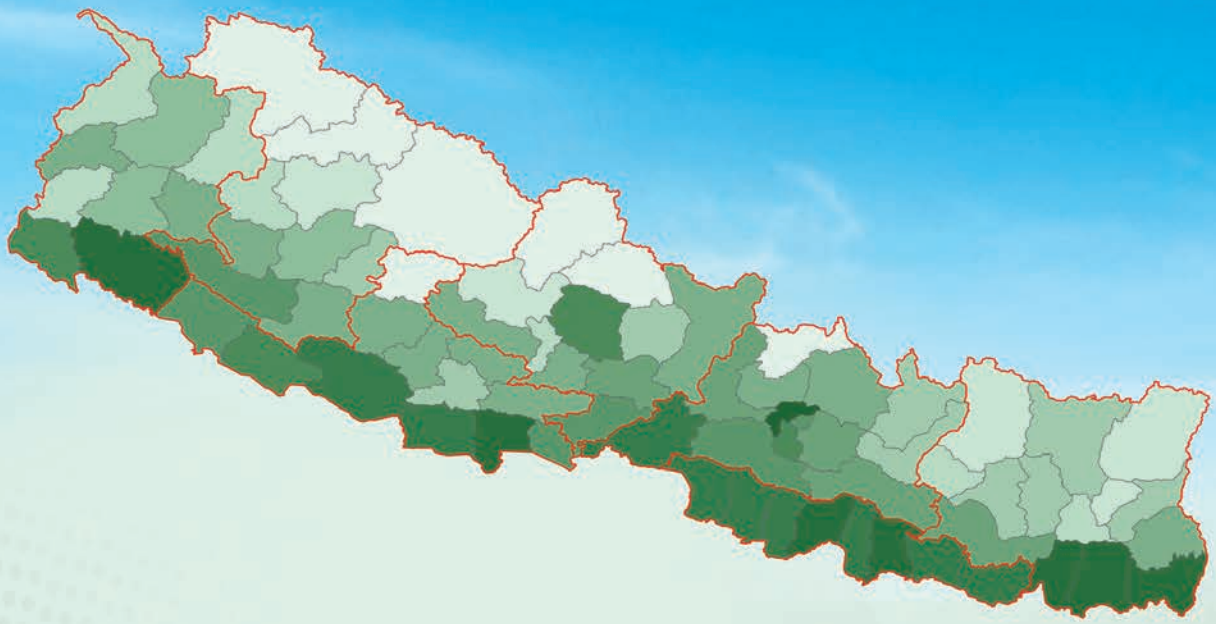
Thematic Report-VIII

National Population and Housing Census 2021

Population Projections for Nepal 2021-2051



Government of Nepal
Office of the Prime Minister and Council of Ministers
National Statistics Office
Thapathali, Kathmandu

MY CENSUS
MY PARTICIPATION
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Cover Map: Population distribution by district, NPHC 2021

Chief Secretary

Kathmandu, Nepal

Foreword

Government of Nepal has placed great emphasis on evidence-based policymaking, which depends on the availability of reliable and high-quality official data. The National Statistics Office (NSO) has consistently served this need by providing crucial data to inform government initiatives. As a key agency under the Office of the Prime Minister and Council of Ministers, the NSO plays a critical role in producing socio-economic and environmental statistics. These statistics are vital not only for federal, provincial, and local governments but also for a wide range of stakeholders across various sectors. Access to accurate and timely statistics is essential for implementing policies and plans at all levels of governance.

I appreciate the National Statistics Office for bringing forth this much-awaited report, *Population Projections for Nepal, 2021 - 2051*, which provides demographic projections from 2021 to 2051. This report is particularly significant as it offers projections at the lowest administrative level—the Ward—ensuring its relevance for policymakers, planners, and stakeholders at all levels.

The availability of disaggregated demographic data at the local level fulfills a long-standing demand for precise and timely information. This report will serve as a crucial tool for formulating evidence-based policies, planning development programs, and monitoring and evaluating their impact. Furthermore, it will support the government in designing appropriate population policies that address emerging demographic challenges and opportunities.

On behalf of the Government of Nepal, I extend my sincere appreciation to all those who have contributed to the preparation of this long-awaited report. Their dedication and expertise have made this valuable resource possible, strengthening Nepal's policy framework for sustainable development. I also acknowledge the tireless efforts of the NSO team in producing such a highly technical report, which serves as a crucial foundation for informed decision-making.

I am confident that this report will serve as a valuable resource for policymakers, researchers, and stakeholders in leveraging the projected year-by-year population figures for the next 30 years, based on the 2021 census.

March 2025

Eaknarayan Aryal
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Foreword

The National Population and Housing Census (NPHC) is the only source that consistently provides demographic and housing data down to the lowest administrative unit, i.e., the Ward. To meet the needs of a broad range of users, we have included brief explanations of the data in our reports. Over the years, the National Statistics Office (NSO) has focused not just on statistical reports but also on valuable analytical ones that cater to a wide audience, both within and outside the country. The production and dissemination of quality statistics are not merely public goods but national resources in the data and information age.

I am pleased to present the report *Population Projections for Nepal, 2021 - 2051*, which provides vital demographic projections for the years 2021 to 2051. This report is of great significance as it offers projections at the ward level, ensuring its relevance and utility for decision-makers, planners, and stakeholders across all levels of government.

The availability of projected population data is essential for planning and policy formulation. It not only assists in addressing the needs of a growing population but also helps in identifying potential challenges and opportunities. These projections are critical for resource allocation, infrastructure development, and social services, enabling the government to plan for a sustainable future.

This report serves as a crucial tool for the formulation of evidence-based policies, monitoring and evaluating development programs, and ensuring that the government's actions align with the country's demographic trends.

Specifically, I commend the Population Section staff for their tireless efforts in generating data, providing support, and reviewing the report. The Head of the Social Statistics Division at NSO coordinated all activities, and I value his contributions.

Special thanks to Prof. Dr. Samir KC, the expert in population projection, for analyzing the data and presenting the key findings, and to Mr. Uttam Narayan Malla, former Director General of the Central Bureau of Statistics, for reviewing the report from a government perspective. I also appreciate the technical support provided by the United Nations Population Fund (UNFPA). Additionally, I extend my gratitude to the British Embassy Kathmandu and the Swiss Agency for Development and Cooperation (SDC) for their financial support throughout the various stages of this report's development.

Lastly, I encourage constructive feedback from our users to improve future editions of this report.

March 2025

Maddhu Sudan Burlakoti
Chief Statistician

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ABBREVIATIONS

ASFR	Age-Specific Fertility Rate
COVID-19	Corona Virus Disease of 2019
DoFE	Department of Foreign Employment
GAPA	Gaun Palika
IHME	Institute for Health Metrics and Evaluation
MhiDeM	Multidimensional Hierarchical Demographic Model
MICS	Multiple Indicator Cluster Survey
MoLESS	Ministry of Labour, Employment and Social Security
NAPA	Nagarpalika
NDHS	Nepal Demographic and Health Survey
NSO	National Statistics Office
SRB	Sex Ratio at Birth
TFR	Total Fertility Rate
WPP	World Population Prospect

कार्यकारी सारांश

१. राष्ट्रिय जनगणना २०७८ ले प्रदेश, जिल्ला तथा स्थानीय तह, भौगोलिक क्षेत्र, सहरी एवम् ग्रामीण क्षेत्रको जनसङ्ख्या उपलब्ध गराउनुका साथै, नेपालको जनसङ्ख्याको उमेरगत संरचना, लैङ्गिक संरचना, जन्मदर, मृत्युदर, बच्चा जन्मिदाको लैङ्गिक अनुपात (Sex Ratio at Birth, SRB) तथा आन्तरिक तथा बाह्य बसाइँसराइ आदिका सूचकहरू पनि उपलब्ध गराएको छ। यसबाट स्थानीय तहसम्मको सामाजिक आर्थिक स्थिति आँकलन गर्न प्रयोगकर्ताहरूलाई सहज भएको छ। तर, दीर्घकालीन उद्देश्य तथा लक्ष्य हासिल गर्न के कस्ता नीति निर्माण, योजना तथा कार्यक्रम तर्जुमा गर्न आवश्यक हुन्छ भन्ने आँकलन गर्नको लागि आगामी वर्षहरूमा जनसङ्ख्याको तस्बिर कस्तो हुनेछ भन्ने जानकारी राख्न आवश्यक हुन्छ। यही उद्देश्यले यस प्रतिवेदनमा जनसङ्ख्या प्रक्षेपण गरिएको छ। प्रक्षेपण कार्यको दौरान विगतका जनगणनाहरू, नेपाल जनसाङ्ख्यिक तथा स्वास्थ्य सर्वेक्षण र नेपाल बहुसूचक सर्वेक्षणबाट प्राप्त जन्म, मृत्यु तथा बसाइँसराइका तथ्याङ्कको आधारमा लैङ्गिक अनुपात, जन्म, मृत्यु, बसाइँसराइका प्रवृत्ति तथा पूर्वानुमान तयार गरिएको छ। साथै, प्रचलित जनसाङ्ख्यिक खाका (Demographic model) र Cohort component method अनुसरण गरी भविष्यका लागि विभिन्न परिदृष्यहरू (Scenarios) परिकल्पना गरिएका छन्। त्यसैको आधारमा वि.सं. २०७८ देखि वि.सं. २१०८ सम्मको राष्ट्रिय, प्रदेश, जिल्ला तथा स्थानीय तह र वडा तहसम्मको जनसङ्ख्याको पूर्वानुमान तयार गरिएको छ जुन विभिन्न तहका सरकार, अनुसन्धानकर्ता र प्रयोगकर्ताहरूको लागि नीति निर्माण, कार्यक्रम तर्जुमा, अनुगमन एवं मूल्याङ्कन गर्ने कार्यमा उपयोगी हुने अपेक्षा गरिएको छ।

२. प्रक्षेपणको लागि जनसङ्ख्याको गुणस्तर जाँच तथा सुधार विधि

२.१ जनसाङ्ख्यिक आधार

राष्ट्रिय जनगणना २०७८ अनुसार नेपालको कुल जनसङ्ख्या २,९१,६४,५७८ रहेको छ जसमा महिलाको अनुपात ५१.१ र पुरूषको ४८.९ रहेको छ। सात प्रदेशमध्ये मधेस प्रदेशमा महिलाको भन्दा पुरूषको अनुपात बढी छ। प्रदेश, जिल्ला तथा स्थानीय तहका जनसङ्ख्याको लिङ्ग अनुसारको उमेरको विवरण जाँचको क्रममा उत्तरदातामा अधिक शून्य (०) र पाँच (५) प्राथमिकताका अङ्क वा उमेरको चुलीकरण (Age heaping) देखिएको छ, जुन प्रायः हाम्रो जस्तो समाजमा प्रचलित प्रवृत्ति हो। यसको समाधान जनसाङ्ख्यिक र तथ्याङ्कीय उपकरणहरू प्रयोग गरी सामान्यीकरण (Smoothing) गरिएका छन्। त्यस्तै जायजन्म वा प्रजनन प्रकृतिको अध्ययन गर्दा पाँच वर्षमुनिका बच्चाहरूको केही न्यून गणना गरिएको अनुमान छ। यो तथ्य नेपाल जनसाङ्ख्यिक तथा स्वास्थ्य सर्वेक्षण (NDHS) र नेपाल बहुसूचक सर्वेक्षण (NMICS) जस्ता विशिष्टीकृत सर्वेक्षणहरूको उत्तर (Response) को प्रवृत्तिको तुलना गर्दा जन्मदरको विवरण जनगणनामा सीमान्त रूपमा न्यून हुन गएको आशंका हुन्छ। यस समस्याको समाधानार्थ विशेषतः पाँच वर्षमुनिका जनसङ्ख्याको उमेरगत संरचना सुधारको लागि अहिले प्रचलनमा रहेको विधि (Arriaga Method) लाई अवलम्बन गरी Linear Interpolation गरिएको छ। यसरी अङ्क सुधार गर्दा वि.सं. २०७८ को जनगणनामा उपलब्ध गराइएको जन्मको सङ्ख्याभन्दा १,१०,००० अर्थात् २१ प्रतिशतले वृद्धि भई कुल जन्म ५,२३,००० देखिन आउँछ। यसले प्रक्षेपणको लागि जनसङ्ख्याको आधार २,९३,६८,०१९ मा स्थापित गराएको छ।

२.२ भविष्यको जनसाङ्ख्यिक परिदृष्यको परिकल्पना

आगामी दिनमा नेपालको जनसाङ्ख्यिक गतिशीलता (Population dynamics) र परिदृष्यको बारेमा सरकारी निकाय (मन्त्रालय, विभाग, प्रादेशिक कार्यालय तथा स्थानीय तह) का पदाधिकारीहरू, विज्ञ तथा प्राज्ञिक समुदायसँग समेत गरिएको अन्तरक्रियाको आधारमा निम्नानुसारको संभाव्य परिदृष्यहरू (Scenario) को परिकल्पना गरिएको छ ।

२.२.१ मध्यम परिदृष्य (Medium scenario) – प्रगतिउन्मुख नेपाल

औसत आशावादी प्रक्षेपणअनुसार नेपाल अहिलेकै विकासपथमा क्रमशः स्वास्थ्य सेवा, शैक्षिक स्थिति, पूर्वाधार निर्माण तथा आर्थिक अवसरको अवस्था उपलब्ध गराउँदै अगाडि बढ्नेछ । जन्मदर (प्रजनन) क्रमशः घट्दै जानेछ, जीवनप्रत्याशामा (आयु) सुधार हुनेछ र बसाइँसराइको क्रम यस्तै नै रही सहरीकरण हुँदै जानेछ । परिणामतः ग्रामीण क्षेत्रमा खाली घरहरूको सङ्ख्यामा वृद्धि हुनेछ ।

२.२.२ उच्चतम परिदृष्य (High scenario) – समृद्ध र दिगो नेपाल

तीव्र सामाजिक आर्थिक विकास, प्रविधिमा छलाङ मार्ने संभावना, पूर्वाधारमा तीव्र विकास, सहरीकरणमा वृद्धि र आर्थिक सम्पन्नताले महिला सशक्तीकरण (Women empowerment), स्वास्थ्य सेवा तथा शैक्षिक स्तर वृद्धि हुँदै जन्मदरमा तीव्र कमी आउनेछ । ग्रामीण–सहरी सम्पर्क सहज हुनाले आन्तरिक बसाइँसराइमा स्थिरता आउनेछ ।

२.२.३ न्यून परिदृष्य (Low scenario) – अतिकम विकसित यथावत नेपाल

युवाको विदेश प्रवासन यथावत रहने, कमजोर आर्थिक वृद्धि, वृद्ध जनसङ्ख्यामा क्रमिक वृद्धि आदिले जन्मदरमा अस्थिरता, आश्रित वृद्ध जनसङ्ख्यामा वृद्धि, बसाइँसराइको प्रवृत्ति झन् खराब हुने तथा देश विप्रेषणमा थप निर्भर हुने र श्रमशक्ति निर्यातको स्थिति झन् खराब हुनेछ ।

२.२.४ वैकल्पिक मध्यम परिदृष्य (Alternative medium scenario) – बाह्य विश्वजनित झड्काको प्रभाव, जलवायु परिवर्तन, भूराजनीतिक स्थितिमा परिवर्तन, सामाजिक रूपान्तरण, उल्टो बसाइँसराइ (साबिक थलोमा फर्किने अवस्था) प्रवृत्तिको प्रारम्भ, आर्थिक विविधीकरण र नवीनता (Innovation) ले प्रभावित आर्थिक वृद्धिको अवस्था सिर्जना हुनेछ ।

३. जन्मदर (प्रजनन) (Total fertility rate -TFR) को प्रवृत्ति

नेपालको जनसाङ्ख्यिक धरातलमा आधारभूत असर पार्ने तत्व प्रजननमा विगत ६ दशकमा उल्लेख्य परिवर्तन आई राष्ट्रियस्तरमा नेपालको जन्मदर (TFR) मा तीव्र कमी आएको छ । वि.सं. २०१८ मा एक जना महिलाले सरदर ५.७४ जना बच्चा जन्माइरहेको अवस्थाबाट २०७८ मा १.९४ जना छ जुन प्रतिस्थापनदर (Replacement level fertility-RLF) भन्दा कम हुन पुगेको छ । वास्तवमा, यो कमी विश्वभरि नै शिक्षा,

स्वास्थ्य तथा परिवार नियोजन सेवा, सहरीकरण र आर्थिक विकाससँगै देखिने गरेको परिवर्तनसँग मिल्दोजुल्दो देखिएको छ। यद्यपि, यस्तो स्थिति प्रदेशअनुसार फरक फरक छ। बागमती र गण्डकी प्रदेशको औसत जन्मदर राष्ट्रिय औसतभन्दा कम छ भने अरू पाँचओटा प्रदेशमा राष्ट्रिय औसतभन्दा बढी छ।

जन्मको समयको लैङ्गिक स्थिति (SRB) मा भने वि.सं. २०७८ मा एकतर्फी झुकाव (Skewed) को अवस्था रहेको छ। अर्थात् छोराको चाहना वा प्राथमिकता रहेका कारण राष्ट्रियस्तरमा जन्मको अवस्थाको लैङ्गिक अनुपात (SRB) ११२ पुरूष (प्रति १०० महिलामा) रहेको छ जुन मधेस र सुदूरपश्चिममा क्रमशः ११८ र ११६ रहेको छ। प्रजननको उपरोक्त अवस्थाले गर्दा निम्न तीन किसिमका परिदृष्यहरूको परिकल्पना गरिएको छ।

३.१ मध्यम परिदृष्य

यस परिदृष्यअनुसार जन्मदर क्रमशः ओरालो लाग्नेछ। विशेषतः नगर र सहरोन्मुख (सहरी र अर्धसहरी) क्षेत्रहरूमा वि.सं. २१०८ सम्ममा कुल प्रजननदर (अर्थात् महिलाको आफ्नो बच्चा पाउने उमेर समूहको अवधिमा) (TFR) १.१३ देखि २.१ जनाको श्रेणीमा रहनेछ। प्रदेशअनुसार जन्मदरको अन्तरमा कमी आउनेछ र सहरी क्षेत्रको न्यून जन्मदर स्थिर रहनेछ।

३.२ उच्च परिदृष्य

तीव्र आर्थिक विकास, शिक्षा तथा सामाजिक रूपान्तरणका कारण जन्मदरमा तीव्र कमी आई (TFR) कुल प्रजननदर १.१३ देखि १.९५ मा रहनेछ।

३.३ न्यून परिदृष्य

बसाइँसराइको स्थिति झन् खराब हुने र सामाजिक अवस्था पनि खराब हुने परिकल्पनाका कारण कुल प्रजननदर १.१३ देखि १.८५ मा रहनेछ।

४. मृत्युदरको प्रवृत्ति (Mortality trend)

पुरूष तथा महिलाको Life table को आधारमा सरदर आयु (Life expentancy at birth) अनुमान गरिएको छ जसअनुसार वि.सं. २०७८ मा नेपालीको सरदर आयु ७१.३ वर्ष रहेको छ। यसमा पुरूषको ६८.२ र महिलाको ७३.८ वर्ष रहेको छ। अर्थात् एकजना बच्चाले जन्मको समयमा ७१.३ वर्ष बाँच्ने सम्भावना बोकेको हुन्छ। विगतको जनगणनाको तुलनामा स्वास्थ्य सेवा, शैक्षिक स्थिति तथा चेतनास्तर र स्वास्थ्य क्षेत्रमा लगानीको वृद्धिका कारण आयुमा सुधार देखिएको छ।

यस प्रक्षेपण कार्यको लागि Life table बाट प्राप्त बाँच्न सक्ने अनुपात (Survival Ratio) को उपयोग गरिएको छ। प्रक्षेपणको प्रयोजनार्थ हरेक जिल्लाको जीवनप्रत्याशा वा आयु (Life expectancy at birth) वि.सं. २०७८ देखि वि.सं २१०८ सम्मको लागि मध्यम परिदृष्यमा तयार गरी उपयोग गरिएको छ। व्यवहारतः संयुक्त

राष्ट्रसंघ (United Nations) ले तयार गरेको Life table बाट Survival Ratio) तयार गरिएको हो । न्यून परिदृष्यमा Survival Ratio मध्यम परिदृष्यको पनि आधाआधी हुने परिकल्पना गरिएको छ । जबकि उच्चतम परिदृष्यको लागि मध्यम प्रकृतिको ५० प्रतिशतले छिटो मृत्युदरमा कमी आउने परिकल्पना गरिएको छ । साथै, स्थानीय तह तथा वडा तहमा मृत्युदर अर्थात् उमेरगत रूपमा बाँच्ने जीवन प्रत्याशाको अनुपात (Survival Ratio) जिल्लाकै प्रवृत्तिअनुसार रहने परिकल्पना गरिएको छ ।

५. आन्तरिक बसाइँसराइ (Internal Migration)

प्रदेशगत, जिल्लागत तथा स्थानीय तहमा गरिने जनसङ्ख्या प्रक्षेपणमा आन्तरिक बसाइँसराइको तथ्याङ्क महत्वपूर्ण हुन्छ । नेपालको ग्रामीण–सहरी बसाइँसराइ विशेष रूपमा महत्वपूर्ण देखिन्छ । कम विकसित वा कम सार्वजनिक सुविधाप्राप्त क्षेत्र वा प्रदेशबाट विकसित वा सुविधा बढी भएको क्षेत्र वा प्रदेशमा बसाइँसराइ गर्नु एक स्वाभाविक प्रवृत्ति हो । जनगणना २०७८ ले एक प्रदेशबाट अर्को प्रदेशमा बसाइँ सर्नेको सङ्ख्या ६,०९,८९० देखिएको छ जसमध्ये बागमती प्रदेश प्रमुख गन्तव्य प्रदेश रहेको छ जहाँ बसाइँसराइ गरेका कुल जनसङ्ख्याको ५३ प्रतिशत केन्द्रित रहेको देखिन्छ । त्यसपछिका गन्तव्य लुम्बिनी (१६%) गण्डकी (११%) र कोशी (८%) प्रदेश देखिन्छन् ।

त्यस्तै बसाइँसराइ गरी प्रदेश छोडेर जाने (Out migrant) मा क्रमशः कोशी प्रदेश (१९%), गण्डकी (१८%), मधेस (१७%), बागमती (१४%), लुम्बिनी (१३%), कर्णाली (११%) र सुदूरपश्चिम (७%) देखिन्छन् । जिल्लागत रूपमा आन्तरिक बसाइँसराइको स्थितिमा काठमाडौँ प्रमुख गन्तव्य जिल्लामा पर्दछ । त्यसपछि भक्तपुर, चितवन, झापा, कैलाली, कास्की, ललितपुर, मोरङ, रूपन्देही र सुनसरी प्रमुख गन्तव्यमा पर्दछन् । मध्यम परिदृष्यमा विशेषतः ग्रामीण क्षेत्रबाट सहरी क्षेत्रमा विवाह, शिक्षा, रोजगारी सहरीकरण आदि कारणले आन्तरिक बसाइँसराइ सुस्त रूपमा कायमै रहने देखिन्छ । उच्च परिदृष्यमा ग्रामीण क्षेत्रमा विकास पूर्वाधार र सेवा विस्तारको अपेक्षा गरी आन्तरिक बसाइँसराइमा केही कमी आउने परिकल्पना गरिएको छ । तर, प्रक्षेपणको न्यून परिदृष्यमा आन्तरिक बसाइँसराइ युवाको पलायनका कारण अझ बढ्ने परिकल्पना गरिएको छ जसअनुसार ग्रामीणबाट सहरी क्षेत्रमा बसाइँसराइको आयतन दोब्बर हुनेछ ।

६. अन्तर्राष्ट्रिय बसाइँसराइ (International Migration)

जनसङ्ख्या प्रक्षेपणमा नेपालको अन्तर्राष्ट्रिय बसाइँसराइको आँकलन वास्तवमै जटिल छ । नेपालको सन्दर्भमा पनि प्रवासन (Emigration), आप्रवासन (Immigration) तथा प्रत्यागमन (Return Migration) आदिका कारण खुद बसाइँसराइको दरको अनुमान सावधानीपूर्वक गरिएको छ । जनगणना, २०७८ अनुसार करिब २१ लाख जनसङ्ख्या अनुपस्थित रहेको देखिन्छ जुन कुल जनसङ्ख्याको ७.४ प्रतिशत हुन आउँछ । यसमा पुरूषको सङ्ख्या अत्यधिक ८२.२ प्रतिशत छ । हुन त महिलाको प्रवासनदर पनि सन् २०६८ को १०.८ प्रतिशतबाट वृद्धि भई २०७८ मा १७.८ प्रतिशत पुगेको छ । मलेसिया र खाडीतर्फ बसाइँसराइ गरेका जनसङ्ख्यामध्ये अधिकांश विभिन्न कारणले करार समाप्त भएर, पारिवारिक जिम्मेवारी र करार अवधि हुँदाहुँदै बिचमै राजीनामा

गरेर, बिरामी भएर वा निवृत्त भएर फर्किने सम्भावना अधिक हुन्छ। जबकि युरोप, अमेरिका, अस्ट्रेलिया, क्यानाडा आदि देशतर्फ गएका थोरै मात्र फर्किने सम्भावना हुन्छ। यसले आगामी वर्षहरूमा पनि अनुपस्थित जनसङ्ख्यामा वृद्धि नै हुने अनुमान गर्न सकिन्छ। वास्तवमा नेपाल आप्रवासन (Immigration) को सङ्ख्यामा पनि वि.सं. २०६८ को तुलनामा वि.सं. २०७८ मा वृद्धि भएको (४,७९,६२५ बाट ७,४४,२४५ मा) देखिन्छ। यो प्रवृत्ति वि.सं. २१०८ सम्ममा दोब्बर हुने देखिन्छ। तर, प्रवासनमा वि.सं. २१०८ सम्ममा करिब ५० प्रतिशतले न्यून भई अन्तर्राष्ट्रिय बसाइँसराइको धरातलीय यथार्थमा परिवर्तन हुने देखिन्छ।

७. प्रक्षेपणका प्रमुख नतिजा (Major Results)

७.१ जनसाङ्ख्यिक संरचना

मध्यम परिदृष्यअनुसार नेपालको जनसङ्ख्या वि.सं. २०७८ को २ करोड ९२ लाखबाट वि.सं. २१०८ मा ३ करोड ३५ लाख पुग्नेछ जसको औसत वार्षिक वृद्धिदर (०.३५-०.५५%) सम्म रहनेछ। त्यस्तै उच्च परिदृष्यमा जनसङ्ख्या ३ करोड ४४ लाख र औसत वार्षिक वृद्धिदर (०.३९-०.६४%) रहनेछ। न्यून परिदृष्यअनुसार जनसङ्ख्या ३ करोड ४ लाख र औसत वार्षिक वृद्धिदर (०.२९-०.५३%) को दायराभित्र रहनेछ। सबै परिदृष्यअनुसार आश्रित जनसङ्ख्याको अनुपात वि.सं. २१०२ सालमा न्यूनतममा रहनेछ र त्यसपछि क्रमशः वृद्धि भई आश्रित अनुपात पूर्ण रूपले बढ्ने छ। मध्यम परिदृष्यबमोजिम प्रत्येक १०० जना काम गर्ने उमेर समूहका व्यक्तिहरूमा ४८ जना आश्रित रहनेछन् जुन अन्य परिदृष्यमा ४७.५ र न्यून परिदृष्यमा ४६.७ जना रहनेछन्। सबै प्रदेशहरूमा आश्रित अनुपात घट्नेछ। कोशी, बागमती, गण्डकी र लुम्बिनीमा आश्रित अनुपात वि.सं. २१०२ सालमा सम्मै घट्नेछ र तत्पश्चात् सुस्त गतिले बढ्नेछ। तर, मधेस, कर्णाली र सुदूरपश्चिममा आश्रित अनुपात वि.सं. २१०२ सालपछि पनि घट्दै जानेछ।

७.२ प्रजनन स्थिति (Fertility)

७.२.१ सबै परिदृष्यहरूमा प्रजननदरमा कमी आउने प्रक्षेपण गरिएको छ। विशेषतः उमेर समूहअनुसारको प्रजननदरमा (ASFR) आउने कमीले वास्तवमा बच्चा पाउने उमेर ढिलो हुँदै जाने देखिन्छ।

७.२.२ जन्मको समयमा हुने लैङ्गिक अनुपात (SRB) ११३ बाट वि.सं. २०८८ सालमा ११९ मा बढ्ने देखिन्छ। तत्पश्चात् क्रमशः कमी आएर १०३ बाट वि.सं. २१०८ मा १०७ मा लगभग स्थिर रहने देखिन्छ।

७.२.३ मध्यम परिदृष्यअनुसार वि.सं. २०७८ को ५ लाख २७ हजारको जन्म सङ्ख्याबाट वि.सं. २१०८ मा ३ लाख ६८ हजारमा ओरालो लाग्दै करिब ३०.२ प्रतिशतले कमी आउने देखिन्छ। सबैभन्दा बढी बच्चा पाउने उमेर २५ हुने देखिन्छ। कुल प्रजननदर (TFR) १.७२ रहने र बच्चा पाउने सरदर उमेर MACB २९.२ वर्ष रहने देखिन्छ। उच्च परिदृष्यअनुसार वि.सं. २१०८ मा जन्म सङ्ख्यामा करिब ३१.७ प्रतिशतले कमी आउने देखिन्छ जसले TFR १.६४ मा ओरालो लाग्ने र बच्चा पाउने औसत उमेर MACB सन् २१०८ मा २९.१ वर्ष रहने देखिन्छ। यस्तै न्यून परिदृष्यअनुसार जनसङ्ख्या वि.सं. २१०८ सम्ममा ४४.१ प्रतिशतले कमी आउने, TFR १.५२ मा झर्ने र बच्चा पाउने औसत उमेर २९ वर्ष पुग्नेछ।

८. मृत्युदर (Mortality)

८.१ मृत्युको प्रवृत्ति प्रक्षेपण गरिएअनुसार सुधार हुँदै महिला पुरूष दुवैको आयु लामो हुनेछ। निसन्देह लैङ्गिक अन्तर कायम रही पुरूषको आयु महिलाको भन्दा छोटो हुनेछ।

८.२ तीनओटै परिदृष्यअनुसार मृत्युको सङ्ख्या बढ्दै जानेछ। विशेषतः ७० वर्ष नाघेका वृद्धसङ्ख्याको मध्यम परिदृष्यअनुसार वि.सं. २१०८ मा ३ लाख ६ हजारको मृत्यु हुनेछ। न्यून परिदृष्यअनुसार ३ लाख ३६ हजार र उच्च परिदृष्यअनुसार ७५ हजारको मृत्यु हुनेछ।

८.३ सबै परिदृष्यअनुसार जीवनप्रत्याशा वा आयु बढ्ने देखिन्छ। मध्यम परिदृष्यअनुसार वि.सं. २१०८ मा पुरूष र महिलाको औसत आयु ७७ वर्ष पुग्नेछ। उच्च परिदृष्यअनुसार औसत आयु ७९.५ वर्ष र न्यून परिदृश्यअनुसार ७४.४ वर्ष पुग्नेछ।

८.४ मध्यम परिदृष्यअनुसार वि.सं. २१०८ मा शिशु मृत्युदर (Infant Mortality Rate-IMR) ७.३ जना प्रतिहजार जीवित जन्ममा झर्ने देखिन्छ। बाल मृत्युदर (१-४ वर्ष) १.७ जना प्रतिहजार बच्चामा र पाँच वर्षमुनिका बच्चाहरूको मृत्युदर (U5MR) ८.९ (प्रतिहजार जीवित जन्म) मा झर्ने देखिन्छ।

९. अनुपस्थित र फर्किने जनसङ्ख्या (Absent population and returnees)

९.१. जनसङ्ख्या प्रक्षेपणको अभ्यासले अनुपस्थित जनसङ्ख्या र तिनको प्रवासमा काम गर्ने समयावधि साथै फर्किने सम्भावना समेतलाई अध्ययन गरेको छ।

९.२. सबै परिदृष्यअनुसार अनुपस्थित जनसङ्ख्याको अधिक अंश उमेर समूह २०-४० मा पर्दछन् र त्यसमा अत्यधिक पुरूष छन्। मध्यम परिदृष्यअनुसार वि.सं. २०७८ मा १८ लाख २० हजार अनुपस्थित जनसङ्ख्या प्रक्षेपण अवधिको मध्यमा ३४ लाख १० हजार र वि.सं. २१०८ मा २५ लाखमा झर्ने प्रक्षेपण छ। उच्च परिदृष्यअनुसार वि.सं. २०८८ मा ३१ लाख २० हजार र तत्पश्चात् वि.सं. २१०८ मा २० लाख ४० हजार पुग्नेछ। त्यस्तै न्यून परिदृष्यअनुसार धेरै सङ्ख्यामा प्रवासनमा जाने भई वि.सं. २०९८ मा ३९ लाख अनुपस्थित रहने र सो सङ्ख्या वि.सं. २१०८ सालमा ३८ लाख १० हजारमा झर्नेछ।

प्रदेशगत प्रक्षेपणअनुसार कोशी र सुदूरपश्चिममा मध्यम तथा उच्च परिदृष्यमा अनुपस्थित जनसङ्ख्या क्रमशः घट्ने र न्यून परिदृष्यमा अझ बढ्ने अनुमान छ। सबै परिदृष्यमा कामको खोजी र शैक्षिक उद्देश्यका कारण अनुपस्थित पुरूषको सङ्ख्या अधिक नै रहनेछ।

९.४. फर्किने अधिकतर जनसङ्ख्या ४०-६० उमेर समूहमा पर्दछन्। मध्यम परिदृष्यअनुसार फर्किने जनसङ्ख्या वि.सं. २०७८ को को ९५ हजारबाट २०९८ मा २ लाख ५ हजार र तत्पश्चात् वि.सं. २१०८ सालमा २ लाख ३ हजार हुनेछ।

१०. प्रवासनमा जाने जनसङ्ख्या (Emigrants)

जनगणनाको तथ्याङ्कले २०-४० उमेर समूहका युवा विदेश जानेमा अधिक रहेको देखिन्छ। मध्यम परिदृष्यअनुसार वि.सं. २०८८ मा प्रवासनमा जाने सो उमेरको जनसङ्ख्या उच्चतम अर्थात् ६१ हजार हुने देखिन्छ र तत्पश्चात् वि.सं. २१०८ मा ४९ हजारमा झर्नेछ। उच्च परिदृष्यअनुसार वि.सं. २०८८ मा ६८ हजार र वि.सं. २१०८ मा ५७ हजार पुग्ने देखिन्छ। न्यून परिदृष्यअनुसार वि.सं. २१०८ मा सो सङ्ख्या ६९ हजार पुग्नेछ जसमा महिलाको सङ्ख्या अधिक हुनेछ।

प्रदेशहरूबाट हुने प्रवासनको प्रक्षेपणअनुसार बागमती (२१,७६६), कोशी (७,८३८) र गण्डकी (७,०९८) अगाडि पर्ने देखिन्छ जबकि मधेस, कर्णाली र सुदूरपश्चिमबाट तुलनात्मक रूपमा कम हुनेछ।

११. आप्रवासी जनसङ्ख्या (Immigrants)

आप्रवासन अर्थात् विदेशबाट आउनेको सङ्ख्या मध्यम परिदृष्यअनुसार वि.सं. २०७८ मा ९,१७४ को सङ्ख्याबाट वृद्धि भएर वि.सं. २१०८ मा १८,३५३ पुग्नेछ जसमा महिला र पुरूषको सङ्ख्या बराबर जस्तो हुनेछ र अधिकांश २०-४० उमेर समूहका हुनेछन्। उच्च परिदृष्यअनुसार वि.सं. २१०८ मा उक्त सङ्ख्या करिब दोब्बरले वृद्धि भएर ३६,७०७ पुग्नेछ। जबकि न्यून परिदृष्यअनुसार ९,१७७ मा सीमित हुने देखिन्छ। प्रदेशगत मध्यम प्रक्षेपणअनुसार कोशीमा १,८९९ बाट ३,७९८ र बागमतीमा १,६४७ बाट ३,२९३ पुग्नेछ। उच्च परिदृष्यअनुसार कोशीमा ७,५९७ र बागमतीमा ६,५८७ पुग्नेछ। जबकि न्यून परिदृष्यअनुसार सबै प्रदेशहरूमा नगण्य मात्रामा मात्रै वृद्धि हुने वा शून्य वृद्धि हुनेछ।

१२ आन्तरिक बसाइँसराइ (Internal migration)

आन्तरिक बसाइँसराइ मध्यम परिदृष्यअनुसार वि.सं. २०७८ को २ लाख ८६ हजारबाट वि.सं. २१०८ मा २ लाख ३७ हजारमा झर्नेछ। त्यसमा विवाह नै मुख्य कारण हुने हुनाले महिलाको सङ्ख्या अधिक हुनेछ। यो प्रक्षेपणको खाकाअन्तर्गत उमेरअनुसार र कारणअनुसार सङ्ख्यामा समायोजन गरिएको छैन।

१३. नीति सिफारिस

यस प्रक्षेपणअन्तर्गत नेपालको जनसङ्ख्या वि.सं. २०७८ देखि वि.सं. २१०८ सम्मको विस्तृत अनुमान प्रस्तुत गरिएको छ। नेपालको जनसङ्ख्या मध्यम परिदृष्यअनुसार २ करोड ९२ लाखबाट ३ करोड ३५ लाख पुग्नेछ। यस्तो अवस्था वास्तवमा घट्दै गरेको प्रजननदर, सुधार हुँदै गरेको मृत्युदर, बसाइँसराइमा आउने परिवर्तन र अनुपस्थित जनसङ्ख्याले प्रभावित हुने देखिन्छ। प्रदेशगत प्रक्षेपणअनुसार मधेस र बागमतीमा जनसङ्ख्या वृद्धि हुने, पहाडमा जनसङ्ख्या कम हुँदै जाने, लैङ्गिक असन्तुलन कायम रहने र वृद्ध जनसङ्ख्या बढ्दै जानेछ। वास्तवमा, प्रक्षेपणको यस परिदृष्यले नीतिनिर्मातालाई निम्नानुसार राष्ट्रिय, प्रदेश र क्षेत्रअनुकूल विभिन्न सामाजिक, आर्थिक र जनसाङ्ख्यिक नीति तर्जुमा गर्ने आधार उपलब्ध गराएको छ।

- घट्दो प्रजननदरलाई मध्यनजर गर्दै बच्चा पाउने उमेरका जोडीलाई सुत्केरी बिदा, आर्थिक प्रोत्साहन, कार्यस्थलमा शिशु हेरचाहको वातावरण सुविधाको व्यवस्था गर्ने,
- बच्चा पाउने उमेरका जोडीलाई भरसक कम उमेरमै (तिस वर्षअगाडि) बच्चा पाउन प्रोत्साहन गर्ने, प्रजनन स्वास्थ्यसेवा विस्तार गर्ने तथा लैङ्गिक छनौटको प्रवृत्ति नियन्त्रण गर्ने,
- नेपालीको सरदर आयुमा क्रमशः वृद्धि भइरहेकोले ज्येष्ठ नागरिकलक्षित सुलभ स्वास्थ्यसेवा विस्तार गर्ने, ज्येष्ठ नागरिकमैत्री पूर्वाधार निर्माणमा प्राथमिकता दिने,
- दिगो सामाजिक सुरक्षा एवम् कृषकलक्षित निवृत्तिभरणको व्यवस्था गर्ने, ज्येष्ठ नागरिकलाई शारीरिक क्षमताअनुसारको आंशिक रोजगारीको व्यवस्था गर्ने,
- ग्रामीण–सहरी बसाइँसराइको प्रवृत्ति नियमन गर्न ग्रामीण क्षेत्रमा कृषि, कृषिमा आधारित साना तथा मझौला उद्योग–व्यवसाय, पर्यटनमा आधारित व्यवसाय प्रवर्धन गर्न वित्तीय प्रोत्साहन, प्राविधिक र व्यावसायिक तालिमको व्यवस्था एवम् गर्ने,
- प्रवासबाट फर्किने समूहको लागि मर्यादित रोजगारीको व्यवस्था गर्ने,
- ग्रामीण क्षेत्रका खाली घर र बाँझो खेतबारी उपयोगमा ल्याउन तथा अनियन्त्रित सहरीकरणको रोकथाम गर्न उपयुक्त तथा व्यावहारिक भू–उपयोगसम्बन्धी नीतिगत व्यवस्था गर्ने, र
- युवाहरूको बढ्दो विदेश पलायनको स्थितिलाई सम्बोधन गर्न ठोस नीति तर्जुमा तथा कार्यान्वयन गर्ने ।

EXECUTIVE SUMMARY

Using the data from the Nepal Population and Housing Census, 2021, this report explores the current state and future projections (2021-2051) of Nepal's population size and structure. In Nepal, population censuses are conducted every ten years, providing comprehensive data on the size and characteristics of the population at the time. The census also gathers historical data on births, deaths, and migration from each household. This data is analysed to create various indicators, contributing to understanding national trends. It is a natural human tendency to anticipate the future to better prepare for it, so accurately predicting future conditions is crucial. Specifically, foreseeing potential challenges allows for timely intervention and preparation. Following each census, population projections are made under different scenarios to anticipate future developments. These projections are vital for effective planning, development, and resource management. Understanding and expecting demographic changes enable policymakers to allocate resources to health, education, infrastructure, and social services more efficiently. The census, with its detailed information on age, gender, births, deaths, and migration, serves as the foundation for forming the assumptions used in population projections.

The primary data for these projections is sourced from the Nepal Population and Housing Census (NPHC) 2021, enriched by various national censuses and surveys. Global data, such as the World Population Prospects 2024, complements this information, creating a robust database for future projections. A customised demographic model was developed for this study, seamlessly integrating data on fertility, mortality, and migration from the census. This model allows for in-depth analysis across five administrative levels: national, provinces, districts, local levels, and wards. By capturing migration patterns and regional disparities, it supports the development of tailored policies and interventions to effectively address localised challenges.

Projection begins at the district level primarily due to the availability of inter-district migration data in the census. Historical trends and estimates of fertility, mortality, and migration, along with narrative insights, have been used to create several demographic scenarios at this level. These district-level projections subsequently inform projections at the local level within each district and even further to ward levels. For national and provincial projections, aggregates of district-level data were utilised. This executive summary emphasises the scenarios and results at the national and provincial levels, while detailed findings at lower administrative levels are included in the main report and the associated data documentation.

Population structure

The census enumerated 29,164,578 population, where females comprised more than half (51.13%), and males were 48.87 percent of the total population. Across all provinces, Madhesh holds a higher proportion of males, while the scenario in other provinces aligns with the national gender distribution in population. The age-sex distribution at both national and sub-national levels reveals issues of age heaping, indicating compromised data quality and a lack of data literacy among Nepalese. To resolve

this issue, age-sex population smoothing was done. Also, the under-five population was adjusted using the births using a demographic method developed by Arriaga (1983). Hence, the final updated population of 29,368,019 was taken as the base population for further projections.

Narrative development and future scenario

Future demographic scenarios of Nepal were developed through collaborative discussions with experts from NSO, different stakeholders (representatives from ministries, National Planning Commission) and academics. Four key scenarios were developed to capture possible demographic and socioeconomic trajectories:

Medium Scenario – Progressive Nepal: A moderately optimistic trajectory where Nepal continues its current development path with steady improvements in health, education, infrastructure, and economic opportunities. Fertility rates decline gradually, life expectancy improves, and migration patterns indicate continued urbanisation, with an increasing number of "empty households" in rural areas.

High Scenario—A Prosperous Sustainable Nepal: This scenario envisions rapid socio-economic progress, technological advancements, and infrastructure growth, leading to urban expansion and economic prosperity. Fertility rates decline sharply due to higher education levels and female empowerment, while internal migration stabilises with stronger rural-urban linkages.

Low Scenario—Least Developed Country Nepal: This country reflects challenges such as increasing youth out-migration, weak economic growth, and an ageing population. Fertility declines unevenly, leading to higher old-age dependency ratios, and migration trends worsen, with increased reliance on remittances and external labor markets.

Alternative Medium Scenario(s): This is a collection of alternative scenarios for external shocks (e.g., climate change, geopolitical shifts) and social transformations, integrating possibilities of reverse migration, economic diversification, and innovation-driven growth.

Fertility

Fertility is a fundamental component of Nepal's demographic landscape and has undergone significant transformation over the decades. At the National level, the country has undergone a major demographic shift, with a steep decline in Total Fertility Rates (TFR) from 5.74 children per woman in 1961 to 1.94 in 2021. This trend mainly aligns with the global patterns of fertility decline driven by education, increased access to family planning, urbanisation, and economic development.

Regional variations in fertility rates were evident across provinces. Bagmati and Gandaki provinces exhibit the lowest fertility levels, while Madhesh and Karnali showed higher fertility rates, particularly among women in their early reproductive years.

These overarching forces shape the fertility trends within the three primary scenarios. In the medium scenario, fertility will gradually decline and the TFR will stabilise between 1.13 and 2.1 by 2051. Regional Fertility gaps are assumed to be narrow, with urban areas stabilising at lower levels. In the low scenario, by 2051, TFR is projected to range between 1.13 and 1.85, reflecting an uneven fertility decline, mainly due to high out-migration caused by worsening social conditions. Lastly, a faster fertility decline (TFR 1.13-1.95) is expected in the high scenario due to rapid economic growth, education, and social transformations.

The Sex Ratio at Birth (SRB) remained skewed due to persistent son preference, with a national SRB of 112 boys per 100 girls in the 2021 Census. The highest SRB imbalances were observed in Madhesh (118) and Sudurpashchim (116). District-level SRB is expected to become normal (105 boys per 100 girls) in all districts by 2051.

Mortality

The life expectancy at birth among Nepalese is steadily increasing. The life expectancy at birth (*le0*) of Nepalese was 71.30 years (both sexes), 68.20 years (males), and 73.80 years (females). This mortality situation can be attributed to improved healthcare facilities, vaccination programs, education accessibility, increasing investment in the health sector, public awareness, etc.

For incorporating the mortality in the population projection, survival ratios were used. Life expectancy at birth for each district and province was projected annually (2021–2051) under the medium scenario, following the gains assumed in the UN's population projections for Nepal. In the low scenario, *le0* was expected to improve at half the medium scenario's rate, while in the high scenario, it was expected to increase 50 percent faster. The same approach was applied to generate survival ratios. At the local and ward levels, survival ratios are assumed to follow district-level patterns for consistency.

Internal migration

Nepal's internal migration patterns highlight a significant rural-to-urban shift, with people moving from less developed regions to more urbanised and economically dynamic regions. The NPHC-2021 recorded 609,890 inter-province migration flows in the five years prior, with Bagmati Province emerging as the primary destination, attracting over half (53%) of migrants, followed by Lumbini (16%), Gandaki (11%), and Koshi (8%). Regarding out-migration, Koshi Province had the highest share (19%), followed by Gandaki (18%), Madhesh (17%), Bagmati (14%), Lumbini (13%), Karnali (11%), and Sudurpashchim (7%). District-wise, Kathmandu remains the leading destination for migrants, alongside other major urban centres such as Bhaktapur, Chitawan, Jhapa, Kailali, Kaski, Lalitpur, Morang, Rupandehi, and Sunsari. Gender-wise, increasing female internal migration is seen. Overall, it is assumed that internal migration will remain steady in the medium scenario, with continued migration toward urban areas driven by forces such as marriage, urbanisation, education, employment, family-related reasons, and agricultural migration. The high scenario anticipates continued but slowing migration, resulting

in rural areas developing into peri-urban and urban, with probabilities halved by 2050. In the low scenario, migration is expected to increase, particularly among youth, with probabilities doubling by 2050 while maintaining a rural-to-urban pattern.

International migration

The international migration pattern in Nepal showcases a complex dynamic involving emigration, return migration, and immigration. According to the 2021 census, about 2.1 million Nepalese live abroad, accounting for 7.4 percent of the total population. Although male migrants continue to dominate, comprising 82.2 percent, female migration has steadily increased from 10.8 percent in 2001 to 17.8 percent in 2021. A significant number of Nepalese emigrate to Malaysia and Gulf countries primarily for labour opportunities. Given factors like contract completion, resignation, family responsibilities, illness, or retirement, a high return rate is anticipated among this group. Conversely, lower return rates are expected for those migrating to non-returning countries such as Europe, the U.S., Canada, the U.K., and Australia, leading to a growing absentee population.

Simultaneously, Nepal has witnessed an increase in immigration, with the number of foreign-born residents rising from 479,625 in 2011 to 744,245 in 2021, signalling shifting migration trends. Looking forward, under a medium scenario, immigration numbers and return migration rates are projected to double by 2051. Males out-migration rates are expected to decrease by 50 percent, while the rates for female is anticipated to double, indicating a significant shift in Nepal's migration landscape. In addition, more migrants from Nepal for education and work to new destinations with a very low chance of return. In the medium scenario, the proportion of out-migrants going to those non-returning countries is expected to double by 2030 at the 2021 level and stabilise.

In a low scenario, immigration numbers and return migration probabilities will remain constant at 2021 levels. Female out-migration probabilities will increase fourfold, whereas the probabilities will stay unchanged for males. The proportion of out-migrants to non-returning countries is expected to be constant at the 2021 level. Conversely, in a high scenario, immigration numbers and return migration probabilities would quadruple by 2051. Female out-migration probabilities are projected to double by 2030 and stabilise, while it will remain constant for males at 2021 levels. The proportion of out-migrants to non-returning countries is expected to increase three-fold by 2030 and remain constant thereafter.

Major Results

Population structure

In the medium scenario, Nepal's population is expected to increase from reported 29.1 million in 2021 to 33.5 million in 2051, with an Annual Growth Rate (AGR) between 0.35-0.55 percent during the projection period. Subsequently, in the high scenario, the population is expected to increase to 34.4 million, with an AGR ranging from 0.39-0.64 percent. In the low scenario, the population is expected to reach 30.4 million with an AGR ranging from -0.29-0.53 percent.

The dependency ratio- the number of individuals aged below 15 and above 64 per 100 working-age individuals (15-64 years)- is expected to reach the lowest value in 2045 in all scenarios. It will then rise as the number of elderly individuals continues to grow. In the medium scenario, it will reach about 48 dependent individuals per 100 working-age individuals, slightly lower in the high scenario (47) and the low scenario (46). The consistently lower dependency ratio indicates that Nepal will continue to have this demographic dividend for longer.

At the subnational level, by 2051, the dependency ratio will decline in all provinces under the medium scenario. In Koshi, Bagmati, Gandaki, and Lumbini, the dependency ratio will continue to fall until 2045 and will begin to increase—following the national trend of population ageing. However, the consistent decline of the dependent population will be evident in the Madhesh, Karnali, and Sudurpashchim provinces, which will continue to have a higher proportion of children and youth.

Fertility

Across all scenarios, fertility rates are projected to decline, with age-specific birth curves becoming more concentrated, signalling a shift toward a shorter reproductive span.

Across all the scenarios, SRB is expected to rise to 118 by 2030 before gradually stablilising to 108 by 2050.

In the medium Scenario, births will decline from 527 thousand in 2021 to 368 thousand in 2050, a 30.2 percent reduction, with peak fertility age remaining around 25 years. TFR is expected to reach 1.72 births per woman while the mean age at child bearing rise to 29.23 years. In the high Scenario, births are projected to decrease by 31.7 percent by 2050, with TFR expected to drop to 1.64 births per woman and the mean age at child bearing to 29.12 years. By 2051, births are estimated to decline by 44.1percent under the low scenario, with TFR projected at 1.52 births per woman and the mean age at child bearing at 29 years.

The projection implies that Sex Ratio at Birth (SRB) will continue to increase, reaching almost 119 males born for every 100 girls in Nepal by 2030 before starting to decline.

Mortality

Regarding mortality, across all scenarios, the projection assumes that the situation will improve, leading to a longer lifespan for both sexes. However, sex differences will persist, with men dying relatively younger than women.

Across all three scenarios, deaths consistently increase over time, with the steepest rise observed in older age groups (70+ years). In 2050, under the medium scenario, about 306 thousand deaths are expected, while this number will increase in the low scenario to 336 thousand and lowest in the high scenario- 275 thousand.

The life expectancy at birth will continue to increase across all scenarios. By 2050, under the medium scenario, it is expected to reach 77 years for both sexes, while in the high scenario, it remains the highest (79.5 years), and lowest in the low scenario, 74.4 years.

By 2050, under the medium scenario, the infant mortality rate is expected to decline to 7.3 deaths per 1000 live births, the child mortality rate to 1.7 deaths per 1000 children aged 1-4, and under-five mortality to 8.9 deaths per 1000 live births.

Absentee population and returnees

The projection model monitors the pool of absentee populations, expecting that many Nepalese will continue to work abroad before returning home.

In all scenarios, males aged 20–40 dominate absentee migration, with a smaller female presence. The medium scenario sees the absentee population rise from 1.82 million in 2021 to 3.41 million, then decline to 2.5 million by 2051, reflecting reduced migration. The high scenario shows a similar trend, with numbers peaking at 3.12 million in 2031 and declining to 2.04 million by 2051. In contrast, the low scenario sees sustained high migration, peaking at 3.90 million in 2041 and remaining at 3.81 million by 2051. Provincially, absentee migration declines in the medium and high scenarios, especially in Koshi and Sudurpashchim, while the low scenario shows continued high migration in those provinces. Males continue to dominate absenteeism, driven by work and education migration trends.

Nepal's projected returnee population is highest in the 40–60 age group, reflecting labor migrants returning after working abroad. In the medium scenario, returnees grow from 95 thousand in 2020-2021 to 205 thousand in 2041-2042, then decline slightly to 203 thousand by 2051. The high scenario shows a peak of 227 thousand in 2041-2042, stabilising at 203 thousand by 2050-2051. The low scenario projects the highest returnee numbers, reaching 234 thousand by 2050-2051.

Emigrants

The data shows that Nepal's emigration is dominated by young working-age individuals (20–40 years). In the medium scenario, emigration peaks at 61 thousand in 2031-2032 before declining to 49 thousand by 2051, with male migration decreasing while female migration remains stable. The high scenario follows a similar pattern, peaking at 68 thousand before dropping to 57 thousand. In contrast, the low scenario shows continuous growth, reaching 69 thousand by 2051, driven by increasing female emigration, eventually surpassing male migrants.

The 2050-2051 projections show varying migration trends. In the medium scenario, Bagmati (21,766), Koshi (7,838), and Gandaki (7,098) lead, while Madhesh, Karnali, and Sudurpashchim see steady growth. Male migration dominates, but female participation rises, especially in Bagmati and Lumbini. The high scenario shows stronger migration, with Bagmati (22,522), Koshi (9,925), and Gandaki (8,127) at the forefront. In the low scenario, emigration surges, with Bagmati reaching 35,780 and female migration rising significantly, narrowing the gender gap.

Immigrants

Nepal's immigrant population is projected to grow across all scenarios. In the medium scenario, it rises from 9,174 in 2021 to 18,353 in 2051, with a balanced gender distribution and a focus on working-age groups (20–40 years). The high scenario sees significant growth, doubling to 36,707 by 2051, while the low scenario remains stagnant at around 9,177, indicating restricted immigration.

Immigration grows across all provinces in the medium and high scenarios, especially in Koshi (1,899 to 3,798) and Bagmati (1,647 to 3,293). The high scenario sees even stronger increases, with Koshi reaching 7,597 and Bagmati 6,587 by 2051. However, the low scenario shows little to no growth, with immigration remaining stagnant in all provinces, such as Koshi (1,899), Madhesh (1,161), and Bagmati (1,647).

Internal migration

Internal migration declines from 286 thousand in 2021-2022 to 237 thousand by 2050-2051 under the medium scenario. By 2051, the internal migration will decline to 123 thousand under a high scenario, while in a low scenario, it will rise to 411 thousand. Female migration remains high due to marriage, peaking around age 20, though this may shift as the marriage age rises. The model does not adjust migration age patterns based on causes.

Conclusion and Recommendations

This report outlines the methodology and findings of population projections for Nepal using a hierarchical demographic model. It establishes the initial population structure, estimates fertility, mortality, and migration components, and evaluates three scenarios: medium, low, and high. Under the medium scenario, a modest population increase from approximately 29.4 million in 2021 to 33.5 million by 2051 is anticipated. This growth is influenced by positive natural change, which is tempered by negative net migration. Consequently, the focus may shift from addressing concerns over overpopulation to enhancing the quality of life, emphasising human capital and well-being.

Regional disparities are expected, with areas such as Madhesh, Bagmati, and Lumbini projected to experience significant growth. At the same time, mountainous regions, particularly Gandaki, will face population declines due to migration and low fertility rates. The model anticipates an increase in the absentee population, estimating growth from 1.8 million in 2021 to a peak of around 3.4 million, which will decline to approximately 2.5 million by 2051.

Significantly, the report highlights declining fertility rates, expected to reach between 1.5 and 1.7 children per woman by the end of the projection period. This decline is driven by increased education, internal migration toward urban centres, and higher participation in the labour force among women. The sex ratio at birth is anticipated to increase, reaching nearly 119 males for every 100 females by 2030, influenced by cultural preferences for male children and access to sex-determination technologies.

While mortality rates are predicted to improve, leading to longer life expectancy, the growing elderly population will pose challenges for healthcare, emergency services, and social support systems.

Importantly, the report addresses the issue of brain drain caused by international migration. Many Nepalese aim to live, work, or study abroad, leading to a loss of skilled labor and expertise, which hampers national growth. However, some returnees are anticipated to bring valuable skills back to Nepal, albeit in smaller numbers.

The report presents several policy recommendations. To address declining fertility, the government could implement financial incentives such as tax benefits, parental leave policies, childcare subsidies, and flexible work arrangements. Additionally, creating a supportive environment for young families by addressing rising childcare costs would encourage family planning.

In terms of mortality, increasing access to affordable healthcare services for older adults is crucial, along with expanding pension schemes to ensure their financial security. Encouraging part-time work and community engagement for seniors can also promote their active participation in society.

Regarding migration, creating small and medium enterprises (SMEs) in rural areas could generate jobs and encourage local entrepreneurship, helping to alleviate rural-to-urban migration. Improving educational quality and vocational training in these areas will empower local youth and reduce the need for migration.

Promoting investment in key sectors like agriculture and tourism can create local employment opportunities that are vital in counteracting international migration pressures. Aligning education and training with the demands of the global labour market will help retain talent and mitigate the impacts of brain drain.

In conclusion, the report emphasises the importance of continual refinement and updating of the projection model to account for evolving demographic trends in Nepal. The model's hierarchical structure allows for precise adjustments while integrating top-down approaches to mitigate uncertainties. Policymakers and stakeholders can use these projections as a crucial tool for informed decision-making, addressing the complexities of population change, and supporting sustainable national growth. Enhanced collaboration and continual adjustments to the model will ensure that it remains relevant and effective in guiding measures that will benefit Nepal's diverse demographics in the years to come.

CHAPTER 1

INTRODUCTION

Nepal's census history began in 1911, initially aimed at gathering data for military conscription. However, this initiative quickly evolved into a key mechanism for governance and planning. After substantial political changes in the 1950s, the Department of Statistics conducted the first modern census in 1952/54, setting the stage for more systematic data collection and analysis (CBS, 2014b). The twelfth iteration of the National Population and Housing Census was held from November 11 to November 25, 2021, adopting November 25, 2021, as its reference date. This census, the first under Nepal's 2015 federal democratic constitution, marks a significant evolution in data collection methods and objectives (Gurung and Shrestha, 2024a).

Population projections serve as vital tools for sustainable development and efficient resource allocation. By forecasting demographic trends, these projections inform policymakers in distributing resources across health, education, infrastructure, and social services. Additionally, they aid in anticipating changes in the labour force dynamics and informing pension schemes and social security systems. They also offer projections of shifts in dependency ratios, further supporting governance, urban planning, and disaster preparedness. This proactive approach lays a strong foundation for sustainable development strategies across Nepal.

The last comprehensive population projection extended from 2011 to 2031, based on the Census 2011 data and employed the cohort component method nationally and the ratio method for district-level total population projection (CBS, 2014a). The last comprehensive population projection extended from 2011 to 2031, based on the Census 2011 data and employed the Cohort Component Method nationally and the Ratio Method for district-level total population projections (CBS, 2014a).

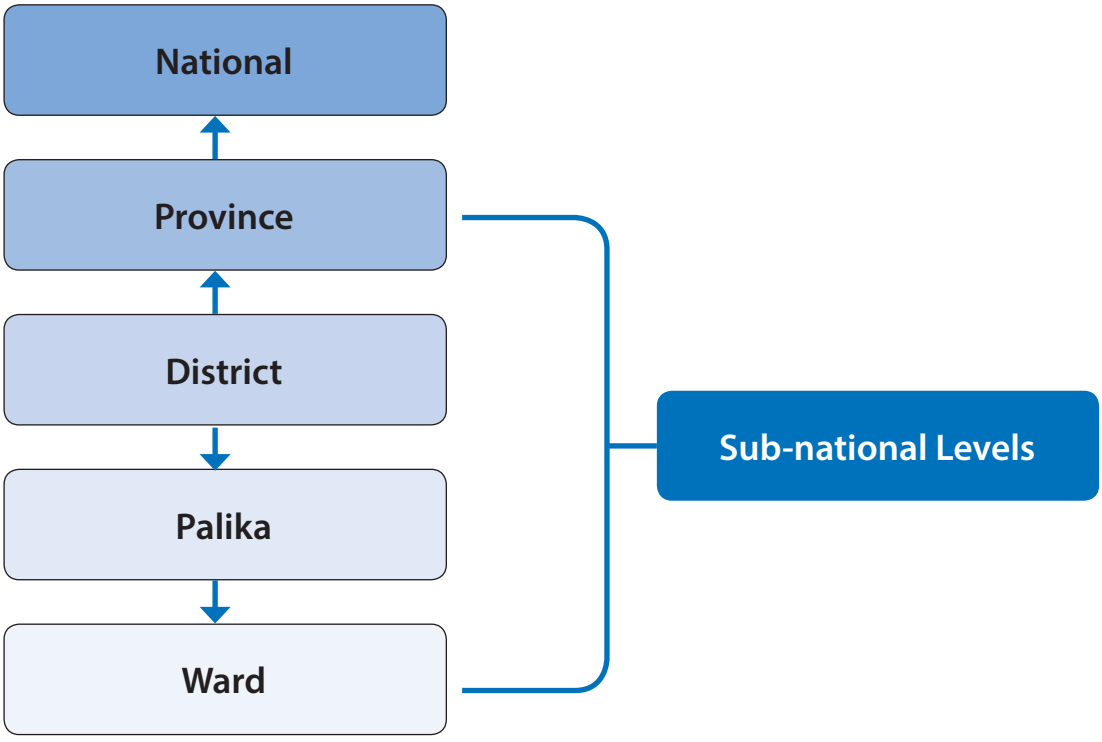
The migration analysis uniquely encompasses internal, international, absentee, and returnee categories, with projections developed across High, Medium, and Low scenarios. The primary data underpinning these projections comes from the Nepal Population and Housing Census 2021, supplemented by various national censuses and surveys such as the Demographic and Health Surveys (DHS, 2016; 2022) and the Multiple Indicator Cluster Survey (MICS, 2019). Additionally, data from global sources like the World Population Prospects 2024 (WPP 2024) has been incorporated, ensuring a comprehensive database for future projections (United Nations, 2024).

1.1 Hierarchical Cohort Component Model

Understanding Nepal's diverse demographic landscape is essential, as significant demographic heterogeneity across regions informs the government's population-related policies, such as setting targeted health policies in areas with higher mortality, implementing strategies to reduce adolescent fertility, or managing migration policies. Since transitioning to a federal system in 2015, Nepal comprises seven provinces, 753 local areas, and 6,743 wards. Given Nepal's multiple administrative hierarchies, understanding demographic heterogeneity (the diversity within a population in terms of characteristics such as age, gender, ethnicity, income, education, and other socio-economic factors) is crucial for population projections. If the population exhibits homogeneous behaviour, the level at which the projection is conducted is not critical, as aggregates of projections at different levels will not differ significantly. However, as will be shown later in this report, Nepal displays significant demographic heterogeneity in fertility, migration, and mortality. This understanding is essential for determining the administrative level at which projections should be set.

The 2021 Census gathered migration data (origin) at the district level, emphasising the significance of districts in demographic data collection. Therefore, it was decided to establish an empirical-based demographic model at the district level, followed by projections for municipalities within districts and then for the wards within those municipalities.

Figure 1 Hierarchical Cohort Component Model



An empirical, district-level demographic model (Figure 1) forms the core of this projection exercise, supplemented by projections for municipalities and wards. This report covers district, local, and ward-level models, estimates, narratives, assumptions, and results, categorising the forces of change across different scenarios. Engagement with stakeholders, experts, and feedback was used to refine these projections, ensuring comprehensive insights and scenario development. The model structure and results were discussed during multiple meetings with experts from NSO and UNFPA. A workshop was conducted at the NSO with participation by different stakeholders (participants in *Annex 18*) on 20th October 2024, where the projection model was presented, and future narratives for Nepal were generated by four sub-groups (details in Chapter 3). Three sub-groups defined medium (business as usual or trend), high (optimistic), and low (pessimistic) progression narratives. The fourth group presented alternative pathways (e.g. shocks, pandemics etc.) for Nepal, which can be used for simulation in the future.

The projection period from 2021 to 2051 encompasses national, provincial, district, and municipal levels. This 30-year horizon allows for an extensive examination of demographic trends, offering a robust framework for long-term policy formulation and planning strategies. However, these require cautious interpretation, given the dynamic nature of factors influencing municipal and ward projections, such as migration, urbanisation, and economic development. Specifically, the lower administrative level projections will have greater uncertainties further into the future. Scenario-based approaches can help account for variability and enhance the robustness of municipal-level projections.

In the following, the steps of the projections are outlined:

- The model starts with two sets of the initial distribution (in November 2021) of the population by single age (0, 1, 2, …, 100+) and sex in 77 districts residing in Nepal (see Chapter 2) and those living abroad who will eventually return, called absentee populations (see Section 7.6 for details).
- The projection is set to run annually. The cohort component model was employed by initializing the projection with a scenario-specific annual survival ratio (prepared in Chapter 5), resulting in the number of deaths and those surviving by the end of the projection year. District-specific survival ratios were applied to the population in Nepal and the absentee population living abroad.
- The surviving population was then subjected to inter-district (two) and international migration (four) flows. Age and sex-specific migration probabilities between a district and the rest of Nepal (see Chapter 6) were applied. For the male absentee population, inter-district migration patterns of females (their spouses) were applied to allow some males to return to different districts from where they originated. As a final step, the total flows of age and sex-specific inter-district in-migrants were adjusted proportionally to match the total out-migrants.

- Four different types of international migration were applied in this report. International out-migrants were divided into emigrants and absentees, who joined the pool of absentees by district. The emigration and absentee rates (estimated in Section 6.1) were applied to the surviving population calculated earlier. International in-migrants were divided into immigrants and returnees. Immigration assumptions were made in absolute numbers and added to the surviving population (Section 7.4). For returnees, returnee rates (Section 7.5) were applied to the pool of absentees and added to corresponding districts in Nepal.
- As a final step, births were calculated by applying age-specific fertility rates (Chapter 5) to the age-specific reproductive years spent by women during the projection period. The exposure was calculated as the number of women at mid-period, i.e., an average between the initial population (aged x at time t year) and the end of the period surviving and migration-corrected population (age x at time t+1 year). Births were then divided into males and females by applying the sex ratio at birth (Sections 4.2 and 4.6.2) and then the survival ratios, resulting in the population aged under 1 year by the end of the period.
- Next, the projection continues to the following lower hierarchy: the local level. Similar steps were followed (see respective sections for details) for the districts, with an additional two inter-local level migration flows within each district. Similar to the inter-district bi-regional flows, intra-district local flows are between a local level and the rest of the district. Lastly, at the end of each step of calculating events (deaths, migration, and births, including sex ratio at birth), the district-level aggregates were adjusted to match the values in the corresponding district-level projection. In each district, the census also collects the institutional population living in areas like natural reserves, army posts, etc. The same numbers were assumed, as the population in these areas was often composed of government employees and subjected to regular changes.
- Finally, the projection at the ward level primarily distributes the demographic events at the highest local level proportionally to the population. The mid-year population was used for distributing the births. In addition, intra-local level bi-regional inter-ward migration was applied.

The model employed in this report includes five levels of administrative (or regional) hierarchy. The results of the projections at the district level (3rd level) are aggregated for the province (2nd level) and the national (1st level) level. The model uses estimates and assumptions for different hierarchies and is either developed using a top-down approach or refined using a bottom-up approach. This forms the hierarchical part of the projection model.

The summary of the model presented above requires a large amount of input data (estimates and future assumptions), for which tables based on raw data from Census 2021 were the primary source and are explained in the following chapters of this book.

1.2 Structure of the report

The structure of the report begins in this chapter by introducing the concept of population projections, underscoring their necessity alongside the data sources and methodologies employed, mainly focusing on the hierarchical nature of the model. It progresses to analysing the current population structure (chapter 2) while projecting future demographics at national and subnational levels, including provincial and district-level insights. Additionally, the report constructs narratives and explores future scenarios for Nepal under various demographic conditions, presenting alternative futures based on high, medium, low, and other scenarios (Chapter 3). It further delves into fertility trends, discussing assumptions and data preparation while providing comprehensive assessments at national and sub-national levels (Chapter 4). Mortality trends are also examined, with particular attention given to life expectancy disparities and the methodological approaches for data analysis and life table computations (Chapter 5). The report further explores internal migration patterns, examining its drivers and assumptions (Chapter 6), analysing international migration, including absentee and returnee populations, and projecting immigrant trends (Chapter 7). Finally, the report presents detailed results of population structures, births, deaths, and migration in the medium scenario across different administrative levels, culminating in a discussion and synthesis of findings related to fertility, mortality, and migration (Chapter 8).

CHAPTER 2

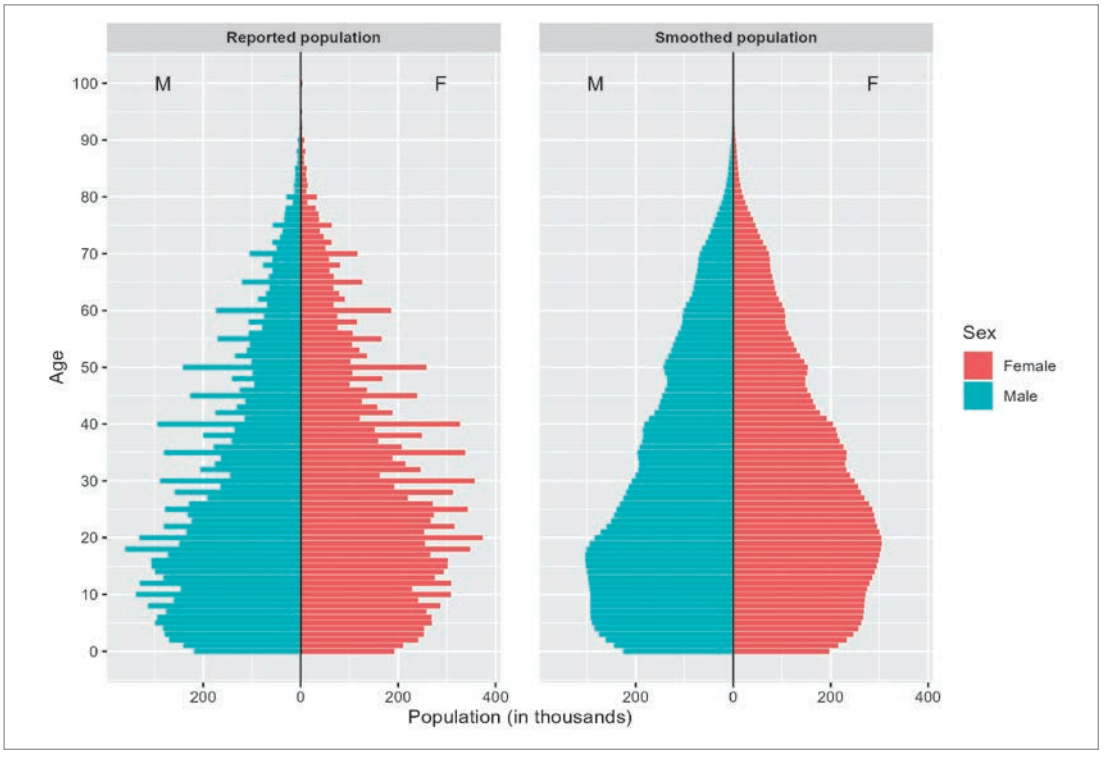
POPULATION STRUCTURE

According to UNFPA, "Population trends and dynamics play a powerful role in development and must be factored into planning and policy decisions. Population size and structure impact a country's economy and ability to provide social protections and access to health care, education, housing, sanitation, water, food, and energy. Since population dynamics vary widely – from countries trying to provide opportunities for enormous youth populations to those coping with low fertility and ageing – policies dealing with population issues must be tailored to their specific needs" (UNFPA, 2014).

Data on population structure are derived from tables created by age, sex, and administrative units for the 2011 and 2021 censuses. Overall, the data quality has significantly improved compared to past censuses, but some issues remain. We have identified two main issues: age-sex smoothing and corrections of undercount among the children.

2.1 Age Smoothing

Figure 2 National population distribution (Reported and Smoothed)



Note: See Annex 16 for the reported and smoothed five yearly population of the national and its provinces.

Thematic Report on the population composition of Nepal and its subnational units employed three key methodologies—Whipple Index, Myers Index, and the United Nations Age-Sex Accuracy Index—to evaluate the quality of age-disaggregated data (Gurung and Shrestha, 2024b). These indices provided sufficient evidence of age heaping in the Census 2021 data (see the left panes in Figure 2 for Nepal and Figure 3 for provinces). The Whipple Index recorded a value of 149 for males, females, and the total population, indicating a persistent issue with data quality. The Myers Index revealed a significant preference for reporting ages 0 and 5, with lesser emphasis on ages 2 and 8.

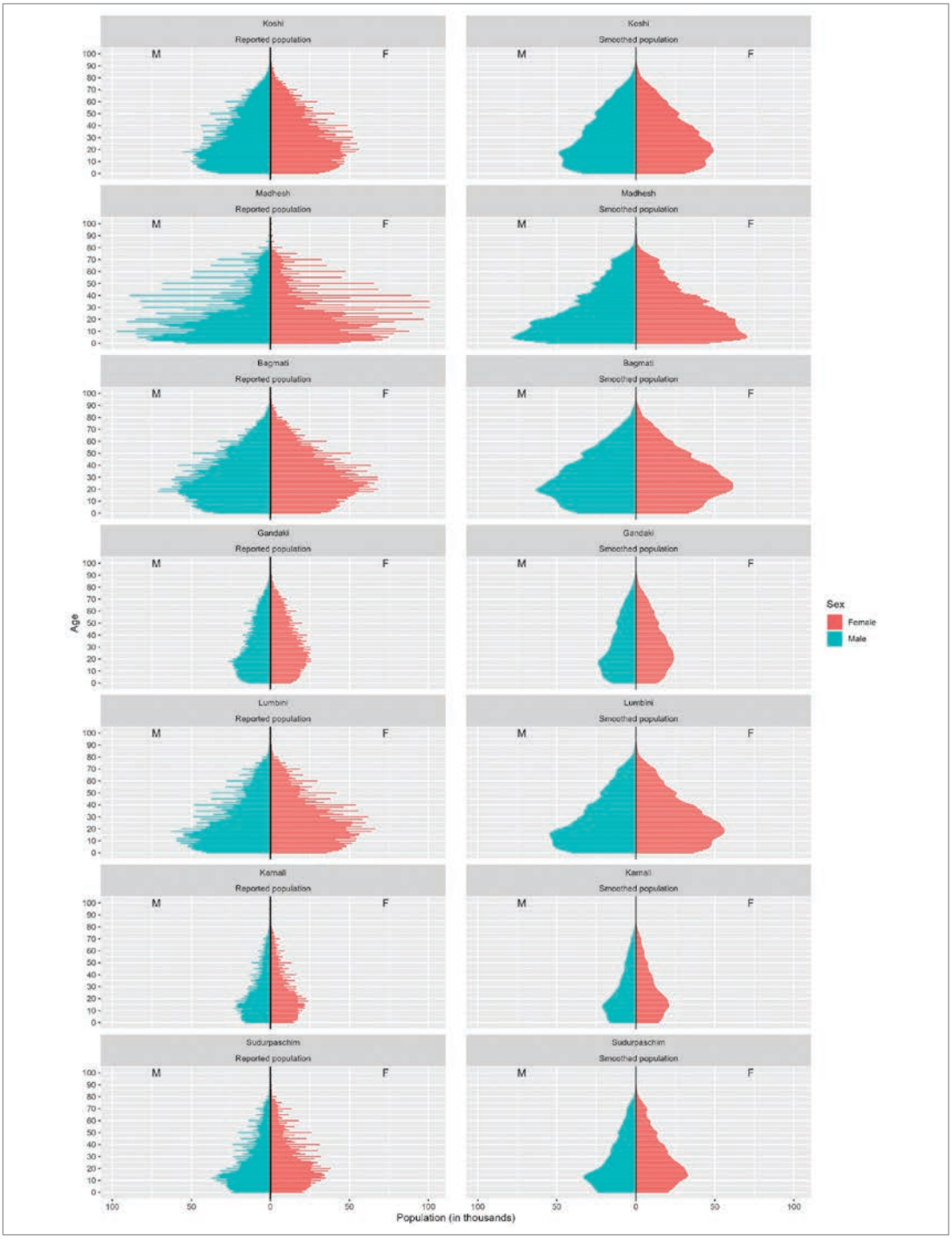
To assess age-sex accuracy across five-year age groups, the UN Age-Sex Accuracy Index for Census 2021 was 21.2, categorising it as inaccurate. Notably, age heaping was observed for ages 2, 5, 8, 10, 12, 15, 16, 18, 20, 22, and 25. Instances of age heaping predominantly occurred for ages ending in 0 and 5. Consequently, we noted that the neighbouring ages (ending in 9 and 1 or 4 and 6) have troughs, creating artificial heaping in ages ending in (8 and 2 or 3 and 7). Additionally, reporting certain ages, such as 16 and 18, is often influenced by social and legal factors, including eligibility for citizenship and marriage.

The traditional method of age smoothing is described in the United Nations's document (Johnson et al., 2022), commonly known as the graduation method, Beers (1945) and Sprague (1880) fit a function to the given five yearly age groups and use the function to generate a single age population. More methods are discussed here (Johnson et al., 2022). In our case, we have a single-age population. With the computing speed available, we applied a smooth-spline function in R to remove age-heaping in the raw census data (see smooth.spline Function - RDocumentation[1]). This method fits a smooth curve to data using a smoothing spline approach. It is generally used for smoothing data with visible non-linear relationships between the variables.

The outcomes for Nepal and its provinces are illustrated in the right panes in Figure 2**.** and Figure 3. We applied this smoothing method to the age of death and calculated life tables (see section 5.1) using the smoothed population data. This resulted in minor differences in already published life table indicators based on non-smoothed raw data. (NSO, 2024a)

1 smooth.spline function—RDocumentation. (n.d.). Retrieved January 5, 2025, from https://www.rdocumentation.org/packages/stats/versions/3.6.2/topics/smooth.spline. R's smooth-spline methods do similar work as the graduation methods by fitting one function on multiple fitted splines and ensuring the total sum of the population. To avoid over-smoothing, we checked the incidence of age heaping and, after several iterations, determined that a 25-degree of freedom (equivalent to the number of splines) was optimal for smoothing.

Figure 3 Provincial population distribution (reported and smoothed)



Note: See Annex 16 for the reported and smoothed five yearly population of the national and its provinces.

2.2 Correcting under-five age undercounts

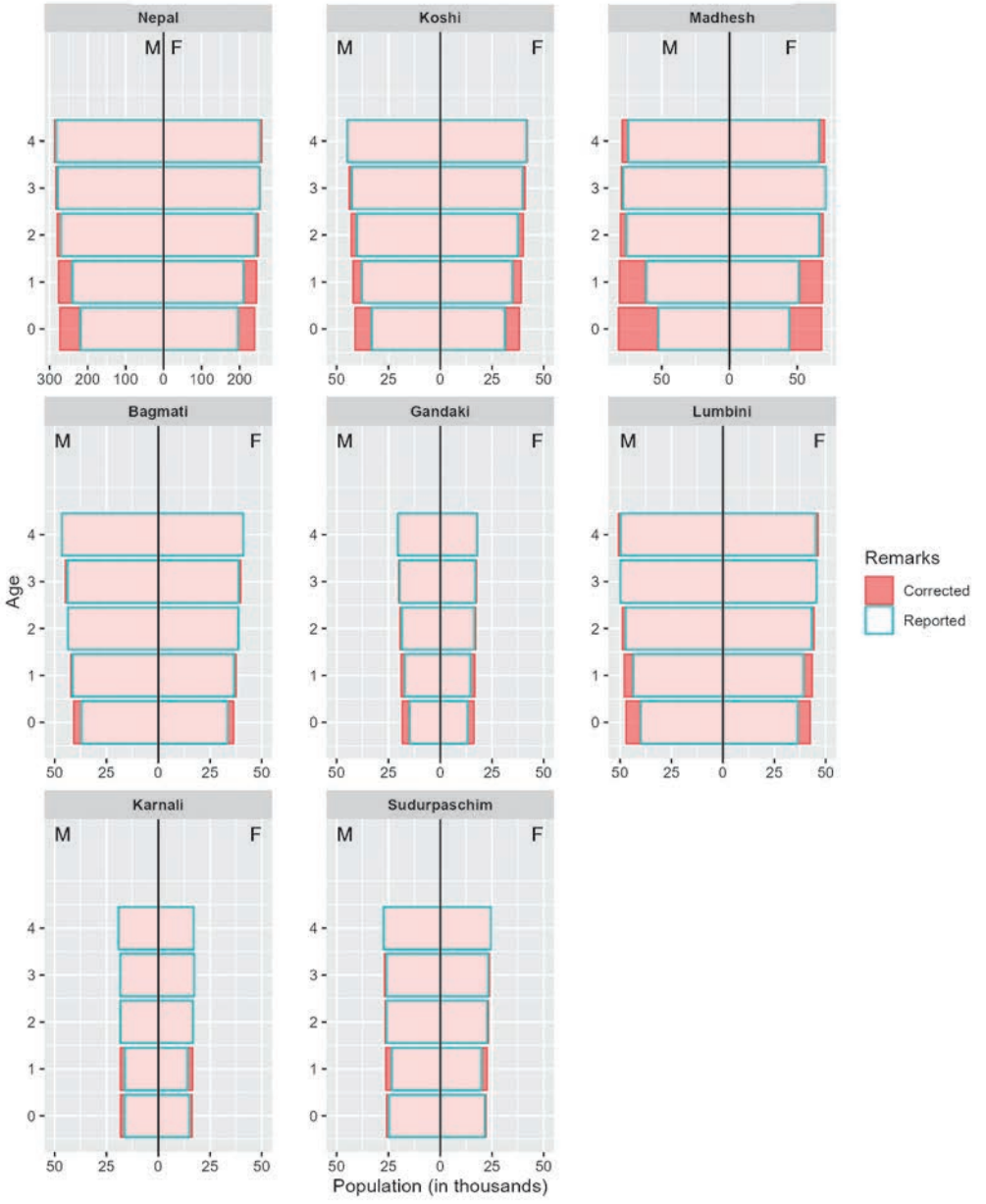
The Post Enumeration Survey (PES) was conducted following the census (NSO, 2023a). However, its quality is concerning, particularly regarding undercounting children under five. This undercount significantly affects comparisons of the total fertility rate (TFR 1.56 births per woman; see Table 2) estimated from the 413 thousand births recorded in the year preceding the 2021 census with existing TFRs of 2.1 children per woman from the Demographic and Health Survey (DHS, 2022) and 2.0 in Multiple Indicator Cluster Surveys (2.0)(MICS, 2019). To address this, the Arriaga method was applied to estimate the ASFR using more reliable data on children ever born (CEB) (see fertility section 4.1.2) (Arriaga, 1983).

The estimated Arriaga's TFRs for Nepal was 1.94 children per woman for Nepal) based on the ASFRs that correspond to 523 thousand births (110 thousand or 21% increase). The proportion of undercounts corresponding the Arriaga's births was highest in Madhesh province (37%), followed by Koshi (15%) and Lumbini (14%), all including parts of Tarai regions. The least undercounts were in Sudurpashchim (2.2%), Karnali (3.3%), and 6-7 percent in the rest of Nepal. In terms of the distribution of the undercounts, more than half (52% of 110 deaths) were added to the Madhesh province.

Next, the Arriaga births were utilised to correct the undercounting among young children by linearly interpolating Arriaga births, adjusted for the infant survival ratio at age 0, and the population size at age 5. Nationally, this adjustment increased the population counts for the first five single ages (0 to 4) by 204 thousand (see *Annex 13*) and shaded part in Figure 4 for Nepal). Subsequent corrections employed the Arriaga ASFRs at the provincial level to refine the figures for children under five, aligning these with national age and sex-specific totals. Regarding the corrections, 204 thousand additional population (see *Annex 13*) and shaded part in Figure 4 for provinces) are distributed similarly to the distribution of additional births. (See *Annex 13*) Population distribution by age and sex: Reported and Corrected for under five age undercounts for Nepal and its provinces by sex , Census 2021)

These adjustments were further implemented at the district level and reconciled with the provincial data. Due to the smaller size and high variability of the CEB data, proportional corrections were applied at the municipality and ward levels based on the corrected populations from the next higher level.

Figure 4 **Population distribution by age and sex: Reported and Corrected (shaded) for under five age undercounts for Nepal and its provinces by sex (Census 2021)**



The resulting age-smoothed and under-five population-adjusted population was used as the base for the population projection. As demonstrated by PES's very low underestimate of undercounts among children, we decided not to adjust the population for ages above four and ignored any undercounts.

CHAPTER 3

NARRATIVE DEVELOPMENT AND FUTURE SCENARIO

Through collaborative discussions with experts from the National Statistics Office (NSO), other governmental agencies, academics, narratives and future scenarios were developed (list in *Annex 18*). The scenarios were categorised into medium, high, low, and alternative medium scenarios. Based on these discussions, three primary scenarios, namely low, high, and medium scenarios, were identified for the projections. This report also presents a fourth scenario as a set of alternatives that can be used to simulate the future in combination with the three primary scenarios. The narratives for the scenarios are based on the group discussion and are hypothetical in nature. The scenarios are described as follows:

3.1 Medium scenario: Progressive Nepal

In this moderately optimistic scenario, Nepal's future determinants are anticipated to advance steadily, aligning with previous patterns. Some progress towards development goals is expected, including gradual decrease in dependency on fossil fuels.

Economic, political, and social progress trends are projected to continue, with key developments emerging at various levels. Significant infrastructure achievements will be realised at the municipal level, with rural municipalities following suit. Enhanced nutrition programs to effectively address malnutrition will improve maternal and infant health. These health advancements will correlate with economic growth, reflected in an increased GDP and a rising Human Development Index (HDI). However, as measured by the GINI index, income inequality is anticipated to widen.

In education, enrolment rates will increase, and social dynamics will shift towards a growing preference for nuclear families, contributing to the phenomenon of "empty households." Poverty rates are projected to decline, and gender equity will strengthen, evidenced by increased female leadership and a decrease in gender-based violence. While the impacts of climate change will be moderate, effective disaster risk reduction strategies will help mitigate associated risks. The return of many Nepalis from abroad and an influx of foreign workers will bolster economic growth and enhance global integration, positioning Nepal for a more resilient future.

Beyond 2030, Nepal is expected to embark on a positive development trajectory characterised by robust infrastructural growth and increasing political stability. Geopolitical transitions are likely to stabilise after 2040, fostering cultural harmony and improving access to education and opportunities for marginalised and hard-to-reach communities.

3.1.1 Population component of medium scenario: Progressive Nepal

In this highly optimistic scenario, Nepal is expected to experience steady population growth characterised by declining fertility rates and continued internal migration toward urban areas, resulting in stagnant populations in rural regions. The influx of individuals migrating to cities and the return of skilled workers from abroad will significantly reshape the country's social and economic structures. However, this will lead to a rise in "empty households" in rural areas. Regarding mortality, it is anticipated that enhanced health and nutrition programs will contribute to a further reduction in maternal and infant mortality rates. Overall, life expectancy increases moderately. Overall, life expectancy is expected to increase moderately.

3.2 High scenario: A Prosperous Sustainable Nepal

In this high scenario for Nepal's future, significant positive changes begin to emerge after 2030, paving the way for a more stable, prosperous, and equitable society. Nepal is expected to advance toward sustainability, with ongoing efforts to achieve development goals while reducing resource intensity and fossil fuel consumption. Rural-urban spread, that is, the spread of urban areas into rural areas, is expected, with rapid technological advancements, strengthened rural-urban linkage, increased focus on agriculture and development activities, and leading rural areas towards peri-urban societies. Rural-urban spread is expected with growing rural-urban linkages driven by technological advancements and roadway connectivity. When urban areas expand and develop, their influence extends to neighbouring rural regions, transforming them into peri-urban societies that blend rural and urban characteristics.

Over time, these peri-urban areas evolve into fully urbanised communities. This process is fueled by the spread effect of urban growth, where the prosperity of urban centres generates positive changes in nearby rural areas. As these areas connect better, they access job opportunities, markets, education, and services previously concentrated in cities. Additionally, the modernisation of agriculture and increasing development activities in these regions further accelerate their transformation. The spread of urban influence thus creates a ripple effect, fostering economic growth, social advancement, and infrastructural improvements in rural areas. Development is expected to accelerate with the rural-urban spread effect. Growth in urban areas will positively spread outside to its nearby connected regions. This further will generate opportunities in the newly formed peri-urban areas, such as job opportunities, market, education, etc. This will finally be a reverse migration situation or even a situation where peri-urban societies turn into urban societies (also known as in-situ urbanisation) in the later years.

Socially, Nepal will witness improved education quality due to substantial investments, enhanced women's empowerment driven by increased employment opportunities, and a burgeoning IT entrepreneurial culture among the youth. However, these advancements may correspond with a declining fertility rate, resulting in slower population growth. The return of skilled migrant workers is

projected to contribute to national growth alongside stable governance, attracting both returnees and foreign migrants.

Politically, a stable government characterised by reduced corruption, transparency, and trust will help Nepal graduate from its Least Developed Country (LDC) status, establishing a foundation for long-term growth and development. Economically, the country will harness its demographic dividend, with remittances, in-migration, and a rise in entrepreneurship fueling prosperity. Investment in Nepal's natural resources, particularly water and hydrogen fuel, will facilitate clean energy innovations, including zero-emission hydrogen fuel cell vehicles, positioning the nation as one of the leaders in green technology.

The development will spill over from neighbouring countries, stimulating peri-urban growth and reducing economic inequality. Climate change challenges will be addressed proactively, with measures implemented to mitigate its impacts. While caste and ethnic conflicts may persist, the nation will thrive as a hub for religious tourism and innovation, embodying the vision (as named by the narrative group) of *"Sundar, Shanta, Sambriddha Nepal"*—a beautiful, peaceful, and prosperous land for all.

Overall, this scenario is defined by an open, globalised economy, a stable government, and rapid technological changes directed toward environmentally friendly processes, including clean energy technologies and innovations.

3.2.1 Population component of the high scenario

In this high scenario, Nepal's population growth is projected to slow down due to declining fertility rates, lower international out-migration rates, and increasing in-migration rates. Enhanced education, particularly among women, and increased women's empowerment are expected to contribute to this decline. Similarly, improvements in mortality rates are anticipated due to better education and heightened awareness, coupled with increased investment in healthcare. While declining fertility rates present a challenge, the overall positive impact on mortality cannot be overlooked. As the country progresses in education, employment, health, and other developmental areas, the return of skilled migrants and an influx of foreign workers will likely boost economic productivity. Furthermore, with technological advancements, a strengthened focus on agriculture, and the spread effect of rural-urban linkages, rural areas will develop from rural to peri-urban and later to urban areas. Reverse migration is highly expected in this scenario.

3.3 Low scenario: LDC Nepal

This presents a stark contrast to the high scenario. In this context, the socio-demographic landscape deteriorates as the ageing population increases, leading to a higher old-age dependency ratio. Family structures decline, evidenced by rising divorce rates, increased single-parent households, and shifting societal norms surrounding marriage. Youth migration intensifies due to high unemployment rates.

Economically, Nepal is projected to experience low to medium growth, with persistent unemployment and the detrimental effects of its Least Developed Country (LDC) status hindering financial resources. While remittances may offer some relief, they also create a dependency on foreign employment and underutilise the potential demographic dividend.

In this scenario, governance and institutions are weak, characterised by a lack of cooperation, consensus, and effective leadership. Investments in human capital are minimal, and inequality remains high. This leaves large segments of the population to migrate both internally and internationally.

Additionally, regional imbalances will continue to widen, with development concentrated in urban areas, further exacerbating the rural-urban divide. Politically, instability is likely to increase, with external influences shaping Nepal's institutions and geopolitics increasingly dictating domestic affairs, thereby exposing the country to external pressures. Climate change will compound these challenges, leading to more frequent and severe disasters threatening agriculture and livelihoods, further straining social systems and disaster response efforts.

3.3.1 Population component of the low scenario

In the low scenario, Nepal's population dynamics are characterised by significant challenges arising from an ageing population and declining socio-demographic stability. The increasing old-age dependency ratio, coupled with evolving family structures—such as rising divorce rates and a growing number of single-parent households—will place considerable strain on social and economic systems. Declining fertility rates and heightened youth migration due to unemployment will further reduce the working-age population, limiting Nepal's capacity to harness its demographic dividend. While reliance on remittances from foreign employment may provide short-term financial relief, it also fosters long-term vulnerabilities as skilled labour continues to depart the country. Development efforts will remain concentrated in urban and Terai regions, leading to further rural-urban migration. Climate change will amplify these challenges, with frequent disasters disrupting agriculture and livelihoods, resulting in increased mortality and internal displacement. Ultimately, in this scenario, Nepal finds itself trapped in a cycle of dependency, instability, and vulnerability concerning fertility, mortality, and migration.

3.4 Alternative medium scenario

In alternative scenarios, Nepal faces various social and political challenges exacerbated by increasing natural calamities and geopolitical instability. One or more of the following events or scenarios may be integrated with the previously described three scenarios.

Regarding social dynamics, Nepal experiences a significant shift as reverse migration to rural areas takes hold. Returning migrants bring new skills and capital, which help commercialise agriculture and revitalise rural economies, fostering growth and development in these areas.

On the political front, Nepal faces periodic shocks and external pressures due to geopolitical conflicts and international influences. Despite these challenges, the country maintains stability through strategic alliances and comprehensive reforms strengthening governance and resilience.

Economically, favourable government policies and land reforms support the commercialisation of agriculture, enhancing rural productivity. Concurrently, peri-urban areas are developing into vibrant satellite hubs, contributing to local economic growth. Additionally, the clean energy sector, particularly hydropower and electric vehicles, flourishes, positioning Nepal as one of the leaders in sustainable development. Tourism experiences a resurgence as the country leverages its stunning natural landscapes and rich cultural heritage to attract visitors.

However, the impacts of climate change remain severe, with increased floods, landslides, and forest fires posing significant challenges. Nepal is adopting research and innovation initiatives to leverage its abundant natural resources in response to these adversities. By transforming climate-related obstacles into drivers of resilience and economic growth, Nepal aims to enhance its sustainability and stability in the face of ongoing challenges.

CHAPTER 4

FERTILITY

Fertility plays a crucial role in shaping the future age structure of a population. Unlike other demographic processes, the study of fertility is particularly complex due to its influence on various biological and behavioural factors. Fertility is defined as the ability to conceive children and is measured based on the number of live births. It is more readily measured among women, as they are the ones who give birth. Therefore, this information is routinely collected for women in surveys and censuses.

This chapter describes how fertility metrics, such as Age-Specific Fertility Rates (ASFR) and the Total Fertility Rate (TFR), are estimated. It details the data preparation process at different administrative levels, including direct estimates derived from census data and indirect techniques, such as the Arriaga method. For more details, see the thematic chapter on fertility. Additionally, it discusses crucial forces impacting the fertility trends in Nepal and the future.

Based on understanding the past trends and forces impacting fertility, the fertility components (including sex ratio at birth) in the three primary narratives (in chapter 3) are quantified for various administrative levels. This chapter offers valuable insights into current fertility patterns and their anticipated future developments.

4.1 Data and methods

4.1.1 Direct estimates

One of the most commonly used measures of fertility is the total fertility rate (TFR), which is a demographic measure that estimates the average number of children a woman would have over her lifetime if she were to experience a given set of age-specific fertility rates (ASFRs) throughout her reproductive years (usually defined as ages 15 to 49). Direct fertility estimates at the national, provincial, and district levels were calculated using the data from the Census 2021. The calculation of the TFR begins with the derivation of the ASFRs. To compute the ASFR for 2020-2021, we used a single-year age distribution of the female population in 2021 (Census) alongside the total number of births a year before the census. The formula for ASFR is given by:

$$ASFR(a,i) = \frac{births(a,i)}{female\ population\ exposure\ (a,i)} \times 1000$$

represents the number of births per 1,000 person-years spent by females in age group '*a*' within region '*i*', commonly expressed as births per 1,000 women.

In this context, '*i*' designates the region (national, provincial, or district level), and '*a*' indicates the five-year age groups ranging from 15 to 49. The TFR is then calculated by summing the ASFR (births per 1000 women) values across all age groups and dividing by 1,000 to express the rate per female, using the following formula:

$$TFR(i) = \sum_{a=15}^{49} \frac{ASFR(a,i)}{1000}$$

For Nepal (see *Annex 14*), the direct method resulted in a TFR value of 1.56 children per woman in 2020-2021. This value is comparatively lower than the estimated 2.1 children per woman by (DHS, 2022) for the last three years (2019-2022), including the one year the census covers. Furthermore, MICS (2019) estimates the TFR of 2.0. Both survey results indicate undercounts of births in the Census 2021. Therefore, alternative methods were sought to estimate the fertility rates indirectly (see the following sub-section, 4.1.2) using different data from the census nationally and sub-nationally.

4.1.2 Indirect estimates of fertility – Arriaga method

Due to issues related to underreporting in census data (discussed above and in section 2.2), an indirect approach is employed to estimate fertility rates. The ASFRs and the TFR were calculated using the Arriaga method (Arriaga, 1983), which relies on more robust Children Ever Born (CEB) data. Without CEB data, other indirect methods could be used (such as the P/F ratio method that uses the ratio of females and number of births). However, Nepal's census collects the CEB data for all women and is available for 2011 and 2021. The theoretical basis of Arriaga method posits that the single-year ASFR reflects the annual change in the average number of children born per woman within each age group. Hence, the condition for the Arriaga method's steadily declining fertility, as is happening in Nepal. For a given CEB by single age at two different time points (e.g., Census 2011 and 2021 in Nepal), the main task is determining the nature of the rate of change. A linear change is assumed without additional information, and the CEB for each intermediate year is interpolated. Finally, the single-year ASFRs are derived by comparing two datasets of average CEB by single year of age, measured precisely one year apart.

In this application, average CEB data for women (single) aged 15–49 was obtained from the 2011 and 2021 censuses at national, provincial, and district levels. To enhance the accuracy of the data, the single age-specific distribution of average CEB was smoothed using the cubic spline method (see section 2.1 for population age smoothing). A linear interpolation of average CEB was performed for 2011 to 2021, resulting in a comprehensive time series of fertility trends. The difference between these two datasets provided the single-age ASFR from the Arriaga method for Nov 2020 to Nov 2021.

The results of both the direct and indirect methods are shown in *Annex 14* and Figure 6 and discussed in the following sections. While checking the results, a couple of issues were identified. Firstly, for

Provinces, the ASFRs for Madhesh province resulted in an unusually high TFR of (3.35 children per woman) relative to the province-specific directly estimated TFRs. Therefore, a correction was made by calculating the residual between national-level ASFRs and the aggregates of ASFRs of six other provinces and assigning them to the Madhesh province.

Secondly, due to inconsistencies in results for women over 35 years of age, the estimates from the direct method were used to replace ASFR values. These estimates were then smoothed to produce the final adjusted single-age ASFR at national and provincial levels. The results for five-yearly age groups are added to *Annex 14*.

Subsequently, the Arriaga ASFRs at the district levels were adjusted to align with the corrected ASFRs from the next higher level, ensuring consistency and accuracy in the fertility estimates. This was done by proportionally distributing the difference between the aggregated age-specific births and values from the immediate higher administrative level. In a particular case in Mustang district, direct method estimates were applied, where ASFR predictions generated by the Arriaga approach were notably unreliable. These adjustments improved the reliability and consistency of the findings across all geographic levels, contributing to a more robust and comprehensive understanding of fertility patterns in Nepal.

Some national and province-level indicators have already been published on the NSO's website (NSO, 2024a) without the adjustment mentioned above. We acknowledge that during the projection exercise, the corrections we implemented resulted in slight deviations in these data. However, the differences are minor. Henceforth, all the time period for the fertility estimates from the Census 2021 refers to the period between November 2020 to November 2021.

4.2 Age Specific Fertility Rate

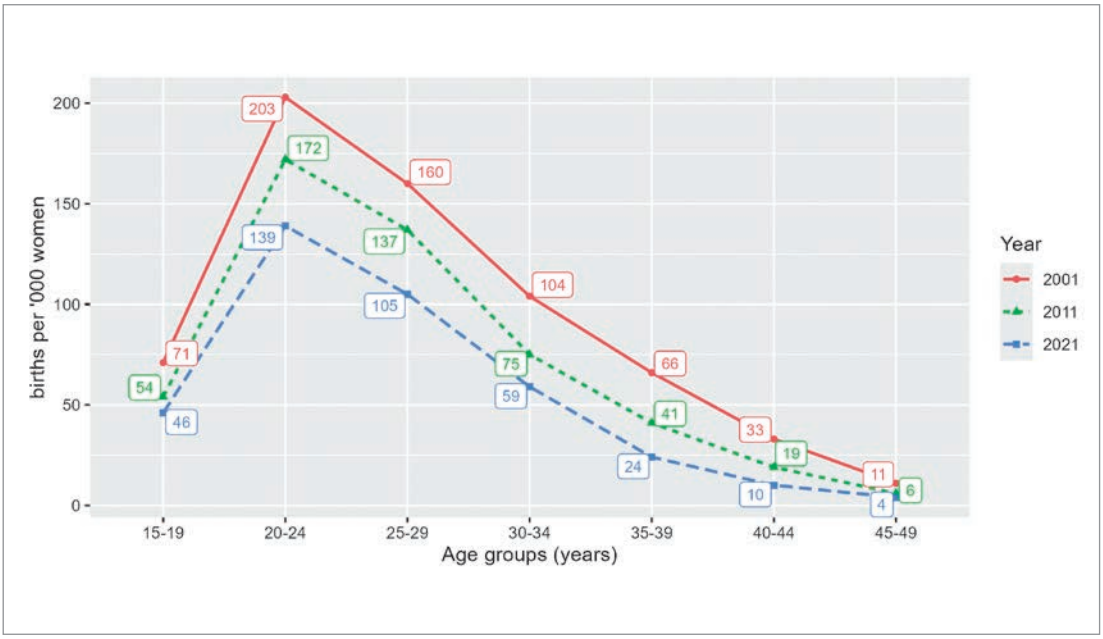
The ASFR offers valuable insights into fertility patterns at different reproductive stages, highlighting critical trends such as teenage pregnancies and delayed childbearing. It is defined as the number of live births per 1,000 women in specific age groups (usually 5-year intervals). ASFR is critical for understanding how fertility is distributed across ages, making it an essential indicator for evaluating reproductive health programs and policies (Shrestha and Devkota, 2024).

4.2.1 National level

The age-specific fertility rate of Nepal from the latest three censuses shows a gradual decrease in fertility across all age groups (see Figure 7 and *Annex 14*). Fertility in the age group of 15-19 years (also known as adolescent fertility - AF) has declined by about 34 percent from 2001 to 2021, 24 percent from 2001 to 2011 (CBS, 2014b) and 15 percent from 2011 to 2021). This decrease can be attributed to several factors, including increased educational opportunities and female enrollment, access to

family planning services, changing social norms (NSO, 2024c), and setting a legal minimum marriage age of 20. While these are progressive and positive developments, they have also had unintended adverse effects on fertility, i.e., leading to a very low fertility situation as observed in more advanced economies, particularly in East Asian countries, with South Korea had TFR less than 0.72 children per and China with 0.99 in 2023 (United Nations, 2024).

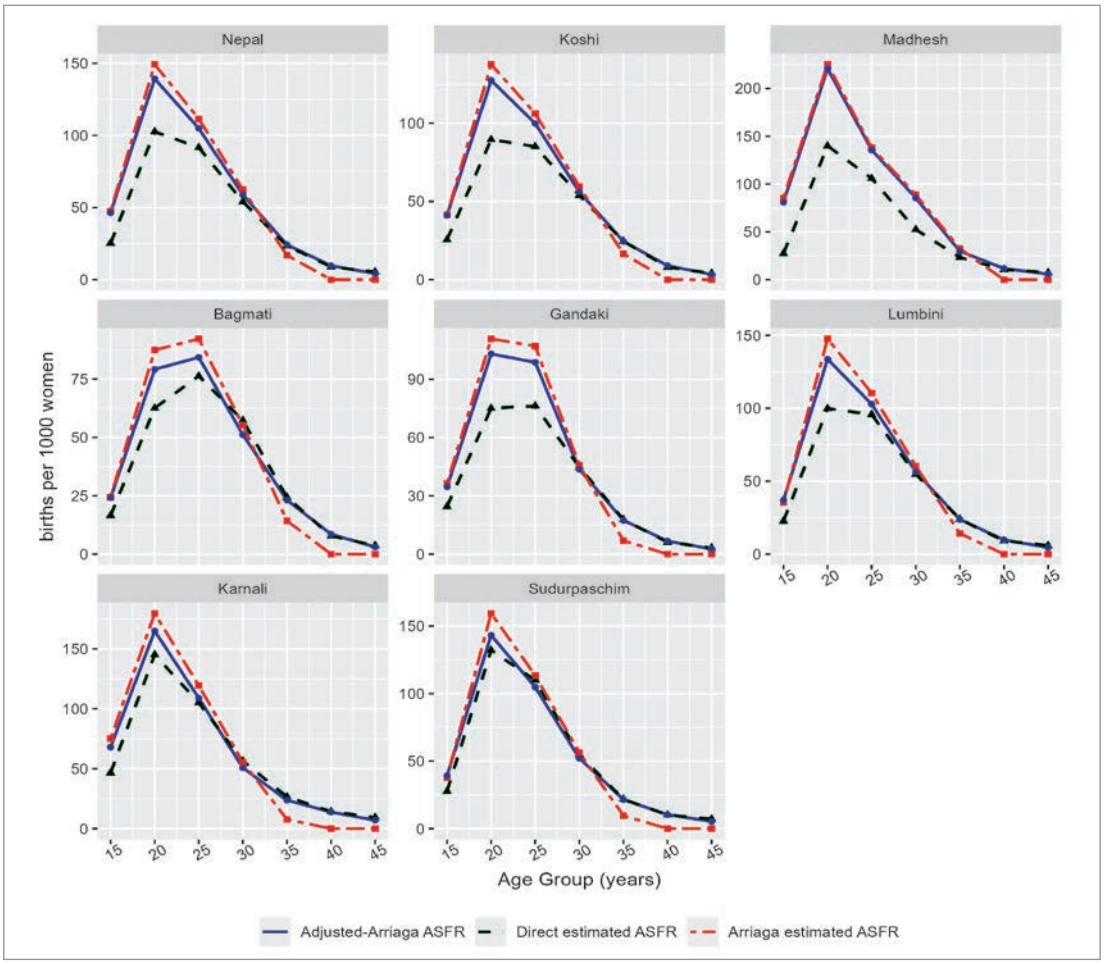
Figure 5 Trend of Age-Specific Fertility Rate in Nepal (2001-2021)



Note: 2001/2011 Source; 2021 Arriaga method

The age-specific fertility patterns reveal distinct regional characteristics in Nepal. Fertility rates peak in the 20-24 age group across all regions, followed by a steady decline. Furthermore, despite this progress in education and the legal marriage age, significant fertility levels persist within the 15-19 age group, highlighting ongoing concerns about adolescent marriages and suggesting that further measures may be needed to address this issue comprehensively. For the age group 35-39, from 2011 to 2021, the fertility level decreased by 41.46 percent. This may be the significant influence of female labour participation in shaping the fertility of Nepal.

Figure 6 Direct, Arriaga, and Arriaga-adjusted ASFRS for Nepal and its provinces



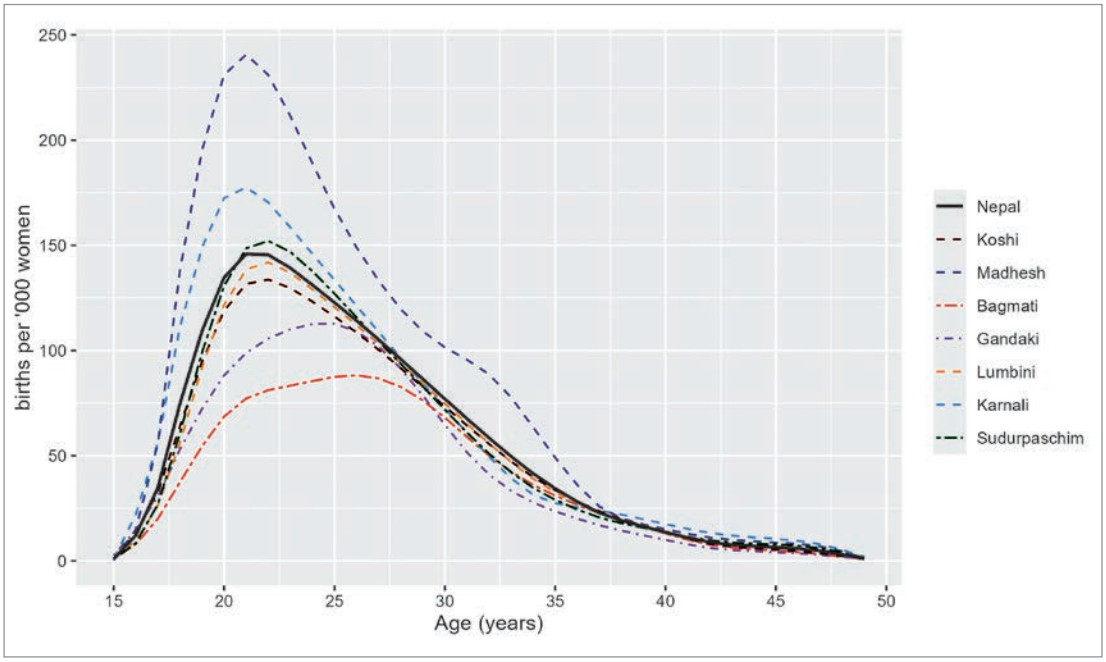
(See Annex 14: Direct, Indirect, and adjusted ASFRs [Nepal and its Provinces] in annex

4.2.2 Sub-national level

Among the provinces, Madhesh has the highest fertility rates, particularly in the 20-29 age group. In contrast, Bagmati and Gandaki exhibit the lowest fertility rates, highlighting a shift towards lower fertility. On the other hand, Karnali shows elevated fertility rates in younger age groups, signalling the persistence of traditional reproductive behaviours in this region.

