	8,533	Hadikhola	777
Siranchok	10,765	Sinchang	5,575	Syaklung	1,726
Bar Pak	3,730	Lamjung	133,627	Chisapani	607
Atharasaya Khola	9,153	Charnal Panchgau	6,691	Pachabhैया	513
Kokhe	1,323	Charnal Chhagau	12,841	Ghirchok	1,050
Tandrang	2,768	Chisankhu	3,525	Ghalel	2,540
Dhawa	1,908	Chauthar	13,980	Tanchok	1,361
Aru	6,788	Saranchok	5,837	Lumle	1,177
Satbisthumi	2,610	Lubhutar	3,070	Landruk	512
Satthar	5,738	Alakatar	3,446	Mirsa	423
Chhasayagyanji	1,259	Nouthar	4,860	Rivan	1,187
Takoo	4,457	Bahrathar	7,781	Dhampush	1,960
Panchkhuwa	2,113	Chiti	4,332	Hyangjakot	754
Charthar	680	Rajasthal	10,738	Astam	904
Masel	2,207	Choudha Khola	3,990	Ghachok	2,214
Khanchok	276	Pustun	5,834	Lwang	1,035
Baguwa	1,293	Dasthar	10,592	Dhital	1,122
Borlang	2,428	Tarku	5,751	Nuwagaon	645
Ashrang	1,776	Bhorletar	408	Lahachok	2,238
Taple	2,043	Duradada	7,991	Kahunkudahar	6,637
Tanhu	121,274	Tandrang	5,350	Batulechour	3,732
Dabhoong	676	Khasur	2,622	Khilang	1,345
Durungchoong	4,749	Thansing	2,271	Tallakot	2,192
Umachok	1,996	Jita	3,037	Bhalam	761
Thaprek	2,545	Kunchha	4,219	Shikles	1,976
Bajrakot	991	Vot Tinguan	1,429	Gharmi	756
Manapang	1,833	Manangvot Thapla	3,032	Bhurjung Khola	492
Galekham	2,405	Kaski	121,601	Jhuprang	1,793
Manung	1,862	Sarankot	13,053	Armala	2,248
Chhang	2,692	Hyangja	3,178	Arva	1,719
Bandipur	14,796	Darogouda	616	Khadarajung	1,047
Chhadada	4,184	Harapan	1,353	Bijayapur	1,229
Karlung	1,271	Serachour	536	Thak	1,113
Jyamruk	6,751	Kalabang	603	Taprang	1,204
Chok	3,984	Paudur	1,778	Chyanlung	1,062
Ghiring	4,268	Sallyan	2,682	Chhachok	391
Gajarkot	2,044	Ulleri	283	Mauja	1,817
Dhor	9,014	Tamangi	330	Phaichok	855
Purkot	4,483	Bhadaure	687	Marajyangkot	809
Kyamin	3,387	Bhoudi	709	Syangja	346,100
Mahibal	2,000	Puranokaski	7,913	Nuwakot	63,812
Naring Chour	1,116	Poudi	2,139	Garhau	76,022
Mirlung	5,142	Ram Ja	8,444	Paiun	45,292
Nabrung	1,620	Arghoun	6,697	Bhirkot	78,079

Basantpur	753	Phalyangkot	5,360	Sataun	34,885
Dordor	3,863	Rupakot	1,770	Parbat	48,010
Tanhausur	4,618	Beganash	1,903		
Palpa	151,974	Phalwang	4,613	Latikoili	589
Palpa	151,974	Paschimutar Patti	1,907	Dhodekhali	730
		Pachimdakshin	1,172		
Gulmi	291,995	Dasgaon Birta	2,434	Jumla	167,941
Gulmi	130,561	Dinchapikot	1,165	Soru	3,029
Aargha	49,804	Sirtonalagne	1,019	Galwa	5,445
Kanchi	34,824	Sirtolagne	2,615	Gam	11,668
Isma	33,518	Patu	7,305	Karan	2,279
Dhurkot	16,070	Naya Basti	2,739	Mugu	1,090
Mushikot	27,218	Kanta Sukekot	6,923	Sija	19,083
Baglung	218,936	Athhajar	15,692	Ashi	8,355
Parbat (Baglung)	164,962	Kerbang	4,347	Chaudhbis	5,447
