

**TABLE 3:- POPULATION, AREA IN SQUARE KILOMETERS AND DENSITY
FOR GEOGRAPHIC REGIONS**

AREA	TOTAL POPULATION	AREA IN SQ. KM.	DENSITY PER SQ. KM.
NEPAL	15022839	147181	102.1
MOUNTAIN	1302896	51817	25.1
EASTERN MTN.REG.	338439	10438	32.4
CENTRAL MTN.REG.	413143	6277	65.8
WESTERN MTN.REG.	19951	5819	3.4
MID WEST MTN.REG.	242486	21351	11.4
FAR WEST MTN.REG.	288877	7932	36.4
HILL REGION	7163115	61345	116.8
EASTERN HILL REG.	1257042	10749	116.9
CENTRAL HILL REG.	2108433	11805	178.6
WESTERN HILL REG.	2150939	18319	117.4
MID WEST HILL REG.	1042365	13710	76.0
FAR WEST HILL REG.	604336	6762	89.4
TERAI	6556828	34019	192.7
EASTERN TERA REG.	2113442	7269	290.7
CENTRAL TERA REG.	2387781	9328	256.0
WESTERN TERA REG.	957969	5260	182.1
MID WEST TERA REG.	670760	7317	91.7
FAR WEST TERA REG.	426876	4845	88.1