Figure 7 shows the indirect estimates of single-age ASFRs for 2020-2021 at Nepal's provinces and national levels. Bagmati province has the lowest level of fertility, with a peak at 25-29 years of age, followed by Gandaki province. The reduced fertility rate here, notably among those aged 20 to 24, reflects increased access to education, family planning, and health care, as well as presumably more urbanised and economically developed situations (Shrestha and Devkota, 2024).

Figure 7 Arriaga Age-specific fertility rate in Nepal and its provinces



The highest level of fertility is in the Madhesh province, followed by Karnali, with a peak at age 20-24 and a significantly higher rate at age 15-19. Other provinces have levels around the national level.

In the later age groups (35-39, ... 44-49), fertility rates across all provinces and national levels drop drastically, nearing zero. However, there are reported cases of births which necessitate further adjustments to ensure accuracy in fertility estimates. This helps refine the overall fertility rates to provide a comprehensive demography.

4.3 Total fertility rate

4.3.1 National level

In 1961, Nepal's TFR was estimated at 5.74 children per woman. By 1976, this figure increased to 6.33, 6.39 in 1981, which suddenly started to drop from 5.75 in 1986, 4.6 in 1993-95, and now at 1.94 in 2021. This decrease can be ascribed to increasing government initiatives to promote family planning and more access to maternal health services (Shrestha and Devkota, 2024).

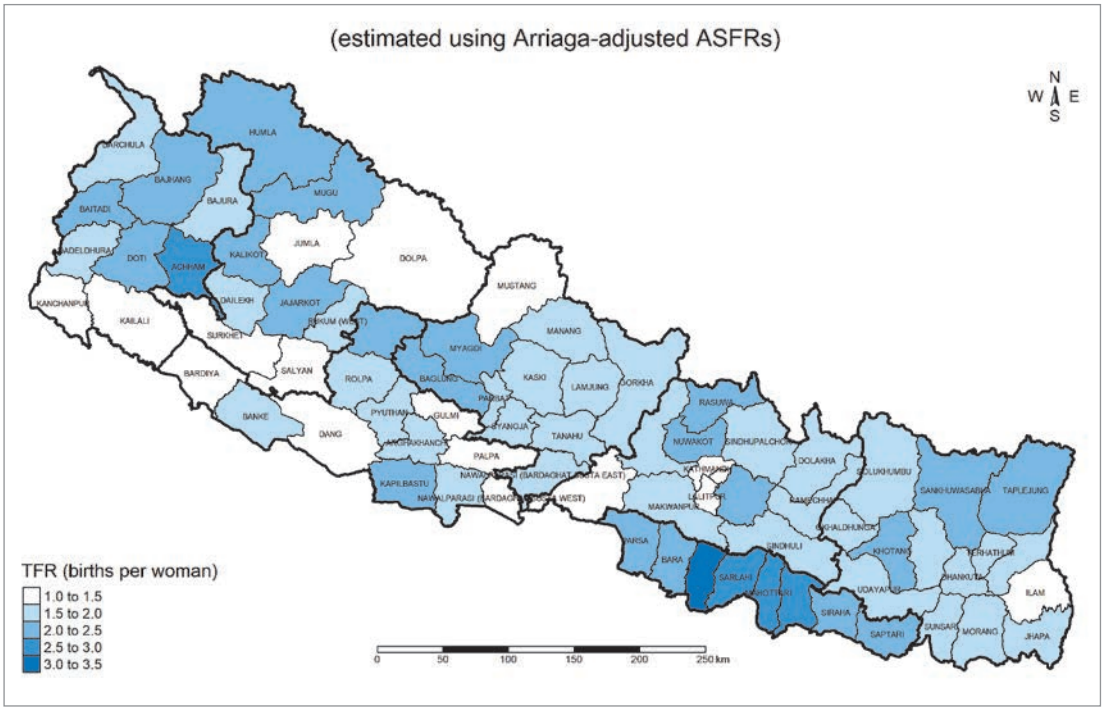
The TFR of Nepal, as per the 2021 Census, is 1.94 children per woman (see NSO, 2024a). This figure indicates that, on average, 100 women in Nepal are expected to have 194 children over their lifetime. This TFR is below the replacement level of 2.1. This figure reflects a general trend towards smaller family sizes and slower population growth. However, there are notable regional variations in TFR across the different provinces of Nepal, each reflecting unique socio-economic and cultural dynamics.

4.3.2 Sub-national level

TFR between and within provinces varies significantly (see *Annex 14*) for provinces and starting points for districts in Figure 10 and a map in Figure 8). In Koshi Province, some districts have TFR values above the provincial average of 1.81, with districts such as Taplejung (2.07) and Sankhuwasabha (2.09) showing higher fertility, while Okhaldhunga (1.58) and Ilam (1.44) have lower rates. Districts of Madhesh Province consistently exceed the provincial average of 2.85, with district Rautahat (3.32) showing a significantly higher fertility rate. In Bagmati Province, districts such as Kathmandu (1.33) and Lalitpur (1.28) have much lower TFRs (below 1.37), while some districts such as Rasuwa (2.22) and Nuwakot (2.25) have higher fertility rates.

Gandaki Province exhibits diverse fertility patterns across its districts, with TFRs ranging from 1.35 in Mustang, the lowest, to 2.44 in Baglung, the highest. Districts like Manang (1.69) and Mustang (1.35) tend to have lower TFRs, likely due to their low population density. Similarly, urbanized districts like Kaski (1.53) also show lower fertility rates. In contrast, districts such as Myagdi (2.07) and Baglung (2.44) have higher TFRs.

Figure 8 Total fertility rate at the district level



In Lumbini province, the TFR ranges from a low of 1.18 in Bardiya to a high of 2.33 in Kapilbastu,. Districts like Dang (1.22) and Palpa (1.45) have lower TFRs. On the other hand, districts such as Rukum (East) (2.09) and Kapilbastu (2.33) exhibit higher TFRs. Karnali Province generally exhibits higher TFRs,

with districts like Jajarkot (2.14) and Kalikot (2.31) reflecting elevated fertility levels. However, Surkhet (1.21) stands out with a notably lower rate. In Sudurpashchim Province, most districts have TFR values exceeding the provincial average of 1.88. Exceptions include Kailali (1.14) and Kanchanpur (1.27), which display lower fertility rates.

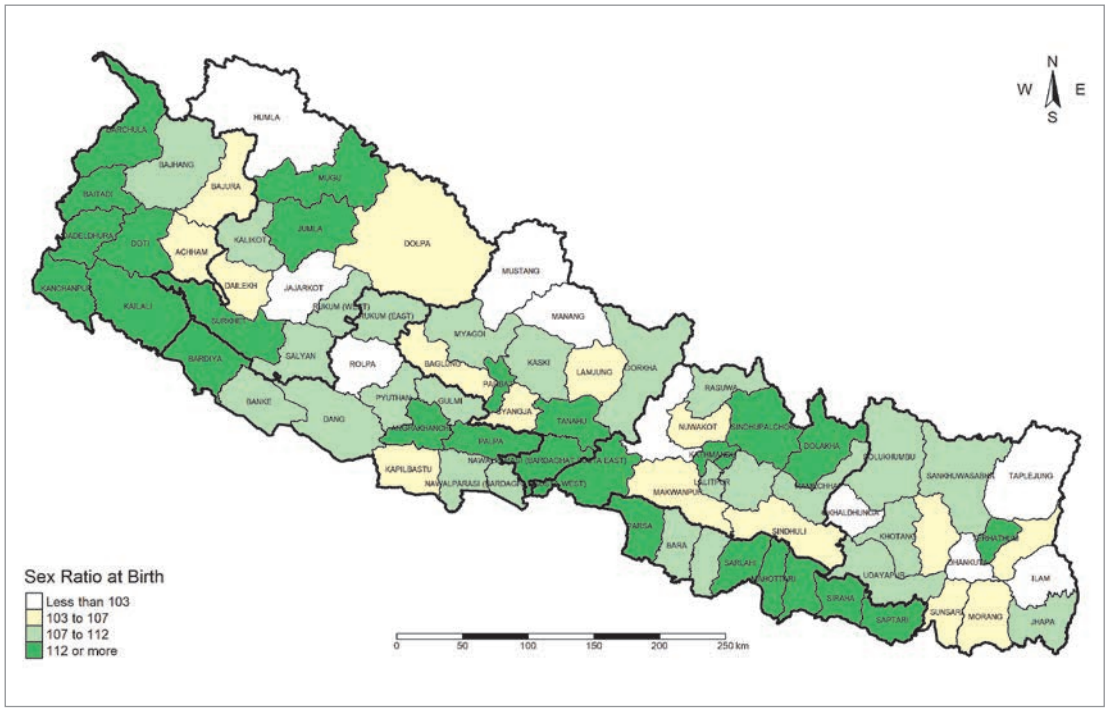
4.4 Sex Ratio at Birth

4.4.1 National level

The sex ratio at birth (SRB) refers to the number of male live births compared to female live births. Based on the data on the sex of the newborns from the Census 2021, in Nepal, the SRB is notably high in the Census 2021, with 112 boys for every 100 girls. This value is considerably higher than the natural sex ratio at birth (typically around 105 males for every 100 females). This disparity is even more pronounced in Madhesh (118 boys to 100 girls) and Sudurpaschim Province (116 boys to 100 girls) (Gurung and Shrestha, 2024a). The significant imbalances in SRB are attributed to a strong preference for sons and parental sex selection against females. This preference often leads to fetal sex determination by improved medical equipment and subsequent sex-selective abortions of female fetuses (Chao et al., 2019; Channon et al., 2021; Dulal, 2024).

4.4.2 Sub-national level

Figure 9 Sex ratio at birth at the district level



The Census 2021 data reveal significant variations among the regions. Among districts, the highest sex ratio at birth was observed in Dhanusha (133), Siraha (128), and Arghakhanchi (124). These figures suggest a potential preference for male children in these districts.

In contrast, the districts within the Kathmandu Valley Kathmandu (116), Bhaktapur (112), and Lalitpur (110) also exhibit higher-than-natural sex ratios. Still, they are notably lower than the extremes seen in districts like Dhanusha and Siraha. These figures might reflect urban influences. Several districts report sex ratios near or equal to the natural ratio of 105, including Makwanpur (105), Syangja (105), Achham (104), and Morang (104). These districts closely align with the natural sex ratio.

However, a few districts exhibit sex ratios below 100, such as Humla (99), Dhankuta (99), Okhaldhunga (99), Ilam (99), Rolpa (97), and Mustang (92). A sex ratio below 100 suggests a higher number of female births than male births.

4.5 Forces for Fertility

Nepal is undergoing a significant demographic transformation characterized by a steady decline in fertility rates over recent decades. This shift reflects broader changes in the country's social, economic, and cultural landscape, influenced by advancements in education, healthcare, and economic development. However, these changes are not uniform across regions or social groups, and deeply entrenched cultural norms, such as son preference, continue to shape reproductive behaviours. Understanding the factors driving this decline and the challenges that persist requires a multidimensional analysis grounded in demographic and sociological theories.

Nepal's fertility rate decline can be attributed to a combination of economic, social, and cultural factors, which align with several demographic and sociological theories. The Demographic Transition Theory provides a framework for understanding this decline, positing that as countries undergo economic development, they transition from high birth and death rates to lower birth and death rates. In Nepal, this transition has been evident as improved access to health facilities leads to reduced infant mortality and longer life expectancy, thereby diminishing the need for larger families.

Education is a significant factor in the decline of fertility rates, particularly among women in Nepal. The Human Capital Theory provides insight into how increased educational attainment, especially among women, has contributed to this trend. Higher levels of female education in Nepal are closely linked to lower fertility rates. As women receive more education, they are more likely to join the workforce, delay marriage and childbirth, and ultimately have fewer children (Shrestha and Khanal, 2023). According to the 2021 National Census, the literacy rate among females rose substantially from 57.4% to 69.4%. The Total Fertility Rate (TFR) decreases as education levels rise, with illiterate women having an average of three children, which is nearly double the TFR of women with higher education (1.61) (NSO, 2024e).

The government and various non-governmental organizations have actively promoted education and awareness about family planning, enabling women to make more informed reproductive decisions. The use of family planning methods among women has also increased to 57.2 percent over the years (DHS, 2022). This enhanced access to reproductive health services has allowed women to space their children more effectively, contributing to the overall decline in fertility.

Economic development is a significant driver of the declining fertility rate in Nepal, but its impact varies across wealth quintiles. According to the Census 2021, women in the poorest quintile have the highest TFR at 2.7 births per woman, followed by those in the poorer quintile with a TFR of 2.16. As wealth increases, the fertility rate declines, with women in the middle quintile having a TFR of 1.93, those in the wealthier quintile at 1.66, and the richest women with the lowest TFR of 1.55 births per woman. This pattern demonstrates that higher wealth is associated with lower fertility rates, indicating that economic status influences reproductive behaviour. For instance, families in the wealthiest quintile have better access to education, healthcare, and family planning services, enabling them to limit their children. In contrast, families in the poorest quintile often have higher TFRs due to limited access to these resources and a reliance on children for economic support and labour.

Urbanization is closely linked to lower fertility rates in developing countries, influenced by the higher costs of raising children in urban settings and changing attitudes towards smaller families. Urban residents also tend to have better access to modern contraception, enabling more effective family planning. This trend is reflected in the 2021 National Census, which reported a Total Fertility Rate (TFR) of 2.48 in rural areas compared to 2.34 in urban areas.

The decline in fertility rates can also be understood through the diffusion theory, which explains how spreading ideas, technologies, and behaviours across societies leads to significant changes in fertility patterns. As these new norms and practices are often first adopted in urbanized areas, they gradually influence broader populations, resulting in a wider decline in fertility rates. Initially, fertility rates decrease more rapidly in urban areas, widening the gap between urban and rural fertility rates. However, as rural areas begin to adopt these practices, they, too, experience a decline in fertility, eventually narrowing the gap, although urban areas are likely to maintain a faster rate of decline (Adhikari et al., 2023). The interplay between urbanization and the diffusion of new reproductive norms thus helps explain the observed patterns in fertility rates across different regions. In Nepal, despite declining fertility rates, the cultural preference for male children remains deeply ingrained, significantly influencing reproductive behaviour and leading to skewed sex ratios. This preference, deeply rooted in the country's patrilineal and patrilocal family structure, compels many couples to continue having children until they have the desired number of sons, thereby slowing the overall decline in fertility within specific populations (Brunson, 2010).

The increasing sex ratio at birth (SRB) in Nepal is notably apparent in several districts, including those in the Kathmandu Valley, where ratios surpass the natural range. This suggests a strong preference for male children and the prevalence of sex-selective practices. The widespread availability of prenatal sex determination technologies has further intensified this preference for sons, contributing to the distorted SRB (Dulal, 2024). This imbalance is a clear reflection of sex-selective practices fueled by cultural norms, which not only affect fertility trends but also present long-term demographic challenges for the country.

The 2021 National Census reveals a significant rise in the male population within the youngest age groups, underscoring the influence of sex-selective practices. In urban areas, the overall sex ratio for children under one year was recorded at 113 males for every 100 females. The continued preference for male children, coupled with declining fertility rates, has created a situation where couples feel compelled to ensure the birth of a son early in their reproductive years, often turning to sex-selective abortions to achieve this (Channon et al., 2021).

In Nepal's traditional society, many young mothers still feel the intense pressure to have sons, driven by cultural and religious expectations like needing a son to perform family rites (Burnson, 2010). This pressure remains even as modern life and smaller families become more common. The result is a growing imbalance, with more boys than girls, which can lead to challenges like finding marriage partners and potential social unrest (UNFPA and CREPHA, 2020). This ongoing preference for sons also deepens gender inequality, making it harder to achieve true equality between men and women in Nepal.

4.6 Fertility assumptions

The projected fertility trends are based on various socio-economic and demographic factors. With rising female educational attainment, enhanced female empowerment, improved healthcare and contraceptive access, and increased youth migration, a continuous decline in Total Fertility Rate (TFR) is projected across all scenarios. The overarching forces influence these trends and follow the narratives for the three primary scenarios.

4.6.1 District level

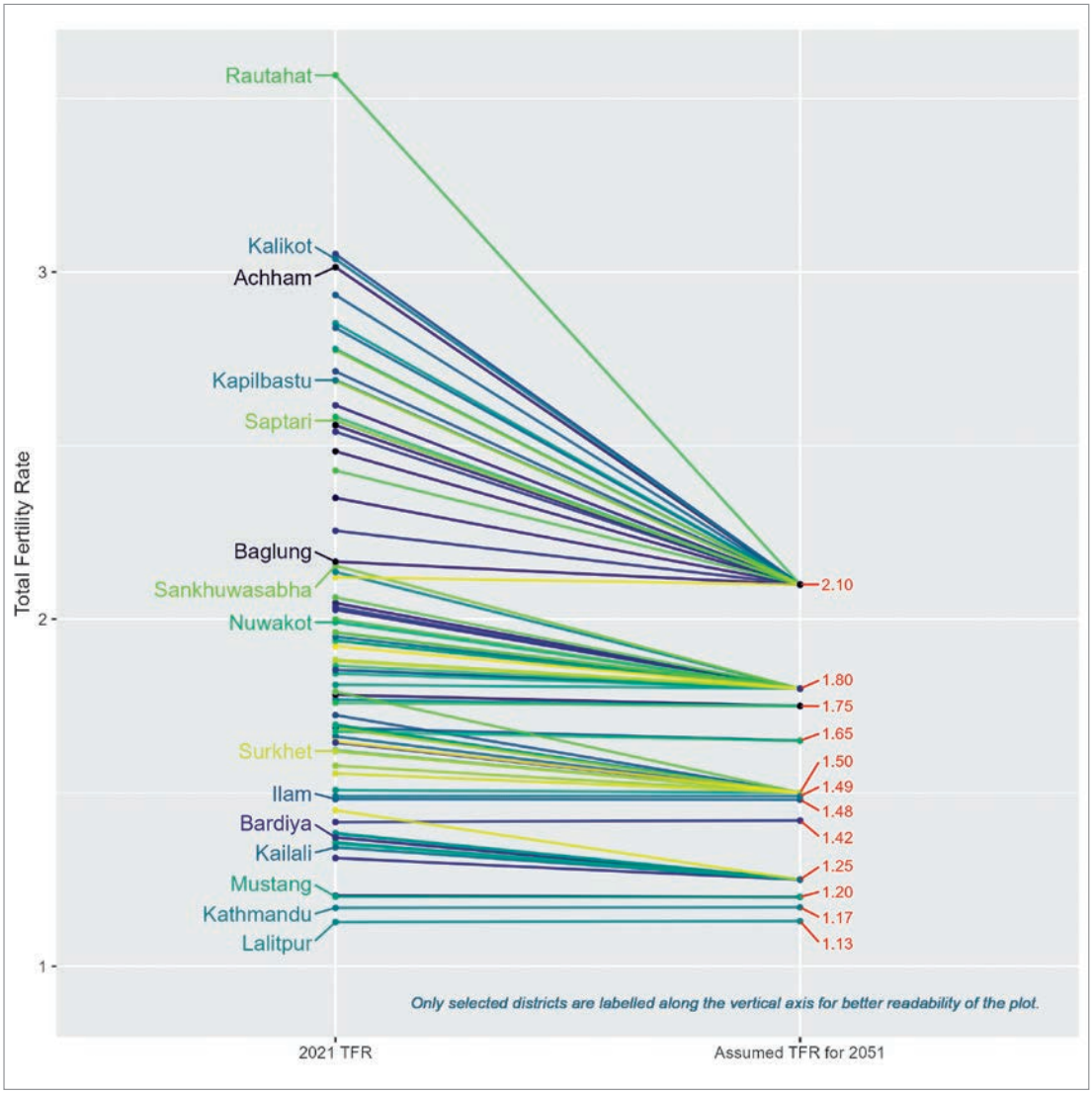
- **Medium scenario:** In the Medium Scenario, the decline in TFR reflects steady socio-economic progress, especially in urban and peri-urban areas. By 2051, TFR values across Nepal's 77 districts are projected to stabilize between 1.13 and 2.1. Districts such as Kathmandu, Lalitpur, Bhaktapur and Kaski, with the lowest TFRs, are expected to maintain their rates due to continued access to education, healthcare, and family planning services. Districts like Chitawan, Rupandehi and Banke are projected to have moderate fertility levels, influenced

by their proximity to urban centres, improved healthcare and education, and expanding economic opportunities. Districts like Illam, Morang, Jhapa, and Mustang reported low TFRs in 2021, their fertility rates are assumed to be constant. Hill districts like Taplejung, Sankhuwasabha, and Solukhumbu are expected to see steady declines in fertility rates, although at a slower pace due to challenges such as geographic remoteness and limited access to services. In contrast, districts in Karnali and Madhesh are likely to remain at the higher end of the fertility range, shaped by limited access to healthcare and education and strong cultural norms favouring larger families. However, traditional practices like early marriage and son preference are expected to decline over time as education and women's empowerment initiatives help reduce fertility disparities and gradually align these regions with national trends.

- **High scenario:** More optimistic High Scenario envisions a sharper reduction in fertility rates, driven by accelerated economic growth, enhanced female empowerment, greater access to education, and advancements in healthcare. These factors contribute to a more rapid decline in TFR, with values projected to stabilise between 1.13 and 1.95 by 2051. The high scenario amplifies the socio-economic progress observed in the medium scenario, with urban and transitional districts seeing faster declines and even high-fertility regions like Karnali and Madhesh experiencing significant reductions. This scenario reflects the potential impact of intensified policy efforts and rapid social transformation on fertility trends.

- **Low scenario:** Unlike the Medium Scenario, more pessimistic Low Scenario assumes slower socio-economic progress, with fertility rates stagnating or declining unevenly due to persistent barriers, particularly in rural areas with limited access to healthcare and education. High youth out-migration to urban centres or abroad exacerbates these challenges, resulting in an ageing population and increasing dependency ratios. By 2051, TFR values are projected to stabilise at the lower end of the spectrum, ranging between 1.13 and 1.85, reflecting slower and uneven progress compared to the medium scenario. This scenario highlights the consequences of weaker policy implementation and enduring socio-cultural norms in high-fertility regions.

Figure 10 Assumed TFR for districts (medium scenario)



In the absence of a good-quality TFR time series at the district level, the TFR projections in these scenarios are derived from the assumptions established during the narrative development phase. These assumptions provide a comprehensive view of Nepal's future demographic trends, influenced by economic development, geopolitical dynamics, political stability, and social cohesion.

A linear interpolation approach was used to project these values to model the gradual change from 2021 to 2051. This approach helps to capture a transition, where districts with initially higher fertility rates gradually align with the national and regional decline but with each district's pace and pattern reflected. For districts with low reported TFR in 2021, including the districts of Kathmandu Valley

(Kathmandu, Lalitpur, and Bhaktapur) have the lowest reported TFR in 2021; hence, the same rate is assumed in the medium scenario for those districts.

To model ASFR across districts, we focused on the years 2022 to 2050, utilizing comparisons between district-level ASFRs and provincial ASFRs. A key assumption in our ASFR projections is that district-level ASFRs will ultimately align with those of the districts of Kathmandu Valley, conditional on the level of the given TFR.

Palika level

Due to the small population size, the total fertility rate at the local level is calculated using the Child Woman Ratio (CWR), which is the ratio of children aged 0-4 to women aged 20-34. This age group is used under the assumption that, in the future, births will be concentrated within these years. This approach serves as an estimate for fertility in regions with smaller populations. A 2020-2021 TFR value at the local level is assumed to converge by 50 percent to the district-level TFR by 2050-2051. This gradual convergence is controlled by a convergence factor, with the ASFR at the local level adjusting based on the difference between the local and district CWR values. The formula for projecting the local ASFR over time (from 2020-2021 to 2050-2051) incorporates a partial linear convergence towards the district ASFR, with the degree of convergence increasing gradually over time. By summing the ASFRs for different age groups, the TFR at the local level can be calculated, reflecting changes in fertility patterns over time.

$$ASFR_{palika} = ASFR_{dist} \times \left(1 + \left(\frac{CWR_{palika}}{CWR_{dist}} - 1\right) \times \left(1 - \frac{(1-cv)}{(2050-2020)} \times (Time - 2020)\right)\right)$$

Here, cv= Convergence factor (50% assumed)

Ward level

At the ward level, the births are distributed proportionally with the midyear female population of childbearing age at that particular age as exposure, where the births are calculated by multiplying the ASFR at the Palika level with the exposed population.

$$Births = ASFR \times Exposure\left[Mid - year\ population\ (Females_{15-49\ years})\right]$$

4.6.2 Sex Ratio at Birth

The Sex Ratio at Birth (SRB) across districts is projected with a maximum limit of 135 to prevent extreme gender imbalances. SRB values are based on decadal assumptions for 2030, 2040, and 2050, with linear interpolation applied for the years in between, ensuring a smooth transition.

In the Mountain and Hill districts, the SRB is anticipated to increase initially, which aligns with the trend that a decline in fertility amplifies the son preference (Chao et al., 2020). However, we have anticipated that in later decades, the SRB will balance aligning with gender equality, increase in education facilities, and female empowerment.

In contrast, in the Terai region, where son preference has traditionally been stronger, districts such as Dhanusha, Saptari, and Siraha currently show higher SRB values, reaching up to 133 in 2021. Here, son preference is projected to gradually decline, with SRB values expected to fall between 105 and 115 by 2051. This shift reflects a broader societal movement towards more balanced gender preferences across all districts. The same SRB values are assumed in all three projection scenarios.

At the municipality level, SRB values are adjusted to align with the 10th and 90th percentiles of provincial SRB values. Any value exceeding 135 is capped to prevent extreme gender imbalances. Municipality-level SRB trends are assumed to generally mirror district-level patterns, ensuring coherence within the demographic structure across administrative levels.

CHAPTER 5

MORTALITY

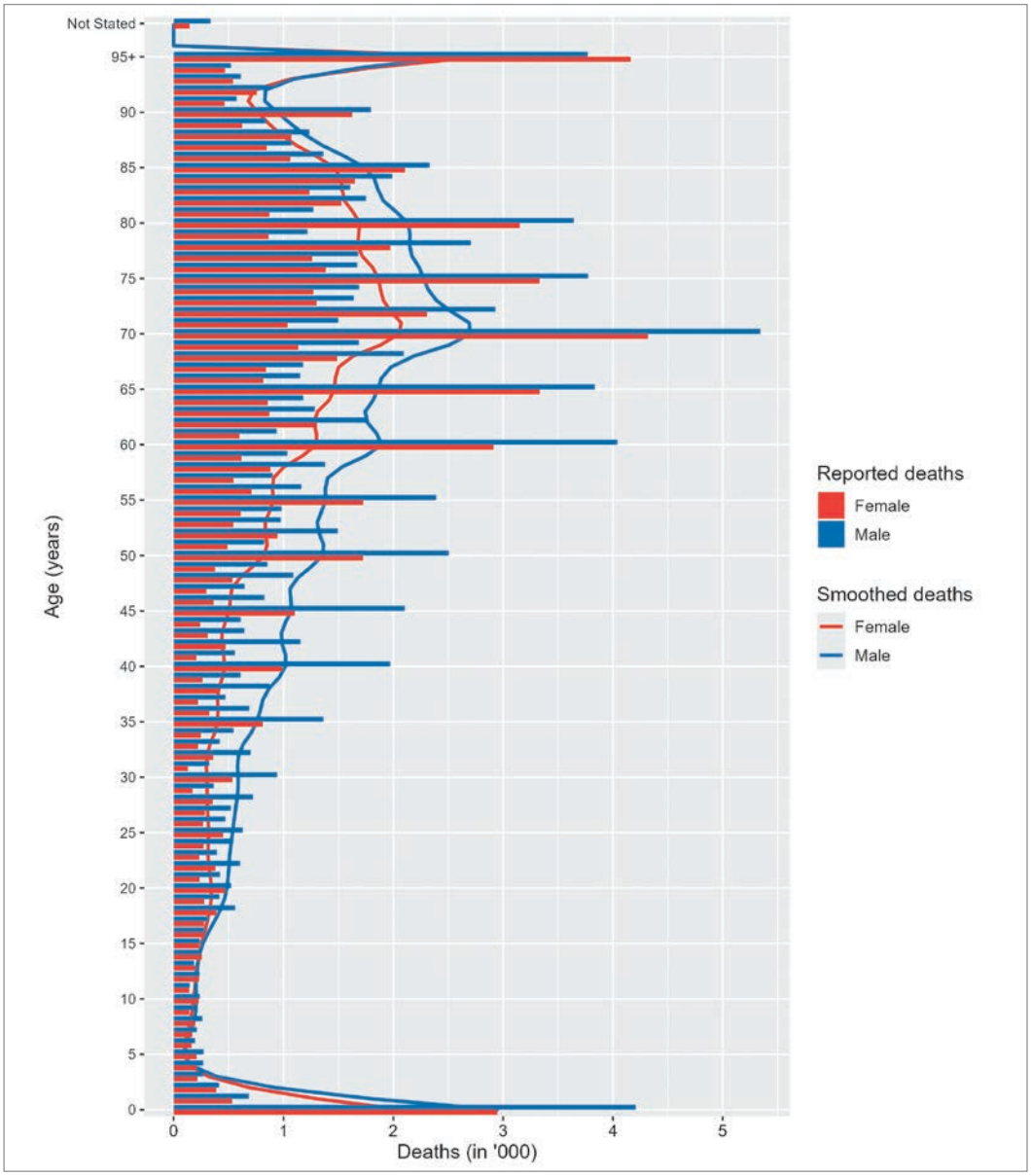
This chapter presents the mortality situation in Nepal and its provinces and districts and follows the structure of Chapter 4 for fertility. In the past population projection of the 2011 Census, life expectancy at birth (**le$_0$**) was estimated using indirect methods at the national level, and ad-hoc assumptions were applied for the projection until 2031 (CBS, 2014b). Generally, in the absence of good-quality data, indirect methods are used to estimate the life table. Model life tables were developed in the past for different regions of the world to generate a life table when a part (usually under-five mortality rates) is known. Nepal has been making improvements in collecting better-quality data, and this chapter relies on the death information collected in the census to estimate mortality indicators. Age and sex-specific mortality rates were directly estimated using the data from Census 2021. These rates were then used to calculate the life tables. Forces impacting the past mortality trend and the likely future are discussed.

For the projections, the mortality components of the narratives developed in Chapter 3 for the three primary scenarios were quantified in terms of life expectancy at births (e0) following the gain assumed in the UN's population projection for Nepal (United Nations, 2024). In the final step, a method was developed to generate life tables from the projected e0. The survival ratio column from these life tables was used in the projections.

5.1 Data preparation for mortality

The death and population data from the National Statistics Office (NSO) initially contained issues that required careful adjustments. Death data were collected for one year before the Census, covering November 2020 to November 2021. Unfortunately, this period coincides with a surge in COVID-19 deaths in Nepal, where males were more vulnerable to death than females. Due to the absence of data on the causes of death, this analysis could not account for COVID-19-related deaths, which may lead to higher reported mortality in the population compared to normal circumstances. Additionally, there is no data concerning the underreporting of deaths during the Census. As a result, the estimated mortality rates could be lower than the actual rates. Both sources of error (COVID-19 deaths and underreporting) could somewhat counteract each other. In total, 198,463 deaths were reported during the last year before the census (see Figure 11). The missing age for 481 (0.24%, see the top bar in Figure 11) recorded deaths were proportionally allocated across various age groups within each district according to the age-sex structure of the known deaths in the same district.

Figure 11 Reported and smoothed deaths in Nepal from Census 2021



Similar to the recorded population age, we find a high level of age-heaping in the deaths represented in Figure 11. To address this, we smoothed the sex-specific age pattern of deaths using the smooth-spline function in R as done for the population (see section 2.1). To avoid over-smoothing, we counted the age-heaping cases and used a 25-degree of freedom (equivalent to the number of splines) during the smoothing. The smoothed deaths were equal to the reported number of cases at the national and provincial levels. However, at the district level, some ages with zero deaths resulted in negative values.

These were set to small non-zero values, slightly increasing the total deaths by five. The refined data, now realistic and consistent, and the age-smoothed population were used for life table calculations. This age-smoothed death and population data resulted in slightly different life expectancy, a revision of the earlier reported indicators by the NSO that used the recorded counts from the Census 2021 data (NSO, 2024a).

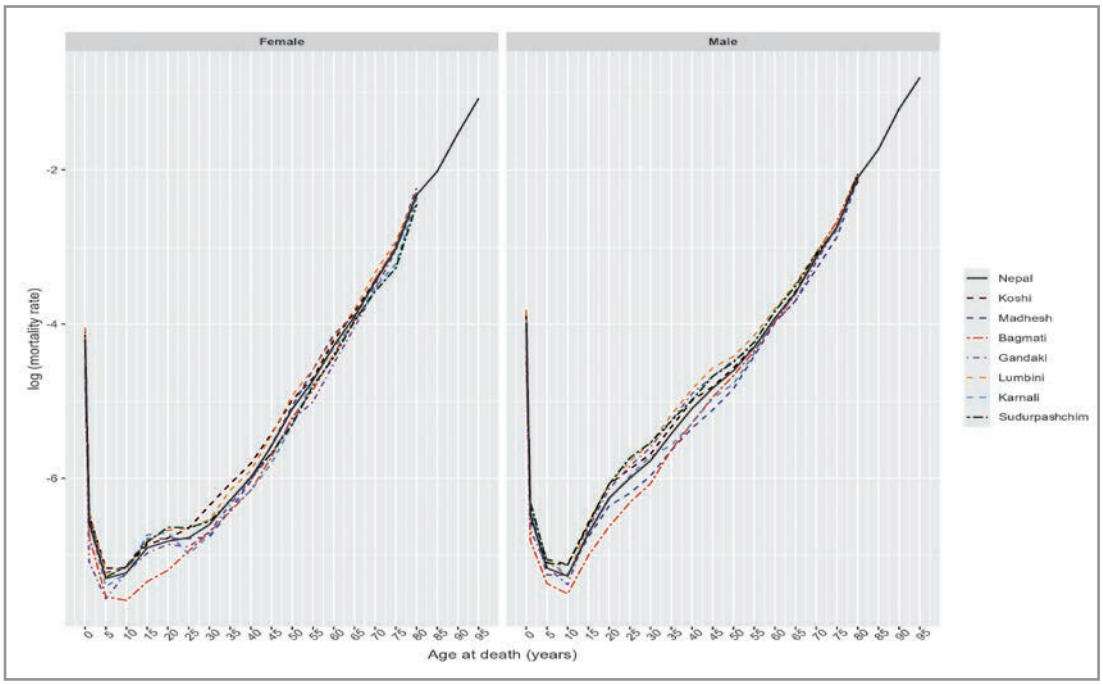
5.1.1 Life table computation

The age-specific mortality rates were computed using adjusted-smoothed deaths (events) divided by the person-years exposed to the event of death. Without the exact time of death, the exposure is estimated as the mid-period population calculated as the sum of the smoothed population and half of the adjusted-smoothed deaths.

$$Mortality\ rate = \frac{deaths_{adjusted,smoothed}}{\left(population_{smoothed} + \frac{deaths_{adjusted,smoothed}}{2}\right)}$$

The mortality rates were calculated for Nepal and its provinces (see Figure 12). The mortality rates in provinces follow the pattern of Nepal, except for younger ages (10 to 29) in Bagmati province, with distinctly lower rates than in other provinces. Kathmandu Valley and Chitawan of Bagmati province are the central hubs for education, and therefore, many females have delayed marriage and/or childbirth.

Figure 12 Age-specific (log-transformed) mortality rates by sex in Nepal and its provinces (Census 2021)



Next, the mortality rates were calculated for the districts. The results needed some adjustment to smooth erratic age patterns mainly due to the smaller population and number of deaths (particularly Manang and Mustang). To bring the district age-specific mortality rates to align with the provincial age pattern, the mortality rate relative ratio (rmx) was calculated as

$$rmx = \frac{distmx(a,s)}{provmx(a,s)}$$

Here, ***distmx(a,s)*** is the district's mortality rates at age '***a***' and sex '***s***', and ***provmx(a,s)*** is the provincial mortality rate for the same age and sex. The rmx ratio was smoothed to smooth the ***distmx(a,s)*** values and were multiplied by the provincial mortality rate for each age-sex group, resulting in an adjusted mortality rate for each district.

*Adjusted mx = smoothed (rmx) * prov.mx (a,s)*

The adjusted mortality rates formed the basis for calculating life tables for each of the 77 districts using the life table function from the MortCast[2] package in R. The Andreev-Kingkade method rule (options provided in the MortCast package) was applied to approximate ***a0*** (the average age at death for infants). Despite this correction, some issues remain with the mortality age pattern in some districts, notably resulting in larger sex differences in le0s (see map in Figure 15). Life tables were also calculated for Nepal and its provinces. Based on deaths from November 2020 to November 2021, these period life tables provide a foundational tool for projecting future mortality trends across districts.

5.2 National level

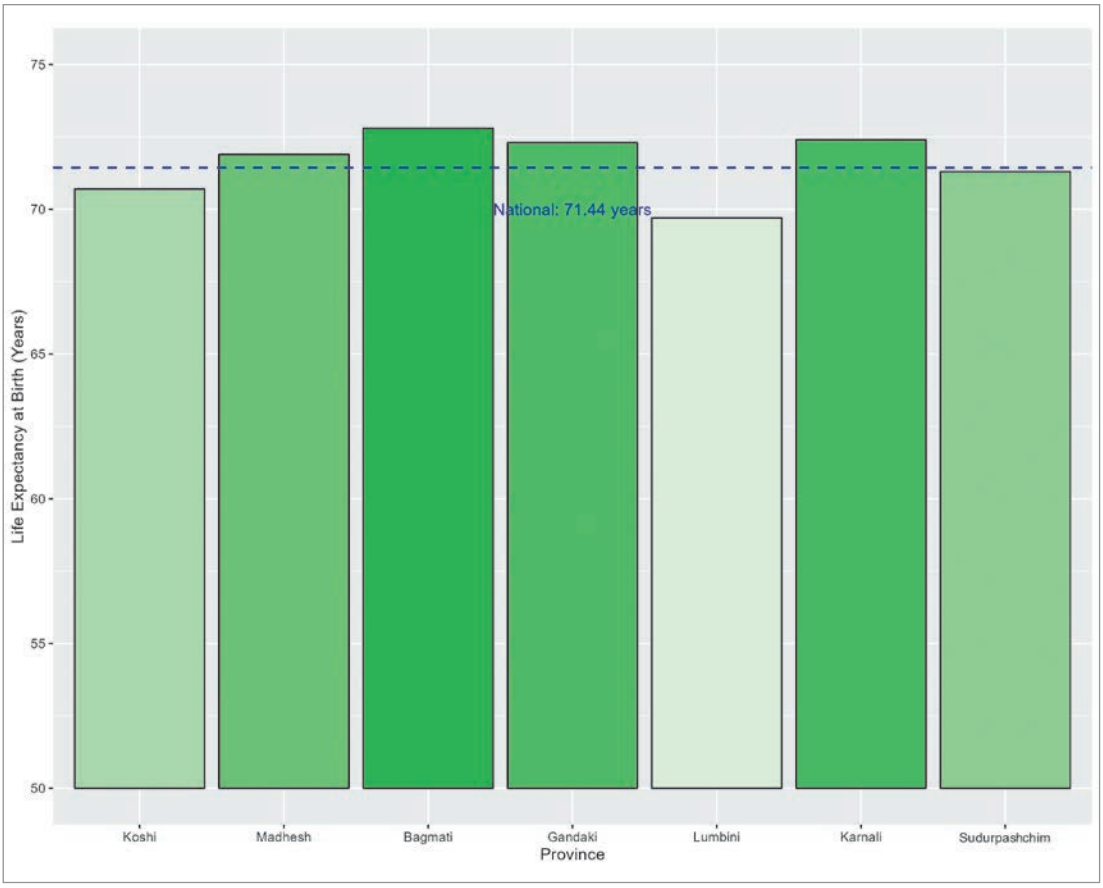
Based on the life tables prepared in the earlier section, we find that the life expectancy at birth has increased in Nepal from 66.6 years reported in (CBS, 2014a) to 71.4 years for both sexes. The increase is much higher among females (68 vs. 74.3) than males (65.4 vs. 68.7) due to the higher cause-specific deaths due to COVID-19 among males.

5.3 Subnational level

The ***le0s*** are calculated at the subnational levels- province and district levels. At the provincial level, the ***le0*** for both sexes ranges from 69.7 years in Gandaki Province to 72.8 years in Bagmati Province. Figure 13 shows how the provincial level ***le0*** varies with the national level estimates for both sexes.

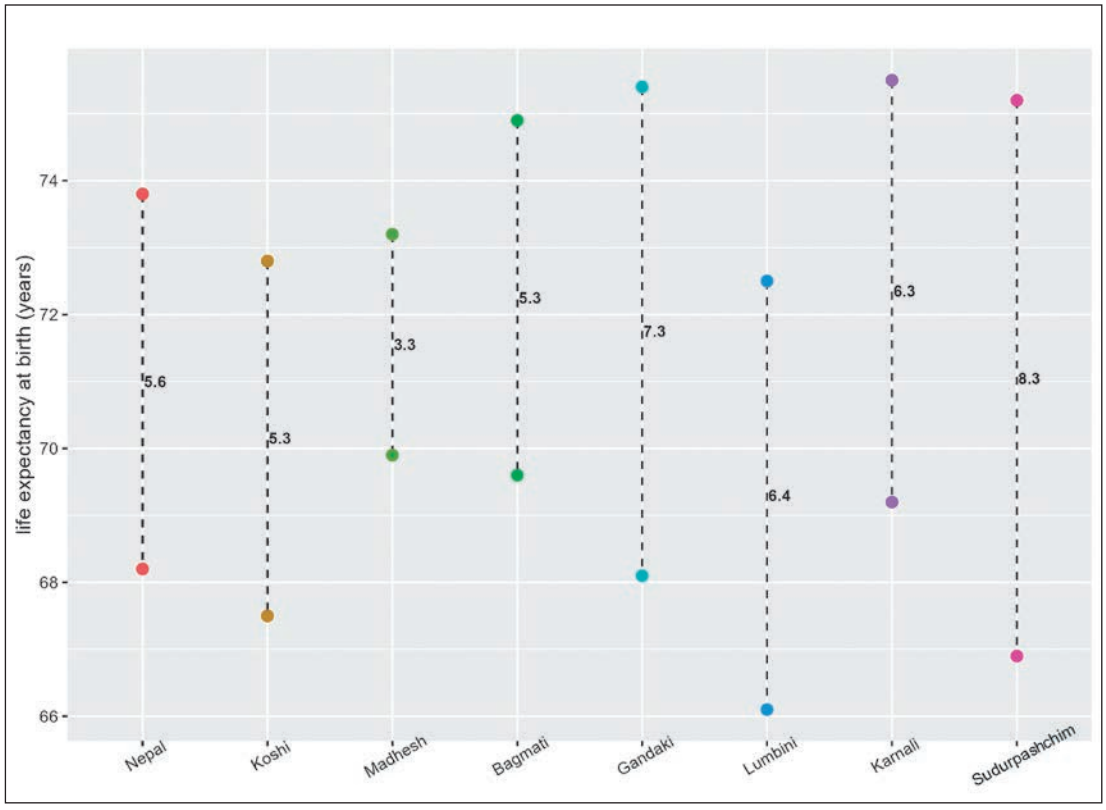
2 https://cran.r-project.org/web/packages/MortCast/index.html

Figure 13 Comparative life expectancy at birth at national and provincial levels



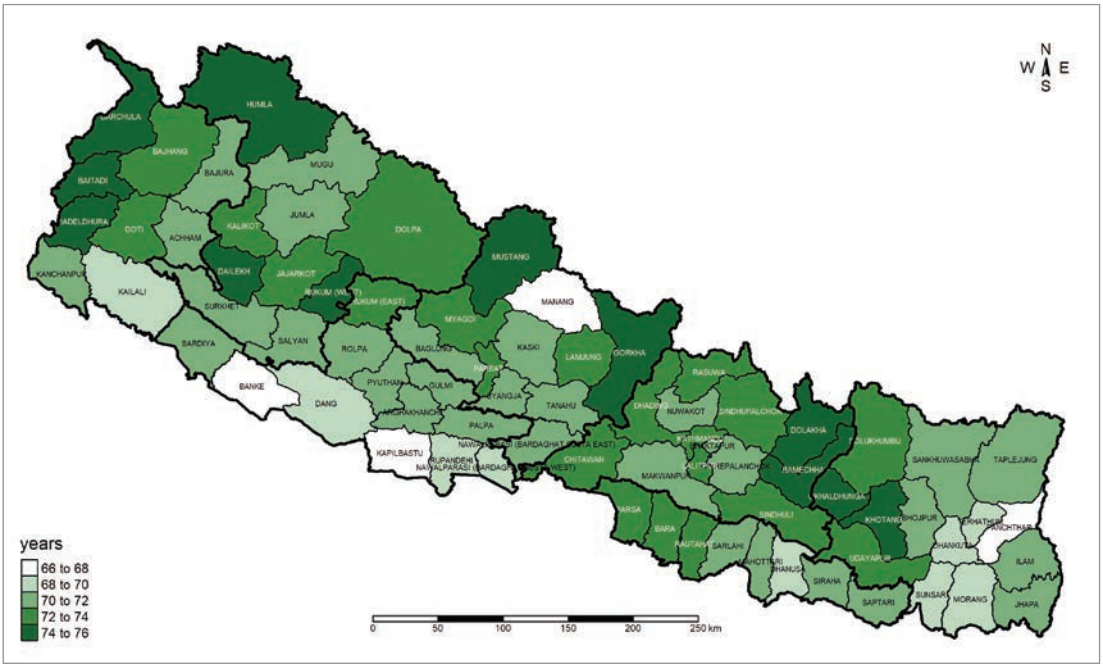
The evidence (see Figure 14) shows that women generally have a higher life expectancy at birth than men, highlighting the difference in life expectancy between the sexes at national and provincial levels. This difference ranges from 3.45 years in Madhesh Province to 8.14 years in Sudurpashchim Province. Notably, Gandaki, Lumbini, Karnali, and Sudurpashchim provinces exceed the national average sex-differential le0 of 5.60 years. The disparity in labour force participation between men and women, leading to differing exposure to risk factors that increase mortality, may explain these variations in ***le0***.

Figure 14 Difference in life expectancy at birth by sex



The life expectancy at birth in the districts varies (Figure 15) according to the socio-economic state, accessibility, and availability of healthcare facilities available within the districts. There is a notable variation for districts, with life expectancy for both sexes ranging from 67 years in Panchthar to 75.6 years in Okhaldhunga. Districts such as Panchthar (67 years), Banke (67.4 years), and Manang (67.8 years) fall below the national average, indicating regions where life expectancy is relatively lower. Several districts, including Baglung (71.4 years), Nuwakot (71.5 years), and Rolpa (71.5 years), closely align with the national average. On the other hand, districts like Gorkha (75.1 years), Rukum (West) (75.2 years), and Okhaldhunga (75.6 years) show higher life expectancy, exceeding the national average. Generally, the districts from hill and mountain regions have high ***le0*** compared to districts of the Terai region for both sexes. Regarding the sex difference at the district level, it ranges from 1.6 years in Taplejung to 12.8 years in Manang. Further detailed analysis is needed in order to understand these variations.

Figure 15 Life expectancy at birth at the district level (both sexes) – 2021 Census



5.4 Forces for mortality

Many forces have a direct impact on mortality. Some forces, such as the availability of health facilities, higher per capita income, and high literacy rates, tend to decrease the mortality rate. In contrast, high population density, lack of water supply, and sanitation tend to increase it (CBS, 2014b).

- **Fertility:** According to the demographic transition theory, at the initial phase, fertility and mortality remain high. However, on analyzing the significant decrease in the fertility level of Nepal in the past two decades, we expect a decrease in mortality as well. Hence, the regions (districts, *local levels*, etc.) having higher fertility rates will have high mortality rates, especially child/infant mortality rates.

- **Migration:** Due to heavy and erratic internal migration from rural regions to urban areas, economic hubs like Kathmandu Valley, Chitawan, etc., may increase the mortality rates as deaths might be reported in these regions. Due to this reason, there might be a significant decrease in reported deaths in rural regions. Thus, migration flow significantly influences the mortality scenario of a particular region. For instance, regarding urban, peri-urban, and rural regions (defined by NSO), the le0s for both sexes is 71.7 for peri-urban areas, almost the same as the national level (71.4 years). In contrast, the le0 is 72.3 years for rural areas, which shows how life expectancy is seen across different regions. A significant influx of

migrants to a particular region (e.g., Kathmandu) increases the burden of health resource-carrying capacity. Thus, the mortality rate in the destination region is expected to rise due to increased migration.

- **Education:** With the increment in education attainment nationally, public awareness and consciousness about personal and family health exist. Public consciousness about maintaining a healthy lifestyle is directly associated with minimizing deaths early in life.

- **Health facilities:** The Government of Nepal introduced a plan to establish a local level hospital through 753 local levels of Nepal. Under this plan, rural people will have increased healthcare access. This is crucial in managing the flow of patients directly from rural regions to central hospitals throughout Nepal. Nationwide expansion of healthcare facilities is expected to decrease the mortality rate in infants, children, and younger stages of life. Also, Nepal aims to reduce the under-five mortality rate from 27 deaths per 1,000 live births in 2022 to 20 deaths per 1,000 live births by 2030. This target will focus the efforts of all levels of government on achieving this goal, leading to an anticipated further decline in mortality rates.

- **Public health campaigns and vaccination programs*:*** Public health campaigns and vaccination programs have been crucial in reducing mortality in Nepal. The government's commitment to eradicating vaccine-preventable diseases through national immunization programs has significantly decreased deaths from diseases such as measles, polio, and tetanus. International partners such as the World Health Organization (WHO) and UNICEF often support these initiatives.

- **Technological advancements:** Advances in medical technology have significantly contributed to the decline in mortality in Nepal. Introducing modern diagnostic tools, improved surgical techniques, and better medical equipment has enhanced the quality of care available to the population.

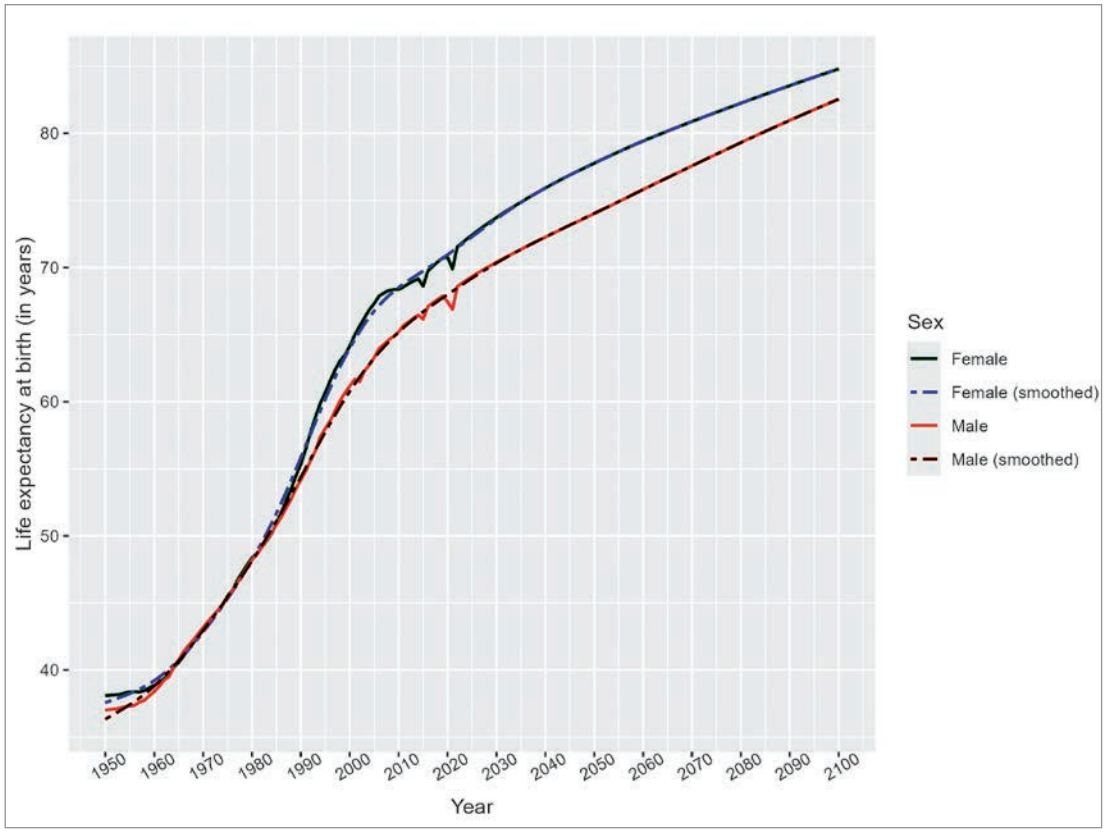
- **Socio-economic wellbeing:** In least-developed countries like Nepal, a stable economic status is crucial for accessing healthcare. As a result, economically vulnerable individuals often miss out on basic health services. However, the health insurance scheme introduced by the Government of Nepal has improved access to healthcare for these disadvantaged groups. Such initiatives are crucial in reducing the mortality rates.

5.5 Mortality assumptions

Since the mortality data below the district level is not reliable, the projection of life expectancy is set for the districts. District-level ***le0s*** prepared earlier were projected and used for local levels and wards within each district. For the Medium scenario, the le0 for each district and its provinces (to be used

later for generating life tables) is annually projected forward (2021-2051), following the gain assumed in the UN's population projection (Figure 16) for Nepal (United Nations, 2024). The UN's sex-specific ***le0*** trajectories for 1950-2023 are estimates, with some period effects impacting the le0, e.g., COVID-19 (2022-2023) or the earthquake (2015). The ***le0*** trajectories for 2024-2100 are the UN's Medium Variant scenario. The exclude period effects, the ***le0*** trajectories were smoothed using '*smooth.spline*' function from R with 12 degrees of freedom (Figure 16).

Figure 16 Trajectories* of life expectancy at birth for Nepal in UN's WPP2024

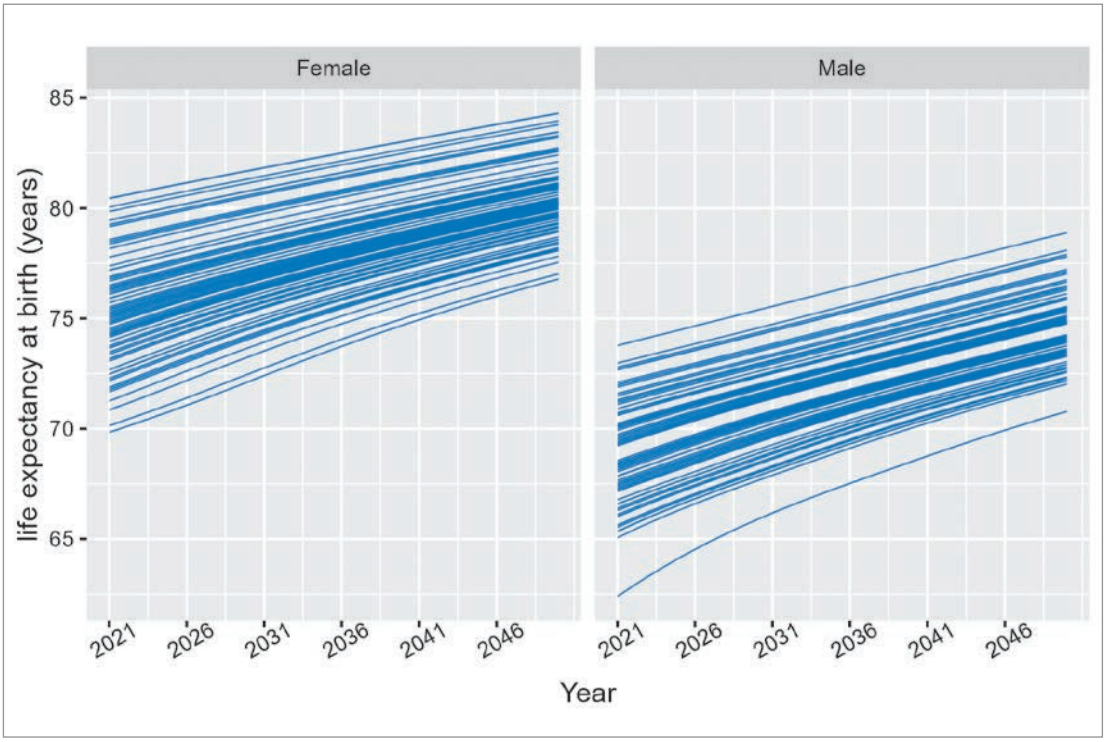


*Note: *UN Estimates (1950-2023) and UN Medium Variant projection (2024-2100)*

This approach generates **le0** projections with no convergence from 2021 to 2051, starting with the empirical estimates and following the national trajectories.

Figure 17 shows the resulting medium scenario of le0s by sex for all the districts, with a range of le0 of 70.8-78.9 years for males and 76.8-84.3 for females. the projected life expectancy at birth for the medium scenario in annex.

Figure 17 Projected life expectancy at birth in districts by sex under the Medium scenario: 2020-2051



Next, the projected district and provincial le0 values were used to calculate the survival ratios (Sx). The age-specific mortality rates at the district level were found to be erratic due to the short data collection period (one year), particularly in areas with smaller populations. Therefore, it was decided to use the age pattern for the provinces as a model (or standard) for districts within each province. However, the Sx based on smoothed death and population data for provinces also showed unusual age patterns among some older age groups. This could be due to COVID-19-related deaths, where the most vulnerable individuals succumbed during the initial outbreak before November 2020. Additionally, those who survived and received the first vaccination dose had higher survival ratios than others from the same or younger cohorts.

Furthermore, underreporting of deaths among the older population might have resulted in a lower reported mortality or higher survival ratio. In the absence of other data sources, it was decided not to adjust the province-level Sx further. However, the empirically based age-specific Sx was gradually adapted to align with the UN's age pattern for Nepal and its sub-national units.

For each province, the projected le0 in 2050-51 was aligned with the le0 value from the WPP2024 life tables for Nepal, and these corresponding values were extracted and assigned to the province for

2050-51. Using the le0s for 2020-21 (empirical) and 2050-51 (projected), alongside the corresponding Sx for 2020-21 (empirical) and 2050-51 (WPP2024), survival ratios for district le0s from 2021 to 2051 by sex were linearly interpolated and used to project the deaths in the projection model.

For the low scenario, the le0 is assumed to follow the UN trajectory at a rate 50 percent slower than in the medium scenario, reflecting slower progress in reducing mortality due to limited healthcare improvements and adverse living conditions. In contrast, in the high scenario, the le0 increases 50 percent faster, reflecting enhanced healthcare access, improved living conditions, and accelerated progress in reducing mortality. Similar procedures were implemented to generate Sx for the projected le0s.

At the Palika and ward levels, survival ratios are assumed to align with those of their corresponding district, reflecting consistent mortality patterns across scenarios.

CHAPTER 6

INTERNAL MIGRATION

Internal migration is essential to Nepalese demographics, which drives population size, structure, and dispersion changes. According to most definitions, it is a type of population mobility that involves a change in the usual place of residence within the national boundary (CBS, 2014b). Lee's theory of migration (Lee, 1966) discusses pull and push factors, stating that pull factors such as employment opportunities, economic opportunities, education facilities, health facilities, higher standard of living, new industries, entertainment facilities, cultural tradition, and political stability attract people to migrate from their place of origin to place of destination, while, push factors such as poor infrastructure, low pay, poverty, unemployment, population pressure, and a lack of resources for education, healthcare, and food grants pushes people to migrate (Dhakal, 2022). Lee's theory of migration (Lee, 1966) discusses pull and push factors, stating that pull factors such as employment opportunities, economic opportunities, education facilities, health facilities, higher standard of living, new industries, entertainment facilities, cultural tradition, and political stability attract people to migrate from their place of origin to place of destination, while, push factors such as poor infrastructure, low pay, poverty, unemployment, population pressure, and a lack of resources for education, healthcare, and food grants pushes people to migrate (Dhakal, 2022, Gurung and Shrestha, 2024a).

Similarly, Ravenstein's law of migration (Ravenstein, 1889). Similarly, Ravenstein's law of migration (Ravenstein, 1889) mainly discusses internal migration, stating that most migrants travel short distances due to reasons like being easy to travel back and forth, having the same culture and language, being near to family, being less costly, etc., at a place with more pull factors, hence internal migration takes place due to these reasons (Singh, 2024, Gurung and Shrestha, 2024a). This chapter discusses these forces, migration scenarios, internal migration assumptions, and methodologies for data preparation during internal migration.

6.1 Data preparation for internal migration

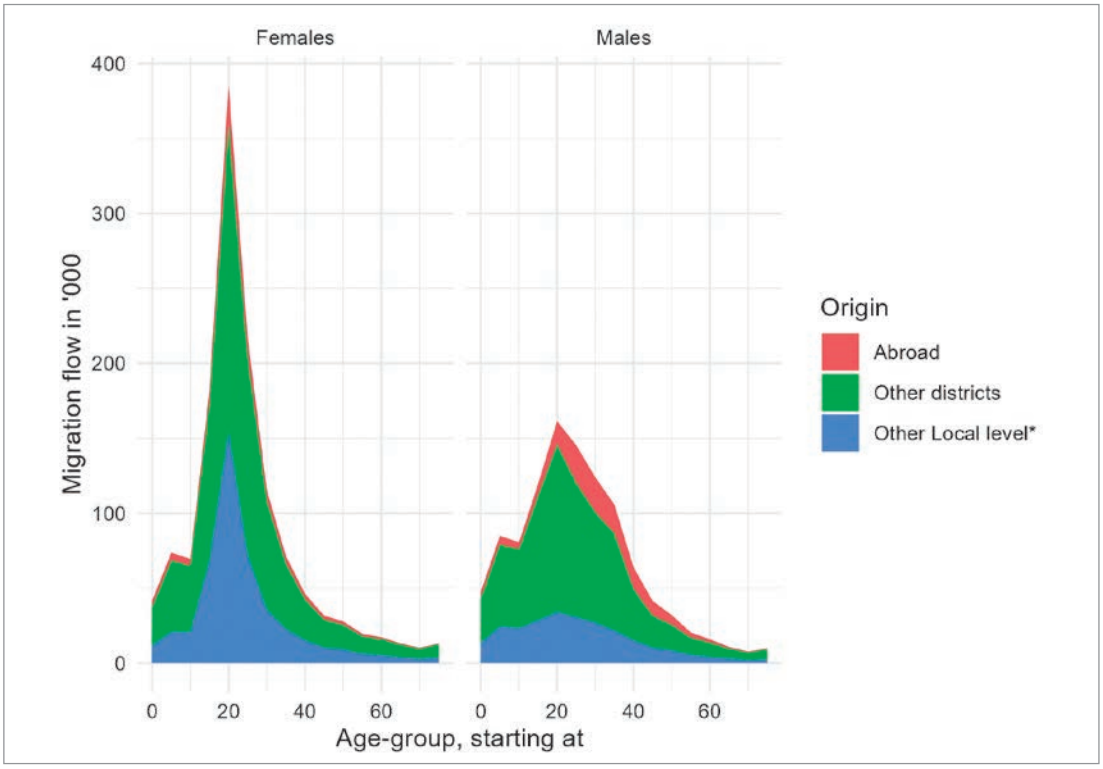
Census 2021 records each individual's migration status, including the origin area (same local level, same district, other districts, and abroad), rural/urban place of residence, and duration in years of migration. Age and sex-specific migration flows by different origins in the districts are shown in Figure 18. The higher peak for females than males is mainly due to marriage. However, specific origin information on the local level and the ward is not recorded, which is a limitation preventing an empirical estimation of outmigration rates at the area lower than the district level.

Altogether, 2,408,397 reported a different last place of residence than the current one during the previous five years before the census from different districts (1,457,289; 60.5%), another local level within a district (717,830; 29.8%, half of the former), and abroad (233,278; 9.7%). Regarding duration,

only 13.4 percent migrated during the last 12 months due to COVID-19 restrictions. The proportion was almost double (25.6%) who migrated during the previous 13-24 months.

In the last five-year migration record, 2,509 people had not stated their district of origin. That migrated population was distributed proportionally (according to the size of migrants) among the 77 districts by their age and sex.

Figure 18 Origin place of migrants in districts of Nepal during 2016-2021



*Source: Nepal Census 2021, Note: *Other Local level of the same district*

Based on 1.46 million inter-district migrants (other districts in Figure 18), an estimation of age and sex-specific bi-regional migration flow probabilities between the districts and the rest of Nepal is undertaken, intending to be used as the base migration probabilities for the district-level projections. The other option is to estimate bilateral migration. However, due to the zero or very small size of flows in many instances (by district, age, and sex) and the uncertainty involved in making future assumptions regarding the destination of migrants, we decided not to opt for the bilateral migration probabilities.

The projection model timestep is set to a year. However, due to COVID-19's impact on internal migration during 2020-2021, we considered migration during the last five years (2016-2021) before the census for the analysis. The five-yearly flows were then annualized by dividing it by five to generate an average

annual migration flow. It is acknowledged that the calculated annual flow is an underestimation as those who migrated multiple times during the last five years on the last migration event were not recorded in the Census.

For a given age and sex, we first estimated, adjusted, and smoothed migration flows for a given district to prepare average annual and single-age flows. The average annual migration flows (including other international flows) were then used to recast the initial population (1 year earlier for those alive in November 2021). The migration probability was then calculated as a ratio of migration flow and the corresponding exposed population at the beginning of (November) 2020. The technical details are outlined below.

6.1.1 Migration flow during the last five years (2016-2021):

Dout = Migration flow (from a district to the rest of Nepal - **RoN**)

Din = Migration flow (from the **RoN**)

EA= **E**migrants (from a district to abroad) + **A**bsentee (from the district to abroad)

Absentee = **EA** * prop of EA (to labour countries age 15-60)

Emigrant = **EA** - **A**bsentee

IR = **I**mmigrants (from abroad to a district) + **R**eturnee (from abroad to the district)

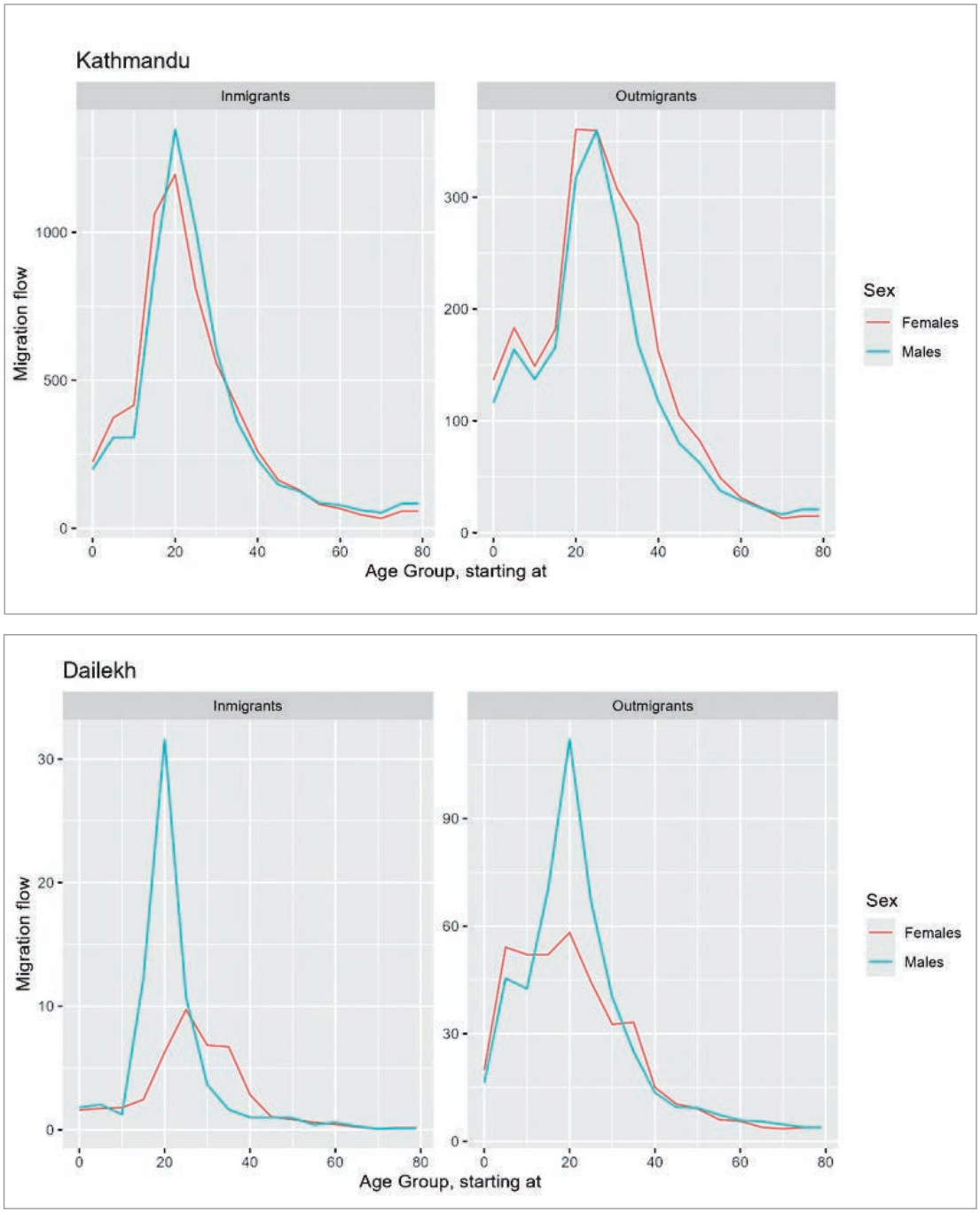
Immigrants = 0.2 * **IR**. It is assumed that 20 percent of the IR are immigrants, and the rest are returnees. This 20 percent is an ad hoc assumption considering a higher proportion of returnees returning to Nepal. However, for females, the proportion of returnees might be less due to the prevalence of cross-border marriages. Also, there could be age and geographic variations, and a more in-depth analysis could refine these values.

Returnee = **IR** - **I**mmigrants

Dout, **Din**, and **IR** are obtained from the data presented earlier. The data for **EA** (**A**bsentee and **E**migrant) are obtained from questions about the absentee population presented in the next chapter (see section 7.1). These five-yearly migration flows by sex and five-yearly age groups (except the absentees and emigrants) were interpolated using cubic splines (similar to methods applied for smoothing in this report) to prepare single-age flows. Before interpolation, mid-age values were assigned to the five-yearly age groups (e.g., 17.5 for 15-19 years old). Next, the single-aged flows were divided by five to obtain the average annual flow during 2016-2021. Figure 19 shows age and sex-specific flows of bi-regional migration for two selected districts of Nepal. The in- and out-migration flows (approx. odds ratio of 3:1) for Kathmandu, an internal migration-receiving district, have similar

patterns by sex. Dailekh (Figure 19) shows a typical district losing population to internal migration, with the odds 1:3 (in vs. out).

Figure 19 Average annual age and specific migration flows for Kathmandu and Dailekh district



The migration flows after age 80 are excluded due to very low flows and the concern over the data quality (age heaping and misreporting). As explained below, the resulting numbers were used to estimate the migration probabilities.

6.1.2 Average annual probability of migration during the last five years (2016-2021):

The probability of out-migration from a district to the rest of Nepal is defined as,

Doutp = **Dout** / **P**opulation (at the beginning of a period, **2020**). Here, we consider only those who were alive during the Census 2021.

P(2020) = **P**opulation (at the end of period, **2021**) + **Dout** – **Din** + **EA** – **IR**

Similarly, the probability of in-migration to a district from the rest of Nepal,

Dinp = **Din** / **P**(**2020** in the Rest of Nepal - **RoN**), the denominator of which is obtained by summing over the population in the rest of Nepal.

These average annualized migration probabilities (also for emigration and absentees) were used as a base for the projection.

6.1.3 Local level

At the local level, in addition to the (five-year) inter-district migration, we distributed the intra-district bi-regional migration flows (717,830 reported cases) between the local levels by age and sex. Only the urban/rural place of origin in each district was available, which we distributed proportionally to the local population at the origin local levels. As a result, for each local level, we now have two sets (within and outside of the district) of internal migration bi-regional flows. The inter- and intra-district flow probabilities for local levels are prepared by following the steps for districts (see sections 6.1.1 and 6.1.2).

Here,

Lout = Migration flow (from a local level to the rest of the district - **RoD**)

Lin = Migration flow (from **RoD** to local level)

And calculated the probability of out-migration from the local level of a district to the rest of the district,

Loutp = **Lout** / **P**opulation (at the beginning of a period, **2020**). Here, we consider only those who were alive during the Census 2021.

P(2020) = **P**opulation (at the end of the period, **2021**) + **Lout** – **Lin** + **Dout** – **Din** + **EA** – **IR** (while **Dout** and **Din** are proportionally distributed by population size in local levels within

urban or rural place of residence within a district, **EA** and **IR** do not consider urban or rural place of residence)

Similarly, the probability of in-migration to a local level in a district from the rest of the district,

Linp = **Lin** / **P**(**2020** in **RoD**), the denominator obtained by summing over the population in the rest of the district.

These average annualized migration probabilities (also for emigration and absentees) were used as a base for the local-level projection.

6.2 Trends of internal migration

Nepal's economy is transitioning from subsistence agriculture to modern industry and services, with agriculture's share of output and employment declining as services dominate over half of domestic production. Over the past two decades, many men have moved to more productive jobs in construction, manufacturing, commerce, and transportation, often in urban areas. This structural shift has driven urbanization, particularly in Kathmandu Valley, where economic activity is concentrated. Kathmandu's population has grown rapidly at 5 percent annually, while remote districts face negative population growth (Bulmer, Shrestha, and Marshalian, 2020).

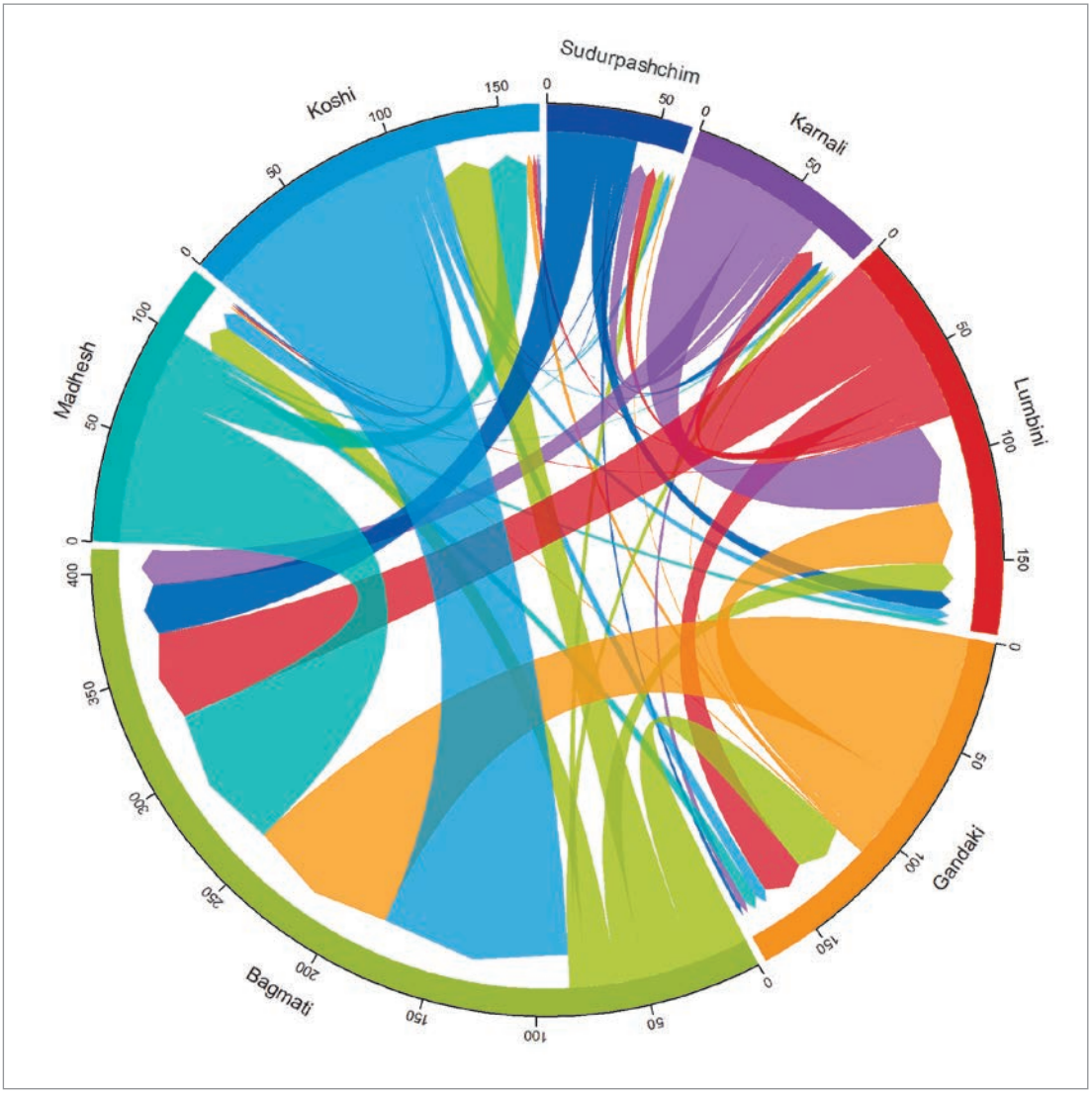
6.2.1 Between provinces

Province-wise, Nepal's province-level migration trends reveal a clear rural-to-urban shift, with people increasingly moving from less developed provinces to more urbanized and economically vibrant areas, primarily Bagmati. During the last five years before the Census 2021, 609,890 inter-province migration flows were recorded (Figure 20). This inter-province flow is 42 percent of Nepal's total inter-district flow, meaning more than two-fifths of the inter-district flows were within the province boundary. In terms of destination, more than half (53%) were recorded in Bagmati province, distantly followed by Lumbini (16%), Gandaki (11%), and Koshi (8%). In contrast, by origin, 1 in 5 inter-province migration flow was from Koshi (19%), followed by Gandaki (18%), Madhesh (17%), Bagmati (14%), Lumbini (13%), Karnali (11%) and then mere 7 percent from the Sudurpashchim province.

Regarding net migration during the last five years before the Census, Bagmati province had the highest net migration gain of 241 thousand, and Lumbini gained 19 thousand. In contrast, five provinces experienced negative net migration, with Madhes (-76 thousand) losing the most, followed by Koshi (-70 thousand), Gandaki (-48 thousand), and Karnali (-46 thousand).

Gender-wise, a slightly higher proportion of males than females migrating between provinces. However, compared to the district flows, fewer females (38%) than males (47%) are migrating beyond the province border, most likely due to work and education reasons.

Figure 20 Inter-province migration flows (in thousands) during the previous five years before recorded in Census 2021, Nepal



Note: based on R codes provided by Guy Abel; Date Source: Census 2021 (Nepal); see Annex 17 for the numbers behind this Figure

6.2.2 Between ecological regions (Mountain, Hills and Tarai)

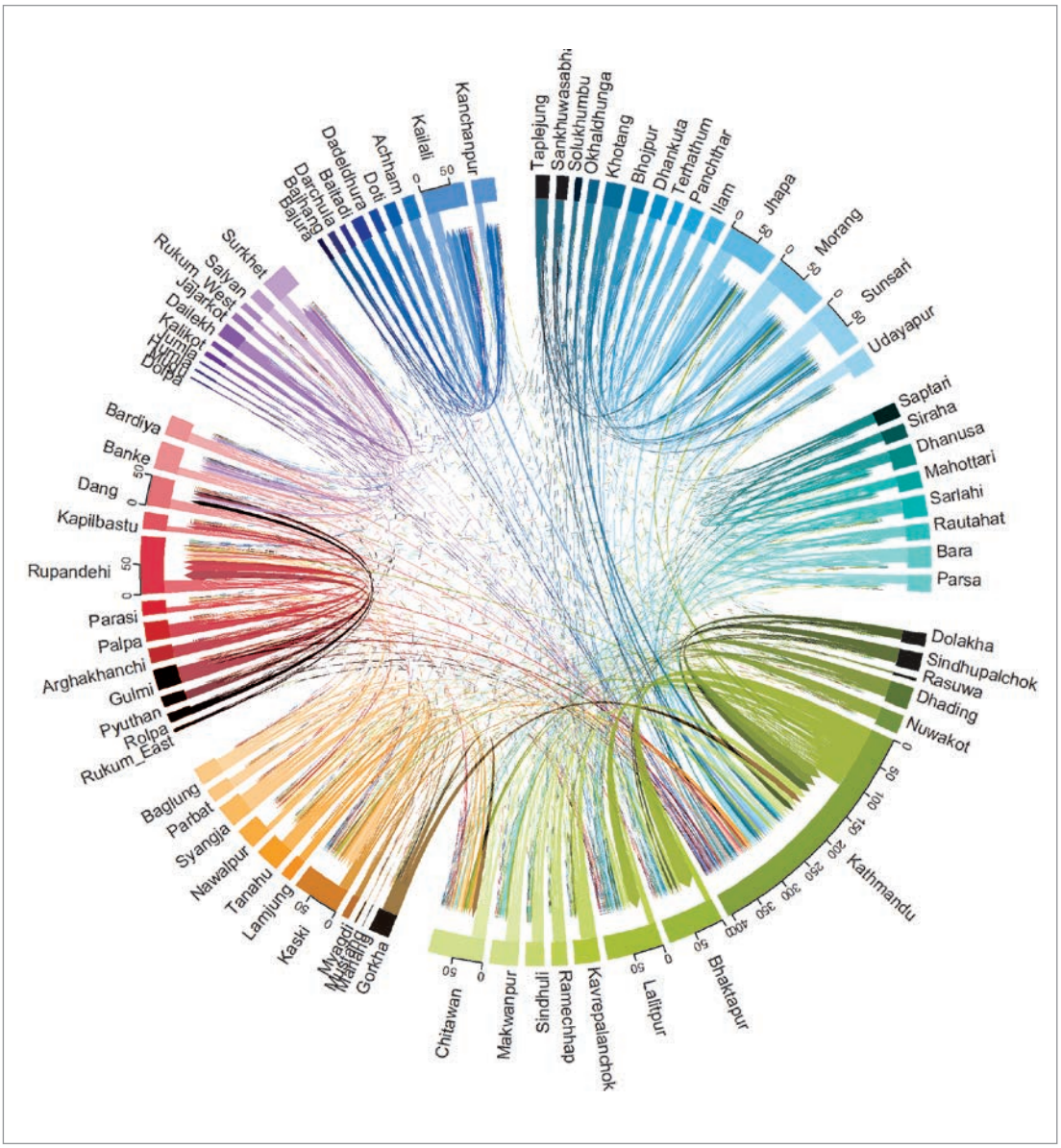
Ecologically, Tarai has been the primary destination for internal migrants from 1971 to date (92% in 1971 and 70 percent in 2011) (CBS, 2014b). From 1971 to 2021, Nepal's Tarai region saw its population surge from 4.3 million to 15.6 million, growing by nearly 2 million every decade. The 2021 census revealed a dramatic shift in population distribution, with the majority now residing in the Tarai (53.6%),

another majority in the Hills (40.3%), and the least population in the Mountains (6.1%) (NSO, 2023a). Recently, the percentage of in-migrants to the Hills has risen from 5.7 percent in 1971 to 29.7 percent in 2021, demonstrating an increasing preference for this ecological zone. On the other hand, the Mountains continuously exhibited negative net migration, indicating a constant outflow of people (Gurung and Shrestha, 2024 b). Malaria control was the primary driver of the migration trajectory shift that led to Tarai as an emerging destination for migrants. Similarly, pull factors for migrants towards the Hills were the availability of better opportunities than their place of origin, which include better education, employment opportunities, health facilities, etc. (NSO 2024c). Regarding gender migration, in the Tarai, male in-migration has decreased by nearly 10 percentage points since 2021, while female in-migration has declined by eight percentage points. The Hills report the highest out-migration rates, with females (57.6%) leaving more than males (51.3%). Female migration is often driven by social factors like marriage or the international migration of male partners. Remittances from men working abroad frequently lead families to relocate to urban areas for children's education, creating fragmented or transnational family structures (NSO 2024c).

6.2.3 Between districts

Figure 21 shows inter-district migration during the last five years before Census 2021. As the nation's capital and a centre of opportunity, Kathmandu has drawn an increasing number of migrants from different parts of the nation in recent decades. Kathmandu district is the largest receiver of internal migrants (Figure 21), distantly followed by other districts with major urban centres, such as Bhaktapur, Chitawan, Jhapa, Kailali, Kaski, Lalitpur, Morang, Rupendehi, and Sunsari. This trend illustrates the continued rural-to-urban migration and the growing demographic divide between urbanized areas and more remote districts in Nepal.

Figure 21 **Inter-district migration flows (in thousands) during the previous five years before recorded in Census 2021, Nepal**



Note: based on R codes provided by Guy Abel; Date Source: Census 2021 (Nepal).

6.3 Forces for internal migration

- **Marriage:** Marriage accounted for 49.3 percent of the migrant population, according to (NSO, 2024b). According to the same source, Madhesh has the highest proportion among the provinces, with 87.3 percent of migrants moving for marriage. Despite the declining marriage rate from 54 percent of the migratory population (CBS, 2019) to 49.3 percent (NSO, 2024b), marriage remains the most common reason for first-time out-migration.

- **Urbanization:** Factors such as the availability of physical facilities, higher education and the expansion of business opportunities drive people to migrate (Dhakal, 2022). Rural to urban migration is fueled by factors such as low wages, unemployment, unequal landholding and fragmentation, inadequate educational facilities and health facilities (Adhikari et al., 2023). Districts like Kathmandu, Bhaktapur, Lalitpur, and Chitwan serve as important migration urban hubs, attracting residents from neighbouring regions like Kavrepalanchowk, Sindhupalchowk, and Dhading (CBS, 2014b); (Gurung and Shrestha, 2024a) while districts like Khotang (-15.6%) and Syangja (-10.6%) have negative net migration rates (NSO, 2024c).

- **Education:** People move to cities in search of higher education and better opportunities. Lack of education in their place of origin has been a significant factor for people relocating to urban areas (Adhikari et al., 2023). For instance, people mostly migrate to Bagmati province for education or training (11.4%) and employment (15%). In 2021, migration focusing on education accounted for 7.3 percent of all migrants. This trend is especially evident in provinces and urban areas like Bagmati, where migration is influenced by access to educational opportunities (NSO, 2024b). This trend is especially evident in provinces and urban areas like Bagmati and Karnali, where migration is influenced by access to educational opportunities (NSO, 2023a).

- **Employment:** The primary reasons people migrate from their place of origin to their destination are a lack of employment options, business prospects, job transfers, economic opportunities, and a higher standard of living (Dhakal, 2022). Most individuals have been migrating from rural to urban areas to pursue jobs, mainly for physical facilities, better employment prospects in terms of income and pay, fixed working hours, and a solid economic return (Adhikari et al., 2023). According to NLSS IV 2022/23, it is noted that 7.1 percent of the total population migrated for work (NSO, 2024b).

- **Family-related reasons:** The second most frequent cause for migration, "Following the Family," amounts to 25.6 (NSO, 2024b). While marriage continues to be the dominant factor driving internal migration, particularly among women, the data indicates a slight decrease in significance over the decade, suggesting potential shifts in social dynamics and other

contributing factors, such as increased migration for education, work, or family reasons. This evolving pattern underscores the complex interplay between cultural norms and emerging socioeconomic factors in shaping migration trends in Nepal.

- **Agricultural migration:** Agricultural migration is another most common type of movement in rural areas. According to (CBS, 2014b), 21 percent migrated for agriculture in rural areas (census, 2011). People migrate from their place of origin to their destination due to reasons like weather variability, soil fertility, and such.

6.5 Internal migration assumptions

With the base probabilities for 2020-2021 prepared earlier (section 6.1.2), the projection of these probabilities under the three primary scenarios: low, medium, and high (chapter 3) was undertaken. In the absence of good quality time-series data on internal migration, the scenario narratives, supported by an understanding of the past trends and forces impacting the migration, were used to define and quantify the migration scenarios for the future. The narrative of each scenario, except the medium scenario, dictates different trajectories for internal migration, as described in the following.

6.5.1 District level

- **Medium scenario**

  In the medium scenario (see section 3.1), internal migration is expected to remain steady, with continued migration towards urban areas. Therefore, age and sex-specific inter-district base migration probabilities are assumed to remain unchanged throughout the projection period.

- **High scenario**

  In the high scenario (see section 3.2), internal migration intensity is expected to continue but then slow down. Due to technological advancements, a strengthened focus on agriculture, and the spread effect of rural-urban linkages, rural areas will develop from rural to peri-urban and later to urban areas, thus creating a situation of reverse migration. Internal migration probabilities are assumed to remain unchanged (as of 2021) until 2030. However, after 2030, the probability will be reduced to half by 2050.

- **Low scenario**

  In the low scenario (see section 3.3), internal migration is expected to increase, with heightened youth migration. The same pattern of rural-to-urban migration is expected. The internal migration probabilities are assumed to remain unchanged (as of 2021) until 2030. After 2030, the probability will double by 2050.

6.5.2 Local level

At the local level, in addition to the inter-district migration, intra-district bi-regional migration probabilities between the local levels by age and sex were implemented. To maintain the hierarchy set at the district level, aggregated age and sex-specific migration results at the district level were matched to the corresponding results from the scenario-specific district-level projection at each time step.

6.5.3 Ward level

Each scenario's migration flows were proportionally distributed, thereby maintaining the hierarchy. Intra-local-level bilateral ward flows were added. In the absence of data (not recorded) in the census, the 1:2 odds ratio of migrating out to other local levels within a district and outside a district (see section 6.1) was followed. Slightly lower odds of 1:5, based on geometric progression (1:4), were assumed between migrating to other wards within a local level and migrating from the local level to the rest of the district. It was assumed that the total migration flows between wards within a local level would amount to 20 percent of the intra-district inter-local level migration flows.

CHAPTER 7

INTERNATIONAL MIGRATION

This report distinguishes international migrations into four types: absentees, returnees, immigrants, and emigrants. Absentees are international migrants who will eventually return to Nepal, while returnee population refers to the population that returns from a host country back to their country of origin, country of nationality, or habitual residence, usually after spending a significant time. Similarly, immigrants are individuals who move from their country of origin or habitual residence to another country, intending to settle there temporarily or permanently. To avoid ambiguity, this report identified countries where Nepali migrants migrate for employment and, due to strict laws at the destination, must return after the employment contract. All the remaining international migrants are referred to either as immigrants or emigrants.

International migration has become an intrinsic aspect of Nepali society, affecting practically every Nepali household due to the enormous number of Nepalis involved in the transnational movement, especially for jobs and education (IOM, 2019); (Sharma et al., 2014). A significant portion of the youth has travelled overseas regularly to various parts of the globe (CBS, 2014b).

Over time, labour migration to Malaysia and the Gulf nations has experienced a substantial increase, and it currently makes up a growing portion of Nepal's total international migration. While labour migrants return after retirement or due to other reasons like sickness or family responsibilities, the likelihood of returning is much less for those who migrate for education or work to countries such as Europe, the US, and Australia, referred to as emigrants. In addition, in recent times, anecdotal evidence shows further migration of absentees to Europe (e.g., Romania and Portugal), resulting in the declining size of Nepali absentees living abroad.

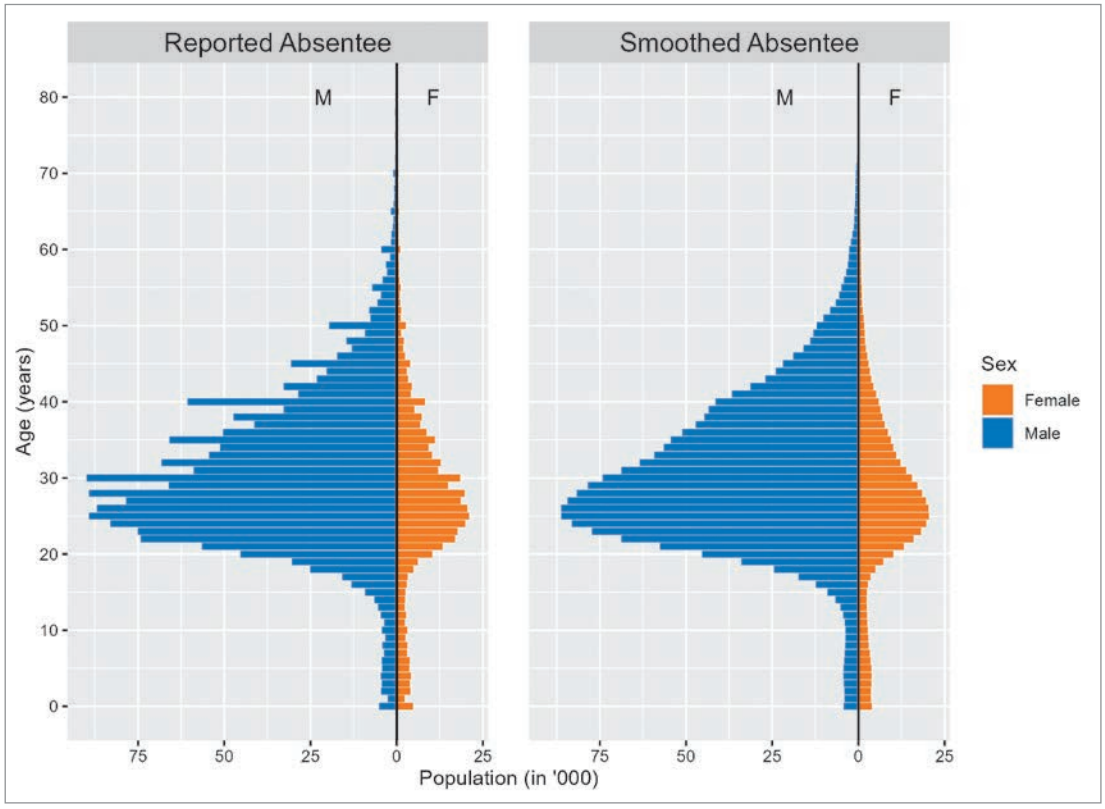
Another large flow of cross-border migration is between Nepal and India, mainly due to the open border (Bhattarai, Upadhyaya and Sharma, 2023) - especially females around age 20 who migrate (both ways) due to cross-border marriages or education. Males from India are migrating, most likely for work.

This chapter highlights the trends of international migration, its driving forces, immigrant population assumptions, and trends of returnee population and absentee population with their assumptions and data preparation for projection.

7.1 Data preparation for international migration

Data is prepared for the last five years before Census 2021 of international migration (similar to the internal migration, detailed in section 6.1). The estimation and calculation of flows of migrants from abroad (immigrants and returnees) and the annual average probabilities are partly discussed and prepared in section 6.1. This report assumed that 80 percent of the migrants from abroad were returnees and 20 percent were immigrants and acknowledged that further refinement could be done with more research.

Figure 22 Emigrants and Absentee population distribution (Reported and Smoothed)



The absentee dataset at the district level by the age, sex, and duration of being absentee is obtained from the Census 2021. Origin countries were categorized into 1 (absentee in such countries will return to Nepal at some point in life and 0 (absentee in such countries will not return to Nepal). The absentee population was assumed to include only migrants in countries categorized as 1. Additionally, zero absentee population was assumed after the age of 60 years in the labour destination countries. A pool of absentee population by origin district was maintained during the projections. At each time step of projection, returnees (after applying the survival ratio from the corresponding origin district) were extracted from the pool and sent back to their district in Nepal using the probability of return calculated below.

7.1.1 International flows during the last five years (2016-2021):

Following section 6.1.1**,**

EA= **E**migrants (from a district to abroad) + **A**bsentee (from the district to abroad)

Absentee = **EA** * prop of EA (to labour countries age 15-60)

Emigrant = **EA** - **A**bsentee

IR = **I**mmigrants (from abroad to a district) + **R**eturnee (from abroad to the district)

Returnee = **IR** - **I**mmigrants

7.1.2 Average annual probability of migration during the last five years (2016-2021):

The probability of out-migration from a district (or local level) to abroad is defined as (see section 6.1.2 for details),

EAoutp = **EA** / **P**opulation (at the beginning of a period, **2020**). Here, we consider only those who were alive during Census 2021.

Similarly, the probability of in-migration to a district from the Absentee pool (**AbsP**),

Rinp = **Returnee** / **P** (**2020,** the **Abs**entee **P**ool)

These average annualized migration probabilities were used as a base for the projection.

7.2 Trends of international migration

The initial results of the 2021 Census show that 2.1 million Nepali nationals reside outside the nation, signifying 7.4 percent of the total population. Nepali immigrants abroad have grown dramatically over the last 60 years, from less than 200,000 in the 1950s to almost 2.2 million by 2021. The most noticeable change happened between 2001 and 2011, when Nepalese living abroad more than doubled. Despite slight declines in 1981 and 2001, the overall percentage of foreign migrants increased from 2.3 percent in 1952/54 to 7.5 percent in 2021, driven by job and student migration (Bhattarai, Upadhyaya, and Sharma, 2023); (NSO, 2023b). According to the 2021 census, 2,190,592 people from 1,555,961 households (23.4%) are living abroad and absent 2021 (NSO, 2023b).

Regarding labour migration from Nepal, it increased dramatically after migration policies were liberalised in the 1990s, coinciding with the growth and labour shortage in the Gulf Cooperation Council (GCC) countries (Bahrain, Kuwait, Oman, Qatar, Saudi Arabia, and the UAE). More than 85 percent of workers who leave Nepal go to the six GCC countries and Malaysia, which continue to be the most sought-after destinations for labour migration from Nepal (MoLESS, 2020). In recent years, 80 percent of Nepali migrants went to Saudi Arabia, Qatar, and the UAE, with Saudi Arabia

as the top destination. In 2022-2023, Malaysia became the most popular choice, attracting about one-third of Nepali travellers. Around one-fourth chose the UAE. Over the past three years, the top five destinations have been Saudi Arabia, Qatar, the UAE, Malaysia, and Kuwait, with new European destinations emerging recently, according to the DoFE's FEIMS (NSO, 2024d).

In terms of gender, most Nepali labor migrants are male, with about one-fourth choosing the UAE and one-fifth opting for Saudi Arabia, followed by Qatar, Malaysia, and Kuwait. New destinations like Romania, South Korea, and Croatia attract youth with better pay and security. Similarly, one-third of female migrants prefer the UAE, while one-fifth choose Saudi Arabia and Qatar. However, government bans on domestic work have significantly reduced female migration to GCC countries (Khatiwada and Rai, 2024). Between 2006/07 and 2022/23, women received about 5 percent of labor permits. While female labor migration has increased over the years, the NLFS 2017/18 reported that women made up only 5 percent of labor migrants. However, Census 2021 showed this figure had risen to 11 percent, excluding those who migrated for education, family reasons, or other non-employment purposes (Bhattarai, Upadhyaya and Sharma, 2023).

Regarding immigration to Nepal, foreign-born people rose sharply from 479,625 in 2011 to 744,245 in 2021. There were 553,352 foreign-born people, of whom 547,761 were recognized as women, compared to just 186,777 for the overall population. In contrast to emigration from Nepal to other countries, where the population is dominated by men, the percentage of female foreign-born people here is higher than that of males throughout six consecutive censuses: 64 percent (f) compared to 37 percent (m) in 1971, 69 percent (f) compared to 31 percent (m) in 1981, 72 percent (f) compared to 28 percent (m) in 1991, 70 percent (f) compared to 30 percent (m) in 2001 and 2011, and 74 percent (f) vs. 26 percent (m) in 2021 (NSO, 2024d). The majority of foreign-born individuals came from India (95.9%), followed by Asian countries (1.6%), SAARC countries (0.7%), and European countries (0.2%).

7.2.1 Provinces

In 2019/20, Koshi had the highest labor migrants (46,115), followed by Madhesh (44,118) and Bagmati (31,006). In 2020/21, Madhesh led with 20,645, followed by Koshi (14,770) and Bagmati (11,412) (MoLESS, 2020). Gulf migration surged from 190,393 in 2019/20 to 348,867 in 2021/22, despite a dip to 72,072 in 2020/21. In 2021/22, Madhesh Province recorded the highest labor migration to Gulf countries, with 100,066 migrants, followed by Koshi Province with 70,623 and Bagmati Province with 54,017 (MoLESS, 2022). Seeing this trend, it can be noted that international migration, particularly among labour migrants, will keep increasing in the years to come unless specific barriers like the pandemic, problems with labour permits, etc., are caused.

Similarly, when it comes to immigration to Nepal, most foreign residents in Nepal are Indian-born (97%), followed by other countries (19%) and China (1.4%). Madhesh has the highest Indian immigrant share (99.6%), followed by Lumbini and Sudurpashchim. Indian immigrants are most concentrated

in peri-urban areas (99%), rural municipalities (96.9%), and the Tarai (99.2%). Chinese-born residents are highest in Bagmati (2.8%), Mountain (11.2%), and rural municipalities (NSO, 2024d).

7.2.2 Districts

According to DoFE data, Dhanusha district had the highest proportion of Nepali migrant workers outflow for three years in a row, followed by Siraha in 2021/22 and Jhapa in 2022/23 and 2023/24. Other districts with a high proportion of labour migration come from Dhanusha, Siraha, Mahottari, Jhapa, Morang, Sarlahi, and such, according to DoFE's data of 2021/2022, 2022/2023, and 2023/2024 (NSO, 2024d).

Regarding foreign-born citizens residing in Nepal, Kathmandu has the largest percentage of foreign-born residents in Nepal by district, followed by Chitawan, Rupandehi, Kaski, Parsa, Jhapa, Lalitpur, Morang, Bara, and Sunsari. These districts have the greatest percentage of foreign-born Indians, with Kathmandu having 95 percent and Chitawan, Jhapa, Parsa, Rupandehi, Sunsari, and Bara having 99 percent. Since Nepal and India have an open border due to a peace and friendship treaty, many Indian nationals used to travel to these districts for marriage and employment. (NSO, 2024d).

7.3 Absentee population

Absentee populations are those who have lived away from home for more than six months before the census. The first census in Nepal to collect information on migration was conducted in 1920 and solely counted male migrants only (Gurung and Shrestha, 2024a). The absentees within a country are more than double (15.3%) than those abroad (7.5%). According to the 2021 census, 2,190,592 people from 1,555,961 households (23.4%) are living abroad and absent (NSO, 2023b). The absent population reported in 2011 was 1,921,494 (CBS, 2014b), which increased to 2.1 million in 2021 (NSO, 2023b), which amounts to an odds ratio of 3 absentees for every 40 residing in Nepal. This number is less than the estimated value of 2.8 million employment abroad based on NLSS (2017/18) (Bulmer, Shrestha and Marshalian, 2020).

Among the absentees, males make up the majority (82.2%) compared to females (17.8%). Nonetheless, the percentage of women has grown over time, rising from 10.8 percent in 2001 to 17.8 percent in 2021. For the males, the absentee population decreased from 87.6 percent in 2011 to 82.2 percent in 2021 (NSO, 2024d); (NSO, 2023b). Across all censuses, there is a greater diversity in sex among the absentee population. Male absentees have consistently outpaced female absentees since the first census.

The province of Gandaki had the most absentee population in 2021 (26.3%), followed by Bagmati (18.2%) and Sudurpashchim (20.5%). The largest percentage of absentees living in Nepal was in Gandaki (14.7%) and Bagmati (11.7%), while Sudurpashchim had the highest percentage living outside (12.7%). In terms of districts, Jhapa (4.2%), Morang (3.5%), and Kathmandu district had the

largest percentage of absentees (6.6%). The district with the lowest absentee rate was Manang, with 0.01 percent, followed by Dolpa, with 0.02 percent (NSO, 2024a); (NSO, 2024d).

Furthermore, age-wise, almost half (49.4%) of the absentees were between the ages of 20 and 29, followed by 30 - 39 (19.5%) and 10 -19 (17.3%). This data implies that working age groups make up the majority of Nepalese absentees, and most travel overseas for labour activities. Nearly 5 percent were younger than 10. The 2011 and 2021 censuses also show a male-dominated absentee population, particularly aged 20–24, though the female percentage increased from 3.5 percent in 2011 to 5.6 percent in 2021 (NSO, 2024a).

7.4 Forces for international migration

- **Employment opportunities:** Every year, more than 1,700 Nepalese migrate abroad seeking better job opportunities and higher wages. As of the 2021 Census, 2.2 million Nepalis are living abroad, with 81.28 percent men and 18.72 percent women. The lack of work opportunities and infrastructure, especially in rural areas, drives foreign migration (Bhattarai, Upadhyaya and Sharma, 2023); (Rijal, 2022). Factors like higher pay, poverty, low skills, and political instability also contribute, with the primary goal being an improved standard of living (Shrestha, 2017).

- **Education:** According to NLFS 2017/18, over 50,000 females (11,000 in India, 39,000 abroad) and around 177,000 males (62,000 in India, 116,000 abroad) migrated for higher education, showing a significant rise in educational migration. This increase is likely due to limited opportunities in Nepal and the desire for better prospects abroad (Bhattarai, Upadhyaya and Sharma, 2023) Student migration has grown rapidly, from 26,948 in 2009/10 to 63,259 in 2018/19, with Australia being the top destination, hosting 57.4% of these students (Adhikari, 2019);(IOM, 2019).

- **Regarding forces of absentees**, work (58.6%), study (22.4%), and family (16.4%), were identified as key drivers. 51.6 percent reside abroad, while 48.4 percent reside within Nepal. Metropolitan areas (excluding Kathmandu Valley) have a higher proportion of absentees abroad (57%) compared to rural areas (38%). The Kathmandu Valley urban area has only 5 percent of absentees overseas (Gurung and Shrestha, 2024a) ; (NSO, 2024b).

- **The main forces for returnee migrants** were end of temporary work (24.1%), project termination (12%), and resignation (10.5%). Other factors were family issues (10%), unsuitable work (9.6%), and sickness or disability (8.5%). Smaller percentages returned for study (5.1%), pregnancy/family (4.9%), or retirement (2%). Sudurpashchim and Karnali had the highest returnees from India (90.3% and 73.6%, respectively), while Provinces 2, 3, and Gandaki saw significant returns from Malaysia (38.9%, 37.9%, and 14.1%, respectively). GCC countries were notable return destinations in Gandaki (11.1%) and Province 5 (17.8%).(NPC, 2020).

7.5 International migration assumptions

7.5.1 Immigration

- **Medium scenario**
  In this scenario (see section 3.1), an increase in the number of immigrants is expected in the coming future due to factors such as marriages (especially females migrating into Nepal) and in-migrants as the technical/non-technical labour force. Here, it is assumed that the base-year annual average number of immigrants estimated earlier by age and sex will remain constant until 2030 (relative to the 2020-2021 probabilities) and gradually double by 2051.

- **Low scenario**
  In this scenario (see section 3.3), immigration is expected to continue, and the base-year annual average number of immigrants will remain constant until 2051.

- **High scenario**
  In this scenario (see section 3.2), it is assumed that, as the country progresses, the return of migrant workers will be expected. Here, the base-year annual average number of immigrants is assumed to double by 2030 gradually. Beyond 2030, the number of immigrants will continue to increase and gradually double again by 2051.

7.5.2 Returnee population assumptions

- **Medium scenario**
  In this scenario (see section 3.1), returnees will continue to increase. After 2030, a slightly faster returnee probability is expected. For both sexes, it is assumed that the returnee probability will remain constant until 2030 and gradually double by 2051.

- **Low scenario**
  In this scenario (see section 3.3), it is assumed that due to unemployment within the country, political instability and a lack of opportunities for better education and improved living standards, people will continue to migrate abroad for employment, education, and a higher quality of life. In such a situation, returnee migration is anticipated to remain constant at the base-year level, as the unavailability of opportunities and facilities within the country discourages individuals from returning. For both males and females, the base-year average annual returnee probability is assumed to remain unchanged until 2050.

- **High scenario**
  In this scenario (see section 3.2), it is assumed that, as the country progresses in education, employment, health and other developmental areas, there will be an increase in the returnee population. The returnee probability is projected to remain constant (same as of 2021) up to

2030. However, from 2030 onwards, the returnee probability is assumed to increase fourfold compared to the 2021 probability gradually.

7.5.3 Absentee population assumptions

- **Medium scenario**
  In this scenario (see section 3.1), it is assumed that the female absentee population will rise due to the increasing trend of females migrating abroad for employment and education (a shift from the past when males migrated more). Therefore, for females, it is assumed that the base-year average annual absentee probability will gradually double by 2030 and continue at the same probability until 2051. For males, however, as the migration pattern has remained consistent over time, the absentee probability is assumed to remain constant until 2030, after which it will gradually decline by 50 percent until 2051. Also, as more migrants will leave the country for education and work (to new destinations), the proportion of those who migrate to non-returning countries will gradually increase to double the value recorded in the Census 2021 by 2051.

- **Low scenario**
  In this scenario (see section 3.3), growing unemployment and the search for better education and better living, with growing unemployment and the increasing pursuit of better education and living standards, the absentee population is anticipated to rise. Historically, migration among females is lower than that of males and has shown an upward trend in recent years. Given the current scenario of increasing female migration for employment and education, it is expected that the female absentee population will grow at a faster probability. On the other hand, male migration has followed a more stable trend, and the absentee probability for males is expected to remain consistent with the 2021 level. Therefore, in the low scenario, the female absentee likelihood is assumed to double by 2030 and then double again by 2050. For males, the absentee probability is supposed to remain constant.

- **High scenario**
  In this scenario (see section 3.2), a high probability of absentee is assumed. The migration probability is expected to be similar to the medium scenario, but more people (3 times the base-year level by 2051) will be moving to non-returning countries. For females, the absentee probability is assumed to double by 2030 and continue at the same probability after 2030 until 2051. For males, the probability is assumed to remain constant (taking the probability from the Census 2021 as the baseline value) up to 2030 and will decline by 50 percent until 2051.

CHAPTER 8

RESULTS

Following the hierarchical cohort component model approach, the projections done at the district level were used to shape the local-level projection, which was then used to shape the ward-level projection. Next, all the higher-level projection results are aggregated from the ward-level projection, ensuring consistency across the administrative hierarchy. Results for the three central scenarios (see Chapter 3 and last sections of Chapters 4-7 for the details) at the province and national level are presented in this chapter. Some of the district results are presented in the *Annex 12* of this report.