Galkot	53,974	Rolpa	29,858	Panchsaye	16,706
		Malta	6,803	Rakal	5,039
Piuthan	209,856	Lekh	4,155	Bahrabis	11,174
Bhatrikot	40,681	Rukum	19,127	Kalikot	7,287
Narikot	45,639	Musikot	20,905	Sanni	10,181
Baiskhuwa	52,353	Nausaye	15,111	Raskot	9,120
Madikhola	25,672	Satsaye	13,995	Palanta	13,577
Udaipur	7,444	Chardai	6,869	Khatyad	8,052
Kalasesh	38,067	Bahragaon	8,954	Tibrikot	13,260
		Sangkot	6,001	Humla	17,149
Sallyan	382,399	Panchthapaula	7,859		
Mujkot	5,860	Ranagaon	425	Doti	326,310
Andarkot	6,344	Thumsaladahi	4,976	Chhabis dara	6,050
Thala	8,645	Laxmipur	2,914	Chainpur Sunidara	10,447
Sattiyani	6,743	Bangad	10,084	Pandrabisdara	9,254
Barekot	9,821	Panchgaon	3,791	Talkotdara	4,533
Saru	4,828	Kalimati	4,944	Athbisdara	786
Mulla	8,010	Nigalchouli	2,423	Jujidara	5,138
Jagatipur	1,935	Charkhuwa	4,073	Naubisdara	3,912
Kudu	972	Guruwakot	8,671	Siudara	8,969
Chargaon	3,678			Kunnadara	12,935
Khagenabirta	5,813	Dailekh	268,311	Kadadara	3,630
Chaiyan	2,312	Majhkhanda	44,729	Chhannadara	9,459
Gurta	1,158	Athbisdara	24,824	Bungalgarkha	7,480
Tallu	1,499	Katidara	10,674	Pandrabisdara	16,559
Baphi	16,825	Pandrabis	12,127	Athsaidara	28,168
Gotam	4,476	Nayabasti	23,649	Pansaudara	12,095
Athibis	7,102	Danda dara	9,306	Athibisdara	8,051
Suikot	1,376	Simtadara	17,090	Chirgarkha	7,055
Darma	19,348	Chinggarh	14,013	Bungalgarkha	6,040
Kalagaon	2,717	26 Dara	10,671	Jorayalgarkha	7,299
Birtajahari	8,489	Tallo Bhisale	18,463	Gadsiragarkha	2,167
Chaurjahari	3,444	Satsaudara	19,866	Upallobogtangdara	12,097
Satgaon	4,206	Mallobhaisale	27,960	Tallobogtangarkha	11,372
Chhilli	1,874	Surkhetdara	11,354	Nirauligarkha	2,053
Badkachhilli	4,579	Bheripar	1,987	Dankotgarkha	5,282
Cotkachhilli	3,189	Paharkot	18,921	Banedungragarkha	1,833
Ktapatu	3,287	Kankrebihar	1,358	Pachkatagarkha	5,346
Doti (Continued)		Dahachok	1,852	Jawa	119
Sallyanagarkha	2,591	Dhusa	932	Lokauli	281
Jijikotgarkha	4,504	Richok	3,705	Khuthat	131
Phutsilgarkha	7,311	Lohattar	923	Satgawa	26
Bayelgarkha	5,478	Penda	6,155	Nagwa	30
Dipayalgarkha	1,283	Kerabai (Lamidanda)	661	Baghoura	40
Dogardara	2,918	Lamidanda	16,177	Taraini	75
Chaukigarkha	43,482	Kalibanjar	16,506		
Chalisdara	4,307	Kheshraha	8,909	Majkhanda	1,176
Chhabisdara	2,571	Dostiya	4,480	Sauraha	29
Chaugandara	2,597	Matiwan	4,994	Maan	20
Trisalidara	877	Seti Banjar	17,936	Marchawar	344

Satsaudara	4,080	Samari	1,126	Sakrown	124
Sayaldara	2,906	Kalche	2,550	Hatti	239
Satsaudara	11,876	Kirtipur	3,731	Butawal Bazar	25
Naubisdara	4,157	Gimdi	1,549	Rupandehi	104
