

1. Area and Population
1.3 Distribution of Population and Area by Development
Regions and Districts, 1981,1991 & 2001.

| Region/District | Total Population | | | Area in sq. kms. |
|--------------------------|------------------|-----------------|-------------------|---------------------|
| | 1981 | 1991 | 2001 | |
| Nepal | 15022839 | 18491097 | 23,151,423 | 147181 |
| East. Dev. Region | 3708923 | 4446749 | 5,344,476 | 28456 |
| Taplejung | 120780 | 120053 | 134,698 | 3646 |
| Panchthar | 153746 | 175206 | 202,056 | 1241 |
| Ilam | 178356 | 229214 | 282,806 | 1703 |
| Jhapa | 479743 | 593737 | 688109* | 1606 |
| Morang | 534692 | 674823 | 843,220 | 1855 |
| Sunsari | 344594 | 463481 | 625,633 | 1257 |
| Dhankuta | 129781 | 146386 | 166,479 | 891 |
| Terhathum | 92454 | 102870 | 113,111 | 679 |
| Sankhuwasabha | 129414 | 141903 | 159,203 | 3480 |
| Bhojpur | 192689 | 198784 | 203,018 | 1507 |
| Solukhumbu | 88245 | 97200 | 107,686 | 3312 |
| Okhaldhunga | 137640 | 139457 | 156,702 | 1074 |
| Khotang | 212571 | 215965 | 231,385 | 1591 |
| Udayapur | 159805 | 221256 | 287,689 | 2063 |
| Saptari | 379055 | 465668 | 570,282 | 1363 |
| Siraha | 375358 | 460746 | 572399* | 1188 |

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| | 1981 | 1991 | 2001 | |
| Cent. Dev. Region | 4909357 | 6183955 | 8,031,629 | 27410 |
| Dhanusha | 432569 | 543672 | 671,364 | 1180 |
| Mahottari | 361054 | 440146 | 553,481 | 1002 |
| Sarlahi | 398766 | 492798 | 635,701 | 1259 |
| Sindhuli | 183705 | 223900 | 279821* | 2491 |
| Ramechhap | 161445 | 188064 | 212,408 | 1546 |
| Dolakha | 150576 | 173236 | 204229* | 2191 |
| Sindhupalchok | 232326 | 261025 | 305857* | 2542 |
| Kavrepalanchok | 307150 | 324329 | 385,672 | 1396 |
| Lalitpur | 184341 | 257086 | 337,785 | 385 |
| Bhaktapur | 159767 | 172952 | 225,461 | 119 |
| Kathmandu | 422237 | 675341 | 1,081,845 | 395 |
| Nuwakot | 202976 | 245260 | 288,478 | 1121 |
| Rasuwa | 30241 | 36744 | 44,731 | 1544 |
| Dhading | 243401 | 278068 | 338,658 | 1926 |
| Makwanpur | 243411 | 314599 | 392,604 | 2426 |
| Rautahat | 332526 | 414005 | 545,132 | 1126 |
| Bara | 318957 | 415718 | 559,135 | 1190 |

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| | 1981 | 1991 | 2001 | |
| Parsa | 284338 | 372524 | 497,219 | 1353 |
| Chitawan | 259571 | 354488 | 472,048 | 2218 |
| West. Dev. Region | 3128859 | 3770678 | 4,571,013 | 29398 |
| Gorkha | 231294 | 252524 | 288,134 | 3610 |
| Lamjung | 152720 | 153697 | 177,149 | 1692 |
| Tanahu | 223438 | 268073 | 315,237 | 1546 |
| Syangja | 271824 | 293526 | 317,320 | 1164 |
| Kaski | 221272 | 292945 | 380,527 | 2017 |
| Manang | 7021 | 5363 | 9,587 | 2246 |
| Mustang | 12930 | 14292 | 14,981 | 3573 |
| Myagdi | 96904 | 100552 | 114,447 | 2297 |
| Parbat | 128400 | 143547 | 157,826 | 494 |
| Baglung | 215228 | 232486 | 268,937 | 1784 |
| Gulmi | 238113 | 266331 | 296,654 | 1149 |
| Palpa | 214442 | 236313 | 268,558 | 1373 |
| Nawalparasi | 308828 | 436217 | 562,870 | 2162 |
| Rupandehi | 379096 | 522150 | 708,419 | 1360 |
| Kapilbastu | 270045 | 371778 | 481,976 | 1738 |

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| | 1981 | 1991 | 2001 | |
| Arghakhanchi | 157304 | 180884 | 208,391 | 1193 |
| Mid. West. Dev. Region | 1955611 | 2410414 | 3,012,975 | 42378 |
| Pyuthan | 157669 | 175469 | 212,484 | 1309 |
| Rolpa | 168116 | 179621 | 210,004 | 1879 |
| Rukhum | 132432 | 155554 | 188,438 | 2877 |
| Salyan | 152063 | 181785 | 213500* | 1462 |
| Dang | 266393 | 354413 | 462,380 | 2955 |
| Banke | 205323 | 285604 | 385,840 | 2337 |
| Bardiya | 199044 | 290313 | 382,649 | 2025 |
| Surkhet | 166196 | 225768 | 288527* | 2451 |
| Dailekh | 166527 | 187400 | 225,201 | 1502 |
| Jajarkot | 99312 | 113958 | 134,868 | 2230 |
| Dolpa | 22043 | 25013 | 29545* | 7889 |
| Jumla | 68797 | 75964 | 89427* | 2531 |
| Kalikot | 87638 | 88805 | 105580* | 1741 |
| Mugu | 43705 | 36364 | 43937* | 3535 |
| Humla | 20303 | 34383 | 40,595 | 5655 |

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| | 1981 | 1991 | 2001 | |
| Far. West. Dev. Region | 1320089 | 1679301 | 2,191,330 | 19539 |
| Bajura | 74649 | 92010 | 108781* | 2188 |
| Bajhang | 124010 | 139092 | 167,026 | 3422 |
| Achham | 185212 | 198188 | 231,285 | 1680 |
| Doti | 153135 | 167168 | 207,066 | 2025 |
| Kailali | 257905 | 417891 | 616,697 | 3235 |
| Kanchanpur | 168971 | 257906 | 377,899 | 1610 |
| Dadeldhura | 86853 | 104647 | 126,162 | 1538 |
| Baitadi | 179136 | 200716 | 234,418 | 1519 |
| Darchula | 90218 | 101683 | 121,996 | 2322 |

Note:- (Population Census 2001)

1. Districts with * symbol includes population, independent estimates or received from household listing of those 22,736,934.

Source: Population census 1981, 1991 & 2001; Central Bureau of Statistics.