8.1 Population size and the components of change

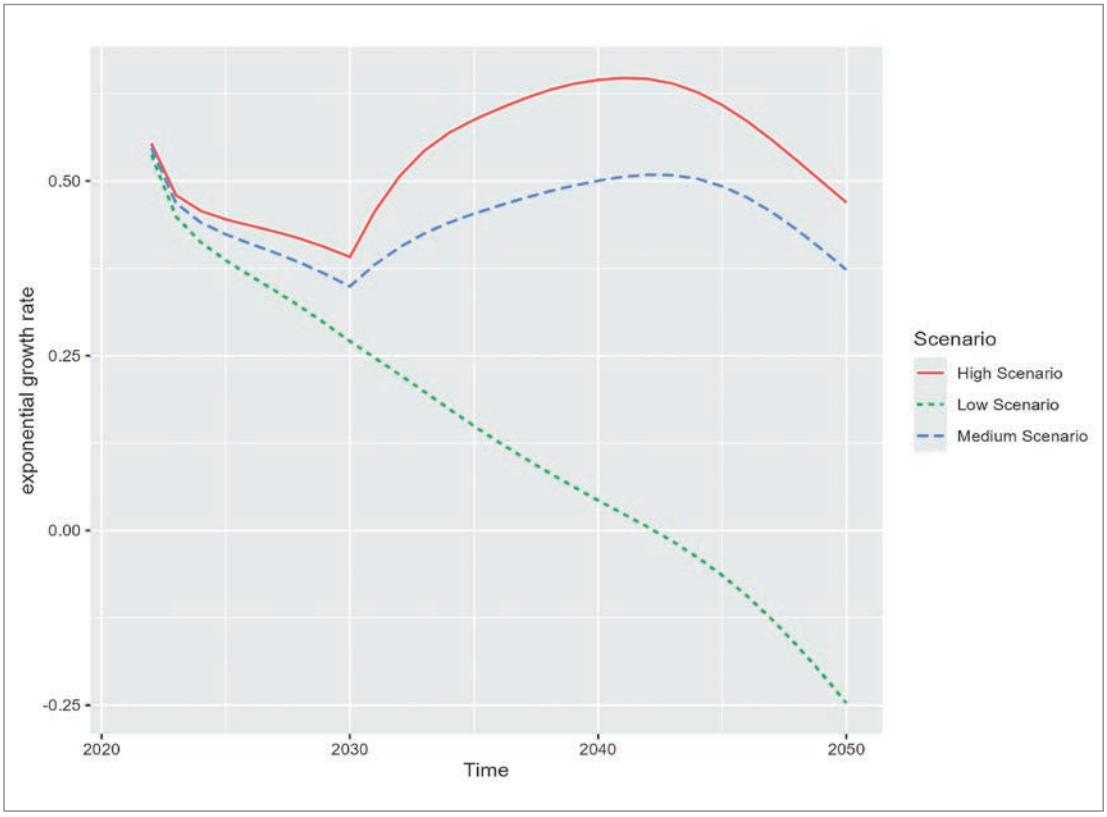
This section presents the results of population projections for three scenarios from November 2022 to November 2051. The population size for the first projected year, 2022, shows a slight increase from the census count for November 2021 due to adjustments made to the population counts of individuals under five years old. These adjustments were implemented at all administrative levels, as explained in Chapter 2. For further details, see Section 8.11.

8.1.1 National

Annex 15 Summary of the primary scenarios projection for Nepal

Under the Medium scenario, Nepal's population is expected to increase from 29.4 million in 2021 to 33.5 million in 2051, indicating an annual growth rate (AGR) between 0.35-0.55 percent during the projection period (See Figure 23). This mild increase of about 3 million (14%) in the next 30 years is mainly due to the negative net migration countering moderate natural increase. Despite the declining fertility rate, the number of births (528 thousand) in 2021-2022 will continue to increase for a short period due to a fluctuating population of women of reproductive ages. Later, it will start declining and reach 369 thousand by 2050-51 (See *Annex 15*).

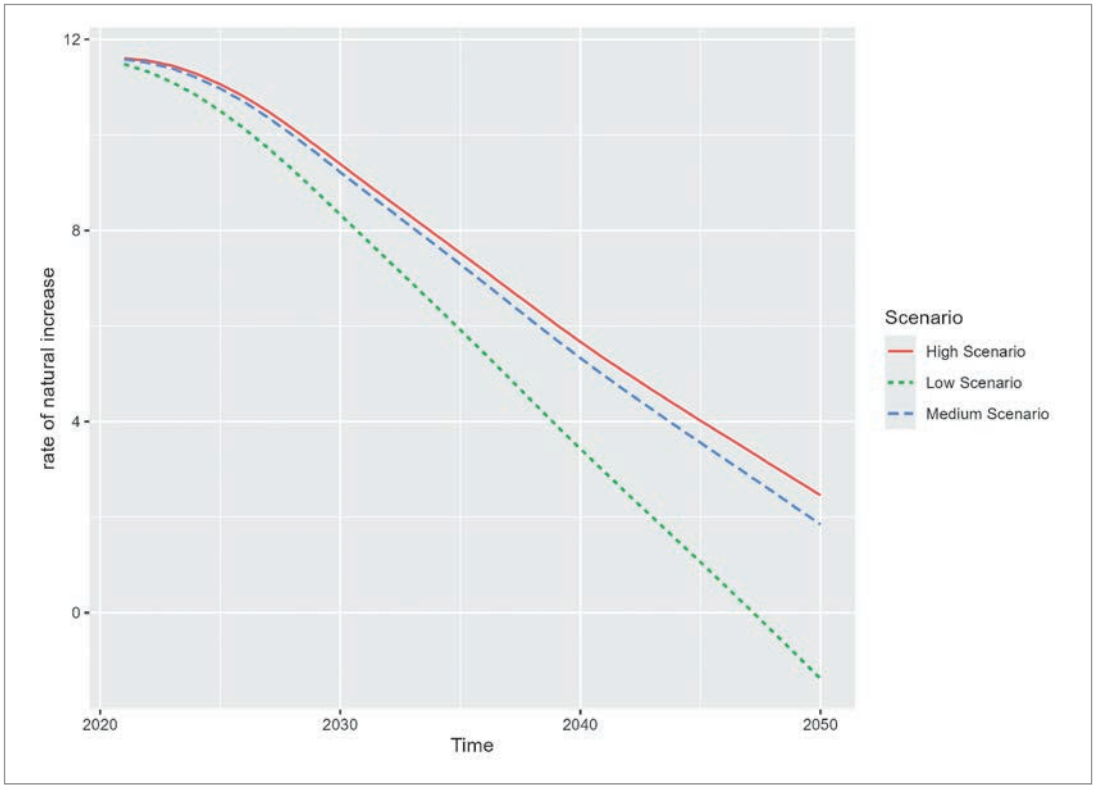
Figure 23 Projected population growth rate from 2021 to 2051



In comparison, deaths will keep increasing, from 195 thousand to 309 thousand, during the same period due to the ageing of cohorts with larger populations. As a result, the natural increase (births minus deaths) will remain positive during the projection period from 333 thousand during 2021-2022 and diminish to 60 thousand by 2050-2051.

The rate of natural increase is shown in Figure 24. This future projection under the Medium scenario indicates that Nepal will soon reach its peak population, conditional on future net migration.

Figure 24 Projected rate of natural increase under the three primary scenarios from 2021-2051



Under the Medium scenario, the number of people leaving as absentees from the country (who will eventually return) will stabilise for some time, 231 thousand in 2021-2022, and start declining around 2030 to 117 thousand by 2050-2051 (see *Annex 15*). The trajectory is partly due to the declining size of the younger cohorts and partly due to the assumed migration probabilities that will decline for men in the future after 2030. This assumption also explains the change in the trend of annual growth rate, as seen in Figure 23. However, the number of non-absentee emigrants will continue to increase from 44.5 thousand in 2021-2022 to 58.1 thousand at its peak in 2036-2037, which will decline to 49.2 thousand by the end of the projection period. Annual immigrants of about 10 thousand immigrants will continue to arrive in Nepal and is expected to increase to double by the end of 2051. The number of returnees will continue to rise and more than double between 2021-2022 (95 thousand) to 2050-2051 (204 thousand) (*Annex 15*). In total, Nepal will continue to lose the population to migration from 2021-2022 (negative 126 thousand) until 2036-2037 (negative four thousand), after which the net migration will become positive mainly due to the increasing number of returnees and declining number of emigrants and absentees.

The model employed in this report also follows the pool of absentee population living and working abroad (see *Annex 15*).

Finally, not presented in *Annex 15*, the inter-district migration flow also plays a role in the population projection. Though the internal migration will not impact the national population directly, the second-order effect is present due to the district-level heterogeneity in fertility rates (including sex ratio at birth) and mortality.

Annex 15 and all figures in this section also present the summary results for the two alternative scenarios. Compared to the Medium scenario, the population growth rate is expected to decline faster in the low (optimistic) scenario and increase in the higher scenario. While natural increase rates explain a part of the difference in population growth, the migration assumptions explain the remaining (large part). By 2051, the number of immigrants will increase four-fold in the high scenario compared to the low scenario. Also, the number of absentees is almost half in the high scenario than in the low scenario. As a result, the net migration becomes positive early (by 2034) in the high scenario than in the low scenario (by 2044).

Regarding the alternative scenarios (see Figure 25), the population projection under the more optimistic high scenario is closer to the Medium scenario despite the difference in assumptions, as different components cancel out. The more pessimistic low scenario sees the population peak at 30.8 million in 2041 before declining to 30.4 million in 2051, mainly driven by the higher rate of international absentees and emigrants and the lower returnee rate. The low scenario demonstrates the impact on the population of the continuation of the recent trend in international migration from and to Nepal. It needs to be considered when developing any migration policy.

In summary, across all three scenarios, the projection shows significant demographic shifts in Nepal driven by the assumption of declining fertility, continued migration trends, and ever-improving mortality.

8.1.2 Sub-national

At the province level, the results (Figure 25 and see *Annex 4* (medium scenario), *Annex 13* (high scenario, *Annex 14* (low scenario), for detailed projection summary tables) show different population structures in the seven provinces, with similarities between the Medium and High scenarios.

Figure 25 Line graph for each province – Nepal - with three scenarios

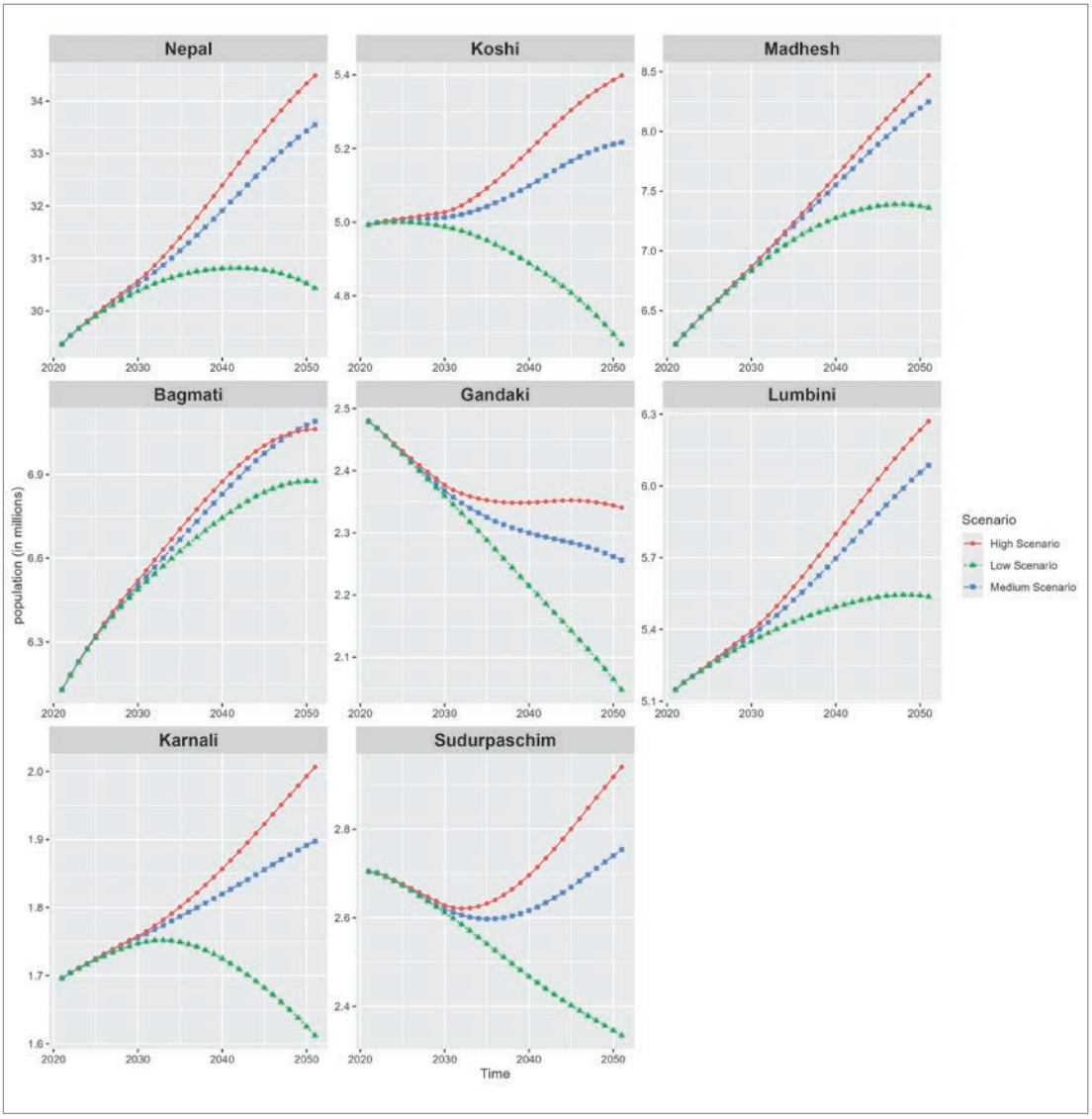


Figure 25 (blue-squares) reveals significant regional differences, with Madhesh, Bagmati, and Lumbini provinces experiencing rapid growth in all three scenarios. Madhesh Province (Figure 25) demonstrates the most significant growth, with the population reaching 8.5 million in the high scenario, driven by a broad base (Figure 25), indicating high fertility. In Bagmati Province (Figure 25), medium and high projections stabilise around 7 million and slightly decline in the low scenario. Lumbini Province (Figure 25) shows growth across all scenarios, with the high projection reaching 6.3 million, characterised by a substantially younger population.

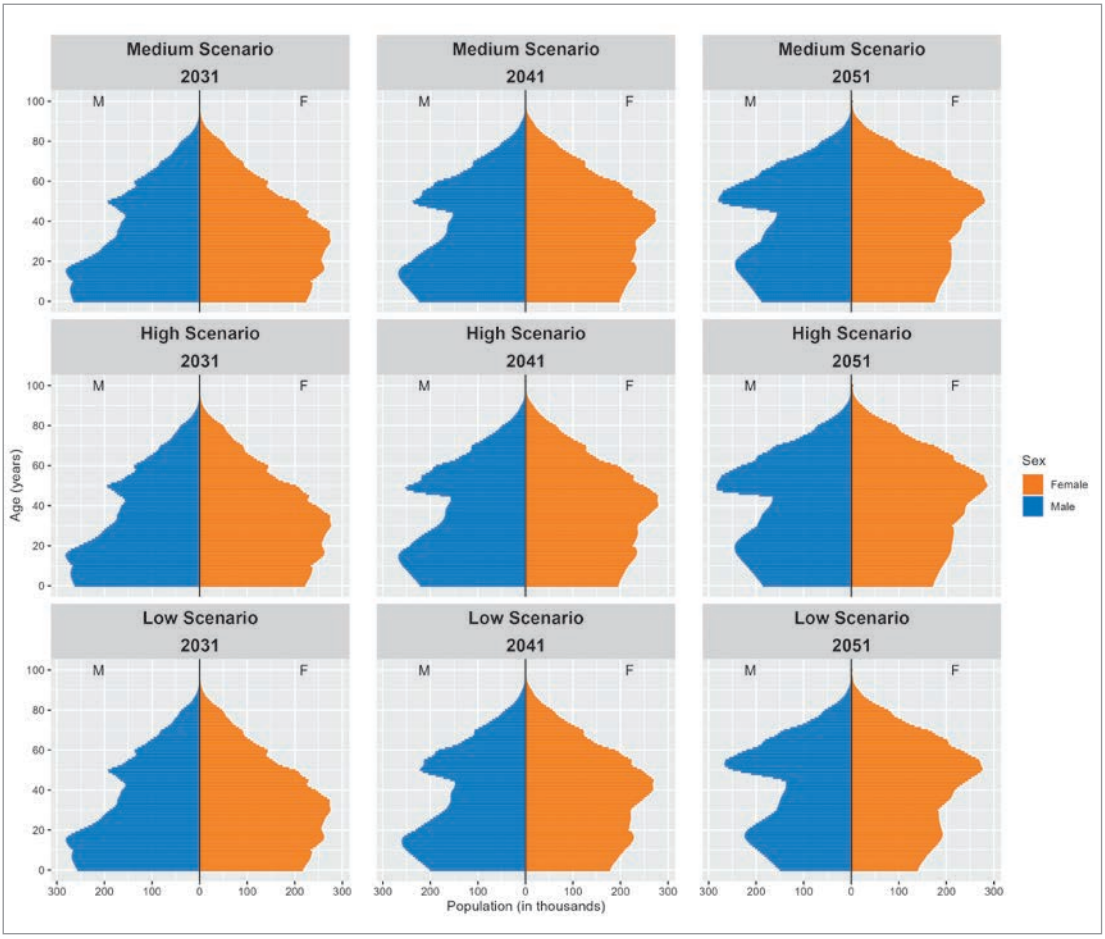
In contrast, Gandaki and Sudurpashchim show signs of decline, reflecting Nepal's diverse demographic transitions (Figure 25). Gandaki Province shows a declining trend across scenarios, with the low scenario falling to 2 million, reflecting ageing and reduced birth rates (Figure 26). Similarly, Sudurpashchim Province (Figure 25) demonstrates relative stability, with populations reaching 2.9 million in the high scenario, while the low scenario shows a contraction to 2.3 million.

Karnali Province (Figure 25) resulted in modest growth in the high and medium scenarios (up to 2 million) but a slight decline in the low scenario to 1.6 million due to international migration assumptions.

8.2 Population structure (age and sex)

8.2.1 National

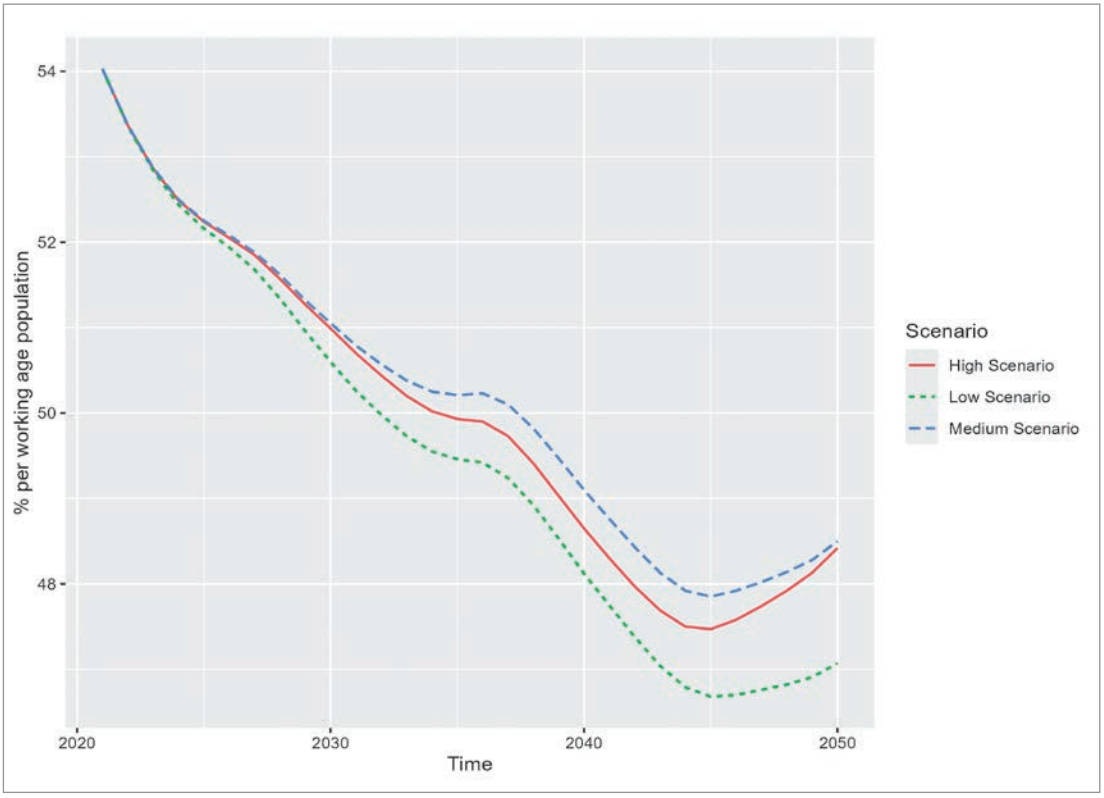
Figure 26 **Projected population of Nepal by age and sex for three scenarios and selected periods**



The top row in Figure 26 for 2031, 2041, and 2051 shows Nepal's projected population structure by age and sex under the Medium scenario. Nepal will transition from a broad base in 2021 (Figure 2), with 512 thousand aged under one year and 29.4 million in total, to a narrower base by 2051, with 366 thousand aged under one and 33.5 million in total, reflecting declining fertility and ageing. Youth migration creates visible gaps for men after age 20, balanced by returning migrants after age 40. As a result, the proportion of the female population will increase slightly from 51.1 percent (15 million) in 2021 to peak at 52.7 percent (16.4 million) by 2035, after which it will slowly decline to 51.5 percent (17.3 million) by 2051.

In the more optimistic high scenario (the middle row in Figure 26) compared to the medium scenario, the base will be slightly smaller by 2051 due to the lower fertility rate (358 thousand aged under one and 34.5 million in total). In the low scenario, the base is significantly smaller by 2051, with 291 thousand aged under one and a much smaller total population of 30.4 million.

Figure 27 Projected dependency ratio from 2021 to 2050 calculated as the ratio of population aged 0-14 and 65+ by those aged 15-64



The population of children under 15 (0-14) will continue to decline in all scenarios. For example, under the medium scenario, it will decrease from 8.33 million in 2021 to six million by 2051. In contrast, the population of older adults aged at or above 65 (65+) will increase dramatically from 1.98 million in 2021 to more than two-fold, reaching five million by 2051. In total, the number of dependent populations (defined as those aged 0-14 and 65+) will continue to increase during the period of projection from 10.3 million in 2021 to eleven million by 2051. Fortunately, the population size of potential providers in working ages 15-64 will increase from 19.07 million in 2021 to 22.55 million by 2051. The resulting dependency ratio (as shown in Figure 27) declines (also in the alternative scenarios) from 54 dependents per 100 working-age population to the lowest point of 47.5 in 2045 and then starts to increase.

8.1.2 Sub-national

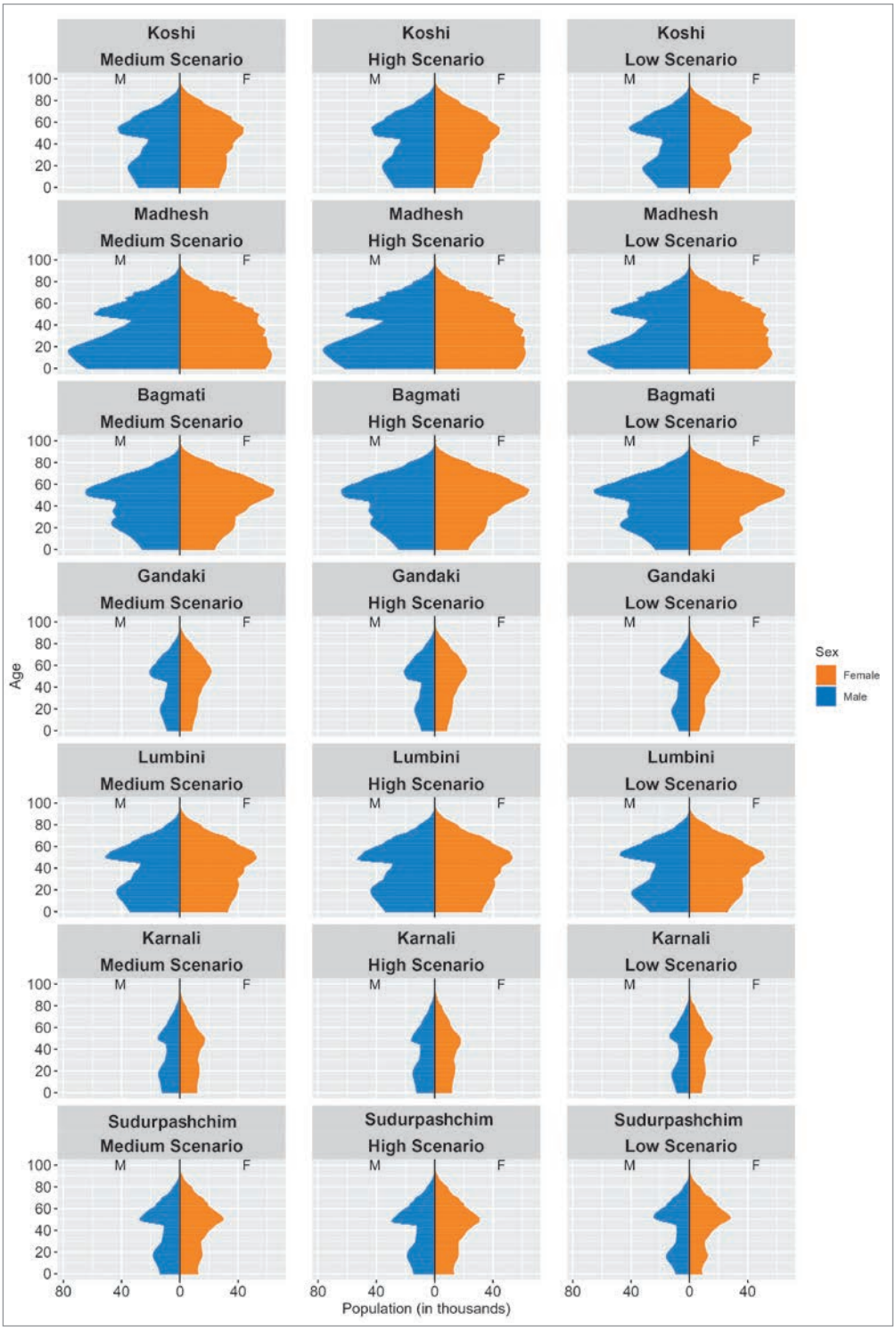
Province

The population age and sex structure in 2051 (Figure 28) reveal significant regional differences. Madhesh province, with a higher fertility level, will have the largest number of children under 15 by 2051, almost 2 million (33% of all children in Nepal), an increase from 25.7 percent in 2021. In the remaining provinces, by 2051, Madhesh will be followed by 18.4 percent in Lumbini, 15.1 percent in Koshi, and about 14.5 percent in Bagmati. In the remaining provinces, the proportion of children under 15 will be around 7 percent or less.

In terms of the distribution of older adults aged 65 and above, in 2021, Bagmati had the largest share, 22 percent of all elderly in Nepal, followed by Koshi (18.6%), Madhesh (18.4%), and Lumbini (16.4%). By 2051, under the Medium scenario, these distributions do not change significantly, with the exception of Bagmati (25.3%), indicating the need for more resources for elderly care in Bagmati province.

Finally, in terms of the dependency ratios (0-14 and 65+ as dependents) that consider the shares of the age distribution within each region. In 2021, the dependency ratio was lowest in Bagmati province (42 dependents for every 100 working-age population) and highest in Madhesh (67), Karnali (62) and Sudurpashchim (60%). By 2051, under the medium scenario, the dependency ratio will decline in all provinces, except in Bagmati province, with a slight increase.

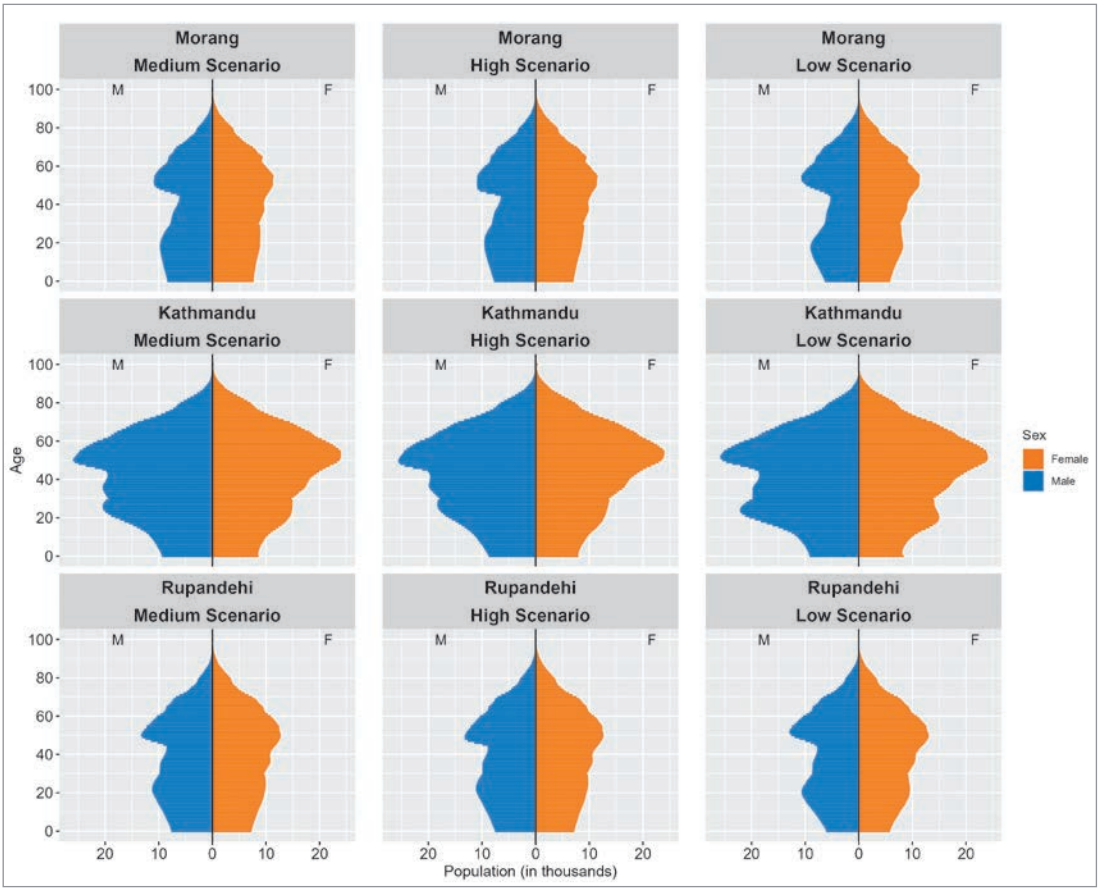
Figure 28 Provincial projected population for three scenarios



District

Figure 29 illustrates the population changes for the highly populated districts of Nepal based on the 2021 National Census under medium, high, and low scenarios. The projection trends align with national-level changes, showing a narrow base reflecting fewer young individuals and a broader middle-aged and elderly population, indicative of declining birth rates and a growing proportion of older adults, along with migration and returnee trends.

Figure 29 Selected districts projected population for three scenarios



By 2051, Kathmandu's population is expected to increase under the medium scenario from 2.04 million (1.01 million females, 1.04 million males) in 2021 to 2.71 million (1.30 million females, 1.41 million males). Under the high and low scenarios, the population will reach 2.65 million and 2.69 million, respectively, maintaining a similar structure with a dominant working-age group.

Under the medium scenario, Morang's population is projected to grow from 1.16 million (595,431 females, 562,197 males) in 2021 to 1.40 million (728,954 females, 673,579 males) by 2051. The high

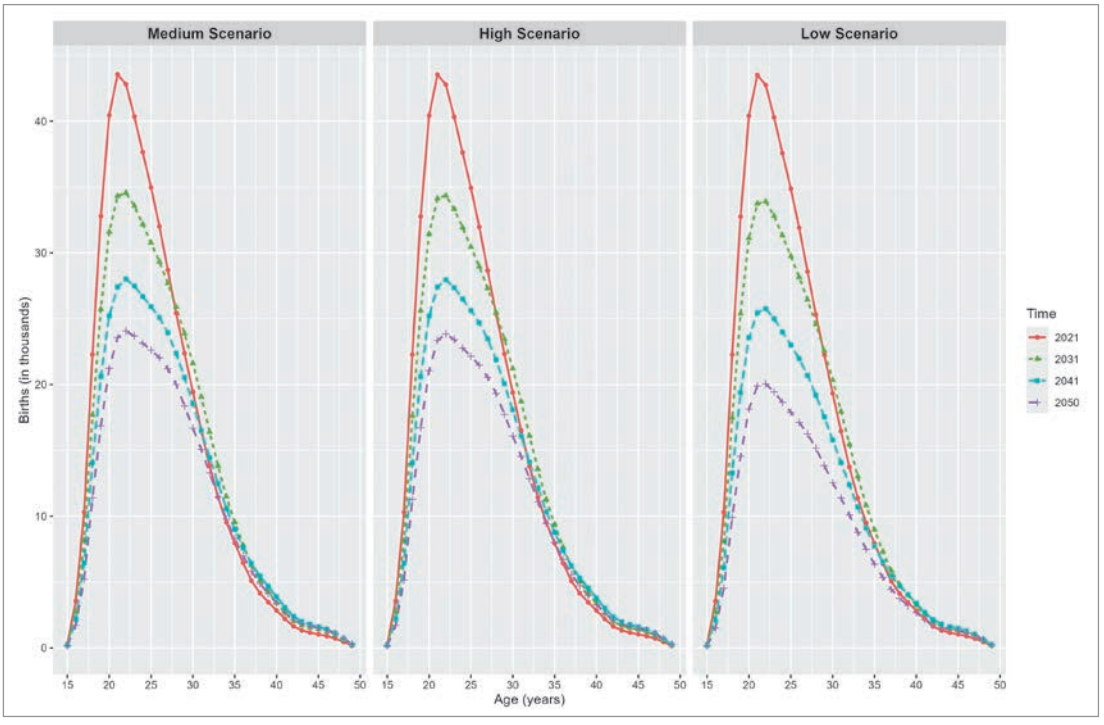
scenario shows a slight increase to 1.42 million, while the low scenario reflects slower growth, reaching 1.28 million. Morang shows an ageing trend, with fewer young individuals in the low scenario.

Rupandehi's population will also see growth under the medium scenario, rising from 1.13 million (574,778 females, 553,924 males) in 2021 to 1.53 million (777,004 females, 754,762 males) in 2051. Under the high scenario, the population will reach 1.54 million, while the low scenario projects a more minor increase to 1.45 million. Rupandehi's population structure mirrors national-level trends, with a declining base and a significant middle-aged group.

8.2 Births

8.2.1 National

Figure 30 National projected births for three scenarios and selected periods



Note: Time refers to the starting year of the annual projection time step

Figure 30 (see *Annex 15*) illustrates the projected number of births by age of the mother for Nepal under medium, high, and low scenarios from 2021 to 2051. The projection of birth under all these scenarios reflects declining fertility in Nepal influenced by societal changes, shifts in reproductive behaviour and demographic transitions. Across all scenarios, the age-specific birth curves become narrower, indicating a shift in fertility patterns towards a concentration in fewer reproductive years. In the medium scenario, total births declined from 527,878 in 2021-2022 to 368,341 in 2050-2051, with

the peak fertility age consistently around 25 years (see *Annex 15*). The high scenario shows a similar trend, with births decreasing from 527,283 in 2021 to 359,938 in 2050. The low scenario projects a more significant decline, with births reducing from 526,414 in 2021 to 294,175 in 2050.

Based on the yearly projected births and population set at the district level, the aggregated total fertility rate (TFR, Figure 31), mean age at childbearing (MACB, Figure 32), and sex ratio at birth (SRB, Figure 33) were computed for all scenarios (medium, high, and low). The detailed yearly estimated values are also in *Annex 1, 4 and 7*. Under all scenarios, the TFR will decline in Nepal by 1.5 to 1.7 children per woman, and MACB will increase mildly.

Figure 31 Projected TFR from the projected population and births

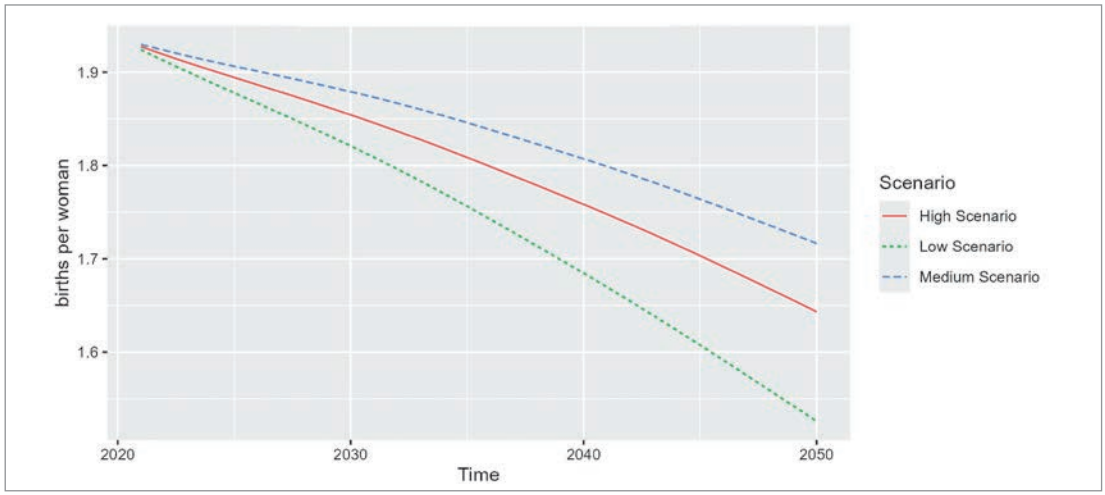


Figure 32 Aggregated mean age at childbearing for Nepal from the projected births

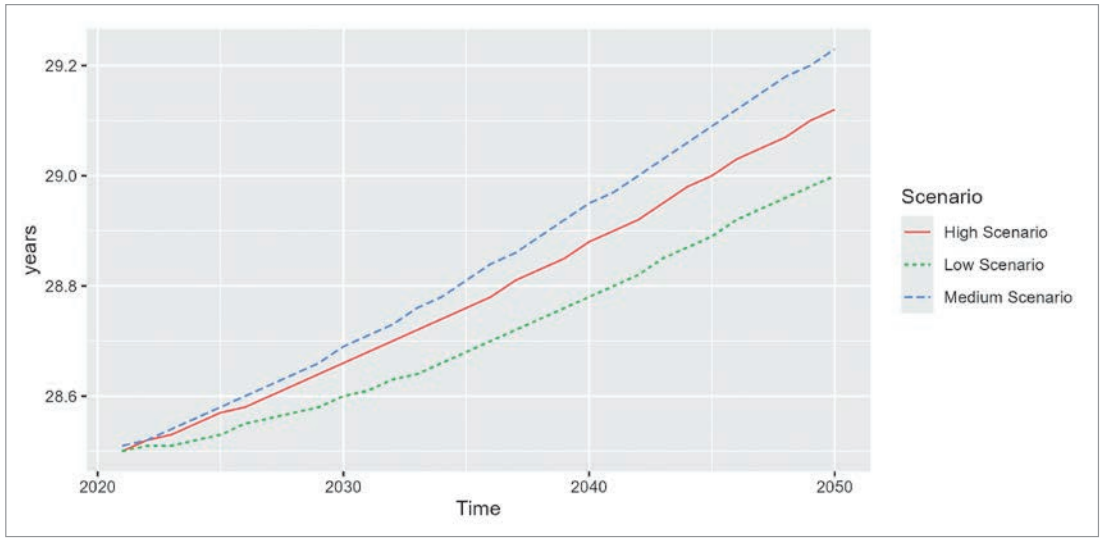
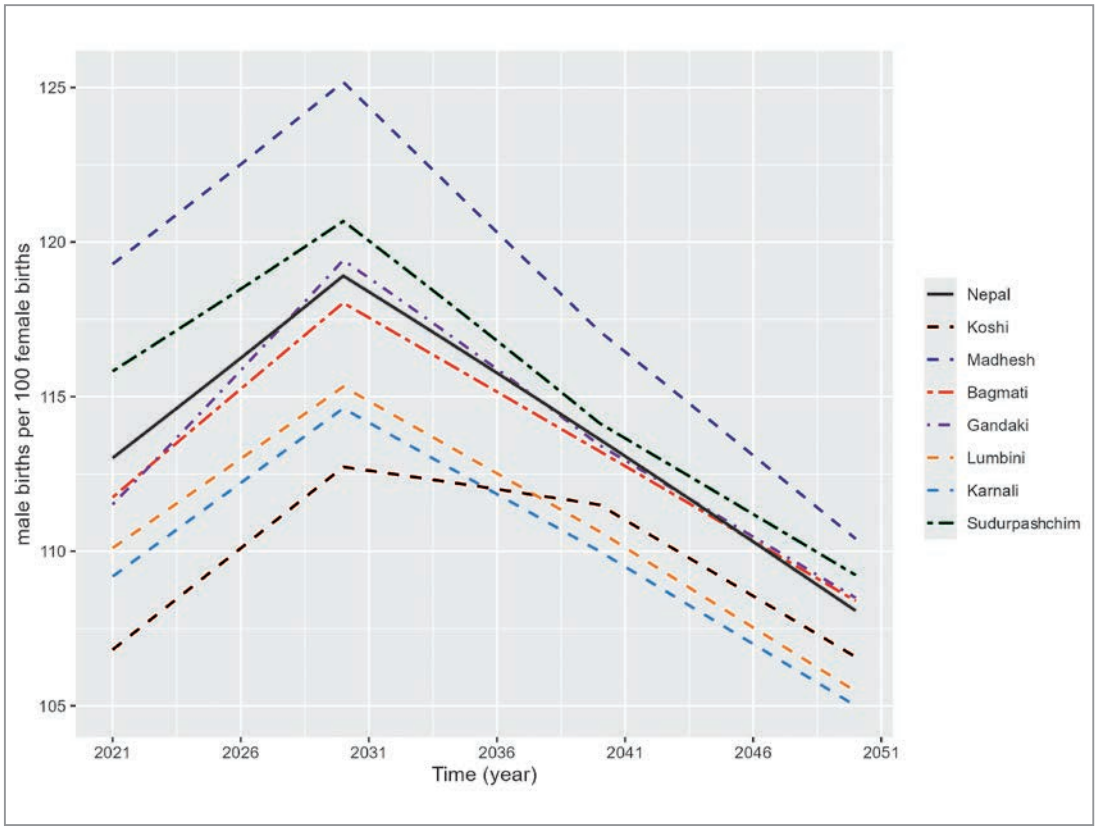


Figure 33 Aggregated sex ratio at birth for Nepal and provinces from the projected births under the Medium scenario: 2021-2051



Under the medium scenario (Figure 33), we expect Nepal's sex ratio at birth (male births per 100 female births) to increase from around 113 to 119 by 2030 and then start declining towards the natural ratio (103 and 107) by the end of the projection period. See *Annex 4* for the sex ratio at birth computed from the projected births.

8.2.2 Sub-national

Province

Figure 34 Provincial projected births for three scenarios and selected periods

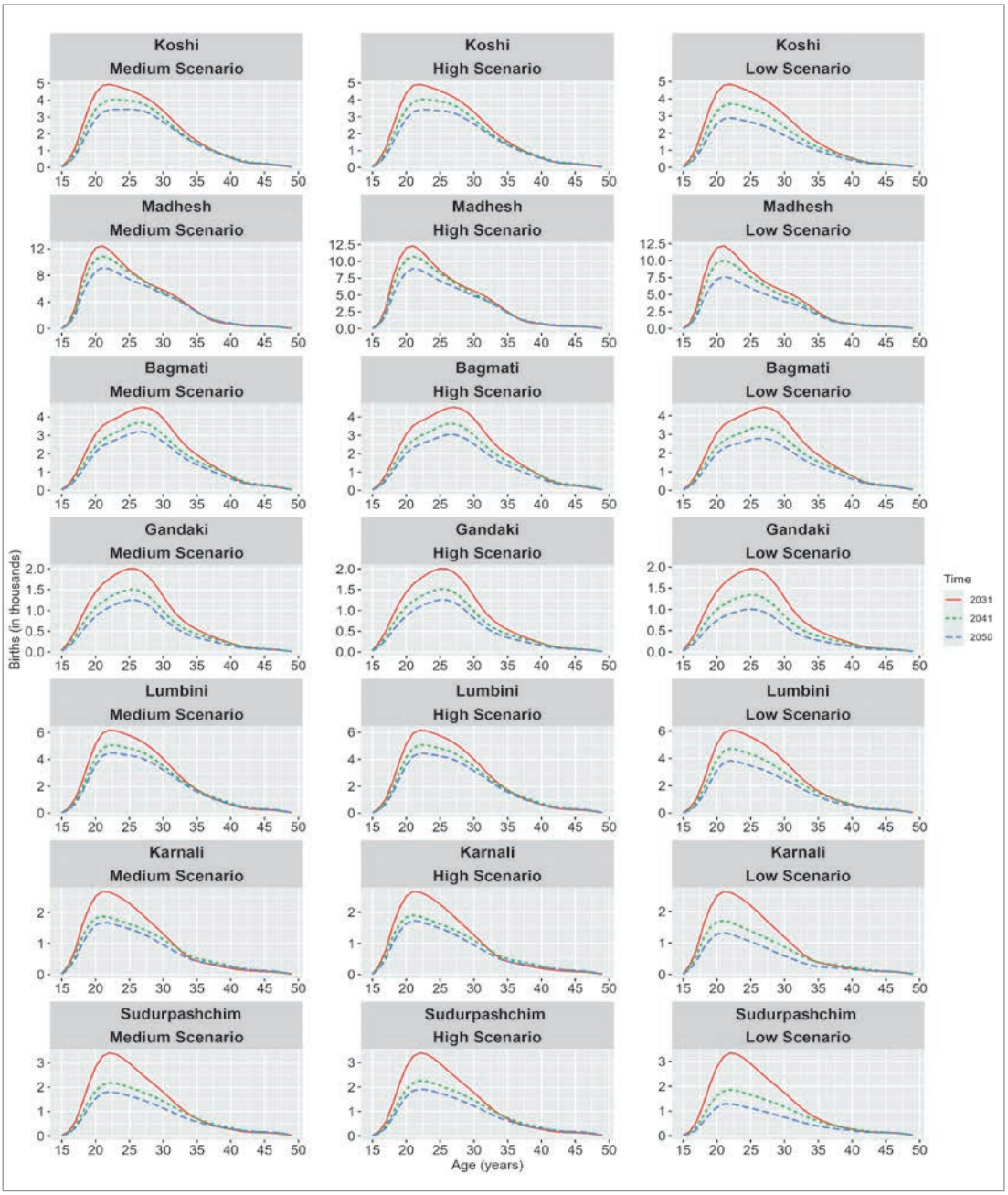


Figure 34 shows the projected births by the age of mothers across all seven provinces under medium, high, and low scenarios for 2021 and 2051. Across all the provinces, fertility declines over time with fewer births with a gradual shift in reproductive ages. Koshi Province shows a consistent decline in births from 81,412 in 2021 to 56,110 under the medium scenario, 54,503 in the high scenario, and 42,893 in the low scenario by 2050, with peak fertility around age 25. Madhesh Province has the highest number of births, decreasing from 155,761 in 2021 to 124,544 (medium), 118,934 (high), and 100,140 (low) in 2050, reflecting its larger population base and higher fertility rates. Bagmati Province experiences a significant decline, with births falling from 79,004 in 2021 to 50,643 (medium), 48,585 (high), and 45,839 (low) in 2050, indicating narrowing fertility patterns. Gandaki Province shows the sharpest decline, with births dropping from 35,004 in 2021 to 17,722 (medium), 17,858 (high), and 14,372 (low) in 2050, signalling low fertility levels. In Lumbini Province, births reduced steadily from 92,339 in 2021 to 68,316 (medium), 67,232 (high), and 54,869 (low) in 2050. Karnali Province sees a modest decline from 35,353 in 2021 to 24,343 (medium), 24,521 (high), and 17,370 (low) in 2050, maintaining a stable age structure. Similarly, Sudurpashchim Province will see a reduction from 49,005 in 2021 to 26,662 (medium), 28,303 (high), and 18,692 (low) in 2050.

See *Annex 14* for the projected births in provinces in medium scenario.

See *Annex 1, 4 and 7* for projected TFR and MACB and sex ratio at birth of national and provincial levels (yearly) of all three different scenarios.

District

Figure 35 Projected births in selected districts for three scenarios and selected periods

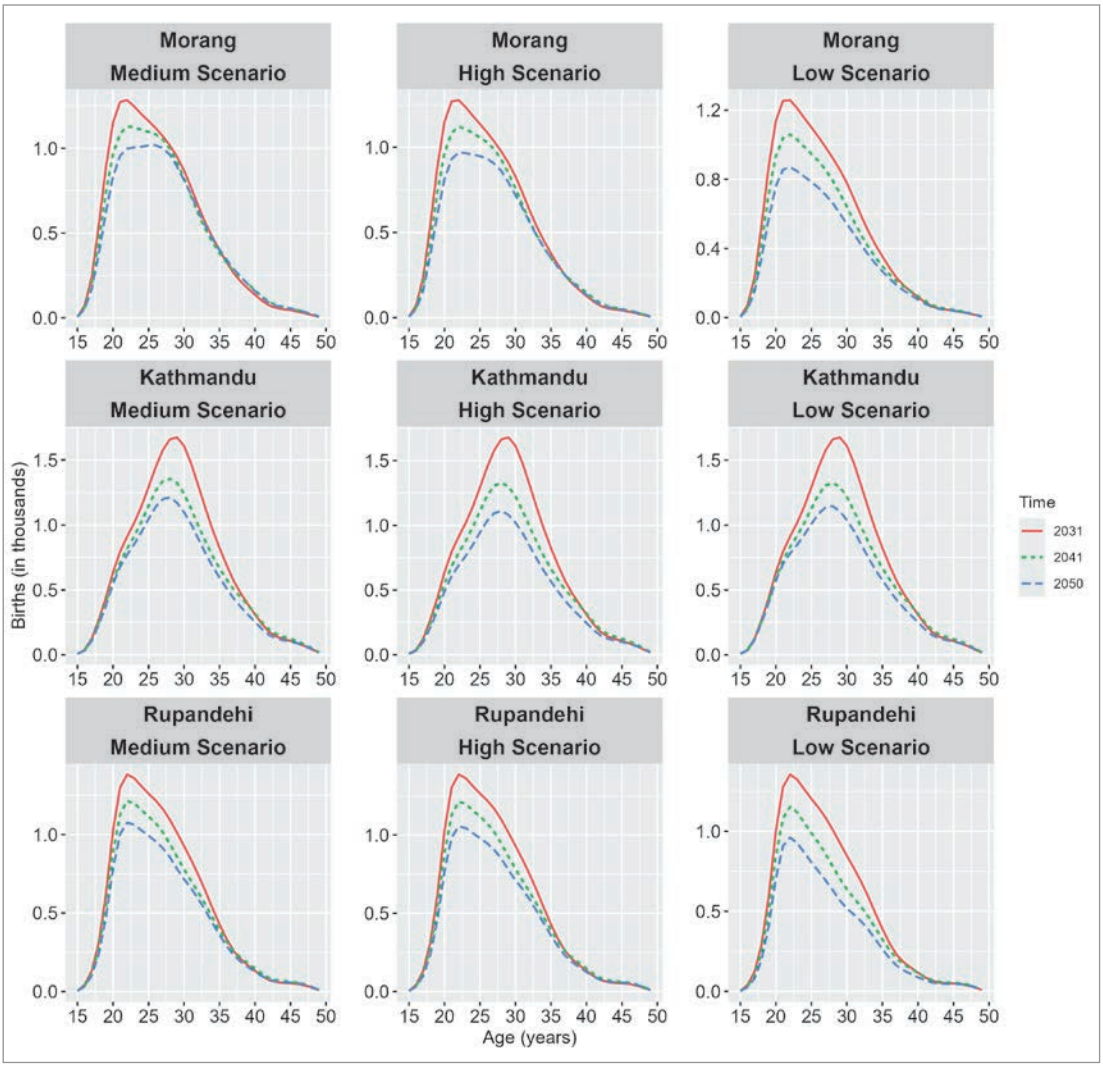


Figure 35 depicts the projected births by age for Kathmandu, Morang, and Rupandehi, the districts with the highest population in 2021, under medium, high, and low scenarios. The projections reveal a steady decline in births across all three districts from 2021 to 2050, driven by declining fertility rates and a narrowing range of childbearing ages, with births concentrated in women aged 20–35.

In 2021, Kathmandu has the highest number of births at 24,675, followed by Rupandehi with 19,740 and Morang with 19,498. By 2050, under the medium scenario, the number of births will decline to 18,165 in Kathmandu, 16,245 in Morang, and 15,075 in Rupandehi. The high scenario shows a similar decline, with 16,808 births in Kathmandu, 14,937 in Morang, and 14,882 in Rupandehi. The low

scenario reflects the sharpest drop, with 17,710 births in Kathmandu, 12,337 in Morang, and 12,042 in Rupandehi by 2050. These trends highlight the impact of declining fertility and demographic changes on future birth projections.

8.3 Deaths

8.3.1 National

Figure 36 National projected deaths for three scenarios and selected periods

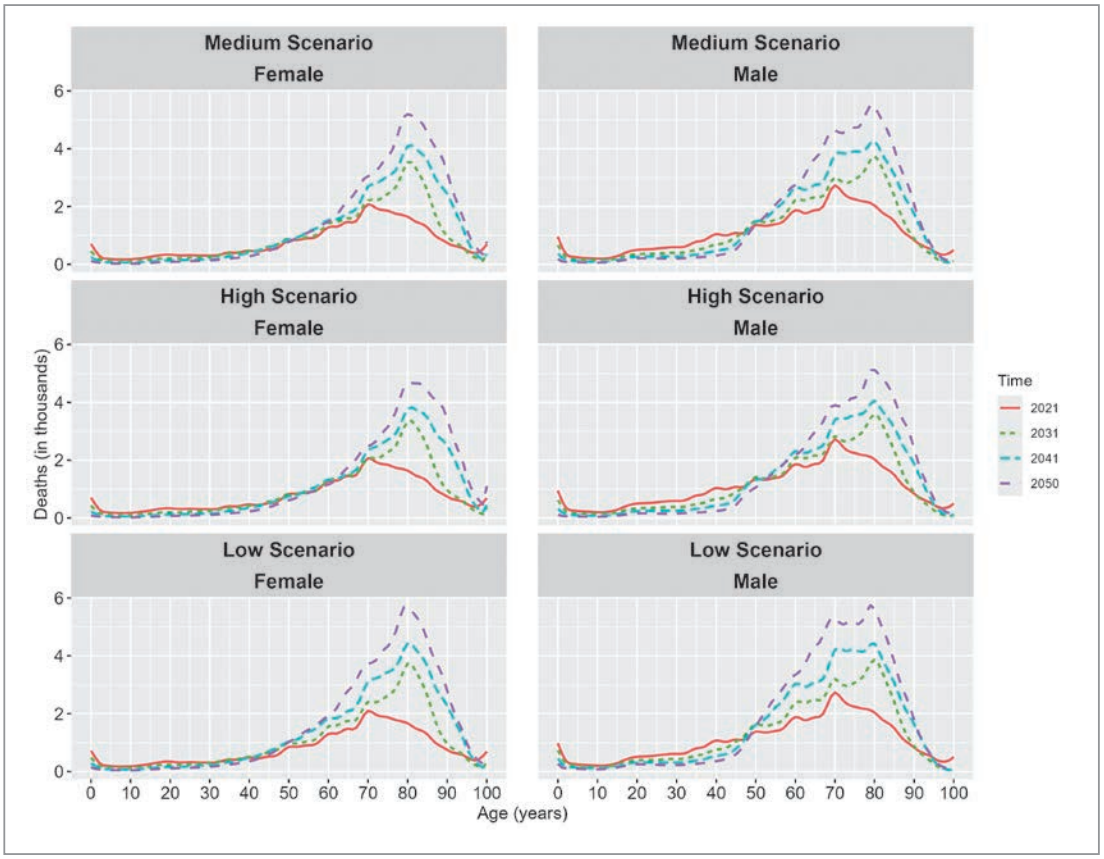


Figure 36 shows projected deaths across age groups for males and females under medium, high, and low scenarios from 2021 to 2051. Across all scenarios, deaths consistently increase over time, with the steepest rise observed in older age groups (70+ years) (see *Annex 15*). The low scenario projects the highest overall deaths by 2050, reflecting more rapid growth, while the high scenario sees slower increases. The medium scenario shows intermediate trends, with smoother increases.

Under the medium scenario, Life expectancy at birth (le0) for Nepal was expected to increase from 71.3 years during 2020-2021 to 77 years by 2051, and among females from 71.3 to 79.7 and among males from 68.7 to 74.4 (see *Annex 1, 4 and 7* for details).

8.3.2 Sub-national

Province

Figure 37 Provincial projected deaths for three scenarios and selected periods

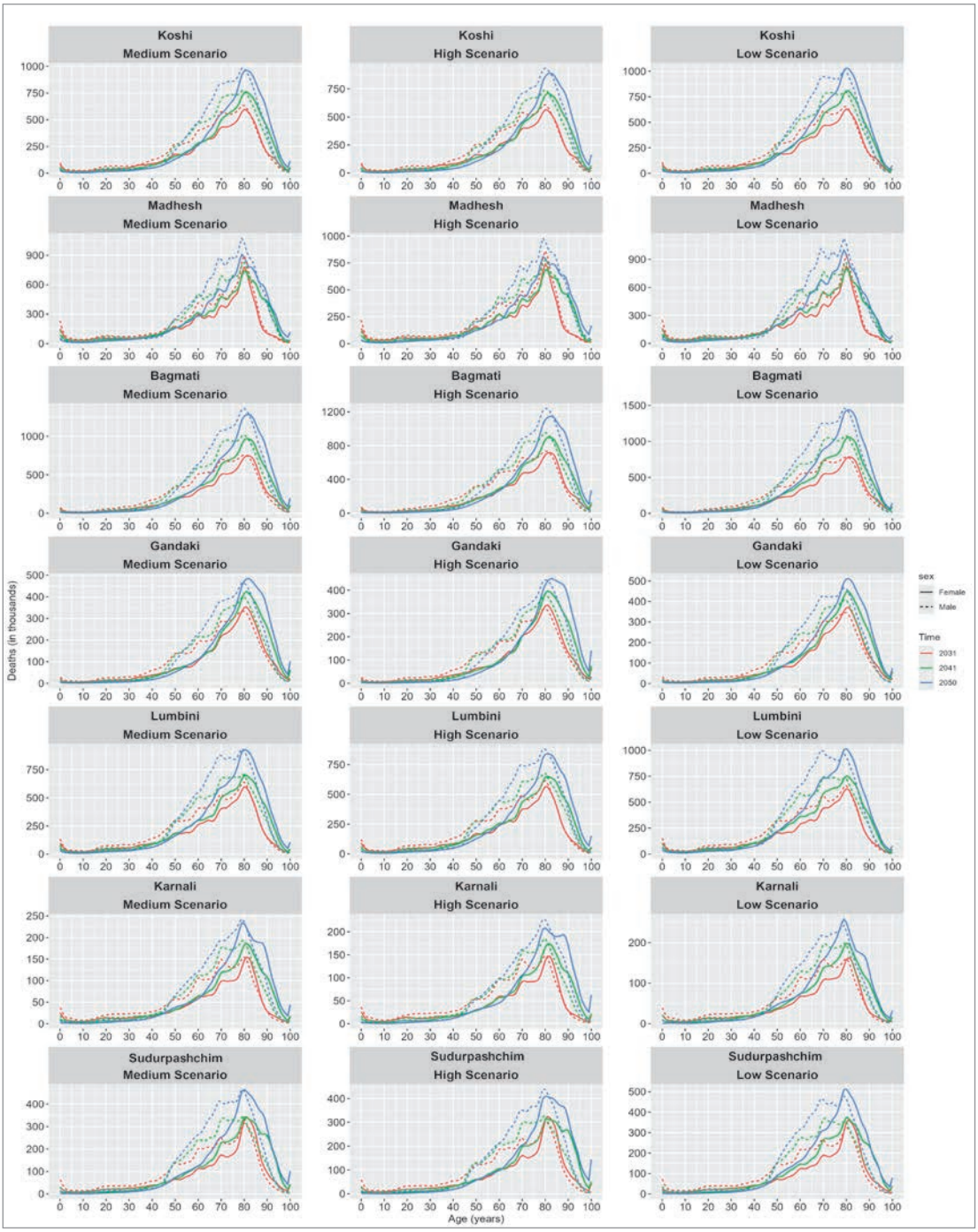


Figure 37 illustrates the projected age-specific deaths for all provinces of Nepal under medium, high, and low scenarios for 2021-2022, 2031-2032, 2041-2042, and 2050-2051. Death projections are differentiated by sex (male and female) and vary across provinces, reflecting demographic differences. Key patterns observed for each province are as follows:

- **Koshi Province:** Under the medium scenario, deaths increase from 36,341 in 2021-2022 to 54,870 in 2050-2051. The high scenario projects fewer deaths (49,884 in 2050-2051), while the low scenario estimates the highest number of deaths (59,593 in 2050-2051), indicating varying mortality assumptions.

- **Madhesh Province:** Projected deaths rise from 32,270 in 2021-2022 to 55,713 in 2050 in the medium scenario. The high scenario shows slightly lower deaths in 2050-2051 (49,988), whereas the low scenario projects higher deaths at 60,766, reflecting adverse demographic changes.

- **Bagmati Province:** Deaths increase significantly from 42,230 in 2021-2022 to 73,315 in 2050-2051 under the medium scenario. The high scenario projects 64,626 deaths in 2050-2051, whereas the low scenario predicts the highest count of 82,668 deaths, highlighting the impact of different mortality and fertility assumptions.

- **Gandaki Province:** Projections show a modest increase from 19,548 deaths in 2021-2022 to 26,358 in 2050-2051 under the medium scenario. The high scenario projects slightly lower deaths (24,252 in 2050-2051), while the low scenario predicts 28,021 deaths.

- **Lumbini Province:** Deaths rise from 34,042 in 2021-2022 to 56,048 in 2050-2051 under the medium scenario. The high scenario shows 50,375 deaths in 2050-2051, whereas the low scenario projects the highest count at 62,035.

- **Karnali Province:** Deaths are projected to increase from 7,719 in 2021-2022 to 13,471 in 2050-2051 under the medium scenario. The high scenario predicts fewer deaths (12,264 in 2050-2051), while the low scenario projects higher deaths at 14,237.

- **Sudurpashchim Province:** Deaths rise from 15,792 in 2021-2022 to 26,647 in 2050-2051 under the medium scenario. The high scenario estimates 24,117 deaths in 2050-2051, while the low scenario projects the highest number of deaths at 28,851.

Across all provinces, the low scenario consistently projects the highest number of deaths by 2050, while the high scenario shows the most optimistic outcomes with lower mortality rates. These projections highlight the varying demographic and mortality assumptions shaping the future population trends in Nepal.

See *Annex 14* for the projected deaths in Nepal in medium scenario.

District

Figure 38 District projected deaths by sex for three scenarios and selected periods

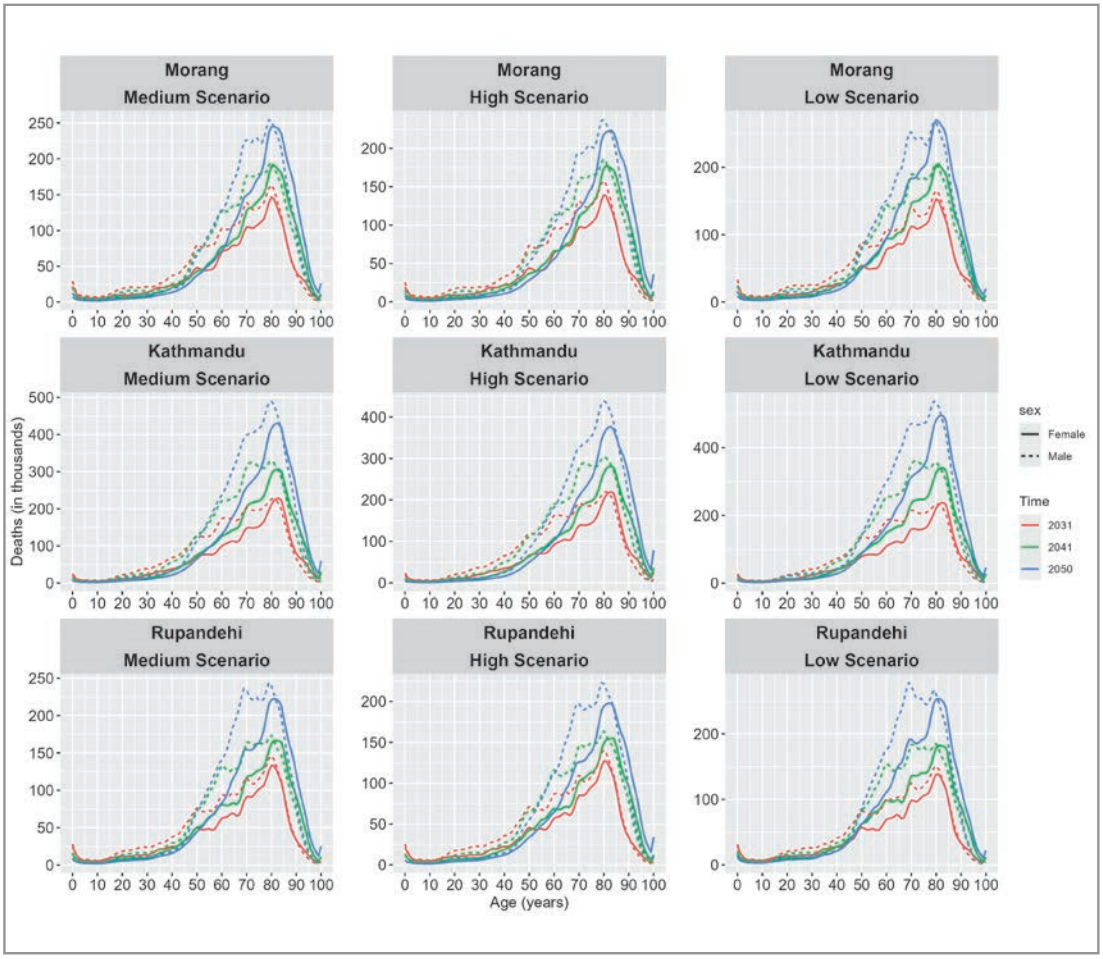


Figure 38 shows that deaths are increasingly concentrated in older age groups, particularly among individuals aged 75 and above, for the highly populated districts of Kathmandu, Morang, and Rupandehi, aligning with national trends of ageing populations. In 2021-2022, total deaths were 12,272

in Kathmandu, 8,566 in Morang, and 7,508 in Rupandehi. By 2050-2051, under the medium scenario, these numbers rise significantly to 26,160 in Kathmandu, 14,592 in Morang, and 14,467 in Rupandehi.

The high scenario projects slightly lower death numbers in 2050-2051, with 22,634 in Kathmandu, 13,094 in Morang, and 12,663 in Rupandehi, reflecting optimistic mortality improvements. Conversely, the low scenario projects higher death tolls, with 30,103 in Kathmandu, 16,235 in Morang, and 16,726 in Rupandehi, indicating a higher mortality burden under less favourable conditions. The mortality curves highlight the shifting burden of deaths toward older age groups over time, emphasising the impact of population ageing on future mortality patterns in these districts.

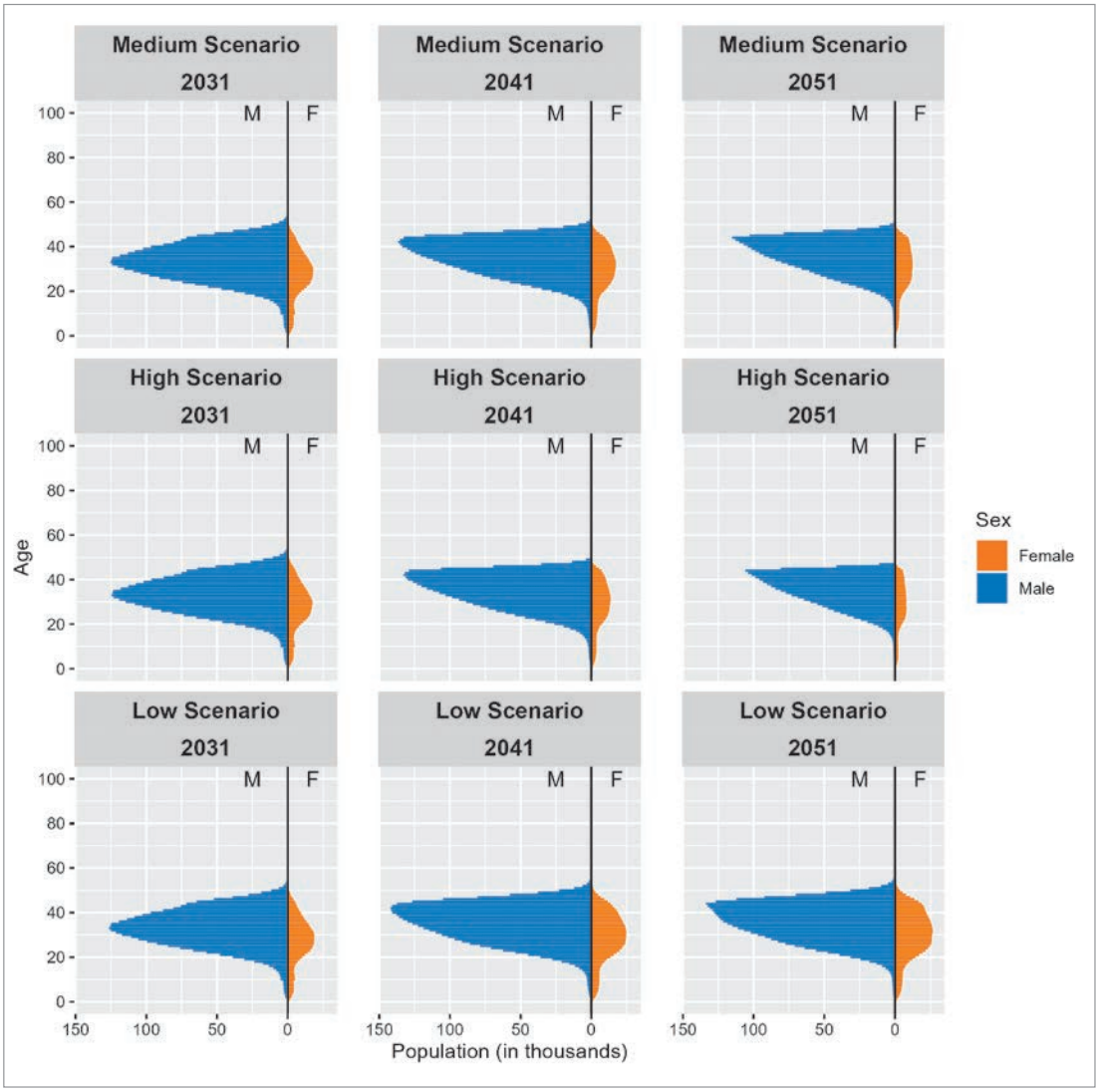
8.4 Pool of Absentee Population

The pool of absentees who will eventually return was maintained by their origin (district and local level). The projected absentee population under the Medium, High, and Low scenarios highlights distinct migration trends and demographic patterns. Across all scenarios, the 20–40 age group dominates the absentee population, particularly males, reflecting typical migration patterns. Females form a smaller but notable portion of the absentee population. In the model, it is assumed that the absentee migrants start returning to Nepal after age 40. As a result (Figure 39), the peak in the later years is concentrated at age 40; by age 50, almost all would return.

For the Medium scenario, the trajectory of the pool absentee population increases from 1.82 million in 2021 to a peak of 3.41 million by 2037 and then declines to 2.48 million by 2051 (see *Annex 15*). This trend is reflected in the population pyramids for the Medium Scenario, which display a pronounced bulge in the 20–40 age group, particularly among males, in 2031, underscoring the dominance of working-age individuals in the absentee population. Over time, the pyramid narrows, signifying a reduction in the number of younger individuals migrating abroad. By 2051, the contraction in the pyramid illustrates an overall decrease in the absentee population.

The High Scenario exhibits growth, with the absentee population rising from 1.82 million in 2021 to 3.12 million by 2031. This growth is followed by a sharp decline, with the population decreasing to 2.98 million in 2041 and further to 2.04 million by 2051. The population pyramids vividly illustrate this steep decline, showing a marked contraction in the 20–40 age group. While the pyramid in 2031 resembles that of the Medium Scenario, by 2051, it has significantly narrowed, indicating a substantial reduction in migration numbers. This scenario points to the future of a prosperous Nepal, characterised by increasing job opportunities within the country and reducing the need for international migration.

Figure 39 **National projected absentee population for three scenarios and selected periods**



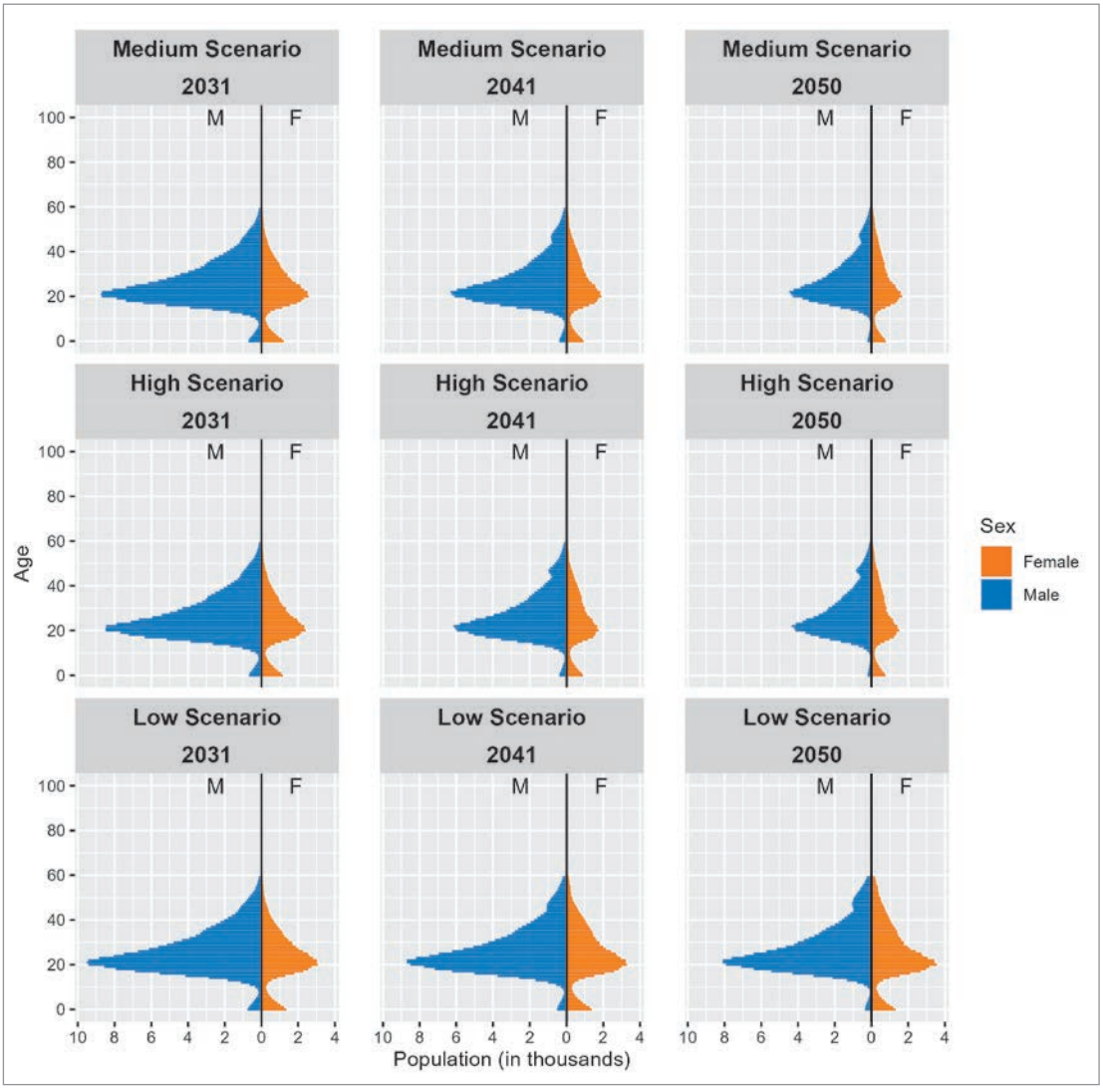
The Low Scenario projects the highest absentee population levels among the three scenarios. Starting at 1.82 million in 2021, it grows rapidly to 3.20 million in 2031 and peaks at 3.90 million in 2041. By 2051, it remains high at 3.81 million, indicating sustained migration levels over time. The population pyramids confirm this trend, showing a consistently large bulge in the 20–40 age group throughout the years, particularly for males. Unlike the other scenarios, the Low Scenario demonstrates minimal reduction in migration

8.5 Absentee (migrants)

8.5.1 National

Figure 40 shows the age and sex distribution of Nepal's projected absentee migrants under medium, high, and low scenarios for 2031-2032, 2041-2042, and 2050-2051. The medium and high scenarios project a steady decline in absentee numbers, from approximately 230,000 in 2021-2022 to around 117,000 by 2050-2051, with young males (20–40) forming the majority. In contrast, the low scenario projects persistently high absentee numbers, peaking at 231,942 in 2031-2032 and only slightly declining to 217,883 by 2051. Across all scenarios, males dominate the absentee population, reflecting historical trends of male-dominated out-migration for work or education.

Figure 40 National projected absentee migrants for three scenarios and selected periods



8.5.2 Sub-national

Province

Figure 41 Province projected absentee for three scenarios and selected periods

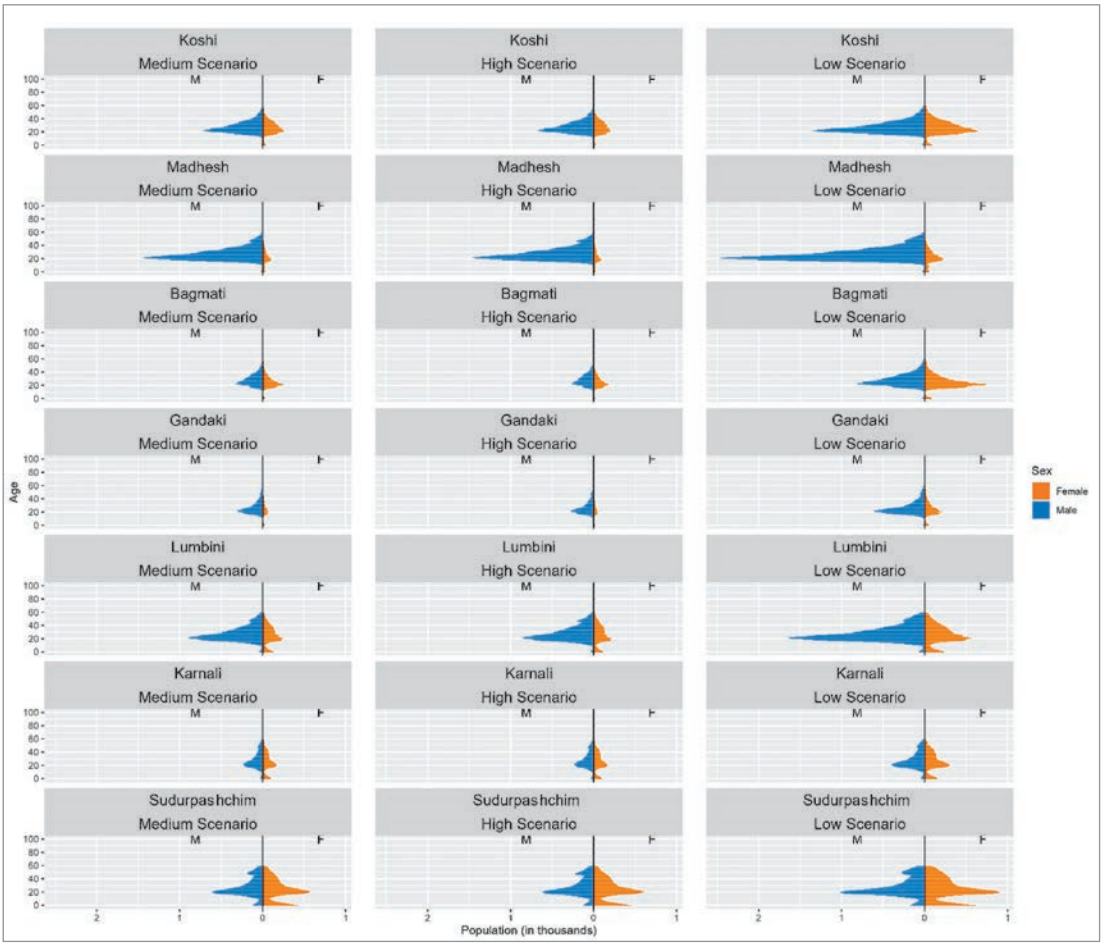


Figure 41 depicts the provincial distribution of Nepal's absentee population by age and sex under medium, high, and low scenarios for 2021-2022, 2031-2042, 2041-2042, and 2050-2051. In the medium scenario, absentee numbers decrease significantly across all provinces by 2051, such as from 36,245 in 2021-2022 to 17,127 in 2050-2051 in Koshi and from 45,880 to 26,526 in Sudurpashchim, with young males (20–40) forming the majority. The high scenario follows a declining trend, with slightly lower absentee counts by 2051, such as 15,775 in Koshi and 27,995 in Sudurpashchim. In contrast, the low scenario projects persistently high absenteeism, with minimal declines or increases in some provinces, such as from 36,389 to 34,318 in Koshi and 45,916 to 42,496 in Sudurpashchim. Across all scenarios, males dominate absenteeism, driven mainly by out-migration for work or education, and the age distribution reflects a consistent focus on younger populations.

See *Annex 14* for the national projected absentee population.

8.6 Returnee

8.6.1 National

Figure 42 National projected returnee population for three scenarios and selected periods

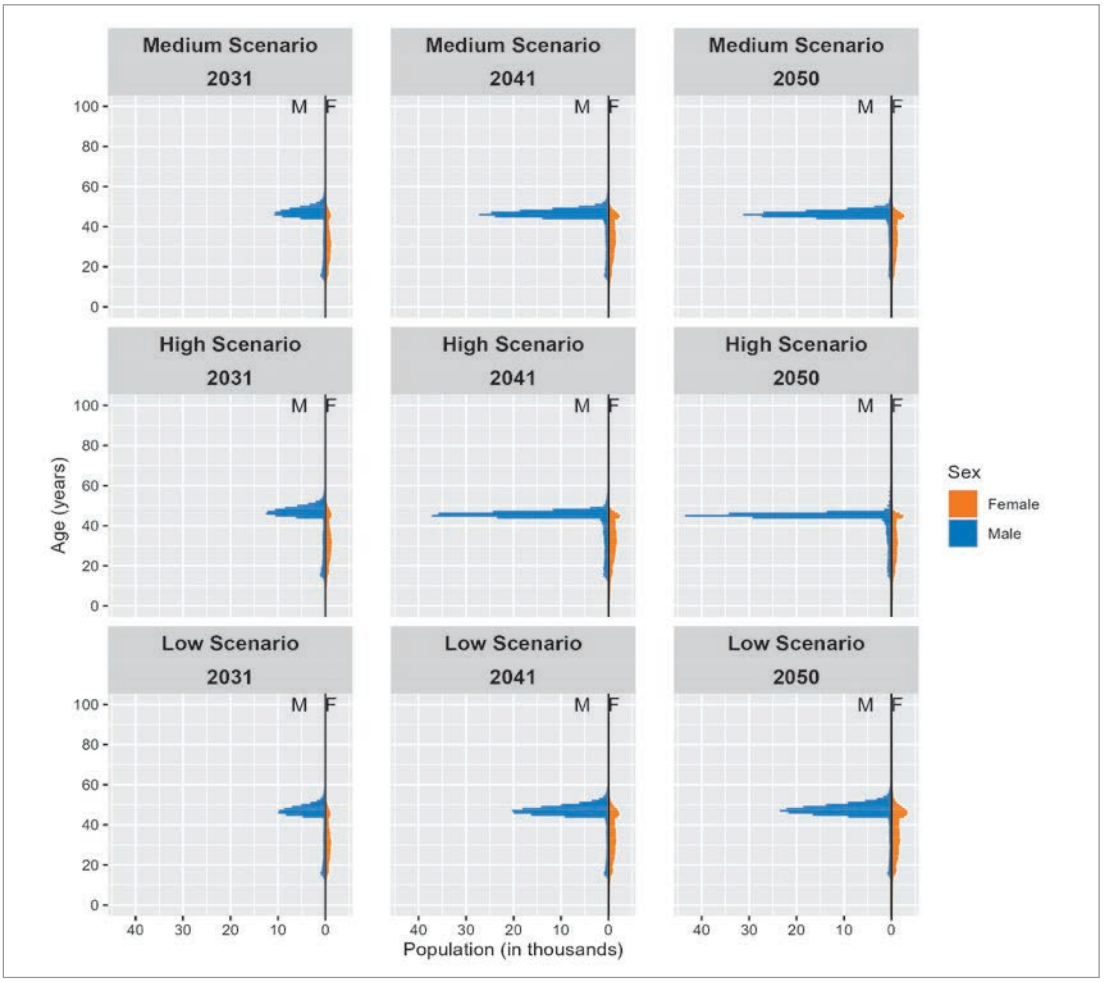


Figure 42 illustrates the age and sex distribution of Nepal's projected returnee population under medium, high, and low scenarios for 2031-2032, 2041-2042, and 2050-2051. Across all scenarios, the highest number of returnees is concentrated in the 40–60 age group. This trend reflects labour migrants returning to Nepal after completing work abroad. The growing proportion of returnees in this age group highlights the interplay between migration and lifecycle transitions, with significant implications for Nepal's workforce and support systems for older populations. In the medium scenario, returnees grow from 95,155 in 2020-2021 to a peak of 205,221 in 2041-2042, slightly decreasing to 203,568 by 2051. Similarly, in the high scenario, returnees rose from 95,161 in 2020-2021 to 227,829 in 2041-2042, stabilizing at 203,844 by 2050-2051. In contrast, the low scenario projects the highest returnee population, increasing from 95,146 in 2021-2022 to 234,091 in 2050-2051.

8.6.2 Sub National

Province

Figure 43 Province projected returnee population for three scenarios and selected period

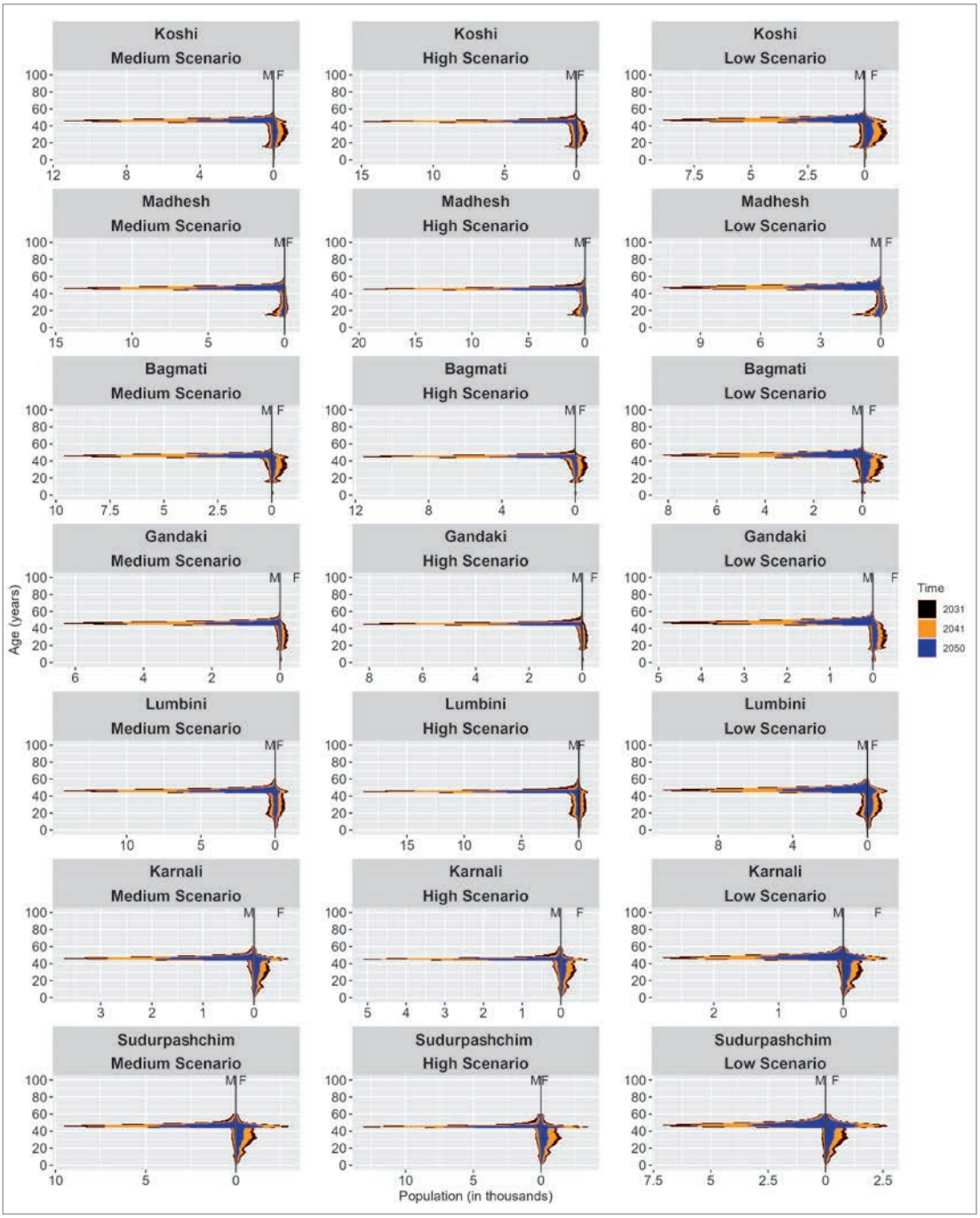


Figure 43 illustrates the provincial distribution of the projected returnee population in Nepal by age and sex under medium, high, and low scenarios for 2021, 2031, 2041, and 2050. Across all provinces, the 40–60 age group consistently has the highest number of returnees, reflecting labour migrants nearing the end of their working years or returning after retirement. The low scenario projects the highest returnees in most provinces, suggesting greater numbers returning under unfavourable migration conditions.

The trends vary by province:

- **Koshi Province:** The returnee population increases from 15,773 in 2021-2022 to 30,290 in 2050-2051 under the medium scenario, 29,011 under the high scenario, and 36,874 under the low scenario.

- **Madhesh Province:** Returnees rise from 14,800 in 2021-2022 to 35,941 in 2050-2051 in the medium scenario, 37,387 in the high scenario, and 38,529 in the low scenario, showing a consistently high increase.

- **Bagmati Province:** Returnees grow from 12,374 in 2021-2022 to 24,752 in 2050-2051 under the medium scenario, 20,130 under the high scenario, and 35,465 under the low scenario, with the low scenario showing the largest increase.

- **Gandaki Province:** The returnee population grows more modestly, from 10,760 in 2021-2022 to 13,586 in 2050-2051 under the medium scenario, 12,729 under the high scenario, and 16,391 under the low scenario.

- **Lumbini Province:** Returnees increase significantly from 21,356 in 2021-2022 to 41,612 in 2050-2051 under the medium scenario, 41,944 under the high scenario, and 47,608 under the low scenario.

- **Karnali Province:** The returnee population rises from 4,510 in 2021-2022 to 14,372 in 2050-2051 under the medium scenario, 15,375 under the high scenario, and 15,338 under the low scenario, indicating slower growth compared to other provinces.

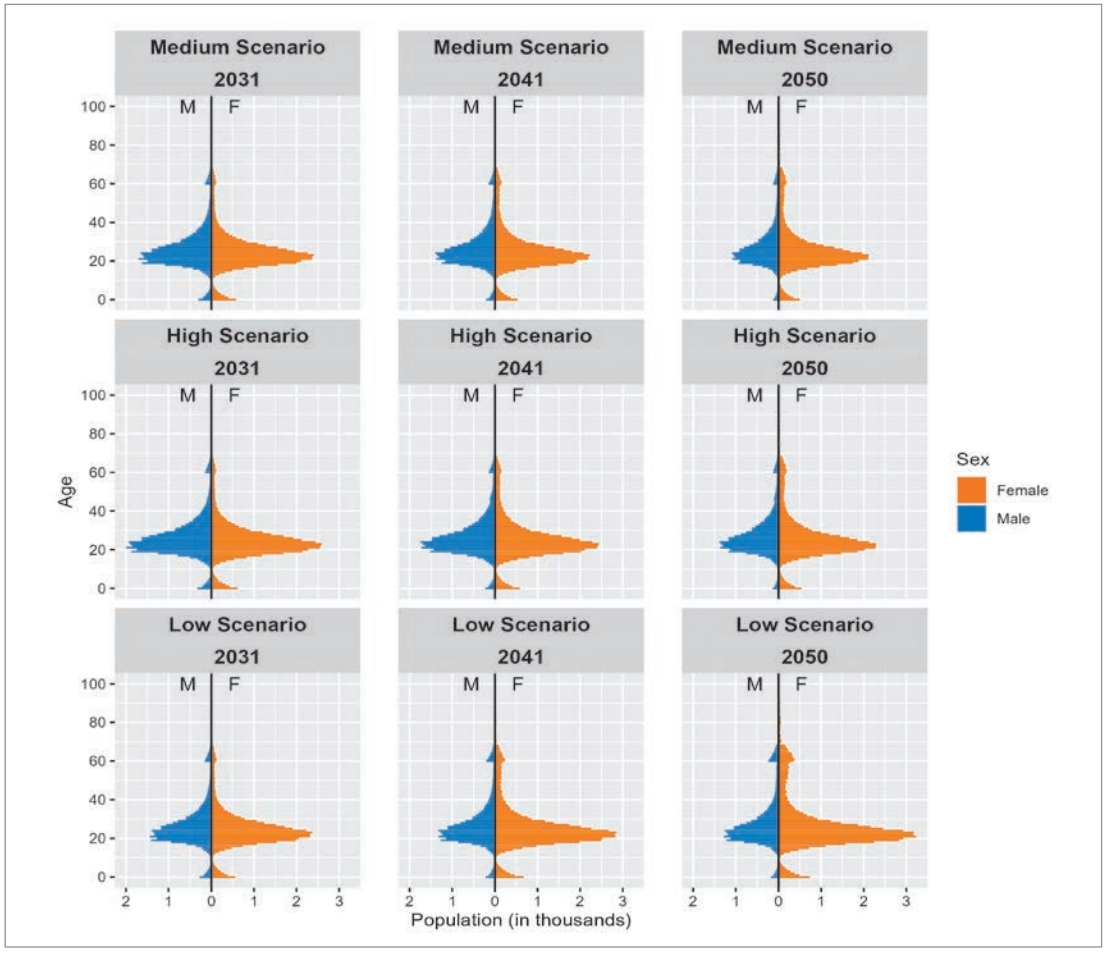
- **Sudurpashchim Province:** Returnees increase substantially from 15,584 in 2021-2022 to 43,016 in 2050-2051 under the medium scenario, 47,269 under the high scenario, and 43,886 under the low scenario.

See *Annex 14* for the projected returnee at the national level.

8.7 Emigrants

8.7.1 National

Figure 44 Projected emigrants for Nepal under the three scenarios

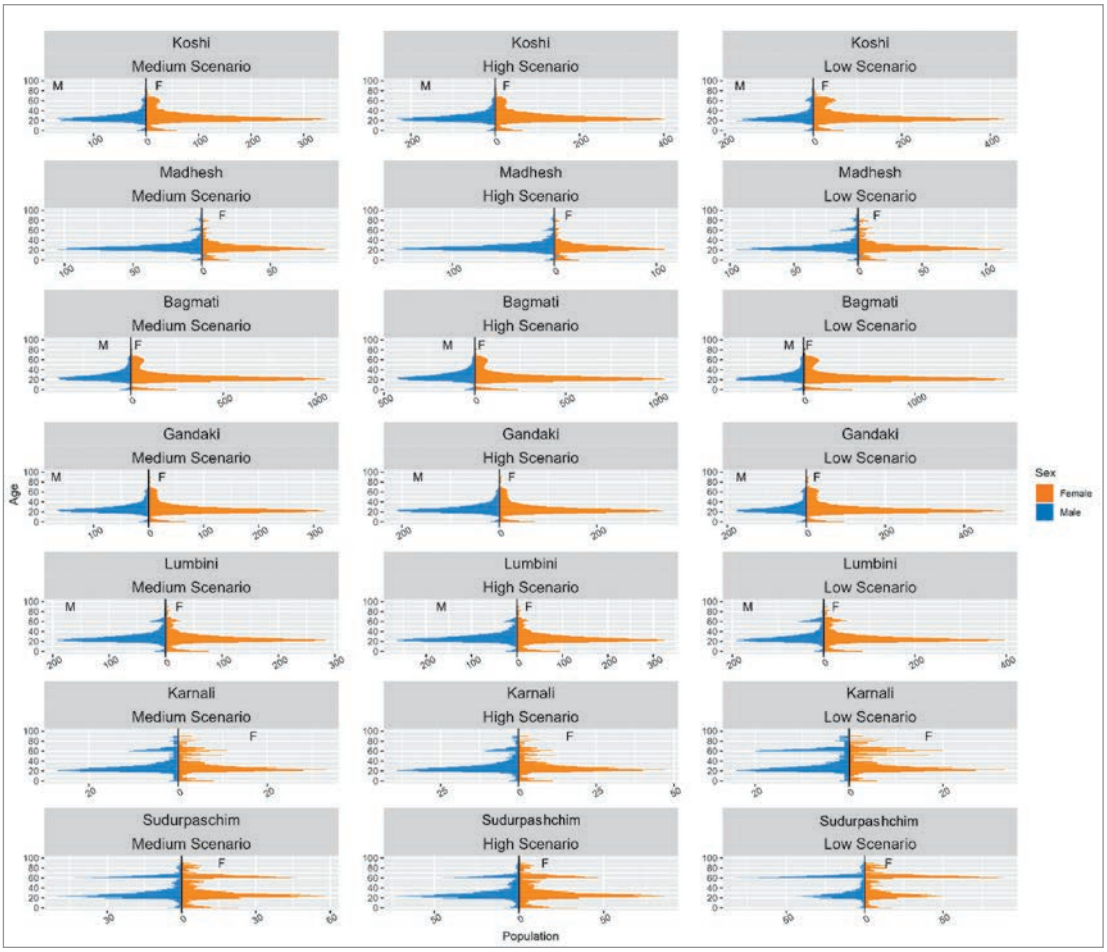


The projected emigrant in Figure 44 illustrates distinct trends in Nepal's migration patterns across different scenarios, emphasising the dominance of young working-age emigrants (20–40 years) and shifting gender dynamics over time. In the -2051, emigration peaks in 2031-2032 (61,013 emigrants) before gradually declining to 49,238 by 2051, with male emigration decreasing over time while female emigration remains relatively stable (see *Annex 15*). The high scenario follows a similar trend but with higher overall migration, peaking at 68,366 in 2031-2032 and subsequently declining to 57,198 in 2050-2051. Again, this shows a sharp drop in male migration while female migration remains significant. In contrast, the low scenario presents a continuous increase in emigration, reaching 69,180 in 2050-2051, primarily driven by a steady rise in female emigrants, surpassing male migrants by the end of the projection period.

8.7.2 Sub national

Province

Figure 45 Projected emigrants for Province under the three scenarios



The 2050-2051 provincial migration projections show (Figure 45) distinct trends across medium, high, and low scenarios. In the medium scenario, emigration sees moderate growth, with Bagmati (21,766), Koshi (7,838), and Gandaki (7,098) leading, while Madhesh (2,519), Karnali (946), and Sudurpashchim (2,012) steadily rise. Male migration dominates, but female participation is increasing, particularly in Bagmati and Lumbini. The high scenario reflects more intense migration, with Bagmati (22,522), Koshi (9,925), and Gandaki (8,127) at the forefront, driven by economic pressures and global labour demand. In the low scenario, emigration continues to rise rather than stabilise, with Bagmati surging to 35,780 emigrants and female migration increasing significantly, especially in Bagmati, Lumbini, and Gandaki, narrowing the gender gap.

8.8 Immigrants

8.8.1 National

Figure 46 National projected immigrant population for three scenarios and selected periods

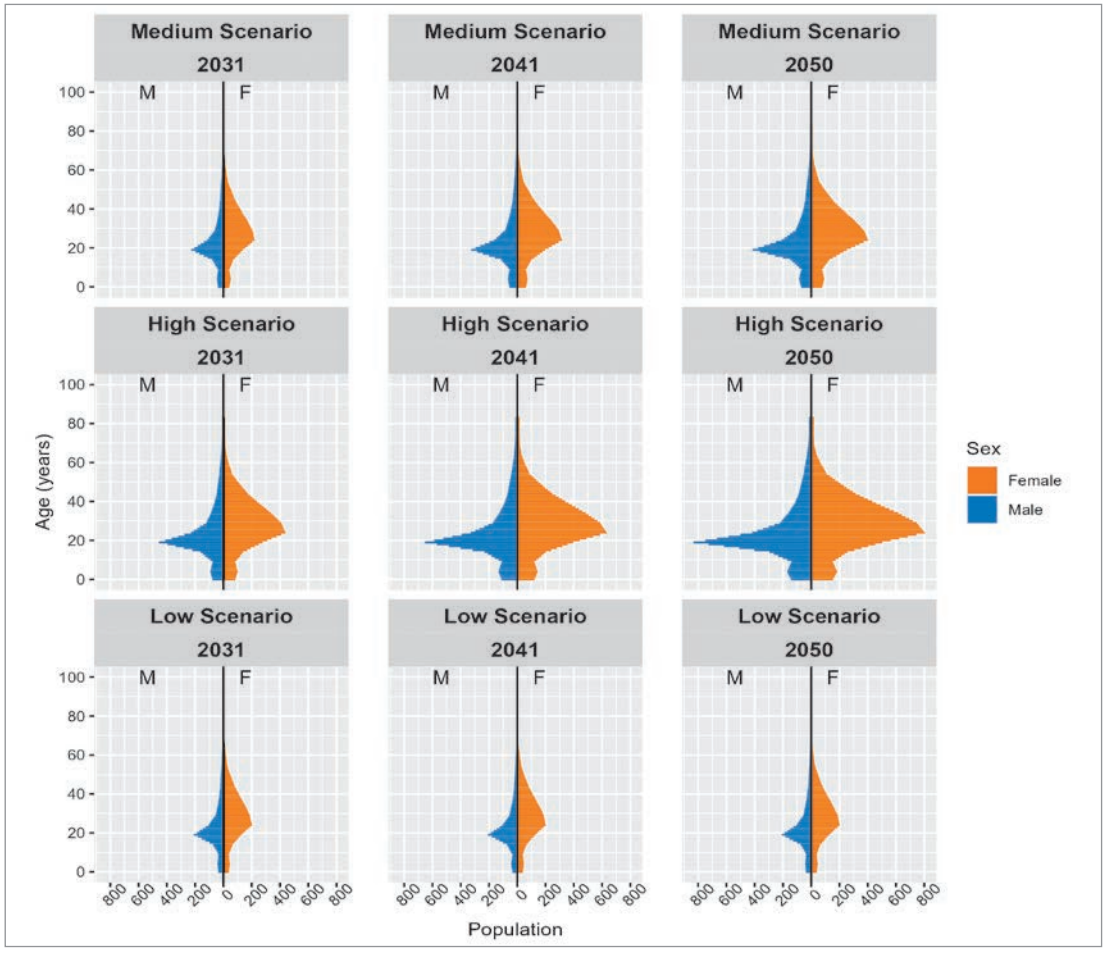


Figure 46 illustrates the projected age and sex distribution of Nepal's immigrant population under medium, high, and low scenarios for 2031-2032, 2041-2042, and 2050-2051. In the medium scenario, the immigrant population grows steadily from 9,174 in 2021-2022 to 18,353 in 2050-2051, with balanced distributions between males and females, concentrated in the younger (20–40) working-age groups. In the high scenario, immigration increases significantly, doubling from 10,193 in 2020-2021 to 36,707 in 2050-2051, reflecting optimistic assumptions about increased migration inflows. Conversely, the low scenario shows minimal growth, with immigrant numbers remaining nearly constant, from 9,174 in 2020-2021 to 9,177 in 2050-2051, indicating restricted immigration under unfavourable conditions.

8.8.2 Sub national

Province

Figure 47 Province projected immigrant population for three scenarios and selected periods

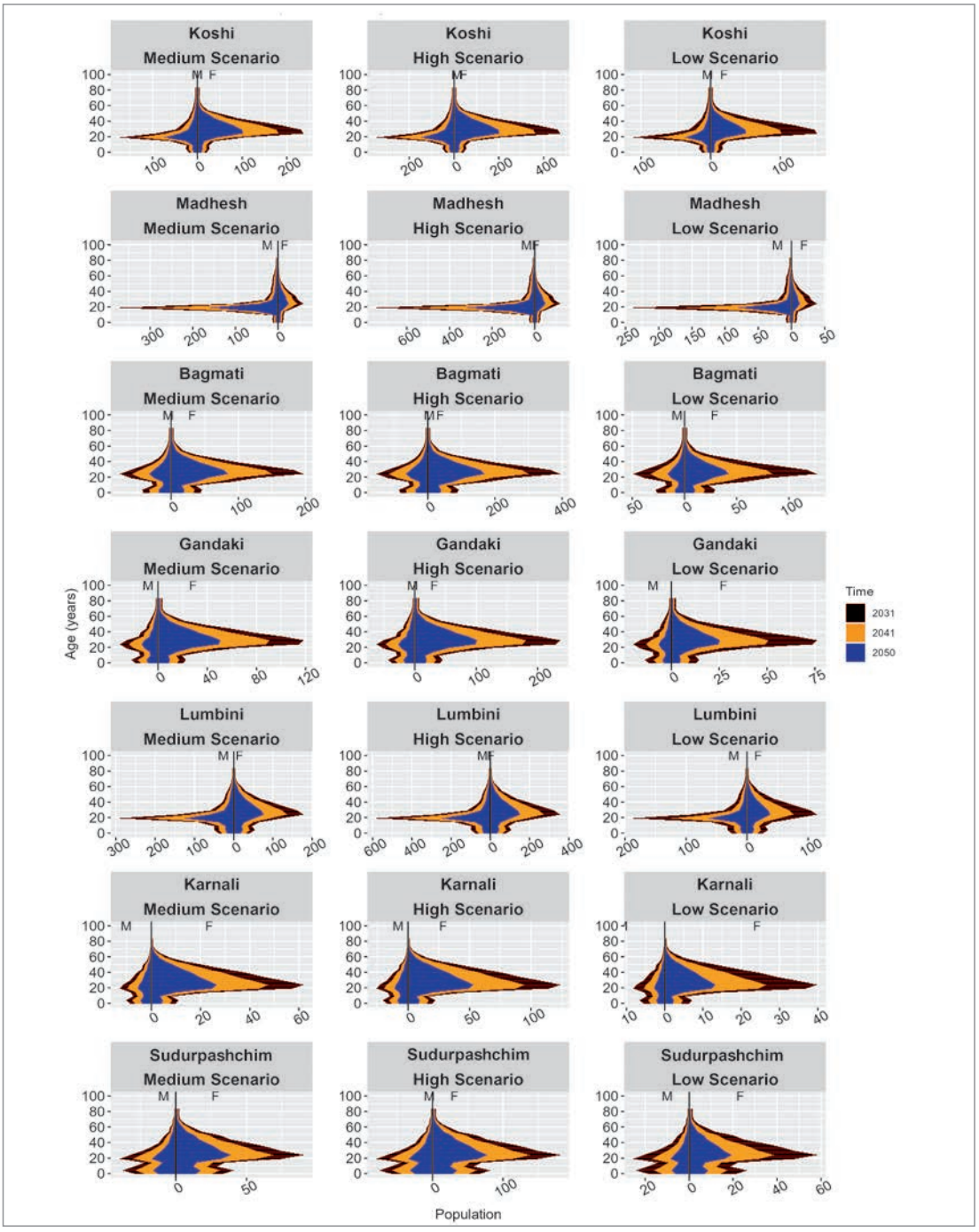


Figure 47 depicts the provincial distribution of Nepal's immigrant population by age and sex under medium, high, and low scenarios for 2021-2022 and 2050-2051. Immigration growth is particularly evident in working-age groups (20–40 years) across all provinces. These patterns highlight the significant influence of favourable migration policies and economic conditions alongside notable regional variations. Key trends for each province include:

- **Koshi Province:** Under the medium scenario, the number of immigrants will grow from 1,899 in 2021 to 3,798 in 2050-2051 and to 7,597 under the high scenario. In the low scenario, the number will remain almost unchanged at 1,899 by 2050-2051.

- **Madhesh Province:** In the medium scenario, the number of immigrants will increase from 1,160 in 2021 to 2,322 in 2050-2051 and 4,643 in the high scenario. In the low scenario, the number of immigrants will remain stable at around 1,161.

- **Bagmati Province:** Under the medium scenario, the immigrant population grows from 1,647 in 2021-2022 to 3,293 in 2050-2051 and 6,587 in the high scenario while remaining static at 1,647 under the low scenario.

- **Gandaki Province:** In the medium scenario, the numbers increase from 986 in 2021-2022 to 1,973 in 2050-2051 and 3,946 in the high scenario. The low scenario sees no significant change, maintaining around 986.

- **Lumbini Province:** Immigrants rise from 2,069 in 2021-2022 to 4,139 in 2050-2051 under the medium scenario and 8,277 in the high scenario. Under the low scenario, numbers stay stable at around 2,069.

- **Karnali Province:** Immigrant numbers grow from 504 in 2021-2022 to 1,009 in 2050-2051 in the medium scenario and to 2,018 in the high scenario. In the low scenario, numbers remain static at around 504.

- **Sudurpashchim Province:** Immigrants increase from 909 in 2021-2022 to 1,819 in 2050-2051 under the medium scenario and 3,639 under the high scenario, remaining unchanged at around 909 in the low scenario.

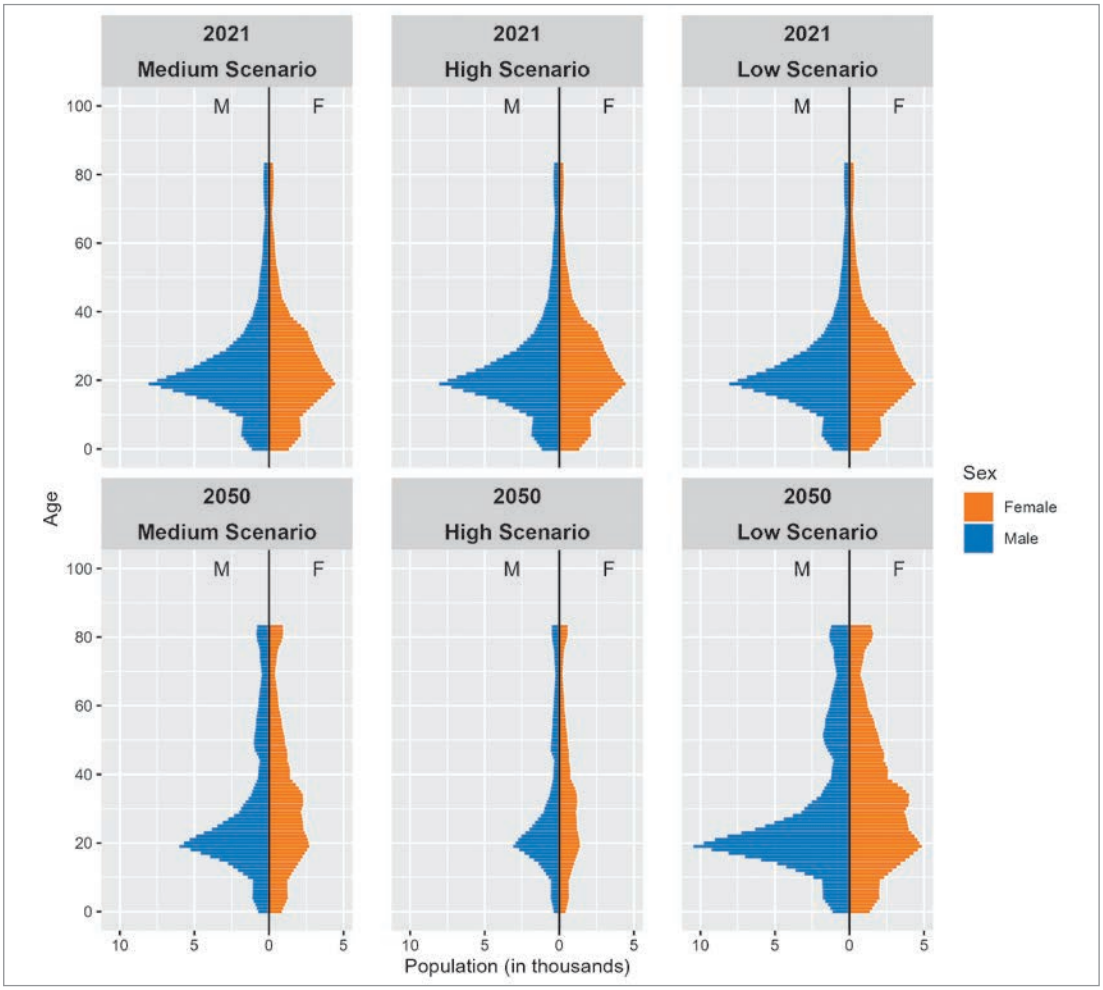
See *Annex 14 f*or medium scenario for the projected immigrants at the national level.