Bahrabisdara	4,815	Tungun	6,427	Majhar	15
Tampradara	1,461	Thankot	2,837	Gorawal	36
Seliphaldara	6,925	Durlung	1,279	Khudabangar	38
Chhabisdara	4,161	Naltu Ghunga	3,857	Sadi	12
Baitadi	134,128	Peutar	2,880	Jogada	28
Dugungarkha	10,966	Pharping	10,863	Bhatimpar	58
Lekangarkha	28,266	Malta	1,016	Khadawa	25
Dhikgarkha	6,284	Makalkhucha	800	Agaiya	17
Baitadigarkha	20,090	Lele	3,710	Simrapauwa	49
Upalloworad	31,081	Sankhuwa	2,013	Bhaisahi	4
Byasgarkha	1,816	Chakal	6,195		
Marma	10,493			Khajahani	1,161
Purchaundi	25,132	Chitawan	42,833	Bhandar	36
		Tadi	3,800	Dholia	34
Dandeldhura	71,770	Chitaun	13,958	Bijuba	134
Lulangarkha	4,581	Kalabanzar	1,790	Tilkana	54
Swarad	21,238	Belod	604	Sikri	116
Rupalgarkha	3,481	Madi	3,550	Gaura	69
Pilkot	5,073	Charkilla (Hill)	1,293	Khajahani	309
Bhuting	8,791	Chitaun Sohrazazar	5,798	Badkichhap	105
Bogatagarkha	1,765	Darechok	3,486	Chotkichhap	9
Gadgarkha	8,266	Dahakhani	2,523	Sihokhor	60
Pasegarkha	7,608	Jogimara	2,802	Kadwar	21
Chhagarkha	10,967	Nauthar	483	Dhanoura	207
Center Inner Terai	225,063	Daregaunda	2,593	Siuraj	334
		Tehrabis	153	Siuraj	334
Chisapani Garhi	182,230				
Agra	2,959	Nawalpur	16,410	WestInner Teri	898
Kulekhani	1,912	Nawalpur	1,641	Deokhuri	388
Chitlang	12,095	Mid-Western Terai	348,381	Koilabas	10
Tistung	8,028			Pachhilla	81
Palung	8,729	Palhi	81,181	Deopur	73
Kiranchok	7,729	Pachgawa	2,446	Kalapani	86
Gajuri	6,715	Bargawa	8,097	Satgaon	37
Deokhuri	6,495	Kanchapur	17,770		
Badkapat	3,368	Baishe	8,844		
Chhap		Selipahad	1,218		
		Ratauli	1,853		
Dang	51,009	Baitoda	1,782		
Katahapur	4,911	Tilachour	119		
Chhilli	4,307	Raikwar	2,954		
Sewarkata	1,682				
Kantachhi	7,213				
Pachhillaswari	13,187				
Kantajhingi	13,187				
Kata Babaipar	2,450				
Patti Badka					
Chhilli	1,626				
Babarikot	1,847				
Aghillaswari	8,129				
Tuipattichhilli	140				
Kantaghordaura	338				
Harnok	2,777				
Tuhi	2,402				
Far Western Terai	235,343				
Banke	82,528				
Karkando	40,819				
Pajhat	10,433				
Daunihar	6,747				
Uddain	5,996				
Beghoura	8,491				

<b>Bhir</b>	3,800				
<b>Nayam</b>	1,879				
<b>Sunar</b>	3,027				
<b>Kusma</b>	1,336				
<b>Bardia</b>	58,419				
<b>Malabara</b>	15,938				
<b>amatedi</b>	2,192				
<b>Patwa</b>	5,656				
<b>Madhela</b>	4,660				
<b>Fena</b>	5,332				
<b>Rajhat</b>	11,259				
<b>Pouda</b>	1,259				
<b>Padnaha</b>	7,141				
<b>Chhitpakadia</b>	4,982				
<b>Kailali</b>	76,626				
<b>Raikbar</b>	11,368				
<b>Boktal</b>	17,267				
<b>Leek</b>	10,608				
<b>Parihar</b>	5,424				
<b>Malwara</b>	31,959				