8.9 Internal migration

Finally, the aggregate of internal migration between the districts by age and sex is shown in Figure 48. Under the medium scenario, a total of 286 thousand migrated internally between the districts during 2021-2022, which slowly declined to 237 thousand by 2050-2051. Females continue to migrate due to marriages with the peak around age 20, which will most likely shift upwards as the marriage age increases. However, in the migration model, the causes of migration are not used to change the age pattern of migration.

Figure 48 clearly shows the difference in the migration assumptions' results in the three primary scenarios, where the low scenario results in increasing migration flows, and the high scenario is the opposite (see *Annex 15* for total number of flows (yearly) in each district for all three scenarios).

Figure 48 Aggregated internal migration between the districts of Nepal under three scenarios (2021-2022 and 2050-2051)



8.10 Application of the projection results

The population projection results are available annually down to the ward level in Nepal for 2021-2051, categorised by sex and single age. This detailed and granular data will be helpful for many applications that require information on the population or the components of change. With the availability of ward-level projections, it is now easy to aggregate data for any administrative region in Nepal. The results will be beneficial for generating target populations for different government policies and plans, particularly in the health, education, social security, and labour force sectors. Specifically, education planners can use this data to extract the age-specific school-going population. Health planners can also use this information to generate health-related target populations, such as the expected number of births, deaths, adolescents or women of reproductive age, infants, children under 14 years, and the elderly aged 60 and above. Additionally, they require population data aged in months, for which it is recommended to distribute the population uniformly. More sophisticated interpolation methods can be applied; however, the benefits achieved may not justify the complications involved.

8.11 Difference between published indicators and estimates in this report

As mentioned in earlier chapters, the estimates based on the 2021 Census in this report vary with earlier published indicators by the NSO (NSO, 2024a). The published indicators were based on the raw data without any corrections or adjustments. Those indicators were calculated to provide quick results, which were expected to be different after more in-depth analysis in several thematic reports. Each indicator and estimate were carefully analysed in this report, and necessary corrections and adjustments were made, as reported in several sections. For details, see *Annex 16*. Here, key differences at the national level are listed with explanations.

- For the population projection purpose, Nepal's population size was adjusted to 29.37 million for 2021, higher than the reported size of 29.16 by the census, as explained in Chapter 2. Significant undercounts of births a year before the census were found when compared to fertility levels reported in national surveys. The undercounts of children under 1 year old were consistent with the births. The fertility rate was estimated using children ever born information, and the number of births was adjusted accordingly. Furthermore, adjustments for ages up to four were employed, assuming diminishing undercounts by age 5. The adjustments were done at all administrative levels as explained in Chapter 2.

- Age structure was smoothed to get rid of age-heaping. Also, some deaths with missing age were added. This affected the population of almost all ages. Age was also smoothed for deaths, affecting the mortality rates and, therefore, the life expectancy such that the life expectancy of Nepal was 71.4 years (74.3 for females and 68.7 for males), which is 71.3 years in the indicator (73.8 for females and 68.2 for males). This also mildly impacted all the indicators dependent on age-specific mortality rates (e.g., life expectancy at birth, IMR, CMR, U5MR, NRR, SCDR, SCBR).

CHAPTER 9

CONCLUSIONS AND RECOMMENDATIONS

9.1 Conclusions

This report presents the method and results of projecting Nepal's population and subnational units by implementing a hierarchical demographic model. The initial population structure was established, the components of change (fertility, mortality, and migration) were estimated, and the future assumptions for three primary scenarios (medium, low, and high) for Nepal's future were set.

The projection indicates that under the medium scenario, Nepal's population is expected to mildly rise from 29.4 million in 2021 (that was adjusted) to 33.5 million by 2051. While positive natural change contributes to this growth, it is tempered by negative net migration, resulting in a slower overall rate of change. By the end of the projection period, both natural change and net migration are anticipated to decrease. Regarding the population size, the expected increase in the projection is low. Hence, the fear of overpopulation that was the backbone of Nepal's population policy should end. The focus of the population could now be shifted from the quantity (counting) of people to the quality (e.g. human capital, good life, well-being) of the people.

Alternative scenarios show the sensitivity of the assumptions of specific components. In contrast, the high scenario predicts a marginally higher population total, with variations primarily related to the absentee population dynamics. Conversely, the low scenario suggests an earlier peak at a lower level, largely due to assumed lower fertility rates than the medium scenario. The accompanying CSV files provide detailed results for provinces, districts, local levels, and wards.

Subnationally, the country will experience differential growth, with some areas, such as Madhesh, Bagmati, and Lumbini, growing rapidly. In contrast, areas in the mountains and the Hills (specifically, Gandaki) will experience a declining population, primarily due to migration but also due to low fertility. Considering the federal structure, the implications of this differential growth could be significant regarding resource allocation, distribution, electoral settings, and more. It is important to note that the population recorded in the census for a given area does not necessarily belong to the same electoral area. Depopulation in many areas in the Hills is a serious issue related to the declining local economy, shortage of labourers, less availability of vital services, closing of schools, the loss of local culture and traditions, and land abandonment.

The projection model also monitors the pool of absentee populations, expecting that many Nepalese will continue to work abroad before returning home. Under the medium scenario, the absentee population is projected to increase from 1.8 million in 2021 to peak at around 3.4 million, then decline

to 2.5 million by 2051. Including this pool, the population of Nepal was 31.2 million in 2021, which will increase to about 36 million. Observing the trajectory, the population is expected to grow beyond 2051 before reaching a peak.

The implications of an increasing absentee population are numerous. Socially, people in Nepal live in closely-knit family structures. Therefore, separation caused by absenteeism will continue to impact families (spouses, children, and parents) by providing no support for children in their upbringing (due to the absence of mainly fathers and mothers in recent times) and affecting emotional and intimate relationships between spouses. Additionally, the lack of able-bodied persons at home to provide support in emergencies (in the absence of quality public services, specifically health-related) or to perform cultural activities, along with issues such as land abandonment, will persist.

For the government, the increasing flow of the absentee population abroad necessitates action to support those seeking opportunities. The government should facilitate these individuals by protecting them from exploitation by agents, providing ease of funding while preventing loan-sharking, and offering better consular services once abroad. Additionally, improving remittance services and enhancing transportation and travel ease are crucial. Finally, once they return (partially or fully), it is vital to create a favourable environment for working and ease of doing business, utilizing their expertise for the next generation of learning from them how to make livelihood improvements.

Another critical finding based on the projection is the expectation of declining future fertility rates of Nepali women in the range of 1.5-1.7 by the end of the projection period. The fertility rate of Nepalese women will inevitably decline due to the increasing educational level of women, internal migration to areas of low fertility (e.g. urban areas, Kathmandu Valley), higher labour force participation, and international labour migration. In addition, a recent law that increased the legal age of marriage to twenty might and will impact the number of children born to women. Subnationally, the projections expect a geographic heterogeneity in fertility, with some areas maintaining relatively higher levels (e.g. Madhesh and mountain and remote hill regions). The implication of the decline in fertility will bring respite to maternal and child-related and educational services, allowing the government to focus on the quality aspects.

Related to fertility, the projection implies that the sex ratio at birth will continue to increase, reaching almost 119 males born for every 100 girls in Nepal by 2030 before starting to decline. This expectation is based on qualitatively analysing three essential determinants of the skewed sex ratio at birth. First, the existence of son preference in Nepali society will take time to diminish. Secondly, the declining fertility rate, now below two children per woman, has already occurred and is expected to continue. Thirdly, access to sex-determination technology, especially for more educated and wealthier families, is readily available despite being illegal.

Additionally, the easy availability of abortion services facilitates the discarding of female fetuses once the decision is made. This selfish cause of abortion will negatively affect the country's reputation both internally and globally. In summary, it is now time to have a national debate and research on low fertility, the higher sex ratio at birth, and its implications.

Regarding mortality, the projection assumes that the situation will improve, leading to a longer lifespan for both sexes. However, sex differences will persist, with men dying relatively younger than women, resulting in more female widows. The projection is based on an optimistic scenario that anticipates improved contributions from all stakeholders, individuals obtaining better education and income, and the government providing a better environment and healthcare services.

The projection shows that while the number of children will decline, the number of elderly individuals will increase substantially by the end of the projection period. Overall, the number of dependents will rise. However, the working-age population will also increase a bit faster, resulting in fewer dependents per working-age person. This may sound positive, but the number of elderly will increase by more than 2.5 times has profound implications in terms of healthcare provision, emergency medical services, and caregivers (especially with the increasing number of absentees and emigrants). Additionally, the demand for elderly homes to provide these services will grow. There will also be a fiscal impact related to providing universal pensions and allowances for widows, among other social support measures.

Many Nepalese from all walks of life intend to live, work or study abroad. While most absentee (labour) migrants are expected to return, some may further migrate to other countries. One concerning expectation is that those Nepalese who go abroad to countries where the chances of returning are very low-such as Europe, Canada, the US, and Australia-may not return. Nepal is experiencing an exodus of students who leave as soon as they can afford it. Those who have studied or acquired skills in Nepal often enter the labour force and use their experience as internships to apply for jobs abroad. This trend has cost Nepal a qualified and experienced workforce, resulting in a brain and skills drain. On the other hand, the projection anticipates that some of these individuals will return, albeit in much smaller numbers, bringing enhanced expertise with them.

This report emphasises that the results shared here are projections of hypothetical scenarios rather than definitive forecasts of future population figures. Our assumptions for the three scenarios were developed based on available trends and expert opinions. Some assumptions, such as future fertility rates and returnee demographics, are partially based on argument and can be refined as better data and insights become available.

While the medium scenario reflects a continuation of current trends, the alternative scenarios provide varied perspectives. These projections extend 30 years into the future and are relatively more reliable at the national and province levels as their accuracy diminishes at lower administrative levels due to

increased uncertainty. Therefore, we recommend exercising caution when interpreting ward-level projections beyond a decade.

The projection model is distinctive as it accounts for the absentee population and is specifically designed to meet the needs of Nepal's new federal structure. There is potential for further development of the model to include important dimensions such as labour force participation, educational attainment, and caste-ethnicity. Additionally, the model can be updated as new data from surveys or national registration systems become available.

A key feature of this model is its hierarchical structure, which allows for detailed bottom-up refinement while integrating top-down adjustments to mitigate uncertainties and distortions. When executed effectively, this balanced approach enhances the precision of future projections. However a caveat related to assumptions of homogeneity with a region exists. Due to the data limitation, the estimates and assumptions at the higher administrative levels were directly applied to the lower levels, e.g., the district-level mortality, the sex ratio at birth, and several migration rates were assumed to be the same within the district. In some cases, indicators available at the lower level were used to differentiate the estimates from the higher level; e.g., the child-woman ratio was used for fertility.

By accounting for various scenarios and the absentee population, this model is a crucial tool for policymakers and stakeholders. Continued refinement and updates will ensure that the projections remain relevant, accurate, and reflective of the evolving demographic landscape, ultimately supporting informed decision-making at all levels of governancee.

9.2 Policy Recommendations

Based on the projection results, this report outlines some policy recommendations.

Fertility

1) To check fertility from declining to low fertility (below two children per woman), governments could implement financial incentives, such as tax benefits, parental leave policies, childcare subsidies, and flexible work arrangements, which can provide crucial support.

2) The rising cost of living has led many couples to delay having children. To address this, the government could create a supportive environment for young families by lowering childcare expenses and offering incentives for working parents. This strategy can help sustain fertility rates while ensuring economic participation is not hindered.

3) Family planning policies should be reassessed, shifting the focus from merely reducing fertility to promoting informed family planning. Reproductive health programs should be adapted to support couples having children at their preferred intervals.

4) As Nepal's TFR declines, the Sex Ratio at Birth (SRB) has also increased due to deep-rooted cultural preferences for male children. The widespread practice of prenatal sex selection, especially in urban areas, has contributed to demographic imbalances. Strengthening the enforcement of laws against sex-selective abortions, alongside awareness campaigns promoting gender equality, can help correct these disparities and support more balanced fertility trends.

Mortality

Nepal's rising life expectancy, while a testament to progress in healthcare and living standards, necessitates proactive measures to address the accompanying challenges. To ensure the well-being of older adults and the sustainability of societal systems:

1) Increase access to affordable and comprehensive healthcare tailored to the needs of older adults.
2) Strengthen and expand pension schemes to ensure financial security for the ageing population.
3) Encourage part-time work and community engagement opportunities to keep older adults socially and economically active.
4) Design public spaces, transportation, and housing to accommodate the needs of older individuals, ensuring accessibility and safety. This will enhance the quality of life for older adults.
5) To maintain the long-term health of older adults, focus on preventive measures such as regular health screenings, wellness programs, and public health campaigns.

Migration

Internal Migration

Nepal is experiencing significant rural-to-urban migration due to seeking better job opportunities, healthcare facilities, education, and other services. This trend has resulted in overpopulation in urban areas, strained resources, and declining rural development. To address this issue, the following recommendations are proposed:

1) Create small and medium enterprises (SMEs) in rural areas to generate jobs and encourage agribusiness and entrepreneurship through financial support and training. The government's support in promoting and investing in tourism and agriculture, reviving industries in rural areas, agro-based businesses, and creating rural-urban linkages through roads and markets could help generate employment and development in rural areas.

2) Improving education quality and providing vocational training can empower rural youth, reducing the need for migration in search of opportunities. Investment in the rural areas' education system, curriculum, infrastructures, qualified teachers, support in the education materials, and research from the government's side and other NGOs, INGOs and private institutes.

3) Improve access to healthcare, education, and other public services in rural areas. Also, provide insurance and protection of livelihoods from natural disasters and more recently from the wildlife (e.g. monkeys, pigs, and elephants)

International Migration

Nepalese people migrate internationally for labour, education, and improved living standards. While remittances contribute significantly to the economy, this trend leads to brain drain, labour shortages in critical sectors, and an over-reliance on foreign earnings. These challenges hinder national growth and make it difficult to retain and empower the country's youth for sustainable development. To address this issue:

1) Promote investment in key sectors like agriculture, tourism, manufacturing, and research and technology to create employment opportunities.

2) To prevent Nepalese citizens from seeking opportunities abroad, aligning education and training programs with global labor market demands is essential, making these opportunities accessible locally. By doing so, Nepal can retain its talent, address the brain drain, and create a self-sustaining workforce.

3) Ensure fair wages and working conditions to retain the workforce within Nepal.

4) Establish programs and jobs to match returnees' skills with local job demands while creating platforms for their skill and knowledge sharing through workshops, digital tools, and mentorship. Incentivizing businesses to hire returnees and fostering knowledge exchange can enhance workforce capabilities, create jobs, and reduce reliance on foreign employment.

5) Ensure good governance and gain the trust of youths and adults to discourage them from leaving the country and encourage those who left to return.

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ANNEX

HIGH SCENARIO

Annex 1: Summary indicators of population projection (High Scenario)

Summary Indicators	2021*	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033
Fertility													
Crude birth rate (CBR)	17.905	17.847	17.749	17.607	17.423	17.199	16.940	16.653	16.347	16.033	15.720	15.412	15.107
Standardize crude birth rate (SCBR)	17.714	17.629	17.548	17.469	17.392	17.315	17.239	17.161	17.081	16.999	16.915	16.828	16.738
Total fertility rate (TFR)	1.927	1.919	1.910	1.902	1.894	1.887	1.879	1.871	1.863	1.854	1.846	1.837	1.828
Mean age at child bearing (MACB)	28.500	28.520	28.530	28.550	28.570	28.580	28.600	28.620	28.640	28.660	28.680	28.700	28.720
Sex ratio at birth (SRB)	1.130	1.137	1.143	1.149	1.156	1.162	1.169	1.176	1.182	1.189	1.184	1.179	1.173
Gross reproduction rate (GRR)	0.905	0.898	0.891	0.885	0.879	0.872	0.866	0.860	0.854	0.847	0.845	0.843	0.841
Gross reproduction rate (NRR)	0.893	0.886	0.880	0.874	0.868	0.862	0.857	0.851	0.845	0.839	0.837	0.835	0.833
Child-women ratio (CWR)	0.319	0.311	0.305	0.300	0.296	0.294	0.292	0.288	0.285	0.281	0.277	0.274	0.270
Mortality													
Crude death rate (CDR)	6.601	6.578	6.574	6.587	6.611	6.645	6.685	6.734	6.789	6.846	6.903	6.959	7.016
Standardize crude death rate (SCDR)	6.466	6.339	6.217	6.099	5.984	5.872	5.762	5.656	5.552	5.450	5.349	5.251	5.155
Infant mortality rate (IMR)	0.016	0.016	0.015	0.015	0.014	0.014	0.014	0.013	0.013	0.012	0.012	0.012	0.011
Child mortality rate (CMR)	0.006	0.006	0.006	0.005	0.005	0.005	0.005	0.005	0.005	0.004	0.004	0.004	0.004
Under 5 mortality rate (U5MR)	0.022	0.022	0.021	0.020	0.020	0.019	0.018	0.018	0.017	0.017	0.016	0.016	0.015
Life expectancy at birth	71.5	71.9	72.2	72.5	72.8	73.1	73.4	73.7	74	74.3	74.5	74.8	75.1
Male Life expectancy at birth	68.7	69.1	69.4	69.7	70	70.3	70.6	70.9	71.2	71.4	71.7	72	72.3
Female Life expectancy at birth	74.5	74.8	75.1	75.4	75.7	75.9	76.2	76.5	76.8	77	77.3	77.6	77.8
Migration													
Net migration rate	-5.815	-6.553	-6.711	-6.703	-6.608	-6.459	-6.280	-6.085	-5.880	-5.646	-5.415	-5.187	-4.961
Annual Birth, Death, Immigrants, emigrants and net migrants													
Births	527,283	528,315	527,882	526,031	522,822	518,338	512,698	506,091	498,769	491,260	483,997	476,998	470,174
Deaths	186,608	187,159	188,166	189,673	191,538	193,653	195,995	198,571	201,344	204,222	207,224	210,322	213,524
Immigrants	45,273	48,536	51,719	54,820	57,831	60,749	63,571	66,295	68,934	68,652	68,366	68,076	67,768
Emigrants	10,193	11,213	12,232	13,251	14,271	15,290	16,310	17,330	18,349	19,223	20,097	20,971	21,845
Absentee population	1,820,167	1,948,408	2,096,234	2,246,393	2,394,028	2,536,616	2,672,680	2,801,426	2,922,490	3,035,681	3,119,279	3,177,788	3,215,461
Absentee death	6,446	6,447	6,732	7,070	7,408	7,722	8,001	8,244	8,450	8,618	8,668	8,631	8,532
Absentee	229,849	228,189	226,659	225,237	223,910	222,660	221,457	220,284	219,138	211,290	204,087	197,432	191,231
Returnee	95,161	73,917	69,767	70,531	73,914	78,874	84,710	90,976	97,497	119,074	136,910	151,129	162,463
Population													
Total	29,368,020	29,531,144	29,673,136	29,809,132	29,942,112	30,072,984	30,201,826	30,328,184	30,451,358	30,570,748	30,710,586	30,866,604	31,034,800
Male	14,361,776	14,379,279	14,383,985	14,389,332	14,398,180	14,411,582	14,429,782	14,452,508	14,479,219	14,509,387	14,557,810	14,619,943	14,692,694
Female	15,006,244	15,151,866	15,289,152	15,419,800	15,543,931	15,661,403	15,772,044	15,875,677	15,972,139	16,061,361	16,152,776	16,246,661	16,342,105
Sex ratio	95.71	94.90	94.08	93.32	92.63	92.02	91.49	91.04	90.65	90.34	90.13	89.99	89.91
Percent 0-4	9.0	8.8	8.7	8.6	8.6	8.5	8.5	8.4	8.3	8.2	8.0	7.9	7.7
Percent 5-14	19.4	19.1	18.8	18.5	18.2	17.9	17.7	17.4	17.2	16.9	16.7	16.5	16.3
Percent 15-49	53.4	53.3	53.2	53.2	53.1	52.9	52.8	52.6	52.4	52.1	51.8	51.5	51.2
Percent 50-64	11.5	11.9	12.2	12.4	12.6	12.8	13.1	13.4	13.7	14.1	14.5	15.0	15.4
Percent 64+	6.7	6.9	7.1	7.3	7.5	7.8	8.0	8.2	8.4	8.7	8.9	9.2	9.4
Percent females 15-49	55.2	55.4	55.5	55.6	55.7	55.7	55.6	55.6	55.5	55.3	55.0	54.7	54.4
Annual growth rate (GR)	0.55	0.48	0.46	0.45	0.44	0.43	0.42	0.41	0.39	0.46	0.51	0.54	0.57
Rate of natural increase (RNI)	11.30	11.27	11.18	11.02	10.81	10.55	10.25	9.92	9.56	9.19	8.82	8.45	8.09
Dependency ratio	54.03	53.37	52.86	52.49	52.24	52.05	51.85	51.57	51.27	50.99	50.70	50.44	50.20

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050
14.803	14.497	14.188	13.875	13.563	13.256	12.960	12.675	12.403	12.140	11.885	11.636	11.391	11.151	10.915	10.685	10.460
16.647	16.552	16.456	16.358	16.259	16.160	16.061	15.959	15.854	15.747	15.637	15.525	15.412	15.298	15.182	15.066	14.949
1.818	1.809	1.799	1.789	1.779	1.769	1.758	1.748	1.737	1.726	1.715	1.703	1.692	1.680	1.668	1.656	1.643
28.740	28.760	28.780	28.810	28.830	28.850	28.880	28.900	28.920	28.950	28.980	29.000	29.030	29.050	29.070	29.100	29.120
1.168	1.163	1.157	1.152	1.147	1.141	1.136	1.130	1.125	1.119	1.114	1.108	1.103	1.097	1.092	1.086	1.080
0.839	0.836	0.834	0.831	0.829	0.826	0.823	0.820	0.818	0.814	0.811	0.808	0.804	0.801	0.797	0.794	0.790
0.831	0.829	0.827	0.825	0.822	0.820	0.817	0.815	0.812	0.809	0.806	0.803	0.800	0.797	0.793	0.790	0.786
0.266	0.263	0.260	0.256	0.253	0.250	0.246	0.243	0.241	0.238	0.236	0.234	0.233	0.231	0.230	0.229	0.228
7.074	7.130	7.185	7.240	7.296	7.353	7.411	7.467	7.524	7.581	7.640	7.699	7.762	7.828	7.900	7.978	8.060
5.060	4.967	4.874	4.783	4.693	4.604	4.515	4.427	4.340	4.253	4.167	4.081	3.995	3.910	3.825	3.740	3.655
0.011	0.011	0.010	0.010	0.009	0.009	0.009	0.008	0.008	0.008	0.007	0.007	0.007	0.006	0.006	0.006	0.005
0.004	0.004	0.003	0.003	0.003	0.003	0.003	0.003	0.002	0.002	0.002	0.002	0.002	0.002	0.002	0.001	0.001
0.014	0.014	0.013	0.013	0.012	0.012	0.011	0.011	0.010	0.010	0.009	0.009	0.009	0.008	0.008	0.007	0.007
75.3	75.6	75.9	76.1	76.4	76.6	76.9	77.1	77.4	77.7	77.9	78.2	78.4	78.7	79	79.2	79.5
72.5	72.8	73.1	73.4	73.6	73.9	74.2	74.5	74.7	75	75.3	75.6	75.9	76.2	76.5	76.8	77.1
78.1	78.3	78.6	78.8	79.1	79.3	79.5	79.8	80	80.3	80.5	80.7	81	81.2	81.4	81.7	81.9
-4.727	-4.478	-4.212	-3.931	-3.639	-3.342	-3.043	-2.756	-2.490	-2.251	-2.045	-1.874	-1.738	-1.632	-1.550	-1.486	-1.435
463,392	456,534	449,528	442,374	435,162	428,057	421,198	414,631	408,331	402,221	396,210	390,225	384,220	378,172	372,085	365,993	359,938
216,807	220,124	223,452	226,827	230,294	233,849	237,443	241,042	244,650	248,289	251,958	255,651	259,391	263,229	267,202	271,303	275,504
67,438	67,077	66,671	66,212	65,702	65,150	64,575	63,991	63,385	62,757	62,100	61,412	60,684	59,900	59,057	58,156	57,198
22,719	23,594	24,468	25,342	26,216	27,090	27,964	28,838	29,712	30,586	31,461	32,335	33,209	34,084	34,958	35,832	36,707
3,235,696	3,240,575	3,230,877	3,206,893	3,169,012	3,118,089	3,055,282	2,981,727	2,899,073	2,809,344	2,714,710	2,617,298	2,518,800	2,420,624	2,323,585	2,228,024	2,134,016
8,392	8,218	8,009	7,767	7,491	7,185	6,851	6,497	6,127	5,748	5,370	4,998	4,639	4,298	3,977	3,678	3,400
185,401	179,889	174,657	169,675	164,912	160,344	155,941	151,673	147,523	143,453	139,429	135,414	131,380	127,316	123,207	119,042	114,821
172,130	181,369	190,633	199,789	208,345	215,967	222,645	227,829	231,125	232,339	231,472	228,914	224,917	220,058	214,790	209,372	203,844
31,211,912	31,395,880	31,585,876	31,781,522	31,982,316	32,187,334	32,395,504	32,605,940	32,817,300	33,027,852	33,235,614	33,438,546	33,634,984	33,823,468	34,003,080	34,173,344	34,334,080
14,773,692	14,861,702	14,956,631	15,058,762	15,168,202	15,284,531	15,407,033	15,535,036	15,667,339	15,802,334	15,938,129	16,072,781	16,204,739	16,332,675	16,455,809	16,573,762	16,686,393
16,438,220	16,534,179	16,629,244	16,722,760	16,814,114	16,902,804	16,988,472	17,070,904	17,149,960	17,225,520	17,297,484	17,365,764	17,430,244	17,490,792	17,547,272	17,599,580	17,647,686
89.87	89.88	89.94	90.05	90.21	90.43	90.69	91.00	91.35	91.74	92.14	92.55	92.97	93.38	93.78	94.17	94.55
7.6	7.4	7.3	7.1	7.0	6.8	6.7	6.6	6.4	6.3	6.1	6.0	5.9	5.8	5.7	5.5	5.4
16.1	15.9	15.7	15.5	15.3	15.0	14.7	14.5	14.2	13.9	13.6	13.4	13.1	12.9	12.6	12.4	12.1
50.9	50.5	50.2	49.8	49.6	49.4	49.1	48.9	48.6	48.3	48.0	47.6	47.2	46.8	46.4	46.0	45.6
15.8	16.2	16.6	16.9	17.3	17.7	18.1	18.6	19.0	19.4	19.8	20.2	20.6	20.9	21.2	21.5	21.8
9.7	10.0	10.3	10.6	10.8	11.0	11.3	11.5	11.8	12.1	12.4	12.8	13.2	13.7	14.1	14.6	15.1
54.1	53.7	53.3	52.9	52.6	52.2	51.9	51.5	51.0	50.5	50.0	49.5	48.8	48.2	47.6	47.0	46.4
0.59	0.60	0.62	0.63	0.64	0.65	0.65	0.65	0.64	0.63	0.61	0.59	0.56	0.53	0.50	0.47	0.44
7.73	7.37	7.00	6.64	6.27	5.90	5.55	5.21	4.88	4.56	4.25	3.94	3.63	3.32	3.02	2.71	2.40
50.02	49.93	49.90	49.73	49.41	49.03	48.65	48.30	47.97	47.69	47.50	47.47	47.58	47.74	47.92	48.13	48.42

Annex 2 : Population projection for Nepal 2021-2051 by sex and sinlge calender year (High Scenario)

Year	Population		
	Total	Male	Female
2021*	29,368,020	14,361,776	15,006,244
2022	29,531,145	14,379,279	15,151,866
2023	29,673,137	14,383,985	15,289,152
2024	29,809,132	14,389,332	15,419,800
2025	29,942,111	14,398,180	15,543,931
2026	30,072,985	14,411,582	15,661,403
2027	30,201,826	14,429,782	15,772,044
2028	30,328,185	14,452,508	15,875,677
2029	30,451,358	14,479,219	15,972,139
2030	30,570,748	14,509,387	16,061,361
2031	30,710,586	14,557,810	16,152,776
2032	30,866,604	14,619,943	16,246,661
2033	31,034,799	14,692,694	16,342,105
2034	31,211,912	14,773,692	16,438,220
2035	31,395,881	14,861,702	16,534,179
2036	31,585,875	14,956,631	16,629,244
2037	31,781,522	15,058,762	16,722,760
2038	31,982,316	15,168,202	16,814,114
2039	32,187,334	15,284,531	16,902,803
2040	32,395,504	15,407,033	16,988,471
2041	32,605,939	15,535,036	17,070,903
2042	32,817,300	15,667,339	17,149,961
2043	33,027,853	15,802,334	17,225,519
2044	33,235,614	15,938,129	17,297,485
2045	33,438,546	16,072,781	17,365,765
2046	33,634,982	16,204,739	17,430,243
2047	33,823,467	16,332,675	17,490,792
2048	34,003,081	16,455,809	17,547,272
2049	34,173,343	16,573,762	17,599,581
2050	34,334,079	16,686,393	17,647,686
2051	34,485,224	16,793,588	17,691,636

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Annex 3: Population projection by age and sex for Nepal, 2021 - 2051 (High Scenario)

Age	2021*			2022			2023			2024			2025		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Both Sexes	Male	Female	Total	**Male**	**Female**
Total	**29,368,020**	**14,361,776**	**15,006,244**	**29,531,144**	**14,379,279**	**15,151,866**	**29,673,136**	**14,383,985**	**15,289,152**	**29,809,132**	**14,389,332**	**15,419,800**	**29,942,112**	**14,398,180**	**15,543,931**
00-04	2,643,149	1,399,125	1,244,024	2,608,518	1,382,754	1,225,764	2,584,436	1,371,981	1,212,455	2,569,786	1,366,158	1,203,628	2,563,712	1,364,800	1,198,912
05-09	2,799,720	1,462,536	1,337,184	2,778,019	1,454,022	1,323,997	2,747,975	1,441,734	1,306,241	2,709,304	1,425,475	1,283,829	2,663,299	1,405,767	1,257,532
10-14	2,883,672	1,481,820	1,401,852	2,850,356	1,470,190	1,380,166	2,825,277	1,462,431	1,362,846	2,807,922	1,457,664	1,350,258	2,795,615	1,454,504	1,341,111
15-19	3,005,216	1,504,478	1,500,738	2,957,807	1,478,763	1,479,044	2,909,189	1,453,627	1,455,562	2,861,537	1,431,046	1,430,491	2,816,321	1,412,263	1,404,058
20-24	2,789,286	1,309,541	1,479,745	2,782,605	1,300,882	1,481,723	2,773,410	1,295,161	1,478,249	2,756,085	1,287,860	1,468,225	2,726,863	1,275,756	1,451,107
25-29	2,482,444	1,130,602	1,351,842	2,489,157	1,112,342	1,376,815	2,488,708	1,093,342	1,395,366	2,483,882	1,076,057	1,407,825	2,475,883	1,062,104	1,413,779
30-34	2,174,037	991,906	1,182,131	2,183,893	979,800	1,204,093	2,206,639	973,297	1,233,342	2,234,706	968,727	1,265,979	2,260,666	962,678	1,297,988
35-39	2,046,826	944,765	1,102,061	2,053,874	932,377	1,121,497	2,053,103	917,540	1,135,563	2,049,344	901,932	1,147,412	2,045,137	886,304	1,158,833
40-44	1,725,003	818,457	906,546	1,791,633	838,587	953,046	1,850,155	853,109	997,046	1,895,857	860,256	1,035,601	1,930,001	861,088	1,068,913
45-49	1,457,081	697,138	759,943	1,481,534	710,616	770,918	1,518,856	728,401	790,455	1,571,249	751,674	819,575	1,636,722	779,205	857,517
50-54	1,357,870	666,351	691,519	1,413,186	696,035	717,151	1,443,966	710,908	733,058	1,458,516	717,234	741,282	1,466,026	720,609	745,417
55-59	1,101,968	547,608	554,360	1,141,961	573,297	568,664	1,182,541	594,356	588,185	1,230,459	617,293	613,166	1,283,940	641,812	642,128
60-64	926,171	452,510	473,661	959,754	470,193	489,561	985,178	483,479	501,699	1,007,061	495,750	511,311	1,026,626	507,520	519,106
65-69	763,340	373,136	390,204	765,831	372,891	392,940	774,042	375,232	398,810	789,790	381,280	408,510	813,473	391,399	422,074
70-74	594,001	285,927	308,074	622,144	298,769	323,375	641,520	307,497	334,023	652,365	312,128	340,237	657,501	313,902	343,599
75-79	341,677	164,906	176,771	368,556	175,579	192,977	394,663	186,128	208,535	421,406	197,306	224,100	449,839	209,549	240,290
80-84	152,590	75,035	77,555	162,093	78,806	83,287	175,869	84,278	91,591	193,418	91,125	102,293	213,203	98,716	114,487
85+	123,969	55,936	68,033	120,227	53,376	66,851	117,613	51,485	66,128	116,445	50,367	66,078	117,288	50,207	67,081

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Age	2026			2027			2028			2029			2030		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	**30,072,984**	**14,411,582**	**15,661,403**	**30,201,826**	**14,429,782**	**15,772,044**	**30,328,184**	**14,452,508**	**15,875,677**	**30,451,358**	**14,479,219**	**15,972,139**	**30,570,748**	**14,509,387**	**16,061,361**
00-04	2,565,685	1,367,617	1,198,068	2,557,546	1,367,339	1,190,207	2,542,879	1,363,531	1,179,348	2,522,176	1,356,431	1,165,745	2,496,133	1,346,386	1,149,747
05-09	2,612,993	1,384,016	1,228,977	2,577,583	1,367,833	1,209,750	2,552,611	1,357,138	1,195,473	2,537,004	1,351,321	1,185,683	2,529,883	1,349,911	1,179,972
10-14	2,781,248	1,449,829	1,331,419	2,760,083	1,441,805	1,318,278	2,730,781	1,430,083	1,300,698	2,693,037	1,414,464	1,278,573	2,648,121	1,395,470	1,252,651
15-19	2,776,414	1,398,010	1,378,404	2,743,954	1,388,197	1,355,757	2,719,546	1,381,878	1,337,668	2,702,741	1,378,345	1,324,396	2,690,829	1,376,222	1,314,607
20-24	2,686,964	1,258,729	1,428,235	2,641,741	1,238,921	1,402,820	2,595,143	1,219,162	1,375,981	2,549,440	1,201,507	1,347,933	2,506,082	1,187,147	1,318,935
25-29	2,466,965	1,052,841	1,414,124	2,458,937	1,048,580	1,410,357	2,448,135	1,046,171	1,401,964	2,429,843	1,042,063	1,387,780	2,401,033	1,033,701	1,367,332
30-34	2,279,164	953,394	1,325,770	2,288,510	941,015	1,347,495	2,290,836	927,791	1,363,045	2,288,652	915,666	1,372,986	2,282,499	905,891	1,376,608
35-39	2,045,853	872,754	1,173,099	2,058,146	864,179	1,193,967	2,082,862	860,587	1,222,275	2,112,597	858,734	1,253,863	2,140,497	855,536	1,284,961
40-44	1,951,073	855,913	1,095,160	1,960,704	846,522	1,114,182	1,962,978	834,981	1,127,997	1,962,470	822,713	1,139,757	1,961,498	810,301	1,151,197
45-49	1,710,665	808,675	901,990	1,786,014	837,541	948,473	1,854,951	862,334	992,617	1,911,689	880,170	1,031,519	1,955,859	890,594	1,065,265
50-54	1,476,373	726,358	750,015	1,499,243	738,796	760,447	1,540,549	760,674	779,875	1,600,807	791,740	809,067	1,677,863	830,631	847,232
55-59	1,337,673	665,489	672,184	1,378,387	682,358	696,029	1,402,492	691,192	711,300	1,414,524	695,019	719,505	1,421,873	697,908	723,965
60-64	1,046,746	518,905	527,841	1,074,043	533,210	540,833	1,111,389	551,497	559,892	1,157,330	573,001	584,329	1,209,058	596,422	612,636
65-69	843,987	405,940	438,047	873,884	420,625	453,259	898,363	433,140	465,223	919,607	444,759	474,848	938,857	456,006	482,851
70-74	659,473	313,889	345,584	663,363	314,432	348,931	672,143	317,119	355,024	687,522	322,971	364,551	709,990	332,376	377,614
75-79	478,031	221,877	256,154	501,759	232,277	269,482	518,221	239,355	278,866	527,836	243,243	284,593	533,151	245,046	288,105
80-84	233,419	106,356	127,063	252,646	113,552	139,094	271,469	120,735	150,734	291,090	128,501	162,589	312,238	137,118	175,120
85+	120,259	50,988	69,271	125,291	52,606	72,685	132,838	55,138	77,700	142,997	58,573	84,424	155,287	62,723	92,564

Age	2031			2032			2033			2034			2035		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	**30,710,586**	**14,557,810**	**16,152,776**	**30,866,604**	**14,619,943**	**16,246,661**	**31,034,800**	**14,692,694**	**16,342,105**	**31,211,912**	**14,773,692**	**16,438,220**	**31,395,880**	**14,861,702**	**16,534,179**
00-04	2,466,364	1,334,094	1,132,270	2,434,223	1,319,120	1,115,103	2,400,949	1,302,207	1,098,742	2,367,522	1,283,954	1,083,568	2,334,550	1,264,763	1,069,787
05-09	2,531,139	1,352,757	1,178,382	2,523,543	1,353,000	1,170,543	2,509,932	1,349,854	1,160,078	2,490,786	1,343,544	1,147,242	2,466,773	1,334,401	1,132,372
10-14	2,599,491	1,374,672	1,224,819	2,565,244	1,359,166	1,206,078	2,541,587	1,349,165	1,192,422	2,527,358	1,343,996	1,183,362	2,521,580	1,343,148	1,178,432
15-19	2,679,145	1,373,816	1,305,329	2,662,182	1,368,856	1,293,326	2,638,122	1,360,724	1,277,398	2,606,366	1,349,065	1,257,301	2,567,987	1,334,278	1,233,709
20-24	2,471,240	1,178,378	1,292,862	2,446,406	1,174,929	1,271,477	2,431,516	1,175,711	1,255,805	2,425,466	1,179,822	1,245,644	2,425,127	1,185,747	1,239,380
25-29	2,365,680	1,022,267	1,343,413	2,328,678	1,009,611	1,319,067	2,293,216	998,082	1,295,134	2,261,038	989,439	1,271,599	2,233,156	984,698	1,248,458
30-34	2,276,713	900,562	1,376,151	2,273,312	900,101	1,373,211	2,269,101	901,921	1,367,180	2,259,797	903,034	1,356,763	2,242,677	901,248	1,341,429
35-39	2,162,860	850,075	1,312,785	2,178,206	842,495	1,335,711	2,188,274	834,762	1,353,512	2,195,383	828,514	1,366,869	2,199,538	824,772	1,374,766
40-44	1,966,367	800,165	1,166,202	1,983,393	795,061	1,188,332	2,013,740	795,138	1,218,602	2,050,189	797,469	1,252,720	2,086,322	799,216	1,287,106
45-49	1,992,687	899,865	1,092,822	2,023,470	909,611	1,113,859	2,051,538	921,328	1,130,210	2,079,443	934,560	1,144,883	2,107,433	947,924	1,159,509
50-54	1,768,604	876,267	892,337	1,863,243	923,645	939,598	1,951,382	966,742	984,640	2,026,967	1,002,331	1,024,636	2,090,586	1,030,923	1,059,663
55-59	1,433,549	704,453	729,096	1,457,803	717,868	739,935	1,500,328	740,802	759,526	1,561,758	773,103	788,655	1,640,207	813,595	826,612
60-64	1,261,338	619,275	642,063	1,301,324	635,767	665,557	1,325,561	644,725	680,836	1,338,517	649,111	689,406	1,347,279	652,783	694,496
65-69	958,830	467,027	491,803	985,461	480,699	504,762	1,021,321	497,939	523,382	1,065,199	518,125	547,074	1,114,632	540,154	574,478
70-74	738,429	345,571	392,858	766,129	358,775	407,354	788,859	370,011	418,848	808,791	380,527	428,264	827,262	390,897	436,365
75-79	536,165	245,566	290,599	540,779	246,527	294,252	549,333	249,147	300,186	563,344	254,289	309,055	583,399	262,353	321,046
80-84	333,214	145,767	187,447	350,630	152,914	197,716	362,701	157,725	204,976	370,194	160,518	209,676	375,299	162,216	213,083
85+	168,772	67,237	101,535	182,575	71,797	110,778	197,342	76,712	120,630	213,794	82,290	131,504	232,069	88,584	143,485

Age	2036			2037			2038			2039			2040		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	**31,585,876**	**14,956,631**	**16,629,244**	**31,781,522**	**15,058,762**	**16,722,760**	**31,982,316**	**15,168,202**	**16,814,114**	**32,187,334**	**15,284,531**	**16,902,804**	**32,395,504**	**15,407,033**	**16,988,472**
00-04	2,302,132	1,244,722	1,057,410	2,269,887	1,224,824	1,045,063	2,237,416	1,204,851	1,032,565	2,204,497	1,184,689	1,019,808	2,171,194	1,164,372	1,006,822
05-09	2,438,917	1,322,986	1,115,931	2,408,560	1,308,874	1,099,686	2,376,963	1,292,803	1,084,160	2,345,125	1,275,365	1,069,760	2,313,670	1,256,960	1,056,710
10-14	2,523,723	1,346,339	1,177,384	2,517,592	1,347,188	1,170,404	2,505,302	1,344,624	1,160,678	2,487,338	1,338,873	1,148,465	2,464,379	1,330,270	1,134,109
15-19	2,525,653	1,317,530	1,208,123	2,496,370	1,305,439	1,190,931	2,477,059	1,298,505	1,178,554	2,466,555	1,296,044	1,170,511	2,463,826	1,297,512	1,166,314
20-24	2,423,680	1,190,663	1,233,017	2,416,575	1,192,862	1,223,713	2,402,448	1,191,994	1,210,454	2,380,958	1,187,867	1,193,091	2,353,178	1,180,857	1,172,321
25-29	2,211,732	984,350	1,227,382	2,198,275	988,207	1,210,068	2,192,963	995,376	1,197,587	2,195,019	1,005,129	1,189,890	2,201,848	1,016,252	1,185,596
30-34	2,218,486	896,421	1,322,065	2,191,944	890,206	1,301,738	2,165,851	884,654	1,281,197	2,141,850	881,397	1,260,453	2,120,962	881,427	1,239,535
35-39	2,202,726	824,608	1,378,118	2,207,022	828,524	1,378,498	2,209,488	834,251	1,375,237	2,206,130	839,109	1,367,021	2,194,568	841,122	1,353,446
40-44	2,116,797	798,863	1,317,934	2,140,099	796,502	1,343,597	2,157,614	793,880	1,363,734	2,171,528	792,408	1,379,120	2,181,448	792,892	1,388,556
45-49	2,141,454	964,011	1,177,443	2,190,696	988,539	1,202,157	2,256,640	1,021,808	1,234,832	2,330,124	1,059,137	1,270,987	2,402,474	1,095,304	1,307,170
50-54	2,141,352	1,053,277	1,088,075	2,180,416	1,070,929	1,109,487	2,213,084	1,087,219	1,125,865	2,244,533	1,104,046	1,140,487	2,277,339	1,122,228	1,155,111
55-59	1,729,712	858,536	871,176	1,820,598	902,909	917,689	1,903,806	941,829	961,977	1,974,925	973,535	1,001,390	2,035,298	999,224	1,036,074
60-64	1,359,972	659,731	700,241	1,384,506	673,049	711,457	1,426,342	695,284	731,058	1,486,277	726,419	759,858	1,562,680	765,435	797,245
65-69	1,164,661	561,686	602,975	1,203,297	577,410	625,887	1,227,287	586,236	641,051	1,240,895	590,962	649,933	1,250,805	595,180	655,625
70-74	846,699	401,251	445,448	872,083	413,888	458,195	905,570	429,522	476,048	946,300	447,749	498,551	992,222	467,694	524,528
75-79	608,395	273,469	334,926	632,551	284,475	348,076	652,304	293,774	358,530	669,755	302,531	367,224	686,332	311,357	374,975
80-84	379,227	163,249	215,978	384,312	164,572	219,740	392,105	166,961	225,144	403,909	171,108	232,801	420,405	177,406	242,999
85+	250,554	94,938	155,616	266,740	100,363	166,377	280,074	104,630	175,444	291,615	108,162	183,453	302,887	111,547	191,340

Age	2041			2042			2043			2044			2045		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	**32,605,940**	**15,535,036**	**17,070,904**	**32,817,300**	**15,667,339**	**17,149,960**	**33,027,852**	**15,802,334**	**17,225,520**	**33,235,614**	**15,938,129**	**17,297,484**	**33,438,546**	**16,072,781**	**17,365,764**
00-04	2,137,835	1,144,079	993,756	2,104,854	1,124,037	980,817	2,072,663	1,104,470	968,193	2,041,504	1,085,501	956,003	2,011,375	1,067,132	944,243
05-09	2,282,696	1,237,672	1,045,024	2,251,839	1,218,495	1,033,344	2,220,698	1,199,215	1,021,483	2,189,058	1,179,715	1,009,343	2,156,988	1,160,038	996,950
10-14	2,437,467	1,319,377	1,118,090	2,407,973	1,305,781	1,102,192	2,377,173	1,290,211	1,086,962	2,346,090	1,273,265	1,072,825	2,315,365	1,255,341	1,060,024
15-19	2,468,250	1,302,575	1,165,675	2,464,879	1,305,421	1,159,458	2,455,385	1,304,942	1,150,443	2,440,234	1,301,353	1,138,881	2,420,096	1,294,976	1,125,120
20-24	2,321,508	1,171,934	1,149,574	2,301,492	1,167,013	1,134,479	2,290,472	1,166,619	1,123,853	2,287,281	1,170,084	1,117,197	2,290,918	1,176,905	1,114,013
25-29	2,207,420	1,026,396	1,181,024	2,207,658	1,034,122	1,173,536	2,201,322	1,039,129	1,162,193	2,188,092	1,041,236	1,146,856	2,168,928	1,040,738	1,128,190
30-34	2,105,337	885,229	1,220,108	2,096,614	892,688	1,203,926	2,095,204	903,033	1,192,171	2,100,584	915,648	1,184,936	2,110,468	929,478	1,180,990
35-39	2,175,524	840,097	1,335,427	2,153,741	837,594	1,316,147	2,131,800	835,454	1,296,346	2,111,291	835,250	1,276,041	2,093,257	837,978	1,255,279
40-44	2,189,288	796,290	1,392,998	2,197,329	803,235	1,394,094	2,202,838	811,629	1,391,209	2,202,067	818,980	1,383,087	2,192,942	823,476	1,369,466
45-49	2,466,455	1,126,886	1,339,569	2,522,233	1,155,637	1,366,596	2,569,645	1,181,743	1,387,902	2,609,321	1,205,022	1,404,299	2,638,387	1,223,899	1,414,488
50-54	2,318,618	1,145,493	1,173,125	2,373,659	1,175,895	1,197,764	2,443,375	1,213,138	1,230,237	2,518,618	1,252,465	1,266,153	2,591,987	1,289,794	1,302,193
55-59	2,083,972	1,019,552	1,064,420	2,121,749	1,035,768	1,085,981	2,153,759	1,051,115	1,102,644	2,185,048	1,067,406	1,117,642	2,218,109	1,085,383	1,132,726
60-64	1,649,871	808,776	841,095	1,738,403	851,559	886,844	1,819,622	889,167	930,455	1,889,495	920,072	969,423	1,949,486	945,528	1,003,958
65-69	1,264,568	602,529	662,039	1,289,313	615,687	673,626	1,330,063	636,946	693,117	1,387,771	666,413	721,358	1,461,103	703,263	757,840
70-74	1,038,839	487,273	551,566	1,075,144	501,701	573,443	1,098,163	510,018	588,145	1,112,007	514,874	597,133	1,122,923	519,563	603,360
75-79	704,134	320,384	383,750	726,986	331,249	395,737	756,492	344,413	412,079	792,173	359,699	432,474	832,486	376,505	455,981
80-84	440,469	185,822	254,647	459,504	193,950	265,554	474,887	200,697	274,190	488,689	207,149	281,540	502,433	213,939	288,494
85+	313,685	114,667	199,018	323,935	117,509	206,426	334,294	120,398	213,896	346,286	123,991	222,295	361,302	128,850	232,452

Age	2046			2047			2048		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	33,634,984	16,204,739	17,430,244	33,823,468	16,332,675	17,490,792	34,003,080	16,455,809	17,547,272
00-04	1,982,055	1,049,239	932,816	1,953,241	1,031,666	921,575	1,924,626	1,014,251	910,375
05-09	2,124,810	1,140,355	984,455	2,092,961	1,120,901	972,060	2,061,852	1,101,895	959,957
10-14	2,285,099	1,236,525	1,048,574	2,254,921	1,217,801	1,037,120	2,224,437	1,198,958	1,025,479
15-19	2,396,016	1,286,359	1,109,657	2,369,360	1,275,074	1,094,286	2,341,396	1,261,833	1,079,563
20-24	2,300,814	1,186,791	1,114,023	2,303,537	1,194,725	1,108,812	2,300,574	1,199,643	1,100,931
25-29	2,146,065	1,038,477	1,107,588	2,133,567	1,039,578	1,093,989	2,129,151	1,044,631	1,084,520
30-34	2,119,212	942,424	1,176,788	2,122,935	953,169	1,169,766	2,120,402	961,418	1,158,984
35-39	2,079,902	844,146	1,235,756	2,072,977	853,689	1,219,288	2,073,059	865,910	1,207,149
40-44	2,176,193	824,862	1,351,331	2,156,628	824,701	1,331,927	2,136,638	824,668	1,311,970
45-49	2,657,815	1,238,394	1,419,421	2,673,121	1,252,374	1,420,747	2,680,727	1,262,911	1,417,816
50-54	2,656,537	1,321,959	1,334,578	2,708,898	1,347,303	1,361,595	2,750,821	1,367,882	1,382,939
55-59	2,259,780	1,108,578	1,151,202	2,315,031	1,138,841	1,176,190	2,384,733	1,175,868	1,208,865
60-64	1,998,577	966,095	1,032,482	2,037,246	982,777	1,054,469	2,070,308	998,600	1,071,708
65-69	1,544,813	744,233	800,580	1,629,826	784,668	845,158	1,707,989	820,289	887,700
70-74	1,137,671	527,229	610,442	1,162,239	539,936	622,303	1,201,039	559,633	641,406
75-79	873,559	393,084	480,475	905,707	405,349	500,358	926,341	412,508	513,833
80-84	517,678	221,153	296,525	536,744	229,632	307,112	560,541	239,567	320,974
85+	378,390	134,837	243,553	394,529	140,487	254,042	408,448	145,346	263,102

Age	2049			2050			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	**34,173,344**	**16,573,762**	**17,599,580**	**34,334,080**	**16,686,393**	**17,647,686**	**34,485,224**	**17,691,636**	**16,793,588**
00-04	1,895,992	996,878	899,114	1,867,234	979,496	887,738	1,838,372	876,256	962,116
05-09	2,031,730	1,083,466	948,264	2,002,590	1,065,611	936,979	1,974,223	926,006	1,048,217
10-14	2,193,425	1,179,878	1,013,547	2,161,960	1,160,604	1,001,356	2,130,366	989,054	1,141,312
15-19	2,313,129	1,247,215	1,065,914	2,285,202	1,231,625	1,053,577	2,257,716	1,042,566	1,215,150
20-24	2,292,334	1,201,707	1,090,627	2,279,415	1,201,184	1,078,231	2,262,787	1,064,229	1,198,558
25-29	2,131,893	1,053,127	1,078,766	2,141,015	1,064,693	1,076,322	2,156,116	1,076,968	1,079,148
30-34	2,111,257	966,985	1,144,272	2,096,398	970,122	1,126,276	2,077,979	1,106,379	971,600
35-39	2,079,780	880,256	1,199,524	2,090,998	895,755	1,195,243	2,101,220	1,190,800	910,420
40-44	2,117,777	826,325	1,291,452	2,101,102	830,696	1,270,406	2,088,871	1,250,538	838,333
45-49	2,678,139	1,268,751	1,409,388	2,665,334	1,269,970	1,395,364	2,642,866	1,376,848	1,266,018
50-54	2,783,325	1,383,860	1,399,465	2,803,353	1,393,500	1,409,853	2,813,338	1,415,002	1,398,336
55-59	2,459,984	1,215,031	1,244,953	2,533,632	1,252,408	1,281,224	2,598,941	1,313,972	1,284,969
60-64	2,102,738	1,015,377	1,087,361	2,137,175	1,033,986	1,103,189	2,180,255	1,122,426	1,057,829
65-69	1,775,666	849,792	925,874	1,834,389	874,452	959,937	1,883,175	988,397	894,778
70-74	1,255,247	586,609	668,638	1,323,949	620,303	703,646	1,402,430	744,623	657,807
75-79	939,359	416,981	522,378	950,419	421,656	528,763	965,284	536,213	429,071
80-84	589,085	251,053	338,032	621,445	263,788	357,657	654,554	378,124	276,430
85+	422,480	150,467	272,013	438,464	156,543	281,921	456,733	293,238	163,495

MEDIUM SCENARIO

Annex 4: Summary indicators of population projection (Medium Scenario)

Summary Indicators	2021*	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033
Fertility													
Crude birth rate (CBR)	17.925	17.889	17.812	17.692	17.530	17.328	17.090	16.825	16.540	16.247	15.954	15.665	15.378
Standardize crude birth rate (SCBR)	17.734	17.671	17.611	17.554	17.498	17.444	17.389	17.334	17.278	17.219	17.157	17.092	17.024
Total fertility rate (TFR)	1.930	1.923	1.917	1.912	1.906	1.901	1.896	1.890	1.885	1.879	1.873	1.867	1.860
Mean age at child bearing (MACB)	28.510	28.520	28.540	28.560	28.580	28.600	28.620	28.640	28.660	28.690	28.710	28.730	28.760
Sex ratio at birth (SRB)	1.130	1.137	1.143	1.149	1.156	1.162	1.169	1.176	1.182	1.189	1.184	1.179	1.173
Gross reproduction rate (GRR)	0.906	0.900	0.895	0.889	0.884	0.879	0.874	0.869	0.864	0.858	0.858	0.857	0.856
Gross reproduction rate (NRR)	0.894	0.888	0.883	0.878	0.873	0.869	0.864	0.859	0.854	0.849	0.849	0.848	0.847
Child-women ratio (CWR)	0.319	0.311	0.305	0.300	0.297	0.295	0.293	0.290	0.287	0.284	0.280	0.277	0.274
Mortality													
Crude death rate (CDR)	6.649	6.669	6.706	6.758	6.822	6.893	6.970	7.055	7.145	7.237	7.327	7.417	7.508
Standardize crude death rate (SCDR)	6.513	6.427	6.344	6.264	6.185	6.108	6.032	5.957	5.884	5.811	5.740	5.669	5.600
Infant mortality rate (IMR)	0.016	0.016	0.016	0.015	0.015	0.015	0.014	0.014	0.014	0.013	0.013	0.013	0.012
Child mortality rate (CMR)	0.006	0.006	0.006	0.006	0.005	0.005	0.005	0.005	0.005	0.005	0.004	0.004	0.004
Under 5 mortality rate (U5MR)	0.022	0.022	0.021	0.021	0.020	0.020	0.019	0.019	0.018	0.018	0.017	0.017	0.016
Life expectancy at birth	71.4	71.7	71.9	72.1	72.3	72.6	72.8	73	73.2	73.4	73.6	73.8	74
Male Life expectancy at birth	68.6	68.9	69.1	69.3	69.5	69.7	70	70.2	70.4	70.6	70.8	71	71.2
Female Life expectancy at birth	74.4	74.6	74.8	75	75.2	75.4	75.6	75.8	76	76.2	76.4	76.6	76.8
Migration													
Net migration rate	-5.815	-6.555	-6.716	-6.711	-6.620	-6.475	-6.301	-6.112	-5.913	-5.217	-4.585	-4.007	-3.473
Annual Birth, Death, Immigrants, emigrants and net migrants													
Births	527,878	529,491	529,625	528,328	525,660	521,702	516,573	510,459	503,612	496,491	489,475	482,605	475,823
Deaths	187,942	189,689	191,850	194,479	197,434	200,611	203,985	207,568	211,319	215,145	219,023	222,946	226,942
Immigrants	44,475	46,950	49,362	51,706	53,977	56,174	58,294	60,338	62,315	61,647	61,014	60,409	59,824
Emigrants	9,174	9,174	9,174	9,174	9,174	9,174	9,174	9,174	9,175	9,612	10,049	10,486	10,923
Absentee population	1,820,167	1,949,122	2,098,336	2,250,492	2,400,670	2,546,289	2,685,817	2,818,407	2,943,643	3,061,289	3,159,204	3,239,289	3,303,137
Absentee death	6,529	6,567	6,895	7,281	7,671	8,041	8,379	8,682	8,949	9,178	9,330	9,417	9,451
Absentee	230,638	229,742	228,944	228,226	227,571	226,960	226,363	225,762	225,155	217,581	210,506	203,867	197,593
Returnee	95,155	73,960	69,893	70,767	74,281	79,391	85,395	91,843	98,561	110,488	121,091	130,601	139,273
Population													
Total	29,356,136	29,516,264	29,654,624	29,785,218	29,911,840	30,034,040	30,154,080	30,269,648	30,381,186	30,487,476	30,603,860	30,728,480	30,860,032
Male	14,355,476	14,372,010	14,374,361	14,377,914	14,383,611	14,393,349	14,408,061	14,425,968	14,447,387	14,472,056	14,507,460	14,551,331	14,602,482
Female	15,000,660	15,144,255	15,280,262	15,407,304	15,528,230	15,640,691	15,746,020	15,843,681	15,933,799	16,015,421	16,096,399	16,177,150	16,257,551
Sex ratio	95.70	94.90	94.07	93.32	92.63	92.03	91.50	91.05	90.67	90.36	90.13	89.95	89.82
Percent 0-4	9.0	8.8	8.7	8.6	8.6	8.6	8.5	8.4	8.3	8.2	8.1	8.0	7.9
Percent 5-14	19.4	19.1	18.8	18.5	18.2	18.0	17.7	17.4	17.2	17.0	16.8	16.6	16.4
Percent 15-49	53.4	53.3	53.3	53.2	53.1	52.9	52.8	52.6	52.4	52.1	51.8	51.5	51.2
Percent 50-64	11.5	11.9	12.2	12.4	12.6	12.8	13.1	13.4	13.7	14.1	14.5	15.0	15.4
Percent 65+	6.7	6.9	7.0	7.2	7.5	7.7	7.9	8.1	8.3	8.5	8.8	9.0	9.2
Percent females 15-49	55.2	55.4	55.5	55.6	55.7	55.7	55.6	55.6	55.5	55.3	55.0	54.7	54.4
Annual growth rate (GR)	0.55	0.47	0.44	0.42	0.41	0.40	0.38	0.37	0.35	0.38	0.41	0.43	0.44
Rate of natural increase (RNI)	11.28	11.22	11.11	10.93	10.71	10.43	10.12	9.77	9.39	9.01	8.63	8.25	7.87
Dependency ratio	54.03	53.37	52.87	52.50	52.25	52.08	51.88	51.62	51.32	51.05	50.79	50.57	50.38

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050
15.091	14.800	14.505	14.206	13.907	13.615	13.333	13.064	12.807	12.561	12.322	12.089	11.861	11.637	11.418	11.205	10.998
16.953	16.879	16.803	16.725	16.646	16.567	16.487	16.405	16.321	16.234	16.144	16.053	15.961	15.868	15.774	15.681	15.586
1.853	1.846	1.838	1.831	1.823	1.815	1.807	1.799	1.791	1.782	1.773	1.764	1.755	1.745	1.736	1.726	1.717
28.780	28.810	28.840	28.860	28.890	28.920	28.950	28.970	29.000	29.030	29.060	29.090	29.120	29.150	29.180	29.200	29.230
1.168	1.163	1.158	1.152	1.147	1.142	1.136	1.131	1.125	1.120	1.114	1.109	1.103	1.098	1.092	1.086	1.081
0.855	0.853	0.852	0.851	0.849	0.848	0.846	0.844	0.843	0.841	0.839	0.837	0.834	0.832	0.830	0.827	0.825
0.846	0.845	0.844	0.843	0.842	0.840	0.839	0.838	0.836	0.834	0.832	0.831	0.829	0.826	0.824	0.822	0.820
0.271	0.268	0.265	0.262	0.259	0.256	0.253	0.250	0.247	0.245	0.243	0.242	0.241	0.239	0.238	0.238	0.237
7.598	7.688	7.777	7.866	7.957	8.050	8.144	8.239	8.334	8.431	8.530	8.633	8.739	8.851	8.969	9.094	9.224
5.532	5.464	5.398	5.332	5.268	5.204	5.142	5.080	5.018	4.957	4.897	4.837	4.777	4.718	4.659	4.600	4.541
0.012	0.012	0.011	0.011	0.011	0.010	0.010	0.010	0.010	0.009	0.009	0.009	0.008	0.008	0.008	0.008	0.007
0.004	0.004	0.004	0.003	0.003	0.003	0.003	0.003	0.003	0.003	0.003	0.002	0.002	0.002	0.002	0.002	0.002
0.016	0.015	0.015	0.014	0.014	0.014	0.013	0.013	0.012	0.012	0.011	0.011	0.011	0.010	0.010	0.009	0.009
74.2	74.4	74.6	74.8	74.9	75.1	75.3	75.5	75.7	75.8	76	76.2	76.4	76.5	76.7	76.9	77
71.4	71.6	71.8	72	72.2	72.3	72.5	72.7	72.9	73.1	73.3	73.5	73.7	73.9	74	74.2	74.4
76.9	77.1	77.3	77.5	77.7	77.8	78	78.2	78.4	78.5	78.7	78.9	79	79.2	79.4	79.5	79.7
-2.967	-2.471	-1.980	-1.494	-1.020	-0.562	-0.128	0.266	0.613	0.904	1.137	1.312	1.436	1.521	1.580	1.622	1.653
469,020	462,102	455,019	447,788	440,519	433,394	426,565	420,086	413,933	408,023	402,261	396,571	390,903	385,232	379,562	373,920	368,341
231,008	235,105	239,220	243,395	247,683	252,088	256,572	261,102	265,693	270,372	275,144	280,003	284,969	290,084	295,377	300,835	306,422
59,249	58,677	58,098	57,501	56,886	56,263	55,648	55,053	54,463	53,874	53,280	52,680	52,064	51,413	50,726	50,001	49,238
11,360	11,797	12,234	12,671	13,108	13,545	13,982	14,419	14,856	15,293	15,730	16,168	16,605	17,042	17,479	17,916	18,353
3,352,006	3,386,673	3,407,374	3,414,177	3,407,174	3,386,623	3,352,984	3,306,885	3,249,452	3,182,137	3,106,609	3,024,734	2,938,295	2,848,962	2,758,018	2,666,347	2,574,527
9,440	9,387	9,293	9,158	8,985	8,776	8,532	8,259	7,961	7,644	7,313	6,977	6,645	6,322	6,012	5,720	5,448
191,626	185,925	180,461	175,214	170,167	165,303	160,604	156,047	151,622	147,299	143,045	138,821	134,598	130,364	126,099	121,790	117,432
147,520	155,836	164,364	173,059	181,732	190,166	198,172	205,221	210,976	215,184	217,607	218,283	217,287	214,986	211,758	207,889	203,568
30,996,632	31,137,244	31,283,898	31,432,172	31,584,700	31,741,712	31,901,572	32,063,016	32,226,512	32,390,874	32,554,512	32,715,472	32,871,680	33,021,088	33,163,844	33,297,990	33,422,412
14,660,397	14,723,434	14,793,503	14,868,789	14,949,915	15,037,545	15,131,283	15,229,667	15,333,521	15,440,941	15,550,483	15,661,137	15,770,255	15,876,742	15,980,178	16,079,447	16,173,495
16,336,234	16,413,811	16,490,395	16,563,384	16,634,785	16,704,166	16,770,289	16,833,348	16,892,992	16,949,932	17,004,030	17,054,336	17,101,426	17,144,346	17,183,666	17,218,544	17,248,916
89.74	89.70	89.71	89.77	89.87	90.02	90.23	90.47	90.77	91.10	91.45	91.83	92.22	92.61	93.00	93.38	93.77
7.7	7.6	7.4	7.3	7.2	7.0	6.9	6.7	6.6	6.5	6.3	6.2	6.1	6.0	5.9	5.8	5.7
16.2	16.1	15.9	15.7	15.5	15.3	15.1	14.8	14.5	14.3	14.0	13.8	13.5	13.2	13.0	12.8	12.5
50.8	50.4	50.0	49.7	49.4	49.2	48.9	48.6	48.3	48.0	47.7	47.3	46.9	46.5	46.2	45.8	45.4
15.8	16.2	16.6	17.0	17.4	17.8	18.2	18.6	19.1	19.5	20.0	20.4	20.7	21.0	21.4	21.7	22.0
9.5	9.8	10.1	10.3	10.6	10.8	11.0	11.2	11.5	11.7	12.0	12.4	12.8	13.2	13.6	14.0	14.4
54.1	53.7	53.2	52.8	52.5	52.1	51.8	51.3	50.9	50.4	49.9	49.4	48.8	48.2	47.6	47.0	46.4
0.45	0.47	0.48	0.49	0.49	0.50	0.51	0.51	0.51	0.50	0.49	0.48	0.46	0.43	0.40	0.37	0.34
7.49	7.11	6.73	6.34	5.95	5.56	5.19	4.83	4.47	4.13	3.79	3.46	3.12	2.79	2.45	2.11	1.77
50.25	50.21	50.23	50.10	49.82	49.47	49.10	48.76	48.43	48.13	47.92	47.85	47.92	48.02	48.14	48.28	48.50

Annex 5: Population projection for Nepal 2021-2051 by sex and sinlge calender year (Medium Scenario)

Year	Population		
	Total	Male	Female
2021*	29,356,136	14,355,476	15,000,660
2022	29,516,265	14,372,010	15,144,255
2023	29,654,623	14,374,361	15,280,262
2024	29,785,218	14,377,914	15,407,304
2025	29,911,841	14,383,611	15,528,230
2026	30,034,040	14,393,349	15,640,691
2027	30,154,081	14,408,061	15,746,020
2028	30,269,649	14,425,968	15,843,681
2029	30,381,186	14,447,387	15,933,799
2030	30,487,477	14,472,056	16,015,421
2031	30,603,859	14,507,460	16,096,399
2032	30,728,481	14,551,331	16,177,150
2033	30,860,033	14,602,482	16,257,551
2034	30,996,631	14,660,397	16,336,234
2035	31,137,245	14,723,434	16,413,811
2036	31,283,898	14,793,503	16,490,395
2037	31,432,173	14,868,789	16,563,384
2038	31,584,700	14,949,915	16,634,785
2039	31,741,711	15,037,545	16,704,166
2040	31,901,572	15,131,283	16,770,289
2041	32,063,015	15,229,667	16,833,348
2042	32,226,512	15,333,521	16,892,991
2043	32,390,874	15,440,941	16,949,933
2044	32,554,513	15,550,483	17,004,030
2045	32,715,473	15,661,137	17,054,336
2046	32,871,681	15,770,255	17,101,426
2047	33,021,088	15,876,742	17,144,346
2048	33,163,844	15,980,178	17,183,666
2049	33,297,990	16,079,447	17,218,543
2050	33,422,412	16,173,495	17,248,917
2051	33,536,989	16,261,823	17,275,166

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Annex 6: Population projection by age and sex for Nepal, 2021 - 2051 (Medium Scenario)

Age	2021*			2022			2023			2024			2025		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	29,356,136	14,355,476	15,000,660	29,516,264	14,372,010	15,144,255	29,654,624	14,374,361	15,280,262	29,785,218	14,377,914	15,407,304	29,911,840	14,383,611	15,528,230
00-04	2,643,045	1,399,087	1,243,958	2,609,025	1,383,047	1,225,978	2,585,707	1,372,642	1,213,065	2,572,486	1,367,511	1,204,975	2,568,474	1,367,297	1,201,177
05-09	2,799,690	1,462,494	1,337,196	2,777,738	1,453,873	1,323,865	2,747,832	1,441,648	1,306,184	2,708,945	1,425,277	1,283,668	2,662,689	1,405,443	1,257,246
10-14	2,883,645	1,481,833	1,401,812	2,850,175	1,470,109	1,380,066	2,825,147	1,462,291	1,362,856	2,807,655	1,457,497	1,350,158	2,794,891	1,454,135	1,340,756
15-19	3,005,174	1,504,395	1,500,779	2,957,704	1,478,727	1,478,977	2,908,769	1,453,326	1,455,443	2,860,776	1,430,580	1,430,196	2,815,247	1,411,647	1,403,600
20-24	2,789,346	1,309,503	1,479,843	2,782,471	1,300,779	1,481,692	2,772,942	1,294,839	1,478,103	2,754,884	1,287,160	1,467,724	2,725,102	1,274,735	1,450,367
25-29	2,482,344	1,130,578	1,351,766	2,488,920	1,112,275	1,376,645	2,488,145	1,093,115	1,395,030	2,482,667	1,075,629	1,407,038	2,474,112	1,061,370	1,412,742
30-34	2,174,005	991,875	1,182,130	2,183,703	979,723	1,203,980	2,206,178	973,143	1,233,035	2,233,742	968,422	1,265,320	2,259,140	962,255	1,296,885
35-39	2,046,966	944,856	1,102,110	2,053,735	932,331	1,121,404	2,052,587	917,318	1,135,269	2,048,425	901,607	1,146,818	2,043,689	885,840	1,157,849
40-44	1,725,033	818,422	906,611	1,791,469	838,415	953,054	1,849,707	852,875	996,832	1,895,137	860,014	1,035,123	1,928,847	860,590	1,068,257
45-49	1,457,093	697,095	759,998	1,481,436	710,554	770,882	1,518,422	728,103	790,319	1,570,563	751,327	819,236	1,635,710	778,717	856,993
50-54	1,357,962	666,389	691,573	1,413,024	696,002	717,022	1,443,430	710,648	732,782	1,457,760	716,934	740,826	1,464,980	720,095	744,885
55-59	1,101,901	547,617	554,284	1,141,865	573,275	568,590	1,182,315	594,225	588,090	1,229,651	616,851	612,800	1,282,758	641,212	641,546
60-64	926,201	452,504	473,697	959,649	470,198	489,451	984,848	483,328	501,520	1,006,260	495,313	510,947	1,025,365	506,800	518,565
65-69	763,354	373,146	390,208	765,749	372,833	392,916	773,672	375,038	398,634	788,912	380,858	408,054	812,093	390,670	421,423
70-74	593,892	285,834	308,058	621,946	298,687	323,259	640,912	307,203	333,709	651,473	311,713	339,760	655,815	313,049	342,766
75-79	341,476	164,781	176,695	368,285	175,486	192,799	394,140	185,893	208,247	420,424	196,961	223,463	447,993	208,589	239,404
80-84	152,091	74,783	77,308	161,478	78,469	83,009	175,302	83,950	91,352	192,488	90,678	101,810	211,696	97,981	113,715
85+	112,918	50,284	62,634	107,893	47,227	60,666	104,568	44,776	59,792	102,970	43,582	59,388	103,240	43,186	60,054

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Age	2026			2027			2028			2029			2030		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	30,034,040	14,393,349	15,640,691	30,154,080	14,408,061	15,746,020	30,269,648	14,425,968	15,843,681	30,381,186	14,447,387	15,933,799	30,487,476	14,472,056	16,015,421
00-04	2,572,753	1,371,290	1,201,463	2,566,973	1,372,245	1,194,728	2,554,604	1,369,632	1,184,972	2,536,245	1,363,835	1,172,410	2,512,519	1,355,014	1,157,505
05-09	2,612,114	1,383,587	1,228,527	2,576,864	1,367,481	1,209,383	2,552,324	1,356,945	1,195,379	2,537,995	1,351,779	1,186,216	2,532,625	1,351,302	1,181,323
10-14	2,780,225	1,449,287	1,330,938	2,758,779	1,441,152	1,317,627	2,729,015	1,429,111	1,299,904	2,690,915	1,413,398	1,277,517	2,645,638	1,394,167	1,251,471
15-19	2,774,814	1,397,120	1,377,694	2,741,977	1,387,071	1,354,906	2,716,879	1,380,382	1,336,497	2,699,521	1,376,546	1,322,975	2,687,065	1,374,106	1,312,959
20-24	2,684,310	1,257,153	1,427,157	2,638,151	1,236,849	1,401,302	2,590,778	1,216,617	1,374,161	2,544,057	1,198,329	1,345,728	2,499,677	1,183,371	1,316,306
25-29	2,464,299	1,051,790	1,412,509	2,455,410	1,047,182	1,408,228	2,443,533	1,044,351	1,399,182	2,424,124	1,039,594	1,384,530	2,394,087	1,030,632	1,363,455
30-34	2,276,856	952,735	1,324,121	2,285,408	940,171	1,345,237	2,286,701	926,482	1,360,219	2,283,554	914,136	1,369,418	2,276,078	903,936	1,372,142
35-39	2,043,766	872,121	1,171,645	2,055,307	863,375	1,191,932	2,079,204	859,517	1,219,687	2,107,877	857,389	1,250,488	2,134,854	853,970	1,280,884
40-44	1,949,214	855,194	1,094,020	1,958,128	845,641	1,112,487	1,959,847	833,984	1,125,863	1,958,256	821,314	1,136,942	1,956,274	808,714	1,147,560
45-49	1,709,060	807,967	901,093	1,783,787	836,634	947,153	1,851,981	861,189	990,792	1,907,924	878,647	1,029,277	1,951,047	888,759	1,062,288
50-54	1,474,802	725,559	749,243	1,497,110	737,808	759,302	1,537,755	759,342	778,413	1,597,223	790,048	807,175	1,673,241	828,498	844,743
55-59	1,336,019	664,638	671,381	1,376,009	681,073	694,936	1,399,468	689,641	709,827	1,410,829	693,083	717,746	1,417,176	695,444	721,732
60-64	1,044,813	517,863	526,950	1,071,684	531,867	539,817	1,108,088	549,607	558,481	1,153,241	570,709	582,532	1,203,721	593,470	610,251
65-69	841,991	404,854	437,137	871,144	419,125	452,019	894,753	431,166	463,587	914,838	442,108	472,730	932,924	452,733	480,191
70-74	657,121	312,693	344,428	660,173	312,761	347,412	668,079	315,011	353,068	682,339	320,164	362,175	703,412	328,870	374,542
75-79	475,472	220,626	254,846	498,166	230,542	267,624	513,410	237,023	276,387	521,824	240,240	281,584	525,782	241,282	284,500
80-84	231,230	105,341	125,889	249,663	112,179	137,484	267,446	118,903	148,543	285,674	126,038	159,636	305,281	133,904	171,377
85+	105,181	43,531	61,650	109,348	44,905	64,443	115,784	47,065	68,719	124,750	50,030	74,720	136,076	53,884	82,192

Age	2031			2032			2033			2034			2035		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	30,603,860	14,507,460	16,096,399	30,728,480	14,551,331	16,177,150	30,860,032	14,602,482	16,257,551	30,996,632	14,660,397	16,336,234	31,137,244	14,723,434	16,413,811
00-04	2,484,798	1,343,854	1,140,944	2,454,278	1,329,765	1,124,513	2,422,628	1,313,687	1,108,941	2,390,231	1,295,998	1,094,233	2,357,956	1,277,128	1,080,828
05-09	2,535,927	1,355,251	1,180,676	2,530,290	1,356,494	1,173,796	2,518,468	1,354,434	1,164,034	2,501,131	1,349,174	1,151,957	2,478,820	1,340,986	1,137,834
10-14	2,596,360	1,373,102	1,223,258	2,561,690	1,357,296	1,204,394	2,538,159	1,347,461	1,190,698	2,524,278	1,342,604	1,181,674	2,519,585	1,342,359	1,177,226
15-19	2,674,044	1,370,871	1,303,173	2,655,511	1,365,069	1,290,442	2,629,983	1,355,992	1,273,991	2,596,384	1,343,462	1,252,922	2,556,270	1,327,783	1,228,487
20-24	2,463,156	1,173,679	1,289,477	2,436,335	1,169,164	1,267,171	2,419,318	1,168,827	1,250,491	2,410,516	1,171,301	1,239,215	2,407,474	1,175,600	1,231,874
25-29	2,356,954	1,018,391	1,338,563	2,317,516	1,004,655	1,312,861	2,279,142	991,735	1,287,407	2,243,941	981,877	1,262,064	2,212,818	975,546	1,237,272
30-34	2,268,327	897,853	1,370,474	2,262,605	896,651	1,365,954	2,255,384	897,310	1,358,074	2,242,617	897,202	1,345,415	2,221,797	893,998	1,327,799
35-39	2,155,315	847,920	1,307,395	2,168,329	839,609	1,328,720	2,175,345	830,896	1,344,449	2,178,935	823,456	1,355,479	2,179,107	818,310	1,360,797
40-44	1,959,684	798,097	1,161,587	1,974,803	792,531	1,182,272	2,002,578	791,704	1,210,874	2,035,770	792,846	1,242,924	2,068,370	793,254	1,275,116
45-49	1,982,855	894,049	1,088,806	2,005,743	897,340	1,108,403	2,024,212	900,980	1,123,232	2,041,669	905,496	1,136,173	2,058,680	909,606	1,149,074
50-54	1,761,307	872,144	889,163	1,851,948	916,390	935,558	1,935,541	955,916	979,625	2,007,114	988,329	1,018,785	2,067,437	1,014,503	1,052,934
55-59	1,427,746	701,381	726,365	1,450,721	714,093	736,628	1,492,172	736,501	755,671	1,552,088	767,946	784,142	1,629,125	807,797	821,328
60-64	1,254,949	615,656	639,293	1,293,511	631,396	662,115	1,316,502	639,690	676,812	1,328,236	643,426	684,810	1,335,483	646,270	689,213
65-69	951,770	463,151	488,619	977,186	476,030	501,156	1,011,306	492,247	519,059	1,053,683	511,607	542,076	1,101,226	532,538	568,688
70-74	730,477	341,260	389,217	756,541	353,569	402,972	777,633	363,843	413,790	795,895	373,458	422,437	812,292	382,587	429,705
75-79	527,307	241,035	286,272	530,568	241,250	289,318	537,351	242,965	294,386	549,705	247,239	302,466	567,497	254,173	313,324
80-84	324,660	141,773	182,887	340,276	148,024	192,252	350,539	152,007	198,532	356,137	153,856	202,281	359,347	154,609	204,738
85+	148,223	57,993	90,230	160,630	62,005	98,625	173,772	66,287	107,485	188,301	71,120	117,181	203,961	76,387	127,574

Age	2036			2037			2038			2039			2040		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	31,283,898	14,793,503	16,490,395	31,432,172	14,868,789	16,563,384	31,584,700	14,949,915	16,634,785	31,741,712	15,037,545	16,704,166	31,901,572	15,131,283	16,770,289
00-04	2,325,754	1,257,113	1,068,641	2,293,153	1,237,128	1,056,025	2,260,457	1,216,969	1,043,488	2,227,238	1,196,664	1,030,574	2,193,503	1,175,995	1,017,508
05-09	2,452,757	1,330,574	1,122,183	2,423,755	1,317,222	1,106,533	2,393,393	1,301,918	1,091,475	2,362,479	1,284,976	1,077,503	2,331,493	1,266,822	1,064,671
10-14	2,523,316	1,346,454	1,176,862	2,518,966	1,348,302	1,170,664	2,508,011	1,346,659	1,161,352	2,491,649	1,341,786	1,149,863	2,470,404	1,334,208	1,136,196
15-19	2,512,443	1,310,237	1,202,206	2,481,948	1,297,592	1,184,356	2,462,100	1,290,431	1,171,669	2,451,889	1,288,183	1,163,706	2,450,055	1,290,129	1,159,926
20-24	2,403,230	1,178,924	1,224,306	2,393,377	1,179,515	1,213,862	2,376,540	1,177,128	1,199,412	2,352,650	1,171,592	1,181,058	2,322,602	1,163,398	1,159,204
25-29	2,188,288	973,780	1,214,508	2,171,326	975,800	1,195,526	2,162,438	981,016	1,181,422	2,161,083	988,802	1,172,281	2,164,597	998,022	1,166,575
30-34	2,193,963	887,645	1,306,318	2,163,356	879,660	1,283,696	2,132,971	872,111	1,260,860	2,105,116	866,966	1,238,150	2,080,596	865,151	1,215,445
35-39	2,178,270	816,636	1,361,634	2,178,197	818,874	1,359,323	2,176,166	822,606	1,353,560	2,168,624	825,465	1,343,159	2,152,777	825,393	1,327,384
40-44	2,094,848	791,342	1,303,506	2,113,828	787,218	1,326,610	2,126,652	782,497	1,344,155	2,135,710	778,757	1,356,953	2,140,834	776,819	1,364,015
45-49	2,081,190	916,035	1,165,155	2,118,117	930,135	1,187,982	2,170,426	951,833	1,218,593	2,230,312	977,322	1,252,990	2,289,242	1,002,023	1,287,219
50-54	2,115,351	1,034,987	1,080,364	2,152,449	1,051,673	1,100,776	2,183,914	1,067,491	1,116,423	2,214,298	1,084,190	1,130,108	2,246,065	1,102,192	1,143,873
55-59	1,717,001	851,963	865,038	1,806,039	895,334	910,705	1,887,409	933,424	953,985	1,956,738	964,244	992,494	2,015,369	989,259	1,026,110
60-64	1,346,889	652,537	694,352	1,369,826	664,960	704,866	1,409,918	686,309	723,609	1,467,785	716,279	751,506	1,541,847	753,995	787,852
65-69	1,149,088	552,821	596,267	1,185,621	567,421	618,200	1,207,653	575,146	632,507	1,219,188	578,706	640,482	1,227,111	581,947	645,164
70-74	829,890	391,919	437,971	853,072	403,337	449,735	884,124	417,467	466,657	922,103	434,205	487,898	964,950	452,390	512,560
75-79	590,294	264,027	326,267	611,737	273,643	338,094	629,064	281,521	347,543	643,699	288,746	354,953	657,627	296,105	361,522
80-84	361,651	154,839	206,812	364,574	155,116	209,458	370,490	156,578	213,912	379,841	159,564	220,277	393,646	164,434	229,212
85+	219,675	81,670	138,005	232,832	85,859	146,973	242,974	88,811	154,163	251,309	91,098	160,211	258,854	93,001	165,853

Age	2041			2042			2043			2044			2045		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	32,063,016	15,229,667	16,833,348	32,226,512	15,333,521	16,892,992	32,390,874	15,440,941	16,949,932	32,554,512	15,550,483	17,004,030	32,715,472	15,661,137	17,054,336
00-04	2,159,977	1,155,483	1,004,494	2,126,758	1,135,356	991,402	2,094,669	1,115,828	978,841	2,063,900	1,096,996	966,904	2,034,456	1,078,935	955,521
05-09	2,300,415	1,247,486	1,052,929	2,269,324	1,228,141	1,041,183	2,237,663	1,208,588	1,029,075	2,205,661	1,188,890	1,016,771	2,172,945	1,168,877	1,004,068
10-14	2,444,833	1,324,048	1,120,785	2,416,814	1,311,363	1,105,451	2,387,151	1,296,329	1,090,822	2,356,870	1,279,945	1,076,925	2,326,447	1,262,134	1,064,313
15-19	2,455,737	1,295,953	1,159,784	2,453,612	1,299,459	1,154,153	2,445,285	1,299,714	1,145,571	2,431,634	1,296,935	1,134,699	2,412,938	1,291,490	1,121,448
20-24	2,288,634	1,153,192	1,135,442	2,267,177	1,147,559	1,119,618	2,255,375	1,146,644	1,108,731	2,251,782	1,149,817	1,101,965	2,255,662	1,156,816	1,098,846
25-29	2,166,968	1,006,188	1,160,780	2,163,982	1,012,139	1,151,843	2,154,673	1,015,388	1,139,285	2,138,914	1,015,953	1,122,961	2,117,224	1,013,959	1,103,265
30-34	2,061,216	866,899	1,194,317	2,049,069	872,359	1,176,710	2,044,469	880,585	1,163,884	2,046,519	891,048	1,155,471	2,053,216	902,759	1,150,457
35-39	2,129,645	822,189	1,307,456	2,103,840	817,529	1,286,311	2,077,998	813,122	1,264,876	2,053,990	810,778	1,243,212	2,032,611	811,232	1,221,379
40-44	2,143,968	777,697	1,366,271	2,147,438	782,042	1,365,396	2,148,596	787,903	1,360,693	2,143,848	792,756	1,351,092	2,130,890	794,669	1,336,221
45-49	2,340,439	1,022,675	1,317,764	2,383,968	1,040,871	1,343,097	2,420,416	1,057,705	1,362,711	2,450,879	1,073,358	1,377,521	2,473,252	1,086,824	1,386,428
50-54	2,286,146	1,125,299	1,160,847	2,340,309	1,155,837	1,184,472	2,409,349	1,193,416	1,215,933	2,483,718	1,233,018	1,250,700	2,556,282	1,270,779	1,285,503
55-59	2,062,013	1,008,713	1,053,300	2,097,847	1,024,142	1,073,705	2,128,285	1,038,895	1,089,390	2,157,528	1,054,246	1,103,282	2,188,562	1,071,540	1,117,022
60-64	1,626,489	795,963	830,526	1,712,215	837,223	874,992	1,790,368	873,281	917,087	1,857,226	902,610	954,616	1,914,292	926,616	987,676
65-69	1,239,040	588,154	650,886	1,261,586	600,073	661,513	1,299,655	619,728	679,927	1,354,137	647,463	706,674	1,423,835	682,137	741,698
70-74	1,008,395	470,166	538,229	1,041,392	482,805	558,587	1,061,446	489,496	571,950	1,072,633	492,876	579,757	1,080,798	496,070	584,728
75-79	672,636	303,547	369,089	692,561	312,753	379,808	718,451	323,925	394,526	749,970	336,887	413,083	785,695	351,265	434,430
80-84	410,515	171,356	239,159	426,127	177,748	248,379	438,195	182,849	255,346	448,730	187,455	261,275	459,290	192,545	266,745
85+	265,949	94,659	171,290	272,493	96,122	176,371	278,830	97,545	181,285	286,574	99,452	187,122	297,078	102,490	194,588

Age	2046			2047			2048		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	32,871,680	15,770,255	17,101,426	33,021,088	15,876,742	17,144,346	33,163,844	15,980,178	17,183,666
00-04	2,006,037	1,061,499	944,538	1,978,274	1,044,414	933,860	1,950,889	1,027,598	923,291
05-09	2,140,588	1,149,045	991,543	2,108,399	1,129,396	979,003	2,077,322	1,110,370	966,952
10-14	2,296,132	1,243,338	1,052,794	2,265,665	1,224,383	1,041,282	2,234,857	1,205,384	1,029,473
15-19	2,390,411	1,283,691	1,106,720	2,365,171	1,273,241	1,091,930	2,338,302	1,260,582	1,077,720
20-24	2,266,383	1,166,995	1,099,388	2,269,855	1,175,325	1,094,530	2,267,683	1,180,712	1,086,971
25-29	2,092,018	1,010,446	1,081,572	2,078,028	1,010,679	1,067,349	2,072,628	1,015,046	1,057,582
30-34	2,058,730	913,616	1,145,114	2,059,400	922,347	1,137,053	2,054,286	928,921	1,125,365
35-39	2,016,110	815,137	1,200,973	2,005,996	822,366	1,183,630	2,003,155	832,310	1,170,845
40-44	2,110,420	793,459	1,316,961	2,087,262	790,703	1,296,559	2,064,110	788,297	1,275,813
45-49	2,487,992	1,097,777	1,390,215	2,500,593	1,109,887	1,390,706	2,507,085	1,120,048	1,387,037
50-54	2,620,354	1,303,489	1,316,865	2,672,120	1,329,371	1,342,749	2,713,527	1,350,559	1,362,968
55-59	2,228,115	1,093,907	1,134,208	2,281,198	1,123,198	1,158,000	2,348,240	1,159,119	1,189,121
60-64	1,960,350	945,733	1,014,617	1,996,202	961,066	1,035,136	2,026,323	975,462	1,050,861
65-69	1,503,343	720,648	782,695	1,583,909	758,603	825,306	1,657,398	791,610	865,788
70-74	1,092,726	502,069	590,657	1,113,959	512,866	601,093	1,148,681	530,171	618,510
75-79	822,009	365,236	456,773	849,542	375,077	474,465	866,034	380,040	485,994
80-84	471,031	197,898	273,133	486,115	204,299	281,816	505,263	211,760	293,503
85+	308,932	106,272	202,660	319,400	109,521	209,879	328,061	112,189	215,872

Age	2049			2050			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	33,297,990	16,079,447	17,218,544	33,422,412	16,173,495	17,248,916	33,536,988	17,275,166	16,261,823
00-04	1,923,958	1,011,074	912,884	1,896,769	994,502	902,267	1,869,935	891,946	977,989
05-09	2,047,593	1,092,081	955,512	2,019,067	1,074,550	944,517	1,991,238	933,867	1,057,371
10-14	2,203,082	1,185,802	1,017,280	2,171,207	1,166,336	1,004,871	2,139,258	992,432	1,146,826
15-19	2,310,912	1,246,384	1,064,528	2,283,283	1,230,962	1,052,321	2,255,709	1,041,241	1,214,468
20-24	2,260,600	1,183,359	1,077,241	2,248,873	1,183,445	1,065,428	2,233,552	1,051,971	1,181,581
25-29	2,074,811	1,023,187	1,051,624	2,083,829	1,034,528	1,049,301	2,099,259	1,050,202	1,049,057
30-34	2,042,546	932,882	1,109,664	2,025,292	934,492	1,090,800	2,004,725	1,070,081	934,644
35-39	2,007,030	844,446	1,162,584	2,015,231	857,588	1,157,643	2,022,535	1,152,429	870,106
40-44	2,042,034	787,595	1,254,439	2,022,406	789,677	1,232,729	2,007,330	1,212,414	794,916
45-49	2,504,458	1,126,386	1,378,072	2,492,431	1,128,799	1,363,632	2,471,210	1,344,496	1,126,714
50-54	2,745,428	1,367,111	1,378,317	2,765,055	1,377,361	1,387,694	2,774,642	1,391,926	1,382,716
55-59	2,420,874	1,197,164	1,223,710	2,491,668	1,233,322	1,258,346	2,554,149	1,289,519	1,264,630
60-64	2,055,572	990,603	1,064,969	2,086,834	1,007,740	1,079,094	2,126,453	1,096,699	1,029,754
65-69	1,720,566	818,673	901,893	1,774,886	841,022	933,864	1,819,237	960,181	859,056
70-74	1,198,111	554,379	643,732	1,261,182	584,759	676,423	1,333,398	714,772	618,626
75-79	875,398	382,567	492,831	882,806	385,368	497,438	893,813	503,354	390,459
80-84	528,580	220,645	307,935	554,910	230,346	324,564	581,965	341,963	240,002
85+	336,437	115,109	221,328	346,683	118,698	227,985	358,581	235,673	122,908

LOW SCENARIO

Annex 7: Summary indicators of population projection (Low Scenario)

Summary Indicators	2021*	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033
Fertility													
Crude birth rate (CBR)	17.877	17.792	17.668	17.501	17.294	17.048	16.769	16.464	16.141	15.810	15.477	15.145	14.813
Standardize crude birth rate (SCBR)	17.686	17.574	17.465	17.359	17.254	17.150	17.045	16.938	16.830	16.719	16.604	16.485	16.363
Total fertility rate (TFR)	1.924	1.912	1.900	1.889	1.878	1.867	1.856	1.844	1.833	1.821	1.809	1.796	1.783
Mean age at child bearing (MACB)	28.500	28.510	28.510	28.520	28.530	28.550	28.560	28.570	28.580	28.600	28.610	28.630	28.640
Sex ratio at birth (SRB)	1.130	1.137	1.143	1.150	1.156	1.163	1.169	1.176	1.183	1.189	1.184	1.179	1.174
Gross reproduction rate (GRR)	0.903	0.895	0.887	0.879	0.871	0.863	0.855	0.848	0.840	0.832	0.828	0.824	0.820
Gross reproduction rate (NRR)	0.891	0.883	0.875	0.867	0.860	0.852	0.845	0.837	0.830	0.822	0.819	0.815	0.811
Child-women ratio (CWR)	0.319	0.311	0.304	0.299	0.295	0.293	0.289	0.286	0.282	0.277	0.273	0.269	0.265
Mortality													
Crude death rate (CDR)	6.701	6.766	6.848	6.947	7.056	7.173	7.296	7.426	7.562	7.700	7.838	7.977	8.118
Standardize crude death rate (SCDR)	6.565	6.523	6.483	6.446	6.409	6.373	6.337	6.302	6.267	6.232	6.198	6.163	6.130
Infant mortality rate (IMR)	0.017	0.016	0.016	0.016	0.016	0.016	0.015	0.015	0.015	0.015	0.015	0.014	0.014
Child mortality rate (CMR)	0.006	0.006	0.006	0.006	0.006	0.006	0.005	0.005	0.005	0.005	0.005	0.005	0.005
Under 5 mortality rate (U5MR)	0.023	0.022	0.022	0.022	0.021	0.021	0.021	0.020	0.020	0.020	0.019	0.019	0.019
Life expectancy at birth	71.3	71.4	71.6	71.7	71.8	71.9	72.1	72.2	72.3	72.4	72.5	72.6	72.7
Male Life expectancy at birth	68.5	68.6	68.7	68.9	69	69.1	69.2	69.3	69.5	69.6	69.7	69.8	69.9
Female Life expectancy at birth	74.2	74.3	74.5	74.6	74.7	74.8	74.9	75	75.1	75.2	75.3	75.4	75.5
Migration													
Net migration rate	-5.781	-6.488	-6.618	-6.584	-6.464	-6.293	-6.093	-5.878	-5.656	-4.633	-3.759	-3.026	-2.407
Annual Birth, Death, Immigrants, emigrants and net migrants													
Births	526,414	526,515	525,099	522,226	517,967	512,417	505,707	498,037	489,667	480,865	471,837	462,680	453,386
Deaths	189,397	192,402	195,822	199,715	203,933	208,361	212,973	217,779	222,733	227,731	232,702	237,648	242,609
Immigrants	43,660	45,303	46,869	48,354	49,763	51,092	52,342	53,521	54,636	55,453	56,266	57,072	57,868
Emigrants	9,174	9,174	9,174	9,174	9,174	9,174	9,174	9,174	9,175	9,175	9,175	9,175	9,175
Absentee population	1,820,167	1,949,764	2,100,325	2,254,492	2,407,312	2,556,169	2,699,498	2,836,419	2,966,481	3,089,412	3,204,577	3,312,002	3,411,791
Absentee death	6,693	6,788	7,180	7,638	8,106	8,560	8,987	9,384	9,749	10,078	10,371	10,628	10,852
Absentee	231,436	231,347	231,363	231,464	231,628	231,836	232,056	232,265	232,463	232,207	231,942	231,663	231,346
Returnee	95,146	73,998	70,016	71,006	74,665	79,947	86,148	92,819	99,784	106,963	114,146	121,245	128,341
Population													
Total	29,368,020	29,526,328	29,659,134	29,781,664	29,896,970	30,006,044	30,109,060	30,205,668	30,295,276	30,377,408	30,452,556	30,520,542	30,581,196
Male	14,361,776	14,376,959	14,377,120	14,375,750	14,375,743	14,378,188	14,383,369	14,391,051	14,400,736	14,411,943	14,424,327	14,436,416	14,447,949
Female	15,006,244	15,149,369	15,282,014	15,405,914	15,521,227	15,627,857	15,725,691	15,814,616	15,894,540	15,965,464	16,028,228	16,084,126	16,133,248
Sex ratio	95.71	94.90	94.08	93.31	92.62	92.00	91.46	91.00	90.60	90.27	89.99	89.76	89.55
Percent 0-4	9.0	8.8	8.7	8.6	8.5	8.5	8.4	8.3	8.2	8.1	7.9	7.8	7.6
Percent 5-14	19.4	19.1	18.8	18.5	18.3	18.0	17.7	17.5	17.2	17.0	16.8	16.6	16.4
Percent 15-49	53.4	53.3	53.3	53.2	53.1	53.0	52.8	52.7	52.5	52.3	52.0	51.7	51.4
Percent 50-64	11.5	11.9	12.2	12.4	12.6	12.8	13.1	13.4	13.7	14.1	14.5	15.0	15.4
Percent 64+	6.7	6.9	7.1	7.3	7.5	7.7	7.9	8.1	8.3	8.5	8.7	9.0	9.2
Percent females 15-49	55.2	55.4	55.5	55.6	55.7	55.7	55.7	55.7	55.6	55.5	55.2	55.0	54.7
Annual growth rate (GR)	0.54	0.45	0.41	0.39	0.36	0.34	0.32	0.30	0.27	0.25	0.22	0.20	0.17
Rate of natural increase (RNI)	11.18	11.03	10.82	10.55	10.24	9.88	9.47	9.04	8.58	8.11	7.64	7.17	6.69
Dependency ratio	54.03	53.36	52.84	52.44	52.16	51.94	51.68	51.34	50.96	50.60	50.26	49.98	49.73

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

2034	2 035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050
14.479	14.142	13.801	13.456	13.113	12.776	12.450	12.137	11.836	11.545	11.260	10.981	10.707	10.436	10.169	9.907	9.651
16.237	16.107	15.974	15.839	15.703	15.566	15.427	15.286	15.143	14.996	14.847	14.696	14.544	14.390	14.236	14.082	13.928
1.770	1.756	1.742	1.728	1.714	1.699	1.685	1.670	1.655	1.639	1.623	1.607	1.591	1.575	1.559	1.542	1.526
28.660	28.680	28.700	28.720	28.740	28.760	28.780	28.800	28.820	28.850	28.870	28.890	28.920	28.940	28.960	28.980	29.000
1.169	1.164	1.158	1.153	1.148	1.142	1.137	1.131	1.126	1.121	1.115	1.110	1.104	1.098	1.093	1.087	1.082
0.816	0.812	0.807	0.803	0.798	0.793	0.788	0.783	0.778	0.773	0.768	0.762	0.756	0.751	0.745	0.739	0.733
0.807	0.803	0.799	0.794	0.790	0.785	0.781	0.776	0.771	0.766	0.761	0.755	0.750	0.744	0.739	0.733	0.727
0.261	0.257	0.254	0.250	0.246	0.242	0.238	0.234	0.231	0.227	0.224	0.222	0.219	0.217	0.215	0.213	0.211
8.261	8.405	8.549	8.696	8.848	9.006	9.168	9.333	9.502	9.677	9.858	10.046	10.241	10.445	10.661	10.889	11.126
6.096	6.063	6.030	5.997	5.965	5.934	5.903	5.872	5.842	5.812	5.783	5.753	5.723	5.694	5.665	5.636	5.607
0.014	0.014	0.014	0.013	0.013	0.013	0.013	0.013	0.013	0.012	0.012	0.012	0.012	0.012	0.011	0.011	0.011
0.004	0.004	0.004	0.004	0.004	0.004	0.004	0.004	0.004	0.003	0.003	0.003	0.003	0.003	0.003	0.003	0.003
0.018	0.018	0.018	0.018	0.017	0.017	0.017	0.016	0.016	0.016	0.015	0.015	0.015	0.014	0.014	0.014	0.014
72.9	73	73.1	73.2	73.3	73.4	73.5	73.6	73.7	73.8	73.9	74	74	74.1	74.2	74.3	74.4
70	70.1	70.2	70.3	70.5	70.6	70.7	70.8	70.9	71	71.1	71.2	71.3	71.4	71.5	71.6	71.7
75.6	75.7	75.8	75.9	76	76.1	76.2	76.3	76.4	76.5	76.6	76.7	76.8	76.9	76.9	77	77.1
-1.858	-1.338	-0.830	-0.338	0.123	0.546	0.929	1.258	1.521	1.717	1.848	1.927	1.964	1.979	1.985	1.990	1.996
443,895	434,159	424,165	413,967	403,691	393,527	383,624	374,033	364,735	355,659	346,723	337,867	329,051	320,258	311,493	302,787	294,175
247,587	252,549	257,486	262,454	267,522	272,704	277,960	283,263	288,633	294,107	299,692	305,381	311,188	317,161	323,331	329,683	336,172
58,653	59,423	60,172	60,890	61,582	62,259	62,943	63,651	64,361	65,068	65,763	66,448	67,107	67,716	68,264	68,754	69,181
9,175	9,175	9,175	9,175	9,176	9,176	9,176	9,176	9,176	9,176	9,176	9,176	9,176	9,176	9,177	9,177	9,177
3,503,944	3,588,230	3,664,149	3,731,193	3,788,933	3,837,054	3,875,381	3,903,882	3,922,916	3,933,129	3,935,368	3,930,675	3,920,126	3,904,838	3,885,782	3,863,737	3,839,289
11,046	11,208	11,335	11,426	11,481	11,500	11,483	11,431	11,348	11,239	11,107	10,963	10,807	10,649	10,495	10,349	10,214
230,972	230,534	230,035	229,485	228,894	228,276	227,638	226,980	226,319	225,638	224,912	224,098	223,165	222,099	220,878	219,476	217,883
135,640	143,408	151,655	160,319	169,291	178,449	187,654	196,514	204,758	212,161	218,497	223,683	227,646	230,505	232,429	233,575	234,091
30,634,412	30,680,240	30,719,002	30,751,030	30,776,582	30,795,854	30,809,068	30,816,464	30,817,954	30,813,140	30,801,316	30,781,496	30,752,604	30,713,478	30,663,050	30,600,428	30,524,950
14,458,752	14,468,835	14,478,465	14,487,920	14,497,428	14,507,129	14,517,131	14,527,508	14,538,009	14,548,118	14,557,068	14,563,858	14,567,427	14,566,677	14,560,652	14,548,581	14,529,890
16,175,659	16,211,405	16,240,537	16,263,110	16,279,154	16,288,725	16,291,937	16,288,955	16,279,945	16,265,022	16,244,248	16,217,639	16,185,178	16,146,801	16,102,398	16,051,848	15,995,060
89.39	89.25	89.15	89.08	89.06	89.06	89.11	89.19	89.30	89.44	89.61	89.80	90.00	90.21	90.43	90.63	90.84
7.5	7.3	7.2	7.0	6.9	6.7	6.5	6.4	6.2	6.1	5.9	5.8	5.6	5.5	5.4	5.2	5.1
16.2	16.0	15.9	15.7	15.5	15.2	15.0	14.7	14.5	14.2	13.9	13.6	13.3	13.0	12.7	12.5	12.2
51.0	50.7	50.2	49.9	49.6	49.3	49.0	48.6	48.3	47.9	47.5	47.0	46.6	46.1	45.6	45.1	44.6
15.8	16.3	16.7	17.1	17.6	18.1	18.5	19.1	19.6	20.1	20.7	21.1	21.6	22.1	22.5	23.0	23.4
9.4	9.7	10.0	10.3	10.5	10.7	11.0	11.2	11.5	11.7	12.1	12.4	12.9	13.3	13.8	14.2	14.7
54.3	53.9	53.5	53.1	52.7	52.4	52.0	51.6	51.1	50.6	50.1	49.5	48.8	48.2	47.6	46.9	46.3
0.15	0.13	0.10	0.08	0.06	0.04	0.02	0.01	-0.02	-0.04	-0.06	-0.09	-0.13	-0.16	-0.20	-0.25	-0.29
6.22	5.74	5.25	4.76	4.26	3.77	3.28	2.80	2.33	1.87	1.40	0.94	0.47	-0.01	-0.49	-0.98	-1.48
49.55	49.46	49.42	49.24	48.92	48.53	48.12	47.75	47.38	47.04	46.79	46.68	46.70	46.76	46.82	46.91	47.07

Annex 8 : Population projection for Nepal 2021-2051 by sex and single calender year (Low Scenario)

Year	Population		
	Total	Male	Female
2021*	29,368,020	14,361,776	15,006,244
2022	29,526,328	14,376,959	15,149,369
2023	29,659,134	14,377,120	15,282,014
2024	29,781,664	14,375,750	15,405,914
2025	29,896,970	14,375,743	15,521,227
2026	30,006,045	14,378,188	15,627,857
2027	30,109,060	14,383,369	15,725,691
2028	30,205,667	14,391,051	15,814,616
2029	30,295,276	14,400,736	15,894,540
2030	30,377,407	14,411,943	15,965,464
2031	30,452,555	14,424,327	16,028,228
2032	30,520,542	14,436,416	16,084,126
2033	30,581,197	14,447,949	16,133,248
2034	30,634,411	14,458,752	16,175,659
2035	30,680,240	14,468,835	16,211,405
2036	30,719,002	14,478,465	16,240,537
2037	30,751,030	14,487,920	16,263,110
2038	30,776,582	14,497,428	16,279,154
2039	30,795,854	14,507,129	16,288,725
2040	30,809,068	14,517,131	16,291,937
2041	30,816,463	14,527,508	16,288,955
2042	30,817,954	14,538,009	16,279,945
2043	30,813,140	14,548,118	16,265,022
2044	30,801,316	14,557,068	16,244,248
2045	30,781,497	14,563,858	16,217,639
2046	30,752,605	14,567,427	16,185,178
2047	30,713,478	14,566,677	16,146,801
2048	30,663,050	14,560,652	16,102,398
2049	30,600,429	14,548,581	16,051,848
2050	30,524,950	14,529,890	15,995,060
2051	30,436,189	14,504,191	15,931,998

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Annex 9: Population projection by age and sex for Nepal, 2021 - 2051 (Low Scenario)

Age	2021*			2022			2023			2024			2025		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	29,368,020	14,361,776	15,006,244	29,526,328	14,376,959	15,149,369	29,659,134	14,377,120	15,282,014	29,781,664	14,375,750	15,405,914	29,896,970	14,375,743	15,521,227
00-04	2,643,149	1,399,125	1,244,024	2,607,342	1,382,104	1,225,238	2,580,993	1,370,087	1,210,906	2,562,974	1,362,415	1,200,559	2,552,435	1,358,608	1,193,827
05-09	2,799,720	1,462,536	1,337,184	2,777,923	1,453,970	1,323,953	2,747,707	1,441,587	1,306,120	2,708,795	1,425,198	1,283,597	2,662,448	1,405,300	1,257,148
10-14	2,883,672	1,481,820	1,401,852	2,850,258	1,470,136	1,380,122	2,825,005	1,462,283	1,362,722	2,807,407	1,457,388	1,350,019	2,794,782	1,454,060	1,340,722
15-19	3,005,216	1,504,478	1,500,738	2,957,631	1,478,657	1,478,974	2,908,735	1,453,353	1,455,382	2,860,737	1,430,565	1,430,172	2,815,109	1,411,538	1,403,571
20-24	2,789,286	1,309,541	1,479,745	2,782,338	1,300,733	1,481,605	2,772,686	1,294,750	1,477,936	2,754,752	1,287,087	1,467,665	2,724,810	1,274,537	1,450,273
25-29	2,482,444	1,130,602	1,351,842	2,488,887	1,112,217	1,376,670	2,487,983	1,093,024	1,394,959	2,482,543	1,075,480	1,407,063	2,473,791	1,061,199	1,412,592
30-34	2,174,037	991,906	1,182,131	2,183,638	979,677	1,203,961	2,205,964	973,003	1,232,961	2,233,453	968,215	1,265,238	2,258,684	961,899	1,296,785
35-39	2,046,826	944,765	1,102,061	2,053,587	932,212	1,121,375	2,052,383	917,172	1,135,211	2,048,050	901,328	1,146,722	2,043,141	885,434	1,157,707
40-44	1,725,003	818,457	906,546	1,791,336	838,391	952,945	1,849,399	852,656	996,743	1,894,496	859,496	1,035,000	1,927,896	859,984	1,067,912
45-49	1,457,081	697,138	759,943	1,481,268	710,440	770,828	1,518,161	727,966	790,195	1,569,968	750,905	819,063	1,634,691	778,028	856,663
50-54	1,357,870	666,351	691,519	1,412,922	695,875	717,047	1,443,238	710,478	732,760	1,457,157	716,447	740,710	1,463,889	719,388	744,501
55-59	1,101,968	547,608	554,360	1,141,756	573,186	568,570	1,181,931	594,018	587,913	1,229,229	616,605	612,624	1,281,865	640,648	641,217
60-64	926,171	452,510	473,661	959,525	470,085	489,440	984,463	483,115	501,348	1,005,622	494,988	510,634	1,024,251	506,233	518,018
65-69	763,340	373,136	390,204	765,674	372,856	392,818	773,436	374,998	398,438	788,453	380,682	407,771	811,103	390,269	420,834
70-74	594,001	285,927	308,074	621,950	298,735	323,215	640,783	307,236	333,547	650,746	311,448	339,298	654,706	312,639	342,067
75-79	341,677	164,906	176,771	368,347	175,575	192,772	393,956	185,975	207,981	419,880	196,839	223,041	447,133	208,580	238,553
80-84	152,590	75,035	77,555	161,885	78,740	83,145	175,214	84,046	91,168	192,038	90,613	101,425	210,787	97,797	112,990
85+	123,969	55,936	68,033	120,056	53,366	66,690	117,087	51,367	65,720	115,366	50,050	65,316	115,444	49,596	65,848

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Age	2026			2027			2028			2029			2030		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	30,006,044	14,378,188	15,627,857	30,109,060	14,383,369	15,725,691	30,205,668	14,391,051	15,814,616	30,295,276	14,400,736	15,894,540	30,377,408	14,411,943	15,965,464
00-04	2,548,864	1,358,387	1,190,477	2,535,060	1,354,992	1,180,068	2,514,638	1,348,004	1,166,634	2,488,147	1,337,691	1,150,456	2,456,330	1,324,426	1,131,904
05-09	2,611,709	1,383,299	1,228,410	2,574,813	1,366,292	1,208,521	2,547,307	1,354,197	1,193,110	2,528,093	1,346,385	1,181,708	2,516,303	1,342,393	1,173,910
10-14	2,780,039	1,449,187	1,330,852	2,758,437	1,440,932	1,317,505	2,728,643	1,428,945	1,299,698	2,690,352	1,413,028	1,277,324	2,644,821	1,393,691	1,251,130
15-19	2,774,722	1,397,006	1,377,716	2,741,716	1,386,878	1,354,838	2,716,708	1,380,215	1,336,493	2,699,244	1,376,302	1,322,942	2,686,620	1,373,768	1,312,852
20-24	2,684,108	1,256,999	1,427,109	2,638,030	1,236,635	1,401,395	2,590,527	1,216,278	1,374,249	2,543,882	1,198,000	1,345,882	2,499,541	1,182,985	1,316,556
25-29	2,464,009	1,051,540	1,412,469	2,455,027	1,046,807	1,408,220	2,443,197	1,043,853	1,399,344	2,423,831	1,039,137	1,384,694	2,393,911	1,030,108	1,363,803
30-34	2,276,330	952,311	1,324,019	2,284,713	939,586	1,345,127	2,285,995	925,979	1,360,016	2,282,703	913,425	1,369,278	2,275,408	903,182	1,372,226
35-39	2,043,034	871,594	1,171,440	2,054,383	862,696	1,191,687	2,078,034	858,746	1,219,288	2,106,598	856,500	1,250,098	2,133,247	852,883	1,280,364
40-44	1,948,104	854,440	1,093,664	1,956,763	844,661	1,112,102	1,957,966	832,719	1,125,247	1,956,289	820,033	1,136,256	1,954,071	807,198	1,146,873
45-49	1,707,718	807,018	900,700	1,781,991	835,341	946,650	1,849,701	859,539	990,162	1,905,097	876,755	1,028,342	1,947,842	886,557	1,061,285
50-54	1,473,313	724,625	748,688	1,495,109	736,475	758,634	1,535,156	757,664	777,492	1,593,950	787,936	806,014	1,669,323	825,918	843,405
55-59	1,334,525	663,724	670,801	1,373,974	679,885	694,089	1,396,661	687,934	708,727	1,407,163	690,919	716,244	1,412,877	692,908	719,969
60-64	1,043,246	516,984	526,262	1,069,203	530,527	538,676	1,104,957	547,914	557,043	1,149,027	568,359	580,668	1,198,604	590,566	608,038
65-69	840,279	404,099	436,180	868,549	417,904	450,645	891,152	429,389	461,763	910,299	439,836	470,463	927,271	449,792	477,479
70-74	655,254	311,904	343,350	657,477	311,594	345,883	664,329	313,291	351,038	677,467	317,986	359,481	697,328	326,032	371,296
75-79	473,744	220,194	253,550	495,493	229,660	265,833	509,649	235,619	274,030	516,722	238,246	278,476	519,330	238,687	280,643
80-84	229,637	104,891	124,746	247,160	111,392	135,768	263,955	117,735	146,220	281,181	124,485	156,696	299,515	131,885	167,630
85+	117,415	49,990	67,425	121,160	51,110	70,050	127,092	53,033	74,059	135,228	55,713	79,515	145,066	58,965	86,101

Age	2031			2032			2033			2034			2035		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	30,452,556	14,424,327	16,028,228	30,520,542	14,436,416	16,084,126	30,581,196	14,447,949	16,133,248	30,634,412	14,458,752	16,175,659	30,680,240	14,468,835	16,211,405
00-04	2,420,172	1,308,690	1,111,482	2,380,708	1,289,869	1,090,839	2,338,927	1,268,540	1,070,387	2,295,610	1,245,171	1,050,439	2,251,223	1,220,064	1,031,159
05-09	2,511,482	1,341,973	1,169,509	2,497,353	1,338,779	1,158,574	2,476,784	1,332,047	1,144,737	2,450,324	1,322,036	1,128,288	2,418,724	1,309,120	1,109,604
10-14	2,595,010	1,372,266	1,222,744	2,558,234	1,355,446	1,202,788	2,530,789	1,343,487	1,187,302	2,511,557	1,335,744	1,175,813	2,499,610	1,331,727	1,167,883
15-19	2,672,029	1,369,670	1,302,359	2,650,842	1,362,271	1,288,571	2,621,786	1,351,288	1,270,498	2,584,657	1,336,615	1,248,042	2,540,731	1,318,768	1,221,963
20-24	2,460,420	1,171,883	1,288,537	2,428,470	1,164,588	1,263,882	2,404,109	1,160,201	1,243,908	2,386,701	1,158,014	1,228,687	2,373,600	1,156,776	1,216,824
25-29	2,354,636	1,016,692	1,337,944	2,311,012	1,000,764	1,310,248	2,266,398	984,716	1,281,682	2,222,776	970,356	1,252,420	2,181,416	958,742	1,222,674
30-34	2,266,390	896,439	1,369,951	2,257,698	893,605	1,364,093	2,246,227	892,088	1,354,139	2,227,806	888,902	1,338,904	2,199,826	881,879	1,317,947
35-39	2,152,775	846,313	1,306,462	2,163,652	836,896	1,326,756	2,167,645	826,579	1,341,066	2,167,110	816,984	1,350,126	2,162,219	809,146	1,353,073
40-44	1,956,564	796,160	1,160,404	1,970,013	789,618	1,180,395	1,995,488	787,646	1,207,842	2,025,757	787,269	1,238,488	2,054,391	785,620	1,268,771
45-49	1,976,866	889,574	1,087,292	1,995,295	889,103	1,106,192	2,007,912	887,929	1,119,983	2,018,366	886,582	1,131,784	2,027,677	884,373	1,143,304
50-54	1,755,508	868,139	887,369	1,843,301	910,097	933,204	1,923,496	946,857	976,639	1,991,027	976,092	1,014,935	2,046,785	998,572	1,048,213
55-59	1,422,410	698,184	724,226	1,444,283	710,198	734,085	1,484,191	731,621	752,570	1,542,686	762,259	780,427	1,617,836	800,905	816,931
60-64	1,248,367	612,003	636,364	1,285,645	626,988	658,657	1,307,090	634,412	672,678	1,317,216	637,251	679,965	1,323,137	639,374	683,763
65-69	944,770	459,408	485,362	968,622	471,509	497,113	1,001,287	486,956	514,331	1,041,515	505,113	536,402	1,086,826	524,870	561,956
70-74	722,753	337,630	385,123	747,105	349,040	398,065	766,263	358,339	407,924	782,438	366,790	415,648	797,014	374,983	422,031
75-79	519,517	237,779	281,738	521,096	237,221	283,875	526,303	238,178	288,125	536,531	241,446	295,085	552,281	247,366	304,915
80-84	317,245	139,100	178,145	331,084	144,635	186,449	339,452	147,749	191,703	343,256	148,828	194,428	344,725	148,825	195,900
85+	155,643	62,423	93,220	166,125	65,787	100,338	177,055	69,319	107,736	189,070	73,295	115,775	202,218	77,724	124,494

Age	2036			2037			2038			2039			2040		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	30,719,002	14,478,465	16,240,537	30,751,030	14,487,920	16,263,110	30,776,582	14,497,428	16,279,154	30,795,854	14,507,129	16,288,725	30,809,068	14,517,131	16,291,937
00-04	2,205,936	1,193,356	1,012,580	2,159,710	1,166,200	993,510	2,112,474	1,138,564	973,910	2,064,274	1,110,474	953,800	2,015,420	1,082,101	933,319
05-09	2,382,905	1,293,774	1,089,131	2,343,869	1,275,395	1,068,474	2,302,598	1,254,547	1,048,051	2,259,851	1,231,682	1,028,169	2,216,086	1,207,095	1,008,991
10-14	2,494,435	1,331,166	1,163,269	2,480,523	1,328,068	1,152,455	2,460,220	1,321,466	1,138,754	2,434,082	1,311,625	1,122,457	2,402,852	1,298,914	1,103,938
15-19	2,492,778	1,298,957	1,193,821	2,457,180	1,283,427	1,173,753	2,430,660	1,272,580	1,158,080	2,411,984	1,265,708	1,146,276	2,400,035	1,262,226	1,137,809
20-24	2,358,506	1,153,971	1,204,535	2,337,355	1,148,184	1,189,171	2,309,184	1,139,302	1,169,882	2,273,992	1,127,333	1,146,659	2,233,029	1,112,746	1,120,283
25-29	2,144,710	950,395	1,194,315	2,114,402	945,189	1,169,213	2,090,875	942,323	1,148,552	2,073,552	941,187	1,132,365	2,060,115	940,756	1,119,359
30-34	2,163,182	870,924	1,292,258	2,122,624	857,686	1,264,938	2,081,116	844,244	1,236,872	2,040,423	832,215	1,208,208	2,001,689	822,565	1,179,124
35-39	2,155,081	804,140	1,350,941	2,147,837	802,434	1,345,403	2,137,693	801,774	1,335,919	2,120,807	799,527	1,321,280	2,094,858	793,766	1,301,092
40-44	2,076,170	781,202	1,294,968	2,089,657	774,112	1,315,545	2,096,359	766,098	1,330,261	2,098,504	758,579	1,339,925	2,095,981	752,440	1,343,541
45-49	2,041,531	883,668	1,157,863	2,068,227	889,282	1,178,945	2,109,136	901,470	1,207,666	2,155,991	916,339	1,239,652	2,201,078	929,620	1,271,458
50-54	2,090,087	1,015,230	1,074,857	2,122,587	1,028,080	1,094,507	2,149,312	1,040,199	1,109,113	2,174,838	1,052,942	1,121,896	2,201,310	1,066,703	1,134,607
55-59	1,703,691	843,833	859,858	1,790,630	886,075	904,555	1,869,714	922,836	946,878	1,936,654	952,420	984,234	1,992,864	976,064	1,016,800
60-64	1,332,871	644,695	688,176	1,354,088	656,181	697,907	1,392,030	676,251	715,779	1,447,423	704,859	742,564	1,518,616	740,987	777,629
65-69	1,132,344	543,943	588,401	1,166,378	557,180	609,198	1,185,857	563,588	622,269	1,195,099	565,973	629,126	1,200,745	567,887	632,858
70-74	812,366	383,054	429,312	833,212	393,169	440,043	861,479	405,939	455,540	896,279	420,957	475,322	935,598	437,368	498,230
75-79	572,388	256,002	316,386	591,283	264,310	326,973	605,648	270,810	334,838	617,606	276,659	340,947	628,617	282,471	346,146
80-84	345,029	148,164	196,865	346,280	147,724	198,556	349,822	148,178	201,644	356,779	150,126	206,653	367,698	153,874	213,824
85+	214,995	81,995	133,000	225,184	85,223	139,961	232,412	87,259	145,153	237,712	88,519	149,193	242,472	89,545	152,927

Age	2041			2042			2043			2044			2045		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	30,816,464	14,527,508	16,288,955	30,817,954	14,538,009	16,279,945	30,813,140	14,548,118	16,265,022	30,801,316	14,557,068	16,244,248	30,781,496	14,563,858	16,217,639
00-04	1,966,401	1,053,712	912,689	1,917,771	1,025,606	892,165	1,870,013	998,045	871,968	1,823,417	971,183	852,234	1,777,997	945,028	832,969
05-09	2,171,460	1,180,912	990,548	2,125,938	1,154,282	971,656	2,079,435	1,127,164	952,271	2,031,993	1,099,585	932,408	1,983,906	1,071,711	912,195
10-14	2,367,445	1,283,804	1,083,641	2,328,859	1,265,696	1,063,163	2,288,066	1,245,148	1,042,918	2,245,820	1,222,604	1,023,216	2,202,576	1,198,355	1,004,221
15-19	2,394,091	1,261,754	1,132,337	2,380,007	1,258,917	1,121,090	2,359,847	1,252,786	1,107,061	2,334,155	1,243,617	1,090,538	2,303,653	1,231,760	1,071,893
20-24	2,188,707	1,096,507	1,092,200	2,155,658	1,084,032	1,071,626	2,130,746	1,075,630	1,055,116	2,112,634	1,070,562	1,042,072	2,100,171	1,068,248	1,031,923
25-29	2,045,048	939,003	1,106,045	2,024,758	934,781	1,089,977	1,998,403	928,019	1,070,384	1,965,985	918,724	1,047,261	1,928,627	907,278	1,021,349
30-34	1,967,116	815,743	1,151,373	1,938,356	811,629	1,126,727	1,915,853	809,517	1,106,336	1,899,126	808,871	1,090,255	1,886,099	808,820	1,077,279
35-39	2,060,653	784,372	1,276,281	2,022,783	772,851	1,249,932	1,983,927	761,059	1,222,868	1,945,685	750,489	1,195,196	1,909,116	742,051	1,167,065
40-44	2,090,818	748,669	1,342,149	2,085,245	747,808	1,337,437	2,076,645	747,815	1,328,830	2,061,394	746,283	1,315,111	2,037,368	741,444	1,295,924
45-49	2,237,803	938,478	1,299,325	2,266,366	944,572	1,321,794	2,287,536	948,982	1,338,554	2,302,901	952,474	1,350,427	2,310,723	954,476	1,356,247
50-54	2,235,609	1,085,011	1,150,598	2,283,771	1,110,699	1,173,072	2,346,549	1,143,354	1,203,195	2,414,875	1,178,249	1,236,626	2,481,264	1,211,176	1,270,088
55-59	2,037,470	994,454	1,043,016	2,071,248	1,008,812	1,062,436	2,099,209	1,022,283	1,076,926	2,126,345	1,036,658	1,089,687	2,155,182	1,052,702	1,102,480
60-64	1,600,000	781,138	818,862	1,682,221	820,501	861,720	1,756,842	854,609	902,233	1,820,085	882,082	938,003	1,873,544	904,245	969,299
65-69	1,210,099	572,810	637,289	1,229,818	583,173	646,645	1,264,529	601,048	663,481	1,315,068	626,498	688,570	1,380,105	658,715	721,390
70-74	975,130	453,199	521,931	1,004,442	463,963	540,479	1,020,876	468,856	552,020	1,028,584	470,504	558,080	1,033,631	472,066	561,565
75-79	640,660	288,384	352,276	657,067	295,796	361,271	679,093	305,033	374,060	706,260	315,927	390,333	737,119	327,921	409,198
80-84	381,421	159,315	222,106	393,772	164,269	229,503	402,534	167,825	234,709	409,735	171,016	238,719	416,844	174,431	242,413
85+	246,532	90,242	156,290	249,867	90,617	159,250	253,034	90,944	162,090	257,260	91,746	165,514	263,569	93,426	170,143

Age	2046			2047			2048		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	30,752,604	14,567,427	16,185,178	30,713,478	14,566,677	16,146,801	30,663,050	14,560,652	16,102,398
00-04	1,733,575	919,486	814,089	1,689,883	894,414	795,469	1,646,663	869,675	776,988
05-09	1,935,655	1,043,805	891,850	1,887,783	1,016,166	871,617	1,840,762	989,052	851,710
10-14	2,158,490	1,172,533	985,957	2,113,507	1,146,262	967,245	2,067,545	1,119,501	948,044
15-19	2,269,236	1,217,672	1,051,564	2,231,880	1,200,748	1,031,132	2,192,515	1,181,525	1,010,990
20-24	2,092,632	1,068,311	1,024,321	2,077,983	1,066,389	1,011,594	2,058,163	1,061,694	996,469
25-29	1,888,506	894,484	994,022	1,858,118	884,718	973,400	1,834,669	878,269	956,400
30-34	1,871,709	807,633	1,064,076	1,852,613	804,323	1,048,290	1,827,965	798,811	1,029,154
35-39	1,876,329	736,164	1,140,165	1,848,966	732,724	1,116,242	1,827,540	731,087	1,096,453
40-44	2,005,318	733,156	1,272,162	1,969,748	722,841	1,246,907	1,933,117	712,195	1,220,922
45-49	2,312,130	955,139	1,356,991	2,311,848	957,466	1,354,382	2,306,415	958,654	1,347,761
50-54	2,538,983	1,239,109	1,299,874	2,585,623	1,261,298	1,324,325	2,622,378	1,279,229	1,343,149
55-59	2,192,411	1,073,852	1,118,559	2,242,760	1,101,833	1,140,927	2,306,975	1,136,276	1,170,699
60-64	1,916,349	921,705	994,644	1,948,856	935,359	1,013,497	1,975,670	948,076	1,027,594
65-69	1,454,550	694,554	759,996	1,529,562	729,517	800,045	1,597,399	759,590	837,809
70-74	1,042,311	476,399	565,912	1,059,802	485,169	574,633	1,089,885	499,992	589,893
75-79	768,150	339,464	428,686	790,665	346,959	443,706	802,560	349,828	452,732
80-84	425,165	178,133	247,032	436,385	182,692	253,693	451,010	188,172	262,838
85+	271,109	95,828	175,281	277,490	97,797	179,693	281,824	99,025	182,799

Age	2049			2050			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Total	30,600,428	14,548,581	16,051,848	30,524,950	14,529,890	15,995,060	30,436,188	15,931,998	14,504,191
00-04	1,603,722	845,169	758,553	1,560,983	820,856	740,127	1,518,470	721,722	796,748
05-09	1,794,868	962,610	832,258	1,750,127	936,858	813,269	1,706,358	794,660	911,698
10-14	2,020,639	1,092,275	928,364	1,973,082	1,064,748	908,334	1,925,352	888,170	1,037,182
15-19	2,151,858	1,160,434	991,424	2,110,318	1,137,752	972,566	2,068,028	954,414	1,113,614
20-24	2,033,666	1,054,438	979,228	2,005,146	1,044,916	960,230	1,973,402	939,887	1,033,515
25-29	1,817,091	874,557	942,534	1,804,487	873,145	931,342	1,796,343	922,572	873,771
30-34	1,797,747	791,105	1,006,642	1,762,993	781,527	981,466	1,725,756	954,970	770,786
35-39	1,811,654	730,768	1,080,886	1,799,373	730,984	1,068,389	1,785,870	1,055,690	730,180
40-44	1,896,923	702,642	1,194,281	1,862,163	695,063	1,167,100	1,830,908	1,141,041	689,867
45-49	2,292,684	956,865	1,335,819	2,269,755	951,488	1,318,267	2,238,003	1,296,038	941,965
50-54	2,650,348	1,293,158	1,357,190	2,666,809	1,301,615	1,365,194	2,673,826	1,368,049	1,305,777
55-59	2,376,381	1,172,699	1,203,682	2,444,069	1,207,313	1,236,756	2,503,506	1,266,319	1,237,187
60-64	2,001,708	961,648	1,040,060	2,029,624	976,953	1,052,671	2,065,706	1,068,536	997,170
65-69	1,654,879	783,733	871,146	1,703,752	803,333	900,419	1,743,205	924,285	818,920
70-74	1,133,564	521,094	612,470	1,189,965	547,950	642,015	1,254,669	676,801	577,868
75-79	807,678	350,382	457,296	811,305	351,244	460,061	818,404	463,904	354,500
80-84	469,051	194,671	274,380	489,717	201,938	287,779	510,455	301,560	208,895
85+	285,967	100,334	185,633	291,285	102,210	189,075	297,926	193,380	104,546

POPULATION PROJECTION - SINGLE YEAR AGE AND SINGLE CALENDER YEAR (MEDIUM SCENARIO)

Annex 10: Population projection for Nepal 2021-2051 by single year age and single calender year (Medium Scenario)

Year/ Age	2021*			2022			2023			2024			2025		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
0	512,233	272,984	239,249	520,059	275,453	244,606	521,796	277,105	244,691	522,126	278,011	244,115	521,023	278,200	242,823
1	520,465	276,415	244,050	508,837	271,143	237,694	516,085	273,425	242,660	517,782	275,061	242,721	518,051	276,014	242,037
2	528,595	279,814	248,781	517,891	275,040	242,851	506,328	269,793	236,535	513,160	271,929	241,231	514,834	273,664	241,170
3	536,784	283,226	253,558	526,849	278,914	247,935	516,099	274,145	241,954	504,578	268,985	235,593	511,177	271,009	240,168
4	544,968	286,648	258,320	535,389	282,497	252,892	525,399	278,174	247,225	514,840	273,525	241,315	503,389	268,410	234,979
5	553,119	290,027	263,092	543,877	286,092	257,785	534,339	281,943	252,396	524,313	277,638	246,675	513,769	273,035	240,734
6	559,266	292,585	266,681	552,266	289,620	262,646	543,002	285,645	257,357	533,432	281,519	251,913	523,533	277,254	246,279
7	561,692	293,273	268,419	558,605	292,205	266,400	551,698	289,337	262,361	542,363	285,327	257,036	532,854	281,242	251,612
8	562,513	293,339	269,174	561,113	292,992	268,121	558,118	292,004	266,114	551,197	289,072	262,125	541,888	285,125	256,763
9	563,100	293,270	269,830	561,877	292,964	268,913	560,675	292,719	267,956	557,640	291,721	265,919	550,645	288,787	261,858
10	564,880	293,446	271,434	562,615	292,951	269,664	561,483	292,700	268,783	560,226	292,486	267,740	557,103	291,409	265,694
11	568,937	294,287	274,650	564,192	292,973	271,219	561,990	292,461	269,529	560,824	292,231	268,593	559,514	291,995	267,519
12	576,124	296,174	279,950	567,966	293,485	274,481	563,231	292,168	271,063	561,025	291,683	269,342	559,811	291,441	268,370
13	583,459	298,006	285,453	574,483	294,822	279,661	566,465	292,210	274,255	561,654	290,889	270,765	559,334	290,385	268,949
14	590,245	299,920	290,325	580,919	295,878	285,041	571,978	292,752	279,226	563,926	290,208	273,718	559,129	288,905	270,224
15	596,349	301,947	294,402	586,449	296,774	289,675	577,188	292,876	284,312	568,266	289,829	278,437	560,208	287,321	272,887
16	601,304	303,571	297,733	591,035	297,559	293,476	581,299	292,634	288,665	572,134	288,966	283,168	563,246	285,978	277,268
17	604,290	303,698	300,592	593,826	297,531	296,295	583,842	291,873	291,969	574,135	287,051	287,084	565,026	283,495	281,531
18	604,090	300,870	303,220	594,392	295,720	298,672	584,027	289,712	294,315	574,161	284,274	289,887	564,537	279,656	284,881
19	599,141	294,309	304,832	592,002	291,143	300,859	582,413	286,231	296,182	572,080	280,460	291,620	562,230	275,197	287,033
20	588,472	284,222	304,250	585,319	283,278	302,041	578,080	280,249	297,831	568,430	275,535	292,895	558,292	270,075	288,217
21	571,971	271,774	300,197	573,499	272,175	301,324	570,121	271,340	298,781	562,760	268,458	294,302	553,301	264,086	289,215
22	554,630	259,615	295,015	556,636	259,375	297,261	557,864	259,875	297,989	554,296	259,150	295,146	546,894	256,510	290,384
23	541,594	250,223	291,371	539,694	247,444	292,250	541,388	247,297	294,091	542,439	247,953	294,486	538,710	247,299	291,411
24	532,679	243,669	289,010	527,323	238,507	288,816	525,489	236,078	289,411	526,959	236,064	290,895	527,905	236,765	291,140

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Year/ Age	2026			2027			2028			2029			2030		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
0	518,514	277,563	240,951	514,804	276,313	238,491	509,878	274,331	235,547	503,962	271,875	232,087	497,391	269,011	228,380
1	516,889	276,179	240,710	514,329	275,600	238,729	510,581	274,324	236,257	505,754	272,505	233,249	499,856	270,106	229,750
2	515,063	274,595	240,468	513,831	274,746	239,085	511,284	274,224	237,060	507,524	273,052	234,472	502,586	271,189	231,397
3	512,712	272,700	240,012	512,875	273,640	239,235	511,633	273,834	237,799	509,062	273,301	235,761	505,321	272,138	233,183
4	509,575	270,253	239,322	511,134	271,946	239,188	511,228	272,919	238,309	509,943	273,102	236,841	507,365	272,570	234,795
5	502,427	268,001	234,426	508,361	269,738	238,623	509,821	271,410	238,411	509,940	272,350	237,590	508,693	272,587	236,106
6	512,996	272,675	240,321	501,624	267,641	233,983	507,430	269,307	238,123	508,971	271,089	237,882	509,013	271,982	237,031
7	522,915	277,012	245,903	512,446	272,454	239,992	501,043	267,379	233,664	506,718	269,016	237,702	508,266	270,761	237,505
8	532,310	280,999	251,311	522,457	276,795	245,662	512,018	272,275	239,743	500,711	267,237	233,474	506,207	268,828	237,379
9	541,466	284,900	256,566	531,976	280,853	251,123	522,012	276,574	245,438	511,655	272,087	239,568	500,446	267,144	233,302
10	550,150	288,519	261,631	541,036	284,653	256,383	531,536	280,578	250,958	521,684	276,396	245,288	511,401	271,936	239,465
11	556,496	290,989	265,507	549,633	288,126	261,507	540,455	284,226	256,229	530,996	280,215	250,781	521,199	276,045	245,154
12	558,534	291,234	267,300	555,545	290,226	265,319	548,651	287,375	261,276	539,581	283,534	256,047	530,145	279,529	250,616
13	558,178	290,132	268,046	556,964	289,979	266,985	553,983	288,971	265,012	547,139	286,170	260,969	538,124	282,361	255,763
14	556,867	288,413	268,454	555,601	288,168	267,433	554,390	287,961	266,429	551,515	287,083	264,432	544,769	284,296	260,473
15	555,422	286,032	269,390	553,145	285,597	267,548	551,913	285,384	266,529	550,753	285,259	265,494	547,777	284,295	263,482
16	555,231	283,523	271,708	550,464	282,306	268,158	548,098	281,866	266,232	546,886	281,696	265,190	545,709	281,594	264,115
17	556,097	280,578	275,519	548,235	278,307	269,928	543,474	277,136	266,338	541,072	276,739	264,333	539,895	276,632	263,263
18	555,421	276,213	279,208	546,609	273,435	273,174	538,619	271,196	267,423	533,915	270,131	263,784	531,529	269,829	261,700
19	552,643	270,774	281,869	543,524	267,426	276,098	534,775	264,800	269,975	526,895	262,721	264,174	522,155	261,756	260,399
20	548,430	264,979	283,451	538,826	260,696	278,130	529,824	257,573	272,251	521,063	255,075	265,988	513,251	253,140	260,111
21	543,106	258,801	284,305	533,311	253,975	279,336	523,832	249,911	273,921	514,842	246,935	267,907	506,150	244,597	261,553
22	537,508	252,313	285,195	527,493	247,367	280,126	517,751	242,732	275,019	508,319	238,884	269,435	499,323	236,040	263,283
23	531,350	244,842	286,508	521,968	240,880	281,088	512,087	236,205	275,882	502,426	231,810	270,616	493,035	228,088	264,947
24	523,916	236,218	287,698	516,553	233,931	282,622	507,284	230,196	277,088	497,407	225,625	271,782	487,918	221,506	266,412

Year/ Age	2031			2032			2033			2034			2035		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
0	490,510	266,005	224,505	483,623	261,755	221,868	477,039	257,636	219,403	470,466	253,576	216,890	463,871	249,491	214,380
1	493,418	267,304	226,114	486,601	264,326	222,275	480,008	260,214	219,794	473,449	256,172	217,277	467,099	252,198	214,901
2	496,809	268,786	228,023	490,467	266,085	224,382	483,835	263,176	220,659	477,338	259,151	218,187	470,937	255,159	215,778
3	500,447	270,355	230,092	494,691	267,946	226,745	488,517	265,280	223,237	481,970	262,419	219,551	475,459	258,379	217,080
4	503,614	271,404	232,210	498,896	269,653	229,243	493,229	267,381	225,848	487,008	264,680	222,328	480,590	261,901	218,689
5	506,109	272,074	234,035	502,515	270,953	231,562	497,735	269,162	228,573	492,178	266,956	225,222	486,002	264,279	221,723
6	507,757	272,234	235,523	505,305	271,734	233,571	501,686	270,632	231,054	496,958	268,867	228,091	491,449	266,632	224,817
7	508,379	271,742	236,637	507,110	271,893	235,217	504,716	271,506	233,210	501,132	270,399	230,733	496,506	268,681	227,825
8	507,781	270,544	237,237	507,916	271,523	236,393	506,763	271,773	234,990	504,362	271,321	233,041	500,771	270,218	230,553
9	505,901	268,657	237,244	507,444	270,391	237,053	507,568	271,361	236,207	506,501	271,631	234,870	504,092	271,176	232,916
10	500,189	266,982	233,207	505,542	268,450	237,092	507,155	270,212	236,943	507,369	271,205	236,164	506,230	271,446	234,784
11	510,995	271,642	239,353	499,854	266,669	233,185	505,141	268,166	236,975	506,779	269,919	236,860	507,087	270,937	236,150
12	520,491	275,454	245,037	510,311	271,031	239,280	499,349	266,193	233,156	504,496	267,607	236,889	506,205	269,408	236,797
13	528,841	278,430	250,411	519,274	274,400	244,874	509,252	270,085	239,167	498,286	265,300	232,986	503,443	266,691	236,752
14	535,844	280,594	255,250	526,709	276,746	249,963	517,262	272,805	244,457	507,348	268,573	238,775	496,620	263,877	232,743
15	541,249	281,678	259,571	532,576	278,126	254,450	523,684	274,463	249,221	514,411	270,610	243,801	504,691	266,502	238,189
16	542,961	280,795	262,166	536,671	278,374	258,297	528,230	274,932	253,298	519,561	271,471	248,090	510,631	267,851	242,780
17	538,962	276,716	262,246	536,542	276,162	260,380	530,566	273,932	256,634	522,305	270,683	251,622	514,013	267,428	246,585
18	530,712	269,960	260,752	530,020	270,263	259,757	527,981	269,964	258,017	522,347	268,019	254,328	514,567	265,066	249,501
19	520,160	261,722	258,438	519,702	262,144	257,558	519,522	262,701	256,821	517,760	262,679	255,081	512,368	260,936	251,432
20	509,015	252,503	256,512	507,549	252,847	254,702	507,493	253,605	253,888	507,500	254,360	253,140	506,118	254,563	251,555
21	498,909	243,052	255,857	495,305	242,868	252,437	494,284	243,485	250,799	494,415	244,371	250,044	494,889	245,526	249,363
22	491,296	234,128	257,168	484,770	233,012	251,758	481,538	233,112	248,426	480,874	234,013	246,861	481,467	235,217	246,250
23	484,747	225,721	259,026	477,294	224,212	253,082	471,372	223,502	247,870	468,572	223,850	244,722	468,253	224,985	243,268
24	479,189	218,275	260,914	471,417	216,225	255,192	464,631	215,123	249,508	459,155	214,707	244,448	456,747	215,309	241,438

Year/ Age	2036			2037			2038			2039			2040		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
0	457,147	245,343	211,804	450,205	241,170	209,035	443,255	236,897	206,358	436,163	232,623	203,540	429,213	228,415	200,798
1	460,594	248,163	212,431	453,973	244,125	209,848	447,238	240,011	207,227	440,318	235,794	204,524	433,346	231,566	201,780
2	464,623	251,236	213,387	458,244	247,275	210,969	451,710	243,276	208,434	445,093	239,222	205,871	438,180	234,993	203,187
3	469,189	254,474	214,715	462,853	250,583	212,270	456,579	246,656	209,923	450,174	242,748	207,426	443,639	238,697	204,942
4	474,201	257,897	216,304	467,878	253,975	213,903	461,675	250,129	211,546	455,490	246,277	209,213	449,125	242,324	206,801
5	479,562	261,489	218,073	473,193	257,476	215,717	467,041	253,653	213,388	460,886	249,808	211,078	454,666	245,959	208,707
6	485,321	263,994	221,327	478,950	261,233	217,717	472,571	257,233	215,338	466,448	253,457	212,991	460,284	249,575	210,709
7	490,997	266,439	224,558	484,865	263,795	221,070	478,558	261,069	217,489	472,226	257,088	215,138	466,160	253,334	212,826
8	496,255	268,544	227,711	490,744	266,318	224,426	484,673	263,713	220,960	478,339	260,980	217,359	472,091	257,033	215,058
9	500,622	270,108	230,514	496,003	268,400	227,603	490,550	266,250	224,300	484,580	263,643	220,937	478,292	260,921	217,371
10	503,916	271,057	232,859	500,461	269,981	230,480	495,887	268,309	227,578	490,458	266,093	224,365	484,460	263,537	220,923
11	505,998	271,232	234,766	503,729	270,815	232,914	500,191	269,731	230,460	495,658	268,097	227,561	490,388	265,954	224,434
12	506,487	270,399	236,088	505,596	270,772	234,824	503,253	270,368	232,885	499,816	269,311	230,505	495,398	267,724	227,674
13	505,190	268,486	236,704	505,616	269,576	236,040	504,674	269,972	234,702	502,497	269,587	232,910	499,063	268,566	230,497
14	501,725	265,280	236,445	503,564	267,158	236,406	504,006	268,279	235,727	503,220	268,698	234,522	501,095	268,427	232,668
15	494,220	261,966	232,254	499,304	263,454	235,850	501,131	265,280	235,851	501,727	266,519	235,208	501,014	267,020	233,994
16	501,233	263,931	237,302	490,914	259,529	231,385	495,987	261,033	234,954	498,007	263,035	234,972	498,619	264,248	234,371
17	505,349	264,005	241,344	496,202	260,274	235,928	486,166	256,073	230,093	491,301	257,651	233,650	493,520	259,790	233,730
18	506,510	261,996	244,514	498,189	258,808	239,381	489,388	255,363	234,025	479,741	251,431	228,310	484,990	253,148	231,842
19	505,131	258,339	246,792	497,339	255,527	241,812	489,428	252,682	236,746	481,113	249,547	231,566	471,912	245,923	225,989
20	501,257	253,185	248,072	494,361	250,899	243,462	487,146	248,470	238,676	479,619	245,881	233,738	471,714	243,095	228,619
21	493,853	245,980	247,873	489,391	244,907	244,484	482,936	242,978	239,958	476,252	240,892	235,360	469,216	238,681	230,535
22	482,194	236,588	245,606	481,493	237,330	244,163	477,503	236,579	240,924	471,471	234,951	236,520	465,170	233,170	232,000
23	469,126	226,429	242,697	470,159	228,006	242,153	469,722	228,973	240,749	466,177	228,536	237,641	460,599	227,256	233,343
24	456,800	216,742	240,058	457,973	218,373	239,600	459,233	220,128	239,105	459,131	221,332	237,799	455,903	221,196	234,707

Year/ Age	2041			2042			2043			2044			2045		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
0	422,561	224,335	198,226	416,246	220,535	195,711	410,285	216,887	193,398	404,577	213,337	191,240	398,927	209,883	189,044
1	426,587	227,435	199,152	420,008	223,443	196,565	413,743	219,638	194,105	407,903	216,060	191,843	402,238	212,550	189,688
2	431,445	230,861	200,584	424,641	226,770	197,871	418,213	222,846	195,367	412,035	219,095	192,940	406,282	215,534	190,748
3	436,835	234,553	202,282	430,059	230,442	199,617	423,352	226,369	196,983	416,925	222,438	194,487	410,886	218,760	192,126
4	442,549	238,299	204,250	435,804	234,166	201,638	429,076	230,088	198,988	422,460	226,066	196,394	416,123	222,208	193,915
5	448,339	242,057	206,282	441,824	238,061	203,763	435,116	233,967	201,149	428,464	229,874	198,590	421,832	225,900	195,932
6	454,146	245,755	208,391	447,864	241,874	205,990	441,405	237,901	203,504	434,763	233,840	200,923	428,052	229,739	198,313
7	460,019	249,475	210,544	453,872	245,657	208,215	447,602	241,760	205,842	441,190	237,841	203,349	434,557	233,776	200,781
8	465,964	253,234	212,730	459,890	249,422	210,468	453,736	245,590	208,146	447,506	241,755	205,751	441,057	237,761	203,296
9	471,947	256,965	214,982	465,874	253,127	212,747	459,804	249,370	210,434	453,738	245,580	208,158	447,447	241,701	205,746
10	478,115	260,764	217,351	471,907	256,901	215,006	465,867	253,083	212,784	459,777	249,323	210,454	453,712	245,536	208,176
11	484,334	263,350	220,984	478,023	260,598	217,425	471,872	256,740	215,132	465,830	252,996	212,834	459,798	249,216	210,582
12	489,977	265,488	224,489	484,063	263,064	220,999	477,805	260,297	217,508	471,624	256,443	215,181	465,604	252,696	212,908
13	494,642	266,979	227,663	489,380	264,868	224,512	483,446	262,400	221,046	477,250	259,731	217,519	471,105	255,897	215,208
14	497,765	267,467	230,298	493,441	265,932	227,509	488,161	263,809	224,352	482,389	261,452	220,937	476,228	258,789	217,439
15	498,972	266,801	232,171	495,723	265,872	229,851	491,496	264,424	227,072	486,384	262,449	223,935	480,617	260,091	220,526
16	497,917	264,806	233,111	496,127	264,694	231,433	493,053	263,927	229,126	488,914	262,562	226,352	483,934	260,693	223,241
17	494,317	261,169	233,148	493,770	261,790	231,980	491,992	261,796	230,196	489,114	261,140	227,974	485,189	259,989	225,200
18	487,248	255,364	231,884	488,209	256,889	231,320	487,867	257,689	230,178	486,408	257,886	228,522	483,715	257,452	226,263
19	477,283	247,813	229,470	479,783	250,214	229,569	480,877	251,878	228,999	480,814	252,898	227,916	479,483	253,265	226,218
20	462,981	239,822	223,159	468,468	241,886	226,582	471,112	244,411	226,701	472,555	246,292	226,263	472,724	247,559	225,165
21	461,685	236,150	225,535	453,384	233,236	220,148	459,071	235,507	223,564	461,928	238,191	223,737	463,538	240,302	223,236
22	458,605	231,310	227,295	451,565	229,152	222,413	443,801	226,558	217,243	449,584	229,026	220,558	452,630	231,975	220,655
23	454,726	225,785	228,941	448,560	224,269	224,291	441,938	222,415	219,523	434,525	220,118	214,407	440,541	222,766	217,775
24	450,637	220,125	230,512	445,200	219,016	226,184	439,453	217,753	221,700	433,190	216,190	217,000	426,229	214,214	212,015

Year/ Age	2046			2047			2048			2049			2050			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
0	393,388	206,465	186,923	387,830	203,073	184,757	382,234	199,702	182,532	376,764	196,325	180,439	371,304	193,030	178,274	365,801	189,645	176,156
1	396,792	209,226	187,566	391,266	205,823	185,443	385,807	202,494	183,313	380,379	199,198	181,181	374,863	195,805	179,058	369,493	192,560	176,933
2	400,627	212,090	188,537	395,226	208,765	186,461	389,847	205,413	184,434	384,452	202,131	182,321	379,021	198,793	180,228	373,641	195,496	178,145
3	405,125	215,182	189,943	399,569	211,768	187,801	394,181	208,446	185,735	388,853	205,141	183,712	383,471	201,886	181,585	378,136	198,565	179,571
4	410,105	218,536	191,569	404,383	214,985	189,398	398,820	211,543	187,277	393,510	208,279	185,231	388,110	204,988	183,122	382,864	201,723	181,141
5	415,586	222,008	193,578	409,555	218,381	191,174	403,876	214,852	189,024	398,383	211,446	186,937	393,083	208,179	184,904	387,727	204,869	182,858
6	421,546	225,784	195,762	415,175	221,888	193,287	409,293	218,289	191,004	403,568	214,745	188,823	398,167	211,425	186,742	392,828	208,115	184,713
7	427,914	229,739	198,175	421,317	225,690	195,627	415,031	221,857	193,174	409,171	218,265	190,906	403,443	214,719	188,724	398,015	211,396	186,619
8	434,491	233,765	200,726	427,816	229,681	198,135	421,283	225,699	195,584	415,106	221,924	193,182	409,181	218,267	190,914	403,474	214,752	188,722
9	441,051	237,749	203,302	434,536	233,756	200,780	427,839	229,673	198,166	421,365	225,701	195,664	415,193	221,960	193,233	409,194	218,239	190,955
10	447,501	241,685	205,816	441,116	237,727	203,389	434,568	233,721	200,847	427,860	229,643	198,217	421,421	225,706	195,715	415,211	221,909	193,302
11	453,693	245,429	208,264	447,470	241,556	205,914	441,219	237,724	203,495	434,578	233,616	200,962	427,979	229,619	198,360	421,527	225,666	195,861
12	459,627	248,974	210,653	453,549	245,172	208,377	447,442	241,404	206,038	441,047	237,454	203,593	434,561	233,486	201,075	427,999	229,497	198,502
13	465,171	252,201	212,970	459,243	248,501	210,742	453,189	244,742	208,447	447,121	240,994	206,127	440,794	237,113	203,681	434,370	233,221	201,149
14	470,140	255,049	215,091	464,287	251,427	212,860	458,439	247,793	210,646	452,476	244,095	208,381	446,452	240,412	206,040	440,151	236,533	203,618
15	474,614	257,607	217,007	468,705	253,981	214,724	462,883	250,370	212,513	457,094	246,789	210,305	451,276	243,193	208,083	445,281	239,566	205,715
16	478,310	258,433	219,877	472,399	256,026	216,373	466,614	252,495	214,119	460,964	249,002	211,962	455,222	245,544	209,678	449,526	242,057	207,469
17	480,387	258,245	222,142	474,954	256,143	218,811	469,191	253,834	215,357	463,634	250,486	213,148	458,070	247,123	210,947	452,591	243,808	208,783
18	479,998	256,399	223,599	475,399	254,861	220,538	470,223	252,976	217,247	464,748	250,871	213,877	459,370	247,678	211,692	454,069	244,559	209,510
19	477,102	253,007	224,095	473,714	252,230	221,484	469,391	250,907	218,484	464,472	249,236	215,236	459,345	247,424	211,921	454,242	244,478	209,764
20	471,665	248,117	223,548	469,580	248,127	221,453	466,379	247,550	218,829	462,393	246,493	215,900	457,827	245,071	212,756	453,091	243,566	209,525
21	464,029	241,796	222,233	463,278	242,621	220,657	461,451	242,869	218,582	458,648	242,573	216,075	455,067	241,787	213,280	450,834	240,688	210,146
22	454,569	234,268	220,301	455,225	235,928	219,297	454,794	237,025	217,769	453,376	237,575	215,801	450,867	237,489	213,378	447,565	237,039	210,526
23	443,807	225,871	217,936	445,932	228,381	217,551	446,916	230,313	216,603	446,798	231,639	215,159	445,626	232,460	213,166	443,482	232,659	210,823
24	432,313	216,943	215,370	435,840	220,268	215,572	438,143	222,955	215,188	439,385	225,079	214,306	439,486	226,638	212,848	438,580	227,629	210,951

Year/ Age	2021*			2022			2023			2024			2025		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
25	524,678	238,944	285,734	519,253	232,581	286,672	514,118	227,812	286,306	512,247	225,616	286,631	513,544	225,721	287,823
26	510,789	232,458	278,331	512,367	228,533	283,834	507,079	222,655	284,424	501,997	218,217	283,780	500,161	216,243	283,918
27	494,785	225,413	269,372	499,725	222,940	276,785	501,359	219,308	282,051	496,141	213,796	282,345	491,248	209,661	281,587
28	481,708	219,500	262,208	484,784	216,699	268,085	489,716	214,417	275,299	491,480	211,130	280,350	486,386	205,891	280,495
29	470,384	214,263	256,121	472,791	211,522	261,269	475,873	208,923	266,950	480,802	206,870	273,932	482,773	203,854	278,919
30	457,354	208,282	249,072	462,173	206,851	255,322	464,734	204,382	260,352	467,758	201,940	265,818	472,821	200,129	272,692
31	440,415	200,760	239,655	450,145	201,562	248,583	454,931	200,302	254,629	457,540	197,970	259,570	460,638	195,787	264,851
32	426,341	194,555	231,786	433,781	194,588	239,193	443,559	195,487	248,072	448,340	194,396	253,944	450,995	192,187	258,808
33	422,643	192,971	229,672	420,498	188,984	231,514	427,916	189,099	238,817	437,646	189,994	247,652	442,395	189,013	253,382
34	427,252	195,307	231,945	417,106	187,738	229,368	415,038	183,873	231,165	422,458	184,122	238,336	432,291	185,139	247,152
35	428,740	196,375	232,365	421,874	190,307	231,567	411,949	182,965	228,984	409,981	179,309	230,672	417,447	179,581	237,866
36	418,264	192,096	226,168	423,571	191,456	232,115	416,831	185,611	231,220	407,126	178,588	228,538	405,372	175,118	230,254
37	404,851	186,606	218,245	413,382	187,471	225,911	418,776	186,980	231,796	412,161	181,325	230,836	402,664	174,538	228,126
38	398,777	184,712	214,065	400,322	182,360	217,962	408,877	183,294	225,583	414,315	182,860	231,455	407,919	177,457	230,462
39	396,334	185,067	211,267	394,586	180,737	213,849	396,154	178,468	217,686	404,842	179,525	225,317	410,287	179,146	231,141
40	386,712	182,135	204,577	392,254	181,300	210,954	390,651	177,144	213,507	392,410	175,044	217,366	400,968	176,076	224,892
41	363,690	172,389	191,301	382,969	178,627	204,342	388,492	177,843	210,649	387,063	173,892	213,171	388,893	171,842	217,051
42	339,671	161,375	178,296	360,285	169,192	191,093	379,440	175,424	204,016	385,079	174,747	210,332	383,688	170,822	212,866
43	321,956	153,178	168,778	336,667	158,618	178,049	357,170	166,326	190,844	376,220	172,505	203,715	381,942	171,943	209,999
44	313,004	149,345	163,659	319,294	150,678	168,616	333,954	156,138	177,816	354,365	163,826	190,539	373,356	169,907	203,449
45	304,875	145,829	159,046	311,821	148,367	163,454	318,452	150,045	168,407	333,400	155,770	177,630	354,219	163,877	190,342
46	291,936	139,673	152,263	305,071	146,161	158,910	312,211	148,898	163,313	319,335	151,093	168,242	334,848	157,363	177,485
47	283,599	135,436	148,163	293,091	140,911	152,180	306,262	147,520	158,742	313,622	150,542	163,080	321,414	153,311	168,103
48	284,149	135,708	148,441	285,309	137,231	148,078	294,685	142,647	152,038	308,035	149,488	158,547	315,605	152,733	162,872
49	292,534	140,449	152,085	286,144	137,884	148,260	286,812	138,993	147,819	296,171	144,434	151,737	309,624	151,433	158,191
50	296,386	143,407	152,979	294,856	143,051	151,805	287,302	139,493	147,809	287,799	140,441	147,358	297,191	145,936	151,255

**Based on Age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Year/ Age	2026			2027			2028			2029			2030		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
25	514,251	226,471	287,780	510,220	226,028	284,192	502,886	223,926	278,960	493,737	220,362	273,375	483,915	216,016	267,899
26	501,359	216,426	284,933	501,957	217,251	284,706	497,767	216,833	280,934	490,472	214,831	275,641	481,441	211,503	269,938
27	489,350	207,850	281,500	490,452	208,173	282,279	490,884	208,990	281,894	486,721	208,640	278,081	479,446	206,760	272,686
28	481,636	202,117	279,519	479,753	200,442	279,311	480,759	200,802	279,957	481,044	201,583	279,461	476,861	201,321	275,540
29	477,703	198,926	278,777	473,028	195,288	277,740	471,237	193,800	277,437	472,150	194,178	277,972	472,424	195,032	277,392
30	474,800	197,276	277,524	469,924	192,637	277,287	465,337	189,191	276,146	463,588	187,806	275,782	464,409	188,207	276,202
31	465,686	194,042	271,644	467,803	191,409	276,394	463,041	186,974	276,067	458,595	183,788	274,807	456,872	182,473	274,399
32	454,154	190,133	264,021	459,324	188,613	270,711	461,519	186,087	275,432	456,921	181,869	275,052	452,524	178,793	273,731
33	445,183	187,002	258,181	448,452	185,143	263,309	453,613	183,664	269,949	455,894	181,331	274,563	451,404	177,345	274,059
34	437,033	184,282	252,751	439,905	182,369	257,536	443,191	180,566	262,625	448,556	179,342	269,214	450,869	177,118	273,751
35	427,282	180,665	246,617	432,058	179,910	252,148	435,069	178,154	256,915	438,337	176,442	261,895	443,778	175,278	268,500
36	412,828	175,430	237,398	422,698	176,568	246,130	427,447	175,872	251,575	430,580	174,271	256,309	434,016	172,756	261,260
37	401,100	171,254	229,846	408,526	171,622	236,904	418,474	172,816	245,658	423,274	172,214	251,060	426,493	170,702	255,791
38	398,586	170,860	227,726	397,115	167,689	229,426	404,641	168,157	236,484	414,606	169,424	245,182	419,473	168,891	250,582
39	403,970	173,912	230,058	394,910	167,586	227,324	393,573	164,518	229,055	401,080	165,038	236,042	411,094	166,343	244,751
40	406,564	175,844	230,720	400,371	170,725	229,646	391,500	164,578	226,922	390,241	161,601	228,640	397,802	162,243	235,559
41	397,366	172,888	224,478	403,122	172,759	230,363	397,103	167,812	229,291	388,329	161,815	226,514	387,207	159,011	228,196
42	385,581	168,923	216,658	394,138	170,075	224,063	399,928	169,973	229,955	394,032	165,167	228,865	385,457	159,345	226,112
43	380,656	168,141	212,515	382,580	166,285	216,295	391,264	167,576	223,688	396,967	167,432	229,535	391,311	162,831	228,480
44	379,047	169,398	209,649	377,917	165,797	212,120	380,052	164,045	216,007	388,687	165,299	223,388	394,497	165,284	229,213
45	373,504	170,285	203,219	379,544	170,116	209,428	378,789	166,831	211,958	381,222	165,408	215,814	390,300	167,113	223,187
46	356,351	166,175	190,176	376,417	173,330	203,087	382,912	173,631	209,281	382,638	170,769	211,869	385,722	170,004	215,718
47	337,769	160,409	177,360	360,173	170,161	190,012	381,180	178,190	202,990	388,367	179,148	209,219	388,658	176,835	211,823
48	324,001	156,150	167,851	341,140	164,037	177,103	364,747	174,898	189,849	386,686	183,863	202,823	394,602	185,515	209,087
49	317,435	154,948	162,487	326,513	158,990	167,523	344,353	167,639	176,714	369,011	179,459	189,552	391,765	189,292	202,473
50	310,707	153,014	157,693	318,669	156,695	161,974	328,212	161,195	167,017	346,722	170,440	176,282	372,019	183,013	189,006

Year/ Age	2031			2032			2033			2034			2035		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
25	475,031	212,260	262,771	466,906	209,440	257,466	459,680	207,741	251,939	453,397	206,953	246,444	448,310	206,791	241,519
26	472,330	207,617	264,713	463,963	204,244	259,719	456,340	201,735	254,605	449,660	200,399	249,261	443,721	199,840	243,881
27	470,935	203,771	267,164	462,425	200,275	262,150	454,559	197,223	257,336	447,403	195,025	252,378	441,077	193,924	247,153
28	470,097	199,764	270,333	462,072	197,073	264,999	453,973	193,840	260,133	446,586	191,198	255,388	439,780	189,178	250,602
29	468,561	194,979	273,582	462,150	193,623	268,527	454,590	191,196	263,394	446,895	188,302	258,593	439,930	185,813	254,117
30	465,003	189,258	275,745	461,461	189,389	272,072	455,505	188,292	267,213	448,261	186,125	262,136	440,920	183,421	257,499
31	457,922	183,013	274,909	458,893	184,243	274,650	455,585	184,485	271,100	449,881	183,632	266,249	443,032	181,688	261,344
32	451,169	177,709	273,460	452,561	178,527	274,034	453,734	179,872	273,862	450,704	180,287	270,417	445,285	179,560	265,725
33	447,425	174,517	272,908	446,488	173,685	272,803	448,085	174,542	273,543	449,434	176,006	273,428	446,622	176,570	270,052
34	446,808	173,356	273,452	443,202	170,807	272,395	442,475	170,119	272,356	444,337	171,152	273,185	445,938	172,759	273,179
35	446,521	173,382	273,139	442,773	169,831	272,942	439,444	167,502	271,942	439,019	166,984	272,035	441,023	168,129	272,894
36	439,655	171,721	267,934	442,692	170,010	272,682	439,272	166,714	272,558	436,279	164,630	271,649	436,099	164,277	271,822
37	430,113	169,279	260,834	436,074	168,543	267,531	439,385	167,016	272,369	436,373	163,998	272,375	433,693	162,080	271,613
38	422,893	167,557	255,336	426,905	166,425	260,480	433,111	165,812	267,299	436,711	164,476	272,235	433,824	161,582	272,242
39	416,133	165,981	250,152	419,885	164,800	255,085	424,133	163,852	260,281	430,553	163,368	267,185	434,468	162,242	272,226
40	408,035	163,620	244,415	413,287	163,438	249,849	417,223	162,419	254,804	421,653	161,565	260,088	428,375	161,304	267,071
41	394,977	159,715	235,262	405,395	161,284	244,111	410,882	161,210	249,672	415,043	160,349	254,694	419,661	159,643	260,018
42	384,606	156,729	227,877	392,570	157,546	235,024	403,187	159,213	243,974	408,794	159,242	249,552	413,242	158,563	254,679
43	383,000	157,197	225,803	382,464	154,798	227,666	390,579	155,731	234,848	401,363	157,486	243,877	407,122	157,666	249,456
44	389,066	160,836	228,230	381,087	155,465	225,622	380,707	153,131	227,576	388,917	154,204	234,713	399,970	156,078	243,892
45	396,943	167,791	229,152	392,189	163,965	228,224	384,934	159,204	225,730	385,557	157,744	227,813	394,891	159,773	235,118
46	396,082	172,818	223,264	404,044	174,733	229,311	400,319	171,806	228,513	394,205	168,123	226,082	396,298	167,984	228,314
47	393,009	177,214	215,795	404,845	181,413	223,432	414,389	184,756	229,633	411,823	182,954	228,869	407,106	180,496	226,610
48	395,969	184,243	211,726	401,612	185,743	215,869	414,937	191,369	223,568	425,906	196,046	229,860	424,307	195,164	229,143
49	400,852	191,983	208,869	403,053	191,486	211,567	409,633	193,845	215,788	424,178	200,629	223,549	436,078	206,189	229,889
50	396,008	193,974	202,034	405,777	197,366	208,411	408,517	197,309	211,208	415,719	200,232	215,487	430,859	207,596	223,263

Year/ Age	2036			2037			2038			2039			2040		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
25	446,257	207,653	238,604	446,578	209,262	237,316	448,017	211,094	236,923	449,587	213,088	236,499	449,730	214,484	235,246
26	439,087	199,960	239,127	437,264	201,001	236,263	437,722	202,682	235,040	439,449	204,753	234,696	441,135	206,797	234,338
27	435,523	193,649	241,874	431,132	193,900	237,232	429,587	195,155	234,432	430,266	196,976	233,290	432,092	199,126	232,966
28	433,871	188,337	245,534	428,564	188,195	240,369	424,361	188,624	235,737	423,009	189,966	233,043	423,966	192,058	231,908
29	433,550	184,181	249,369	427,788	183,442	244,346	422,751	183,461	239,290	418,772	184,019	234,753	417,674	185,557	232,117
30	434,325	181,228	253,097	428,047	179,632	248,415	422,643	179,112	243,531	417,752	179,250	238,502	414,002	179,991	234,011
31	436,067	179,194	256,873	429,705	177,187	252,518	423,676	175,719	247,957	418,457	175,361	243,096	413,803	175,654	238,149
32	438,717	177,787	260,930	432,026	175,505	256,521	425,796	173,532	252,264	420,112	172,304	247,808	415,059	172,069	242,990
33	441,543	176,011	265,532	435,172	174,384	260,788	428,670	172,260	256,410	422,751	170,494	252,257	417,384	169,478	247,906
34	443,311	173,425	269,886	438,406	172,952	265,454	432,186	171,488	260,698	426,044	169,557	256,487	420,348	167,959	252,389
35	442,851	169,843	273,008	440,401	170,616	269,785	435,643	170,282	265,361	429,860	169,018	260,842	423,797	167,181	256,616
36	438,382	165,481	272,901	440,284	167,271	273,013	437,995	168,105	269,890	433,474	167,950	265,524	427,722	166,720	261,002
37	433,663	161,838	271,825	436,126	163,219	272,907	438,156	165,010	273,146	435,999	165,957	270,042	431,621	165,864	265,757
38	431,490	159,884	271,606	431,760	159,803	271,957	434,246	161,191	273,055	436,527	163,081	273,446	434,495	164,148	270,347
39	431,884	159,590	272,294	429,626	157,965	271,661	430,126	158,018	272,108	432,764	159,459	273,305	435,142	161,480	273,662
40	432,507	160,327	272,180	430,055	157,778	272,277	428,065	156,315	271,750	428,679	156,436	272,243	431,454	157,986	273,468
41	426,546	159,485	267,061	430,965	158,705	272,260	428,666	156,263	272,403	426,949	154,994	271,955	427,675	155,186	272,489
42	418,066	158,005	260,061	425,112	157,972	267,140	429,787	157,334	272,453	427,697	155,082	272,615	426,096	153,876	272,220
43	411,747	157,085	254,662	416,840	156,724	260,116	424,095	156,817	267,278	428,839	156,233	272,606	427,104	154,190	272,914
44	405,982	156,440	249,542	410,856	156,039	254,817	416,039	155,768	260,271	423,546	156,012	267,534	428,505	155,581	272,924
45	407,235	162,837	244,398	414,167	164,124	250,043	420,147	164,708	255,439	426,481	165,447	261,034	435,111	166,751	268,360
46	407,382	171,672	235,710	421,849	176,742	245,107	430,446	179,529	250,917	438,234	181,747	256,487	446,290	184,167	262,123
47	410,722	181,840	228,882	423,949	187,539	236,410	440,752	194,862	245,890	451,254	199,413	251,841	461,061	203,550	257,511
48	420,687	193,736	226,951	425,865	196,536	229,329	440,804	203,887	236,917	459,774	213,251	246,523	471,804	219,348	252,456
49	435,164	205,950	229,214	432,287	205,194	227,093	438,277	208,847	229,430	454,569	217,464	237,105	474,976	228,207	246,769
50	443,329	213,798	229,531	442,568	213,658	228,910	439,968	213,190	226,778	446,489	217,265	229,224	463,163	226,318	236,845

Year/ Age	2041			2042			2043			2044			2045		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
25	446,711	214,494	232,217	441,851	213,731	228,120	436,726	212,873	223,853	431,327	211,835	219,492	425,429	210,529	214,900
26	441,523	208,362	233,161	438,770	208,644	230,126	434,266	208,073	226,193	429,445	207,436	222,009	424,319	206,659	217,660
27	434,025	201,348	232,677	434,547	203,060	231,487	432,019	203,461	228,558	427,846	203,158	224,688	423,299	202,711	220,588
28	426,005	194,326	231,679	428,010	196,658	231,352	428,710	198,509	230,201	426,441	199,050	227,391	422,381	198,887	223,494
29	418,704	187,658	231,046	420,804	190,046	230,758	422,952	192,472	230,480	423,855	194,474	229,381	421,796	195,173	226,623
30	413,043	181,621	231,422	414,290	183,882	230,408	416,502	186,308	230,194	418,787	188,853	229,934	419,746	190,921	228,825
31	410,219	176,495	233,724	409,415	178,280	231,135	410,705	180,539	230,166	413,005	183,086	229,919	415,437	185,729	229,708
32	410,562	172,517	238,045	407,126	173,473	233,653	406,436	175,278	231,158	407,813	177,648	230,165	410,197	180,262	229,935
33	412,419	169,332	243,087	408,066	169,823	238,243	404,754	170,891	233,863	404,115	172,774	231,341	405,568	175,247	230,321
34	414,973	166,934	248,039	410,172	166,901	243,271	406,072	167,569	238,503	402,799	168,687	234,112	402,268	170,600	231,668
35	418,221	165,659	252,562	413,027	164,810	248,217	408,378	164,854	243,524	404,326	165,575	238,751	401,148	166,738	234,410
36	421,918	165,026	256,892	416,499	163,668	252,831	411,428	162,894	248,534	406,916	163,022	243,894	402,898	163,812	239,086
37	426,139	164,820	261,319	420,414	163,195	257,219	415,143	161,956	253,187	410,237	161,303	248,934	405,804	161,490	244,314
38	430,174	164,131	266,043	424,820	163,172	261,648	419,232	161,624	257,608	414,129	160,515	253,614	409,340	159,906	249,434
39	433,193	162,553	270,640	429,080	162,684	266,396	423,817	161,794	262,023	418,382	160,363	258,019	413,421	159,286	254,135
40	433,941	160,037	273,904	432,113	161,212	270,901	428,092	161,371	266,721	422,949	160,587	262,362	417,627	159,292	258,335
41	430,539	156,768	273,771	433,149	158,916	274,233	431,373	160,140	271,233	427,510	160,422	267,088	422,441	159,674	262,767
42	427,058	154,210	272,848	429,988	155,832	274,156	432,665	158,040	274,625	430,996	159,342	271,654	427,174	159,655	267,519
43	425,588	153,052	272,536	426,632	153,457	273,175	429,754	155,225	274,529	432,514	157,469	275,045	430,867	158,796	272,071
44	426,842	153,630	273,212	425,556	152,625	272,931	426,712	153,127	273,585	429,879	154,936	274,943	432,781	157,252	275,529
45	441,417	167,516	273,901	440,469	166,158	274,311	439,989	165,887	274,102	441,735	166,895	274,840	445,340	169,056	276,284
46	456,936	187,294	269,642	465,109	189,800	275,309	465,251	189,490	275,761	465,988	190,296	275,692	468,713	192,161	276,552
47	471,025	207,760	263,265	483,742	212,812	270,930	493,929	217,249	276,680	495,147	217,914	277,233	496,923	219,680	277,243
48	483,175	224,949	258,226	494,619	230,542	264,077	508,948	237,158	271,790	520,640	242,997	277,643	522,463	244,147	278,316
49	487,886	235,156	252,730	500,029	241,559	258,470	512,299	247,921	264,378	527,369	255,256	272,113	539,813	261,780	278,033
50	484,219	237,743	246,476	497,432	244,896	252,536	509,721	251,470	258,251	522,032	257,889	264,143	537,196	265,303	271,893

Year/ Age	2046			2047			2048			2049			2050			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
25	418,817	208,837	209,980	425,147	211,857	213,290	428,797	215,265	213,532	431,320	218,130	213,190	432,704	220,412	212,292	433,078	222,128	210,950
26	418,812	205,646	213,166	412,514	204,213	208,301	418,907	207,245	211,662	422,651	210,815	211,836	425,370	213,822	211,548	427,021	216,347	210,674
27	418,413	202,149	216,264	413,160	201,329	211,831	407,131	200,095	207,036	413,526	203,262	210,264	417,580	207,005	210,575	420,390	210,117	210,273
28	418,114	198,648	219,466	413,426	198,221	215,205	408,422	197,617	210,805	402,729	196,591	206,138	409,162	199,817	209,345	413,239	203,641	209,598
29	417,862	195,166	222,696	413,781	195,059	218,722	409,371	194,824	214,547	404,585	194,389	210,196	399,013	193,472	205,541	405,531	196,824	208,707
30	417,778	191,710	226,068	414,085	191,824	222,261	410,153	191,910	218,243	405,946	191,837	214,109	401,292	191,501	209,791	395,917	190,756	205,161
31	416,511	187,867	228,644	414,678	188,808	225,870	411,172	189,086	222,086	407,344	189,230	218,114	403,253	189,252	214,001	398,745	189,063	209,682
32	412,684	182,977	229,707	413,850	185,207	228,643	412,251	186,312	225,939	408,798	186,677	222,121	405,108	186,892	218,216	401,109	187,049	214,060
33	407,997	177,886	230,111	410,555	180,657	229,898	411,804	182,925	228,879	410,237	184,098	226,139	406,910	184,548	222,362	403,418	184,922	218,496
34	403,760	173,176	230,584	406,232	175,851	230,381	408,906	178,688	230,218	410,221	181,040	229,181	408,729	182,299	226,430	405,536	182,854	222,682
35	400,694	168,782	231,912	402,247	171,358	230,889	404,819	174,119	230,700	407,462	176,976	230,486	408,895	179,417	229,478	407,496	180,737	226,759
36	399,798	165,048	234,750	399,400	167,145	232,255	401,082	169,784	231,298	403,751	172,685	231,066	406,381	175,552	230,829	407,901	178,103	229,798
37	401,884	162,320	239,564	398,848	163,653	235,195	398,507	165,810	232,697	400,238	168,517	231,721	402,915	171,389	231,526	405,638	174,370	231,268
38	405,051	160,235	244,816	401,101	161,107	239,994	398,192	162,504	235,688	397,863	164,711	233,152	399,608	167,441	232,167	402,390	170,373	232,017
39	408,683	158,752	249,931	404,400	159,103	245,297	400,555	160,093	240,462	397,716	161,557	236,159	397,432	163,789	233,643	399,110	166,523	232,587
40	412,720	158,261	254,459	408,107	157,796	250,311	403,923	158,219	245,704	400,166	159,245	240,921	397,339	160,774	236,565	397,085	163,026	234,059
41	417,213	158,445	258,768	412,379	157,494	254,885	407,854	157,101	250,753	403,760	157,592	246,168	400,053	158,672	241,381	397,230	160,197	237,033
42	422,201	159,009	263,192	417,064	157,810	259,254	412,342	156,932	255,410	407,886	156,627	251,259	403,782	157,140	246,642	400,156	158,289	241,867
43	427,127	159,143	267,984	422,244	158,591	263,653	417,228	157,486	259,742	412,478	156,609	255,869	408,136	156,391	251,745	404,108	156,944	247,164
44	431,159	158,601	272,558	427,468	159,012	268,456	422,763	158,559	264,204	417,744	157,522	260,222	413,096	156,700	256,396	408,751	156,460	252,291
45	448,488	171,628	276,860	447,036	173,047	273,989	443,598	173,749	269,849	438,993	173,370	265,623	434,012	172,335	261,677	429,444	171,549	257,895
46	472,719	194,618	278,101	476,339	197,602	278,737	474,917	199,093	275,824	471,698	199,959	271,739	467,180	199,668	267,512	462,170	198,571	263,599
47	500,455	222,244	278,211	504,691	224,872	279,819	508,550	228,027	280,523	506,842	229,230	277,612	503,586	230,059	273,527	498,898	229,608	269,290
48	524,838	246,498	278,340	528,644	249,232	279,412	532,610	251,628	280,982	536,180	254,481	281,699	533,838	255,069	278,769	530,175	255,563	274,612
49	541,492	262,789	278,703	543,883	265,134	278,749	547,410	267,551	279,859	550,745	269,346	281,399	553,815	271,668	282,147	550,523	271,423	279,100
50	549,638	271,842	277,796	550,878	272,403	278,475	552,890	274,367	278,523	555,911	276,325	279,586	558,695	277,505	281,190	561,078	279,196	281,882

Year/ Age	2021*			2022			2023			2024			2025		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
51	285,750	139,434	146,316	298,882	146,291	152,591	295,905	144,600	151,305	287,762	140,482	147,280	287,983	141,200	146,783
52	270,478	132,891	137,587	288,077	142,193	145,884	299,664	147,622	152,042	295,808	145,212	150,596	287,324	140,704	146,620
53	257,309	127,234	130,075	272,526	135,335	137,191	288,308	143,158	145,150	299,133	147,861	151,272	294,840	145,013	149,827
54	248,039	123,423	124,616	258,683	129,132	129,551	272,251	135,775	136,476	287,258	142,938	144,320	297,642	147,242	150,400
55	237,714	118,797	118,917	249,178	125,137	124,041	257,898	129,106	128,792	270,721	135,128	135,593	285,407	141,971	143,436
56	226,360	113,199	113,161	238,794	120,423	118,371	247,906	124,724	123,182	255,966	128,121	127,845	268,529	133,920	134,609
57	216,108	107,563	108,545	227,065	114,450	112,615	237,291	119,747	117,544	245,673	123,484	122,189	253,735	126,817	126,918
58	210,654	104,212	106,442	216,385	108,503	107,882	225,138	113,456	111,682	234,807	118,285	116,522	243,122	121,953	121,169
59	211,065	103,846	107,219	210,443	104,762	105,681	214,082	107,192	106,890	222,484	111,833	110,651	231,965	116,551	115,414
60	207,317	101,674	105,643	210,570	104,287	106,283	207,713	103,164	104,549	211,072	105,363	105,709	219,442	109,986	109,456
61	196,977	96,393	100,584	206,416	101,807	104,609	207,390	102,373	105,017	204,637	101,317	103,320	207,964	103,516	104,448
62	182,734	89,158	93,576	193,803	94,513	99,290	202,994	99,740	103,254	203,980	100,367	103,613	201,385	99,352	102,033
63	172,565	84,090	88,475	179,478	87,302	92,176	190,540	92,578	97,962	199,605	97,740	101,865	200,623	98,336	102,287
64	166,608	81,189	85,419	169,382	82,289	87,093	176,211	85,473	90,738	186,966	90,526	96,440	195,951	95,610	100,341
65	161,899	79,064	82,835	163,241	79,272	83,969	166,014	80,355	85,659	172,723	83,465	89,258	183,242	88,455	94,787
66	156,580	76,619	79,961	158,471	77,109	81,362	159,771	77,306	82,465	162,612	78,432	84,180	169,237	81,488	87,749
67	150,514	73,742	76,772	153,266	74,736	78,530	155,137	75,214	79,923	156,425	75,419	81,006	159,224	76,512	82,712
68	147,785	72,307	75,478	147,003	71,738	75,265	149,651	72,665	76,986	151,465	73,139	78,326	152,839	73,367	79,472
69	146,576	71,414	75,162	143,768	69,978	73,790	143,099	69,498	73,601	145,687	70,403	75,284	147,551	70,848	76,703
70	142,476	69,024	73,452	141,937	68,799	73,138	139,342	67,448	71,894	138,696	66,972	71,724	141,276	67,874	73,402
71	131,899	63,670	68,229	137,733	66,355	71,378	137,138	66,053	71,085	134,786	64,878	69,908	134,070	64,340	69,730
72	118,099	56,754	61,345	127,202	60,960	66,242	132,864	63,592	69,272	132,426	63,401	69,025	130,028	62,185	67,843
73	105,664	50,659	55,005	113,651	54,274	59,377	122,420	58,305	64,115	127,926	60,809	67,117	127,534	60,586	66,948
74	95,754	45,727	50,027	101,423	48,299	53,124	109,148	51,805	57,343	117,639	55,653	61,986	122,907	58,064	64,843
75	87,844	41,957	45,887	91,610	43,519	48,091	97,026	45,879	51,147	104,382	49,232	55,150	112,521	52,837	59,684
76	78,544	37,636	40,908	83,729	39,703	44,026	87,336	41,136	46,200	92,502	43,420	49,082	99,572	46,539	53,033

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Year/ Age	2026			2027			2028			2029			2030		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
51	297,309	146,663	150,646	310,988	153,890	157,098	319,036	157,690	161,346	328,926	162,537	166,389	347,802	172,199	175,603
52	287,447	141,327	146,120	296,739	146,820	149,919	310,409	154,048	156,361	318,551	157,929	160,622	328,657	162,988	165,669
53	286,184	140,334	145,850	286,215	140,866	145,349	295,485	146,352	149,133	309,192	153,669	155,523	317,363	157,545	159,818
54	293,155	144,221	148,934	284,499	139,537	144,962	284,613	140,057	144,556	293,832	145,473	148,359	307,400	152,753	154,647
55	295,540	146,152	149,388	291,120	143,131	147,989	282,407	138,402	144,005	282,539	138,910	143,629	291,755	144,308	147,447
56	283,099	140,636	142,463	293,027	144,681	148,346	288,751	141,792	146,959	280,189	137,095	143,094	280,180	137,596	142,584
57	266,078	132,459	133,619	280,455	139,084	141,371	290,398	143,155	147,243	286,157	140,252	145,905	277,741	135,616	142,125
58	251,039	125,196	125,843	263,342	130,805	132,537	277,622	137,373	140,249	287,486	141,373	146,113	283,204	138,472	144,732
59	240,263	120,195	120,068	248,065	123,372	124,693	260,290	128,919	131,371	274,458	135,453	139,005	284,296	139,452	144,844
60	228,860	114,688	114,172	237,196	118,282	118,914	244,876	121,400	123,476	257,007	126,970	130,037	270,955	133,342	137,613
61	216,281	108,102	108,179	225,653	112,724	112,929	233,849	116,279	117,570	241,524	119,372	122,152	253,512	124,825	128,687
62	204,657	101,523	103,134	212,878	106,021	106,857	222,092	110,555	111,537	230,231	114,096	116,135	237,896	117,215	120,681
63	198,020	97,325	100,695	201,303	99,496	101,807	209,451	103,922	105,529	218,664	108,489	110,175	226,483	111,829	114,654
64	196,995	96,225	100,770	194,654	95,344	99,310	197,820	97,451	100,369	205,815	101,782	104,033	214,875	106,259	108,616
65	192,145	93,453	98,692	193,274	94,092	99,182	190,954	93,225	97,729	194,148	95,279	98,869	202,004	99,576	102,428
66	179,613	86,374	93,239	188,375	91,279	97,096	189,464	91,895	97,569	187,134	91,002	96,132	190,433	93,110	97,323
67	165,721	79,489	86,232	175,930	84,303	91,627	184,524	89,068	95,456	185,565	89,651	95,914	183,281	88,783	94,498
68	155,617	74,431	81,186	161,977	77,346	84,631	172,022	82,044	89,978	180,317	86,643	93,674	181,418	87,233	94,185
69	148,895	71,107	77,788	151,588	72,105	79,483	157,789	74,934	82,855	167,674	79,533	88,141	175,788	84,031	91,757
70	143,110	68,336	74,774	144,477	68,635	75,842	147,181	69,622	77,559	153,328	72,353	80,975	162,848	76,776	86,072
71	136,725	65,265	71,460	138,529	65,688	72,841	139,872	65,983	73,889	142,534	66,983	75,551	148,434	69,606	78,828
72	129,507	61,753	67,754	132,005	62,606	69,399	133,880	63,097	70,783	135,216	63,321	71,895	137,717	64,266	73,451
73	125,271	59,503	65,768	124,795	59,082	65,713	127,232	59,941	67,291	129,001	60,374	68,627	130,325	60,603	69,722
74	122,508	57,836	64,672	120,367	56,750	63,617	119,914	56,368	63,546	122,260	57,133	65,127	124,088	57,619	66,469
75	117,582	55,132	62,450	117,266	54,964	62,302	115,218	53,926	61,292	114,870	53,576	61,294	117,200	54,374	62,826
76	107,356	50,043	57,313	112,264	52,226	60,038	111,895	52,017	59,878	110,019	51,058	58,961	109,630	50,674	58,956

Year/ Age	2031			2032			2033			2034			2035		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
51	373,963	185,586	188,377	398,554	197,136	201,418	408,665	200,875	207,790	411,654	200,998	210,656	418,947	204,096	214,851
52	347,960	173,071	174,889	374,496	186,839	187,657	399,327	198,640	200,687	409,428	202,406	207,022	412,465	202,557	209,908
53	327,683	162,791	164,892	347,045	172,988	174,057	373,629	186,837	186,792	398,431	198,690	199,741	408,561	202,421	206,140
54	315,693	156,722	158,971	326,076	162,061	164,015	345,403	172,255	173,148	371,882	186,003	185,879	396,605	197,833	198,772
55	305,330	151,627	153,703	313,646	155,631	158,015	323,935	160,871	163,064	343,160	170,963	172,197	369,488	184,656	184,832
56	289,508	143,015	146,493	302,967	150,221	152,746	311,238	154,233	157,005	321,414	159,393	162,021	340,589	169,444	171,145
57	277,844	136,188	141,656	286,992	141,527	145,465	300,413	148,669	151,744	308,613	152,596	156,017	318,745	157,766	160,979
58	274,929	133,937	140,992	275,124	134,553	140,571	284,364	139,946	144,418	297,628	146,963	150,665	305,803	150,886	154,917
59	280,135	136,614	143,521	271,992	132,161	139,831	272,222	132,782	139,440	281,273	138,031	143,242	294,500	145,045	149,455
60	280,872	137,389	143,483	276,775	134,573	142,202	268,767	130,244	138,523	269,107	130,885	138,222	277,997	136,036	141,961
61	267,418	131,172	136,246	277,115	135,116	141,999	273,242	132,458	140,784	265,421	128,229	137,192	265,727	128,816	136,911
62	249,721	122,559	127,162	263,513	128,837	134,676	273,134	132,723	140,411	269,359	130,100	139,259	261,685	125,972	135,713
63	234,162	114,922	119,240	245,818	120,186	125,632	259,431	126,394	133,037	269,042	130,303	138,739	265,350	127,741	137,609
64	222,776	109,614	113,162	230,290	112,684	117,606	241,928	117,871	124,057	255,307	123,909	131,398	264,724	127,705	137,019
65	210,906	103,910	106,996	218,781	107,274	111,507	226,129	110,214	115,915	237,600	115,350	122,250	250,874	121,348	129,526
66	198,135	97,312	100,823	206,914	101,542	105,372	214,632	104,816	109,816	221,964	107,757	114,207	233,214	112,765	120,449
67	186,520	90,831	95,689	194,175	94,940	99,235	202,670	99,022	103,648	210,380	102,295	108,085	217,693	105,198	112,495
68	179,297	86,471	92,826	182,414	88,411	94,003	189,950	92,431	97,519	198,456	96,517	101,939	205,886	99,627	106,259
69	176,912	84,627	92,285	174,902	83,863	91,039	177,925	85,764	92,161	185,283	89,688	95,595	193,559	93,600	99,959
70	170,898	81,166	89,732	171,989	81,752	90,237	170,052	81,016	89,036	173,070	82,909	90,161	180,295	86,698	93,597
71	157,799	73,894	83,905	165,565	78,093	87,472	166,726	78,704	88,022	164,951	78,076	86,875	167,899	79,898	88,001
72	143,577	66,849	76,728	152,656	70,974	81,682	160,254	75,060	85,194	161,425	75,679	85,746	159,547	74,938	84,609
73	132,827	61,508	71,319	138,530	64,017	74,513	147,306	67,969	79,337	154,674	71,911	82,763	155,756	72,449	83,307
74	125,376	57,843	67,533	127,801	58,733	69,068	133,295	61,094	72,201	141,775	64,883	76,892	148,795	68,604	80,191
75	118,818	54,735	64,083	120,158	54,962	65,196	122,441	55,780	66,661	127,754	58,057	69,697	135,872	61,640	74,232
76	111,820	51,427	60,393	113,467	51,807	61,660	114,715	52,007	62,708	117,004	52,787	64,217	122,020	54,968	67,052

Year/ Age	2036			2037			2038			2039			2040		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
51	434,311	211,666	222,645	446,949	218,003	228,946	446,170	217,837	228,333	443,498	217,279	226,219	450,047	221,361	228,686
52	419,651	205,584	214,067	435,045	213,178	221,867	447,625	219,389	228,236	446,655	219,087	227,568	443,832	218,373	225,459
53	411,472	202,492	208,980	418,518	205,388	213,130	433,775	212,853	220,922	446,200	218,963	227,237	445,162	218,513	226,649
54	406,588	201,447	205,141	409,369	201,446	207,923	416,376	204,222	212,154	431,456	211,596	219,860	443,861	217,627	226,234
55	393,965	196,315	197,650	403,924	199,932	203,992	406,663	199,834	206,829	413,691	202,644	211,047	428,710	209,955	218,755
56	366,744	182,984	183,760	391,029	194,510	196,519	400,969	198,137	202,832	403,796	198,053	205,743	410,748	200,893	209,855
57	337,806	167,732	170,074	363,738	181,111	182,627	387,924	192,588	195,336	397,814	196,166	201,648	400,652	196,153	204,499
58	315,850	155,983	159,867	334,748	165,809	168,939	360,450	179,113	181,337	384,551	190,480	194,071	394,402	194,080	200,322
59	302,636	148,949	153,687	312,600	153,972	158,628	331,403	163,752	167,651	356,886	176,901	179,985	380,857	188,178	192,679
60	291,144	142,985	148,159	299,222	146,843	152,379	309,145	151,847	157,298	327,737	161,460	166,277	353,023	174,437	178,586
61	274,596	133,976	140,620	287,596	140,816	146,780	295,663	144,658	151,005	305,588	149,624	155,964	323,957	159,135	164,822
62	262,015	126,594	135,421	270,886	131,669	139,217	283,679	138,420	145,259	291,798	142,274	149,524	301,581	147,165	154,416
63	257,873	123,686	134,187	258,226	124,309	133,917	267,119	129,413	137,706	279,737	136,010	143,727	287,778	139,792	147,986
64	261,261	125,296	135,965	253,896	121,323	132,573	254,312	121,971	132,341	262,925	126,911	136,014	275,508	133,466	142,042
65	260,269	125,060	135,209	256,816	122,694	134,122	249,655	118,838	130,817	250,053	119,469	130,584	258,639	124,352	134,287
66	246,236	118,566	127,670	255,476	122,268	133,208	252,237	119,987	132,250	245,247	116,227	129,020	245,742	116,902	128,840
67	228,681	110,053	118,628	241,459	115,754	125,705	250,661	119,411	131,250	247,470	117,181	130,289	240,586	113,531	127,055
68	212,976	102,445	110,531	223,905	107,215	116,690	236,487	112,804	123,683	245,487	116,314	129,173	242,372	114,181	128,191
69	200,926	96,697	104,229	207,965	99,490	108,475	218,613	104,106	114,507	230,931	109,515	121,416	239,772	112,981	126,791
70	188,391	90,559	97,832	195,583	93,524	102,059	202,422	96,177	106,245	212,928	100,777	112,151	225,022	106,035	118,987
71	174,923	83,546	91,377	182,857	87,280	95,577	189,931	90,189	99,742	196,625	92,793	103,832	206,811	97,182	109,629
72	162,529	76,781	85,748	169,325	80,322	89,003	177,036	83,889	93,147	183,946	86,726	97,220	190,506	89,201	101,305
73	154,113	71,865	82,248	156,956	73,608	83,348	163,573	76,976	86,597	171,066	80,406	90,660	177,832	83,151	94,681
74	149,934	69,168	80,766	148,351	68,603	79,748	151,162	70,236	80,926	157,538	73,503	84,035	164,779	76,821	87,958
75	142,708	65,223	77,485	143,801	65,719	78,082	142,335	65,170	77,165	145,012	66,785	78,227	151,176	69,914	81,262
76	129,899	58,380	71,519	136,338	61,733	74,605	137,461	62,225	75,236	135,987	61,691	74,296	138,523	63,204	75,319

Year/ Age	2041			2042			2043			2044			2045		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
51	466,767	230,460	236,307	487,812	241,903	245,909	500,862	248,921	251,941	513,003	255,364	257,639	525,104	261,603	263,501
52	450,153	222,244	227,909	466,793	231,251	235,542	487,676	242,560	245,116	500,483	249,371	251,112	512,502	255,663	256,839
53	442,266	217,716	224,550	448,475	221,476	226,999	465,032	230,407	234,625	485,674	241,506	244,168	498,416	248,283	250,133
54	442,741	217,136	225,605	439,797	216,311	223,486	446,058	220,058	226,000	462,526	228,888	233,638	483,064	239,927	243,137
55	440,998	215,931	225,067	439,982	215,493	224,489	437,107	214,663	222,444	443,271	218,335	224,936	459,630	227,133	232,497
56	425,689	208,128	217,561	437,866	214,050	223,816	437,012	213,648	223,364	434,190	212,836	221,354	440,367	216,566	223,801
57	407,617	198,923	208,694	422,474	206,128	216,346	434,697	212,061	222,636	433,784	211,636	222,148	431,000	210,866	220,134
58	397,099	193,985	203,114	404,127	196,790	207,337	419,011	204,004	215,007	431,115	209,870	221,245	430,241	209,445	220,796
59	390,610	191,746	198,864	393,398	191,681	201,717	400,458	194,519	205,939	415,168	201,569	213,599	427,324	207,530	219,794
60	376,728	185,622	191,106	386,560	189,204	197,356	389,426	189,226	200,200	396,458	192,012	204,446	411,052	199,048	212,004
61	349,035	171,956	177,079	372,510	182,990	189,520	382,293	186,544	195,749	385,197	186,577	198,620	392,183	189,357	202,826
62	319,812	156,585	163,227	344,598	169,207	175,391	367,799	180,085	187,714	377,521	183,591	193,930	380,535	183,719	196,816
63	297,441	144,585	152,856	315,461	153,888	161,573	339,966	166,360	173,606	362,953	177,076	185,877	372,640	180,553	192,087
64	283,473	137,215	146,258	293,086	141,934	151,152	310,884	151,066	159,818	335,097	163,354	171,743	357,882	173,939	183,943
65	271,032	130,787	140,245	278,922	134,476	144,446	288,415	139,125	149,290	306,037	148,140	157,897	329,994	160,231	169,763
66	254,231	121,681	132,550	266,415	127,989	138,426	274,140	131,584	142,556	283,570	136,215	147,355	300,914	145,010	155,904
67	241,178	114,174	127,004	249,454	118,817	130,637	261,517	125,010	136,507	269,137	128,571	140,566	278,400	133,055	145,345
68	235,737	110,598	125,139	236,288	111,243	125,045	244,557	115,866	128,691	256,379	121,929	134,450	263,856	125,342	138,514
69	236,862	110,914	125,948	230,507	107,548	122,959	231,026	108,143	122,883	239,014	112,608	126,406	250,671	118,499	132,172
70	233,761	109,421	124,340	230,899	107,403	123,496	224,662	104,074	120,588	225,338	104,773	120,565	233,212	109,131	124,081
71	218,723	102,335	116,388	227,144	105,560	121,584	224,523	103,718	120,805	218,564	100,538	118,026	219,141	101,169	117,972
72	200,479	93,467	107,012	212,071	98,474	113,597	220,366	101,646	118,720	217,843	99,831	118,012	212,130	96,807	115,323
73	184,139	85,514	98,625	193,804	89,623	104,181	205,100	94,438	110,662	213,115	97,470	115,645	210,774	95,770	115,004
74	171,293	79,429	91,864	177,474	81,745	95,729	186,795	85,620	101,175	197,773	90,264	107,509	205,541	93,193	112,348
75	158,144	73,062	85,082	164,353	75,500	88,853	170,430	77,748	92,682	179,423	81,456	97,967	189,881	85,845	104,036
76	144,471	66,164	78,307	151,188	69,147	82,041	157,240	71,501	85,739	162,914	73,544	89,370	171,574	77,109	94,465

Year/ Age	2046			2047			2048			2049			2050			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
51	540,107	268,807	271,300	552,231	275,062	277,169	553,144	275,308	277,836	554,777	276,876	277,901	557,464	278,453	279,011	559,895	279,288	280,607
52	524,428	261,701	262,727	539,201	268,738	270,463	551,151	274,797	276,354	551,879	274,886	276,993	553,398	276,315	277,083	555,955	277,724	278,231
53	510,356	254,447	255,909	522,151	260,384	261,767	536,847	267,335	269,512	548,747	273,363	275,384	549,470	273,413	276,057	550,931	274,786	276,145
54	495,825	246,692	249,133	507,659	252,784	254,875	519,495	258,752	260,743	534,114	265,661	268,453	546,028	271,675	274,353	546,783	271,722	275,061
55	480,271	238,230	242,041	492,894	244,863	248,031	504,696	250,949	253,747	516,529	256,908	259,621	531,112	263,773	267,339	542,994	269,769	273,225
56	456,626	225,271	231,355	477,047	236,212	240,835	489,732	242,882	246,850	501,588	248,997	252,591	513,309	254,893	258,416	527,927	261,745	266,182
57	437,194	214,578	222,616	453,476	223,252	230,224	473,774	234,145	239,629	486,396	240,762	245,634	498,172	246,820	251,352	509,904	252,704	257,200
58	427,526	208,706	218,820	433,859	212,446	221,413	449,948	221,045	228,903	470,154	231,830	238,324	482,773	238,483	244,290	494,477	244,475	250,002
59	426,498	207,122	219,376	423,922	206,425	217,497	430,090	210,098	219,992	446,207	218,667	227,540	466,302	229,353	236,949	478,847	235,937	242,910
60	423,067	204,834	218,233	422,402	204,555	217,847	419,948	203,950	215,998	426,096	207,583	218,513	442,134	216,083	226,051	462,144	226,716	235,428
61	406,725	196,376	210,349	418,703	202,090	216,613	418,170	201,851	216,319	415,688	201,210	214,478	421,946	204,921	217,025	437,837	213,362	224,475
62	387,479	186,434	201,045	401,953	193,405	208,548	413,836	199,123	214,713	413,310	198,832	214,478	411,076	198,335	212,741	417,299	201,980	215,319
63	375,675	180,736	194,939	382,627	183,486	199,141	396,934	190,278	206,656	408,796	195,955	212,841	408,329	195,788	212,541	406,168	195,254	210,914
64	367,404	177,353	190,051	370,517	177,530	192,987	377,435	180,260	197,175	391,682	187,023	204,659	403,349	192,613	210,736	403,005	192,442	210,563
65	352,362	170,507	181,855	361,870	173,970	187,900	364,968	174,147	190,821	371,856	176,856	195,000	385,916	183,503	202,413	397,568	189,003	208,565
66	324,452	156,835	167,617	346,601	167,011	179,590	355,985	170,333	185,652	359,213	170,598	188,615	366,038	173,276	192,762	379,888	179,798	200,090
67	295,496	141,689	153,807	318,688	153,244	165,444	340,480	163,241	177,239	349,785	166,552	183,233	352,934	166,819	186,115	359,770	169,448	190,322
68	273,002	129,765	143,237	289,743	138,186	151,557	312,525	149,515	163,010	333,930	159,261	174,669	343,154	162,503	180,651	346,202	162,716	183,486
69	258,031	121,852	136,179	267,007	126,192	140,815	283,440	134,374	149,066	305,782	145,406	160,376	326,844	154,921	171,923	335,809	158,091	177,718
70	244,548	114,837	129,711	251,832	118,133	133,699	260,627	122,334	138,293	276,784	130,350	146,434	298,601	141,049	157,552	319,282	150,341	168,941
71	226,934	105,457	121,477	238,033	111,019	127,014	245,219	114,223	130,996	253,754	118,222	135,532	269,577	126,019	143,558	290,929	136,435	154,494
72	212,751	97,419	115,332	220,253	101,500	118,753	231,052	106,834	124,218	238,091	110,006	128,085	246,540	113,977	132,563	261,878	121,447	140,431
73	205,208	92,828	112,380	205,904	93,491	112,413	213,168	97,427	115,741	223,736	102,632	121,104	230,521	105,581	124,940	238,791	109,429	129,362
74	203,285	91,528	111,757	197,937	88,723	109,214	198,615	89,353	109,262	205,746	93,169	112,577	215,943	98,133	117,810	222,518	100,974	121,544
75	197,436	88,630	108,806	195,289	87,061	108,228	190,284	84,424	105,860	190,914	84,997	105,917	197,789	88,658	109,131	207,605	93,370	114,235
76	181,601	81,219	100,382	188,891	83,886	105,005	186,887	82,412	104,475	182,161	79,952	102,209	182,808	80,548	102,260	189,295	83,867	105,428

Year/ Age	2021*			2022			2023			2024			2025		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
77	68,178	32,867	35,311	74,589	35,461	39,128	79,459	37,364	42,095	82,950	38,777	44,173	87,806	40,832	46,974
78	58,028	28,255	29,773	64,313	30,737	33,576	70,300	33,099	37,201	74,964	34,940	40,024	78,177	36,175	42,002
79	48,882	24,066	24,816	54,044	26,066	27,978	60,019	28,415	31,604	65,626	30,592	35,034	69,917	32,206	37,711
80	41,453	20,465	20,988	44,996	21,891	23,105	49,950	23,827	26,123	55,397	25,911	29,486	60,608	27,907	32,701
81	34,691	17,129	17,562	37,701	18,376	19,325	41,088	19,726	21,362	45,529	21,437	24,092	50,602	23,314	27,288
82	29,046	14,296	14,750	31,210	15,227	15,983	33,975	16,326	17,649	37,031	17,535	19,496	41,042	19,040	22,002
83	24,943	12,203	12,740	25,734	12,480	13,254	27,689	13,275	14,414	30,231	14,322	15,909	32,949	15,382	17,567
84	21,958	10,690	11,268	21,837	10,495	11,342	22,600	10,796	11,804	24,300	11,473	12,827	26,495	12,338	14,157
85	19,406	9,344	10,062	18,906	9,022	9,884	18,816	8,884	9,932	19,518	9,127	10,391	21,089	9,740	11,349
86	17,043	8,128	8,915	16,639	7,892	8,747	16,152	7,548	8,604	16,075	7,440	8,635	16,709	7,663	9,046
87	14,810	6,933	7,877	14,528	6,755	7,773	14,191	6,536	7,655	13,877	6,306	7,571	13,747	6,216	7,531
88	12,981	5,929	7,052	12,592	5,717	6,875	12,376	5,574	6,802	12,092	5,401	6,691	11,755	5,194	6,561
89	10,980	4,852	6,128	10,926	4,801	6,125	10,590	4,645	5,945	10,359	4,479	5,880	10,064	4,317	5,747
90	8,795	3,839	4,956	9,141	3,878	5,263	8,977	3,726	5,251	8,648	3,575	5,073	8,462	3,463	4,999
91	6,634	2,826	3,808	7,102	2,913	4,189	7,211	2,852	4,359	7,057	2,736	4,321	6,801	2,603	4,198
92	4,619	1,895	2,724	4,946	1,940	3,006	5,396	2,025	3,371	5,485	1,980	3,505	5,257	1,828	3,429
93	3,215	1,299	1,916	3,039	1,117	1,922	3,231	1,075	2,156	3,560	1,113	2,447	3,644	1,085	2,559
94	2,390	938	1,452	1,832	612	1,220	1,657	461	1,196	1,787	439	1,348	1,996	463	1,533
95+	12,045	4,301	7,744	8,242	2,580	5,662	5,971	1,450	4,521	4,512	986	3,526	3,716	614	3,102

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Year/ Age	2026			2027			2028			2029			2030		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
77	94,539	43,800	50,739	101,965	47,112	54,853	106,596	49,154	57,442	106,313	48,955	57,358	104,514	48,068	56,446
78	82,895	38,179	44,716	89,217	40,952	48,265	96,256	44,041	52,215	100,630	45,930	54,700	100,331	45,727	54,604
79	73,100	33,472	39,628	77,454	35,288	42,166	83,445	37,885	45,560	89,992	40,721	49,271	94,107	42,439	51,668
80	64,698	29,446	35,252	67,551	30,540	37,011	71,636	32,242	39,394	77,153	34,576	42,577	83,244	37,186	46,058
81	55,315	25,121	30,194	59,116	26,561	32,555	61,794	27,554	34,240	65,512	29,069	36,443	70,596	31,173	39,423
82	45,661	20,764	24,897	50,055	22,395	27,660	53,389	23,636	29,753	55,885	24,563	31,322	59,310	25,926	33,384
83	36,580	16,719	19,861	40,720	18,209	22,511	44,709	19,677	25,032	47,711	20,780	26,931	49,939	21,581	28,358
84	28,976	13,291	15,685	32,221	14,474	17,747	35,918	15,794	20,124	39,413	17,050	22,363	42,192	18,038	24,154
85	22,995	10,507	12,488	25,213	11,324	13,889	28,013	12,303	15,710	31,256	13,450	17,806	34,365	14,557	19,808
86	18,092	8,178	9,914	19,887	8,873	11,014	21,740	9,559	12,181	24,211	10,415	13,796	27,051	11,398	15,653
87	14,252	6,366	7,886	15,468	6,833	8,635	17,001	7,385	9,616	18,651	7,978	10,673	20,830	8,699	12,131
88	11,622	5,064	6,558	12,039	5,195	6,844	13,137	5,616	7,521	14,433	6,077	8,356	15,956	6,589	9,367
89	9,749	4,121	5,628	9,631	4,005	5,626	10,051	4,160	5,891	10,964	4,447	6,517	12,120	4,885	7,235
90	8,244	3,323	4,921	7,907	3,144	4,763	7,761	3,032	4,729	8,092	3,107	4,985	8,918	3,394	5,524
91	6,604	2,490	4,114	6,408	2,370	4,038	6,075	2,153	3,922	5,901	2,031	3,870	6,144	2,068	4,076
92	4,983	1,680	3,303	4,824	1,580	3,244	4,598	1,455	3,143	4,305	1,287	3,018	4,171	1,204	2,967
93	3,488	1,004	2,484	3,261	907	2,354	3,073	817	2,256	2,888	726	2,162	2,727	635	2,092
94	2,055	444	1,611	1,970	406	1,564	1,820	355	1,465	1,710	318	1,392	1,615	289	1,326
95+	3,097	354	2,743	2,740	268	2,472	2,515	230	2,285	2,339	194	2,145	2,179	166	2,013

Year/ Age	2031			2032			2033			2034			2035		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
77	104,162	47,735	56,427	106,312	48,414	57,898	107,827	48,755	59,072	108,999	48,950	60,049	111,218	49,710	61,508
78	98,632	44,881	53,751	98,302	44,539	53,763	100,357	45,198	55,159	101,915	45,559	56,356	103,005	45,719	57,286
79	93,875	42,257	51,618	92,329	41,528	50,801	92,011	41,225	50,786	94,033	41,886	52,147	95,382	42,136	53,246
80	87,123	38,792	48,331	86,956	38,673	48,283	85,568	37,935	47,633	85,340	37,691	47,649	87,150	38,230	48,920
81	76,310	33,575	42,735	79,863	35,055	44,808	79,811	34,987	44,824	78,528	34,338	44,190	78,335	34,101	44,234
82	64,018	27,888	36,130	69,172	29,993	39,179	72,448	31,332	41,116	72,338	31,217	41,121	71,273	30,689	40,584
83	53,107	22,817	30,290	57,344	24,502	32,842	61,960	26,430	35,530	64,995	27,625	37,370	64,992	27,583	37,409
84	44,102	18,701	25,401	46,941	19,801	27,140	50,752	21,323	29,429	54,936	22,985	31,951	57,597	24,006	33,591
85	36,771	15,396	21,375	38,628	16,046	22,582	41,154	16,982	24,172	44,472	18,276	26,196	48,185	19,708	28,477
86	29,752	12,349	17,403	31,878	13,043	18,835	33,436	13,566	19,870	35,626	14,362	21,264	38,589	15,476	23,113
87	23,269	9,547	13,722	25,580	10,294	15,286	27,431	10,898	16,533	28,804	11,359	17,445	30,675	12,024	18,651
88	17,842	7,229	10,613	19,871	7,849	12,022	21,867	8,513	13,354	23,506	9,031	14,475	24,603	9,402	15,201
89	13,381	5,281	8,100	15,033	5,803	9,230	16,776	6,326	10,450	18,479	6,865	11,614	19,801	7,280	12,521
90	9,882	3,701	6,181	10,962	4,051	6,911	12,435	4,532	7,903	13,969	4,994	8,975	15,329	5,376	9,953
91	6,819	2,285	4,534	7,656	2,571	5,085	8,585	2,843	5,742	9,860	3,256	6,604	11,207	3,665	7,542
92	4,288	1,195	3,093	4,819	1,337	3,482	5,506	1,539	3,967	6,236	1,732	4,504	7,263	2,026	5,237
93	2,660	623	2,037	2,729	633	2,096	3,113	689	2,424	3,639	796	2,843	4,154	907	3,247
94	1,495	247	1,248	1,500	255	1,245	1,557	270	1,287	1,785	313	1,472	2,125	372	1,753
95+	2,064	140	1,924	1,974	123	1,851	1,912	129	1,783	1,925	136	1,789	2,030	151	1,879

Year/ Age	2036			2037			2038			2039			2040		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
77	116,043	51,676	64,367	123,472	54,931	68,541	129,707	58,121	71,586	130,716	58,550	72,166	129,397	58,068	71,329
78	105,135	46,453	58,682	109,607	48,276	61,331	116,750	51,314	65,436	122,587	54,248	68,339	123,581	54,685	68,896
79	96,509	42,295	54,214	98,519	42,984	55,535	102,811	44,691	58,120	109,397	47,472	61,925	114,950	50,234	64,716
80	88,558	38,590	49,968	89,522	38,707	50,815	91,473	39,309	52,164	95,627	40,979	54,648	101,809	43,498	58,311
81	80,092	34,660	45,432	81,345	34,905	46,440	82,434	35,092	47,342	84,205	35,623	48,582	87,969	37,069	50,900
82	71,222	30,498	40,724	72,824	30,984	41,840	74,144	31,279	42,865	74,989	31,405	43,584	76,740	31,930	44,810
83	64,081	27,091	36,990	63,990	26,908	37,082	65,541	27,429	38,112	66,692	27,668	39,024	67,681	27,814	39,867
84	57,698	24,000	33,698	56,893	23,612	33,281	56,898	23,469	33,429	58,328	23,889	34,439	59,447	24,123	35,324
85	50,522	20,616	29,906	50,638	20,639	29,999	49,993	20,291	29,702	50,056	20,237	29,819	51,258	20,551	30,707
86	41,804	16,715	25,089	43,934	17,471	26,463	44,049	17,475	26,574	43,482	17,204	26,278	43,506	17,129	26,377
87	33,188	12,961	20,227	36,043	14,000	22,043	37,809	14,624	23,185	37,905	14,639	23,266	37,452	14,383	23,069
88	26,210	9,939	16,271	28,416	10,734	17,682	30,823	11,611	19,212	32,433	12,152	20,281	32,460	12,151	20,309
89	20,837	7,617	13,220	22,160	8,037	14,123	23,943	8,661	15,282	25,941	9,368	16,573	27,254	9,811	17,443
90	16,465	5,697	10,768	17,257	5,944	11,313	18,339	6,289	12,050	19,905	6,824	13,081	21,512	7,366	14,146
91	12,412	4,038	8,374	13,244	4,258	8,986	13,897	4,395	9,502	14,834	4,676	10,158	16,029	5,072	10,957
92	8,544	2,406	6,138	9,637	2,755	6,882	10,418	3,005	7,413	10,951	3,131	7,820	11,680	3,329	8,351
93	4,928	1,091	3,837	5,859	1,309	4,550	6,892	1,611	5,281	7,629	1,840	5,789	8,106	1,991	6,115
94	2,478	413	2,065	2,985	493	2,492	3,620	585	3,035	4,318	703	3,615	4,911	836	4,075
95+	2,287	177	2,110	2,659	219	2,440	3,191	264	2,927	3,855	324	3,531	4,686	382	4,304

Year/ Age	2041			2042			2043			2044			2045		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
77	131,814	59,435	72,379	137,509	62,250	75,259	143,797	65,030	78,767	149,571	67,234	82,337	155,108	69,245	85,863
78	122,290	54,241	68,049	124,679	55,600	69,079	129,960	58,170	71,790	136,034	60,768	75,266	141,410	62,782	78,628
79	115,917	50,645	65,272	114,832	50,256	64,576	117,024	51,476	65,548	122,028	53,885	68,143	127,722	56,284	71,438
80	107,005	46,053	60,952	107,872	46,433	61,439	106,826	46,061	60,765	108,861	47,136	61,725	113,621	49,391	64,230
81	93,700	39,420	54,280	98,512	41,757	56,755	99,422	42,137	57,285	98,534	41,808	56,726	100,518	42,859	57,659
82	80,232	33,289	46,943	85,582	35,395	50,187	89,972	37,518	52,454	90,891	37,818	53,073	90,141	37,553	52,588
83	69,279	28,300	40,979	72,405	29,468	42,937	77,285	31,367	45,918	81,321	33,234	48,087	82,186	33,593	48,593
84	60,299	24,294	36,005	61,756	24,695	37,061	64,690	25,766	38,924	69,123	27,459	41,664	72,824	29,149	43,675
85	52,264	20,739	31,525	53,188	20,907	32,281	54,495	21,289	33,206	57,094	22,210	34,884	61,094	23,721	37,373
86	44,712	17,454	27,258	45,639	17,640	27,999	46,405	17,802	28,603	47,510	18,107	29,403	49,891	18,949	30,942
87	37,585	14,344	23,241	38,546	14,633	23,913	39,384	14,805	24,579	40,049	14,926	25,123	41,093	15,183	25,910
88	32,025	11,921	20,104	32,075	11,889	20,186	32,942	12,106	20,836	33,630	12,238	21,392	34,150	12,287	21,863
89	27,293	9,815	17,478	26,974	9,659	17,315	26,983	9,602	17,381	27,653	9,757	17,896	28,173	9,828	18,345
90	22,576	7,722	14,854	22,567	7,665	14,902	22,195	7,517	14,678	22,209	7,427	14,782	22,745	7,551	15,194
91	17,347	5,507	11,840	18,204	5,765	12,439	18,159	5,740	12,419	17,853	5,628	12,225	17,877	5,608	12,269
92	12,605	3,609	8,996	13,679	3,941	9,738	14,300	4,119	10,181	14,280	4,125	10,155	14,059	4,035	10,024
93	8,697	2,169	6,528	9,520	2,447	7,073	10,363	2,716	7,647	10,856	2,849	8,007	10,869	2,845	8,024
94	5,301	929	4,372	5,833	1,082	4,751	6,502	1,298	5,204	7,230	1,522	5,708	7,632	1,650	5,982
95+	5,544	450	5,094	6,268	494	5,774	7,102	551	6,551	8,210	663	7,547	9,495	833	8,662

Year/ Age	2046			2047			2048			2049			2050			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
77	163,362	72,550	90,812	172,965	76,471	96,494	179,890	78,949	100,941	178,052	77,557	100,495	173,465	75,233	98,232	174,049	75,707	98,342
78	146,716	64,663	82,053	154,554	67,774	86,780	163,680	71,436	92,244	170,336	73,798	96,538	168,517	72,489	96,028	164,286	70,282	94,004
79	132,894	58,174	74,720	137,843	59,885	77,958	145,293	62,819	82,474	153,935	66,263	87,672	160,227	68,440	91,787	158,578	67,233	91,345
80	118,968	51,657	67,311	123,926	53,493	70,433	128,627	55,059	73,568	135,546	57,741	77,805	143,566	60,849	82,717	149,574	62,912	86,662
81	104,906	44,886	60,020	109,931	46,988	62,943	114,462	48,575	65,887	118,882	50,071	68,811	125,369	52,490	72,879	132,943	55,414	77,529
82	91,979	38,553	53,426	96,032	40,363	55,669	100,626	42,241	58,385	104,874	43,734	61,140	108,930	45,069	63,861	114,983	47,276	67,707
83	81,583	33,373	48,210	83,219	34,213	49,006	86,933	35,850	51,083	91,203	37,555	53,648	95,122	38,886	56,236	98,972	40,155	58,817
84	73,595	29,429	44,166	73,007	29,242	43,765	74,615	30,035	44,580	78,075	31,544	46,531	81,923	33,052	48,871	85,493	34,245	51,248
85	64,348	25,152	39,196	65,050	25,418	39,632	64,652	25,266	39,386	66,024	25,947	40,077	69,186	27,303	41,883	72,710	28,636	44,074
86	53,369	20,196	33,173	56,234	21,412	34,822	56,963	21,662	35,301	56,618	21,571	35,047	57,870	22,175	35,695	60,523	23,272	37,251
87	43,061	15,830	27,231	46,052	16,893	29,159	48,577	17,946	30,631	49,180	18,134	31,046	48,917	18,064	30,853	50,053	18,582	31,471
88	35,078	12,568	22,510	36,809	13,087	23,722	39,344	13,977	25,367	41,425	14,810	26,615	41,965	14,977	26,988	41,652	14,883	26,769
89	28,675	9,887	18,788	29,371	10,055	19,316	30,776	10,494	20,282	32,947	11,242	21,705	34,712	11,922	22,790	35,096	12,052	23,044
90	23,143	7,620	15,523	23,519	7,670	15,849	24,133	7,811	16,322	25,301	8,183	17,118	27,006	8,696	18,310	28,439	9,262	19,177
91	18,286	5,698	12,588	18,655	5,749	12,906	18,980	5,767	13,213	19,438	5,908	13,530	20,336	6,155	14,181	21,693	6,546	15,147
92	14,025	4,014	10,011	14,332	4,078	10,254	14,602	4,134	10,468	14,815	4,139	10,676	15,169	4,212	10,957	15,906	4,437	11,469
93	10,661	2,751	7,910	10,580	2,685	7,895	10,833	2,724	8,109	10,974	2,720	8,254	11,109	2,688	8,421	11,354	2,688	8,666
94	7,587	1,591	5,996	7,380	1,477	5,903	7,310	1,424	5,886	7,498	1,458	6,040	7,633	1,449	6,184	7,743	1,427	6,316
95+	10,699	965	9,734	11,418	997	10,421	11,891	984	10,907	12,217	997	11,220	12,780	1,057	11,723	13,412	1,123	12,289

PROVINCE LEVEL POPULATION PROJECTION (MEDIUM SCENARIO)

Annex 11 : Population projection by age and sex for province, 2021 -2051 (Medium Scenario)

Province and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Koshi																					
Total	4,991,363	2,432,430	2,558,933	5,006,049	2,377,547	2,628,502	5,013,546	2,343,485	2,670,061	5,050,705	2,347,479	2,703,226	5,109,735	2,383,553	2,726,182	5,175,741	2,439,784	2,735,957	5,214,629	2,483,542	2,731,087
00-04	414,858	214,744	200,114	394,088	204,482	189,606	375,100	197,502	177,598	350,569	185,376	165,193	326,525	172,217	154,308	304,025	159,219	144,806	284,400	147,329	137,071
05-09	451,899	232,220	219,679	409,344	212,108	197,236	388,684	202,027	186,657	370,569	195,517	175,052	346,669	183,624	163,045	323,437	170,893	152,544	301,586	158,121	143,465
10-14	455,940	231,946	223,994	445,898	229,351	216,547	404,654	209,935	194,719	384,898	200,259	184,639	367,333	193,930	173,403	344,043	182,385	161,658	321,262	169,754	151,508
15-19	483,650	242,146	241,504	438,183	220,293	217,890	427,768	217,751	210,017	390,481	200,977	189,504	373,266	193,157	180,109	357,634	188,183	169,451	336,081	177,884	158,197
20-24	455,077	213,191	241,886	425,997	198,488	227,509	385,491	182,434	203,057	380,279	184,136	196,143	352,300	174,567	177,733	341,745	172,185	169,560	331,571	171,584	159,987
25-29	413,476	188,085	225,391	392,528	163,709	228,819	364,682	153,181	211,501	334,780	145,006	189,774	335,149	150,986	184,163	315,934	148,158	167,776	311,462	150,842	160,620
30-34	372,644	170,702	201,942	371,631	152,710	218,921	353,871	134,206	219,665	332,957	128,453	204,504	309,929	124,843	185,086	313,268	133,207	180,061	298,740	134,047	164,693
35-39	355,944	165,280	190,664	345,156	146,320	198,836	347,322	132,369	214,953	336,484	119,057	217,427	320,405	116,357	204,048	301,059	115,376	185,683	305,668	125,057	180,611
40-44	309,894	148,049	161,845	335,994	147,663	188,331	328,495	132,067	196,428	336,234	122,034	214,200	330,285	112,209	218,076	316,796	111,515	205,281	299,073	111,945	187,128
45-49	264,675	127,976	136,699	305,561	145,661	159,900	341,360	154,684	186,676	350,086	153,700	196,386	378,731	163,247	215,484	385,127	165,429	219,698	369,664	162,959	206,705
50-54	255,979	125,658	130,321	264,984	131,409	133,575	312,553	155,916	156,637	363,004	179,075	183,929	384,521	190,378	194,143	424,874	211,532	213,342	428,097	210,529	217,568
55-59	211,983	105,074	106,909	248,411	122,987	125,424	254,800	125,994	128,806	302,978	151,251	151,727	352,394	173,618	178,776	373,552	184,284	189,268	413,086	204,516	208,570
60-64	178,947	87,896	91,051	198,267	97,790	100,477	231,704	113,294	118,410	239,146	116,773	122,373	285,735	140,731	145,004	333,847	162,217	171,630	355,395	172,878	182,517
65-69	142,402	70,036	72,366	160,957	77,947	83,010	179,168	86,975	92,193	210,634	101,196	109,438	218,737	104,729	114,008	262,820	126,839	135,981	308,427	146,584	161,843
70-74	106,029	51,979	54,050	121,110	58,079	63,031	137,903	64,941	72,962	154,460	72,802	81,658	183,009	85,234	97,775	191,220	88,645	102,575	231,133	107,947	123,186
75-79	63,530	31,040	32,490	83,619	39,353	44,266	95,851	43,978	51,873	109,675	49,293	60,382	123,325	55,430	67,895	146,904	65,102	81,802	154,264	67,970	86,294
80-84	31,110	15,799	15,311	42,562	19,684	22,878	56,637	25,135	31,502	65,251	28,060	37,191	75,134	31,532	43,602	84,895	35,566	49,329	102,040	42,021	60,019
85+	23,326	10,609	12,717	21,759	9,513	12,246	27,503	11,096	16,407	38,220	14,514	23,706	46,288	16,764	29,524	54,561	19,049	35,512	62,680	21,575	41,105

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Province and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Madhesh																					
Total	6,216,736	3,122,544	3,094,192	6,586,440	3,270,108	3,316,332	6,929,970	3,419,162	3,510,808	7,275,486	3,588,183	3,687,303	7,618,902	3,771,036	3,847,866	7,955,419	3,968,703	3,986,716	8,245,436	4,145,209	4,100,227
00-04	746,865	402,166	344,699	759,929	414,611	345,318	748,705	413,593	335,112	733,283	403,507	329,776	708,741	384,259	324,482	675,162	361,002	314,160	634,290	334,611	299,679
05-09	725,648	379,489	346,159	737,381	397,600	339,781	750,417	410,074	340,343	739,638	409,231	330,407	724,906	399,575	325,331	700,941	380,728	320,213	667,968	357,836	310,132
10-14	665,401	342,612	322,789	715,816	375,664	340,152	726,929	393,248	333,681	739,865	405,563	334,302	729,728	404,881	324,847	715,177	395,357	319,820	691,561	376,700	314,861
15-19	647,958	332,318	315,640	638,669	327,055	311,614	684,700	356,713	327,987	695,923	373,993	321,930	709,864	387,115	322,749	702,055	388,364	313,691	689,643	380,625	309,018
20-24	573,172	275,085	298,087	582,831	280,780	302,051	573,424	275,934	297,490	616,626	303,484	313,142	629,442	321,744	307,698	647,312	338,692	308,620	646,692	346,547	300,145
25-29	492,784	227,454	265,330	510,774	222,540	288,234	519,214	228,027	291,187	514,668	227,758	286,910	557,109	255,034	302,075	572,095	275,272	296,823	594,120	296,293	297,827
30-34	414,310	189,594	224,716	448,465	189,928	258,537	468,248	187,976	280,272	479,702	196,494	283,208	478,869	199,764	279,105	520,780	227,155	293,625	537,291	248,807	288,484
35-39	401,541	186,456	215,085	383,290	163,397	219,893	418,216	165,649	252,567	441,672	167,609	274,063	455,512	178,543	276,969	456,829	183,987	272,842	498,323	211,621	286,702
40-44	319,386	158,641	160,745	377,179	166,361	210,818	362,973	147,339	215,634	400,349	152,316	248,033	426,717	157,339	269,378	442,075	169,793	272,282	444,829	176,619	268,210
45-49	269,185	132,700	136,485	313,224	155,672	157,552	379,718	173,134	206,584	381,142	169,354	211,788	441,523	197,654	243,869	490,428	225,439	264,989	507,254	239,233	268,021
50-54	239,498	123,694	115,804	272,073	139,330	132,743	322,964	169,532	153,432	404,396	202,794	201,602	417,836	210,678	207,158	495,215	256,292	238,923	547,732	287,773	259,959
55-59	194,293	101,470	92,823	235,411	124,259	111,152	263,279	135,610	127,669	314,842	166,642	148,200	393,626	198,489	195,137	406,551	205,489	201,062	481,705	249,161	232,544
60-64	166,295	84,151	82,144	182,979	96,126	86,853	220,365	115,586	104,779	247,524	126,542	120,982	297,433	156,141	141,292	373,519	186,566	186,953	387,541	193,983	193,558
65-69	150,536	77,540	72,996	150,961	75,862	75,099	166,705	86,678	80,027	201,839	104,581	97,258	227,808	114,929	112,879	275,042	142,398	132,644	346,872	170,671	176,201
70-74	122,737	63,352	59,385	130,431	66,145	64,286	131,840	65,117	66,723	146,162	74,640	71,522	177,883	90,371	87,512	201,395	99,442	101,953	244,366	123,787	120,579
75-79	55,808	29,834	25,974	99,010	50,302	48,708	105,057	52,293	52,764	106,861	51,587	55,274	118,614	59,080	59,534	145,034	71,579	73,455	164,358	78,580	85,778
80-84	18,221	9,658	8,563	36,799	19,203	17,596	65,556	32,290	33,266	69,533	33,347	36,186	72,311	33,574	38,737	80,915	38,620	42,295	100,552	47,372	53,180
85+	13,098	6,330	6,768	11,218	5,273	5,945	21,660	10,369	11,291	41,461	18,741	22,720	50,980	21,866	29,114	54,894	22,528	32,366	60,339	24,990	35,349

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Province and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Bagmati																					
Total	6,127,314	3,053,635	3,073,679	6,358,449	3,129,316	3,229,133	6,533,073	3,196,888	3,336,185	6,697,750	3,276,092	3,421,658	6,858,738	3,370,733	3,488,005	6,998,996	3,468,867	3,530,129	7,088,919	3,544,346	3,544,573
00-04	410,369	217,235	193,134	390,734	207,323	183,411	372,403	200,761	171,642	338,927	182,813	156,114	307,479	164,310	143,169	280,980	148,740	132,240	259,521	136,044	123,477
05-09	458,646	242,947	215,699	419,622	221,329	198,293	398,226	210,933	187,293	379,691	204,529	175,162	346,014	186,548	159,466	314,118	167,860	146,258	287,222	152,125	135,097
10-14	497,496	259,596	237,900	476,623	250,261	226,362	435,363	227,988	207,375	413,504	217,514	195,990	394,618	211,111	183,507	360,122	192,839	167,283	327,317	173,769	153,548
15-19	586,487	302,445	284,042	522,821	268,965	253,856	496,869	258,863	238,006	454,624	237,270	217,354	433,700	227,963	205,737	415,319	222,349	192,970	380,913	204,466	176,447
20-24	610,828	303,434	307,394	574,784	290,187	284,597	507,164	260,179	246,985	484,155	254,230	229,925	447,579	237,778	209,801	432,290	233,132	199,158	418,716	231,407	187,309
25-29	574,962	276,126	298,836	575,706	275,378	300,328	533,373	263,221	270,152	474,976	240,499	234,477	458,728	240,163	218,565	429,801	229,957	199,844	420,690	230,521	190,169
30-34	518,472	248,056	270,416	556,955	256,225	300,730	552,568	253,774	298,794	515,860	245,110	270,750	464,969	227,765	237,204	452,065	230,842	221,223	427,372	224,749	202,623
35-39	484,337	233,336	251,001	512,063	236,613	275,450	548,875	243,739	305,136	548,174	242,618	305,556	516,338	236,537	279,801	468,910	222,275	246,635	457,491	227,504	229,987
40-44	417,615	202,721	214,894	480,619	225,420	255,199	508,271	228,831	279,440	548,115	237,135	310,980	551,270	237,684	313,586	522,041	233,372	288,669	476,218	221,136	255,082
45-49	350,165	171,791	178,374	420,750	203,461	217,289	491,291	233,103	258,188	532,355	248,674	283,681	591,407	274,274	317,133	604,533	283,719	320,814	572,394	276,628	295,766
50-54	323,341	162,018	161,323	352,616	174,739	177,877	427,692	211,397	216,295	510,563	253,016	257,547	564,493	281,343	283,150	633,883	317,021	316,862	643,986	323,045	320,941
55-59	253,089	127,089	126,000	317,430	159,122	158,308	343,415	169,313	174,102	418,070	206,225	211,845	499,558	246,976	252,582	552,775	274,734	278,041	621,693	309,838	311,855
60-64	205,863	101,639	104,224	241,653	120,153	121,500	301,864	149,293	152,571	327,288	159,308	167,980	399,577	194,785	204,792	478,841	234,076	244,765	531,476	261,432	270,044
65-69	159,543	77,850	81,693	190,062	92,335	97,727	223,437	109,289	114,148	279,902	136,086	143,816	304,439	145,593	158,846	373,065	178,711	194,354	448,786	215,603	233,183
70-74	119,456	56,101	63,355	139,259	66,261	72,998	166,992	78,999	87,993	197,224	93,808	103,416	248,439	117,364	131,075	271,558	126,074	145,484	334,966	155,861	179,105
75-79	80,685	37,152	43,533	97,831	44,243	53,588	114,462	52,230	62,232	138,153	62,622	75,531	163,799	74,563	89,236	207,326	93,549	113,777	227,705	100,879	126,826
80-84	41,122	19,208	21,914	57,267	24,962	32,305	70,862	30,206	40,656	83,466	35,727	47,739	101,545	42,999	58,546	121,108	51,409	69,699	154,389	64,859	89,530
85+	34,838	14,891	19,947	31,654	12,339	19,315	39,946	14,769	25,177	52,703	18,908	33,795	64,786	22,977	41,809	80,261	28,208	52,053	98,064	34,480	63,584

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Province and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Gandaki																					
Total	2,478,284	1,176,886	1,301,398	2,414,940	1,105,557	1,309,383	2,355,830	1,056,456	1,299,374	2,317,075	1,033,069	1,284,006	2,294,796	1,030,165	1,264,631	2,279,341	1,039,347	1,239,994	2,254,349	1,043,652	1,210,697
00-04	181,841	96,650	85,191	167,003	88,768	78,235	151,032	81,802	69,230	131,597	71,297	60,300	115,104	61,659	53,445	102,027	54,047	47,980	91,387	47,875	43,512
05-09	202,247	107,390	94,857	178,068	94,811	83,257	163,251	87,086	76,165	148,329	80,632	67,697	129,912	70,623	59,289	114,087	61,293	52,794	101,503	53,984	47,519
10-14	218,109	113,117	104,992	198,016	104,909	93,107	174,839	92,898	81,941	160,742	85,594	75,148	146,872	79,639	67,233	129,137	70,052	59,085	113,984	61,124	52,860
15-19	236,426	119,377	117,049	202,618	101,711	100,907	184,230	94,917	89,313	164,270	85,266	79,004	152,713	79,886	72,827	141,075	75,525	65,550	125,521	67,514	58,007
20-24	225,305	104,731	120,574	195,795	87,761	108,034	167,586	76,395	91,191	155,297	74,155	81,142	141,724	69,467	72,257	134,883	67,899	66,984	127,595	66,920	60,675
25-29	205,008	88,646	116,362	184,845	72,322	112,523	161,175	62,733	98,442	140,688	57,167	83,521	132,955	58,083	74,872	123,937	56,941	66,996	120,588	58,137	62,451
30-34	184,885	80,066	104,819	181,788	68,439	113,349	166,370	57,864	108,506	148,025	52,194	95,831	131,269	49,122	82,147	125,349	51,275	74,074	118,152	51,575	66,577
35-39	172,301	75,247	97,054	170,357	66,715	103,642	169,823	58,421	111,402	158,761	51,237	107,524	143,653	47,613	96,040	128,620	45,691	82,929	123,590	48,492	75,098
40-44	151,326	66,523	84,803	161,940	65,691	96,249	161,542	59,133	102,409	163,921	53,401	110,520	155,768	48,319	107,449	142,162	45,755	96,407	128,164	44,568	83,596
45-49	133,029	60,006	73,023	150,425	66,470	83,955	166,269	71,024	95,245	173,879	72,249	101,630	186,878	76,904	109,974	185,210	77,966	107,244	170,096	73,504	96,592
50-54	130,499	60,802	69,697	135,632	64,101	71,531	156,278	74,169	82,109	179,718	86,212	93,506	193,752	93,811	99,941	212,135	103,773	108,362	208,601	102,570	106,031
55-59	113,166	53,200	59,966	128,262	60,782	67,480	130,414	61,232	69,182	151,406	71,714	79,692	174,197	83,169	91,028	187,726	90,231	97,495	205,645	99,658	105,987
60-64	100,058	46,876	53,182	107,124	50,006	57,118	120,059	55,670	64,389	122,565	56,339	66,226	142,925	66,372	76,553	164,980	77,297	87,683	178,381	84,143	94,238
65-69	81,968	38,236	43,732	90,876	41,749	49,127	97,429	44,454	52,975	109,793	49,672	60,121	112,568	50,465	62,103	131,851	59,699	72,152	152,714	69,655	83,059
70-74	62,897	28,813	34,084	70,579	31,808	38,771	78,756	34,900	43,856	84,853	37,278	47,575	96,172	41,853	54,319	99,095	42,660	56,435	116,679	50,649	66,030
75-79	40,998	19,059	21,939	49,441	21,557	27,884	55,754	23,841	31,913	62,741	26,237	36,504	67,919	28,128	39,791	77,660	31,757	45,903	80,423	32,368	48,055
80-84	21,868	10,736	11,132	26,646	11,518	15,128	32,782	13,259	19,523	37,349	14,720	22,629	42,646	16,362	26,284	46,829	17,710	29,119	54,366	20,199	34,167
85+	16,353	7,411	8,942	15,525	6,439	9,086	18,241	6,658	11,583	23,141	7,705	15,436	27,769	8,690	19,079	32,578	9,776	22,802	36,960	10,717	26,243

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Province and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Lumbini																					
Total	5,145,461	2,466,468	2,678,993	5,276,241	2,461,402	2,814,839	5,400,251	2,478,231	2,922,020	5,554,031	2,536,975	3,017,056	5,732,459	2,632,617	3,099,842	5,918,740	2,753,155	3,165,585	6,084,845	2,872,281	3,212,564
00-04	465,742	244,094	221,648	453,582	238,549	215,033	443,709	236,475	207,234	418,031	222,617	195,414	391,263	206,350	184,913	365,879	190,952	174,927	345,228	178,098	167,130
05-09	501,469	262,058	239,411	465,500	243,998	221,502	452,094	238,153	213,941	442,951	236,454	206,497	417,837	222,961	194,876	391,587	206,929	184,658	366,643	191,742	174,901
10-14	520,733	267,354	253,379	500,736	260,417	240,319	465,449	242,975	222,474	452,813	237,626	215,187	444,514	236,457	208,057	419,882	223,314	196,568	393,890	207,606	186,284
15-19	545,635	267,328	278,307	498,163	247,325	250,838	479,725	242,299	237,426	449,903	229,141	220,762	441,138	227,054	214,084	435,334	228,077	207,257	413,570	217,570	196,000
20-24	497,946	224,396	273,550	487,906	219,220	268,686	445,279	205,098	240,181	435,118	206,922	228,196	414,771	201,667	213,104	412,453	205,180	207,273	411,754	210,718	201,036
25-29	443,763	192,317	251,446	442,503	177,109	265,394	433,100	175,362	257,738	400,850	169,202	231,648	397,421	176,391	221,030	384,017	177,123	206,894	386,676	185,173	201,503
30-34	385,801	169,028	216,773	407,352	159,002	248,350	409,567	149,486	260,081	405,718	151,874	253,844	379,856	150,311	229,545	379,467	160,298	219,169	369,790	164,422	205,368
35-39	357,608	159,994	197,614	361,105	145,480	215,625	384,999	139,365	245,634	393,347	134,943	258,404	393,675	140,258	253,417	371,287	141,395	229,892	372,592	153,068	219,524
40-44	296,459	136,929	159,530	338,310	141,896	196,414	344,369	130,792	213,577	372,903	128,600	244,303	386,095	127,955	258,140	389,012	135,263	253,749	368,674	138,096	230,578
45-49	242,589	113,425	129,164	293,636	134,862	158,774	345,391	149,934	195,457	368,690	154,824	213,866	420,988	175,133	245,855	453,221	192,688	260,533	462,196	206,028	256,168
50-54	227,315	108,191	119,124	247,591	120,131	127,460	305,254	148,591	156,663	372,712	178,944	193,768	410,151	197,464	212,687	475,982	231,110	244,872	510,223	250,720	259,503
55-59	183,772	89,858	93,914	224,837	109,350	115,487	239,570	116,173	123,397	297,636	145,375	152,261	363,259	174,479	188,780	399,630	191,882	207,748	463,666	223,877	239,789
60-64	154,023	74,077	79,946	174,767	85,439	89,328	210,620	100,740	109,880	225,586	107,615	117,971	281,501	135,247	146,254	344,723	162,854	181,869	380,716	179,759	200,957
65-69	129,722	62,654	67,068	139,359	65,766	73,593	158,339	75,694	82,645	191,994	89,673	102,321	206,652	96,160	110,492	259,036	121,375	137,661	318,511	146,573	171,938
70-74	99,841	48,659	51,182	110,455	51,776	58,679	119,782	54,723	65,059	136,864	63,243	73,621	167,116	75,264	91,852	180,675	80,970	99,705	227,776	102,698	125,078
75-79	54,853	27,202	27,651	78,599	37,085	41,514	87,234	39,311	47,923	95,458	41,750	53,708	109,394	48,168	61,226	134,254	57,327	76,927	145,594	61,648	83,946
80-84	22,818	11,620	11,198	36,838	17,347	19,491	53,039	23,590	29,449	58,944	24,851	34,093	65,271	26,540	38,731	75,211	30,680	44,531	93,125	36,630	56,495
85+	15,372	7,284	8,088	15,002	6,650	8,352	22,731	9,470	13,261	34,513	13,321	21,192	41,557	14,758	26,799	47,090	15,738	31,352	54,221	17,855	36,366

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Province and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Karnali																					
Total	1,694,280	826,696	867,584	1,729,287	823,447	905,840	1,760,134	825,859	934,275	1,791,934	834,587	957,347	1,825,244	849,162	976,082	1,861,599	869,914	991,685	1,895,944	892,180	1,003,764
00-04	175,150	91,678	83,472	175,371	92,077	83,294	174,832	93,178	81,654	160,624	85,556	75,068	144,048	76,025	68,023	131,385	68,649	62,736	122,356	63,246	59,110
05-09	184,026	94,664	89,362	167,496	87,964	79,532	166,879	88,201	78,678	166,574	89,378	77,196	153,342	82,320	71,022	137,919	73,426	64,493	126,023	66,433	59,590
10-14	206,205	104,476	101,729	176,668	90,748	85,920	161,245	84,520	76,725	160,692	84,734	75,958	160,719	86,060	74,659	148,302	79,418	68,884	133,670	70,970	62,700
15-19	200,258	96,907	103,351	190,134	93,592	96,542	163,581	81,905	81,676	150,366	76,885	73,481	150,623	77,684	72,939	151,230	79,350	71,880	140,169	73,770	66,399
20-24	169,694	78,353	91,341	173,948	77,841	96,107	163,848	75,417	88,431	142,923	67,595	75,328	132,826	64,612	68,214	134,286	66,469	67,817	135,956	69,052	66,904
25-29	134,929	63,415	71,514	147,785	61,739	86,046	150,574	61,618	88,956	143,115	61,090	82,025	126,838	56,277	70,561	119,218	54,949	64,269	121,617	57,659	63,958
30-34	111,544	52,268	59,276	121,130	52,360	68,770	132,949	51,409	81,540	136,727	52,284	84,443	131,438	53,027	78,411	118,025	49,884	68,141	111,913	49,477	62,436
35-39	101,739	47,168	54,571	102,747	45,101	57,646	112,138	45,648	66,490	124,711	45,766	78,945	129,608	47,432	82,176	125,767	48,975	76,792	113,964	46,682	67,282
40-44	85,272	39,534	45,738	95,308	41,932	53,376	96,741	40,481	56,260	107,054	41,784	65,270	120,700	42,807	77,893	126,515	44,978	81,537	123,596	46,987	76,609
45-49	74,340	35,410	38,930	82,965	37,847	45,118	95,026	42,263	52,763	101,058	44,656	56,402	118,296	51,878	66,418	139,108	58,845	80,263	148,643	64,147	84,496
50-54	66,758	32,718	34,040	73,990	35,634	38,356	84,571	39,977	44,594	100,380	47,652	52,728	110,406	53,643	56,763	132,177	65,028	67,149	154,995	73,918	81,077
55-59	54,685	27,395	27,290	65,249	32,303	32,946	71,281	34,238	37,043	82,089	38,861	43,228	97,470	46,185	51,285	107,009	51,736	55,273	127,959	62,476	65,483
60-64	46,303	22,816	23,487	51,477	25,625	25,852	60,919	29,644	31,275	66,799	31,528	35,271	77,295	35,964	41,331	92,093	42,854	49,239	101,674	48,309	53,365
65-69	35,302	17,270	18,032	41,769	20,127	21,642	46,507	22,587	23,920	55,344	26,281	29,063	61,026	28,067	32,959	71,061	32,154	38,907	85,016	38,518	46,498
70-74	27,256	12,717	14,539	30,112	14,154	15,958	35,966	16,681	19,285	40,273	18,817	21,456	48,293	22,020	26,273	53,568	23,664	29,904	62,793	27,289	35,504
75-79	14,077	6,654	7,423	21,731	9,624	12,107	24,053	10,715	13,338	28,850	12,635	16,215	32,333	14,233	18,100	39,066	16,799	22,267	43,420	18,010	25,410
80-84	4,703	2,371	2,332	9,258	3,949	5,309	14,366	5,764	8,602	15,929	6,452	9,477	19,334	7,705	11,629	21,744	8,728	13,016	26,607	10,403	16,204
85+	2,039	882	1,157	2,149	830	1,319	4,658	1,613	3,045	8,426	2,633	5,793	10,649	3,223	7,426	13,126	4,008	9,118	15,573	4,834	10,739

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Province and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Sudurpashchim																					
Total	2,702,698	1,276,817	1,425,881	2,662,634	1,225,972	1,436,662	2,611,055	1,187,379	1,423,676	2,596,917	1,177,118	1,419,799	2,623,141	1,192,401	1,430,740	2,681,845	1,230,485	1,451,360	2,752,867	1,280,613	1,472,254
00-04	248,220	132,520	115,700	232,046	125,480	106,566	219,017	120,543	98,474	192,723	105,947	86,776	166,817	90,663	76,154	146,579	78,890	67,689	132,753	70,786	61,967
05-09	275,755	143,726	132,029	234,703	125,777	108,926	216,376	118,777	97,599	205,005	114,833	90,172	181,735	101,835	79,900	158,499	87,916	70,583	140,293	77,130	63,163
10-14	319,761	162,732	157,029	266,468	137,937	128,531	227,881	121,538	106,343	210,802	115,164	95,638	201,049	111,970	89,079	179,469	99,973	79,496	157,574	86,903	70,671
15-19	304,760	143,874	160,886	284,226	138,179	146,047	237,171	118,423	118,748	206,876	106,705	100,171	194,433	103,094	91,339	187,764	101,843	85,921	169,812	92,639	77,173
20-24	257,324	110,313	147,011	243,049	102,876	140,173	220,364	98,222	122,142	188,832	88,402	100,430	169,992	83,357	86,635	163,414	83,438	79,976	161,268	85,353	75,915
25-29	217,422	94,535	122,887	210,158	78,993	131,165	194,836	74,249	120,587	179,211	73,058	106,153	158,768	69,254	89,514	147,016	68,046	78,970	144,106	70,432	73,674
30-34	186,349	82,161	104,188	189,535	74,071	115,464	184,754	63,138	121,616	174,974	61,236	113,738	164,886	62,067	102,819	149,776	60,955	88,821	141,467	61,567	79,900
35-39	173,496	77,375	96,121	169,048	68,495	100,553	173,942	62,729	111,213	175,121	55,406	119,715	170,454	55,449	115,005	163,638	57,438	106,200	150,907	57,682	93,225
40-44	145,081	66,025	79,056	159,864	66,231	93,633	157,293	59,454	97,839	166,272	56,072	110,200	173,133	51,384	121,749	171,819	52,783	119,036	166,776	55,565	111,211
45-49	123,110	55,787	67,323	142,499	63,994	78,505	163,800	69,907	93,893	173,980	72,578	101,402	202,616	83,585	119,031	230,365	93,691	136,674	240,963	104,215	136,748
50-54	114,572	53,308	61,264	127,916	60,215	67,701	151,995	72,562	79,433	184,578	87,294	97,284	204,987	97,982	107,005	246,088	118,733	127,355	281,008	134,161	146,847
55-59	90,913	43,531	47,382	116,419	55,835	60,584	124,987	58,821	66,166	149,980	71,895	78,085	181,509	85,797	95,712	200,872	95,551	105,321	240,395	115,104	125,291
60-64	74,712	35,049	39,663	88,546	42,724	45,822	109,418	51,429	57,989	117,981	54,432	63,549	142,023	66,723	75,300	172,347	79,869	92,478	191,270	89,250	102,020
65-69	63,881	29,560	34,321	68,007	31,068	36,939	80,185	37,474	42,711	99,582	45,332	54,250	107,810	48,211	59,599	130,468	59,472	70,996	158,911	71,452	87,459
70-74	55,676	24,213	31,463	55,175	24,470	30,705	59,238	25,899	33,339	70,054	31,331	38,723	87,483	38,060	49,423	95,215	40,614	54,601	115,685	50,395	65,290
75-79	31,525	13,840	17,685	45,241	18,462	26,779	44,896	18,667	26,229	48,556	19,903	28,653	57,252	23,945	33,307	71,765	29,123	42,642	78,049	31,004	47,045
80-84	12,249	5,391	6,858	21,860	8,678	13,182	31,418	11,529	19,889	31,179	11,682	19,497	34,274	12,644	21,630	40,329	15,185	25,144	50,886	18,518	32,368
85+	7,892	2,877	5,015	7,874	2,487	5,387	13,484	4,018	9,466	21,211	5,848	15,363	23,920	6,381	17,539	26,422	6,965	19,457	30,744	8,457	22,287

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

DISTRICT LEVEL POPULATION PROJECTION (MEDIUM SCENARIO)

Annex 12 : Population projection by age and sex for district, 2021 -2051 (Medium Scenario)

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Taplejung																					
Total	121,479	61,209	60,270	107,567	51,895	55,672	96,230	45,142	51,088	87,085	40,182	46,903	79,119	36,247	42,872	72,337	33,253	39,084	66,087	30,393	35,694
00-04	11,135	5,673	5,462	9,995	5,106	4,889	9,046	4,724	4,322	7,887	4,175	3,712	6,763	3,610	3,153	5,864	3,131	2,733	5,141	2,709	2,432
05-09	11,694	5,924	5,770	9,850	5,070	4,780	8,859	4,584	4,275	8,057	4,260	3,797	7,008	3,744	3,264	6,002	3,240	2,762	5,219	2,810	2,409
10-14	11,721	5,802	5,919	10,171	5,154	5,017	8,575	4,418	4,157	7,726	4,000	3,726	7,034	3,709	3,325	6,115	3,284	2,831	5,277	2,842	2,435
15-19	13,079	6,572	6,507	9,693	4,564	5,129	8,443	4,088	4,355	7,156	3,521	3,635	6,483	3,220	3,263	5,904	2,996	2,908	5,191	2,672	2,519
20-24	11,981	6,045	5,936	9,780	4,270	5,510	7,382	3,036	4,346	6,476	2,766	3,710	5,551	2,436	3,115	5,098	2,286	2,812	4,706	2,188	2,518
25-29	10,363	5,339	5,024	8,781	3,819	4,962	7,309	2,741	4,568	5,638	2,015	3,623	4,991	1,877	3,114	4,345	1,717	2,628	4,046	1,648	2,398
30-34	8,432	4,321	4,111	7,853	3,668	4,185	6,756	2,655	4,101	5,742	1,943	3,799	4,510	1,462	3,048	4,037	1,400	2,637	3,525	1,291	2,234
35-39	7,291	3,629	3,662	6,657	3,200	3,457	6,257	2,736	3,521	5,496	2,005	3,491	4,738	1,495	3,243	3,783	1,144	2,639	3,389	1,104	2,285
40-44	6,343	3,122	3,221	6,028	2,852	3,176	5,547	2,532	3,015	5,302	2,194	3,108	4,713	1,627	3,086	4,118	1,231	2,887	3,315	960	2,355
45-49	5,719	2,774	2,945	5,497	2,666	2,831	5,342	2,539	2,803	5,134	2,437	2,697	5,185	2,401	2,784	4,855	2,077	2,778	4,229	1,627	2,602
50-54	5,954	2,996	2,958	5,101	2,485	2,616	4,979	2,464	2,515	5,035	2,525	2,510	5,000	2,573	2,427	5,258	2,738	2,520	4,910	2,394	2,516
55-59	5,106	2,566	2,540	5,245	2,640	2,605	4,481	2,163	2,318	4,403	2,168	2,235	4,461	2,204	2,257	4,442	2,270	2,172	4,691	2,413	2,278
60-64	4,368	2,269	2,099	4,340	2,163	2,177	4,464	2,217	2,247	3,835	1,824	2,011	3,782	1,827	1,955	3,841	1,869	1,972	3,861	1,931	1,930
65-69	3,214	1,634	1,580	3,548	1,835	1,713	3,562	1,758	1,804	3,678	1,800	1,878	3,169	1,489	1,680	3,153	1,491	1,662	3,229	1,551	1,678
70-74	2,417	1,213	1,204	2,436	1,208	1,228	2,713	1,359	1,354	2,740	1,310	1,430	2,840	1,342	1,498	2,481	1,118	1,363	2,486	1,132	1,354
75-79	1,455	729	726	1,560	743	817	1,565	733	832	1,764	839	925	1,790	802	988	1,845	812	1,033	1,627	681	946
80-84	774	402	372	670	302	368	733	328	405	744	321	423	835	361	474	855	352	503	888	358	530
85+	433	199	234	362	150	212	217	67	150	272	79	193	266	68	198	341	97	244	357	82	275

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Sankhuwasabha																					
Total	160,103	80,656	79,447	153,594	74,763	78,831	147,704	70,182	77,522	142,789	66,836	75,953	138,193	64,264	73,929	134,002	62,319	71,683	129,218	60,058	69,160
00-04	14,171	7,355	6,816	13,474	7,101	6,373	12,801	6,833	5,968	11,611	6,181	5,430	10,243	5,396	4,847	9,041	4,716	4,325	8,069	4,164	3,905
05-09	15,217	7,869	7,348	13,285	6,936	6,349	12,646	6,702	5,944	12,013	6,449	5,564	10,884	5,835	5,049	9,619	5,100	4,519	8,485	4,448	4,037
10-14	15,569	7,890	7,679	14,118	7,328	6,790	12,355	6,486	5,869	11,764	6,263	5,501	11,156	6,018	5,138	10,117	5,448	4,669	8,977	4,780	4,197
15-19	15,842	8,011	7,831	13,822	6,866	6,956	12,527	6,367	6,160	10,997	5,665	5,332	10,506	5,496	5,010	10,004	5,308	4,696	9,118	4,839	4,279
20-24	14,035	6,939	7,096	12,880	5,831	7,049	11,250	5,031	6,219	10,306	4,763	5,543	9,147	4,331	4,816	8,841	4,292	4,549	8,520	4,236	4,284
25-29	13,113	6,624	6,489	11,574	4,953	6,621	10,682	4,192	6,490	9,465	3,699	5,766	8,755	3,589	5,166	7,892	3,359	4,533	7,711	3,419	4,292
30-34	11,548	5,948	5,600	11,365	5,146	6,219	10,135	3,883	6,252	9,496	3,345	6,151	8,485	2,990	5,495	7,912	2,969	4,943	7,202	2,837	4,365
35-39	10,575	5,349	5,226	10,350	4,931	5,419	10,237	4,285	5,952	9,313	3,291	6,022	8,776	2,862	5,914	7,922	2,611	5,311	7,424	2,626	4,798
40-44	9,087	4,533	4,554	9,681	4,654	5,027	9,495	4,330	5,165	9,507	3,816	5,691	8,765	2,980	5,785	8,316	2,625	5,691	7,540	2,420	5,120
45-49	7,691	3,810	3,881	8,564	4,232	4,332	9,304	4,555	4,749	9,458	4,556	4,902	9,973	4,556	5,417	9,592	4,077	5,515	9,052	3,627	5,425
50-54	7,693	3,849	3,844	7,287	3,630	3,657	8,253	4,164	4,089	9,278	4,787	4,491	9,765	5,111	4,654	10,619	5,465	5,154	10,155	4,903	5,252
55-59	6,768	3,347	3,421	7,158	3,575	3,583	6,737	3,317	3,420	7,706	3,856	3,850	8,663	4,424	4,239	9,148	4,735	4,413	9,962	5,062	4,900
60-64	6,255	3,057	3,198	6,097	3,003	3,094	6,412	3,158	3,254	6,076	2,954	3,122	6,964	3,433	3,531	7,878	3,967	3,911	8,357	4,255	4,102
65-69	4,897	2,417	2,480	5,389	2,593	2,796	5,295	2,569	2,726	5,585	2,704	2,881	5,314	2,526	2,788	6,118	2,955	3,163	6,947	3,416	3,531
70-74	3,598	1,740	1,858	3,987	1,926	2,061	4,413	2,062	2,351	4,344	2,036	2,308	4,615	2,163	2,452	4,425	2,028	2,397	5,116	2,388	2,728
75-79	2,183	1,018	1,165	2,633	1,214	1,419	2,936	1,345	1,591	3,266	1,442	1,824	3,216	1,428	1,788	3,443	1,511	1,932	3,303	1,431	1,872
80-84	1,102	547	555	1,277	567	710	1,552	666	886	1,734	732	1,002	1,936	781	1,155	1,920	773	1,147	2,053	821	1,232
85+	759	353	406	653	277	376	674	237	437	870	297	573	1,030	345	685	1,195	380	815	1,227	386	841

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Solukhumbu																					
Total	104,998	52,810	52,188	98,764	48,802	49,962	92,697	45,351	47,346	87,271	42,515	44,756	82,400	40,134	42,266	77,930	38,099	39,831	73,292	35,964	37,328
00-04	8,414	4,349	4,065	7,581	3,995	3,586	6,918	3,688	3,230	6,024	3,210	2,814	5,163	2,721	2,442	4,416	2,310	2,106	3,847	1,982	1,865
05-09	9,431	4,844	4,587	7,932	4,129	3,803	7,131	3,788	3,343	6,524	3,510	3,014	5,689	3,064	2,625	4,885	2,597	2,288	4,180	2,208	1,972
10-14	10,368	5,247	5,121	8,788	4,531	4,257	7,405	3,874	3,531	6,679	3,558	3,121	6,106	3,301	2,805	5,335	2,885	2,450	4,573	2,447	2,126
15-19	10,557	5,362	5,195	9,180	4,592	4,588	7,781	3,980	3,801	6,583	3,426	3,157	5,953	3,167	2,786	5,469	2,940	2,529	4,788	2,577	2,211
20-24	9,681	4,891	4,790	8,445	4,107	4,338	7,249	3,527	3,722	6,219	3,125	3,094	5,313	2,732	2,581	4,867	2,567	2,300	4,524	2,438	2,086
25-29	8,923	4,617	4,306	7,669	3,628	4,041	6,599	3,060	3,539	5,709	2,687	3,022	4,950	2,424	2,526	4,318	2,187	2,131	4,000	2,096	1,904
30-34	7,526	3,862	3,664	7,562	3,725	3,837	6,529	2,948	3,581	5,665	2,516	3,149	4,944	2,239	2,705	4,339	2,052	2,287	3,809	1,876	1,933
35-39	6,794	3,412	3,382	6,627	3,282	3,345	6,712	3,181	3,531	5,885	2,547	3,338	5,177	2,198	2,979	4,563	1,971	2,592	4,027	1,831	2,196
40-44	5,670	2,756	2,914	6,185	3,035	3,150	6,071	2,935	3,136	6,208	2,878	3,330	5,513	2,325	3,188	4,900	2,035	2,865	4,347	1,842	2,505
45-49	5,032	2,424	2,608	5,341	2,588	2,753	5,884	2,912	2,972	5,932	2,959	2,973	6,357	3,140	3,217	5,816	2,714	3,102	5,207	2,405	2,802
50-54	5,416	2,649	2,767	4,763	2,292	2,471	5,104	2,494	2,610	5,758	2,921	2,837	5,963	3,106	2,857	6,578	3,474	3,104	6,008	3,000	3,008
55-59	4,708	2,300	2,408	5,044	2,449	2,595	4,438	2,118	2,320	4,767	2,319	2,448	5,392	2,718	2,674	5,610	2,902	2,708	6,197	3,245	2,952
60-64	3,975	1,973	2,002	4,297	2,074	2,223	4,605	2,206	2,399	4,058	1,912	2,146	4,393	2,104	2,289	4,988	2,480	2,508	5,173	2,637	2,536
65-69	3,165	1,581	1,584	3,500	1,695	1,805	3,802	1,785	2,017	4,081	1,905	2,176	3,605	1,643	1,962	3,920	1,818	2,102	4,461	2,147	2,314
70-74	2,457	1,173	1,284	2,636	1,268	1,368	2,933	1,364	1,569	3,193	1,437	1,756	3,459	1,533	1,926	3,065	1,333	1,732	3,356	1,485	1,871
75-79	1,636	786	850	1,818	811	1,007	1,954	878	1,076	2,199	952	1,247	2,405	1,004	1,401	2,606	1,071	1,535	2,313	926	1,387
80-84	769	379	390	956	416	540	1,073	433	640	1,154	464	690	1,308	504	804	1,445	532	913	1,570	572	998
85+	476	205	271	440	185	255	509	180	329	633	189	444	710	211	499	810	231	579	912	250	662

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Okhaldhunga																					
Total	139,704	68,136	71,568	126,893	59,801	67,092	115,593	53,109	62,484	105,970	48,046	57,924	97,609	44,272	53,337	90,391	41,390	49,001	83,453	38,550	44,903
00-04	10,141	5,184	4,957	8,960	4,507	4,453	7,978	4,067	3,911	6,588	3,402	3,186	5,292	2,775	2,517	4,341	2,266	2,075	3,676	1,900	1,776
05-09	11,549	5,799	5,750	9,109	4,707	4,402	8,046	4,086	3,960	7,159	3,690	3,469	5,910	3,093	2,817	4,759	2,522	2,237	3,902	2,069	1,833
10-14	13,436	6,796	6,640	10,501	5,302	5,199	8,288	4,308	3,980	7,319	3,744	3,575	6,546	3,410	3,136	5,412	2,856	2,556	4,359	2,323	2,036
15-19	14,778	7,322	7,456	11,647	5,778	5,869	9,118	4,537	4,581	7,242	3,715	3,527	6,440	3,271	3,169	5,784	2,998	2,786	4,809	2,535	2,274
20-24	12,901	6,257	6,644	11,406	5,128	6,278	8,977	4,094	4,883	7,164	3,320	3,844	5,759	2,798	2,961	5,209	2,544	2,665	4,769	2,385	2,384
25-29	11,039	5,409	5,630	9,658	4,153	5,505	8,544	3,416	5,128	6,826	2,815	4,011	5,547	2,365	3,182	4,546	2,073	2,473	4,185	1,935	2,250
30-34	9,046	4,388	4,658	8,757	3,925	4,832	7,699	3,017	4,682	6,920	2,551	4,369	5,591	2,135	3,456	4,608	1,844	2,764	3,833	1,653	2,180
35-39	8,237	3,876	4,361	7,655	3,507	4,148	7,452	3,141	4,311	6,673	2,458	4,215	6,073	2,105	3,968	4,982	1,799	3,183	4,163	1,586	2,577
40-44	7,393	3,446	3,947	7,324	3,339	3,985	6,836	3,025	3,811	6,718	2,743	3,975	6,089	2,177	3,912	5,580	1,881	3,699	4,604	1,620	2,984
45-49	7,131	3,327	3,804	6,910	3,236	3,674	7,020	3,278	3,742	6,857	3,246	3,611	7,182	3,370	3,812	6,824	3,047	3,777	6,253	2,651	3,602
50-54	7,850	3,797	4,053	6,819	3,232	3,587	6,739	3,244	3,495	7,126	3,545	3,581	7,240	3,787	3,453	7,875	4,182	3,693	7,418	3,764	3,654
55-59	6,790	3,309	3,481	7,376	3,547	3,829	6,395	3,004	3,391	6,342	3,029	3,313	6,715	3,316	3,399	6,835	3,531	3,304	7,435	3,910	3,525
60-64	5,912	2,851	3,061	6,238	2,979	3,259	6,771	3,173	3,598	5,890	2,699	3,191	5,858	2,727	3,131	6,231	3,009	3,222	6,363	3,225	3,138
65-69	4,775	2,251	2,524	5,261	2,445	2,816	5,555	2,559	2,996	6,062	2,740	3,322	5,279	2,318	2,961	5,289	2,364	2,925	5,635	2,608	3,027
70-74	3,793	1,790	2,003	4,003	1,785	2,218	4,445	1,956	2,489	4,712	2,040	2,672	5,162	2,193	2,969	4,533	1,875	2,658	4,552	1,923	2,629
75-79	2,626	1,242	1,384	2,842	1,232	1,610	3,017	1,231	1,786	3,372	1,344	2,028	3,580	1,401	2,179	3,928	1,509	2,419	3,462	1,288	2,174
80-84	1,345	656	689	1,597	666	931	1,765	664	1,101	1,893	658	1,235	2,123	725	1,398	2,251	751	1,500	2,503	813	1,690
85+	962	436	526	830	333	497	948	309	639	1,107	307	800	1,223	306	917	1,404	339	1,065	1,532	362	1,170

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Khotang																					
Total	176,375	87,193	89,182	155,281	73,774	81,507	138,031	64,059	73,972	123,975	56,950	67,025	111,867	51,507	60,360	101,642	47,493	54,149	91,831	43,384	48,447
00-04	15,483	7,994	7,489	14,030	7,376	6,654	12,786	6,807	5,979	10,840	5,769	5,071	8,886	4,691	4,195	7,301	3,818	3,483	6,157	3,187	2,970
05-09	16,658	8,407	8,251	13,476	6,988	6,488	12,219	6,450	5,769	11,133	5,955	5,178	9,436	5,048	4,388	7,775	4,129	3,646	6,396	3,355	3,041
10-14	18,086	8,994	9,092	14,569	7,326	7,243	11,802	6,096	5,706	10,728	5,648	5,080	9,755	5,207	4,548	8,308	4,439	3,869	6,846	3,611	3,235
15-19	19,127	9,530	9,597	15,039	7,141	7,898	12,154	5,858	6,296	9,952	4,940	5,012	9,072	4,612	4,460	8,299	4,290	4,009	7,095	3,681	3,414
20-24	15,829	7,753	8,076	13,907	5,830	8,077	11,021	4,434	6,587	9,081	3,783	5,298	7,554	3,307	4,247	7,009	3,197	3,812	6,495	3,059	3,436
25-29	13,135	6,530	6,605	11,174	4,429	6,745	10,014	3,387	6,627	8,144	2,688	5,456	6,815	2,378	4,437	5,774	2,188	3,586	5,424	2,176	3,248
30-34	10,741	5,439	5,302	9,857	4,353	5,504	8,565	2,988	5,577	7,833	2,327	5,506	6,457	1,891	4,566	5,496	1,744	3,752	4,707	1,628	3,079
35-39	9,689	4,696	4,993	8,640	4,102	4,538	8,004	3,290	4,714	7,125	2,319	4,806	6,580	1,817	4,763	5,524	1,527	3,997	4,705	1,418	3,287
40-44	8,533	4,009	4,524	8,144	3,837	4,307	7,286	3,358	3,928	6,872	2,745	4,127	6,167	1,960	4,207	5,773	1,595	4,178	4,826	1,333	3,493
45-49	8,285	3,861	4,424	7,540	3,596	3,944	7,402	3,633	3,769	6,989	3,520	3,469	7,128	3,490	3,638	6,817	3,096	3,721	6,225	2,546	3,679
50-54	9,292	4,414	4,878	7,427	3,585	3,842	6,924	3,486	3,438	7,115	3,815	3,300	7,034	3,991	3,043	7,599	4,377	3,222	7,162	3,880	3,282
55-59	8,422	4,100	4,322	8,203	3,954	4,249	6,556	3,194	3,362	6,154	3,133	3,021	6,328	3,415	2,913	6,264	3,576	2,688	6,775	3,926	2,849
60-64	7,254	3,623	3,631	7,282	3,575	3,707	7,088	3,419	3,669	5,683	2,771	2,912	5,366	2,734	2,632	5,560	3,018	2,542	5,502	3,138	2,364
65-69	5,674	2,827	2,847	6,049	3,003	3,046	6,123	2,991	3,132	5,961	2,856	3,105	4,803	2,321	2,482	4,558	2,304	2,254	4,734	2,537	2,197
70-74	4,507	2,179	2,328	4,418	2,157	2,261	4,760	2,311	2,449	4,825	2,293	2,532	4,734	2,204	2,530	3,818	1,800	2,018	3,637	1,801	1,836
75-79	3,173	1,501	1,672	3,065	1,388	1,677	3,014	1,387	1,627	3,249	1,478	1,771	3,312	1,471	1,841	3,248	1,416	1,832	2,620	1,156	1,464
80-84	1,509	835	674	1,603	716	887	1,539	663	876	1,533	664	869	1,684	722	962	1,695	707	988	1,681	688	993
85+	978	501	477	858	418	440	774	307	467	758	246	512	756	248	508	824	272	552	844	264	580

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Bhojpur																					
Total	158,745	78,627	80,118	142,673	67,525	75,148	129,379	59,331	70,048	118,541	53,447	65,094	109,385	49,118	60,267	101,216	45,656	55,560	93,304	42,220	51,084
00-04	13,240	6,743	6,497	11,971	6,244	5,727	10,985	5,837	5,148	9,560	5,078	4,482	8,043	4,235	3,808	6,761	3,511	3,250	5,811	2,993	2,818
05-09	14,440	7,246	7,194	11,697	5,984	5,713	10,586	5,542	5,044	9,704	5,185	4,519	8,457	4,519	3,938	7,150	3,781	3,369	6,022	3,138	2,884
10-14	15,571	7,859	7,712	12,815	6,483	6,332	10,404	5,364	5,040	9,430	4,977	4,453	8,680	4,666	4,014	7,569	4,063	3,506	6,382	3,394	2,988
15-19	16,150	8,145	8,005	13,321	6,554	6,767	11,015	5,454	5,561	9,019	4,574	4,445	8,224	4,280	3,944	7,579	4,028	3,551	6,643	3,539	3,104
20-24	13,870	6,808	7,062	12,202	5,358	6,844	10,157	4,384	5,773	8,569	3,790	4,779	7,146	3,286	3,860	6,601	3,169	3,432	6,179	3,063	3,116
25-29	12,147	6,128	6,019	10,334	4,216	6,118	9,227	3,372	5,855	7,815	2,840	4,975	6,728	2,567	4,161	5,733	2,322	3,411	5,390	2,316	3,074
30-34	10,465	5,259	5,206	9,489	4,227	5,262	8,258	2,951	5,307	7,532	2,425	5,107	6,486	2,109	4,377	5,634	1,935	3,699	4,859	1,809	3,050
35-39	9,476	4,635	4,841	8,624	3,984	4,640	7,927	3,221	4,706	7,053	2,298	4,755	6,544	1,932	4,612	5,665	1,696	3,969	4,966	1,589	3,377
40-44	8,451	3,998	4,453	8,205	3,791	4,414	7,512	3,292	4,220	7,020	2,709	4,311	6,334	1,958	4,376	5,900	1,665	4,235	5,156	1,496	3,660
45-49	7,943	3,812	4,131	7,707	3,616	4,091	7,709	3,642	4,067	7,412	3,498	3,914	7,440	3,445	3,995	7,031	2,966	4,065	6,478	2,549	3,929
50-54	8,604	4,118	4,486	7,275	3,495	3,780	7,215	3,472	3,743	7,526	3,795	3,731	7,567	3,964	3,603	7,899	4,216	3,683	7,416	3,647	3,769
55-59	7,814	3,801	4,013	7,741	3,659	4,082	6,506	3,064	3,442	6,507	3,086	3,421	6,815	3,374	3,441	6,837	3,510	3,327	7,183	3,746	3,437
60-64	6,668	3,277	3,391	6,842	3,242	3,600	6,766	3,093	3,673	5,712	2,601	3,111	5,749	2,626	3,123	6,055	2,911	3,144	6,083	3,026	3,057
65-69	5,072	2,467	2,605	5,603	2,666	2,937	5,773	2,649	3,124	5,734	2,534	3,200	4,868	2,140	2,728	4,940	2,176	2,764	5,169	2,388	2,781
70-74	3,939	1,890	2,049	3,982	1,839	2,143	4,439	1,992	2,447	4,597	1,986	2,611	4,605	1,921	2,684	3,929	1,624	2,305	4,002	1,654	2,348
75-79	2,611	1,300	1,311	2,696	1,206	1,490	2,759	1,174	1,585	3,100	1,287	1,813	3,225	1,279	1,946	3,244	1,227	2,017	2,785	1,046	1,739
80-84	1,343	706	637	1,379	623	756	1,459	591	868	1,492	572	920	1,692	631	1,061	1,779	632	1,147	1,795	610	1,185
85+	941	435	506	790	338	452	682	237	445	759	212	547	782	186	596	910	224	686	985	217	768

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Dhankuta																					
Total	152,001	74,511	77,490	147,024	68,253	78,771	142,899	63,843	79,056	140,182	61,281	78,901	137,968	59,864	78,104	136,089	59,208	76,881	133,531	58,152	75,379
00-04	12,248	6,262	5,986	12,074	6,040	6,034	11,750	5,965	5,785	10,897	5,610	5,287	9,863	5,134	4,729	9,047	4,690	4,357	8,466	4,340	4,126
05-09	12,781	6,599	6,182	11,413	5,837	5,576	11,246	5,633	5,613	10,973	5,585	5,388	10,140	5,221	4,919	9,222	4,799	4,423	8,463	4,393	4,070
10-14	13,312	6,744	6,568	12,015	6,194	5,821	10,747	5,496	5,251	10,589	5,311	5,278	10,290	5,237	5,053	9,523	4,902	4,621	8,654	4,503	4,151
15-19	14,385	7,174	7,211	12,340	6,083	6,257	11,128	5,589	5,539	10,009	5,002	5,007	9,870	4,860	5,010	9,616	4,801	4,815	8,891	4,505	4,386
20-24	13,530	6,544	6,986	12,263	5,346	6,917	10,569	4,594	5,975	9,646	4,339	5,307	8,838	4,018	4,820	8,812	3,992	4,820	8,639	4,018	4,621
25-29	12,209	5,889	6,320	11,335	4,536	6,799	10,367	3,752	6,615	9,107	3,341	5,766	8,437	3,256	5,181	7,836	3,123	4,713	7,913	3,200	4,713
30-34	10,920	5,222	5,698	10,639	4,387	6,252	9,984	3,417	6,567	9,329	2,903	6,426	8,291	2,654	5,637	7,749	2,654	5,095	7,289	2,615	4,674
35-39	10,323	4,986	5,337	9,855	4,162	5,693	9,672	3,526	6,146	9,307	2,831	6,476	8,803	2,460	6,343	7,905	2,294	5,611	7,451	2,337	5,114
40-44	9,201	4,220	4,981	9,465	4,203	5,262	9,100	3,547	5,553	9,094	3,077	6,017	8,884	2,530	6,354	8,464	2,251	6,213	7,658	2,125	5,533
45-49	8,333	3,892	4,441	8,778	3,964	4,814	9,288	4,208	5,080	9,352	3,998	5,354	9,944	4,118	5,826	10,030	3,889	6,141	9,467	3,444	6,023
50-54	8,447	4,127	4,320	7,971	3,764	4,207	8,656	4,078	4,578	9,542	4,696	4,846	9,958	4,829	5,129	10,896	5,305	5,591	10,841	4,934	5,907
55-59	7,434	3,567	3,867	7,921	3,860	4,061	7,426	3,470	3,956	8,126	3,811	4,315	8,971	4,386	4,585	9,371	4,502	4,869	10,274	4,950	5,324
60-64	6,288	3,108	3,180	6,695	3,167	3,528	7,133	3,408	3,725	6,736	3,086	3,650	7,407	3,398	4,009	8,217	3,936	4,281	8,607	4,056	4,551
65-69	4,870	2,396	2,474	5,488	2,651	2,837	5,857	2,711	3,146	6,279	2,924	3,355	5,959	2,650	3,309	6,592	2,947	3,645	7,337	3,414	3,923
70-74	3,507	1,735	1,772	4,001	1,901	2,100	4,539	2,113	2,426	4,880	2,165	2,715	5,280	2,360	2,920	5,041	2,156	2,885	5,608	2,399	3,209
75-79	2,253	1,096	1,157	2,636	1,229	1,407	2,995	1,337	1,658	3,426	1,499	1,927	3,703	1,531	2,172	4,016	1,668	2,348	3,856	1,517	2,339
80-84	1,207	606	601	1,379	615	764	1,609	683	926	1,858	751	1,107	2,135	838	1,297	2,327	862	1,465	2,531	938	1,593
85+	753	344	409	756	314	442	833	316	517	1,032	352	680	1,195	384	811	1,425	437	988	1,586	464	1,122

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Tehrathum																					
Total	89,250	43,860	45,390	82,129	38,648	43,481	76,089	34,846	41,243	71,246	32,155	39,091	67,248	30,280	36,968	63,720	28,863	34,857	60,373	27,458	32,915
00-04	7,436	3,872	3,564	6,787	3,650	3,137	6,302	3,428	2,874	5,652	3,073	2,579	4,949	2,661	2,288	4,302	2,294	2,008	3,841	2,016	1,825
05-09	8,064	4,076	3,988	6,728	3,514	3,214	6,165	3,325	2,840	5,695	3,113	2,582	5,131	2,792	2,339	4,497	2,430	2,067	3,945	2,091	1,854
10-14	7,966	4,048	3,918	7,230	3,641	3,589	6,051	3,149	2,902	5,539	2,981	2,558	5,156	2,804	2,352	4,614	2,508	2,106	4,075	2,180	1,895
15-19	8,801	4,465	4,336	6,993	3,432	3,561	6,348	3,110	3,238	5,355	2,727	2,628	4,937	2,596	2,341	4,604	2,454	2,150	4,156	2,229	1,927
20-24	8,056	3,863	4,193	7,071	3,120	3,951	5,694	2,474	3,220	5,259	2,312	2,947	4,526	2,098	2,428	4,236	2,065	2,171	4,032	2,021	2,011
25-29	7,038	3,369	3,669	6,340	2,508	3,832	5,634	2,068	3,566	4,670	1,712	2,958	4,371	1,660	2,711	3,838	1,570	2,268	3,664	1,599	2,065
30-34	6,247	3,075	3,172	5,789	2,412	3,377	5,287	1,822	3,465	4,800	1,552	3,248	4,040	1,320	2,720	3,836	1,320	2,516	3,419	1,280	2,139
35-39	5,733	2,756	2,977	5,337	2,397	2,940	4,999	1,913	3,086	4,655	1,480	3,175	4,273	1,276	2,997	3,654	1,123	2,531	3,482	1,131	2,351
40-44	5,016	2,364	2,652	5,035	2,276	2,759	4,705	1,998	2,707	4,474	1,612	2,862	4,223	1,275	2,948	3,907	1,122	2,785	3,381	1,005	2,376
45-49	4,597	2,104	2,493	4,608	2,146	2,462	4,749	2,194	2,555	4,656	2,132	2,524	4,730	2,062	2,668	4,683	1,916	2,767	4,328	1,706	2,622
50-54	4,880	2,329	2,551	4,266	1,976	2,290	4,418	2,126	2,292	4,708	2,323	2,385	4,821	2,468	2,353	5,065	2,555	2,510	4,975	2,368	2,607
55-59	4,256	2,080	2,176	4,386	2,088	2,298	3,817	1,739	2,078	3,962	1,884	2,078	4,246	2,068	2,178	4,356	2,186	2,170	4,573	2,262	2,311
60-64	3,796	1,905	1,891	3,687	1,777	1,910	3,776	1,766	2,010	3,309	1,480	1,829	3,475	1,623	1,852	3,732	1,783	1,949	3,842	1,891	1,951
65-69	2,784	1,356	1,428	3,173	1,567	1,606	3,089	1,467	1,622	3,192	1,467	1,725	2,823	1,235	1,588	2,973	1,356	1,617	3,212	1,495	1,717
70-74	2,043	968	1,075	2,179	1,032	1,147	2,489	1,189	1,300	2,432	1,107	1,325	2,554	1,124	1,430	2,265	946	1,319	2,403	1,060	1,343
75-79	1,345	635	710	1,392	620	772	1,492	659	833	1,709	762	947	1,677	718	959	1,772	729	1,043	1,574	616	958
80-84	724	374	350	700	306	394	737	304	433	784	320	464	911	376	535	899	353	546	969	367	602
85+	468	221	247	428	186	242	337	115	222	395	118	277	405	124	281	487	153	334	502	141	361

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Panchthar																					
Total	172,963	85,903	87,060	160,147	75,983	84,164	149,583	68,795	80,788	141,412	63,949	77,463	134,863	60,829	74,034	129,064	58,667	70,397	122,924	56,169	66,755
00-04	14,708	7,453	7,255	13,401	6,987	6,414	12,451	6,607	5,844	11,133	5,923	5,210	9,798	5,155	4,643	8,538	4,442	4,096	7,550	3,884	3,666
05-09	15,612	7,906	7,706	13,205	6,716	6,489	12,049	6,305	5,744	11,217	5,985	5,232	10,044	5,367	4,677	8,837	4,673	4,164	7,713	4,032	3,681
10-14	15,683	7,853	7,830	14,059	7,127	6,932	11,900	6,065	5,835	10,870	5,697	5,173	10,135	5,414	4,721	9,093	4,859	4,234	7,994	4,230	3,764
15-19	17,653	8,965	8,688	13,839	6,745	7,094	12,395	6,126	6,269	10,571	5,276	5,295	9,699	4,987	4,712	9,094	4,768	4,326	8,166	4,295	3,871
20-24	16,479	8,173	8,306	14,153	6,300	7,853	11,246	4,864	6,382	10,202	4,534	5,668	8,849	4,037	4,812	8,256	3,941	4,315	7,833	3,865	3,968
25-29	14,561	7,189	7,372	13,008	5,402	7,606	11,338	4,242	7,096	9,248	3,409	5,839	8,522	3,303	5,219	7,519	3,049	4,470	7,131	3,081	4,050
30-34	12,387	6,183	6,204	11,977	5,208	6,769	10,873	3,965	6,908	9,703	3,196	6,507	8,060	2,657	5,403	7,484	2,633	4,851	6,695	2,504	4,191
35-39	10,875	5,325	5,550	10,605	4,786	5,819	10,423	4,071	6,352	9,703	3,165	6,538	8,804	2,608	6,196	7,404	2,220	5,184	6,910	2,235	4,675
40-44	9,245	4,378	4,867	9,582	4,366	5,216	9,435	3,956	5,479	9,428	3,417	6,011	8,924	2,703	6,221	8,179	2,272	5,907	6,929	1,959	4,970
45-49	8,458	3,962	4,496	8,553	4,019	4,534	9,161	4,266	4,895	9,501	4,330	5,171	10,176	4,482	5,694	10,065	4,190	5,875	9,110	3,527	5,583
50-54	9,104	4,367	4,737	7,927	3,775	4,152	8,253	4,048	4,205	9,277	4,703	4,574	9,991	5,163	4,828	11,051	5,715	5,336	10,809	5,279	5,530
55-59	8,145	4,018	4,127	8,296	3,993	4,303	7,203	3,412	3,791	7,579	3,714	3,865	8,533	4,322	4,211	9,210	4,731	4,479	10,165	5,222	4,943
60-64	7,021	3,540	3,481	7,154	3,506	3,648	7,286	3,469	3,817	6,370	2,979	3,391	6,735	3,258	3,477	7,599	3,800	3,799	8,248	4,183	4,065
65-69	5,046	2,568	2,478	5,894	2,939	2,955	6,045	2,926	3,119	6,195	2,901	3,294	5,448	2,506	2,942	5,811	2,759	3,052	6,587	3,218	3,369
70-74	3,587	1,785	1,802	3,962	1,966	1,996	4,665	2,259	2,406	4,809	2,249	2,560	4,995	2,252	2,743	4,403	1,945	2,458	4,719	2,156	2,563
75-79	2,313	1,139	1,174	2,502	1,188	1,314	2,783	1,309	1,474	3,278	1,498	1,780	3,409	1,501	1,908	3,548	1,509	2,039	3,174	1,315	1,859
80-84	1,304	707	597	1,263	590	673	1,358	608	750	1,543	681	862	1,837	779	1,058	1,902	780	1,122	1,996	778	1,218
85+	782	392	390	767	370	397	719	297	422	785	292	493	904	335	569	1,071	381	690	1,195	406	789

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Ilam																					
Total	280,249	139,768	140,481	269,206	130,078	139,128	258,702	122,373	136,329	250,566	117,287	133,279	244,371	114,479	129,892	238,876	112,745	126,131	232,008	110,309	121,699
00-04	18,962	9,665	9,297	17,230	8,651	8,579	15,541	7,920	7,621	13,592	7,020	6,572	11,994	6,265	5,729	10,749	5,600	5,149	9,727	5,020	4,707
05-09	21,031	10,864	10,167	18,112	9,250	8,862	16,478	8,293	8,185	14,864	7,600	7,264	13,030	6,748	6,282	11,518	6,030	5,488	10,332	5,407	4,925
10-14	21,732	11,096	10,636	20,011	10,337	9,674	17,264	8,823	8,441	15,702	7,920	7,782	14,232	7,294	6,938	12,500	6,483	6,017	11,057	5,786	5,271
15-19	25,724	12,887	12,837	19,991	10,027	9,964	18,378	9,367	9,011	15,984	8,085	7,899	14,635	7,328	7,307	13,338	6,813	6,525	11,763	6,096	5,667
20-24	25,264	12,181	13,083	21,868	10,156	11,712	17,061	8,062	8,999	15,853	7,691	8,162	14,037	6,858	7,179	13,110	6,423	6,687	12,134	6,133	6,001
25-29	24,211	11,674	12,537	21,118	9,092	12,026	18,215	7,654	10,561	14,544	6,319	8,225	13,727	6,211	7,516	12,408	5,736	6,672	11,818	5,571	6,247
30-34	22,541	11,218	11,323	21,264	9,389	11,875	18,669	7,388	11,281	16,450	6,381	10,069	13,429	5,413	8,016	12,789	5,420	7,369	11,721	5,144	6,577
35-39	21,094	10,304	10,790	20,474	9,625	10,849	19,506	8,144	11,362	17,497	6,538	10,959	15,665	5,756	9,909	12,995	4,991	8,004	12,432	5,067	7,365
40-44	18,410	8,785	9,625	19,733	9,280	10,453	19,234	8,694	10,540	18,699	7,498	11,201	17,066	6,143	10,923	15,469	5,495	9,974	12,920	4,814	8,106
45-49	15,770	7,607	8,163	17,971	8,584	9,387	19,785	9,479	10,306	20,221	9,687	10,534	20,907	9,583	11,324	19,786	8,665	11,121	17,945	7,782	10,163
50-54	16,140	7,938	8,202	15,474	7,594	7,880	18,014	8,914	9,100	20,590	10,499	10,091	21,782	11,415	10,367	23,084	11,906	11,178	21,616	10,659	10,957
55-59	13,967	7,033	6,934	15,433	7,599	7,834	14,709	7,190	7,519	17,225	8,512	8,713	19,703	10,033	9,670	20,864	10,892	9,972	22,147	11,365	10,782
60-64	11,969	6,241	5,728	12,858	6,443	6,415	14,235	6,937	7,298	13,629	6,589	7,040	16,020	7,829	8,191	18,393	9,245	9,148	19,565	10,090	9,475
65-69	9,373	4,819	4,554	10,657	5,499	5,158	11,505	5,681	5,824	12,774	6,133	6,641	12,307	5,850	6,457	14,555	6,981	7,574	16,724	8,244	8,480
70-74	6,644	3,441	3,203	7,921	3,985	3,936	9,028	4,548	4,480	9,815	4,731	5,084	10,984	5,127	5,857	10,612	4,894	5,718	12,627	5,874	6,753
75-79	4,089	2,180	1,909	5,134	2,566	2,568	6,135	2,966	3,169	7,024	3,383	3,641	7,648	3,510	4,138	8,597	3,826	4,771	8,331	3,645	4,686
80-84	2,038	1,166	872	2,619	1,323	1,296	3,304	1,569	1,735	3,973	1,818	2,155	4,551	2,074	2,477	4,984	2,151	2,833	5,632	2,340	3,292
85+	1,290	669	621	1,338	678	660	1,641	744	897	2,130	883	1,247	2,654	1,042	1,612	3,125	1,194	1,931	3,517	1,272	2,245

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Jhapa																					
Total	1,003,219	481,258	521,961	1,039,421	488,384	551,037	1,067,905	495,852	572,053	1,101,786	510,165	591,621	1,139,293	530,309	608,984	1,175,769	553,516	622,253	1,204,185	573,655	630,530
00-04	78,588	41,045	37,543	74,503	39,247	35,256	71,271	37,937	33,334	67,106	35,654	31,452	63,227	33,248	29,979	59,001	30,699	28,302	54,993	28,297	26,696
05-09	88,175	45,714	42,461	81,157	42,257	38,900	76,721	40,344	36,377	73,499	39,075	34,424	69,159	36,697	32,462	65,084	34,203	30,881	60,734	31,575	29,159
10-14	89,039	45,449	43,590	91,006	47,134	43,872	83,632	43,534	40,098	79,193	41,612	37,581	75,849	40,285	35,564	71,327	37,832	33,495	67,034	35,212	31,822
15-19	93,284	46,250	47,034	89,594	45,384	44,210	90,533	46,580	43,953	83,544	43,326	40,218	79,530	41,742	37,788	76,493	40,700	35,793	72,143	38,423	33,720
20-24	86,119	38,894	47,225	85,159	39,752	45,407	80,532	38,813	41,719	81,811	40,425	41,386	76,640	38,677	37,963	74,213	38,381	35,832	72,452	38,417	34,035
25-29	79,991	33,952	46,039	76,607	30,833	45,774	73,839	31,082	42,757	70,543	31,097	39,446	72,643	33,436	39,207	69,362	33,241	36,121	68,482	34,264	34,218
30-34	77,213	33,057	44,156	74,977	28,528	46,449	71,430	25,971	45,459	69,585	26,641	42,944	67,338	27,360	39,978	69,818	30,150	39,668	67,436	30,802	36,634
35-39	76,691	34,378	42,313	74,159	29,125	45,034	72,793	25,591	47,202	70,718	23,892	46,826	69,737	24,973	44,764	67,891	26,111	41,780	70,473	29,174	41,299
40-44	69,037	32,763	36,274	74,560	31,426	43,134	72,822	27,067	45,755	73,166	24,518	48,648	72,237	23,470	48,767	71,594	24,857	46,737	69,848	26,267	43,581
45-49	57,525	27,952	29,573	70,570	33,461	37,109	78,931	34,781	44,150	81,415	34,109	47,306	86,829	36,063	50,766	88,691	37,735	50,956	87,966	39,256	48,710
50-54	53,616	26,458	27,158	60,232	30,342	29,890	74,988	37,637	37,351	87,440	42,791	44,649	92,857	44,954	47,903	100,666	49,230	51,436	101,804	50,181	51,623
55-59	42,425	21,087	21,338	54,068	27,116	26,952	59,477	29,935	29,542	74,362	37,417	36,945	86,698	42,485	44,213	92,036	44,511	47,525	99,839	48,645	51,194
60-64	35,176	17,028	18,148	41,159	20,449	20,710	51,810	25,684	26,126	57,105	28,393	28,712	71,503	35,533	35,970	83,678	40,484	43,194	89,228	42,629	46,599
65-69	28,874	13,948	14,926	32,781	15,685	17,096	38,348	18,761	19,587	48,372	23,570	24,802	53,417	26,046	27,371	67,024	32,637	34,387	78,769	37,311	41,458
70-74	21,690	10,599	11,091	25,444	12,010	13,434	29,053	13,544	15,509	34,114	16,231	17,883	43,109	20,384	22,725	47,697	22,515	25,182	60,063	28,292	31,771
75-79	13,455	6,667	6,788	18,127	8,549	9,578	21,218	9,646	11,572	24,304	10,881	13,423	28,476	12,975	15,501	35,957	16,233	19,724	39,759	17,881	21,878
80-84	6,819	3,489	3,330	9,976	4,705	5,271	13,389	5,975	7,414	15,683	6,716	8,967	18,032	7,572	10,460	21,101	8,990	12,111	26,599	11,179	15,420
85+	5,502	2,528	2,974	5,342	2,381	2,961	7,118	2,970	4,148	9,826	3,817	6,009	12,012	4,409	7,603	14,136	5,007	9,129	16,563	5,850	10,713

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Morang																					
Total	1,157,462	562,043	595,419	1,201,575	571,625	629,950	1,238,854	581,452	657,402	1,279,119	597,786	681,333	1,322,477	620,975	701,502	1,366,161	648,775	717,386	1,402,310	673,430	728,880
00-04	97,287	50,226	47,061	95,732	49,145	46,587	93,165	48,467	44,698	89,959	47,339	42,620	87,068	46,293	40,775	84,272	44,743	39,529	81,591	42,855	38,736
05-09	104,332	53,662	50,670	98,938	51,084	47,854	97,025	49,877	47,148	94,485	49,233	45,252	91,067	47,979	43,088	87,989	46,826	41,163	85,053	45,158	39,895
10-14	103,428	52,898	50,530	106,500	54,733	51,767	100,755	51,996	48,759	98,786	50,774	48,012	96,077	50,040	46,037	92,521	48,724	43,797	89,233	47,427	41,806
15-19	109,889	55,111	54,778	103,915	52,634	51,281	106,060	54,011	52,049	100,447	51,477	48,970	98,749	50,558	48,191	96,277	50,050	46,227	92,715	48,784	43,931
20-24	106,447	49,387	57,060	102,569	49,018	53,551	96,223	46,746	49,477	98,462	48,443	50,019	94,152	47,079	47,073	93,515	47,181	46,334	92,044	47,575	44,469
25-29	97,021	43,129	53,892	96,446	40,958	55,488	91,658	40,323	51,335	86,678	39,217	47,461	89,588	41,620	47,968	86,747	41,556	45,191	87,274	42,783	44,491
30-34	87,668	39,192	48,476	90,393	36,861	53,532	89,416	34,939	54,477	85,663	34,919	50,744	81,873	34,705	47,168	85,117	37,578	47,539	83,103	38,330	44,773
35-39	86,903	39,798	47,105	83,228	34,648	48,580	86,260	32,807	53,453	86,313	31,573	54,740	83,473	32,084	51,389	80,258	32,423	47,835	83,604	35,569	48,035
40-44	75,567	36,609	38,958	83,394	36,087	47,307	80,528	31,755	48,773	84,656	30,608	54,048	85,608	29,950	55,658	83,257	30,860	52,397	80,211	31,485	48,726
45-49	62,823	30,929	31,894	75,577	36,456	39,121	85,820	38,314	47,506	86,700	37,354	49,346	95,691	40,762	54,929	99,648	43,055	56,593	97,081	43,829	53,252
50-54	58,056	28,514	29,542	63,865	32,168	31,697	78,231	39,428	38,803	91,961	44,714	47,247	95,783	46,558	49,225	107,553	52,738	54,815	110,989	54,486	56,503
55-59	47,679	23,613	24,066	57,435	28,445	28,990	62,238	31,199	31,039	76,731	38,641	38,090	90,256	43,799	46,457	94,109	45,581	48,528	105,690	51,510	54,180
60-64	40,154	19,543	20,611	45,511	22,433	23,078	54,467	26,604	27,863	59,187	29,230	29,957	73,152	36,280	36,872	86,372	41,273	45,099	90,466	43,155	47,311
65-69	32,456	16,054	16,402	36,757	17,665	19,092	41,760	20,255	21,505	50,213	24,091	26,122	54,734	26,496	28,238	67,897	32,976	34,921	80,492	37,623	42,869
70-74	23,624	11,821	11,803	28,057	13,560	14,497	32,087	15,030	17,057	36,620	17,271	19,349	44,244	20,592	23,652	48,395	22,694	25,701	60,252	28,311	31,941
75-79	12,886	6,401	6,485	19,287	9,347	9,940	22,919	10,669	12,250	26,309	11,854	14,455	30,063	13,619	16,444	36,406	16,218	20,188	39,765	17,799	21,966
80-84	6,145	2,965	3,180	9,304	4,429	4,875	13,815	6,347	7,468	16,318	7,170	9,148	18,841	7,991	10,850	21,525	9,144	12,381	26,207	10,896	15,311
85+	5,097	2,191	2,906	4,667	1,954	2,713	6,427	2,685	3,742	9,631	3,878	5,753	12,058	4,570	7,488	14,303	5,155	9,148	16,540	5,855	10,685

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Sunsari																					
Total	933,745	452,557	481,188	983,827	470,113	513,714	1,025,384	486,089	539,295	1,067,988	506,068	561,920	1,112,399	530,360	582,039	1,155,930	557,359	598,571	1,191,755	580,806	610,949
00-04	84,928	44,323	40,605	82,754	43,082	39,672	79,693	42,269	37,424	77,388	41,092	36,296	75,403	39,617	35,786	72,900	37,912	34,988	69,894	35,942	33,952
05-09	90,082	46,398	43,684	86,737	45,220	41,517	84,293	43,912	40,381	81,180	43,080	38,100	78,683	41,802	36,881	76,487	40,236	36,251	73,838	38,424	35,414
10-14	84,899	43,533	41,366	91,934	47,401	44,533	88,247	46,085	42,162	85,743	44,728	41,015	82,588	43,874	38,714	79,889	42,491	37,398	77,453	40,781	36,672
15-19	88,324	44,432	43,892	85,659	43,820	41,839	91,584	47,058	44,526	87,838	45,777	42,061	85,517	44,605	40,912	82,538	43,913	38,625	79,851	42,577	37,274
20-24	89,315	40,983	48,332	83,698	40,299	43,399	80,206	39,411	40,795	85,480	42,445	43,035	82,541	41,920	40,621	81,218	41,684	39,534	79,157	41,775	37,382
25-29	82,151	36,165	45,986	82,159	34,751	47,408	75,952	33,869	42,083	73,057	33,618	39,439	78,257	36,848	41,409	76,384	37,309	39,075	76,168	38,127	38,041
30-34	73,122	32,559	40,563	77,463	31,504	45,959	76,978	30,119	46,859	71,646	29,791	41,855	69,385	30,133	39,252	74,569	33,593	40,976	73,378	34,718	38,660
35-39	69,231	31,693	37,538	70,209	29,322	40,887	74,548	28,488	46,060	74,808	27,626	47,182	70,288	27,779	42,509	68,367	28,487	39,880	73,523	32,143	41,380
40-44	58,786	28,255	30,531	67,005	29,216	37,789	68,358	27,260	41,098	73,426	26,934	46,492	74,413	26,561	47,852	70,356	27,020	43,336	68,592	27,969	40,623
45-49	48,283	23,443	24,840	59,079	28,413	30,666	68,997	31,099	37,898	73,447	31,995	41,452	82,491	35,428	47,063	86,047	37,546	48,501	81,565	37,604	43,961
50-54	43,976	21,846	22,130	49,379	24,737	24,642	61,351	30,995	30,356	74,132	36,497	37,635	81,139	39,875	41,264	92,442	45,610	46,832	95,473	47,200	48,273
55-59	35,007	17,650	17,357	43,555	21,961	21,594	48,154	24,177	23,977	60,140	30,550	29,590	72,638	35,915	36,723	79,458	39,143	40,315	90,533	44,668	45,865
60-64	28,813	14,042	14,771	33,360	16,798	16,562	41,248	20,644	20,604	45,750	22,777	22,973	57,269	28,819	28,450	69,372	33,979	35,393	76,161	37,175	38,986
65-69	23,139	11,313	11,826	26,528	12,839	13,689	30,751	15,327	15,424	38,114	18,829	19,285	42,408	20,791	21,617	53,222	26,362	26,860	64,714	31,166	33,548
70-74	17,109	8,290	8,819	20,192	9,716	10,476	23,296	11,079	12,217	27,096	13,238	13,858	33,717	16,287	17,430	37,601	17,974	19,627	47,369	22,844	24,525
75-79	9,156	4,253	4,903	14,171	6,670	7,501	16,710	7,786	8,924	19,339	8,887	10,452	22,484	10,572	11,912	27,951	12,949	15,002	31,161	14,259	16,902
80-84	4,054	1,943	2,111	6,833	3,072	3,761	10,342	4,647	5,695	12,127	5,348	6,779	14,102	6,111	7,991	16,378	7,210	9,168	20,378	8,821	11,557
85+	3,370	1,436	1,934	3,112	1,292	1,820	4,676	1,864	2,812	7,277	2,856	4,421	9,076	3,423	5,653	10,751	3,941	6,810	12,547	4,613	7,934

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Udayapur																					
Total	341,070	163,899	177,171	337,948	157,903	180,045	334,496	153,061	181,435	332,775	150,812	181,963	332,543	150,915	181,628	332,614	152,441	180,173	330,358	152,994	177,364
00-04	28,117	14,600	13,517	25,596	13,351	12,245	24,413	12,953	11,460	22,332	11,850	10,482	19,833	10,416	9,417	17,492	9,087	8,405	15,637	8,040	7,597
05-09	32,833	16,912	15,921	27,705	14,416	13,289	25,220	13,186	12,034	24,066	12,797	11,269	22,031	11,715	10,316	19,613	10,327	9,286	17,304	9,013	8,291
10-14	35,130	17,737	17,393	32,181	16,660	15,521	27,229	14,241	12,988	24,830	13,046	11,784	23,729	12,671	11,058	21,720	11,611	10,109	19,348	10,238	9,110
15-19	36,057	17,920	18,137	33,150	16,673	16,477	30,304	15,626	14,678	25,784	13,466	12,318	23,651	12,435	11,216	22,635	12,124	10,511	20,752	11,132	9,620
20-24	31,570	14,473	17,097	30,596	13,973	16,623	27,924	12,964	14,960	25,751	12,400	13,351	22,247	10,990	11,257	20,760	10,463	10,297	20,087	10,411	9,676
25-29	27,574	12,071	15,503	26,325	10,431	15,894	25,304	10,023	15,281	23,336	9,549	13,787	21,818	9,452	12,366	19,232	8,728	10,504	18,256	8,627	9,629
30-34	24,788	10,979	13,809	24,246	9,377	14,869	23,292	8,143	15,149	22,593	7,963	14,630	21,040	7,775	13,265	19,880	7,915	11,965	17,764	7,560	10,204
35-39	23,032	10,443	12,589	22,736	9,249	13,487	22,532	7,975	14,557	21,938	7,034	14,904	21,474	7,012	14,462	20,146	6,979	13,167	19,119	7,247	11,872
40-44	19,155	8,811	10,344	21,653	9,301	12,352	21,566	8,318	13,248	21,664	7,285	14,379	21,349	6,550	14,799	20,983	6,606	14,377	19,746	6,650	13,096
45-49	17,085	8,079	9,006	18,866	8,684	10,182	21,968	9,784	12,184	23,012	9,879	13,133	24,698	10,347	14,351	25,242	10,456	14,786	24,758	10,406	14,352
50-54	16,951	8,256	8,695	17,198	8,334	8,864	19,428	9,366	10,062	23,516	11,464	12,052	25,621	12,584	13,037	28,289	14,021	14,268	28,521	13,834	14,687
55-59	13,462	6,603	6,859	16,550	8,101	8,449	16,663	8,012	8,651	18,974	9,131	9,843	22,975	11,159	11,816	25,012	12,214	12,798	27,622	13,592	14,030
60-64	11,298	5,439	5,859	12,747	6,181	6,566	15,643	7,516	8,127	15,806	7,478	8,328	18,062	8,540	9,522	21,931	10,463	11,468	23,939	11,487	12,452
65-69	9,063	4,405	4,658	10,329	4,865	5,464	11,703	5,536	6,167	14,394	6,742	7,652	14,603	6,718	7,885	16,768	7,713	9,055	20,417	9,466	10,951
70-74	7,114	3,355	3,759	7,892	3,726	4,166	9,043	4,135	4,908	10,283	4,708	5,575	12,711	5,752	6,959	12,955	5,743	7,212	14,943	6,628	8,315
75-79	4,349	2,093	2,256	5,756	2,590	3,166	6,354	2,858	3,496	7,336	3,187	4,149	8,337	3,619	4,718	10,343	4,424	5,919	10,534	4,410	6,124
80-84	1,977	1,024	953	3,006	1,354	1,652	3,962	1,657	2,305	4,415	1,845	2,570	5,147	2,067	3,080	5,834	2,329	3,505	7,238	2,840	4,398
85+	1,515	699	816	1,416	637	779	1,948	768	1,180	2,745	988	1,757	3,217	1,113	2,104	3,779	1,238	2,541	4,373	1,413	2,960

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Saptari																					
Total	717,109	357,498	359,611	748,797	369,337	379,460	775,857	380,556	395,301	801,990	393,782	408,208	828,463	409,370	419,093	855,810	427,621	428,189	878,810	443,320	435,490
00-04	78,326	42,615	35,711	80,385	44,597	35,788	76,611	43,018	33,593	72,978	40,962	32,016	69,898	38,903	30,995	67,374	36,979	30,395	63,921	34,432	29,489
05-09	74,365	39,132	35,233	76,989	41,967	35,022	79,065	43,975	35,090	75,382	42,437	32,945	71,886	40,452	31,434	68,910	38,456	30,454	66,385	36,538	29,847
10-14	69,411	35,934	33,477	73,131	38,684	34,447	75,684	41,457	34,227	77,731	43,427	34,304	74,185	41,912	32,273	70,742	39,964	30,778	67,819	37,992	29,827
15-19	70,411	35,860	34,551	66,600	34,474	32,126	70,077	36,989	33,088	72,618	39,698	32,920	74,708	41,697	33,011	71,450	40,412	31,038	68,302	38,653	29,649
20-24	68,270	32,384	35,886	63,749	30,542	33,207	60,283	29,412	30,871	63,683	31,916	31,767	66,317	34,700	31,617	68,665	36,956	31,709	66,362	36,488	29,874
25-29	58,651	27,003	31,648	60,870	26,151	34,719	56,765	24,675	32,090	54,069	24,204	29,865	57,583	26,828	30,755	60,375	29,803	30,572	63,153	32,448	30,705
30-34	49,787	22,685	27,102	53,066	22,252	30,814	55,322	21,600	33,722	51,977	20,737	31,240	49,853	20,759	29,094	53,416	23,508	29,908	56,354	26,623	29,731
35-39	48,944	22,461	26,483	45,952	19,367	26,585	49,235	19,073	30,162	51,851	18,815	33,036	49,010	18,374	30,636	47,251	18,727	28,524	50,840	21,540	29,300
40-44	39,352	19,297	20,055	45,880	19,981	25,899	43,338	17,317	26,021	46,845	17,278	29,567	49,730	17,337	32,393	47,233	17,150	30,083	45,689	17,694	27,995
45-49	33,194	16,317	16,877	38,478	18,889	19,589	46,020	20,723	25,297	45,310	19,853	25,457	51,525	22,589	28,936	56,887	25,175	31,712	54,193	24,716	29,477
50-54	31,099	15,719	15,380	33,261	16,913	16,348	39,414	20,378	19,036	48,681	24,073	24,608	49,488	24,672	24,816	57,829	29,574	28,255	63,309	32,303	31,006
55-59	25,137	13,015	12,122	30,254	15,546	14,708	32,060	16,368	15,692	38,226	19,909	18,317	47,228	23,471	23,757	47,990	23,981	24,009	56,080	28,665	27,415
60-64	21,066	10,436	10,630	23,507	12,186	11,321	28,212	14,373	13,839	30,022	15,194	14,828	35,984	18,574	17,410	44,667	21,968	22,699	45,590	22,517	23,073
65-69	19,797	9,778	10,019	19,021	9,344	9,677	21,330	10,937	10,393	25,759	12,949	12,810	27,522	13,729	13,793	33,155	16,847	16,308	41,338	19,998	21,340
70-74	17,293	8,659	8,634	17,116	8,308	8,808	16,575	7,981	8,594	18,645	9,377	9,268	22,634	11,140	11,494	24,257	11,832	12,425	29,383	14,585	14,798
75-79	7,955	4,189	3,766	13,917	6,838	7,079	13,757	6,566	7,191	13,419	6,316	7,103	15,131	7,418	7,713	18,418	8,792	9,626	19,812	9,353	10,459
80-84	2,357	1,212	1,145	5,185	2,651	2,534	9,123	4,326	4,797	9,007	4,117	4,890	9,015	4,063	4,952	10,228	4,772	5,456	12,667	5,730	6,937
85+	1,694	802	892	1,436	647	789	2,986	1,388	1,598	5,787	2,520	3,267	6,766	2,752	4,014	6,963	2,725	4,238	7,613	3,045	4,568

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Siraha																					
Total	750,940	370,037	380,903	783,762	378,409	405,353	814,194	388,360	425,834	847,977	403,778	444,199	884,579	423,418	461,161	923,880	447,975	475,905	958,346	470,411	487,935
00-04	90,649	50,225	40,424	89,775	50,569	39,206	86,123	49,141	36,982	84,335	47,873	36,462	82,287	45,947	36,340	78,397	43,013	35,384	73,420	39,531	33,889
05-09	88,248	47,338	40,910	89,751	49,760	39,991	88,928	50,147	38,781	85,357	48,742	36,615	83,617	47,520	36,097	81,632	45,636	35,996	77,825	42,752	35,073
10-14	77,865	40,779	37,086	87,285	46,969	40,316	88,709	49,330	39,379	87,907	49,699	38,208	84,455	48,328	36,127	82,736	47,129	35,607	80,756	45,248	35,508
15-19	75,613	38,430	37,183	74,064	38,175	35,889	82,688	43,703	38,985	84,170	46,062	38,108	83,716	46,723	36,993	80,763	45,769	34,994	79,403	44,885	34,518
20-24	69,516	31,355	38,161	64,854	29,091	35,763	63,399	28,911	34,488	71,165	33,703	37,462	73,091	36,404	36,687	73,712	38,066	35,646	72,250	38,517	33,733
25-29	59,193	25,238	33,955	59,025	21,987	37,038	55,132	20,427	34,705	54,411	20,908	33,503	61,682	25,277	36,405	64,051	28,409	35,642	65,575	30,935	34,640
30-34	49,678	21,004	28,674	51,815	18,678	33,137	52,508	16,379	36,129	49,568	15,668	33,900	49,298	16,580	32,718	56,256	20,707	35,549	58,876	24,076	34,800
35-39	48,340	20,965	27,375	44,518	16,390	28,128	47,167	14,677	32,490	48,702	13,261	35,441	46,325	13,060	33,265	46,369	14,255	32,114	53,140	18,265	34,875
40-44	37,975	17,816	20,159	44,214	17,354	26,860	41,275	13,672	27,603	44,416	12,512	31,904	46,473	11,657	34,816	44,484	11,760	32,724	44,692	13,088	31,604
45-49	32,479	15,144	17,335	37,240	17,529	19,711	45,317	19,043	26,274	45,260	18,219	27,041	52,459	21,174	31,285	58,833	24,676	34,157	56,705	24,568	32,137
50-54	29,663	14,953	14,710	33,747	16,914	16,833	39,895	20,712	19,183	51,032	25,415	25,617	52,994	26,566	26,428	63,250	32,634	30,616	70,341	36,851	33,490
55-59	24,750	12,785	11,965	29,604	15,522	14,082	32,851	16,676	16,175	39,184	20,680	18,504	49,933	25,159	24,774	51,711	26,079	25,632	61,618	31,822	29,796
60-64	21,427	10,650	10,777	23,404	12,249	11,155	27,635	14,400	13,235	30,807	15,532	15,275	36,935	19,338	17,597	47,284	23,593	23,691	49,155	24,543	24,612
65-69	19,503	9,880	9,623	19,418	9,590	9,828	21,272	11,011	10,261	25,239	12,981	12,258	28,296	14,061	14,235	34,070	17,574	16,496	43,835	21,521	22,314
70-74	15,521	8,008	7,513	16,841	8,411	8,430	16,942	8,219	8,723	18,633	9,474	9,159	22,201	11,196	11,005	24,981	12,140	12,841	30,224	15,235	14,989
75-79	6,612	3,519	3,093	12,542	6,372	6,170	13,567	6,657	6,910	13,712	6,513	7,199	15,070	7,482	7,588	18,072	8,860	9,212	20,385	9,605	10,780
80-84	2,200	1,133	1,067	4,344	2,261	2,083	8,276	4,076	4,200	8,935	4,220	4,715	9,222	4,190	5,032	10,245	4,855	5,390	12,465	5,820	6,645
85+	1,708	815	893	1,321	588	733	2,510	1,179	1,331	5,144	2,316	2,828	6,525	2,756	3,769	7,034	2,820	4,214	7,681	3,149	4,532

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Dhanusha																					
Total	886,586	440,879	445,707	941,166	458,427	482,739	991,459	476,626	514,833	1,044,461	500,341	544,120	1,098,747	527,784	570,963	1,155,742	560,462	595,280	1,206,152	590,324	615,828
00-04	114,676	64,622	50,054	119,185	68,023	51,162	114,219	65,411	48,808	110,562	62,788	47,774	107,186	59,857	47,329	103,364	56,715	46,649	97,030	52,257	44,773
05-09	103,394	55,340	48,054	113,719	64,142	49,577	118,179	67,519	50,660	113,311	64,950	48,361	109,778	62,409	47,369	106,434	59,515	46,919	102,652	56,387	46,265
10-14	91,528	47,784	43,744	102,622	55,055	47,567	112,679	63,657	49,022	117,087	66,989	50,098	112,317	64,475	47,842	108,800	61,937	46,863	105,489	59,060	46,429
15-19	88,450	45,077	43,373	87,610	44,873	42,737	97,638	51,307	46,331	107,192	59,442	47,750	111,630	62,829	48,801	107,643	61,004	46,639	104,696	59,008	45,688
20-24	81,848	36,381	45,467	76,026	33,732	42,294	75,104	33,585	41,519	84,110	39,098	45,012	92,641	46,267	46,374	97,755	50,345	47,410	96,022	50,680	45,342
25-29	70,789	30,282	40,507	69,775	25,084	44,691	64,844	23,269	41,575	64,766	23,916	40,850	73,164	28,947	44,217	81,085	35,568	45,517	86,975	40,443	46,532
30-34	58,250	25,472	32,778	62,258	22,213	40,045	62,636	18,564	44,072	58,855	17,787	41,068	59,295	18,938	40,357	67,289	23,694	43,595	74,882	30,079	44,803
35-39	55,845	24,491	31,354	52,296	19,741	32,555	57,015	17,366	39,649	58,618	14,978	43,640	55,508	14,793	40,715	56,193	16,216	39,977	63,878	20,827	43,051
40-44	42,730	20,222	22,508	51,037	20,080	30,957	48,470	16,310	32,160	53,859	14,708	39,151	56,201	13,105	43,096	53,513	13,254	40,259	54,320	14,824	39,496
45-49	37,006	17,212	19,794	41,983	19,816	22,167	52,486	22,035	30,451	53,570	21,861	31,709	64,167	25,596	38,571	71,859	29,371	42,488	69,038	29,309	39,729
50-54	33,917	17,100	16,817	38,709	19,473	19,236	45,381	23,796	21,585	59,584	29,881	29,703	63,310	32,333	30,977	77,817	40,069	37,748	86,353	44,720	41,633
55-59	29,083	15,074	14,009	34,139	18,051	16,088	37,635	19,190	18,445	44,618	23,813	20,805	58,254	29,572	28,682	61,680	31,686	29,994	75,655	38,984	36,671
60-64	26,082	13,423	12,659	27,513	14,509	13,004	31,740	16,709	15,031	35,189	17,824	17,365	41,909	22,180	19,729	54,956	27,632	27,324	58,465	29,746	28,719
65-69	23,266	12,439	10,827	23,506	12,055	11,451	24,853	12,997	11,856	28,888	15,037	13,851	32,200	16,110	16,090	38,530	20,145	18,385	50,749	25,164	25,585
70-74	18,013	9,725	8,288	20,010	10,559	9,451	20,381	10,296	10,085	21,664	11,141	10,523	25,316	12,944	12,372	28,321	13,874	14,447	34,062	17,451	16,611
75-79	7,314	4,058	3,256	14,453	7,717	6,736	16,002	8,336	7,666	16,453	8,159	8,294	17,498	8,821	8,677	20,562	10,250	10,312	23,014	10,966	12,048
80-84	2,511	1,308	1,203	4,724	2,570	2,154	9,402	4,894	4,508	10,392	5,223	5,169	10,911	5,215	5,696	11,717	5,668	6,049	14,045	6,687	7,358
85+	1,884	869	1,015	1,601	734	867	2,795	1,385	1,410	5,743	2,746	2,997	7,462	3,393	4,069	8,224	3,519	4,705	8,827	3,732	5,095

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Mahottari																					
Total	719,080	355,848	363,232	754,807	365,099	389,708	790,250	376,719	413,531	829,817	393,896	435,921	871,579	414,845	456,734	914,263	439,506	474,757	952,719	463,170	489,549
00-04	87,674	47,008	40,666	88,859	48,464	40,395	88,953	49,122	39,831	88,303	48,460	39,843	85,609	46,113	39,496	81,178	43,123	38,055	76,390	40,169	36,221
05-09	86,404	44,547	41,857	86,635	46,522	40,113	87,836	47,988	39,848	87,964	48,656	39,308	87,345	48,027	39,318	84,724	45,712	39,012	80,403	42,791	37,612
10-14	79,413	40,505	38,908	85,323	44,107	41,216	85,469	45,991	39,478	86,667	47,449	39,218	86,871	48,148	38,723	86,262	47,529	38,733	83,714	45,266	38,448
15-19	75,690	38,443	37,247	75,577	37,816	37,761	80,891	40,951	39,940	81,186	42,905	38,281	82,676	44,565	38,111	83,154	45,504	37,650	82,876	45,190	37,686
20-24	64,617	30,290	34,327	65,870	30,020	35,850	65,830	29,539	36,291	70,971	32,553	38,418	71,765	34,859	36,906	73,916	37,168	36,748	75,272	38,952	36,320
25-29	55,553	24,505	31,048	55,315	21,967	33,348	56,496	21,741	34,755	57,189	21,973	35,216	62,401	25,101	37,300	63,687	27,841	35,846	66,460	30,752	35,708
30-34	46,579	20,274	26,305	48,632	18,387	30,245	48,997	16,567	32,430	50,662	16,834	33,828	51,935	17,617	34,318	57,086	20,773	36,313	58,657	23,766	34,891
35-39	45,014	19,778	25,236	41,563	15,844	25,719	43,963	14,466	29,497	45,090	13,405	31,685	47,118	14,043	33,075	48,621	15,096	33,525	53,710	18,281	35,429
40-44	35,409	17,007	18,402	40,981	16,287	24,694	38,328	13,159	25,169	41,252	12,309	28,943	42,880	11,779	31,101	45,103	12,645	32,458	46,792	13,877	32,915
45-49	30,455	14,826	15,629	34,721	16,721	18,000	41,912	17,763	24,149	41,833	17,159	24,674	48,473	20,094	28,379	53,829	23,315	30,514	56,732	24,873	31,859
50-54	27,078	13,753	13,325	31,690	16,524	15,166	37,227	19,739	17,488	47,062	23,558	23,504	48,766	24,707	24,059	58,118	30,396	27,722	64,289	34,434	29,855
55-59	22,926	11,988	10,938	27,164	14,414	12,750	30,835	16,289	14,546	36,574	19,730	16,844	45,980	23,318	22,662	47,562	24,262	23,300	56,549	29,646	26,903
60-64	20,222	10,403	9,819	21,707	11,538	10,169	25,333	13,379	11,954	28,875	15,161	13,714	34,422	18,449	15,973	43,500	21,868	21,632	45,157	22,842	22,315
65-69	18,450	9,776	8,674	18,307	9,382	8,925	19,704	10,381	9,323	23,111	12,062	11,049	26,452	13,726	12,726	31,708	16,759	14,949	40,264	19,946	20,318
70-74	14,244	7,618	6,626	15,938	8,328	7,610	15,920	8,029	7,891	17,218	8,922	8,296	20,310	10,396	9,914	23,327	11,858	11,469	28,076	14,542	13,534
75-79	5,868	3,292	2,576	11,473	6,061	5,412	12,790	6,580	6,210	12,853	6,349	6,504	13,941	7,065	6,876	16,524	8,250	8,274	18,971	9,378	9,593
80-84	1,941	1,061	880	3,846	2,131	1,715	7,527	3,889	3,638	8,390	4,189	4,201	8,615	4,120	4,495	9,411	4,603	4,808	11,352	5,439	5,913
85+	1,543	774	769	1,206	586	620	2,239	1,146	1,093	4,617	2,222	2,395	6,020	2,718	3,302	6,553	2,804	3,749	7,055	3,026	4,029

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Sarlah																					
Total	876,996	443,038	433,958	922,502	461,280	461,222	964,338	479,662	484,676	1,005,186	499,746	505,440	1,045,405	521,234	524,171	1,084,063	544,152	539,911	1,117,011	564,730	552,281
00-04	102,149	54,221	47,928	103,840	56,186	47,654	102,897	56,686	46,211	99,785	54,772	45,013	95,223	51,290	43,933	90,009	47,817	42,192	84,456	44,405	40,051
05-09	101,031	52,396	48,635	100,630	53,489	47,141	102,327	55,456	46,871	101,413	55,960	45,453	98,448	54,120	44,328	93,977	50,702	43,275	88,888	47,310	41,578
10-14	96,307	49,251	47,056	99,381	51,739	47,642	98,982	52,782	46,200	100,618	54,693	45,925	99,813	55,227	44,586	96,868	53,390	43,478	92,490	50,035	42,455
15-19	94,527	48,550	45,977	92,157	47,078	45,079	94,879	49,297	45,582	94,619	50,407	44,212	96,362	52,364	43,998	95,752	53,032	42,720	93,062	51,394	41,668
20-24	81,686	40,189	41,497	85,044	41,769	43,275	82,747	40,465	42,282	85,568	42,820	42,748	85,802	44,296	41,506	87,963	46,617	41,346	88,043	47,853	40,190
25-29	69,640	33,197	36,443	72,388	32,848	39,540	75,082	34,031	41,051	73,619	33,509	40,110	76,730	36,144	40,586	77,569	38,134	39,435	80,246	40,949	39,297
30-34	57,791	27,107	30,684	63,179	27,981	35,198	65,816	27,732	38,084	68,703	29,124	39,579	67,944	29,196	38,748	71,328	32,095	39,233	72,545	34,438	38,107
35-39	56,251	26,575	29,676	53,355	23,628	29,727	58,577	24,491	34,086	61,499	24,570	36,929	64,673	26,231	38,442	64,341	26,679	37,662	67,858	29,736	38,122
40-44	45,759	23,174	22,585	52,922	24,022	28,900	50,435	21,459	28,976	55,781	22,504	33,277	59,019	22,880	36,139	62,361	24,690	37,671	62,341	25,404	36,937
45-49	37,983	19,142	18,841	44,641	22,592	22,049	52,773	24,552	28,221	52,244	23,830	28,414	60,636	27,873	32,763	66,568	30,939	35,629	70,499	33,337	37,162
50-54	33,456	17,551	15,905	37,838	19,528	18,310	45,320	23,884	21,436	55,212	27,646	27,566	56,460	28,628	27,832	67,126	35,003	32,123	73,456	38,484	34,972
55-59	27,378	14,255	13,123	32,501	17,247	15,254	36,463	18,866	17,597	43,964	23,271	20,693	53,556	26,909	26,647	54,810	27,828	26,982	65,177	33,934	31,243
60-64	23,112	11,804	11,308	25,597	13,354	12,243	30,391	16,030	14,361	34,202	17,576	16,626	41,469	21,782	19,687	50,719	25,252	25,467	52,157	26,219	25,938
65-69	20,016	10,319	9,697	20,953	10,621	10,332	23,293	12,019	11,274	27,781	14,488	13,293	31,451	15,963	15,488	38,278	19,838	18,440	47,019	23,060	23,959
70-74	16,771	8,508	8,263	17,355	8,813	8,542	18,301	9,131	9,170	20,397	10,350	10,047	24,461	12,507	11,954	27,760	13,785	13,975	33,993	17,240	16,753
75-79	8,314	4,328	3,986	13,511	6,763	6,748	13,968	6,962	7,006	14,834	7,236	7,598	16,564	8,199	8,365	19,935	9,906	10,029	22,670	10,903	11,767
80-84	2,817	1,518	1,299	5,435	2,770	2,665	8,893	4,321	4,572	9,213	4,440	4,773	10,019	4,713	5,306	11,241	5,340	5,901	13,791	6,562	7,229
85+	2,008	953	1,055	1,775	852	923	3,194	1,498	1,696	5,734	2,550	3,184	6,775	2,912	3,863	7,458	3,105	4,353	8,320	3,467	4,853

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Rautahat																					
Total	830,656	417,522	413,134	905,123	452,243	452,880	975,097	485,885	489,212	1,043,201	519,880	523,321	1,109,265	554,017	555,248	1,171,832	588,125	583,707	1,225,832	618,499	607,333
00-04	115,092	59,584	55,508	119,788	62,564	57,224	119,832	63,585	56,247	119,138	63,219	55,919	116,619	61,255	55,364	111,355	57,881	53,474	103,024	52,976	50,048
05-09	107,546	54,868	52,678	113,389	58,795	54,594	118,044	61,774	56,270	118,170	62,823	55,347	117,565	62,514	55,051	115,120	60,609	54,511	109,972	57,293	52,679
10-14	94,421	47,948	46,473	105,687	54,158	51,529	111,370	58,029	53,341	116,016	60,989	55,027	116,197	62,053	54,144	115,664	61,772	53,892	113,293	59,904	53,389
15-19	88,971	45,262	43,709	90,625	45,971	44,654	101,191	51,686	49,505	106,785	55,490	51,295	111,382	58,455	52,927	111,809	59,693	52,116	111,481	59,590	51,891
20-24	75,311	37,239	38,072	81,940	40,348	41,592	83,319	40,865	42,454	93,228	46,162	47,066	98,800	49,983	48,817	103,566	53,200	50,366	104,550	54,908	49,642
25-29	61,873	29,541	32,332	69,024	32,505	36,519	74,916	35,102	39,814	76,553	35,917	40,636	86,151	41,074	45,077	91,776	45,033	46,743	96,888	48,621	48,267
30-34	50,779	23,692	27,087	57,546	26,376	31,170	64,212	29,045	35,167	70,009	31,659	38,350	71,965	32,812	39,153	81,411	37,976	43,435	87,186	42,136	45,050
35-39	49,587	23,576	26,011	47,745	21,510	26,235	54,154	24,021	30,133	60,778	26,747	34,031	66,619	29,485	37,134	68,806	30,885	37,921	78,192	36,138	42,054
40-44	40,235	20,412	19,823	47,305	21,929	25,376	45,702	20,088	25,614	52,156	22,689	29,467	58,869	25,557	33,312	64,809	28,451	36,358	67,193	30,044	37,149
45-49	33,418	16,891	16,527	39,444	20,013	19,431	47,116	22,220	24,896	46,690	21,529	25,161	55,117	26,123	28,994	64,032	31,258	32,774	70,688	34,881	35,807
50-54	28,688	15,173	13,515	33,095	17,025	16,070	39,637	20,690	18,947	48,328	24,024	24,304	48,946	24,303	24,643	58,960	30,497	28,463	68,599	36,394	32,205
55-59	22,289	11,860	10,429	27,906	14,873	13,033	31,955	16,435	15,520	38,521	20,152	18,369	46,993	23,358	23,635	47,634	23,610	24,024	57,426	29,630	27,796
60-64	18,244	9,118	9,126	20,989	11,142	9,847	26,240	13,879	12,361	30,186	15,368	14,818	36,534	18,919	17,615	44,770	21,996	22,774	45,651	22,388	23,263
65-69	17,327	8,669	8,658	16,653	8,241	8,412	19,199	10,080	9,119	24,131	12,574	11,557	27,900	14,000	13,900	33,911	17,292	16,619	41,731	20,159	21,572
70-74	15,261	7,661	7,600	15,087	7,403	7,684	14,611	7,094	7,517	16,902	8,690	8,212	21,336	10,889	10,447	24,743	12,138	12,605	30,223	15,053	15,170
75-79	7,581	4,015	3,566	12,352	6,083	6,269	12,225	5,868	6,357	11,917	5,651	6,266	13,781	6,899	6,882	17,488	8,662	8,826	20,282	9,601	10,681
80-84	2,369	1,268	1,101	5,091	2,625	2,466	8,332	3,964	4,368	8,240	3,805	4,435	8,225	3,749	4,476	9,586	4,607	4,979	12,338	5,839	6,499
85+	1,664	745	919	1,457	682	775	3,042	1,460	1,582	5,453	2,392	3,061	6,266	2,589	3,677	6,392	2,565	3,827	7,115	2,944	4,171

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Bara																					
Total	772,002	394,464	377,538	817,841	416,513	401,328	858,965	436,998	421,967	897,258	456,984	440,274	932,851	476,601	456,250	964,892	495,591	469,301	990,945	511,433	479,512
00-04	86,943	45,822	41,121	85,944	44,978	40,966	85,390	45,387	40,003	83,538	44,398	39,140	80,167	42,174	37,993	76,015	39,566	36,449	71,940	37,057	34,883
05-09	89,316	46,563	42,753	85,605	45,178	40,427	84,650	44,371	40,279	84,116	44,782	39,334	82,339	43,835	38,504	79,061	41,682	37,379	74,961	39,103	35,858
10-14	83,776	43,043	40,733	87,728	45,893	41,835	84,006	44,486	39,520	83,097	43,723	39,374	82,644	44,146	38,498	80,886	43,215	37,671	77,626	41,050	36,576
15-19	82,873	43,074	39,799	80,659	41,792	38,867	84,222	44,350	39,872	80,708	43,030	37,678	79,940	42,382	37,558	79,575	42,852	36,723	77,919	41,974	35,945
20-24	71,958	36,365	35,593	76,790	39,430	37,360	74,523	38,149	36,374	77,896	40,581	37,315	74,973	39,697	35,276	74,662	39,471	35,191	74,606	40,195	34,411
25-29	62,956	30,868	32,088	66,530	32,680	33,850	70,534	35,175	35,359	68,735	34,290	34,445	72,154	36,828	35,326	69,834	36,426	33,408	69,955	36,614	33,341
30-34	53,662	25,854	27,808	59,283	28,365	30,918	62,559	30,023	32,536	66,437	32,469	33,968	65,040	31,960	33,080	68,503	34,599	33,904	66,590	34,492	32,098
35-39	51,747	25,411	26,336	51,170	24,211	26,959	56,532	26,609	29,923	59,911	28,366	31,545	63,866	30,906	32,960	62,734	30,647	32,087	66,220	33,366	32,854
40-44	41,550	21,565	19,985	49,918	24,233	25,685	49,513	23,194	26,319	55,003	25,711	29,292	58,641	27,695	30,946	62,586	30,294	32,292	61,627	30,179	31,448
45-49	34,342	17,458	16,884	40,787	21,233	19,554	49,443	24,314	25,129	49,967	24,137	25,830	56,842	28,061	28,781	61,673	31,256	30,417	65,676	33,919	31,757
50-54	29,752	15,656	14,096	33,853	17,374	16,479	40,507	21,440	19,067	49,868	25,300	24,568	51,163	25,849	25,314	58,969	30,717	28,252	63,877	33,988	29,889
55-59	22,694	11,847	10,847	28,825	15,238	13,587	32,636	16,767	15,869	39,249	20,789	18,460	48,366	24,512	23,854	49,728	25,099	24,629	57,405	29,839	27,566
60-64	19,006	9,563	9,443	21,348	11,128	10,220	27,132	14,246	12,886	30,881	15,733	15,148	37,279	19,578	17,701	46,146	23,181	22,965	47,681	23,846	23,835
65-69	17,016	8,737	8,279	17,392	8,669	8,723	19,623	10,120	9,503	25,019	12,992	12,027	28,566	14,360	14,206	34,674	17,967	16,707	43,069	21,334	21,735
70-74	13,989	7,119	6,870	14,812	7,485	7,327	15,267	7,483	7,784	17,305	8,754	8,551	22,156	11,270	10,886	25,339	12,472	12,867	30,930	15,692	15,238
75-79	6,801	3,580	3,221	11,331	5,658	5,673	12,017	5,922	6,095	12,440	5,922	6,518	14,114	6,928	7,186	18,172	8,947	9,225	20,770	9,860	10,910
80-84	2,217	1,197	1,020	4,566	2,324	2,242	7,676	3,684	3,992	8,140	3,845	4,295	8,610	3,924	4,686	9,832	4,610	5,222	12,812	6,001	6,811
85+	1,404	742	662	1,300	644	656	2,735	1,278	1,457	4,948	2,162	2,786	5,991	2,496	3,495	6,503	2,590	3,913	7,281	2,924	4,357

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Parsa																					
Total	663,367	343,258	320,109	712,442	368,800	343,642	759,810	394,356	365,454	805,596	419,776	385,820	848,013	443,767	404,246	884,937	465,271	419,666	915,621	483,322	432,299
00-04	71,356	38,069	33,287	72,153	39,230	32,923	74,680	41,243	33,437	74,644	41,035	33,609	71,752	38,720	33,032	67,470	35,908	31,562	64,109	33,784	30,325
05-09	75,344	39,305	36,039	70,663	37,747	32,916	71,388	38,844	32,544	73,925	40,881	33,044	73,928	40,698	33,230	71,083	38,416	32,667	66,882	35,662	31,220
10-14	72,680	37,368	35,312	74,659	39,059	35,600	70,030	37,516	32,514	70,742	38,594	32,148	73,246	40,592	32,654	73,219	40,421	32,798	70,374	38,145	32,229
15-19	71,423	37,622	33,801	71,377	36,876	34,501	73,114	38,430	34,684	68,645	36,959	31,686	69,450	38,100	31,350	71,909	40,098	31,811	71,904	39,931	31,973
20-24	59,966	30,882	29,084	68,558	35,848	32,710	68,219	35,008	33,211	70,005	36,651	33,354	66,053	35,538	30,515	67,073	36,869	30,204	69,587	38,954	30,633
25-29	54,129	26,820	27,309	57,847	29,318	28,529	65,445	33,607	31,838	65,326	33,041	32,285	67,244	34,835	32,409	63,718	34,058	29,660	64,868	35,531	29,337
30-34	47,784	23,506	24,278	52,686	25,676	27,010	56,198	28,066	28,132	63,491	32,216	31,275	63,539	31,902	31,637	65,491	33,803	31,688	62,201	33,197	29,004
35-39	45,813	23,199	22,614	46,691	22,706	23,985	51,573	24,946	26,627	55,223	27,467	27,756	62,393	31,651	30,742	62,514	31,482	31,032	64,485	33,468	31,017
40-44	36,376	19,148	17,228	44,922	22,475	22,447	45,912	22,140	23,772	51,037	24,605	26,432	54,904	27,329	27,575	61,986	31,549	30,437	62,175	31,509	30,666
45-49	30,308	15,710	14,598	35,930	18,879	17,051	44,651	22,484	22,167	46,268	22,766	23,502	52,304	26,144	26,160	56,747	29,449	27,298	63,723	33,630	30,093
50-54	25,845	13,789	12,056	29,880	15,579	14,301	35,583	18,893	16,690	44,629	22,897	21,732	46,709	23,620	23,089	53,146	27,402	25,744	57,508	30,599	26,909
55-59	20,036	10,646	9,390	25,018	13,368	11,650	28,844	15,019	13,825	34,506	18,298	16,208	43,316	22,190	21,126	45,436	22,944	22,492	51,795	26,641	25,154
60-64	17,136	8,754	8,382	18,914	10,020	8,894	23,682	12,570	11,112	27,362	14,154	13,208	32,901	17,321	15,580	41,477	21,076	20,401	43,685	21,882	21,803
65-69	15,161	7,942	7,219	15,711	7,960	7,751	17,431	9,133	8,298	21,911	11,498	10,413	25,421	12,980	12,441	30,716	15,976	14,740	38,867	19,489	19,378
70-74	11,645	6,054	5,591	13,272	6,838	6,434	13,843	6,884	6,959	15,398	7,932	7,466	19,469	10,029	9,440	22,667	11,343	11,324	27,475	13,989	13,486
75-79	5,363	2,853	2,510	9,431	4,810	4,621	10,731	5,402	5,329	11,233	5,441	5,792	12,515	6,268	6,247	15,863	7,912	7,951	18,454	8,914	9,540
80-84	1,809	961	848	3,608	1,871	1,737	6,327	3,136	3,191	7,216	3,508	3,708	7,694	3,600	4,094	8,655	4,165	4,490	11,082	5,294	5,788
85+	1,193	630	563	1,122	540	582	2,159	1,035	1,124	4,035	1,833	2,202	5,175	2,250	2,925	5,767	2,400	3,367	6,447	2,703	3,744

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Dolakha																					
Total	172,925	83,774	89,151	160,154	75,607	84,547	148,499	68,822	79,677	138,585	63,492	75,093	130,153	59,364	70,789	122,424	55,957	66,467	114,876	52,661	62,215
00-04	12,175	6,364	5,811	11,021	5,872	5,149	9,705	5,199	4,506	8,122	4,331	3,791	6,714	3,541	3,173	5,597	2,921	2,676	4,783	2,467	2,316
05-09	13,716	6,950	6,766	11,274	5,929	5,345	10,192	5,474	4,718	9,003	4,861	4,142	7,548	4,053	3,495	6,259	3,327	2,932	5,223	2,756	2,467
10-14	15,353	7,671	7,682	12,696	6,451	6,245	10,459	5,504	4,955	9,466	5,071	4,395	8,365	4,516	3,849	7,028	3,785	3,243	5,838	3,104	2,734
15-19	16,437	8,094	8,343	13,415	6,600	6,815	11,124	5,577	5,547	9,201	4,795	4,406	8,390	4,459	3,931	7,473	3,988	3,485	6,306	3,364	2,942
20-24	14,843	7,157	7,686	12,867	5,918	6,949	10,427	4,866	5,561	8,812	4,238	4,574	7,434	3,744	3,690	6,867	3,558	3,309	6,236	3,288	2,948
25-29	13,553	6,610	6,943	11,552	5,015	6,537	9,957	4,183	5,774	8,201	3,540	4,661	7,068	3,178	3,890	6,112	2,917	3,195	5,733	2,848	2,885
30-34	11,783	5,767	6,016	11,321	5,078	6,243	9,752	3,892	5,860	8,558	3,310	5,248	7,204	2,864	4,340	6,276	2,626	3,650	5,512	2,477	3,035
35-39	10,874	5,172	5,702	10,363	4,776	5,587	10,061	4,243	5,818	8,839	3,301	5,538	7,883	2,851	5,032	6,731	2,510	4,221	5,930	2,352	3,578
40-44	9,525	4,412	5,113	9,882	4,513	5,369	9,489	4,179	5,310	9,346	3,760	5,586	8,375	2,969	5,406	7,542	2,598	4,944	6,471	2,310	4,161
45-49	8,915	4,045	4,870	9,006	4,109	4,897	9,558	4,403	5,155	9,564	4,399	5,165	9,937	4,469	5,468	9,190	3,887	5,303	8,268	3,407	4,861
50-54	9,894	4,551	5,343	8,610	3,933	4,677	8,847	4,121	4,726	9,679	4,673	5,006	10,018	4,999	5,019	10,640	5,310	5,330	9,797	4,616	5,181
55-59	8,862	4,191	4,671	9,363	4,281	5,082	8,154	3,685	4,469	8,420	3,893	4,527	9,240	4,426	4,814	9,559	4,727	4,832	10,206	5,049	5,157
60-64	8,201	3,979	4,222	8,205	3,809	4,396	8,682	3,877	4,805	7,596	3,359	4,237	7,872	3,557	4,315	8,649	4,072	4,577	9,022	4,380	4,642
65-69	6,774	3,231	3,543	7,373	3,484	3,889	7,434	3,361	4,073	7,903	3,443	4,460	6,949	2,991	3,958	7,248	3,195	4,053	8,000	3,657	4,343
70-74	5,208	2,454	2,754	5,761	2,651	3,110	6,321	2,871	3,450	6,396	2,772	3,624	6,897	2,873	4,024	6,088	2,510	3,578	6,408	2,711	3,697
75-79	3,515	1,658	1,857	3,963	1,755	2,208	4,407	1,898	2,509	4,918	2,098	2,820	5,024	2,033	2,991	5,458	2,112	3,346	4,855	1,865	2,990
80-84	1,830	882	948	2,183	933	1,250	2,514	1,008	1,506	2,833	1,092	1,741	3,194	1,224	1,970	3,322	1,202	2,120	3,663	1,276	2,387
85+	1,467	586	881	1,299	500	799	1,416	481	935	1,728	556	1,172	2,041	617	1,424	2,385	712	1,673	2,625	734	1,891

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Sindhupalchok																					
Total	262,250	128,966	133,284	238,384	115,357	123,027	216,072	103,878	112,194	197,577	94,511	103,066	182,858	87,245	95,613	170,687	81,460	89,227	158,979	75,870	83,109
00-04	18,724	9,834	8,890	15,764	8,364	7,400	12,891	6,891	6,000	10,157	5,408	4,749	8,106	4,282	3,824	6,581	3,431	3,150	5,379	2,781	2,598
05-09	21,166	10,743	10,423	17,365	9,171	8,194	14,605	7,802	6,803	11,959	6,436	5,523	9,473	5,078	4,395	7,586	4,020	3,566	6,162	3,232	2,930
10-14	23,409	11,594	11,815	19,401	9,898	9,503	15,949	8,466	7,483	13,466	7,229	6,237	11,057	5,978	5,079	8,783	4,735	4,048	7,058	3,774	3,284
15-19	24,365	11,907	12,458	19,904	9,802	10,102	16,493	8,442	8,051	13,599	7,242	6,357	11,575	6,253	5,322	9,599	5,244	4,355	7,691	4,207	3,484
20-24	21,656	10,455	11,201	17,740	8,318	9,422	14,175	6,926	7,249	11,911	6,134	5,777	10,012	5,416	4,596	8,755	4,854	3,901	7,473	4,237	3,236
25-29	20,538	10,017	10,521	15,723	7,072	8,651	12,591	5,702	6,889	10,234	4,888	5,346	8,847	4,495	4,352	7,649	4,125	3,524	6,894	3,842	3,052
30-34	18,180	8,975	9,205	16,482	7,615	8,867	12,710	5,456	7,254	10,400	4,474	5,926	8,723	3,952	4,771	7,665	3,715	3,950	6,767	3,486	3,281
35-39	17,545	8,388	9,157	15,755	7,506	8,249	14,420	6,436	7,984	11,461	4,703	6,758	9,633	3,926	5,707	8,259	3,513	4,746	7,349	3,356	3,993
40-44	15,985	7,610	8,375	15,995	7,469	8,526	14,469	6,752	7,717	13,521	5,894	7,627	11,078	4,416	6,662	9,526	3,752	5,774	8,292	3,398	4,894
45-49	14,795	7,030	7,765	15,156	7,146	8,010	15,562	7,318	8,244	14,846	7,143	7,703	15,060	7,047	8,013	13,393	6,015	7,378	11,649	5,120	6,529
50-54	15,104	7,259	7,845	14,175	6,712	7,463	14,765	7,016	7,749	15,786	7,612	8,174	15,718	7,930	7,788	16,564	8,285	8,279	14,772	7,117	7,655
55-59	12,871	6,437	6,434	14,229	6,779	7,450	13,334	6,235	7,099	13,982	6,576	7,406	14,970	7,169	7,801	14,964	7,487	7,477	15,765	7,819	7,946
60-64	11,535	5,757	5,778	11,877	5,826	6,051	13,095	6,112	6,983	12,342	5,664	6,678	13,010	5,997	7,013	13,987	6,570	7,417	14,000	6,878	7,122
65-69	9,581	4,839	4,742	10,292	5,015	5,277	10,645	5,101	5,544	11,819	5,386	6,433	11,203	5,006	6,197	11,854	5,328	6,526	12,811	5,872	6,939
70-74	7,677	3,751	3,926	8,029	3,921	4,108	8,725	4,111	4,614	9,077	4,186	4,891	10,207	4,474	5,733	9,699	4,160	5,539	10,362	4,482	5,880
75-79	4,809	2,351	2,458	5,824	2,712	3,112	6,109	2,833	3,276	6,733	3,008	3,725	7,081	3,092	3,989	8,018	3,321	4,697	7,688	3,115	4,573
80-84	2,572	1,250	1,322	2,965	1,345	1,620	3,671	1,579	2,092	3,886	1,664	2,222	4,368	1,795	2,573	4,650	1,860	2,790	5,376	2,031	3,345
85+	1,738	769	969	1,708	686	1,022	1,863	700	1,163	2,398	864	1,534	2,737	939	1,798	3,155	1,045	2,110	3,491	1,123	2,368

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Rasuwa																					
Total	46,574	23,966	22,608	45,222	22,933	22,289	43,756	22,029	21,727	42,609	21,302	21,307	41,767	20,726	21,041	41,129	20,312	20,817	40,300	19,859	20,441
00-04	3,911	2,000	1,911	3,526	1,852	1,674	3,168	1,688	1,480	2,711	1,447	1,264	2,369	1,246	1,123	2,072	1,077	995	1,829	946	883
05-09	4,052	2,043	2,009	3,621	1,850	1,771	3,276	1,724	1,552	2,934	1,566	1,368	2,525	1,351	1,174	2,200	1,157	1,043	1,920	1,008	912
10-14	4,030	2,016	2,014	3,681	1,858	1,823	3,297	1,691	1,606	2,981	1,573	1,408	2,667	1,428	1,239	2,306	1,234	1,072	2,006	1,068	938
15-19	4,379	2,139	2,240	3,561	1,782	1,779	3,251	1,650	1,601	2,899	1,499	1,400	2,643	1,400	1,243	2,379	1,280	1,099	2,048	1,112	936
20-24	4,493	2,372	2,121	3,608	1,795	1,813	2,858	1,503	1,355	2,633	1,417	1,216	2,373	1,305	1,068	2,195	1,240	955	2,013	1,158	855
25-29	4,162	2,200	1,962	3,832	1,959	1,873	3,047	1,503	1,544	2,472	1,289	1,183	2,294	1,227	1,067	2,119	1,156	963	1,985	1,114	871
30-34	3,598	1,931	1,667	3,816	1,909	1,907	3,527	1,698	1,829	2,899	1,330	1,569	2,412	1,153	1,259	2,268	1,121	1,147	2,109	1,069	1,040
35-39	3,270	1,823	1,447	3,510	1,766	1,744	3,732	1,757	1,975	3,568	1,587	1,981	3,031	1,254	1,777	2,581	1,099	1,482	2,437	1,072	1,365
40-44	2,713	1,382	1,331	3,115	1,685	1,430	3,360	1,644	1,716	3,620	1,651	1,969	3,553	1,509	2,044	3,073	1,212	1,861	2,641	1,074	1,567
45-49	2,384	1,190	1,194	2,605	1,311	1,294	3,017	1,619	1,398	3,374	1,668	1,706	3,791	1,801	1,990	3,864	1,757	2,107	3,367	1,446	1,921
50-54	2,165	1,063	1,102	2,292	1,143	1,149	2,537	1,288	1,249	3,003	1,634	1,369	3,453	1,779	1,674	3,965	1,997	1,968	4,036	1,943	2,093
55-59	1,862	964	898	2,069	1,008	1,061	2,159	1,063	1,096	2,408	1,213	1,195	2,855	1,543	1,312	3,303	1,687	1,616	3,795	1,902	1,893
60-64	1,682	892	790	1,739	896	843	1,917	922	995	2,025	992	1,033	2,268	1,130	1,138	2,690	1,443	1,247	3,121	1,583	1,538
65-69	1,424	728	696	1,521	792	729	1,566	797	769	1,747	832	915	1,845	891	954	2,078	1,021	1,057	2,479	1,312	1,167
70-74	1,083	542	541	1,199	604	595	1,291	663	628	1,360	681	679	1,519	704	815	1,618	763	855	1,838	888	950
75-79	698	343	355	837	409	428	931	450	481	1,009	498	511	1,066	517	549	1,207	543	664	1,303	595	708
80-84	426	213	213	446	213	233	546	258	288	614	282	332	682	322	360	725	334	391	840	358	482
85+	242	125	117	244	101	143	276	111	165	352	143	209	421	166	255	486	191	295	533	211	322

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Dhading																					
Total	325,807	159,005	166,802	304,542	143,976	160,566	285,128	131,975	153,153	268,813	123,056	145,757	255,122	116,620	138,502	242,825	111,758	131,067	229,999	106,523	123,476
00-04	24,259	12,559	11,700	21,726	11,199	10,527	19,153	10,152	9,001	16,164	8,608	7,556	13,530	7,113	6,417	11,453	5,968	5,485	9,805	5,046	4,759
05-09	27,673	14,237	13,436	23,016	11,985	11,031	20,610	10,686	9,924	18,218	9,716	8,502	15,405	8,255	7,150	12,915	6,847	6,068	10,943	5,734	5,209
10-14	30,923	15,677	15,246	26,040	13,429	12,611	21,686	11,327	10,359	19,445	10,111	9,334	17,217	9,212	8,005	14,606	7,838	6,768	12,270	6,530	5,740
15-19	32,004	15,725	16,279	27,022	13,384	13,638	22,807	11,534	11,273	19,083	9,807	9,276	17,244	8,874	8,370	15,339	8,143	7,196	13,131	7,014	6,117
20-24	28,847	13,595	15,252	24,669	11,097	13,572	20,641	9,499	11,142	17,654	8,441	9,213	15,019	7,393	7,626	13,836	6,915	6,921	12,506	6,534	5,972
25-29	26,693	12,643	14,050	22,503	9,362	13,141	19,186	7,730	11,456	16,243	6,793	9,450	14,115	6,243	7,872	12,263	5,698	6,565	11,491	5,501	5,990
30-34	22,539	10,620	11,919	22,369	9,638	12,731	19,121	7,223	11,898	16,493	6,066	10,427	14,168	5,467	8,701	12,466	5,159	7,307	10,949	4,803	6,146
35-39	21,836	10,249	11,587	20,011	8,861	11,150	19,983	8,072	11,911	17,390	6,138	11,252	15,210	5,241	9,969	13,184	4,808	8,376	11,654	4,584	7,070
40-44	18,686	8,734	9,952	20,093	9,052	11,041	18,531	7,858	10,673	18,709	7,229	11,480	16,528	5,597	10,931	14,534	4,816	9,718	12,648	4,471	8,177
45-49	16,264	7,526	8,738	17,881	8,292	9,589	19,625	8,964	10,661	18,881	8,521	10,360	20,148	8,943	11,205	18,516	7,823	10,693	16,320	6,806	9,514
50-54	16,871	8,172	8,699	15,807	7,385	8,422	17,684	8,447	9,237	20,113	9,807	10,306	20,054	9,986	10,068	21,954	11,051	10,903	20,044	9,639	10,405
55-59	14,650	7,234	7,416	16,107	7,784	8,323	15,008	6,948	8,060	16,935	8,035	8,900	19,254	9,318	9,936	19,231	9,510	9,721	21,049	10,498	10,551
60-64	13,122	6,527	6,595	13,631	6,650	6,981	14,944	7,069	7,875	13,970	6,342	7,628	15,832	7,364	8,468	18,058	8,567	9,491	18,124	8,793	9,331
65-69	10,906	5,409	5,497	11,830	5,742	6,088	12,324	5,859	6,465	13,568	6,255	7,313	12,795	5,646	7,149	14,538	6,580	7,958	16,647	7,696	8,951
70-74	8,715	4,229	4,486	9,238	4,421	4,817	10,096	4,712	5,384	10,603	4,826	5,777	11,805	5,217	6,588	11,196	4,735	6,461	12,854	5,593	7,261
75-79	6,029	2,984	3,045	6,674	3,055	3,619	7,113	3,205	3,908	7,875	3,468	4,407	8,318	3,571	4,747	9,369	3,890	5,479	8,956	3,550	5,406
80-84	2,964	1,533	1,431	3,750	1,713	2,037	4,198	1,763	2,435	4,559	1,885	2,674	5,159	2,083	3,076	5,532	2,179	3,353	6,295	2,394	3,901
85+	2,826	1,352	1,474	2,175	927	1,248	2,418	927	1,491	2,910	1,008	1,902	3,321	1,097	2,224	3,835	1,231	2,604	4,313	1,337	2,976

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Nuwakot																					
Total	265,427	129,982	135,445	251,075	119,741	131,334	237,687	111,582	126,105	226,151	105,249	120,902	216,324	100,533	115,791	207,386	96,726	110,660	197,840	92,626	105,214
00-04	21,137	10,992	10,145	20,370	10,614	9,756	17,928	9,534	8,394	15,276	8,138	7,138	13,173	6,948	6,225	11,705	6,108	5,597	10,469	5,399	5,070
05-09	21,789	11,065	10,724	20,029	10,455	9,574	19,289	10,085	9,204	17,003	9,081	7,922	14,535	7,773	6,762	12,575	6,661	5,914	11,171	5,851	5,320
10-14	23,656	11,796	11,860	20,550	10,445	10,105	18,896	9,865	9,031	18,205	9,519	8,686	16,051	8,574	7,477	13,742	7,356	6,386	11,911	6,326	5,585
15-19	24,151	11,877	12,274	20,811	10,144	10,667	18,080	9,016	9,064	16,716	8,564	8,152	16,086	8,287	7,799	14,275	7,518	6,757	12,294	6,502	5,792
20-24	22,804	11,036	11,768	18,944	8,572	10,372	16,131	7,377	8,754	14,159	6,705	7,454	13,235	6,511	6,724	12,894	6,434	6,460	11,654	6,017	5,637
25-29	21,202	9,989	11,213	17,601	7,586	10,015	14,579	5,989	8,590	12,551	5,281	7,270	11,252	4,983	6,269	10,626	4,952	5,674	10,512	5,047	5,465
30-34	18,785	8,932	9,853	17,861	7,677	10,184	14,998	5,880	9,118	12,674	4,738	7,936	11,111	4,278	6,833	10,086	4,133	5,953	9,574	4,180	5,394
35-39	18,148	8,697	9,451	16,798	7,506	9,292	16,171	6,492	9,679	13,888	5,053	8,835	11,990	4,145	7,845	10,643	3,802	6,841	9,717	3,735	5,982
40-44	15,917	7,569	8,348	16,744	7,721	9,023	15,634	6,716	8,918	15,271	5,874	9,397	13,390	4,669	8,721	11,679	3,864	7,815	10,394	3,584	6,810
45-49	14,250	6,723	7,527	15,195	7,199	7,996	16,399	7,691	8,708	15,959	7,269	8,690	16,558	7,298	9,260	15,084	6,432	8,652	13,167	5,433	7,734
50-54	14,472	7,031	7,441	13,658	6,506	7,152	14,855	7,217	7,638	16,554	8,217	8,337	16,754	8,399	8,355	17,865	8,935	8,930	16,177	7,838	8,339
55-59	12,467	6,184	6,283	13,633	6,592	7,041	12,839	6,055	6,784	14,038	6,795	7,243	15,681	7,744	7,937	15,907	7,934	7,973	17,004	8,449	8,555
60-64	11,254	5,667	5,587	11,445	5,612	5,833	12,523	5,957	6,566	11,852	5,493	6,359	13,028	6,205	6,823	14,603	7,088	7,515	14,877	7,300	7,577
65-69	9,080	4,568	4,512	9,996	4,943	5,053	10,222	4,910	5,312	11,251	5,232	6,019	10,694	4,850	5,844	11,830	5,496	6,334	13,324	6,321	7,003
70-74	7,229	3,528	3,701	7,556	3,701	3,855	8,396	4,023	4,373	8,671	4,029	4,642	9,645	4,334	5,311	9,251	4,052	5,199	10,305	4,632	5,673
75-79	4,772	2,289	2,483	5,395	2,514	2,881	5,689	2,660	3,029	6,416	2,934	3,482	6,654	2,937	3,717	7,525	3,222	4,303	7,255	3,014	4,241
80-84	2,371	1,146	1,225	2,870	1,292	1,578	3,316	1,451	1,865	3,525	1,537	1,988	4,068	1,736	2,332	4,273	1,754	2,519	4,904	1,944	2,960
85+	1,943	893	1,050	1,619	662	957	1,742	664	1,078	2,142	790	1,352	2,419	862	1,557	2,823	985	1,838	3,131	1,054	2,077

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Kathmandu																					
Total	2,049,618	1,039,831	1,009,787	2,218,454	1,122,416	1,096,038	2,349,277	1,189,555	1,159,722	2,462,452	1,251,595	1,210,857	2,563,371	1,312,011	1,251,360	2,648,746	1,368,380	1,280,366	2,711,328	1,414,145	1,297,183
00-04	123,757	66,430	57,327	124,121	66,970	57,151	121,899	66,556	55,343	113,380	61,832	51,548	104,768	56,613	48,155	97,667	52,286	45,381	91,931	48,751	43,180
05-09	138,134	75,263	62,871	129,774	69,083	60,691	128,694	69,107	59,587	125,943	68,593	57,350	116,955	63,676	53,279	107,863	58,253	49,610	100,387	53,765	46,622
10-14	148,343	80,378	67,965	151,726	80,964	70,762	141,480	74,190	67,290	139,463	73,821	65,642	136,077	73,097	62,980	126,136	67,769	58,367	116,152	61,890	54,262
15-19	198,056	106,125	91,931	177,171	94,005	83,166	175,397	93,012	82,385	162,756	85,609	77,147	159,768	84,951	74,817	155,491	84,045	71,446	144,282	78,105	66,177
20-24	227,202	115,381	111,821	218,807	117,276	101,531	193,056	104,553	88,503	188,853	103,451	85,402	176,078	96,799	79,279	173,582	96,898	76,684	169,820	96,724	73,096
25-29	216,231	104,814	111,417	229,734	115,882	113,852	215,836	115,401	100,435	191,692	104,486	87,206	188,172	104,706	83,466	177,167	99,895	77,272	176,183	101,476	74,707
30-34	195,934	93,893	102,041	217,207	103,255	113,952	225,062	110,675	114,387	212,004	110,328	101,676	190,227	101,344	88,883	187,410	102,735	84,675	177,817	99,482	78,335
35-39	179,443	87,612	91,831	196,840	92,567	104,273	215,966	100,355	115,611	223,288	106,795	116,493	211,662	106,999	104,663	191,271	99,307	91,964	188,877	101,507	87,370
40-44	151,790	75,501	76,289	179,784	86,154	93,630	196,096	90,574	105,522	215,423	98,138	117,285	223,229	104,445	118,784	212,559	105,126	107,433	193,035	98,357	94,678
45-49	120,404	61,187	59,217	153,309	76,107	77,202	183,244	88,667	94,577	202,972	96,369	106,603	227,251	108,386	118,865	237,403	116,786	120,617	226,158	116,794	109,364
50-54	103,628	53,776	49,852	121,559	62,483	59,076	155,030	78,557	76,473	188,349	94,670	93,679	211,359	105,915	105,444	237,914	120,318	117,596	247,206	127,733	119,473
55-59	75,535	38,834	36,701	102,328	53,327	49,001	118,423	60,839	57,584	151,118	76,745	74,373	183,632	92,506	91,126	206,104	103,520	102,584	232,370	117,696	114,674
60-64	57,192	28,385	28,807	72,801	37,276	35,525	97,592	50,449	47,143	112,791	57,487	55,304	144,052	72,674	71,378	175,488	87,878	87,610	197,460	98,696	98,764
65-69	42,330	20,650	21,680	53,435	26,337	27,098	67,676	34,334	33,342	90,585	46,317	44,268	104,713	52,735	51,978	134,019	66,813	67,206	163,824	81,078	82,746
70-74	30,391	14,045	16,346	37,790	18,199	19,591	47,697	23,121	24,576	60,345	30,014	30,331	80,774	40,389	40,385	93,546	45,984	47,562	120,263	58,516	61,747
75-79	20,596	8,962	11,634	26,498	12,057	14,441	32,656	15,310	17,346	41,022	19,239	21,783	51,555	24,698	26,857	68,677	32,941	35,736	79,441	37,385	42,056
80-84	10,983	4,750	6,233	16,301	6,992	9,309	21,121	9,257	11,864	25,763	11,457	14,306	32,117	14,193	17,924	39,992	17,927	22,065	52,946	23,670	29,276
85+	9,669	3,845	5,824	9,269	3,482	5,787	12,352	4,598	7,754	16,705	6,244	10,461	20,982	7,885	13,097	26,457	9,899	16,558	33,176	12,520	20,656

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Bhaktapur																					
Total	431,750	218,203	213,547	501,555	250,220	251,335	563,999	279,244	284,755	622,205	307,296	314,909	677,327	335,530	341,797	727,800	362,864	364,936	770,886	387,001	383,885
00-04	27,582	14,862	12,720	28,423	15,099	13,324	29,704	16,047	13,657	29,315	15,849	13,466	28,566	15,306	13,260	27,826	14,773	13,053	27,083	14,234	12,849
05-09	30,304	16,574	13,730	31,769	16,817	14,952	32,257	16,925	15,332	33,234	17,772	15,462	32,454	17,396	15,058	31,332	16,662	14,670	30,290	15,976	14,314
10-14	31,156	16,779	14,377	35,174	18,831	16,343	35,990	18,822	17,168	36,211	18,820	17,391	36,942	19,583	17,359	35,776	19,013	16,763	34,300	18,097	16,203
15-19	37,320	19,827	17,493	37,869	19,933	17,936	40,736	21,589	19,147	40,778	21,328	19,450	40,766	21,282	19,484	41,213	21,955	19,258	39,661	21,211	18,450
20-24	43,376	22,107	21,269	43,881	22,947	20,934	42,499	22,507	19,992	44,319	23,883	20,436	43,837	23,606	20,231	43,823	23,750	20,073	44,204	24,525	19,679
25-29	44,533	21,546	22,987	48,439	24,087	24,352	47,243	24,278	22,965	45,123	23,684	21,439	46,545	25,094	21,451	45,955	25,040	20,915	46,161	25,540	20,621
30-34	41,831	20,252	21,579	49,800	23,315	26,485	52,409	24,943	27,466	50,878	25,007	25,871	48,512	24,497	24,015	49,709	26,029	23,680	49,072	26,211	22,861
35-39	38,412	18,957	19,455	46,342	21,626	24,716	53,912	24,221	29,691	56,362	25,573	30,789	54,816	25,680	29,136	52,232	25,270	26,962	53,282	26,941	26,341
40-44	32,770	16,117	16,653	41,772	20,035	21,737	49,427	22,449	26,978	57,143	24,946	32,197	59,740	26,249	33,491	58,175	26,435	31,740	55,411	26,130	29,281
45-49	26,672	13,344	13,328	35,606	17,415	18,191	45,399	21,899	23,500	54,166	25,362	28,804	63,706	29,478	34,228	67,175	31,578	35,597	65,353	31,603	33,750
50-54	23,269	11,906	11,363	28,519	14,314	14,205	37,986	18,868	19,118	49,041	24,497	24,544	59,100	29,281	29,819	69,718	34,410	35,308	73,022	36,289	36,733
55-59	16,937	8,513	8,424	24,093	12,258	11,835	29,037	14,459	14,578	38,529	19,060	19,469	49,542	24,633	24,909	59,442	29,327	30,115	70,088	34,450	35,638
60-64	12,402	6,014	6,388	17,030	8,453	8,577	23,902	11,972	11,930	28,627	14,037	14,590	37,886	18,491	19,395	48,668	23,883	24,785	58,368	28,457	29,911
65-69	9,306	4,422	4,884	12,145	5,844	6,301	16,446	8,075	8,371	22,919	11,322	11,597	27,375	13,227	14,148	36,191	17,394	18,797	46,533	22,479	24,054
70-74	6,639	2,974	3,665	8,606	4,052	4,554	11,185	5,306	5,879	15,050	7,251	7,799	20,894	10,093	10,801	24,955	11,771	13,184	33,081	15,524	17,557
75-79	4,768	2,089	2,679	6,047	2,683	3,364	7,732	3,551	4,181	9,930	4,568	5,362	13,189	6,129	7,060	18,158	8,424	9,734	21,644	9,788	11,856
80-84	2,454	1,099	1,355	3,977	1,711	2,266	5,120	2,190	2,930	6,420	2,799	3,621	8,144	3,530	4,614	10,641	4,639	6,002	14,453	6,262	8,191
85+	2,019	821	1,198	2,063	800	1,263	3,015	1,143	1,872	4,160	1,538	2,622	5,313	1,975	3,338	6,811	2,511	4,300	8,880	3,284	5,596

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Lalitpur																					
Total	551,870	277,193	274,677	614,767	306,014	308,753	668,979	331,767	337,212	719,353	356,857	362,496	766,461	381,724	384,737	808,466	405,374	403,092	842,686	425,588	417,098
00-04	30,784	16,412	14,372	31,622	16,726	14,896	32,643	17,641	15,002	31,619	17,135	14,484	29,924	16,064	13,860	28,261	15,031	13,230	26,883	14,162	12,721
05-09	36,074	19,288	16,786	34,375	18,070	16,305	34,817	18,260	16,557	35,529	19,059	16,470	34,214	18,425	15,789	32,234	17,222	15,012	30,351	16,076	14,275
10-14	39,961	21,148	18,813	40,921	21,513	19,408	38,594	20,056	18,538	38,780	20,163	18,617	39,273	20,888	18,385	37,580	20,067	17,513	35,263	18,680	16,583
15-19	49,527	25,924	23,603	46,990	24,504	22,486	46,824	24,503	22,321	43,900	22,867	21,033	43,840	22,917	20,923	44,052	23,569	20,483	42,012	22,589	19,423
20-24	55,026	28,088	26,938	55,630	28,868	26,762	51,273	27,051	24,222	50,488	27,026	23,462	47,477	25,563	21,914	47,420	25,792	21,628	47,633	26,595	21,038
25-29	53,730	26,219	27,511	58,609	29,326	29,283	57,181	29,449	27,732	52,609	27,770	24,839	51,881	28,050	23,831	49,177	26,999	22,178	49,405	27,600	21,805
30-34	49,957	24,133	25,824	57,669	27,334	30,335	61,007	29,506	31,501	59,341	29,578	29,763	54,910	28,172	26,738	54,246	28,738	25,508	51,711	28,027	23,684
35-39	47,944	22,976	24,968	53,578	25,219	28,359	60,890	28,022	32,868	64,115	29,963	34,152	62,514	30,119	32,395	58,032	28,877	29,155	57,352	29,656	27,696
40-44	43,121	21,166	21,955	50,828	23,880	26,948	56,320	25,977	30,343	63,908	28,785	35,123	67,339	30,737	36,602	65,765	30,981	34,784	61,183	29,863	31,320
45-49	35,774	17,910	17,864	45,524	22,195	23,329	53,985	25,509	28,476	60,685	28,650	32,035	69,957	32,880	37,077	74,215	35,595	38,620	72,292	35,611	36,681
50-54	31,513	16,183	15,330	37,294	18,734	18,560	47,513	23,465	24,048	57,214	27,894	29,320	65,104	32,195	32,909	75,272	37,251	38,021	79,331	39,716	39,615
55-59	23,398	11,896	11,502	31,980	16,365	15,615	37,356	18,629	18,727	47,565	23,402	24,163	57,304	27,846	29,458	65,164	32,084	33,080	75,378	37,132	38,246
60-64	18,017	8,842	9,175	23,164	11,692	11,472	31,284	15,833	15,451	36,455	17,999	18,456	46,403	22,612	23,791	56,044	26,993	29,051	63,831	31,189	32,642
65-69	13,613	6,557	7,056	17,250	8,374	8,876	22,032	10,981	11,051	29,699	14,808	14,891	34,578	16,803	17,775	44,123	21,179	22,944	53,448	25,370	28,078
70-74	9,876	4,578	5,298	12,328	5,833	6,495	15,646	7,448	8,198	19,968	9,734	10,234	26,909	13,094	13,815	31,392	14,866	16,526	40,239	18,827	21,412
75-79	6,886	3,026	3,860	8,629	3,926	4,703	10,706	4,927	5,779	13,556	6,257	7,299	17,223	8,102	9,121	23,161	10,852	12,309	27,035	12,307	14,728
80-84	3,614	1,596	2,018	5,430	2,340	3,090	6,873	3,007	3,866	8,493	3,740	4,753	10,713	4,685	6,028	13,536	6,015	7,521	18,134	7,980	10,154
85+	3,055	1,251	1,804	2,946	1,115	1,831	4,035	1,503	2,532	5,429	2,027	3,402	6,898	2,572	4,326	8,792	3,263	5,529	11,205	4,208	6,997

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Kavrepalanchok																					
Total	365,993	179,876	186,117	355,076	171,260	183,816	343,983	164,249	179,734	333,960	158,690	175,270	324,619	154,410	170,209	315,196	150,761	164,435	304,396	146,326	158,070
00-04	26,689	14,087	12,602	26,192	13,769	12,423	23,475	12,500	10,975	20,137	10,713	9,424	17,539	9,219	8,320	15,836	8,244	7,592	14,600	7,508	7,092
05-09	27,257	14,308	12,949	26,084	13,802	12,282	25,532	13,484	12,048	22,954	12,280	10,674	19,754	10,557	9,197	17,215	9,101	8,114	15,564	8,150	7,414
10-14	30,200	15,269	14,931	26,586	13,966	12,620	25,374	13,436	11,938	24,849	13,130	11,719	22,362	11,974	10,388	19,292	10,323	8,969	16,852	8,919	7,933
15-19	33,209	16,415	16,794	27,968	14,026	13,942	24,619	12,827	11,792	23,499	12,382	11,117	23,016	12,122	10,894	20,806	11,117	9,689	18,078	9,657	8,421
20-24	31,921	15,354	16,567	27,446	12,948	14,498	22,896	11,195	11,701	20,382	10,463	9,919	19,562	10,242	9,320	19,333	10,194	9,139	17,759	9,595	8,164
25-29	30,952	14,900	16,052	26,264	11,677	14,587	22,365	9,940	12,425	18,890	8,802	10,088	17,122	8,488	8,634	16,600	8,482	8,118	16,611	8,653	7,958
30-34	28,907	14,409	14,498	27,467	12,447	15,020	23,472	9,851	13,621	20,272	8,541	11,731	17,388	7,720	9,668	15,934	7,582	8,352	15,520	7,678	7,842
35-39	27,781	13,876	13,905	26,867	12,957	13,910	25,752	11,257	14,495	22,395	9,042	13,353	19,610	7,931	11,679	16,986	7,252	9,734	15,614	7,197	8,417
40-44	23,941	11,392	12,549	26,287	12,768	13,519	25,615	11,992	13,623	24,835	10,523	14,312	21,873	8,546	13,327	19,275	7,564	11,711	16,773	6,982	9,791
45-49	21,551	10,115	11,436	23,120	10,896	12,224	25,787	12,583	13,204	25,942	12,545	13,397	26,239	12,093	14,146	23,842	10,617	13,225	20,988	9,362	11,626
50-54	20,917	10,028	10,889	20,735	9,676	11,059	22,610	10,759	11,851	25,874	13,010	12,864	26,839	13,751	13,088	27,769	13,922	13,847	25,194	12,211	12,983
55-59	17,478	8,475	9,003	19,741	9,361	10,380	19,602	9,030	10,572	21,493	10,123	11,370	24,651	12,281	12,370	25,659	13,020	12,639	26,618	13,191	13,427
60-64	14,834	7,099	7,735	16,108	7,660	8,448	18,249	8,471	9,778	18,191	8,191	10,000	20,061	9,256	10,805	23,094	11,285	11,809	24,103	11,995	12,108
65-69	11,208	5,365	5,843	13,147	6,117	7,030	14,415	6,675	7,740	16,444	7,416	9,028	16,467	7,206	9,261	18,292	8,203	10,089	21,110	10,029	11,081
70-74	8,489	3,899	4,590	9,343	4,296	5,047	11,086	4,949	6,137	12,227	5,410	6,817	14,064	6,065	7,999	14,224	5,943	8,281	15,913	6,820	9,093
75-79	5,765	2,638	3,127	6,367	2,742	3,625	7,091	3,051	4,040	8,524	3,573	4,951	9,500	3,944	5,556	11,042	4,452	6,590	11,236	4,390	6,846
80-84	2,798	1,349	1,449	3,527	1,473	2,054	3,993	1,576	2,417	4,496	1,773	2,723	5,512	2,092	3,420	6,198	2,336	3,862	7,344	2,681	4,663
85+	2,096	898	1,198	1,827	679	1,148	2,050	673	1,377	2,556	773	1,783	3,060	923	2,137	3,799	1,124	2,675	4,519	1,308	3,211

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Ramechhap																					
Total	170,929	81,151	89,778	153,328	70,251	83,077	138,445	61,930	76,515	126,094	55,649	70,445	115,832	50,772	65,060	106,583	46,696	59,887	97,892	42,868	55,024
00-04	11,757	6,094	5,663	10,836	5,733	5,103	9,561	5,107	4,454	7,818	4,162	3,656	6,283	3,307	2,976	5,181	2,693	2,488	4,452	2,300	2,152
05-09	12,913	6,463	6,450	10,583	5,535	5,048	9,746	5,202	4,544	8,608	4,642	3,966	7,054	3,796	3,258	5,666	3,018	2,648	4,698	2,465	2,233
10-14	16,003	7,829	8,174	11,712	5,870	5,842	9,614	5,029	4,585	8,864	4,734	4,130	7,857	4,226	3,631	6,457	3,468	2,989	5,213	2,777	2,436
15-19	16,708	8,041	8,667	13,429	6,364	7,065	9,880	4,825	5,055	8,160	4,180	3,980	7,558	3,955	3,603	6,727	3,557	3,170	5,566	2,945	2,621
20-24	13,989	6,518	7,471	11,827	5,021	6,806	9,432	4,009	5,423	7,111	3,183	3,928	6,001	2,863	3,138	5,629	2,773	2,856	5,104	2,573	2,531
25-29	12,083	5,788	6,295	9,769	3,873	5,896	8,267	3,034	5,233	6,699	2,516	4,183	5,250	2,117	3,133	4,492	1,963	2,529	4,298	1,974	2,324
30-34	10,486	4,998	5,488	9,254	3,974	5,280	7,652	2,719	4,933	6,577	2,166	4,411	5,474	1,860	3,614	4,342	1,597	2,745	3,808	1,538	2,270
35-39	10,188	4,647	5,541	8,739	3,914	4,825	7,805	3,126	4,679	6,624	2,180	4,444	5,808	1,755	4,053	4,905	1,534	3,371	3,988	1,365	2,623
40-44	9,290	4,221	5,069	9,053	3,964	5,089	7,826	3,344	4,482	7,126	2,716	4,410	6,196	1,929	4,267	5,471	1,566	3,905	4,675	1,392	3,283
45-49	9,493	4,238	5,255	8,736	3,932	4,804	8,745	3,896	4,849	7,928	3,607	4,321	7,812	3,480	4,332	7,114	2,884	4,230	6,277	2,389	3,888
50-54	10,401	4,776	5,625	9,155	4,113	5,042	8,612	3,983	4,629	8,914	4,223	4,691	8,457	4,232	4,225	8,681	4,434	4,247	7,806	3,657	4,149
55-59	9,348	4,461	4,887	9,905	4,509	5,396	8,663	3,839	4,824	8,226	3,766	4,460	8,540	4,006	4,534	8,112	4,014	4,098	8,350	4,208	4,142
60-64	8,488	4,107	4,381	8,680	4,054	4,626	9,206	4,085	5,121	8,092	3,485	4,607	7,715	3,442	4,273	8,027	3,658	4,369	7,661	3,692	3,969
65-69	7,000	3,293	3,707	7,652	3,584	4,068	7,856	3,522	4,334	8,376	3,567	4,809	7,413	3,060	4,353	7,099	3,042	4,057	7,428	3,259	4,169
70-74	5,563	2,522	3,041	5,976	2,652	3,324	6,593	2,896	3,697	6,811	2,874	3,937	7,341	2,934	4,407	6,530	2,529	4,001	6,306	2,535	3,771
75-79	3,750	1,683	2,067	4,256	1,763	2,493	4,617	1,866	2,751	5,140	2,064	3,076	5,359	2,060	3,299	5,849	2,116	3,733	5,240	1,838	3,402
80-84	1,925	850	1,075	2,365	918	1,447	2,746	979	1,767	3,011	1,049	1,962	3,397	1,169	2,228	3,605	1,186	2,419	4,007	1,248	2,759
85+	1,544	622	922	1,401	478	923	1,624	469	1,155	2,009	535	1,474	2,317	581	1,736	2,696	664	2,032	3,015	713	2,302

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Sindhuli																					
Total	299,440	146,775	152,665	292,860	138,828	154,032	287,122	132,906	154,216	282,871	129,171	153,700	279,662	127,318	152,344	276,847	126,786	150,061	272,819	125,791	147,028
00-04	23,676	12,185	11,491	21,867	11,405	10,462	21,540	11,434	10,106	19,504	10,369	9,135	17,085	8,997	8,088	14,976	7,804	7,172	13,530	6,973	6,557
05-09	27,467	13,972	13,495	22,873	11,781	11,092	21,135	11,036	10,099	20,812	11,078	9,734	18,844	10,035	8,809	16,548	8,720	7,828	14,526	7,573	6,953
10-14	31,687	15,905	15,782	26,515	13,432	13,083	22,127	11,352	10,775	20,471	10,650	9,821	20,146	10,672	9,474	18,262	9,690	8,572	16,054	8,442	7,612
15-19	33,958	16,776	17,182	29,482	14,430	15,052	24,786	12,263	12,523	20,791	10,443	10,348	19,336	9,867	9,469	19,030	9,913	9,117	17,288	9,018	8,270
20-24	29,150	14,078	15,072	29,153	13,094	16,059	25,274	11,321	13,953	21,559	9,875	11,684	18,384	8,642	9,742	17,337	8,371	8,966	17,145	8,512	8,633
25-29	23,779	11,271	12,508	24,295	10,278	14,017	24,216	9,558	14,658	21,275	8,457	12,818	18,479	7,650	10,829	16,030	6,924	9,106	15,298	6,890	8,408
30-34	20,337	9,718	10,619	20,928	8,980	11,948	21,404	8,177	13,227	21,591	7,748	13,843	19,196	7,017	12,179	16,845	6,494	10,351	14,755	6,011	8,744
35-39	19,335	9,170	10,165	18,647	8,411	10,236	19,289	7,809	11,480	19,949	7,220	12,729	20,219	6,902	13,317	18,096	6,366	11,730	15,983	5,972	10,011
40-44	16,561	7,806	8,755	18,298	8,347	9,951	17,712	7,689	10,023	18,497	7,219	11,278	19,229	6,735	12,494	19,579	6,531	13,048	17,571	6,065	11,506
45-49	15,171	7,346	7,825	16,139	7,557	8,582	18,210	8,439	9,771	18,331	8,450	9,881	20,228	9,093	11,135	21,688	9,357	12,331	21,948	9,117	12,831
50-54	14,970	7,465	7,505	14,840	7,214	7,626	16,114	7,724	8,390	18,734	9,177	9,557	19,603	9,910	9,693	22,243	11,328	10,915	23,668	11,581	12,087
55-59	12,047	6,014	6,033	14,287	7,094	7,193	14,147	6,824	7,323	15,464	7,374	8,090	18,051	8,795	9,256	18,893	9,492	9,401	21,482	10,867	10,615
60-64	9,931	4,890	5,041	11,224	5,523	5,701	13,330	6,500	6,830	13,260	6,285	6,975	14,579	6,843	7,736	17,053	8,191	8,862	17,896	8,873	9,023
65-69	8,052	3,876	4,176	8,951	4,314	4,637	10,183	4,911	5,272	12,169	5,806	6,363	12,142	5,625	6,517	13,413	6,147	7,266	15,777	7,400	8,377
70-74	6,138	2,914	3,224	6,847	3,194	3,653	7,684	3,602	4,082	8,803	4,112	4,691	10,592	4,893	5,699	10,651	4,772	5,879	11,888	5,267	6,621
75-79	3,974	1,909	2,065	4,749	2,152	2,597	5,353	2,378	2,975	6,084	2,718	3,366	7,003	3,115	3,888	8,507	3,738	4,769	8,619	3,662	4,957
80-84	1,692	831	861	2,516	1,133	1,383	3,076	1,299	1,777	3,505	1,451	2,054	4,048	1,680	2,368	4,724	1,950	2,774	5,829	2,371	3,458
85+	1,515	649	866	1,249	489	760	1,542	590	952	2,072	739	1,333	2,498	847	1,651	2,972	998	1,974	3,562	1,197	2,365

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Makwanpur																					
Total	465,420	233,447	231,973	467,779	229,131	238,648	468,295	225,624	242,671	469,912	224,003	245,909	472,495	224,341	248,154	474,195	225,361	248,834	472,471	224,961	247,510
00-04	36,123	18,777	17,346	29,445	15,292	14,153	27,926	14,810	13,116	25,484	13,546	11,938	22,933	12,064	10,869	20,084	10,449	9,635	17,734	9,122	8,612
05-09	40,284	20,830	19,454	35,957	18,697	17,260	29,451	15,313	14,138	27,969	14,838	13,131	25,541	13,578	11,963	22,983	12,093	10,890	20,190	10,509	9,681
10-14	43,037	21,844	21,193	39,888	20,576	19,312	35,585	18,466	17,119	29,364	15,237	14,127	27,901	14,778	13,123	25,484	13,526	11,958	22,982	12,070	10,912
15-19	47,142	23,834	23,308	41,830	20,886	20,944	38,683	19,667	19,016	34,602	17,734	16,868	28,937	14,848	14,089	27,520	14,418	13,102	25,229	13,264	11,965
20-24	46,554	23,213	23,341	43,259	20,995	22,264	38,133	18,491	19,642	35,457	17,608	17,849	31,981	16,125	15,856	27,396	13,945	13,451	26,249	13,723	12,526
25-29	42,603	20,946	21,657	42,019	19,720	22,299	38,679	17,870	20,809	34,380	16,005	18,375	32,293	15,542	16,751	29,519	14,535	14,984	25,831	12,967	12,864
30-34	37,794	18,829	18,965	40,101	18,523	21,578	39,422	17,400	22,022	36,636	15,970	20,666	32,931	14,533	18,398	31,144	14,299	16,845	28,711	13,622	15,089
35-39	34,118	17,191	16,927	36,663	17,345	19,318	38,986	17,100	21,886	38,737	16,193	22,544	36,353	15,020	21,333	32,875	13,804	19,071	31,173	13,713	17,460
40-44	28,398	14,075	14,323	33,195	16,174	17,021	35,741	16,357	19,384	38,359	16,270	22,089	38,406	15,536	22,870	36,213	14,517	21,696	32,866	13,463	19,403
45-49	23,753	11,638	12,115	28,060	13,739	14,321	33,291	16,248	17,043	36,896	17,413	19,483	41,008	18,712	22,296	41,926	18,801	23,125	39,515	17,605	21,910
50-54	22,367	11,146	11,221	23,444	11,468	11,976	28,086	13,899	14,187	34,069	17,149	16,920	38,710	19,345	19,365	43,711	21,558	22,153	44,379	21,425	22,954
55-59	17,981	9,020	8,961	21,524	10,636	10,888	22,543	10,906	11,637	27,128	13,316	13,812	32,997	16,475	16,522	37,530	18,605	18,925	42,422	20,734	21,688
60-64	14,957	7,510	7,447	16,838	8,324	8,514	20,205	9,812	10,393	21,263	10,119	11,144	25,689	12,409	13,280	31,330	15,406	15,924	35,736	17,446	18,290
65-69	11,565	5,740	5,825	13,604	6,708	6,896	15,371	7,446	7,925	18,540	8,817	9,723	19,617	9,131	10,486	23,802	11,234	12,568	29,125	13,996	15,129
70-74	8,299	3,921	4,378	9,848	4,741	5,107	11,677	5,574	6,103	13,303	6,226	7,077	16,183	7,435	8,748	17,240	7,740	9,500	21,084	9,606	11,478
75-79	5,566	2,642	2,924	6,530	2,949	3,581	7,792	3,558	4,234	9,327	4,232	5,095	10,726	4,772	5,954	13,165	5,730	7,435	14,121	6,002	8,119
80-84	2,585	1,267	1,318	3,693	1,624	2,069	4,414	1,850	2,564	5,340	2,266	3,074	6,462	2,716	3,746	7,495	3,076	4,419	9,369	3,769	5,600
85+	2,294	1,024	1,270	1,881	734	1,147	2,310	857	1,453	3,058	1,064	1,994	3,827	1,322	2,505	4,778	1,625	3,153	5,755	1,925	3,830

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Chitawan																					
Total	719,311	351,466	367,845	755,253	363,582	391,671	781,831	373,327	408,504	807,168	385,221	421,947	832,747	400,139	432,608	856,712	416,432	440,280	874,447	430,127	444,320
00-04	49,795	26,639	23,156	45,821	24,428	21,393	42,810	23,202	19,608	39,240	21,275	17,965	36,489	19,610	16,879	33,741	17,955	15,786	31,043	16,355	14,688
05-09	57,817	31,211	26,606	52,902	28,154	24,748	48,622	25,835	22,787	45,525	24,607	20,918	41,712	22,575	19,137	38,742	20,779	17,963	35,797	19,030	16,767
10-14	59,738	31,690	28,048	61,733	33,028	28,705	56,312	29,784	26,528	51,939	27,456	24,483	48,703	26,185	22,518	44,670	24,035	20,635	41,418	22,092	19,326
15-19	69,231	35,761	33,470	63,369	33,105	30,264	64,189	33,958	30,231	58,640	30,820	27,820	54,541	28,748	25,793	51,415	27,602	23,813	47,327	25,478	21,849
20-24	70,967	34,080	36,887	66,953	33,338	33,615	60,369	30,881	29,488	60,817	31,806	29,011	56,186	29,569	26,617	53,223	28,408	24,815	50,920	27,926	22,994
25-29	64,903	29,183	35,720	65,366	29,541	35,825	60,226	28,584	31,642	54,607	26,988	27,619	55,410	28,390	27,020	52,092	27,271	24,821	50,288	27,069	23,219
30-34	58,341	25,599	32,742	62,680	26,480	36,200	62,032	26,354	35,678	57,537	25,854	31,683	52,713	24,908	27,805	53,674	26,614	27,060	51,067	26,165	24,902
35-39	55,443	24,578	30,865	57,950	24,159	33,791	61,908	24,849	37,059	61,558	24,870	36,688	57,609	24,714	32,895	53,115	24,133	28,982	54,135	26,054	28,081
40-44	48,918	22,736	26,182	55,573	23,658	31,915	58,051	23,300	34,751	62,357	24,130	38,227	62,334	24,347	37,987	58,650	24,410	34,240	54,258	24,047	30,211
45-49	40,739	19,499	21,240	50,413	23,563	26,850	58,469	25,867	32,602	62,811	27,278	35,533	69,712	30,594	39,118	71,123	32,187	38,936	67,092	31,935	35,157
50-54	37,770	18,662	19,108	42,528	21,058	21,470	53,053	26,053	27,000	63,233	30,453	32,780	69,324	33,621	35,703	77,587	38,222	39,365	78,554	39,280	39,274
55-59	29,653	14,866	14,787	38,171	19,128	19,043	42,150	20,801	21,349	52,764	25,927	26,837	62,841	30,234	32,607	68,907	33,327	35,580	77,166	37,843	39,323
60-64	24,248	11,970	12,278	28,911	14,378	14,533	36,935	18,234	18,701	40,824	19,855	20,969	51,182	24,805	26,377	61,150	29,042	32,108	67,277	32,150	35,127
65-69	18,704	9,172	9,532	22,866	11,081	11,785	27,267	13,317	13,950	34,882	16,885	17,997	38,648	18,422	20,226	48,578	23,079	25,499	58,280	27,134	31,146
70-74	14,149	6,744	7,405	16,738	7,996	8,742	20,595	9,723	10,872	24,610	11,693	12,917	31,609	14,859	16,750	35,168	16,249	18,919	44,425	20,460	23,965
75-79	9,557	4,578	4,979	12,062	5,526	6,536	14,266	6,543	7,723	17,619	7,965	9,654	21,101	9,593	11,508	27,190	12,208	14,982	30,312	13,368	16,944
80-84	4,908	2,442	2,466	7,244	3,275	3,969	9,274	3,989	5,285	11,021	4,732	6,289	13,681	5,774	7,907	16,415	6,951	9,464	21,229	8,875	12,354
85+	4,430	2,056	2,374	3,973	1,686	2,287	5,303	2,053	3,250	7,184	2,627	4,557	8,952	3,191	5,761	11,272	3,960	7,312	13,859	4,866	8,993

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Gorkha																					
Total	252,202	118,733	133,469	229,529	103,434	126,095	210,049	91,951	118,098	194,058	83,737	110,321	180,613	77,817	102,796	168,448	73,185	95,263	156,462	68,396	88,066
00-04	18,101	9,469	8,632	16,140	8,559	7,581	13,683	7,309	6,374	11,164	5,945	5,219	9,119	4,811	4,308	7,565	3,948	3,617	6,397	3,309	3,088
05-09	19,714	10,163	9,551	16,738	8,806	7,932	14,886	7,942	6,944	12,679	6,826	5,853	10,389	5,571	4,818	8,511	4,510	4,001	7,120	3,738	3,382
10-14	22,428	11,359	11,069	18,116	9,373	8,743	15,423	8,139	7,284	13,739	7,364	6,375	11,725	6,332	5,393	9,655	5,202	4,453	7,947	4,228	3,719
15-19	22,891	11,200	11,691	18,909	9,278	9,631	15,332	7,728	7,604	13,162	6,791	6,371	11,815	6,195	5,620	10,161	5,393	4,768	8,435	4,505	3,930
20-24	19,884	8,978	10,906	16,288	6,880	9,408	13,334	5,751	7,583	11,052	5,008	6,044	9,673	4,562	5,111	8,858	4,336	4,522	7,837	3,970	3,867
25-29	18,588	8,129	10,459	14,359	5,146	9,213	11,781	4,025	7,756	9,846	3,522	6,324	8,347	3,244	5,103	7,441	3,108	4,333	6,996	3,110	3,886
30-34	16,298	7,083	9,215	14,694	5,358	9,336	11,734	3,500	8,234	9,851	2,827	7,024	8,371	2,568	5,803	7,195	2,455	4,740	6,504	2,433	4,071
35-39	15,815	6,885	8,930	13,683	5,292	8,391	12,578	4,070	8,508	10,345	2,734	7,611	8,872	2,277	6,595	7,598	2,107	5,491	6,645	2,090	4,555
40-44	14,731	6,406	8,325	14,150	5,717	8,433	12,381	4,447	7,934	11,590	3,486	8,104	9,735	2,416	7,319	8,405	2,057	6,348	7,285	1,961	5,324
45-49	13,567	5,954	7,613	14,114	6,132	7,982	14,087	5,974	8,113	13,130	5,460	7,670	13,196	5,356	7,840	11,690	4,580	7,110	10,083	3,884	6,199
50-54	14,653	6,715	7,938	13,409	6,077	7,332	14,293	6,624	7,669	14,957	7,134	7,823	14,615	7,198	7,417	15,145	7,533	7,612	13,223	6,286	6,937
55-59	13,427	6,307	7,120	14,109	6,510	7,599	12,777	5,736	7,041	13,711	6,322	7,389	14,368	6,805	7,563	14,055	6,873	7,182	14,552	7,155	7,397
60-64	12,477	5,928	6,549	12,581	5,809	6,772	13,123	5,895	7,228	11,915	5,211	6,704	12,841	5,783	7,058	13,484	6,237	7,247	13,250	6,324	6,926
65-69	10,459	5,031	5,428	11,318	5,217	6,101	11,424	5,093	6,331	11,971	5,187	6,784	10,929	4,603	6,326	11,805	5,116	6,689	12,433	5,534	6,899
70-74	8,214	3,839	4,375	8,976	4,132	4,844	9,785	4,300	5,485	9,916	4,204	5,712	10,466	4,303	6,163	9,601	3,821	5,780	10,398	4,253	6,145
75-79	5,369	2,556	2,813	6,335	2,765	3,570	6,970	2,977	3,993	7,642	3,102	4,540	7,772	3,030	4,742	8,260	3,108	5,152	7,612	2,761	4,851
80-84	2,948	1,497	1,451	3,392	1,462	1,930	4,076	1,612	2,464	4,492	1,722	2,770	5,003	1,805	3,198	5,157	1,775	3,382	5,557	1,834	3,723
85+	2,638	1,234	1,404	2,218	921	1,297	2,382	829	1,553	2,896	892	2,004	3,377	958	2,419	3,862	1,026	2,836	4,188	1,021	3,167

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Manang																					
Total	5,576	3,150	2,426	5,983	3,056	2,927	6,351	3,002	3,349	6,718	3,037	3,681	7,072	3,123	3,949	7,370	3,212	4,158	7,530	3,238	4,292
00-04	297	146	151	364	183	181	430	218	212	437	223	214	423	219	204	396	212	184	372	195	177
05-09	290	135	155	282	141	141	345	177	168	406	209	197	418	217	201	401	212	189	363	200	163
10-14	283	135	148	259	122	137	246	122	124	306	156	150	365	185	180	371	192	179	353	190	163
15-19	311	174	137	278	123	155	261	116	145	239	110	129	282	139	143	338	163	175	332	160	172
20-24	511	316	195	448	200	248	377	154	223	343	141	202	322	134	188	355	159	196	371	171	200
25-29	646	404	242	627	315	312	537	212	325	472	177	295	437	166	271	405	160	245	428	184	244
30-34	643	416	227	702	364	338	687	290	397	598	208	390	530	173	357	491	167	324	460	165	295
35-39	559	369	190	682	394	288	738	352	386	713	288	425	630	216	414	555	183	372	521	178	343
40-44	421	241	180	560	338	222	683	376	307	736	345	391	728	298	430	655	235	420	580	205	375
45-49	360	196	164	426	228	198	571	315	256	692	366	326	781	362	419	783	326	457	721	273	448
50-54	346	197	149	349	178	171	427	216	211	579	306	273	710	375	335	806	381	425	830	366	464
55-59	280	140	140	324	180	144	317	152	165	395	195	200	525	269	256	660	341	319	743	344	399
60-64	215	102	113	256	120	136	292	152	140	288	125	163	364	167	197	479	230	249	600	287	313
65-69	194	91	103	187	81	106	208	83	125	243	116	127	257	101	156	316	135	181	428	194	234
70-74	130	54	76	146	59	87	133	45	88	158	52	106	183	71	112	205	75	130	252	88	164
75-79	54	20	34	79	26	53	80	21	59	80	18	62	96	28	68	113	38	75	131	30	101
80-84	31	13	18	12	4	8	19	1	18	28	2	26	21	3	18	37	3	34	43	8	35
85+	5	1	4	2	0	2	0	0	0	5	0	5	0	0	0	4	0	4	2	0	2

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Mustang																					
Total	14,344	7,890	6,454	15,533	7,976	7,557	16,215	7,996	8,219	16,863	8,169	8,694	17,534	8,476	9,058	18,121	8,768	9,353	18,555	9,047	9,508
00-04	776	391	385	751	366	385	826	415	411	866	447	419	846	439	407	803	416	387	759	389	370
05-09	1,075	548	527	940	460	480	886	421	465	959	474	485	969	483	486	925	468	457	880	445	435
10-14	1,296	715	581	1,294	615	679	1,126	516	610	1,063	478	585	1,129	527	602	1,113	526	587	1,070	509	561
15-19	1,223	702	521	1,435	744	691	1,399	645	754	1,239	563	676	1,163	519	644	1,219	559	660	1,193	559	634
20-24	1,216	701	515	1,314	683	631	1,397	703	694	1,335	621	714	1,201	561	640	1,135	521	614	1,169	562	607
25-29	1,343	768	575	1,301	651	650	1,281	625	656	1,310	646	664	1,235	590	645	1,124	543	581	1,097	528	569
30-34	1,302	816	486	1,434	721	713	1,335	607	728	1,299	584	715	1,291	607	684	1,240	577	663	1,127	535	592
35-39	1,218	738	480	1,374	776	598	1,451	686	765	1,374	592	782	1,339	575	764	1,328	606	722	1,268	579	689
40-44	945	504	441	1,235	707	528	1,373	744	629	1,470	684	786	1,418	611	807	1,392	600	792	1,366	627	739
45-49	831	415	416	946	497	449	1,243	696	547	1,414	773	641	1,580	784	796	1,571	746	825	1,555	750	805
50-54	778	425	353	809	400	409	927	490	437	1,229	692	537	1,442	809	633	1,627	850	777	1,618	812	806
55-59	638	334	304	750	406	344	774	384	390	895	472	423	1,183	665	518	1,383	770	613	1,565	812	753
60-64	539	268	271	608	318	290	708	376	332	724	357	367	846	439	407	1,117	623	494	1,307	722	585
65-69	440	223	217	506	251	255	553	289	264	651	338	313	658	321	337	777	389	388	1,025	558	467
70-74	335	169	166	388	194	194	429	200	229	472	230	242	546	276	270	568	260	308	675	327	348
75-79	237	114	123	252	112	140	303	133	170	331	147	184	374	171	203	427	201	226	455	193	262
80-84	134	54	80	149	63	86	162	61	101	179	69	110	231	86	145	259	95	164	294	115	179
85+	18	5	13	47	12	35	42	5	37	53	2	51	83	13	70	113	18	95	132	25	107

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Myagdi																					
Total	107,473	52,346	55,127	100,299	46,518	53,781	93,820	42,143	51,677	88,722	39,141	49,581	84,708	37,203	47,505	81,239	35,921	45,318	77,690	34,485	43,205
00-04	8,448	4,426	4,022	7,652	4,049	3,603	7,007	3,743	3,264	6,069	3,232	2,837	5,163	2,722	2,441	4,447	2,319	2,128	3,904	2,011	1,893
05-09	9,454	4,908	4,546	7,781	4,118	3,663	7,028	3,756	3,272	6,426	3,476	2,950	5,593	3,011	2,582	4,766	2,535	2,231	4,099	2,171	1,928
10-14	10,156	5,153	5,003	8,574	4,477	4,097	7,061	3,752	3,309	6,385	3,437	2,948	5,869	3,182	2,687	5,084	2,756	2,328	4,358	2,349	2,009
15-19	9,986	5,104	4,882	8,619	4,222	4,397	7,253	3,674	3,579	6,037	3,124	2,913	5,501	2,889	2,612	5,080	2,705	2,375	4,443	2,372	2,071
20-24	9,463	4,784	4,679	7,551	3,405	4,146	6,429	2,849	3,580	5,494	2,570	2,924	4,683	2,277	2,406	4,372	2,202	2,170	4,142	2,141	2,001
25-29	8,383	3,985	4,398	7,274	3,046	4,228	5,807	2,216	3,591	5,038	1,929	3,109	4,397	1,818	2,579	3,868	1,703	2,165	3,689	1,707	1,982
30-34	7,420	3,505	3,915	7,192	2,853	4,339	6,286	2,210	4,076	5,172	1,663	3,509	4,541	1,486	3,055	4,027	1,450	2,577	3,595	1,398	2,197
35-39	6,810	3,184	3,626	6,633	2,740	3,893	6,507	2,261	4,246	5,808	1,786	4,022	4,892	1,387	3,505	4,329	1,265	3,064	3,881	1,259	2,622
40-44	6,038	2,756	3,282	6,225	2,670	3,555	6,098	2,315	3,783	6,086	1,945	4,141	5,514	1,572	3,942	4,693	1,233	3,460	4,212	1,157	3,055
45-49	5,430	2,512	2,918	5,794	2,606	3,188	6,133	2,694	3,439	6,313	2,652	3,661	6,691	2,678	4,013	6,434	2,593	3,841	5,482	2,096	3,386
50-54	5,610	2,641	2,969	5,334	2,519	2,815	5,807	2,742	3,065	6,383	3,072	3,311	6,857	3,325	3,532	7,465	3,578	3,887	7,138	3,400	3,738
55-59	5,158	2,440	2,718	5,424	2,575	2,849	5,051	2,360	2,691	5,545	2,594	2,951	6,103	2,914	3,189	6,546	3,141	3,405	7,131	3,368	3,763
60-64	4,350	2,031	2,319	4,798	2,238	2,560	4,982	2,313	2,669	4,671	2,126	2,545	5,147	2,350	2,797	5,684	2,648	3,036	6,118	2,860	3,258
65-69	3,677	1,690	1,987	3,898	1,767	2,131	4,296	1,942	2,354	4,483	2,010	2,473	4,221	1,851	2,370	4,666	2,062	2,604	5,173	2,324	2,849
70-74	3,052	1,380	1,672	3,150	1,390	1,760	3,321	1,442	1,879	3,678	1,584	2,094	3,885	1,662	2,223	3,650	1,525	2,125	4,062	1,699	2,363
75-79	2,090	964	1,126	2,328	996	1,332	2,414	1,002	1,412	2,586	1,052	1,534	2,855	1,143	1,712	3,026	1,202	1,824	2,862	1,098	1,764
80-84	1,163	548	615	1,294	546	748	1,474	574	900	1,531	575	956	1,675	612	1,063	1,868	675	1,193	1,995	706	1,289
85+	785	335	450	778	301	477	866	298	568	1,017	314	703	1,121	324	797	1,234	329	905	1,406	369	1,037

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Kaski																					
Total	604,064	294,904	309,160	643,445	309,422	334,023	674,293	322,090	352,203	702,764	335,800	366,964	730,140	351,124	379,016	754,973	366,948	388,025	774,158	380,371	393,787
00-04	41,267	22,224	19,043	40,711	21,735	18,976	39,261	21,592	17,669	35,848	19,721	16,127	32,881	17,752	15,129	30,558	16,281	14,277	28,610	15,090	13,520
05-09	45,980	25,053	20,927	43,498	23,214	20,284	42,588	22,616	19,972	41,008	22,419	18,589	37,472	20,504	16,968	34,339	18,478	15,861	31,900	16,954	14,946
10-14	49,232	26,221	23,011	49,367	26,575	22,792	46,463	24,592	21,871	45,334	23,897	21,437	43,654	23,679	19,975	39,905	21,662	18,243	36,549	19,519	17,030
15-19	59,036	30,866	28,170	53,263	27,776	25,487	52,427	27,785	24,642	49,274	25,841	23,433	48,139	25,261	22,878	46,471	25,091	21,380	42,632	23,084	19,548
20-24	62,238	30,603	31,635	59,178	29,602	29,576	52,644	26,757	25,887	51,726	27,012	24,714	49,025	25,696	23,329	48,367	25,635	22,732	47,172	25,905	21,267
25-29	55,765	25,392	30,373	58,987	27,168	31,819	54,839	26,108	28,731	49,209	24,136	25,073	48,765	24,909	23,856	46,814	24,388	22,426	46,823	24,983	21,840
30-34	50,608	22,562	28,046	55,104	23,591	31,513	56,989	24,713	32,276	53,318	24,062	29,256	48,415	22,718	25,697	48,205	23,837	24,368	46,653	23,780	22,873
35-39	47,668	21,591	26,077	51,084	21,623	29,461	55,222	22,461	32,761	57,124	23,547	33,577	53,945	23,229	30,716	49,328	22,250	27,078	49,231	23,598	25,633
40-44	40,842	18,876	21,966	47,951	20,771	27,180	51,321	20,848	30,473	55,762	21,840	33,922	57,875	23,030	34,845	54,933	22,960	31,973	50,447	22,220	28,227
45-49	33,262	15,962	17,300	42,426	19,739	22,687	50,501	22,644	27,857	55,334	24,157	31,177	61,946	27,218	34,728	65,244	29,571	35,673	62,208	29,403	32,805
50-54	29,509	14,435	15,074	35,096	17,538	17,558	44,735	21,947	22,788	54,368	26,410	27,958	60,582	29,307	31,275	68,208	33,352	34,856	71,239	35,367	35,872
55-59	24,054	11,633	12,421	29,854	14,808	15,046	34,576	17,179	17,397	44,160	21,641	22,519	53,601	25,972	27,629	59,695	28,755	30,940	67,242	32,701	34,541
60-64	20,570	9,853	10,717	23,471	11,313	12,158	28,775	14,062	14,713	33,291	16,305	16,986	42,551	20,572	21,979	51,746	24,747	26,999	57,747	27,482	30,265
65-69	15,826	7,295	8,531	19,327	9,182	10,145	22,030	10,510	11,520	27,035	13,027	14,008	31,268	15,064	16,204	40,017	19,007	21,010	48,758	22,873	25,885
70-74	11,875	5,220	6,655	14,188	6,415	7,773	17,353	8,056	9,297	19,818	9,206	10,612	24,363	11,407	12,956	28,173	13,146	15,027	36,134	16,588	19,546
75-79	8,002	3,447	4,555	10,169	4,371	5,798	12,127	5,319	6,808	14,799	6,599	8,200	16,894	7,520	9,374	20,804	9,277	11,527	23,969	10,592	13,377
80-84	4,582	2,085	2,497	6,036	2,530	3,506	7,768	3,200	4,568	9,240	3,843	5,397	11,250	4,702	6,548	12,957	5,370	7,587	16,014	6,600	9,414
85+	3,748	1,586	2,162	3,735	1,471	2,264	4,674	1,701	2,973	6,116	2,137	3,979	7,514	2,584	4,930	9,209	3,141	6,068	10,830	3,632	7,198

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Lamjung																					
Total	156,328	74,282	82,046	142,824	64,434	78,390	131,585	57,346	74,239	122,866	52,791	70,075	116,136	50,106	66,030	110,196	48,289	61,907	103,944	46,138	57,806
00-04	9,879	5,269	4,610	8,386	4,383	4,003	7,269	3,873	3,396	6,008	3,207	2,801	4,862	2,565	2,297	3,987	2,084	1,903	3,362	1,726	1,636
05-09	11,679	6,114	5,565	9,313	4,996	4,317	7,927	4,176	3,751	6,888	3,697	3,191	5,726	3,081	2,645	4,658	2,475	2,183	3,809	2,008	1,801
10-14	13,443	6,784	6,659	10,885	5,720	5,165	8,708	4,671	4,037	7,438	3,941	3,497	6,493	3,482	3,011	5,398	2,903	2,495	4,407	2,349	2,058
15-19	13,832	7,052	6,780	11,559	5,653	5,906	9,367	4,786	4,581	7,558	3,972	3,586	6,532	3,402	3,130	5,749	3,061	2,688	4,853	2,593	2,260
20-24	12,965	6,118	6,847	10,388	4,537	5,851	8,694	3,700	4,994	7,184	3,280	3,904	5,962	2,860	3,102	5,319	2,596	2,723	4,811	2,449	2,362
25-29	12,135	5,376	6,759	9,690	3,594	6,096	7,870	2,749	5,121	6,721	2,348	4,373	5,680	2,217	3,463	4,863	2,066	2,797	4,465	1,985	2,480
30-34	10,833	4,722	6,111	9,907	3,592	6,315	8,144	2,463	5,681	6,760	1,958	4,802	5,919	1,767	4,152	5,061	1,721	3,340	4,397	1,658	2,739
35-39	10,376	4,511	5,865	9,381	3,535	5,846	8,791	2,737	6,054	7,437	1,933	5,504	6,337	1,596	4,741	5,602	1,477	4,125	4,841	1,478	3,363
40-44	8,837	3,875	4,962	9,299	3,676	5,623	8,517	2,899	5,618	8,157	2,296	5,861	7,081	1,681	5,400	6,084	1,399	4,685	5,395	1,320	4,075
45-49	8,493	3,770	4,723	8,551	3,770	4,781	9,425	3,982	5,443	9,274	3,795	5,479	9,668	3,897	5,771	8,876	3,523	5,353	7,599	2,948	4,651
50-54	9,466	4,351	5,115	8,526	3,980	4,546	8,891	4,277	4,614	10,352	5,077	5,275	10,642	5,318	5,324	11,365	5,759	5,606	10,222	5,025	5,197
55-59	8,749	4,183	4,566	9,148	4,269	4,879	8,124	3,794	4,330	8,551	4,124	4,427	9,931	4,880	5,051	10,195	5,081	5,114	10,903	5,493	5,410
60-64	7,833	3,725	4,108	8,194	3,891	4,303	8,499	3,891	4,608	7,560	3,447	4,113	7,994	3,787	4,207	9,312	4,494	4,818	9,587	4,693	4,894
65-69	6,529	3,038	3,491	7,077	3,293	3,784	7,401	3,424	3,977	7,713	3,430	4,283	6,881	3,055	3,826	7,303	3,358	3,945	8,518	3,986	4,532
70-74	5,074	2,339	2,735	5,558	2,488	3,070	6,059	2,714	3,345	6,359	2,818	3,541	6,669	2,840	3,829	5,961	2,518	3,443	6,372	2,799	3,573
75-79	3,119	1,545	1,574	3,858	1,672	2,186	4,245	1,791	2,454	4,644	1,941	2,703	4,895	2,014	2,881	5,184	2,039	3,145	4,647	1,811	2,836
80-84	1,788	903	885	1,901	875	1,026	2,412	958	1,454	2,682	1,017	1,665	2,972	1,116	1,856	3,134	1,145	1,989	3,387	1,182	2,205
85+	1,298	607	691	1,203	510	693	1,242	461	781	1,580	510	1,070	1,892	548	1,344	2,145	590	1,555	2,369	635	1,734

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Tanahu																					
Total	322,399	150,807	171,592	310,524	138,770	171,754	299,450	129,928	169,522	291,606	125,056	166,550	286,012	123,169	162,843	281,643	123,270	158,373	275,917	122,584	153,333
00-04	23,149	12,314	10,835	20,867	11,341	9,526	18,765	10,372	8,393	16,274	8,949	7,325	13,942	7,533	6,409	11,999	6,392	5,607	10,431	5,494	4,937
05-09	26,512	13,994	12,518	22,623	12,047	10,576	20,387	11,098	9,289	18,404	10,188	8,216	16,022	8,825	7,197	13,767	7,453	6,314	11,898	6,350	5,548
10-14	29,030	14,926	14,104	25,892	13,613	12,279	22,149	11,746	10,403	20,020	10,835	9,185	18,145	9,985	8,160	15,821	8,660	7,161	13,671	7,358	6,313
15-19	31,318	15,690	15,628	26,665	13,154	13,511	23,763	12,023	11,740	20,527	10,526	10,001	18,752	9,871	8,881	17,164	9,242	7,922	15,153	8,151	7,002
20-24	28,761	13,003	15,758	25,046	10,596	14,450	21,333	9,036	12,297	19,330	8,600	10,730	17,145	7,934	9,211	16,052	7,803	8,249	15,066	7,643	7,423
25-29	26,536	11,014	15,522	23,062	8,182	14,880	20,202	6,810	13,392	17,595	6,107	11,488	16,224	6,144	10,080	14,701	5,978	8,723	14,093	6,205	7,888
30-34	24,068	10,019	14,049	23,328	8,165	15,163	20,637	6,214	14,423	18,463	5,374	13,089	16,287	4,992	11,295	15,152	5,173	9,979	13,887	5,196	8,691
35-39	22,179	9,340	12,839	21,908	8,086	13,822	21,498	6,687	14,811	19,461	5,275	14,186	17,648	4,698	12,950	15,734	4,488	11,246	14,722	4,730	9,992
40-44	19,259	8,238	11,021	20,546	7,872	12,674	20,436	6,889	13,547	20,421	5,876	14,545	18,793	4,790	14,003	17,167	4,350	12,817	15,402	4,226	11,176
45-49	17,435	7,712	9,723	19,079	8,208	10,871	21,037	8,639	12,398	22,025	8,774	13,251	23,634	9,374	14,260	23,121	9,339	13,782	21,206	8,546	12,660
50-54	17,048	7,894	9,154	17,728	8,290	9,438	19,898	9,360	10,538	22,947	10,894	12,053	24,797	11,875	12,922	27,310	13,390	13,920	26,547	13,047	13,500
55-59	14,940	7,052	7,888	16,738	7,903	8,835	16,995	7,891	9,104	19,205	9,008	10,197	22,166	10,461	11,705	23,875	11,324	12,551	26,308	12,745	13,563
60-64	13,376	6,231	7,145	14,076	6,580	7,496	15,590	7,173	8,417	15,889	7,196	8,693	18,021	8,258	9,763	20,849	9,623	11,226	22,531	10,455	12,076
65-69	10,907	5,131	5,776	12,096	5,514	6,582	12,735	5,799	6,936	14,198	6,362	7,836	14,509	6,386	8,123	16,522	7,358	9,164	19,152	8,569	10,583
70-74	8,187	3,766	4,421	9,362	4,256	5,106	10,446	4,591	5,855	11,051	4,851	6,200	12,365	5,318	7,047	12,701	5,355	7,346	14,550	6,192	8,358
75-79	5,111	2,340	2,771	6,385	2,807	3,578	7,300	3,156	4,144	8,226	3,417	4,809	8,728	3,601	5,127	9,855	3,966	5,889	10,141	3,978	6,163
80-84	2,593	1,234	1,359	3,268	1,388	1,880	4,097	1,662	2,435	4,744	1,882	2,862	5,398	2,038	3,360	5,792	2,166	3,626	6,639	2,405	4,234
85+	1,990	909	1,081	1,855	768	1,087	2,182	782	1,400	2,826	942	1,884	3,436	1,086	2,350	4,061	1,210	2,851	4,520	1,294	3,226

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Nawalparasi (Bardaghat Susta East)																					
Total	377,817	177,721	200,096	388,268	177,121	211,147	395,680	177,062	218,618	404,666	180,153	224,513	415,767	186,734	229,033	427,508	195,703	231,805	436,556	203,786	232,770
00-04	28,384	15,179	13,205	25,304	13,533	11,771	23,290	12,624	10,666	21,247	11,511	9,736	19,590	10,520	9,070	17,846	9,484	8,362	16,087	8,465	7,622
05-09	32,779	17,461	15,318	29,973	15,926	14,047	26,696	14,210	12,486	24,644	13,298	11,346	22,504	12,144	10,360	20,752	11,094	9,658	18,905	10,016	8,889
10-14	34,110	17,864	16,246	34,286	18,154	16,132	31,281	16,552	14,729	27,985	14,835	13,150	25,944	13,945	11,999	23,688	12,735	10,953	21,843	11,644	10,199
15-19	37,130	18,588	18,542	33,860	17,191	16,669	33,661	17,338	16,323	30,840	15,949	14,891	27,981	14,600	13,381	26,142	13,900	12,242	24,066	12,860	11,206
20-24	35,352	15,685	19,667	32,512	14,550	17,962	29,275	13,479	15,796	29,337	13,947	15,390	27,356	13,319	14,037	25,511	12,807	12,704	24,374	12,710	11,664
25-29	32,651	13,158	19,493	30,585	11,502	19,083	27,705	10,686	17,019	25,212	10,267	14,945	25,586	11,049	14,537	24,371	11,097	13,274	23,323	11,236	12,087
30-34	30,423	12,391	18,032	30,692	10,928	19,764	28,667	9,604	19,063	26,277	9,177	17,100	24,177	9,078	15,099	24,645	10,014	14,631	23,757	10,355	13,402
35-39	28,315	11,947	16,368	29,415	10,929	18,486	29,878	9,768	20,110	28,308	8,796	19,512	26,229	8,605	17,624	24,314	8,693	15,621	24,827	9,739	15,088
40-44	24,454	10,773	13,681	27,735	10,961	16,774	28,910	10,123	18,787	29,798	9,291	20,507	28,605	8,602	20,003	26,687	8,552	18,135	24,867	8,762	16,105
45-49	20,203	9,361	10,842	25,254	11,282	13,972	29,461	12,403	17,058	32,161	13,050	19,111	35,139	14,231	20,908	35,429	15,004	20,425	33,480	14,924	18,556
50-54	19,249	9,124	10,125	21,369	10,373	10,996	27,137	13,056	14,081	32,794	15,595	17,199	36,903	17,654	19,249	41,107	20,033	21,074	41,323	20,675	20,648
55-59	15,254	7,312	7,942	19,505	9,400	10,105	21,159	10,213	10,946	26,960	12,979	13,981	32,538	15,439	17,099	36,548	17,407	19,141	40,715	19,705	21,010
60-64	12,652	5,926	6,726	14,923	7,138	7,785	18,792	8,911	9,881	20,404	9,677	10,727	26,054	12,336	13,718	31,478	14,715	16,763	35,438	16,636	18,802
65-69	10,245	4,902	5,343	11,893	5,538	6,355	14,002	6,628	7,374	17,671	8,257	9,414	19,218	8,966	10,252	24,564	11,419	13,145	29,752	13,633	16,119
70-74	7,620	3,680	3,940	9,138	4,276	4,862	10,689	4,855	5,834	12,583	5,798	6,785	15,886	7,202	8,684	17,320	7,829	9,491	22,186	9,979	12,207
75-79	4,930	2,357	2,573	6,451	3,014	3,437	7,726	3,484	4,242	9,067	3,947	5,120	10,676	4,697	5,979	13,504	5,822	7,682	14,715	6,276	8,439
80-84	2,375	1,229	1,146	3,645	1,651	1,994	4,819	2,110	2,709	5,806	2,440	3,366	6,855	2,774	4,081	8,091	3,280	4,811	10,272	4,050	6,222
85+	1,691	784	907	1,728	775	953	2,532	1,018	1,514	3,572	1,339	2,233	4,526	1,573	2,953	5,511	1,818	3,693	6,626	2,121	4,505

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Syangja																					
Total	254,147	117,259	136,888	225,727	97,560	128,167	202,732	84,019	118,713	184,902	75,250	109,652	170,926	69,959	100,967	159,305	66,725	92,580	147,761	63,077	84,684
00-04	17,928	9,475	8,453	15,630	8,093	7,537	13,079	6,866	6,213	10,519	5,583	4,936	8,565	4,605	3,960	7,170	3,843	3,327	6,164	3,249	2,915
05-09	19,556	10,397	9,159	16,074	8,620	7,454	13,959	7,356	6,603	11,756	6,285	5,471	9,504	5,124	4,380	7,755	4,230	3,525	6,542	3,559	2,983
10-14	21,103	10,844	10,259	17,416	9,279	8,137	14,369	7,730	6,639	12,512	6,611	5,901	10,579	5,667	4,912	8,582	4,640	3,942	7,052	3,857	3,195
15-19	23,417	11,683	11,734	17,171	8,337	8,834	14,208	7,208	7,000	11,860	6,114	5,746	10,508	5,372	5,136	9,029	4,719	4,310	7,448	3,978	3,470
20-24	21,565	9,712	11,853	16,250	6,459	9,791	12,097	4,817	7,280	10,255	4,416	5,839	8,847	3,989	4,858	8,130	3,747	4,383	7,196	3,531	3,665
25-29	19,498	8,100	11,398	15,003	4,743	10,260	11,668	3,301	8,367	9,014	2,690	6,324	7,789	2,625	5,164	6,908	2,566	4,342	6,515	2,585	3,930
30-34	17,351	7,379	9,972	15,230	4,950	10,280	12,225	3,004	9,221	9,854	2,208	7,646	7,795	1,890	5,905	6,811	1,933	4,878	6,086	1,943	4,143
35-39	15,994	6,736	9,258	14,406	5,229	9,177	12,973	3,574	9,399	10,782	2,262	8,520	8,890	1,741	7,149	7,115	1,515	5,600	6,205	1,563	4,642
40-44	14,823	6,058	8,765	13,876	5,174	8,702	12,669	4,070	8,599	11,722	2,875	8,847	9,994	1,911	8,083	8,322	1,511	6,811	6,688	1,309	5,379
45-49	14,220	5,932	8,288	14,041	5,743	8,298	13,748	5,516	8,232	13,481	5,298	8,183	13,756	5,332	8,424	12,622	4,911	7,711	10,664	4,118	6,546
50-54	14,483	6,321	8,162	14,055	6,258	7,797	14,239	6,438	7,801	14,780	7,016	7,764	15,141	7,406	7,735	16,001	7,999	8,002	14,472	7,136	7,336
55-59	13,339	5,932	7,407	13,956	6,261	7,695	13,043	5,725	7,318	13,337	5,988	7,349	13,833	6,474	7,359	14,149	6,813	7,336	14,905	7,308	7,597
60-64	12,211	5,536	6,675	12,269	5,411	6,858	12,616	5,469	7,147	11,833	5,004	6,829	12,126	5,256	6,870	12,622	5,735	6,887	12,912	6,018	6,894
65-69	10,478	4,743	5,735	10,717	4,702	6,015	10,828	4,599	6,229	11,148	4,628	6,520	10,506	4,269	6,237	10,812	4,504	6,308	11,257	4,904	6,353
70-74	8,142	3,639	4,503	8,741	3,757	4,984	9,014	3,751	5,263	9,120	3,662	5,458	9,458	3,706	5,752	8,959	3,426	5,533	9,258	3,613	5,645
75-79	5,280	2,470	2,810	6,021	2,504	3,517	6,485	2,592	3,893	6,740	2,570	4,170	6,863	2,529	4,334	7,177	2,575	4,602	6,816	2,353	4,463
80-84	2,817	1,400	1,417	3,056	1,283	1,773	3,546	1,320	2,226	3,870	1,363	2,507	4,100	1,373	2,727	4,214	1,353	2,861	4,455	1,377	3,078
85+	1,942	902	1,040	1,815	757	1,058	1,966	683	1,283	2,319	677	1,642	2,672	690	1,982	2,927	705	2,222	3,126	676	2,450

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Parbat																					
Total	131,387	61,947	69,440	118,034	53,236	64,798	106,577	46,741	59,836	97,470	42,196	55,274	90,060	39,075	50,985	83,872	36,884	46,988	77,904	34,694	43,210
00-04	9,886	5,304	4,582	8,349	4,583	3,766	6,986	3,889	3,097	5,732	3,162	2,570	4,694	2,549	2,145	3,872	2,071	1,801	3,253	1,714	1,539
05-09	11,199	5,989	5,210	8,990	4,892	4,098	7,598	4,238	3,360	6,394	3,607	2,787	5,263	2,956	2,307	4,354	2,398	1,956	3,619	1,971	1,648
10-14	11,886	6,196	5,690	10,147	5,470	4,677	8,183	4,492	3,691	6,944	3,903	3,041	5,879	3,343	2,536	4,873	2,762	2,111	4,045	2,249	1,796
15-19	12,224	6,125	6,099	9,939	5,022	4,917	8,498	4,473	4,025	6,942	3,742	3,200	5,993	3,333	2,660	5,164	2,931	2,233	4,354	2,464	1,890
20-24	11,129	5,069	6,060	8,681	3,654	5,027	7,059	3,067	3,992	6,141	2,856	3,285	5,192	2,542	2,650	4,632	2,404	2,228	4,165	2,253	1,912
25-29	10,167	4,310	5,857	7,906	2,740	5,166	6,296	2,059	4,237	5,228	1,828	3,400	4,651	1,806	2,845	4,039	1,708	2,331	3,725	1,723	2,002
30-34	9,137	3,949	5,188	8,039	2,833	5,206	6,451	1,853	4,598	5,297	1,461	3,836	4,466	1,343	3,123	4,019	1,371	2,648	3,542	1,353	2,189
35-39	8,230	3,533	4,697	7,580	2,889	4,691	6,801	2,108	4,693	5,634	1,444	4,190	4,730	1,174	3,556	4,045	1,110	2,935	3,639	1,151	2,488
40-44	7,512	3,231	4,281	7,160	2,800	4,360	6,672	2,318	4,354	6,127	1,748	4,379	5,210	1,238	3,972	4,428	1,051	3,377	3,821	1,012	2,809
45-49	7,022	3,054	3,968	7,099	3,067	4,032	7,072	2,959	4,113	6,946	2,804	4,142	6,937	2,748	4,189	6,288	2,488	3,800	5,387	2,130	3,257
50-54	7,221	3,286	3,935	6,925	3,154	3,771	7,118	3,318	3,800	7,508	3,609	3,899	7,588	3,669	3,919	7,838	3,852	3,986	7,053	3,422	3,631
55-59	6,468	2,933	3,535	6,874	3,175	3,699	6,438	2,900	3,538	6,665	3,075	3,590	7,019	3,339	3,680	7,110	3,384	3,726	7,339	3,551	3,788
60-64	5,868	2,684	3,184	5,972	2,687	3,285	6,241	2,787	3,454	5,853	2,554	3,299	6,085	2,723	3,362	6,435	2,967	3,468	6,545	3,027	3,518
65-69	4,957	2,292	2,665	5,165	2,283	2,882	5,247	2,271	2,976	5,523	2,366	3,157	5,217	2,176	3,041	5,437	2,332	3,105	5,772	2,555	3,217
70-74	3,783	1,762	2,021	4,138	1,820	2,318	4,325	1,816	2,509	4,446	1,817	2,629	4,687	1,898	2,789	4,454	1,752	2,702	4,636	1,868	2,768
75-79	2,522	1,179	1,343	2,799	1,217	1,582	3,080	1,256	1,824	3,242	1,246	1,996	3,322	1,250	2,072	3,527	1,306	2,221	3,377	1,209	2,168
80-84	1,325	659	666	1,443	607	836	1,636	644	992	1,814	661	1,153	1,935	663	1,272	2,029	676	1,353	2,184	709	1,475
85+	851	392	459	828	343	485	876	293	583	1,034	313	721	1,192	325	867	1,328	321	1,007	1,448	333	1,115

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Baglung																					
Total	252,547	117,847	134,700	234,774	104,030	130,744	219,078	94,178	124,900	206,440	87,739	118,701	195,828	83,379	112,449	186,666	80,442	106,224	177,872	77,836	100,036
00-04	23,726	12,453	11,273	22,849	11,943	10,906	20,436	10,901	9,535	17,433	9,317	8,116	15,019	7,944	7,075	13,384	6,997	6,387	12,048	6,233	5,815
05-09	24,009	12,628	11,381	21,856	11,591	10,265	20,951	11,096	9,855	18,765	10,153	8,612	16,052	8,707	7,345	13,859	7,440	6,419	12,368	6,572	5,796
10-14	25,142	12,920	12,222	21,780	11,511	10,269	19,830	10,586	9,244	19,016	10,137	8,879	17,090	9,312	7,778	14,647	8,014	6,633	12,689	6,872	5,817
15-19	25,058	12,193	12,865	20,920	10,211	10,709	18,061	9,141	8,920	16,592	8,534	8,058	16,047	8,305	7,742	14,558	7,761	6,797	12,612	6,788	5,824
20-24	22,221	9,762	12,459	18,139	7,195	10,944	14,947	6,082	8,865	13,100	5,704	7,396	12,318	5,593	6,725	12,152	5,689	6,463	11,292	5,585	5,707
25-29	19,296	8,010	11,286	16,051	5,235	10,816	13,189	3,942	9,247	11,043	3,517	7,526	9,844	3,515	6,329	9,403	3,624	5,779	9,434	3,891	5,543
30-34	16,802	7,224	9,578	15,466	5,084	10,382	13,215	3,406	9,809	11,136	2,672	8,464	9,477	2,500	6,977	8,503	2,577	5,926	8,144	2,759	5,385
35-39	15,137	6,413	8,724	14,211	5,222	8,989	13,386	3,717	9,669	11,775	2,580	9,195	10,141	2,115	8,026	8,672	1,997	6,675	7,810	2,127	5,683
40-44	13,464	5,565	7,899	13,203	5,005	8,198	12,482	4,104	8,378	12,052	3,015	9,037	10,815	2,170	8,645	9,396	1,807	7,589	8,101	1,769	6,332
45-49	12,206	5,138	7,068	12,695	5,198	7,497	12,991	5,202	7,789	13,109	5,120	7,989	13,550	4,924	8,626	13,152	4,885	8,267	11,711	4,432	7,279
50-54	12,136	5,413	6,723	12,032	5,334	6,698	12,806	5,701	7,105	13,821	6,407	7,414	14,475	6,875	7,600	15,263	7,046	8,217	14,936	7,034	7,902
55-59	10,859	4,934	5,925	11,580	5,295	6,285	11,160	4,898	6,262	11,982	5,316	6,666	12,930	5,951	6,979	13,510	6,342	7,168	14,242	6,476	7,766
60-64	9,967	4,592	5,375	9,976	4,501	5,475	10,441	4,641	5,800	10,137	4,337	5,800	10,896	4,701	6,195	11,774	5,278	6,496	12,346	5,639	6,707
65-69	8,256	3,800	4,456	8,692	3,921	4,771	8,705	3,816	4,889	9,157	3,951	5,206	8,904	3,673	5,231	9,632	4,019	5,613	10,446	4,525	5,921
70-74	6,485	2,965	3,520	6,794	3,021	3,773	7,202	3,130	4,072	7,252	3,056	4,196	7,664	3,170	4,494	7,503	2,953	4,550	8,156	3,243	4,913
75-79	4,284	2,067	2,217	4,764	2,073	2,691	5,024	2,110	2,914	5,384	2,198	3,186	5,444	2,145	3,299	5,783	2,223	3,560	5,698	2,067	3,631
80-84	2,112	1,114	998	2,450	1,109	1,341	2,773	1,117	1,656	2,963	1,146	1,817	3,206	1,190	2,016	3,291	1,172	2,119	3,526	1,213	2,313
85+	1,387	656	731	1,316	581	735	1,479	588	891	1,723	579	1,144	1,956	589	1,367	2,184	618	1,566	2,313	611	1,702

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Rukum (East)																					
Total	57,103	27,667	29,436	56,064	26,089	29,975	55,039	24,926	30,113	54,336	24,243	30,093	53,533	23,772	29,761	52,720	23,442	29,278	51,694	23,034	28,660
00-04	5,998	3,115	2,883	6,051	3,184	2,867	5,832	3,097	2,735	5,326	2,827	2,499	4,761	2,493	2,268	4,290	2,228	2,062	3,943	2,031	1,912
05-09	5,965	2,994	2,971	5,558	2,899	2,659	5,594	2,953	2,641	5,410	2,886	2,524	4,953	2,641	2,312	4,425	2,339	2,086	3,976	2,080	1,896
10-14	6,191	3,085	3,106	5,452	2,732	2,720	5,075	2,646	2,429	5,108	2,689	2,419	4,935	2,633	2,302	4,529	2,405	2,124	4,039	2,123	1,916
15-19	6,399	3,133	3,266	5,382	2,595	2,787	4,748	2,307	2,441	4,427	2,242	2,185	4,460	2,288	2,172	4,329	2,250	2,079	3,967	2,064	1,903
20-24	5,678	2,624	3,054	5,149	2,195	2,954	4,337	1,826	2,511	3,885	1,673	2,212	3,656	1,660	1,996	3,718	1,733	1,985	3,629	1,732	1,897
25-29	4,461	2,085	2,376	4,607	1,778	2,829	4,209	1,499	2,710	3,612	1,287	2,325	3,282	1,225	2,057	3,096	1,244	1,852	3,186	1,336	1,850
30-34	3,627	1,752	1,875	3,749	1,531	2,218	3,918	1,321	2,597	3,648	1,141	2,507	3,169	1,013	2,156	2,889	979	1,910	2,759	1,023	1,736
35-39	3,253	1,533	1,720	3,173	1,384	1,789	3,284	1,213	2,071	3,526	1,087	2,439	3,318	964	2,354	2,906	875	2,031	2,679	865	1,814
40-44	2,709	1,232	1,477	2,939	1,299	1,640	2,880	1,188	1,692	3,050	1,075	1,975	3,287	981	2,306	3,126	897	2,229	2,762	828	1,934
45-49	2,550	1,185	1,365	2,603	1,174	1,429	2,871	1,299	1,572	2,954	1,327	1,627	3,270	1,380	1,890	3,654	1,446	2,208	3,475	1,327	2,148
50-54	2,522	1,207	1,315	2,482	1,166	1,316	2,581	1,215	1,366	2,971	1,450	1,521	3,155	1,587	1,568	3,560	1,731	1,829	3,950	1,809	2,141
55-59	2,227	1,081	1,146	2,418	1,162	1,256	2,351	1,101	1,250	2,464	1,155	1,309	2,825	1,370	1,455	3,020	1,506	1,514	3,395	1,638	1,757
60-64	1,880	895	985	2,091	1,002	1,089	2,246	1,051	1,195	2,200	998	1,202	2,319	1,059	1,260	2,676	1,266	1,410	2,854	1,384	1,470
65-69	1,573	774	799	1,709	791	918	1,875	870	1,005	2,043	926	1,117	2,007	875	1,132	2,127	931	1,196	2,463	1,127	1,336
70-74	1,210	564	646	1,347	626	721	1,475	648	827	1,630	711	919	1,772	758	1,014	1,759	718	1,041	1,874	772	1,102
75-79	581	265	316	919	394	525	1,026	433	593	1,142	455	687	1,269	500	769	1,385	528	857	1,367	499	868
80-84	215	116	99	356	143	213	577	221	356	632	232	400	718	242	476	802	270	532	884	287	597
85+	64	27	37	79	34	45	160	38	122	308	82	226	377	103	274	429	96	333	492	109	383

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Rolpa																					
Total	234,660	109,813	124,847	230,228	101,437	128,791	227,105	95,761	131,344	226,022	93,102	132,920	227,087	93,269	133,818	229,869	95,667	134,202	232,534	98,345	134,189
00-04	23,822	12,254	11,568	22,708	11,291	11,417	22,357	11,344	11,013	20,467	10,541	9,926	18,442	9,605	8,837	16,859	8,766	8,093	15,739	8,087	7,652
05-09	24,876	12,806	12,070	22,488	11,603	10,885	21,390	10,694	10,696	21,095	10,766	10,329	19,334	10,028	9,306	17,447	9,151	8,296	15,972	8,375	7,597
10-14	27,357	13,761	13,596	23,549	12,099	11,450	21,299	10,974	10,325	20,284	10,138	10,146	20,024	10,217	9,807	18,382	9,515	8,867	16,638	8,724	7,914
15-19	27,034	12,808	14,226	24,505	11,701	12,804	21,099	10,338	10,761	19,220	9,447	9,773	18,484	8,867	9,617	18,326	9,018	9,308	16,922	8,495	8,427
20-24	23,471	10,251	13,220	22,149	8,786	13,363	19,923	8,039	11,884	17,391	7,345	10,046	16,107	6,947	9,160	15,823	6,786	9,037	15,884	7,102	8,782
25-29	18,395	7,907	10,488	18,878	6,413	12,465	17,964	5,527	12,437	16,335	5,241	11,094	14,468	5,032	9,436	13,642	4,988	8,654	13,634	5,090	8,544
30-34	15,588	6,767	8,821	15,385	5,372	10,013	16,155	4,377	11,778	15,669	3,897	11,772	14,416	3,846	10,570	12,891	3,839	9,052	12,290	3,944	8,346
35-39	13,273	5,726	7,547	13,572	5,033	8,539	13,697	4,037	9,660	14,770	3,384	11,386	14,563	3,105	11,458	13,524	3,160	10,364	12,171	3,238	8,933
40-44	11,431	4,880	6,551	11,793	4,490	7,303	12,210	3,984	8,226	12,617	3,250	9,367	13,932	2,800	11,132	13,901	2,648	11,253	12,978	2,747	10,231
45-49	10,205	4,513	5,692	10,902	4,530	6,372	11,810	4,670	7,140	13,209	5,078	8,131	14,973	5,595	9,378	17,734	6,464	11,270	17,903	6,443	11,460
50-54	9,988	4,603	5,385	10,253	4,712	5,541	11,354	5,124	6,230	13,068	6,039	7,029	15,427	7,329	8,098	18,033	8,664	9,369	21,093	9,859	11,234
55-59	8,263	3,857	4,406	9,770	4,575	5,195	9,803	4,486	5,317	10,965	4,962	6,003	12,601	5,811	6,790	14,810	6,991	7,819	17,299	8,224	9,075
60-64	6,936	3,252	3,684	7,754	3,578	4,176	9,023	4,101	4,922	9,076	4,031	5,045	10,231	4,500	5,731	11,784	5,285	6,499	13,878	6,371	7,507
65-69	5,659	2,660	2,999	6,198	2,806	3,392	6,936	3,075	3,861	8,085	3,527	4,558	8,194	3,477	4,717	9,276	3,898	5,378	10,739	4,610	6,129
70-74	4,371	1,964	2,407	4,799	2,151	2,648	5,262	2,262	3,000	5,932	2,484	3,448	6,979	2,878	4,101	7,094	2,848	4,246	8,087	3,208	4,879
75-79	2,565	1,175	1,390	3,374	1,432	1,942	3,724	1,575	2,149	4,119	1,654	2,465	4,668	1,820	2,848	5,500	2,103	3,397	5,611	2,070	3,541
80-84	993	432	561	1,636	689	947	2,186	842	1,344	2,386	906	1,480	2,683	961	1,722	3,046	1,053	1,993	3,639	1,225	2,414
85+	433	197	236	515	176	339	913	312	601	1,334	412	922	1,561	451	1,110	1,797	490	1,307	2,057	533	1,524

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Pyuthan																					
Total	232,855	104,568	128,287	222,294	91,905	130,389	215,819	84,444	131,375	214,200	81,834	132,366	215,355	82,481	132,874	217,653	85,141	132,512	220,634	89,137	131,497
00-04	22,496	11,696	10,800	21,439	11,258	10,181	21,421	11,417	10,004	19,941	10,627	9,314	17,844	9,409	8,435	15,985	8,345	7,640	14,789	7,626	7,163
05-09	25,998	13,431	12,567	21,398	11,199	10,199	20,304	10,762	9,542	20,293	10,902	9,391	18,932	10,175	8,757	16,998	9,044	7,954	15,249	8,028	7,221
10-14	28,389	14,197	14,192	24,108	12,156	11,952	19,883	10,161	9,722	18,960	9,842	9,118	19,074	10,058	9,016	17,867	9,437	8,430	16,095	8,435	7,660
15-19	25,942	11,724	14,218	23,299	10,039	13,260	19,815	8,663	11,152	16,655	7,467	9,188	16,181	7,524	8,657	16,466	7,904	8,562	15,680	7,656	8,024
20-24	20,979	8,205	12,774	19,308	6,183	13,125	17,424	5,341	12,083	15,145	4,895	10,250	13,083	4,544	8,539	12,943	4,861	8,082	13,419	5,402	8,017
25-29	17,542	6,733	10,809	16,351	4,303	12,048	15,513	3,309	12,204	14,385	3,036	11,349	12,763	3,004	9,759	11,181	2,975	8,206	11,155	3,365	7,790
30-34	15,052	5,854	9,198	14,552	4,089	10,463	14,322	2,700	11,622	14,127	2,227	11,900	13,349	2,162	11,187	11,913	2,252	9,661	10,504	2,332	8,172
35-39	13,518	5,316	8,202	12,905	3,980	8,925	12,988	2,859	10,129	13,374	2,017	11,357	13,467	1,791	11,676	12,789	1,801	10,988	11,441	1,927	9,514
40-44	11,427	4,556	6,871	11,874	3,883	7,991	11,613	2,954	8,659	12,128	2,223	9,905	12,874	1,711	11,163	13,087	1,612	11,475	12,451	1,667	10,784
45-49	10,140	4,157	5,983	10,947	4,239	6,708	12,056	4,278	7,778	12,890	4,407	8,483	14,864	5,127	9,737	17,022	6,042	10,980	18,268	7,009	11,259
50-54	9,948	4,306	5,642	10,364	4,558	5,806	11,639	5,159	6,480	13,680	6,117	7,563	15,253	7,001	8,252	18,072	8,584	9,488	20,685	9,995	10,690
55-59	8,494	3,885	4,609	9,912	4,503	5,409	9,906	4,382	5,524	11,259	5,044	6,215	13,185	5,925	7,260	14,645	6,701	7,944	17,285	8,125	9,160
60-64	7,626	3,489	4,137	8,069	3,739	4,330	9,081	4,019	5,062	9,136	3,939	5,197	10,436	4,556	5,880	12,220	5,333	6,887	13,641	6,065	7,576
65-69	6,140	2,806	3,334	6,733	2,993	3,740	7,111	3,179	3,932	8,059	3,427	4,632	8,161	3,377	4,784	9,352	3,921	5,431	11,021	4,622	6,399
70-74	4,575	2,098	2,477	5,118	2,246	2,872	5,660	2,403	3,257	5,987	2,548	3,439	6,861	2,772	4,089	6,986	2,745	4,241	8,041	3,191	4,850
75-79	2,791	1,269	1,522	3,479	1,520	1,959	3,900	1,614	2,286	4,362	1,741	2,621	4,619	1,838	2,781	5,322	2,002	3,320	5,447	1,977	3,470
80-84	1,204	593	611	1,740	734	1,006	2,192	886	1,306	2,451	926	1,525	2,790	1,012	1,778	2,957	1,061	1,896	3,448	1,161	2,287
85+	594	253	341	698	283	415	991	358	633	1,368	449	919	1,619	495	1,124	1,848	521	1,327	2,015	554	1,461

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Gulmi																					
Total	246,513	111,965	134,548	220,869	92,804	128,065	200,115	79,746	120,369	185,380	71,892	113,488	174,890	67,757	107,133	166,918	66,057	100,861	159,968	65,291	94,677
00-04	20,124	10,566	9,558	17,412	9,137	8,275	15,288	8,185	7,103	12,942	6,928	6,014	10,999	5,831	5,168	9,420	4,956	4,464	8,228	4,276	3,952
05-09	23,169	12,245	10,924	18,226	9,702	8,524	15,664	8,378	7,286	13,821	7,539	6,282	11,754	6,413	5,341	10,030	5,425	4,605	8,663	4,646	4,017
10-14	24,563	12,586	11,977	20,447	10,674	9,773	16,180	8,536	7,644	14,005	7,426	6,579	12,455	6,733	5,722	10,669	5,795	4,874	9,158	4,944	4,214
15-19	24,121	11,255	12,866	18,966	8,620	10,346	15,810	7,404	8,406	12,823	6,131	6,692	11,356	5,562	5,794	10,322	5,234	5,088	9,052	4,675	4,377
20-24	19,826	7,908	11,918	16,163	5,349	10,814	12,775	4,229	8,546	10,990	3,921	7,069	9,331	3,544	5,787	8,566	3,495	5,071	8,047	3,535	4,512
25-29	18,316	7,193	11,123	14,259	3,678	10,581	12,088	2,628	9,460	9,968	2,259	7,709	8,820	2,281	6,539	7,675	2,229	5,446	7,175	2,348	4,827
30-34	16,039	6,585	9,454	14,587	4,350	10,237	12,058	2,367	9,691	10,712	1,824	8,888	9,073	1,661	7,412	8,070	1,739	6,331	7,081	1,774	5,307
35-39	14,256	5,609	8,647	13,415	4,558	8,857	12,594	3,109	9,485	10,963	1,859	9,104	9,981	1,534	8,447	8,533	1,446	7,087	7,603	1,531	6,072
40-44	12,840	5,099	7,741	12,530	4,281	8,249	11,910	3,529	8,381	11,564	2,532	9,032	10,343	1,628	8,715	9,554	1,434	8,120	8,216	1,385	6,831
45-49	12,474	5,058	7,416	12,334	4,855	7,479	12,560	4,656	7,904	12,826	4,752	8,074	13,706	5,008	8,698	13,454	5,028	8,426	12,999	5,160	7,839
50-54	13,114	5,601	7,513	12,522	5,392	7,130	12,644	5,482	7,162	13,617	6,022	7,595	14,550	6,781	7,769	16,045	7,639	8,406	15,891	7,741	8,150
55-59	12,026	5,448	6,578	12,693	5,580	7,113	11,645	4,916	6,729	11,883	5,102	6,781	12,796	5,569	7,227	13,642	6,232	7,410	15,005	6,971	8,034
60-64	11,281	5,249	6,032	11,081	4,988	6,093	11,391	4,819	6,572	10,537	4,300	6,237	10,811	4,471	6,340	11,688	4,906	6,782	12,505	5,510	6,995
65-69	9,077	4,206	4,871	9,815	4,385	5,430	9,645	4,142	5,503	9,983	4,017	5,966	9,315	3,605	5,710	9,598	3,782	5,816	10,404	4,144	6,260
70-74	7,005	3,239	3,766	7,390	3,246	4,144	8,033	3,390	4,643	7,954	3,204	4,750	8,333	3,141	5,192	7,822	2,833	4,989	8,117	2,995	5,122
75-79	4,611	2,255	2,356	5,087	2,215	2,872	5,392	2,212	3,180	5,912	2,330	3,582	5,874	2,188	3,686	6,207	2,149	4,058	5,855	1,939	3,916
80-84	2,266	1,179	1,087	2,620	1,181	1,439	2,940	1,175	1,765	3,141	1,174	1,967	3,467	1,235	2,232	3,472	1,155	2,317	3,737	1,151	2,586
85+	1,405	684	721	1,322	613	709	1,498	589	909	1,739	572	1,167	1,926	572	1,354	2,151	580	1,571	2,232	566	1,666

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Arghakhanchi																					
Total	177,556	80,924	96,632	159,101	67,259	91,842	145,017	58,487	86,530	135,254	53,419	81,835	128,263	50,662	77,601	122,869	49,357	73,512	118,416	49,023	69,393
00-04	15,129	8,179	6,950	13,367	7,458	5,909	11,767	6,667	5,100	9,961	5,625	4,336	8,417	4,666	3,751	7,186	3,917	3,269	6,232	3,333	2,899
05-09	16,909	9,044	7,865	13,659	7,508	6,151	11,991	6,828	5,163	10,614	6,137	4,477	9,025	5,201	3,824	7,641	4,331	3,310	6,572	3,665	2,907
10-14	18,135	9,352	8,783	14,753	7,713	7,040	11,987	6,436	5,551	10,569	5,899	4,670	9,459	5,374	4,085	8,118	4,599	3,519	6,931	3,882	3,049
15-19	17,207	7,901	9,306	13,445	5,861	7,584	10,959	4,916	6,043	9,118	4,281	4,837	8,200	4,115	4,085	7,516	3,909	3,607	6,615	3,497	3,118
20-24	14,209	5,534	8,675	11,336	3,515	7,821	8,957	2,718	6,239	7,513	2,486	5,027	6,467	2,371	4,096	5,997	2,471	3,526	5,654	2,515	3,139
25-29	13,174	5,016	8,158	10,255	2,537	7,718	8,647	1,725	6,922	7,120	1,472	5,648	6,148	1,458	4,690	5,397	1,489	3,908	5,039	1,637	3,402
30-34	11,673	4,687	6,986	10,429	2,954	7,475	8,688	1,584	7,104	7,744	1,204	6,540	6,575	1,085	5,490	5,760	1,121	4,639	5,085	1,162	3,923
35-39	10,623	4,213	6,410	9,603	3,160	6,443	8,955	2,051	6,904	7,892	1,200	6,692	7,255	993	6,262	6,251	929	5,322	5,482	966	4,516
40-44	9,531	3,807	5,724	9,170	3,128	6,042	8,428	2,393	6,035	8,152	1,623	6,529	7,448	1,050	6,398	6,961	915	6,046	6,014	871	5,143
45-49	8,932	3,612	5,320	9,057	3,581	5,476	9,211	3,438	5,773	9,153	3,335	5,818	9,798	3,457	6,341	9,840	3,593	6,247	9,915	4,016	5,899
50-54	9,345	3,995	5,350	9,024	3,935	5,089	9,399	4,167	5,232	10,116	4,584	5,532	10,542	4,952	5,590	11,573	5,473	6,100	11,751	5,741	6,010
55-59	8,454	3,917	4,537	9,123	4,078	5,045	8,459	3,662	4,797	8,920	3,957	4,963	9,583	4,306	5,277	9,962	4,625	5,337	10,924	5,085	5,839
60-64	7,705	3,680	4,025	7,879	3,639	4,240	8,275	3,574	4,701	7,730	3,228	4,502	8,178	3,503	4,675	8,824	3,841	4,983	9,195	4,128	5,067
65-69	6,134	2,913	3,221	6,750	3,098	3,652	6,912	3,059	3,853	7,322	3,012	4,310	6,880	2,736	4,144	7,305	2,975	4,330	7,911	3,277	4,634
70-74	4,692	2,229	2,463	5,022	2,256	2,766	5,609	2,429	3,180	5,750	2,391	3,359	6,159	2,376	3,783	5,812	2,159	3,653	6,234	2,379	3,855
75-79	3,192	1,506	1,686	3,450	1,550	1,900	3,712	1,568	2,144	4,168	1,688	2,480	4,290	1,650	2,640	4,640	1,647	2,993	4,410	1,503	2,907
80-84	1,519	826	693	1,850	821	1,029	2,003	838	1,165	2,180	856	1,324	2,478	921	1,557	2,547	896	1,651	2,806	902	1,904
85+	993	513	480	929	467	462	1,058	434	624	1,232	441	791	1,361	448	913	1,539	467	1,072	1,646	464	1,182

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Palpa																					
Total	246,545	113,557	132,988	232,555	100,810	131,745	221,457	92,382	129,075	214,162	88,013	126,149	209,168	86,420	122,748	205,375	86,513	118,862	201,085	86,367	114,718
00-04	19,502	10,300	9,202	18,542	9,920	8,622	16,937	9,212	7,725	14,914	8,109	6,805	13,103	7,062	6,041	11,697	6,240	5,457	10,612	5,605	5,007
05-09	20,757	10,800	9,957	18,208	9,682	8,526	17,223	9,292	7,931	15,797	8,650	7,147	13,913	7,635	6,278	12,258	6,655	5,603	10,977	5,905	5,072
10-14	22,263	11,400	10,863	19,339	10,013	9,326	17,031	9,004	8,027	16,153	8,661	7,492	14,869	8,099	6,770	13,138	7,165	5,973	11,629	6,286	5,343
15-19	24,219	11,755	12,464	19,264	9,135	10,129	16,778	8,101	8,677	14,970	7,434	7,536	14,334	7,279	7,055	13,337	6,941	6,396	11,965	6,285	5,680
20-24	21,912	9,476	12,436	18,419	7,041	11,378	14,827	5,633	9,194	13,246	5,280	7,966	12,078	5,091	6,987	11,782	5,223	6,559	11,240	5,241	5,999
25-29	20,182	8,242	11,940	16,884	5,287	11,597	14,585	4,057	10,528	12,109	3,471	8,638	11,017	3,462	7,555	10,179	3,526	6,653	10,066	3,791	6,275
30-34	18,309	7,664	10,645	16,992	5,516	11,476	14,725	3,647	11,078	13,111	2,959	10,152	11,051	2,625	8,426	10,121	2,719	7,402	9,407	2,853	6,554
35-39	16,523	6,978	9,545	16,123	5,801	10,322	15,350	4,268	11,082	13,743	2,960	10,783	12,417	2,474	9,943	10,596	2,277	8,319	9,736	2,404	7,332
40-44	14,387	6,030	8,357	14,881	5,628	9,253	14,684	4,745	9,939	14,325	3,614	10,711	13,097	2,627	10,470	11,940	2,264	9,676	10,259	2,130	8,129
45-49	13,299	5,696	7,603	13,943	5,838	8,105	14,992	6,056	8,936	15,794	6,166	9,628	16,824	6,420	10,404	16,512	6,332	10,180	15,300	5,882	9,418
50-54	13,153	5,903	7,250	13,339	6,046	7,293	14,333	6,564	7,769	16,268	7,673	8,595	17,868	8,602	9,266	19,622	9,606	10,016	19,205	9,361	9,844
55-59	11,322	5,224	6,098	12,806	5,915	6,891	12,592	5,666	6,926	13,678	6,269	7,409	15,516	7,287	8,229	17,008	8,114	8,894	18,701	9,033	9,668
60-64	9,880	4,598	5,282	10,491	4,808	5,683	11,668	5,256	6,412	11,553	5,064	6,489	12,602	5,622	6,980	14,331	6,563	7,768	15,782	7,324	8,458
65-69	8,071	3,735	4,336	8,717	3,927	4,790	9,270	4,108	5,162	10,373	4,495	5,878	10,340	4,357	5,983	11,319	4,856	6,463	12,936	5,692	7,244
70-74	5,905	2,626	3,279	6,682	2,941	3,741	7,278	3,122	4,156	7,784	3,270	4,514	8,777	3,606	5,171	8,785	3,495	5,290	9,695	3,929	5,766
75-79	3,789	1,673	2,116	4,439	1,871	2,568	5,027	2,088	2,939	5,516	2,220	3,296	5,907	2,313	3,594	6,731	2,563	4,168	6,769	2,484	4,285
80-84	1,897	922	975	2,325	960	1,365	2,747	1,072	1,675	3,113	1,181	1,932	3,446	1,257	2,189	3,730	1,319	2,411	4,281	1,468	2,813
85+	1,175	535	640	1,161	481	680	1,410	491	919	1,715	537	1,178	2,009	602	1,407	2,289	655	1,634	2,525	694	1,831

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Nawalparasi (Bardaghat Susta West)																					
Total	388,084	188,823	199,261	402,041	191,975	210,066	413,211	194,887	218,324	424,875	199,933	224,942	436,953	206,736	230,217	448,849	214,946	233,903	457,978	221,922	236,056
00-04	32,582	17,131	15,451	31,525	16,666	14,859	30,049	16,016	14,033	27,765	14,755	13,010	25,834	13,583	12,251	23,982	12,478	11,504	22,344	11,497	10,847
05-09	35,344	18,543	16,801	32,964	17,309	15,655	31,824	16,822	15,002	30,347	16,179	14,168	28,061	14,920	13,141	26,130	13,750	12,380	24,252	12,625	11,627
10-14	35,345	18,223	17,122	35,739	18,763	16,976	33,276	17,496	15,780	32,125	17,008	15,117	30,646	16,353	14,293	28,368	15,096	13,272	26,396	13,894	12,502
15-19	39,523	19,891	19,632	35,074	17,900	17,174	35,225	18,309	16,916	32,919	17,179	15,740	31,888	16,793	15,095	30,528	16,253	14,275	28,339	15,080	13,259
20-24	38,514	18,224	20,290	36,949	17,541	19,408	32,737	15,863	16,874	33,069	16,481	16,588	31,246	15,819	15,427	30,626	15,809	14,817	29,665	15,635	14,030
25-29	34,336	15,210	19,126	35,040	15,138	19,902	33,298	14,492	18,806	29,879	13,475	16,404	30,454	14,343	16,111	29,185	14,171	15,014	28,977	14,552	14,425
30-34	30,491	13,558	16,933	32,168	13,130	19,038	32,645	13,031	19,614	31,305	12,716	18,589	28,374	12,101	16,273	29,104	13,148	15,956	28,148	13,262	14,886
35-39	29,586	13,413	16,173	28,958	12,025	16,933	30,657	11,739	18,918	31,397	11,852	19,545	30,377	11,781	18,596	27,739	11,424	16,315	28,570	12,577	15,993
40-44	24,138	11,411	12,727	28,361	12,208	16,153	27,970	11,082	16,888	29,929	11,023	18,906	30,928	11,349	19,579	30,095	11,447	18,648	27,665	11,245	16,420
45-49	18,647	8,924	9,723	24,273	11,504	12,769	29,233	13,060	16,173	30,073	13,111	16,962	33,658	14,609	19,049	35,812	16,068	19,744	34,843	16,045	18,798
50-54	17,736	8,586	9,150	19,318	9,643	9,675	25,431	12,758	12,673	31,572	15,511	16,061	33,292	16,405	16,887	37,760	18,780	18,980	39,802	20,119	19,683
55-59	14,314	7,125	7,189	17,691	8,740	8,951	18,827	9,396	9,431	24,909	12,532	12,377	30,920	15,179	15,741	32,630	16,028	16,602	37,025	18,314	18,711
60-64	11,991	5,751	6,240	13,662	6,809	6,853	16,693	8,139	8,554	17,872	8,813	9,059	23,693	11,759	11,934	29,495	14,286	15,209	31,259	15,145	16,114
65-69	10,536	5,249	5,287	10,928	5,181	5,747	12,506	6,134	6,372	15,340	7,353	7,987	16,461	7,959	8,502	21,895	10,655	11,240	27,340	12,955	14,385
70-74	7,832	3,940	3,892	9,055	4,419	4,636	9,473	4,380	5,093	10,888	5,214	5,674	13,437	6,255	7,182	14,485	6,786	7,699	19,345	9,104	10,241
75-79	4,149	2,118	2,031	6,252	3,065	3,187	7,242	3,407	3,835	7,647	3,399	4,248	8,808	4,022	4,786	10,884	4,809	6,075	11,768	5,221	6,547
80-84	1,709	890	819	2,889	1,405	1,484	4,309	1,981	2,328	4,994	2,193	2,801	5,344	2,196	3,148	6,181	2,615	3,566	7,698	3,122	4,576
85+	1,311	636	675	1,195	529	666	1,816	782	1,034	2,845	1,139	1,706	3,532	1,310	2,222	3,950	1,343	2,607	4,542	1,530	3,012

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Rupandehi																					
Total	1,128,361	553,748	574,613	1,210,512	586,583	623,929	1,280,384	615,195	665,189	1,347,791	646,670	701,121	1,414,196	681,978	732,218	1,477,233	719,632	757,601	1,531,614	754,674	776,940
00-04	98,527	51,972	46,555	98,353	51,808	46,545	96,572	51,401	45,171	91,379	48,529	42,850	86,403	45,418	40,985	81,396	42,333	39,063	76,973	39,580	37,393
05-09	105,490	55,705	49,785	102,265	53,685	48,580	101,493	53,290	48,203	99,602	52,886	46,716	94,184	49,930	44,254	88,948	46,683	42,265	83,751	43,491	40,260
10-14	107,503	56,113	51,390	110,146	57,890	52,256	106,189	55,565	50,624	105,217	55,090	50,127	103,168	54,643	48,525	97,433	51,526	45,907	91,916	48,141	43,775
15-19	119,466	61,052	58,414	111,423	57,491	53,932	112,940	58,788	54,152	108,776	56,556	52,220	107,985	56,326	51,659	106,047	56,072	49,975	100,307	53,093	47,214
20-24	114,047	54,817	59,230	116,765	57,630	59,135	108,043	54,175	53,868	109,680	55,893	53,787	106,360	54,662	51,698	106,442	55,350	51,092	105,320	55,949	49,371
25-29	100,940	45,211	55,729	107,769	48,816	58,953	108,250	50,483	57,767	100,938	48,388	52,550	103,267	50,960	52,307	101,161	50,985	50,176	102,315	52,800	49,515
30-34	89,649	40,009	49,640	98,251	41,392	56,859	103,390	44,009	59,381	104,115	45,984	58,131	97,956	44,958	52,998	100,676	48,153	52,523	99,347	49,065	50,282
35-39	85,928	39,317	46,611	88,568	37,482	51,086	96,860	38,767	58,093	102,236	41,519	60,717	103,520	43,956	59,564	97,952	43,608	54,344	100,924	47,262	53,662
40-44	69,728	33,189	36,539	84,468	36,995	47,473	87,395	35,541	51,854	96,311	37,239	59,072	102,266	40,387	61,879	103,922	43,205	60,717	98,734	43,329	55,405
45-49	53,616	25,949	27,667	70,871	33,768	37,103	87,461	39,434	48,027	93,512	40,880	52,632	106,694	46,638	60,056	115,936	53,012	62,924	118,167	56,462	61,705
50-54	48,145	23,649	24,496	55,954	28,181	27,773	74,355	37,328	37,027	93,883	45,957	47,926	102,507	49,921	52,586	117,975	57,922	60,053	127,482	64,568	62,914
55-59	37,888	18,806	19,082	48,439	24,418	24,021	54,876	27,707	27,169	73,122	36,898	36,224	92,144	45,226	46,918	100,687	49,040	51,647	115,898	56,808	59,090
60-64	31,818	15,496	16,322	36,754	18,343	18,411	46,203	23,034	23,169	52,427	26,146	26,281	69,977	34,874	35,103	88,348	42,831	45,517	96,939	46,643	50,296
65-69	26,628	12,992	13,636	29,390	14,194	15,196	33,967	16,733	17,234	42,843	21,027	21,816	48,715	23,868	24,847	65,131	31,856	33,275	82,485	39,174	43,311
70-74	19,839	9,906	9,933	23,188	11,109	12,079	25,841	12,219	13,622	29,985	14,420	15,565	37,912	18,097	19,815	43,197	20,534	22,663	57,949	27,442	30,507
75-79	10,698	5,397	5,301	16,345	7,967	8,378	19,117	8,882	10,235	21,456	9,800	11,656	24,890	11,493	13,397	31,475	14,350	17,125	35,801	16,173	19,628
80-84	4,727	2,364	2,363	8,007	3,866	4,141	12,018	5,535	6,483	13,976	6,100	7,876	15,821	6,752	9,069	18,385	7,877	10,508	23,271	9,790	13,481
85+	3,724	1,804	1,920	3,556	1,548	2,008	5,414	2,304	3,110	8,333	3,358	4,975	10,427	3,869	6,558	12,122	4,295	7,827	14,035	4,904	9,131

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Kapilbastu																					
Total	691,119	338,941	352,178	739,870	354,709	385,161	789,497	373,241	416,256	843,421	397,010	446,411	900,363	425,235	475,128	958,407	456,877	501,530	1,014,401	488,759	525,642
00-04	77,240	39,650	37,590	81,806	42,582	39,224	85,835	45,583	40,252	85,545	45,481	40,064	83,558	43,966	39,592	81,027	42,178	38,849	79,106	40,718	38,388
05-09	77,285	39,685	37,600	77,223	39,652	37,571	81,476	42,486	38,990	85,507	45,490	40,017	85,236	45,413	39,823	83,317	43,942	39,375	80,827	42,172	38,655
10-14	76,958	39,200	37,758	77,693	39,906	37,787	77,521	39,841	37,680	81,750	42,636	39,114	85,840	45,665	40,175	85,577	45,590	39,987	83,635	44,095	39,540
15-19	76,605	37,715	38,890	75,220	37,633	37,587	75,799	38,205	37,594	76,022	38,433	37,589	80,447	41,370	39,077	84,623	44,487	40,136	84,577	44,642	39,935
20-24	64,415	30,283	34,132	70,995	32,705	38,290	69,263	32,468	36,795	70,533	33,657	36,876	71,589	34,638	36,951	76,336	37,954	38,382	80,937	41,512	39,425
25-29	56,729	25,725	31,004	59,248	25,247	34,001	64,705	27,025	37,680	63,800	27,477	36,323	65,757	29,299	36,458	67,441	30,928	36,513	72,526	34,641	37,885
30-34	47,938	21,682	26,256	53,130	21,948	31,182	55,597	21,676	33,921	61,186	23,607	37,579	60,855	24,574	36,281	63,109	26,768	36,341	65,122	28,786	36,336
35-39	44,777	20,819	23,958	45,557	18,959	26,598	50,741	19,359	31,382	53,753	19,547	34,206	59,583	21,747	37,836	59,545	23,043	36,502	62,005	25,500	36,505
40-44	35,943	17,366	18,577	42,716	18,575	24,141	43,779	17,090	26,689	49,412	17,855	31,557	52,967	18,511	34,456	58,943	20,916	38,027	59,093	22,438	36,655
45-49	28,152	13,736	14,416	35,616	17,016	18,600	43,501	19,436	24,065	46,645	19,939	26,706	55,236	23,642	31,594	61,476	26,997	34,479	68,606	30,630	37,976
50-54	25,715	12,726	12,989	28,674	14,437	14,237	36,907	18,595	18,312	46,697	22,979	23,718	51,468	25,097	26,371	61,946	30,720	31,226	68,750	34,637	34,113
55-59	21,189	10,819	10,370	25,397	12,811	12,586	27,784	14,018	13,766	35,997	18,232	17,765	45,544	22,452	23,092	50,168	24,436	25,732	60,384	29,816	30,568
60-64	17,797	8,720	9,077	20,098	10,271	9,827	23,798	11,851	11,947	26,155	13,019	13,136	34,011	16,986	17,025	43,205	20,998	22,207	47,797	22,958	24,839
65-69	16,715	8,404	8,311	16,067	7,778	8,289	18,189	9,142	9,047	21,677	10,606	11,071	23,942	11,687	12,255	31,294	15,311	15,983	39,873	18,950	20,923
70-74	13,242	6,824	6,418	14,158	6,965	7,193	13,798	6,520	7,278	15,694	7,686	8,008	18,830	8,935	9,895	20,900	9,880	11,020	27,448	12,984	14,464
75-79	6,306	3,394	2,912	10,416	5,255	5,161	11,143	5,327	5,816	11,002	5,020	5,982	12,552	5,916	6,636	15,150	6,870	8,280	16,832	7,575	9,257
80-84	2,387	1,309	1,078	4,275	2,204	2,071	7,021	3,374	3,647	7,536	3,404	4,132	7,554	3,239	4,315	8,667	3,815	4,852	10,530	4,426	6,104
85+	1,726	884	842	1,581	765	816	2,640	1,245	1,395	4,510	1,942	2,568	5,394	2,098	3,296	5,683	2,044	3,639	6,353	2,279	4,074

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Dang																					
Total	675,227	320,695	354,532	692,479	317,845	374,634	707,119	316,538	390,581	725,737	321,240	404,497	748,803	332,348	416,455	773,280	347,509	425,771	794,987	363,015	431,972
00-04	53,600	28,206	25,394	50,794	26,643	24,151	49,160	26,109	23,051	46,085	24,434	21,651	42,883	22,509	20,374	39,871	20,701	19,170	37,469	19,238	18,231
05-09	62,237	32,559	29,678	55,405	29,066	26,339	52,376	27,431	24,945	50,697	26,889	23,808	47,511	25,168	22,343	44,199	23,174	21,025	41,108	21,328	19,780
10-14	67,569	34,702	32,867	64,108	33,285	30,823	57,097	29,739	27,358	54,025	28,120	25,905	52,362	27,610	24,752	49,066	25,858	23,208	45,603	23,807	21,796
15-19	73,628	35,664	37,964	66,270	32,818	33,452	62,650	31,438	31,212	56,164	28,402	27,762	53,622	27,279	26,343	52,197	27,041	25,156	49,156	25,570	23,586
20-24	67,893	29,386	38,507	66,324	29,202	37,122	59,299	26,864	32,435	56,631	26,355	30,276	51,616	24,596	27,020	50,074	24,374	25,700	49,363	24,794	24,569
25-29	61,772	26,193	35,579	60,774	22,836	37,938	58,769	22,596	36,173	53,098	21,374	31,724	51,463	21,752	29,711	47,680	21,088	26,592	46,982	21,649	25,333
30-34	53,755	23,257	30,498	57,022	21,406	35,616	56,449	18,775	37,674	55,009	18,954	36,055	50,304	18,484	31,820	49,179	19,362	29,817	46,085	19,333	26,752
35-39	48,656	21,575	27,081	50,438	19,856	30,582	53,921	18,436	35,485	54,223	16,572	37,651	53,327	17,132	36,195	49,184	17,098	32,086	48,316	18,251	30,065
40-44	41,299	19,149	22,150	46,245	19,191	27,054	48,272	17,844	30,428	52,358	16,915	35,443	53,360	15,590	37,770	52,825	16,393	36,432	48,965	16,613	32,352
45-49	34,253	16,336	17,917	41,049	18,894	22,155	47,641	20,493	27,148	52,390	21,631	30,759	60,248	24,222	36,026	63,926	25,446	38,480	64,627	27,504	37,123
50-54	30,496	14,791	15,705	34,894	17,071	17,823	42,797	20,720	22,077	52,003	24,788	27,215	59,239	28,345	30,894	69,295	33,114	36,181	73,198	34,603	38,595
55-59	23,294	11,445	11,849	30,226	14,857	15,369	34,013	16,596	17,417	42,037	20,390	21,647	51,090	24,364	26,726	58,119	27,731	30,388	67,931	32,278	35,653
60-64	19,594	9,499	10,095	22,360	10,937	11,423	28,644	13,838	14,806	32,318	15,493	16,825	40,085	19,110	20,975	48,854	22,885	25,969	55,773	26,154	29,619
65-69	15,614	7,494	8,120	17,985	8,543	9,442	20,538	9,811	10,727	26,417	12,433	13,984	29,897	13,949	15,948	37,224	17,247	19,977	45,539	20,728	24,811
70-74	11,529	5,562	5,967	13,475	6,261	7,214	15,636	7,170	8,466	17,936	8,269	9,667	23,166	10,484	12,682	26,291	11,775	14,516	32,904	14,618	18,286
75-79	6,229	3,047	3,182	9,237	4,305	4,932	10,813	4,810	6,003	12,624	5,530	7,094	14,509	6,345	8,164	18,794	8,037	10,757	21,326	8,983	12,343
80-84	2,330	1,178	1,152	4,324	1,999	2,325	6,388	2,788	3,600	7,472	3,094	4,378	8,799	3,560	5,239	10,130	4,079	6,051	13,195	5,157	8,038
85+	1,479	652	827	1,549	675	874	2,656	1,080	1,576	4,250	1,597	2,653	5,322	1,849	3,473	6,372	2,106	4,266	7,447	2,407	5,040

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Banke																					
Total	607,873	299,199	308,674	651,739	317,744	333,995	691,004	334,713	356,291	730,464	353,417	377,047	770,821	374,516	396,305	810,756	397,422	413,334	847,308	419,659	427,649
00-04	59,623	31,529	28,094	60,372	31,956	28,416	60,515	32,264	28,251	59,094	31,396	27,698	57,086	30,014	27,072	54,971	28,586	26,385	53,047	27,278	25,769
05-09	63,335	33,405	29,930	61,311	32,318	28,993	61,792	32,637	29,155	61,892	32,943	28,949	60,328	32,009	28,319	58,203	30,555	27,648	56,011	29,110	26,901
10-14	63,197	32,757	30,440	65,498	34,433	31,065	63,175	33,211	29,964	63,558	33,486	30,072	63,589	33,774	29,815	61,868	32,775	29,093	59,585	31,259	28,326
15-19	65,262	32,598	32,664	64,209	32,930	31,279	65,958	34,320	31,638	63,665	33,231	30,434	64,140	33,644	30,496	64,251	34,074	30,177	62,565	33,160	29,405
20-24	61,526	28,424	33,102	63,192	30,705	32,487	61,446	30,673	30,773	63,224	32,229	30,995	61,507	31,714	29,793	62,415	32,574	29,841	62,898	33,387	29,511
25-29	54,698	24,500	30,198	58,336	25,656	32,680	59,093	27,329	31,764	57,669	27,627	30,042	59,762	29,532	30,230	58,633	29,609	29,024	60,000	30,955	29,045
30-34	47,251	21,387	25,864	52,387	22,326	30,061	55,507	23,241	32,266	56,382	24,975	31,407	55,381	25,643	29,738	57,680	27,817	29,863	56,964	28,342	28,622
35-39	43,512	20,565	22,947	45,442	19,646	25,796	50,372	20,557	29,815	53,723	21,654	32,069	54,902	23,585	31,317	54,190	24,525	29,665	56,596	26,919	29,677
40-44	35,080	17,289	17,791	41,809	18,934	22,875	43,875	18,249	25,626	49,125	19,387	29,738	52,851	20,743	32,108	54,281	22,853	31,428	53,789	24,011	29,778
45-49	26,853	13,191	13,662	34,670	16,896	17,774	42,239	19,355	22,884	45,959	20,154	25,805	53,613	23,435	30,178	59,316	26,650	32,666	61,459	29,449	32,010
50-54	23,782	11,845	11,937	27,042	13,547	13,495	35,449	17,863	17,586	44,492	21,692	22,800	49,676	23,844	25,832	58,740	28,513	30,227	64,749	32,054	32,695
55-59	18,495	9,392	9,103	23,316	11,752	11,564	26,207	13,133	13,074	34,553	17,456	17,097	43,349	21,164	22,185	48,449	23,260	25,189	57,308	27,746	29,562
60-64	14,383	7,116	7,267	17,506	8,887	8,619	21,873	10,907	10,966	24,686	12,231	12,455	32,653	16,292	16,361	41,137	19,832	21,305	46,157	21,882	24,275
65-69	12,207	5,985	6,222	13,084	6,415	6,669	15,917	7,972	7,945	19,974	9,802	10,172	22,628	11,019	11,609	30,035	14,712	15,323	37,981	17,938	20,043
70-74	10,344	5,092	5,252	10,426	5,018	5,408	11,301	5,434	5,867	13,816	6,759	7,057	17,442	8,344	9,098	19,826	9,374	10,452	26,433	12,552	13,881
75-79	5,194	2,628	2,566	8,248	3,991	4,257	8,364	3,943	4,421	9,142	4,267	4,875	11,179	5,281	5,898	14,138	6,473	7,665	16,103	7,275	8,828
80-84	1,796	905	891	3,617	1,767	1,850	5,691	2,640	3,051	5,799	2,590	3,209	6,445	2,836	3,609	7,858	3,482	4,376	9,994	4,261	5,733
85+	1,335	591	744	1,274	567	707	2,230	985	1,245	3,711	1,538	2,173	4,290	1,643	2,647	4,765	1,758	3,007	5,669	2,081	3,588

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Bardiya																					
Total	459,565	216,568	242,997	458,489	212,242	246,247	454,484	207,911	246,573	452,389	206,202	246,187	453,027	207,443	245,584	454,811	210,592	244,219	454,226	213,055	241,171
00-04	37,099	19,496	17,603	31,213	16,646	14,567	27,976	15,180	12,796	24,612	13,365	11,247	21,933	11,794	10,139	19,195	10,224	8,971	16,746	8,829	7,917
05-09	40,104	20,841	19,263	36,795	19,375	17,420	30,967	16,580	14,387	27,876	15,187	12,689	24,606	13,428	11,178	21,991	11,880	10,111	19,285	10,317	8,968
10-14	43,263	21,978	21,285	39,904	20,753	19,151	36,736	19,366	17,370	31,059	16,631	14,428	28,093	15,298	12,795	24,867	13,553	11,314	22,265	12,016	10,249
15-19	46,229	21,832	24,397	41,106	20,602	20,504	37,944	19,510	18,434	35,144	18,338	16,806	30,041	16,007	14,034	27,392	14,894	12,498	24,425	13,353	11,072
20-24	45,476	19,264	26,212	41,157	18,368	22,789	36,248	17,269	18,979	33,811	16,707	17,104	31,731	16,081	15,650	27,731	14,550	13,181	25,698	13,914	11,784
25-29	43,218	18,302	24,916	40,102	15,420	24,682	35,979	14,692	21,287	31,937	14,095	17,842	30,220	14,043	16,177	28,747	13,891	14,856	25,621	13,009	12,612
30-34	36,429	15,826	20,603	38,700	14,988	23,712	36,113	12,758	23,355	32,710	12,386	20,324	29,353	12,159	17,194	28,075	12,401	15,674	26,998	12,546	14,452
35-39	33,703	14,930	18,773	33,351	13,596	19,755	35,580	12,970	22,610	33,747	11,292	22,455	30,965	11,196	19,769	28,078	11,209	16,869	27,069	11,628	15,441
40-44	27,946	12,921	15,025	31,524	13,284	18,240	31,353	12,193	19,160	33,932	11,864	22,068	32,742	10,578	22,164	30,377	10,679	19,698	27,748	10,832	16,916
45-49	23,468	11,068	12,400	27,371	12,567	14,804	31,816	13,759	18,057	33,285	14,044	19,241	38,104	15,600	22,504	38,539	15,610	22,929	36,634	16,101	20,533
50-54	23,371	10,979	12,392	23,725	11,443	12,282	28,365	13,616	14,749	34,345	16,132	18,213	37,174	17,600	19,574	43,361	20,364	22,997	43,667	20,233	23,434
55-59	17,806	8,859	8,947	23,046	10,959	12,087	23,107	11,110	11,997	27,849	13,378	14,471	33,706	15,826	17,880	36,490	17,218	19,272	42,511	19,839	22,672
60-64	13,132	6,332	6,800	17,022	8,438	8,584	21,725	10,151	11,574	21,896	10,353	11,543	26,505	12,515	13,990	32,161	14,828	17,333	34,936	16,195	18,741
65-69	11,368	5,436	5,932	11,983	5,655	6,328	15,473	7,469	8,004	19,878	9,048	10,830	20,112	9,251	10,861	24,480	11,231	13,249	29,819	13,356	16,463
70-74	9,297	4,615	4,682	9,795	4,538	5,257	10,416	4,746	5,670	13,508	6,287	7,221	17,448	7,618	9,830	17,718	7,823	9,895	21,649	9,524	12,125
75-79	4,748	2,475	2,273	7,353	3,520	3,833	7,774	3,452	4,322	8,368	3,646	4,722	10,829	4,802	6,027	14,028	5,796	8,232	14,305	5,949	8,356
80-84	1,775	906	869	3,199	1,578	1,621	4,967	2,238	2,729	5,264	2,195	3,069	5,726	2,329	3,397	7,436	3,058	4,378	9,642	3,680	5,962
85+	1,133	508	625	1,143	512	631	1,945	852	1,093	3,168	1,254	1,914	3,739	1,318	2,421	4,145	1,383	2,762	5,208	1,734	3,474

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Dolpa																					
Total	42,877	21,418	21,459	44,248	22,072	22,176	45,697	22,830	22,867	46,753	23,372	23,381	47,496	23,766	23,730	47,786	24,023	23,763	47,586	23,947	23,639
00-04	3,952	2,013	1,939	3,727	1,940	1,787	3,880	2,059	1,821	3,702	1,965	1,737	3,351	1,765	1,586	2,905	1,509	1,396	2,616	1,343	1,273
05-09	4,770	2,398	2,372	3,781	1,937	1,844	3,556	1,854	1,702	3,693	1,955	1,738	3,551	1,883	1,668	3,186	1,693	1,493	2,782	1,454	1,328
10-14	5,105	2,510	2,595	4,429	2,254	2,175	3,528	1,820	1,708	3,325	1,741	1,584	3,464	1,856	1,608	3,333	1,792	1,541	2,958	1,570	1,388
15-19	4,878	2,351	2,527	4,737	2,329	2,408	4,136	2,102	2,034	3,280	1,698	1,582	3,111	1,646	1,465	3,234	1,742	1,492	3,090	1,678	1,412
20-24	4,358	2,158	2,200	4,538	2,168	2,370	4,406	2,162	2,244	3,858	1,961	1,897	3,071	1,580	1,491	2,912	1,535	1,377	3,027	1,647	1,380
25-29	3,987	2,021	1,966	4,169	2,058	2,111	4,342	2,086	2,256	4,182	2,070	2,112	3,661	1,860	1,801	2,948	1,524	1,424	2,818	1,491	1,327
30-34	3,276	1,702	1,574	3,875	1,936	1,939	4,026	1,969	2,057	4,153	1,983	2,170	4,018	1,979	2,039	3,572	1,813	1,759	2,888	1,486	1,402
35-39	2,933	1,526	1,407	3,184	1,621	1,563	3,787	1,876	1,911	3,940	1,914	2,026	4,070	1,938	2,132	3,933	1,940	1,993	3,478	1,773	1,705
40-44	2,287	1,133	1,154	2,877	1,473	1,404	3,127	1,579	1,548	3,706	1,821	1,885	3,875	1,873	2,002	3,986	1,898	2,088	3,864	1,906	1,958
45-49	1,929	980	949	2,214	1,081	1,133	2,776	1,414	1,362	3,083	1,551	1,532	3,679	1,816	1,863	3,886	1,907	1,979	4,007	1,929	2,078
50-54	1,561	809	752	1,882	943	939	2,161	1,049	1,112	2,719	1,376	1,343	3,051	1,546	1,505	3,685	1,845	1,840	3,899	1,945	1,954
55-59	1,383	672	711	1,491	774	717	1,813	899	914	2,081	1,011	1,070	2,618	1,317	1,301	2,946	1,482	1,464	3,552	1,774	1,778
60-64	1,123	531	592	1,296	627	669	1,409	721	688	1,694	830	864	1,956	933	1,023	2,482	1,234	1,248	2,787	1,379	1,408
65-69	723	355	368	1,017	470	547	1,187	564	623	1,280	640	640	1,537	732	805	1,800	836	964	2,295	1,107	1,188
70-74	438	195	243	606	293	313	877	396	481	1,020	458	562	1,128	538	590	1,360	629	731	1,585	711	874
75-79	149	54	95	342	147	195	489	221	268	714	295	419	830	345	485	907	413	494	1,098	474	624
80-84	17	9	8	83	21	62	184	58	126	277	96	181	435	142	293	527	190	337	577	219	358
85+	8	1	7	0	0	0	13	1	12	46	7	39	90	17	73	184	41	143	265	61	204

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Mugu																					
Total	65,389	32,835	32,554	68,765	34,525	34,240	71,988	36,149	35,839	74,872	37,615	37,257	76,975	38,677	38,298	78,467	39,515	38,952	79,604	40,143	39,461
00-04	7,833	4,031	3,802	7,827	4,181	3,646	8,049	4,307	3,742	7,761	4,130	3,631	7,045	3,708	3,337	6,337	3,301	3,036	5,830	3,009	2,821
05-09	8,378	4,291	4,087	7,473	3,885	3,588	7,475	4,035	3,440	7,708	4,164	3,544	7,395	3,979	3,416	6,739	3,592	3,147	6,073	3,197	2,876
10-14	8,494	4,356	4,138	7,883	4,098	3,785	7,039	3,710	3,329	7,057	3,850	3,207	7,270	3,975	3,295	7,002	3,811	3,191	6,388	3,439	2,949
15-19	7,074	3,391	3,683	7,829	4,031	3,798	7,269	3,787	3,482	6,519	3,453	3,066	6,546	3,583	2,963	6,764	3,716	3,048	6,501	3,549	2,952
20-24	6,244	2,986	3,258	6,422	2,998	3,424	7,047	3,553	3,494	6,568	3,362	3,206	5,914	3,080	2,834	5,969	3,228	2,741	6,179	3,361	2,818
25-29	5,068	2,535	2,533	5,804	2,679	3,125	5,965	2,709	3,256	6,524	3,217	3,307	6,108	3,072	3,036	5,526	2,842	2,684	5,598	2,999	2,599
30-34	4,216	2,106	2,110	4,800	2,351	2,449	5,500	2,502	2,998	5,668	2,537	3,131	6,193	3,013	3,180	5,817	2,896	2,921	5,287	2,695	2,592
35-39	3,636	1,825	1,811	4,069	2,004	2,065	4,626	2,234	2,392	5,295	2,398	2,897	5,462	2,435	3,027	5,967	2,907	3,060	5,637	2,820	2,817
40-44	2,937	1,450	1,487	3,509	1,731	1,778	3,921	1,902	2,019	4,498	2,153	2,345	5,157	2,323	2,834	5,326	2,370	2,956	5,850	2,854	2,996
45-49	2,626	1,319	1,307	2,847	1,382	1,465	3,424	1,673	1,751	3,869	1,875	1,994	4,505	2,177	2,328	5,264	2,446	2,818	5,453	2,513	2,940
50-54	2,262	1,201	1,061	2,554	1,278	1,276	2,777	1,344	1,433	3,367	1,639	1,728	3,846	1,875	1,971	4,536	2,229	2,307	5,320	2,520	2,800
55-59	2,068	1,117	951	2,162	1,136	1,026	2,429	1,209	1,220	2,647	1,267	1,380	3,234	1,552	1,682	3,686	1,777	1,909	4,361	2,132	2,229
60-64	1,678	831	847	1,913	1,025	888	1,996	1,035	961	2,241	1,096	1,145	2,472	1,166	1,306	3,018	1,436	1,582	3,495	1,665	1,830
65-69	1,170	594	576	1,504	737	767	1,701	896	805	1,810	925	885	2,058	999	1,059	2,265	1,043	1,222	2,784	1,291	1,493
70-74	1,059	490	569	991	487	504	1,284	610	674	1,479	759	720	1,557	771	786	1,782	835	947	2,002	891	1,111
75-79	487	241	246	858	381	477	798	370	428	1,042	471	571	1,189	584	605	1,261	595	666	1,455	646	809
80-84	112	51	61	293	132	161	574	232	342	525	227	298	706	291	415	791	358	433	869	377	492
85+	47	20	27	27	9	18	114	41	73	294	92	202	318	94	224	417	133	284	522	185	337

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Humla																					
Total	55,606	27,982	27,624	57,707	28,931	28,776	59,590	29,769	29,821	61,007	30,489	30,518	61,948	31,033	30,915	62,353	31,365	30,988	62,233	31,383	30,850
00-04	6,418	3,281	3,137	6,153	3,086	3,067	6,279	3,208	3,071	5,976	3,073	2,903	5,378	2,802	2,576	4,793	2,492	2,301	4,340	2,230	2,110
05-09	6,831	3,459	3,372	6,053	3,099	2,954	5,808	2,921	2,887	5,925	3,020	2,905	5,658	2,927	2,731	5,102	2,665	2,437	4,542	2,367	2,175
10-14	7,019	3,529	3,490	6,345	3,229	3,116	5,643	2,896	2,747	5,411	2,731	2,680	5,525	2,829	2,696	5,287	2,739	2,548	4,779	2,502	2,277
15-19	5,507	2,629	2,878	6,332	3,196	3,136	5,723	2,922	2,801	5,068	2,619	2,449	4,898	2,482	2,416	4,992	2,571	2,421	4,753	2,478	2,275
20-24	4,395	2,145	2,250	4,835	2,298	2,537	5,505	2,773	2,732	4,987	2,546	2,441	4,446	2,304	2,142	4,298	2,198	2,100	4,400	2,276	2,124
25-29	4,123	2,092	2,031	4,000	1,944	2,056	4,347	2,068	2,279	4,948	2,519	2,429	4,505	2,330	2,175	4,042	2,112	1,930	3,901	2,021	1,880
30-34	3,856	1,945	1,911	3,935	1,980	1,955	3,822	1,851	1,971	4,124	1,961	2,163	4,678	2,394	2,284	4,269	2,222	2,047	3,835	2,028	1,807
35-39	3,642	1,868	1,774	3,773	1,885	1,888	3,829	1,903	1,926	3,728	1,784	1,944	4,017	1,908	2,109	4,542	2,330	2,212	4,143	2,162	1,981
40-44	2,805	1,390	1,415	3,551	1,804	1,747	3,671	1,808	1,863	3,751	1,841	1,910	3,671	1,739	1,932	3,945	1,861	2,084	4,458	2,274	2,184
45-49	2,470	1,282	1,188	2,764	1,360	1,404	3,514	1,778	1,736	3,663	1,806	1,857	3,822	1,896	1,926	3,800	1,838	1,962	4,094	1,968	2,126
50-54	2,155	1,127	1,028	2,416	1,245	1,171	2,724	1,330	1,394	3,477	1,760	1,717	3,671	1,825	1,846	3,895	1,972	1,923	3,882	1,911	1,971
55-59	1,917	1,022	895	2,057	1,079	978	2,318	1,185	1,133	2,617	1,269	1,348	3,346	1,677	1,669	3,530	1,742	1,788	3,752	1,879	1,873
60-64	1,680	871	809	1,823	964	859	1,941	1,004	937	2,197	1,112	1,085	2,471	1,185	1,286	3,180	1,571	1,609	3,394	1,662	1,732
65-69	1,152	580	572	1,544	786	758	1,651	851	800	1,793	905	888	2,021	993	1,028	2,309	1,080	1,229	2,972	1,447	1,525
70-74	906	424	482	992	487	505	1,355	659	696	1,442	721	721	1,586	777	809	1,807	871	936	2,072	938	1,134
75-79	504	222	282	742	325	417	808	372	436	1,092	510	582	1,163	545	618	1,297	597	700	1,458	660	798
80-84	162	81	81	336	139	197	508	203	305	545	237	308	752	324	428	801	347	454	897	381	516
85+	64	35	29	56	25	31	144	37	107	263	75	188	340	96	244	464	157	307	561	199	362

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Jumla																					
Total	118,975	59,567	59,408	120,570	60,132	60,438	121,609	60,589	61,020	121,767	60,745	61,022	121,086	60,519	60,567	120,037	60,231	59,806	118,770	59,712	59,058
00-04	11,452	6,090	5,362	11,254	6,010	5,244	11,143	5,977	5,166	10,003	5,337	4,666	8,553	4,515	4,038	7,463	3,895	3,568	6,863	3,536	3,327
05-09	12,701	6,568	6,133	10,808	5,770	5,038	10,581	5,685	4,896	10,493	5,664	4,829	9,406	5,056	4,350	8,073	4,301	3,772	7,076	3,730	3,346
10-14	14,445	7,234	7,211	12,020	6,246	5,774	10,241	5,486	4,755	10,031	5,409	4,622	9,955	5,398	4,557	8,936	4,828	4,108	7,669	4,107	3,562
15-19	14,329	6,898	7,431	13,405	6,683	6,722	11,163	5,781	5,382	9,524	5,093	4,431	9,361	5,053	4,308	9,308	5,050	4,258	8,379	4,535	3,844
20-24	12,580	5,985	6,595	12,863	6,061	6,802	11,958	5,860	6,098	10,010	5,108	4,902	8,632	4,557	4,075	8,505	4,548	3,957	8,478	4,572	3,906
25-29	10,167	5,051	5,116	11,299	5,248	6,051	11,490	5,314	6,176	10,712	5,177	5,535	9,034	4,560	4,474	7,852	4,127	3,725	7,784	4,143	3,641
30-34	8,355	4,183	4,172	9,284	4,518	4,766	10,276	4,707	5,569	10,442	4,791	5,651	9,787	4,706	5,081	8,340	4,201	4,139	7,287	3,817	3,470
35-39	7,299	3,699	3,600	7,793	3,854	3,939	8,652	4,174	4,478	9,544	4,365	5,179	9,740	4,472	5,268	9,155	4,427	4,728	7,860	3,971	3,889
40-44	6,052	2,866	3,186	6,932	3,465	3,467	7,387	3,606	3,781	8,247	3,944	4,303	9,109	4,143	4,966	9,317	4,266	5,051	8,802	4,233	4,569
45-49	5,416	2,776	2,640	5,842	2,727	3,115	6,787	3,367	3,420	7,402	3,625	3,777	8,473	4,144	4,329	9,627	4,523	5,104	9,972	4,738	5,234
50-54	4,559	2,332	2,227	5,203	2,660	2,543	5,694	2,664	3,030	6,771	3,398	3,373	7,542	3,798	3,744	8,779	4,435	4,344	10,036	4,887	5,149
55-59	3,884	1,993	1,891	4,288	2,191	2,097	4,892	2,491	2,401	5,365	2,509	2,856	6,413	3,214	3,199	7,177	3,596	3,581	8,358	4,201	4,157
60-64	3,111	1,570	1,541	3,532	1,796	1,736	3,910	1,967	1,943	4,484	2,255	2,229	4,942	2,277	2,665	5,932	2,926	3,006	6,660	3,296	3,364
65-69	2,066	1,031	1,035	2,735	1,356	1,379	3,126	1,556	1,570	3,469	1,720	1,749	3,985	1,953	2,032	4,444	1,990	2,454	5,336	2,565	2,771
70-74	1,696	832	864	1,684	804	880	2,263	1,076	1,187	2,596	1,242	1,354	2,923	1,375	1,548	3,375	1,583	1,792	3,798	1,621	2,177
75-79	647	335	312	1,269	587	682	1,259	566	693	1,718	757	961	1,960	863	1,097	2,222	978	1,244	2,565	1,113	1,452
80-84	166	102	64	335	148	187	721	294	427	722	293	429	975	383	592	1,103	438	665	1,280	498	782
85+	50	22	28	24	8	16	66	18	48	234	58	176	296	52	244	429	119	310	567	149	418

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Kalikot																					
Total	146,547	72,875	73,672	151,256	74,917	76,339	155,196	76,929	78,267	157,686	78,217	79,469	159,027	79,007	80,020	160,321	79,837	80,484	161,346	80,572	80,774
00-04	17,785	9,325	8,460	18,493	9,818	8,675	18,627	9,991	8,636	16,757	8,970	7,787	14,531	7,690	6,841	12,872	6,751	6,121	11,693	6,066	5,627
05-09	17,491	8,959	8,532	16,533	8,747	7,786	17,122	9,207	7,915	17,260	9,377	7,883	15,558	8,444	7,114	13,516	7,273	6,243	11,979	6,397	5,582
10-14	19,857	10,078	9,779	16,447	8,501	7,946	15,574	8,320	7,254	16,126	8,734	7,392	16,289	8,925	7,364	14,714	8,043	6,671	12,803	6,941	5,862
15-19	18,222	8,731	9,491	18,112	9,147	8,965	15,018	7,745	7,273	14,314	7,616	6,698	14,844	8,023	6,821	15,070	8,221	6,849	13,627	7,419	6,208
20-24	14,558	6,837	7,721	15,497	7,134	8,363	15,138	7,428	7,710	12,643	6,394	6,249	12,137	6,370	5,767	12,695	6,795	5,900	12,938	7,028	5,910
25-29	10,712	5,392	5,320	12,543	5,643	6,900	13,210	5,888	7,322	12,917	6,182	6,735	10,906	5,422	5,484	10,560	5,471	5,089	11,120	5,924	5,196
30-34	8,219	4,065	4,154	9,679	4,695	4,984	11,326	4,930	6,396	11,982	5,179	6,803	11,815	5,497	6,318	10,087	4,869	5,218	9,875	4,982	4,893
35-39	7,391	3,595	3,796	7,634	3,672	3,962	8,987	4,242	4,745	10,621	4,488	6,133	11,325	4,754	6,571	11,269	5,092	6,177	9,705	4,551	5,154
40-44	6,048	2,839	3,209	6,951	3,303	3,648	7,212	3,396	3,816	8,520	3,955	4,565	10,169	4,225	5,944	10,940	4,506	6,434	10,962	4,862	6,100
45-49	5,729	2,762	2,967	5,823	2,703	3,120	6,764	3,219	3,545	7,191	3,434	3,757	8,925	4,316	4,609	11,200	5,018	6,182	12,282	5,476	6,806
50-54	5,034	2,570	2,464	5,570	2,710	2,860	5,749	2,711	3,038	6,839	3,344	3,495	7,478	3,743	3,735	9,552	4,911	4,641	12,098	5,814	6,284
55-59	4,620	2,368	2,252	4,851	2,485	2,366	5,324	2,580	2,744	5,510	2,603	2,907	6,564	3,202	3,362	7,185	3,589	3,596	9,193	4,705	4,488
60-64	4,376	2,162	2,214	4,299	2,180	2,119	4,532	2,291	2,241	4,998	2,382	2,616	5,184	2,407	2,777	6,213	2,986	3,227	6,841	3,354	3,487
65-69	2,889	1,458	1,431	3,950	1,917	2,033	3,900	1,943	1,957	4,123	2,038	2,085	4,560	2,131	2,429	4,796	2,173	2,623	5,719	2,692	3,027
70-74	2,178	1,031	1,147	2,453	1,187	1,266	3,400	1,596	1,804	3,372	1,620	1,752	3,580	1,720	1,860	3,999	1,797	2,202	4,214	1,835	2,379
75-79	1,039	508	531	1,705	771	934	1,958	900	1,058	2,687	1,193	1,494	2,651	1,203	1,448	2,853	1,288	1,565	3,186	1,345	1,841
80-84	297	155	142	644	277	367	1,114	462	652	1,275	541	734	1,769	718	1,051	1,724	711	1,013	1,912	795	1,117
85+	102	40	62	72	27	45	241	80	161	551	167	384	742	217	525	1,076	343	733	1,199	386	813

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Dailekh																					
Total	253,841	121,546	132,295	246,140	113,386	132,754	239,033	107,570	131,463	233,187	103,700	129,487	228,764	101,379	127,385	226,029	100,535	125,494	224,644	101,123	123,521
00-04	28,318	14,706	13,612	28,355	14,818	13,537	27,361	14,590	12,771	24,141	12,897	11,244	20,885	11,053	9,832	18,608	9,743	8,865	16,919	8,774	8,145
05-09	28,193	14,331	13,862	25,666	13,468	12,198	25,598	13,579	12,019	24,710	13,396	11,314	21,815	11,862	9,953	18,926	10,205	8,721	16,889	9,017	7,872
10-14	31,684	15,846	15,838	25,527	12,896	12,631	23,271	12,153	11,118	23,231	12,281	10,950	22,515	12,179	10,336	19,946	10,819	9,127	17,367	9,360	8,007
15-19	30,138	14,284	15,854	26,976	12,585	14,391	21,788	10,305	11,483	20,097	9,872	10,225	20,243	10,129	10,114	19,786	10,175	9,611	17,696	9,178	8,518
20-24	24,557	10,986	13,571	23,461	9,597	13,864	20,819	8,468	12,351	17,095	7,197	9,898	15,997	7,095	8,902	16,329	7,489	8,840	16,164	7,739	8,425
25-29	19,022	8,794	10,228	19,189	7,279	11,910	18,318	6,385	11,933	16,433	5,802	10,631	13,722	5,113	8,609	13,010	5,215	7,795	13,419	5,672	7,747
30-34	14,692	6,776	7,916	15,418	6,264	9,154	15,748	5,214	10,534	15,273	4,682	10,591	13,921	4,376	9,545	11,798	3,980	7,818	11,315	4,166	7,149
35-39	13,599	5,848	7,751	12,302	5,123	7,179	13,043	4,757	8,286	13,681	4,038	9,643	13,562	3,736	9,826	12,556	3,588	8,968	10,781	3,329	7,452
40-44	11,979	5,327	6,652	12,027	4,763	7,264	10,943	4,195	6,748	11,838	3,953	7,885	12,831	3,449	9,382	12,922	3,234	9,688	12,146	3,163	8,983
45-49	10,994	4,932	6,062	11,234	4,870	6,364	11,722	4,750	6,972	11,397	4,787	6,610	13,541	5,608	7,933	15,876	6,197	9,679	17,012	6,883	10,129
50-54	10,530	4,979	5,551	10,804	4,964	5,840	11,398	5,228	6,170	12,495	5,652	6,843	12,861	6,302	6,559	15,824	7,862	7,962	18,697	8,990	9,707
55-59	8,491	4,258	4,233	10,236	4,931	5,305	10,268	4,717	5,551	10,936	5,033	5,903	11,995	5,436	6,559	12,288	6,001	6,287	15,079	7,429	7,650
60-64	7,292	3,660	3,632	7,921	3,966	3,955	9,405	4,443	4,962	9,496	4,267	5,229	10,157	4,590	5,567	11,156	4,937	6,219	11,511	5,521	5,990
65-69	5,730	2,811	2,919	6,481	3,157	3,324	7,051	3,407	3,644	8,416	3,849	4,567	8,534	3,701	4,833	9,182	4,001	5,181	10,145	4,337	5,808
70-74	4,768	2,143	2,625	4,832	2,257	2,575	5,492	2,553	2,939	6,009	2,774	3,235	7,242	3,157	4,085	7,394	3,042	4,352	7,997	3,316	4,681
75-79	2,601	1,231	1,370	3,713	1,574	2,139	3,730	1,648	2,082	4,275	1,869	2,406	4,698	2,033	2,665	5,718	2,323	3,395	5,859	2,255	3,604
80-84	896	482	414	1,612	704	908	2,283	883	1,400	2,311	941	1,370	2,688	1,091	1,597	2,949	1,184	1,765	3,631	1,358	2,273
85+	357	152	205	386	170	216	795	295	500	1,353	410	943	1,557	469	1,088	1,761	540	1,221	2,017	636	1,381

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Jajarkot																					
Total	190,468	94,599	95,869	199,185	97,389	101,796	207,975	100,884	107,091	215,870	104,280	111,590	222,599	107,303	115,296	228,756	110,286	118,470	234,097	112,956	121,141
00-04	22,575	11,523	11,052	23,553	12,167	11,386	24,829	13,189	11,640	23,610	12,583	11,027	21,406	11,301	10,105	19,619	10,247	9,372	18,331	9,485	8,846
05-09	23,150	11,656	11,494	21,367	10,963	10,404	22,233	11,571	10,662	23,463	12,563	10,900	22,334	12,014	10,320	20,306	10,819	9,487	18,614	9,827	8,787
10-14	25,792	12,906	12,886	22,003	11,112	10,891	20,348	10,459	9,889	21,158	11,038	10,120	22,372	12,005	10,367	21,321	11,485	9,836	19,410	10,350	9,060
15-19	23,523	11,521	12,002	23,950	11,829	12,121	20,478	10,220	10,258	19,059	9,694	9,365	19,875	10,252	9,623	21,041	11,133	9,908	20,081	10,681	9,400
20-24	18,628	8,960	9,668	20,830	9,677	11,153	21,045	9,904	11,141	18,119	8,660	9,459	16,984	8,310	8,674	17,776	8,864	8,912	18,901	9,735	9,166
25-29	13,769	6,875	6,894	16,575	7,450	9,125	18,371	8,028	10,343	18,613	8,300	10,313	16,204	7,382	8,822	15,319	7,198	8,121	16,117	7,770	8,347
30-34	11,079	5,456	5,623	12,517	5,926	6,591	15,017	6,421	8,596	16,740	6,994	9,746	17,039	7,306	9,733	14,991	6,596	8,395	14,265	6,485	7,780
35-39	10,417	4,980	5,437	10,440	4,900	5,540	11,818	5,352	6,466	14,243	5,847	8,396	15,909	6,399	9,510	16,323	6,774	9,549	14,465	6,170	8,295
40-44	8,822	4,243	4,579	9,878	4,591	5,287	9,910	4,524	5,386	11,293	4,971	6,322	13,727	5,484	8,243	15,443	6,053	9,390	15,917	6,461	9,456
45-49	7,839	3,870	3,969	8,559	4,076	4,483	9,708	4,525	5,183	10,081	4,719	5,362	11,972	5,589	6,383	15,018	6,604	8,414	17,067	7,431	9,636
50-54	6,871	3,526	3,345	7,643	3,781	3,862	8,450	4,087	4,363	9,843	4,731	5,112	10,538	5,211	5,327	12,833	6,457	6,376	16,066	7,672	8,394
55-59	5,449	2,849	2,600	6,563	3,379	3,184	7,277	3,582	3,695	8,092	3,906	4,186	9,440	4,524	4,916	10,098	4,981	5,117	12,316	6,158	6,158
60-64	4,620	2,398	2,222	5,088	2,633	2,455	6,111	3,099	3,012	6,790	3,305	3,485	7,600	3,617	3,983	8,880	4,195	4,685	9,556	4,644	4,912
65-69	3,415	1,768	1,647	4,146	2,102	2,044	4,598	2,337	2,261	5,561	2,764	2,797	6,216	2,951	3,265	7,001	3,256	3,745	8,211	3,784	4,427
70-74	2,659	1,238	1,421	2,910	1,467	1,443	3,602	1,774	1,828	3,987	1,958	2,029	4,852	2,327	2,525	5,455	2,511	2,944	6,176	2,776	3,400
75-79	1,357	589	768	2,135	939	1,196	2,331	1,118	1,213	2,875	1,338	1,537	3,199	1,487	1,712	3,936	1,785	2,151	4,424	1,916	2,508
80-84	368	176	192	908	356	552	1,416	561	855	1,533	664	869	1,927	813	1,114	2,140	908	1,232	2,673	1,100	1,573
85+	135	65	70	120	41	79	433	133	300	810	245	565	1,005	331	674	1,256	420	836	1,507	511	996

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Rukum (West)																					
Total	167,316	81,351	85,965	177,786	82,727	95,059	187,509	84,862	102,647	197,930	88,129	109,801	208,475	92,320	116,155	219,114	97,079	122,035	229,479	101,838	127,641
00-04	17,193	9,101	8,092	18,226	9,562	8,664	18,721	9,968	8,753	17,527	9,328	8,199	16,287	8,578	7,709	15,628	8,156	7,472	15,312	7,895	7,417
05-09	17,701	9,166	8,535	16,788	8,905	7,883	17,692	9,315	8,377	18,187	9,718	8,469	17,078	9,124	7,954	15,908	8,411	7,497	15,288	8,005	7,283
10-14	20,014	10,087	9,927	17,405	8,985	8,420	16,556	8,732	7,824	17,469	9,143	8,326	17,971	9,531	8,440	16,873	8,948	7,925	15,732	8,260	7,472
15-19	20,172	9,681	10,491	19,018	9,267	9,751	16,621	8,329	8,292	15,919	8,141	7,778	16,819	8,560	8,259	17,297	8,941	8,356	16,329	8,444	7,885
20-24	17,401	7,991	9,410	18,421	7,921	10,500	17,202	7,559	9,643	15,288	6,946	8,342	14,828	6,945	7,883	15,780	7,427	8,353	16,376	7,890	8,486
25-29	13,552	6,309	7,243	16,065	6,330	9,735	16,785	6,259	10,526	15,910	6,120	9,790	14,395	5,827	8,568	14,092	5,970	8,122	15,117	6,528	8,589
30-34	11,180	5,282	5,898	12,819	5,200	7,619	15,101	5,270	9,831	15,980	5,352	10,628	15,294	5,390	9,904	14,021	5,261	8,760	13,857	5,510	8,347
35-39	9,908	4,623	5,285	10,835	4,564	6,271	12,414	4,576	7,838	14,861	4,860	10,001	15,856	5,089	10,767	15,291	5,218	10,073	14,177	5,169	9,008
40-44	8,352	3,796	4,556	9,692	4,132	5,560	10,608	4,179	6,429	12,444	4,408	8,036	15,062	4,896	10,166	16,170	5,226	10,944	15,715	5,434	10,281
45-49	7,199	3,373	3,826	8,456	3,739	4,717	9,946	4,303	5,643	11,451	4,891	6,560	13,906	5,744	8,162	17,089	6,800	10,289	18,259	7,197	11,062
50-54	6,453	3,097	3,356	7,457	3,496	3,961	8,858	4,088	4,770	10,776	5,035	5,741	12,616	5,956	6,660	15,355	7,099	8,256	18,551	8,173	10,378
55-59	5,437	2,676	2,761	6,538	3,154	3,384	7,393	3,433	3,960	8,812	4,039	4,773	10,709	4,963	5,746	12,485	5,813	6,672	15,181	6,891	8,290
60-64	4,481	2,155	2,326	5,316	2,575	2,741	6,291	2,956	3,335	7,105	3,204	3,901	8,534	3,800	4,734	10,386	4,667	5,719	12,169	5,514	6,655
65-69	3,601	1,762	1,839	4,161	1,936	2,225	4,909	2,298	2,611	5,854	2,661	3,193	6,661	2,907	3,754	8,044	3,447	4,597	9,825	4,269	5,556
70-74	2,720	1,308	1,412	3,185	1,474	1,711	3,693	1,638	2,055	4,396	1,961	2,435	5,265	2,269	2,996	6,033	2,487	3,546	7,323	2,987	4,336
75-79	1,360	660	700	2,232	1,005	1,227	2,610	1,140	1,470	3,071	1,276	1,795	3,625	1,510	2,115	4,385	1,763	2,622	5,042	1,942	3,100
80-84	443	211	232	968	418	550	1,572	639	933	1,861	724	1,137	2,202	820	1,382	2,618	977	1,641	3,191	1,152	2,039
85+	149	73	76	204	64	140	537	180	357	1,019	322	697	1,367	411	956	1,659	468	1,191	2,035	578	1,457

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Salyan																					
Total	238,884	115,114	123,770	234,136	108,206	125,930	229,610	103,097	126,513	226,380	99,994	126,386	224,994	99,026	125,968	225,337	100,111	125,226	225,015	101,138	123,877
00-04	23,480	12,263	11,217	23,065	12,080	10,985	21,531	11,473	10,058	18,863	10,046	8,817	16,794	8,856	7,938	15,411	8,043	7,368	14,229	7,346	6,883
05-09	23,630	12,135	11,495	21,959	11,496	10,463	21,498	11,327	10,171	20,118	10,779	9,339	17,662	9,471	8,191	15,775	8,385	7,390	14,487	7,618	6,869
10-14	26,703	13,551	13,152	22,239	11,414	10,825	20,736	10,865	9,871	20,297	10,687	9,610	19,038	10,190	8,848	16,752	8,963	7,789	14,976	7,943	7,033
15-19	28,523	13,916	14,607	23,943	11,707	12,236	20,053	9,964	10,089	18,860	9,562	9,298	18,558	9,461	9,097	17,487	9,088	8,399	15,481	8,080	7,401
20-24	24,907	11,441	13,466	23,438	10,082	13,356	19,625	8,540	11,085	16,754	7,516	9,238	15,930	7,375	8,555	15,902	7,510	8,392	15,176	7,403	7,773
25-29	19,296	8,862	10,434	20,117	7,722	12,395	18,996	6,840	12,156	16,153	5,977	10,176	14,054	5,492	8,562	13,576	5,592	7,984	13,713	5,889	7,824
30-34	15,641	7,114	8,527	16,102	6,415	9,687	17,040	5,616	11,424	16,397	5,115	11,282	14,170	4,618	9,552	12,475	4,372	8,103	12,147	4,574	7,573
35-39	14,375	6,362	8,013	13,629	5,592	8,037	14,211	5,072	9,139	15,387	4,544	10,843	15,064	4,245	10,819	13,185	3,934	9,251	11,679	3,794	7,885
40-44	12,697	5,742	6,955	13,020	5,322	7,698	12,444	4,698	7,746	13,209	4,331	8,878	14,595	3,981	10,614	14,423	3,780	10,643	12,672	3,552	9,120
45-49	11,077	5,125	5,952	12,173	5,429	6,744	12,958	5,428	7,530	13,230	5,563	7,667	15,337	6,436	8,901	17,874	7,183	10,691	17,764	7,031	10,733
50-54	10,315	4,947	5,368	10,904	5,111	5,793	12,419	5,830	6,589	13,904	6,494	7,410	14,896	7,302	7,594	17,936	9,125	8,811	20,572	10,002	10,570
55-59	8,261	4,047	4,214	9,960	4,824	5,136	10,368	4,833	5,535	11,924	5,607	6,317	13,356	6,215	7,141	14,285	6,954	7,331	17,162	8,640	8,522
60-64	7,023	3,393	3,630	7,653	3,713	3,940	9,149	4,334	4,815	9,569	4,356	5,213	11,061	5,085	5,976	12,431	5,654	6,777	13,333	6,347	6,986
65-69	5,894	2,837	3,057	6,239	2,944	3,295	6,806	3,207	3,599	8,176	3,763	4,413	8,631	3,816	4,815	9,991	4,447	5,544	11,297	4,981	6,316
70-74	4,078	1,920	2,158	4,950	2,277	2,673	5,272	2,382	2,890	5,809	2,623	3,186	7,038	3,091	3,947	7,474	3,162	4,312	8,705	3,709	4,996
75-79	2,107	1,041	1,066	3,192	1,421	1,771	3,873	1,677	2,196	4,138	1,749	2,389	4,591	1,940	2,651	5,580	2,303	3,277	5,942	2,338	3,604
80-84	641	317	324	1,328	581	747	2,025	801	1,224	2,439	936	1,503	2,645	999	1,646	2,949	1,110	1,839	3,614	1,324	2,290
85+	236	101	135	225	76	149	606	210	396	1,153	346	807	1,574	453	1,121	1,831	506	1,325	2,066	567	1,499

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Surkhet																					
Total	414,377	199,409	214,968	429,494	201,162	228,332	441,927	203,180	238,747	456,482	208,046	248,436	473,880	216,132	257,748	493,399	226,932	266,467	513,170	239,368	273,802
00-04	36,144	19,345	16,799	34,718	18,415	16,303	34,412	18,416	15,996	32,284	17,227	15,057	29,818	15,757	14,061	27,749	14,512	13,237	26,223	13,562	12,661
05-09	41,181	21,701	19,480	37,068	19,694	17,374	35,316	18,707	16,609	35,017	18,742	16,275	32,885	17,560	15,325	30,388	16,082	14,306	28,293	14,821	13,472
10-14	47,092	24,379	22,713	42,370	22,013	20,357	38,309	20,079	18,230	36,587	19,120	17,467	36,320	19,172	17,148	34,138	17,990	16,148	31,588	16,498	15,090
15-19	47,892	23,505	24,387	45,832	22,818	23,014	41,332	20,750	20,582	37,726	19,137	18,589	36,368	18,495	17,873	36,251	18,713	17,538	34,232	17,728	16,504
20-24	42,066	18,864	23,202	43,643	19,905	23,738	41,103	19,170	21,933	37,601	17,905	19,696	34,887	16,996	17,891	34,120	16,875	17,245	34,317	17,401	16,916
25-29	35,233	15,484	19,749	38,024	15,386	22,638	38,750	16,041	22,709	36,723	15,726	20,997	34,249	15,219	19,030	32,293	14,898	17,395	32,030	15,222	16,808
30-34	31,030	13,639	17,391	32,701	13,075	19,626	35,093	12,929	22,164	35,968	13,690	22,278	34,523	13,748	20,775	32,655	13,674	18,981	31,157	13,734	17,423
35-39	28,539	12,842	15,697	29,088	11,886	17,202	30,771	11,462	19,309	33,411	11,528	21,883	34,603	12,456	22,147	33,546	12,765	20,781	32,039	12,943	19,096
40-44	23,293	10,748	12,545	26,871	11,348	15,523	27,518	10,594	16,924	29,548	10,407	19,141	32,504	10,694	21,810	34,043	11,784	22,259	33,210	12,248	20,962
45-49	19,061	8,991	10,070	23,053	10,480	12,573	27,427	11,806	15,621	29,691	12,405	17,286	34,136	14,152	19,984	39,474	16,329	23,145	42,733	18,981	23,752
50-54	17,018	8,130	8,888	19,557	9,446	10,111	24,341	11,646	12,695	30,189	14,223	15,966	33,907	16,085	17,822	39,782	19,093	20,689	45,874	22,004	23,870
55-59	13,175	6,393	6,782	17,103	8,350	8,753	19,199	9,309	9,890	24,105	11,617	12,488	29,795	14,085	15,710	33,329	15,801	17,528	39,005	18,667	20,338
60-64	10,919	5,245	5,674	12,636	6,146	6,490	16,175	7,794	8,381	18,225	8,721	9,504	22,918	10,904	12,014	28,415	13,248	15,167	31,928	14,927	17,001
65-69	8,662	4,074	4,588	9,992	4,722	5,270	11,578	5,528	6,050	14,862	7,016	7,846	16,823	7,884	8,939	21,229	9,881	11,348	26,432	12,045	14,387
70-74	6,754	3,136	3,618	7,509	3,421	4,088	8,728	3,997	4,731	10,163	4,701	5,462	13,122	5,995	7,127	14,889	6,747	8,142	18,921	8,505	10,416
75-79	3,826	1,773	2,053	5,543	2,474	3,069	6,197	2,703	3,494	7,238	3,177	4,061	8,427	3,723	4,704	10,907	4,754	6,153	12,391	5,321	7,070
80-84	1,601	787	814	2,751	1,173	1,578	3,969	1,631	2,338	4,441	1,793	2,648	5,235	2,124	3,111	6,142	2,505	3,637	7,963	3,199	4,764
85+	891	373	518	1,035	410	625	1,709	618	1,091	2,703	911	1,792	3,360	1,083	2,277	4,049	1,281	2,768	4,834	1,562	3,272

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Bajura																					
Total	138,634	67,078	71,556	134,219	64,235	69,984	128,666	61,613	67,053	123,782	59,650	64,132	120,277	58,551	61,726	118,634	58,365	60,269	118,249	58,615	59,634
00-04	14,738	7,627	7,111	13,228	6,962	6,266	12,637	6,831	5,806	10,948	5,925	5,023	9,141	4,907	4,234	7,563	4,030	3,533	6,489	3,421	3,068
05-09	16,658	8,447	8,211	13,494	7,069	6,425	11,972	6,453	5,519	11,451	6,357	5,094	9,960	5,561	4,399	8,339	4,635	3,704	6,926	3,824	3,102
10-14	18,648	9,402	9,246	15,590	7,941	7,649	12,610	6,658	5,952	11,196	6,100	5,096	10,721	6,023	4,698	9,354	5,288	4,066	7,869	4,431	3,438
15-19	16,189	7,518	8,671	16,187	8,023	8,164	13,440	6,796	6,644	10,911	5,749	5,162	9,814	5,355	4,459	9,446	5,332	4,114	8,304	4,742	3,562
20-24	12,513	5,618	6,895	12,297	5,307	6,990	11,848	5,625	6,223	9,944	4,906	5,038	8,221	4,292	3,929	7,565	4,142	3,423	7,407	4,236	3,171
25-29	9,392	4,575	4,817	9,732	4,047	5,685	9,281	3,808	5,473	8,973	4,134	4,839	7,674	3,727	3,947	6,486	3,385	3,101	6,075	3,354	2,721
30-34	7,791	3,655	4,136	7,844	3,586	4,258	8,075	3,184	4,891	7,723	3,049	4,674	7,554	3,383	4,171	6,568	3,135	3,433	5,667	2,908	2,759
35-39	8,025	3,727	4,298	6,852	3,049	3,803	6,863	2,997	3,866	7,131	2,701	4,430	6,922	2,638	4,284	6,823	2,966	3,857	6,046	2,815	3,231
40-44	6,731	3,140	3,591	7,259	3,220	4,039	6,211	2,644	3,567	6,275	2,623	3,652	6,645	2,422	4,223	6,534	2,392	4,142	6,555	2,757	3,798
45-49	6,067	2,840	3,227	6,480	2,981	3,499	7,271	3,282	3,989	6,756	3,054	3,702	7,694	3,617	4,077	9,377	4,123	5,254	9,909	4,347	5,562
50-54	5,472	2,696	2,776	6,140	2,938	3,202	6,769	3,231	3,538	8,057	3,868	4,189	8,005	3,942	4,063	9,754	5,013	4,741	12,026	5,761	6,265
55-59	4,463	2,246	2,217	5,430	2,732	2,698	5,925	2,824	3,101	6,574	3,142	3,432	7,831	3,760	4,071	7,749	3,797	3,952	9,431	4,818	4,613
60-64	3,706	1,808	1,898	4,274	2,144	2,130	5,054	2,491	2,563	5,545	2,591	2,954	6,171	2,890	3,281	7,350	3,454	3,896	7,311	3,518	3,793
65-69	3,140	1,505	1,635	3,326	1,582	1,744	3,827	1,872	1,955	4,541	2,176	2,365	5,002	2,274	2,728	5,598	2,546	3,052	6,702	3,065	3,637
70-74	2,814	1,284	1,530	2,659	1,223	1,436	2,846	1,302	1,544	3,276	1,537	1,739	3,917	1,796	2,121	4,343	1,884	2,459	4,890	2,124	2,766
75-79	1,552	689	863	2,213	953	1,260	2,096	907	1,189	2,255	959	1,296	2,599	1,138	1,461	3,119	1,329	1,790	3,444	1,384	2,060
80-84	484	227	257	1,013	411	602	1,458	571	887	1,363	533	830	1,487	579	908	1,688	660	1,028	2,065	787	1,278
85+	251	74	177	201	67	134	483	137	346	863	246	617	919	247	672	978	254	724	1,133	323	810

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Bajhang																					
Total	190,954	89,430	101,524	179,673	83,076	96,597	165,579	76,880	88,699	154,176	72,404	81,772	146,731	69,859	76,872	143,623	69,347	74,276	143,654	69,798	73,856
00-04	20,648	10,802	9,846	18,782	9,963	8,819	16,683	9,044	7,639	13,338	7,252	6,086	10,227	5,516	4,711	7,944	4,260	3,684	6,499	3,454	3,045
05-09	23,084	11,703	11,381	18,065	9,545	8,520	16,041	8,776	7,265	14,277	8,040	6,237	11,520	6,528	4,992	8,884	5,029	3,855	6,976	3,933	3,043
10-14	26,466	13,257	13,209	21,140	10,773	10,367	16,439	8,786	7,653	14,648	8,130	6,518	13,129	7,513	5,616	10,638	6,132	4,506	8,261	4,758	3,503
15-19	22,944	10,502	12,442	21,930	10,778	11,152	17,231	8,782	8,449	13,557	7,318	6,239	12,293	6,919	5,374	11,133	6,498	4,635	9,161	5,411	3,750
20-24	16,453	7,117	9,336	15,971	6,613	9,358	14,443	6,756	7,687	11,511	5,751	5,760	9,333	5,042	4,291	8,727	5,006	3,721	8,148	4,916	3,232
25-29	12,339	5,639	6,700	11,464	4,341	7,123	10,587	4,035	6,552	9,580	4,263	5,317	7,889	3,855	4,034	6,594	3,556	3,038	6,369	3,723	2,646
30-34	10,546	4,745	5,801	9,629	3,972	5,657	8,842	3,084	5,758	8,190	2,927	5,263	7,539	3,219	4,320	6,358	3,030	3,328	5,463	2,907	2,556
35-39	10,509	4,562	5,947	8,977	3,730	5,247	8,160	3,142	5,018	7,589	2,475	5,114	7,162	2,421	4,741	6,710	2,736	3,974	5,762	2,632	3,130
40-44	9,112	3,940	5,172	9,237	3,711	5,526	7,855	3,046	4,809	7,268	2,629	4,639	6,983	2,144	4,839	6,734	2,146	4,588	6,438	2,476	3,962
45-49	7,933	3,497	4,436	8,830	3,778	5,052	9,420	3,927	5,493	9,122	3,949	5,173	10,349	4,633	5,716	12,338	5,304	7,034	13,541	5,855	7,686
50-54	7,470	3,530	3,940	8,356	3,871	4,485	9,613	4,399	5,214	11,129	5,133	5,996	11,784	5,709	6,075	14,466	7,235	7,231	17,570	8,271	9,299
55-59	5,993	2,845	3,148	7,725	3,789	3,936	8,073	3,737	4,336	9,393	4,305	5,088	10,842	4,965	5,877	11,407	5,469	5,938	13,942	6,887	7,055
60-64	5,014	2,323	2,691	5,934	2,863	3,071	7,107	3,391	3,716	7,467	3,355	4,112	8,732	3,889	4,843	10,089	4,500	5,589	10,619	4,965	5,654
65-69	4,498	1,987	2,511	4,467	2,005	2,462	5,234	2,426	2,808	6,300	2,899	3,401	6,632	2,872	3,760	7,830	3,361	4,469	9,074	3,899	5,175
70-74	4,151	1,612	2,539	3,820	1,586	2,234	3,822	1,606	2,216	4,495	1,960	2,535	5,436	2,355	3,081	5,775	2,345	3,430	6,840	2,756	4,084
75-79	2,459	970	1,489	3,291	1,163	2,128	2,998	1,138	1,860	3,023	1,168	1,855	3,538	1,408	2,130	4,311	1,708	2,603	4,603	1,696	2,907
80-84	898	324	574	1,602	522	1,080	2,164	643	1,521	1,959	629	1,330	1,994	651	1,343	2,329	795	1,534	2,847	944	1,903
85+	437	75	362	453	73	380	867	162	705	1,330	221	1,109	1,349	220	1,129	1,356	237	1,119	1,541	315	1,226

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Darchula																					
Total	134,081	64,809	69,272	132,293	62,220	70,073	130,794	60,241	70,553	129,336	58,883	70,453	128,018	58,076	69,942	126,892	57,782	69,110	125,624	57,498	68,126
00-04	11,923	6,300	5,623	12,094	6,433	5,661	12,100	6,467	5,633	10,890	5,795	5,095	9,223	4,854	4,369	7,945	4,159	3,786	7,253	3,740	3,513
05-09	13,269	6,756	6,513	11,174	5,941	5,233	11,311	6,075	5,236	11,320	6,113	5,207	10,197	5,485	4,712	8,642	4,615	4,027	7,485	3,955	3,530
10-14	15,901	7,991	7,910	12,492	6,404	6,088	10,524	5,622	4,902	10,653	5,755	4,898	10,663	5,798	4,865	9,621	5,219	4,402	8,159	4,382	3,777
15-19	15,011	7,202	7,809	14,353	7,047	7,306	11,282	5,664	5,618	9,559	5,031	4,528	9,727	5,186	4,541	9,750	5,250	4,500	8,825	4,747	4,078
20-24	12,019	5,352	6,667	12,346	5,316	7,030	11,678	5,181	6,497	9,292	4,272	5,020	7,986	3,921	4,065	8,198	4,112	4,086	8,329	4,267	4,062
25-29	10,013	4,625	5,388	10,048	3,875	6,173	10,270	3,845	6,425	9,755	3,820	5,935	7,895	3,267	4,628	6,867	3,073	3,794	7,140	3,328	3,812
30-34	8,770	4,032	4,738	8,836	3,701	5,135	8,949	3,110	5,839	9,191	3,134	6,057	8,811	3,178	5,633	7,236	2,786	4,450	6,367	2,669	3,698
35-39	8,486	3,912	4,574	8,014	3,457	4,557	8,131	3,193	4,938	8,336	2,718	5,618	8,633	2,774	5,859	8,346	2,872	5,474	6,915	2,539	4,376
40-44	7,316	3,504	3,812	7,954	3,531	4,423	7,571	3,141	4,430	7,727	2,926	4,801	8,033	2,536	5,497	8,364	2,611	5,753	8,132	2,722	5,410
45-49	6,547	3,108	3,439	7,094	3,384	3,710	7,902	3,562	4,340	7,823	3,448	4,375	8,561	3,743	4,818	9,349	3,781	5,568	9,909	4,038	5,871
50-54	6,118	2,925	3,193	6,453	3,107	3,346	7,123	3,493	3,630	8,188	3,927	4,261	8,431	4,116	4,315	9,581	4,785	4,796	10,484	4,935	5,549
55-59	4,927	2,495	2,432	5,902	2,819	3,083	6,171	2,937	3,234	6,837	3,339	3,498	7,881	3,752	4,129	8,145	3,951	4,194	9,239	4,577	4,662
60-64	4,101	2,056	2,045	4,671	2,325	2,346	5,534	2,587	2,947	5,808	2,711	3,097	6,453	3,077	3,376	7,472	3,483	3,989	7,714	3,662	4,052
65-69	3,668	1,783	1,885	3,719	1,795	1,924	4,240	2,041	2,199	5,058	2,266	2,792	5,321	2,384	2,937	5,961	2,738	3,223	6,885	3,083	3,802
70-74	2,977	1,349	1,628	3,172	1,453	1,719	3,235	1,487	1,748	3,689	1,671	2,018	4,450	1,884	2,566	4,696	1,982	2,714	5,261	2,276	2,985
75-79	1,814	839	975	2,352	980	1,372	2,510	1,065	1,445	2,544	1,079	1,465	2,903	1,213	1,690	3,530	1,358	2,172	3,731	1,428	2,303
80-84	785	382	403	1,190	479	711	1,548	558	990	1,648	610	1,038	1,687	614	1,073	1,965	705	1,260	2,392	793	1,599
85+	436	198	238	429	173	256	715	213	502	1,018	268	750	1,163	294	869	1,224	302	922	1,404	357	1,047

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Baitadi																					
Total	244,284	114,965	129,319	237,862	108,239	129,623	231,798	103,351	128,447	227,000	100,655	126,345	222,795	99,018	123,777	219,911	98,476	121,435	217,857	98,554	119,303
00-04	25,267	13,460	11,807	26,186	14,074	12,112	25,566	13,951	11,615	22,528	12,289	10,239	18,932	10,240	8,692	16,494	8,830	7,664	15,038	7,978	7,060
05-09	25,453	13,067	12,386	23,128	12,464	10,664	23,799	13,026	10,773	23,276	12,955	10,321	20,554	11,465	9,089	17,313	9,576	7,737	15,115	8,290	6,825
10-14	30,277	15,260	15,017	23,697	12,221	11,476	21,505	11,656	9,849	22,132	12,198	9,934	21,689	12,160	9,529	19,205	10,789	8,416	16,214	9,052	7,162
15-19	28,076	13,210	14,866	26,350	12,669	13,681	20,568	10,174	10,394	18,834	9,876	8,958	19,493	10,450	9,043	19,236	10,537	8,699	17,155	9,464	7,691
20-24	21,998	9,193	12,805	21,430	8,385	13,045	19,764	7,999	11,765	15,656	6,707	8,949	14,535	6,765	7,770	15,253	7,383	7,870	15,288	7,702	7,586
25-29	17,228	7,532	9,696	16,931	5,652	11,279	16,394	5,146	11,248	15,215	5,083	10,132	12,256	4,482	7,774	11,516	4,707	6,809	12,250	5,329	6,921
30-34	14,781	6,610	8,171	14,125	5,403	8,722	14,095	4,071	10,024	13,794	3,800	9,994	12,941	3,858	9,083	10,572	3,506	7,066	10,021	3,778	6,243
35-39	13,907	6,074	7,833	12,822	5,261	7,561	12,388	4,310	8,078	12,596	3,323	9,273	12,466	3,150	9,316	11,798	3,277	8,521	9,757	3,039	6,718
40-44	12,330	5,516	6,814	12,600	5,135	7,465	11,666	4,468	7,198	11,449	3,726	7,723	11,834	2,916	8,918	11,841	2,822	9,019	11,305	2,967	8,338
45-49	11,230	4,959	6,271	11,857	5,242	6,615	12,554	5,256	7,298	12,476	5,320	7,156	13,616	5,712	7,904	15,418	5,994	9,424	16,211	6,412	9,799
50-54	10,654	4,972	5,682	11,213	5,058	6,155	12,144	5,639	6,505	13,587	6,293	7,294	14,295	7,028	7,267	16,392	8,213	8,179	18,724	8,879	9,845
55-59	8,856	4,351	4,505	10,372	4,886	5,486	10,684	4,753	5,931	11,663	5,384	6,279	13,032	5,976	7,056	13,687	6,640	7,047	15,691	7,749	7,942
60-64	7,306	3,465	3,841	8,275	3,989	4,286	9,582	4,361	5,221	9,882	4,254	5,628	10,846	4,835	6,011	12,148	5,388	6,760	12,789	6,017	6,772
65-69	6,079	2,872	3,207	6,523	2,962	3,561	7,390	3,408	3,982	8,621	3,742	4,879	8,942	3,666	5,276	9,829	4,178	5,651	11,053	4,673	6,380
70-74	5,255	2,226	3,029	5,192	2,294	2,898	5,609	2,372	3,237	6,379	2,740	3,639	7,483	3,025	4,458	7,845	2,984	4,861	8,643	3,418	5,225
75-79	3,318	1,286	2,032	4,130	1,573	2,557	4,044	1,617	2,427	4,434	1,693	2,741	5,011	1,944	3,067	5,935	2,144	3,791	6,217	2,097	4,120
80-84	1,418	606	812	2,183	708	1,475	2,703	859	1,844	2,641	889	1,752	2,929	935	1,994	3,304	1,071	2,233	3,971	1,190	2,781
85+	851	306	545	848	263	585	1,343	285	1,058	1,837	383	1,454	1,941	411	1,530	2,125	437	1,688	2,415	520	1,895

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Dadeldhura																					
Total	140,520	66,369	74,151	137,923	62,970	74,953	135,698	60,817	74,881	134,991	59,970	75,021	135,632	60,110	75,522	137,427	61,271	76,156	139,712	63,210	76,502
00-04	13,952	7,504	6,448	14,393	7,869	6,524	13,896	7,737	6,159	12,373	6,857	5,516	10,869	5,924	4,945	9,938	5,342	4,596	9,382	4,995	4,387
05-09	14,195	7,456	6,739	12,897	7,014	5,883	13,153	7,325	5,828	12,718	7,226	5,492	11,373	6,452	4,921	10,053	5,608	4,445	9,206	5,079	4,127
10-14	16,512	8,419	8,093	13,339	7,022	6,317	12,174	6,639	5,535	12,412	6,932	5,480	12,056	6,866	5,190	10,834	6,154	4,680	9,597	5,367	4,230
15-19	15,768	7,385	8,383	14,281	6,816	7,465	11,597	5,759	5,838	10,786	5,577	5,209	11,101	5,910	5,191	10,924	5,948	4,976	9,940	5,439	4,501
20-24	13,085	5,404	7,681	12,151	4,734	7,417	10,768	4,347	6,421	9,003	3,910	5,093	8,583	3,943	4,640	8,967	4,308	4,659	9,014	4,526	4,488
25-29	10,730	4,672	6,058	10,454	3,496	6,958	9,634	3,074	6,560	8,691	2,929	5,762	7,488	2,789	4,699	7,276	2,914	4,362	7,706	3,306	4,400
30-34	9,104	4,157	4,947	9,155	3,481	5,674	9,103	2,644	6,459	8,600	2,397	6,203	7,951	2,354	5,597	6,986	2,307	4,679	6,890	2,483	4,407
35-39	8,587	3,884	4,703	8,108	3,405	4,703	8,312	2,877	5,435	8,628	2,253	6,375	8,394	2,095	6,299	7,944	2,131	5,813	7,058	2,116	4,942
40-44	7,274	3,329	3,945	7,887	3,299	4,588	7,556	2,914	4,642	7,990	2,519	5,471	8,591	2,047	6,544	8,495	1,967	6,528	8,057	2,013	6,044
45-49	6,624	3,006	3,618	7,055	3,164	3,891	7,959	3,426	4,533	8,108	3,461	4,647	9,373	3,837	5,536	10,759	4,128	6,631	11,139	4,533	6,606
50-54	6,234	2,889	3,345	6,676	3,115	3,561	7,308	3,482	3,826	8,596	4,132	4,464	9,158	4,543	4,615	10,958	5,463	5,495	12,655	6,097	6,558
55-59	4,940	2,399	2,541	6,153	2,900	3,253	6,415	2,983	3,432	7,092	3,383	3,709	8,326	3,987	4,339	8,842	4,365	4,477	10,579	5,228	5,351
60-64	4,173	1,959	2,214	4,712	2,288	2,424	5,736	2,638	3,098	6,014	2,723	3,291	6,660	3,102	3,558	7,845	3,666	4,179	8,372	4,034	4,338
65-69	3,340	1,526	1,814	3,740	1,696	2,044	4,236	1,978	2,258	5,169	2,286	2,883	5,437	2,370	3,067	6,049	2,707	3,342	7,152	3,211	3,941
70-74	3,029	1,219	1,810	2,850	1,231	1,619	3,221	1,376	1,845	3,634	1,600	2,034	4,468	1,852	2,616	4,730	1,919	2,811	5,280	2,220	3,060
75-79	1,808	756	1,052	2,414	893	1,521	2,269	907	1,362	2,569	1,009	1,560	2,896	1,173	1,723	3,597	1,367	2,230	3,792	1,410	2,382
80-84	714	271	443	1,212	445	767	1,628	519	1,109	1,514	522	992	1,744	595	1,149	1,951	684	1,267	2,441	796	1,645
85+	451	134	317	446	102	344	733	192	541	1,094	254	840	1,164	271	893	1,279	293	986	1,452	357	1,095

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Doti																					
Total	206,694	94,628	112,066	200,419	86,464	113,955	196,040	81,595	114,445	195,437	80,027	115,410	197,437	80,262	117,175	201,083	82,034	119,049	205,696	85,256	120,440
00-04	24,104	12,836	11,268	23,971	13,122	10,849	23,775	13,230	10,545	21,818	12,082	9,736	19,341	10,517	8,824	17,179	9,223	7,956	15,711	8,361	7,350
05-09	25,177	12,968	12,209	21,973	11,785	10,188	21,642	12,023	9,619	21,503	12,176	9,327	19,823	11,195	8,628	17,640	9,800	7,840	15,725	8,637	7,088
10-14	27,744	14,097	13,647	22,989	11,612	11,377	20,113	10,608	9,505	19,848	10,861	8,987	19,851	11,083	8,768	18,403	10,254	8,149	16,483	9,052	7,431
15-19	23,564	10,876	12,688	22,883	10,294	12,589	19,033	8,568	10,465	16,992	8,047	8,945	17,044	8,486	8,558	17,301	8,860	8,441	16,306	8,418	7,888
20-24	17,967	7,366	10,601	17,189	6,074	11,115	16,385	5,735	10,650	14,045	5,072	8,973	12,903	5,054	7,849	13,178	5,607	7,571	13,664	6,149	7,515
25-29	14,497	5,874	8,623	13,723	4,199	9,524	13,183	3,520	9,663	12,843	3,488	9,355	11,376	3,295	8,081	10,695	3,476	7,219	11,052	4,044	7,008
30-34	12,156	5,031	7,125	11,904	3,763	8,141	11,706	2,774	8,932	11,651	2,436	9,215	11,676	2,540	9,136	10,616	2,526	8,090	10,119	2,770	7,349
35-39	11,225	4,619	6,606	10,486	3,552	6,934	10,658	2,694	7,964	11,134	2,125	9,009	11,523	1,986	9,537	11,764	2,137	9,627	10,826	2,193	8,633
40-44	9,571	3,850	5,721	9,803	3,380	6,423	9,424	2,612	6,812	10,107	2,118	7,989	11,098	1,761	9,337	11,751	1,738	10,013	12,099	1,932	10,167
45-49	8,459	3,506	4,953	9,054	3,434	5,620	9,837	3,494	6,343	10,499	3,618	6,881	12,480	4,227	8,253	15,021	5,252	9,769	16,649	6,218	10,431
50-54	7,727	3,305	4,422	8,600	3,739	4,861	9,624	4,100	5,524	11,107	4,797	6,310	12,403	5,529	6,874	15,074	6,839	8,235	18,219	8,510	9,709
55-59	6,598	2,875	3,723	7,759	3,502	4,257	8,189	3,545	4,644	9,275	3,974	5,301	10,617	4,578	6,039	11,776	5,174	6,602	14,269	6,346	7,923
60-64	5,835	2,497	3,338	6,237	2,754	3,483	7,046	3,053	3,993	7,470	3,104	4,366	8,474	3,478	4,996	9,732	4,021	5,711	10,818	4,567	6,251
65-69	4,746	2,030	2,716	5,115	2,085	3,030	5,432	2,259	3,173	6,150	2,517	3,633	6,581	2,577	4,004	7,519	2,921	4,598	8,670	3,389	5,281
70-74	3,969	1,591	2,378	3,947	1,561	2,386	4,297	1,624	2,673	4,573	1,767	2,806	5,216	1,978	3,238	5,617	2,034	3,583	6,464	2,322	4,142
75-79	2,086	850	1,236	3,045	1,091	1,954	3,032	1,075	1,957	3,350	1,130	2,220	3,535	1,210	2,325	4,066	1,357	2,709	4,379	1,406	2,973
80-84	855	337	518	1,303	430	873	1,939	555	1,384	1,894	530	1,364	2,151	571	1,580	2,247	613	1,634	2,619	701	1,918
85+	414	120	294	438	87	351	725	126	599	1,178	185	993	1,345	197	1,148	1,504	202	1,302	1,624	241	1,383

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Achham																					
Total	230,770	106,316	124,454	215,219	93,357	121,862	201,020	84,361	116,659	195,085	80,160	114,925	196,178	79,552	116,626	202,026	81,947	120,079	208,950	85,656	123,294
00-04	27,185	14,080	13,105	25,404	13,141	12,263	23,782	12,628	11,154	20,680	11,162	9,518	18,007	9,842	8,165	15,986	8,743	7,243	14,386	7,812	6,574
05-09	28,663	14,481	14,182	23,085	12,031	11,054	21,061	11,222	9,839	19,775	10,899	8,876	17,365	9,752	7,613	15,275	8,713	6,562	13,688	7,853	5,835
10-14	32,613	16,083	16,530	25,509	12,756	12,753	20,624	10,684	9,940	18,904	10,014	8,890	17,961	9,813	8,148	15,927	8,875	7,052	14,102	7,987	6,115
15-19	26,927	12,121	14,806	26,092	11,789	14,303	20,450	9,441	11,009	17,267	8,173	9,094	16,300	7,917	8,383	15,904	7,960	7,944	14,361	7,374	6,987
20-24	19,467	8,171	11,296	17,939	6,381	11,558	16,584	6,177	10,407	13,652	5,328	8,324	12,272	4,982	7,290	12,027	5,150	6,877	12,135	5,490	6,645
25-29	14,809	6,547	8,262	13,596	4,386	9,210	12,253	3,499	8,754	11,801	3,590	8,211	10,358	3,353	7,005	9,868	3,396	6,472	9,912	3,690	6,222
30-34	12,529	5,415	7,114	11,635	4,077	7,558	11,275	2,863	8,412	11,014	2,476	8,538	11,301	2,670	8,631	10,402	2,677	7,725	10,183	2,826	7,357
35-39	11,989	5,133	6,856	10,681	3,758	6,923	10,500	2,947	7,553	11,405	2,308	9,097	12,012	2,169	9,843	12,763	2,447	10,316	11,874	2,547	9,327
40-44	10,089	4,205	5,884	10,396	3,673	6,723	9,644	2,783	6,861	10,365	2,360	8,005	12,348	2,118	10,230	13,421	2,139	11,282	14,272	2,476	11,796
45-49	8,980	3,795	5,185	9,641	3,743	5,898	10,727	3,903	6,824	11,348	3,982	7,366	13,901	4,942	8,959	17,855	6,308	11,547	19,685	7,088	12,597
50-54	8,703	3,798	4,905	9,415	4,132	5,283	10,406	4,470	5,936	12,488	5,459	7,029	13,719	6,108	7,611	17,098	7,869	9,229	21,565	9,795	11,770
55-59	7,096	3,283	3,813	8,865	4,022	4,843	8,918	3,883	5,035	10,027	4,308	5,719	11,908	5,169	6,739	13,021	5,686	7,335	16,128	7,261	8,867
60-64	6,183	2,851	3,332	6,771	3,153	3,618	7,933	3,457	4,476	8,027	3,350	4,677	9,023	3,704	5,319	10,774	4,486	6,288	11,805	4,940	6,865
65-69	5,144	2,317	2,827	5,301	2,325	2,976	5,732	2,518	3,214	6,755	2,756	3,999	6,885	2,716	4,169	7,829	3,036	4,793	9,373	3,681	5,692
70-74	5,311	2,083	3,228	4,235	1,777	2,458	4,378	1,772	2,606	4,753	1,935	2,818	5,672	2,142	3,530	5,835	2,114	3,721	6,657	2,376	4,281
75-79	3,284	1,306	1,978	4,070	1,432	2,638	3,231	1,209	2,022	3,375	1,233	2,142	3,658	1,329	2,329	4,410	1,486	2,924	4,549	1,467	3,082
80-84	1,146	462	684	2,003	664	1,339	2,487	716	1,771	1,950	601	1,349	2,098	626	1,472	2,255	668	1,587	2,772	754	2,018
85+	652	185	467	581	117	464	1,035	189	846	1,499	226	1,273	1,390	200	1,190	1,376	194	1,182	1,503	239	1,264

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Kailali																					
Total	903,763	432,930	470,833	905,949	427,837	478,112	899,022	422,688	476,334	903,740	425,739	478,001	923,855	437,827	486,028	956,492	457,862	498,630	993,229	481,926	511,303
00-04	69,559	37,546	32,013	59,063	32,487	26,576	53,815	30,116	23,699	47,067	26,208	20,859	41,188	22,545	18,643	35,973	19,440	16,533	32,023	17,160	14,863
05-09	82,705	43,814	38,891	70,091	37,659	32,432	59,077	32,637	26,440	54,299	30,562	23,737	47,973	26,907	21,066	42,387	23,405	18,982	37,410	20,412	16,998
10-14	96,390	49,595	46,795	84,445	44,024	40,421	72,191	38,269	33,922	61,662	33,542	28,120	57,319	31,709	25,610	51,132	28,193	22,939	45,523	24,735	20,788
15-19	99,310	47,860	51,450	90,228	44,779	45,449	78,975	40,145	38,830	68,832	35,737	33,095	60,211	32,217	27,994	56,812	31,074	25,738	51,392	28,208	23,184
20-24	92,466	40,834	51,632	84,953	38,773	46,180	75,358	36,208	39,150	67,285	33,685	33,600	60,387	31,318	29,069	54,416	29,478	24,938	52,519	29,395	23,124
25-29	83,468	36,826	46,642	80,067	33,077	46,990	72,106	31,456	40,650	64,830	30,165	34,665	59,531	29,219	30,312	54,898	28,197	26,701	50,715	27,503	23,212
30-34	72,038	32,384	39,654	75,828	31,502	44,326	72,505	28,516	43,989	66,433	27,779	38,654	61,145	27,368	33,777	57,447	27,279	30,168	54,092	27,021	27,071
35-39	65,310	30,147	35,163	67,215	28,676	38,539	70,699	28,065	42,634	69,105	26,020	43,085	64,967	26,030	38,937	60,984	26,149	34,835	58,253	26,579	31,674
40-44	52,661	24,991	27,670	61,280	26,936	34,344	63,167	25,828	37,339	67,634	25,771	41,863	68,040	24,555	43,485	65,382	25,121	40,261	62,328	25,651	36,677
45-49	42,531	19,874	22,657	52,321	24,684	27,637	63,092	28,387	34,705	69,547	30,359	39,188	81,302	35,007	46,295	89,656	38,744	50,912	91,642	42,704	48,938
50-54	39,189	18,520	20,669	44,837	21,739	23,098	56,338	27,896	28,442	71,621	34,770	36,851	82,154	39,573	42,581	98,646	47,457	51,189	109,635	53,057	56,578
55-59	29,823	14,343	15,480	40,504	19,775	20,729	44,564	21,678	22,886	56,452	28,076	28,376	71,430	34,692	36,738	81,551	39,197	42,354	97,614	46,760	50,854
60-64	23,438	10,989	12,449	29,651	14,493	15,158	38,716	18,668	20,048	42,738	20,518	22,220	54,237	26,600	27,637	68,711	32,894	35,817	78,647	37,285	41,362
65-69	21,085	9,770	11,315	21,876	10,105	11,771	27,394	13,072	14,322	35,873	16,895	18,978	39,675	18,592	21,083	50,475	24,164	26,311	64,145	29,995	34,150
70-74	17,984	8,167	9,817	18,556	8,390	10,166	19,434	8,746	10,688	24,382	11,308	13,074	31,974	14,585	17,389	35,467	16,061	19,406	45,239	20,930	24,309
75-79	9,586	4,523	5,063	15,143	6,596	8,547	15,661	6,775	8,886	16,549	7,115	9,434	20,606	9,093	11,513	26,925	11,641	15,284	29,814	12,769	17,045
80-84	3,581	1,664	1,917	7,186	3,186	4,000	11,170	4,514	6,656	11,558	4,644	6,914	12,412	4,954	7,458	15,333	6,258	9,075	20,012	7,958	12,054
85+	2,639	1,083	1,556	2,705	956	1,749	4,760	1,712	3,048	7,873	2,585	5,288	9,304	2,863	6,441	10,297	3,110	7,187	12,226	3,804	8,422

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

District and age groups	2021*			2026			2031			2036			2041			2046			2051		
	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female
Kanchanpur																					
Total	512,998	240,292	272,706	519,077	237,574	281,503	522,438	235,833	286,605	533,370	239,630	293,740	552,218	249,146	303,072	575,757	263,401	312,356	599,896	280,100	319,796
00-04	40,844	22,365	18,479	38,925	21,429	17,496	36,763	20,539	16,224	33,081	18,377	14,704	29,889	16,318	13,571	27,557	14,863	12,694	25,972	13,865	12,107
05-09	46,551	25,034	21,517	40,796	22,269	18,527	38,320	21,240	17,080	36,386	20,505	15,881	32,970	18,490	14,480	29,966	16,535	13,431	27,762	15,147	12,615
10-14	55,210	28,628	26,582	47,267	25,184	22,083	41,701	22,616	19,085	39,347	21,632	17,715	37,660	21,005	16,655	34,355	19,069	15,286	31,366	17,139	14,227
15-19	56,971	27,200	29,771	51,922	25,984	25,938	44,595	23,094	21,501	40,138	21,197	18,941	38,450	20,654	17,796	37,258	20,384	16,874	34,368	18,836	15,532
20-24	51,356	21,258	30,098	48,773	21,293	27,480	43,536	20,194	23,342	38,444	18,771	19,673	35,772	18,040	17,732	35,083	18,252	16,831	34,764	18,672	16,092
25-29	44,946	18,245	26,701	44,143	15,920	28,223	41,128	15,866	25,262	37,523	15,586	21,937	34,301	15,267	19,034	32,816	15,342	17,474	32,887	16,155	16,732
30-34	38,634	16,132	22,502	40,579	14,586	25,993	40,204	12,892	27,312	38,378	13,238	25,140	35,968	13,497	22,471	33,591	13,709	19,882	32,665	14,205	18,460
35-39	35,458	15,317	20,141	35,893	13,607	22,286	38,231	12,504	25,727	39,197	11,483	27,714	38,375	12,186	26,189	36,506	12,723	23,783	34,416	13,222	21,194
40-44	29,997	13,550	16,447	33,448	13,346	20,102	34,199	12,018	22,181	37,457	11,400	26,057	39,561	10,885	28,676	39,297	11,847	27,450	37,590	12,571	25,019
45-49	24,739	11,202	13,537	30,167	13,584	16,583	35,038	14,670	20,368	38,301	15,387	22,914	45,340	17,867	27,473	50,592	20,057	30,535	52,278	23,020	29,258
50-54	23,005	10,673	12,332	26,226	12,516	13,710	32,670	15,852	16,818	39,805	18,915	20,890	45,038	21,434	23,604	54,119	25,859	28,260	60,130	28,856	31,274
55-59	18,217	8,694	9,523	23,709	11,410	12,299	26,048	12,481	13,567	32,667	15,984	16,683	39,642	18,918	20,724	44,694	21,272	23,422	53,502	25,478	28,024
60-64	14,956	7,101	7,855	18,021	8,715	9,306	22,710	10,783	11,927	25,030	11,826	13,204	31,427	15,148	16,279	38,226	17,977	20,249	43,195	20,262	22,933
65-69	12,181	5,770	6,411	13,940	6,513	7,427	16,700	7,900	8,800	21,115	9,795	11,320	23,335	10,760	12,575	29,378	13,821	15,557	35,857	16,456	19,401
70-74	10,186	4,682	5,504	10,744	4,955	5,789	12,396	5,614	6,782	14,873	6,813	8,060	18,867	8,443	10,424	20,907	9,291	11,616	26,411	11,973	14,438
75-79	5,618	2,621	2,997	8,583	3,781	4,802	9,055	3,974	5,081	10,457	4,517	5,940	12,506	5,437	7,069	15,872	6,733	9,139	17,520	7,347	10,173
80-84	2,368	1,118	1,250	4,168	1,833	2,335	6,321	2,594	3,727	6,652	2,724	3,928	7,772	3,119	4,653	9,257	3,731	5,526	11,767	4,595	7,172
85+	1,761	702	1,059	1,773	649	1,124	2,823	1,002	1,821	4,519	1,480	3,039	5,345	1,678	3,667	6,283	1,936	4,347	7,446	2,301	5,145

**Based on age-sex smoothing and post enumeration survey (PES) necessary adjustment has been made for the purpose of population projection only.*

Annex 13: Population distribution by age and sex: Reported and Corrected for under five age undercounts for Nepal and its provinces by sex (Census 2021)

Region	Remarks	Age (year)										Reported births	Births from Arriaga estimated ASFRs
		0		1		2		3		4			
		Male	Female	Male	Female	Male	Female	Male	Female	Male	Female		
Nepal	Reported	218,074	194,861	240488	209,981	269,561	241,294	278,785	252,510	282,374	253,131	412,935	522,551
	Corrected	272,995	239,288	276,410	244,046	279,825	248,805	283,240	253,563	286,655	258,322		
Koshi	Reported	33,057	31,133	37,738	34,725	40,184	37,649	42,591	39,628	44,696	41,607	64,190	80,819
	Corrected	41,111	38,105	42,032	39,067	42,953	40,029	43,874	40,990	44,795	41,951		
Madhesh	Reported	52,334	44,223	61,186	50,930	75,808	66,195	78,496	70,990	74,596	65,982	96,557	153,035
	Corrected	81,774	67,864	81,100	68,403	80,426	68,943	79,751	69,483	79,077	70,025		
Bagmati	Reported	37,000	33,380	41,474	36,731	43,486	38,642	43,924	38,808	46,581	41,057	70,380	78,120
	Corrected	40,770	36,383	42,110	37,503	43,450	38,624	44,790	39,743	46,131	40,863		
Gandaki	Reported	14,686	13,254	17,013	14,697	18,579	16,282	19,429	16,965	20,318	17,682	27,940	34,942
	Corrected	18,298	16,218	18,815	16,631	19,331	17,045	19,848	17,458	20,365	17,872		
Lumbini	Reported	39,864	36,379	43,465	39,047	47,330	43,310	49,940	45,548	49,705	45,047	76,243	91,429
	Corrected	46,972	42,476	47,896	43,404	48,820	44,332	49,744	45,260	50,669	46,188		
Karnali	Reported	16,311	15,012	16,212	14,013	18,225	16,662	18,445	17,396	19,135	17,232	31,323	34,982
	Corrected	18,188	16,269	18,264	16,480	18,341	16,691	18,417	16,902	18,494	17,113		
Sudurpashchim	Reported	24,822	21,480	23,400	19,838	25,949	22,554	25,960	23,175	27,343	24,524	46,302	48,728
	Corrected	25,883	21,974	26,193	22,559	26,504	23,143	26,814	23,727	27,125	24,311		

Here, Remarks (reported) means the reported births in Census 2021, and Remarks (corrected) refers to corrected births based on the Arriaga estimated ASFRs.

Annex 14 : Direct, Indirect, and adjusted ASFRs [Nepal and its Provinces]

Region	Methods	Age group (years)							TFR
		15-19	20-24	25-29	30-34	35-39	40-44	45-49	
Nepal	Direct method	25.26	102.59	91.64	53.97	23.4	8.92	5.4	1.56
	Arriaga	47.49	149.26	111.46	62.42	16.9	0	0	1.94
	Adjusted Arriaga	46.41	139.31	104.89	58.85	24.17	9.65	4.25	1.94
Koshi	Direct method	25.56	89.63	85.11	53.87	24.56	7.97	4.09	1.45
	Arriaga	41.42	137.64	106.16	59.5	16.55	0	0	1.81
	Adjusted Arriaga	41.14	127.44	99.85	56.11	24.4	8.95	3.37	1.81
Madhesh	Direct method	27.34	139.94	105.8	52.48	23.2	10.53	7.43	1.83
	Arriaga	85.1	225.13	138.06	88.67	32.27	0	0	2.85
	Adjusted Arriaga	80.93	220.63	135.68	85.41	29.68	11.68	5.89	2.85
Bagmati	Direct method	16.53	62.56	76.31	57.27	24.34	7.76	3.73	1.24
	Arriaga	24.4	87.41	92.21	55.23	14.29	0	0	1.37
	Adjusted Arriaga	24.19	79.15	84.3	51.12	23.16	8.54	3.07	1.37
Gandaki	Direct method	24.54	75.14	76.31	44.89	17.83	6.15	3.26	1.24
	Arriaga	36.32	110.84	107.13	45.74	6.96	0	0	1.53
	Adjusted Arriaga	34.66	103.1	98.76	43.66	17.41	6.73	2.68	1.54
Lumbini	Direct method	22.71	99.89	95.69	54.8	23.97	9.11	5.97	1.56
	Arriaga	35.4	147.56	110.45	60.37	14.19	0	0	1.84
	Adjusted Arriaga	37	133.64	102.82	56.35	23.79	9.82	4.56	1.84
Karnali	Direct method	46.62	145.19	105.11	56.38	26.59	14.25	9.36	2.02
	Arriaga	75.04	179.63	119.39	55.37	7.71	0	0	2.19
	Adjusted Arriaga	67.95	164.98	108.91	50.7	23.74	13.85	7.01	2.19
Sudurpashchim	Direct method	27.77	132.13	109.93	54.78	21.79	10.18	7.11	1.82
	Arriaga	37.68	159.43	113.44	56.36	9.61	0	0	1.88
	Adjusted Arriaga	39.22	143.2	104.76	52.15	21.52	10.36	5.31	1.88

Annex 15 : Summary of the primary scenarios projection for Nepal, Medium scenario

Period	Births	Deaths	Emigrants	Immigrants	Absentee deaths	Absentee	Returnee
2021-2022	527,878	187,942	44,475	9,174	6,529	230,638	95,155
2022-2023	529,491	189,689	46,950	9,174	6,567	229,742	73,960
2023-2024	529,625	191,850	49,362	9,174	6,895	228,944	69,893
2024-2025	528,328	194,479	51,706	9,174	7,281	228,226	70,767
2025-2026	525,660	197,434	53,977	9174	7,671	227,571	74,281
2026-2027	521,702	200,611	56,174	9,174	8,041	226,960	79,391
2027-2028	516,573	203,985	58,294	9,174	8,379	226,363	85,395
2028-2029	510,459	207,568	60,338	9,174	8,682	225,762	91,843
2029-2030	503,612	211,319	62,315	9,175	8,949	225,155	98,561
2030-2031	496,491	215,145	61,647	9,612	9,178	217,581	110,488
2031-2032	489,475	219,023	61,014	10,049	9,330	210,506	121,091
2032-2033	482,605	222,946	60,409	10,486	9,417	203,867	130,601
2033-2034	475,823	226,942	59,824	10,923	9,451	197,593	139,273
2034-2035	469,020	231,008	59,249	11,360	9,440	191,626	147,520
2035-2036	462,102	235,105	58,677	11,797	9,387	185,925	155,836
2036-2037	455,019	239,220	58,098	12,234	9,293	180,461	164,364
2037-2038	447,788	243,395	57,501	12,671	9,158	175,214	173,059
2038-2039	440,519	247,683	56,886	13,108	8,985	170,167	181,732
2039-2040	433,394	252,088	56,263	13,545	8,776	165,303	190,166
2040-2041	426,565	256,572	55,648	13,982	8,532	160,604	198,172
2041-2042	420,086	261,102	55,053	14,419	8,259	156,047	205,221
2042-2043	413,933	265,693	54,463	14,856	7,961	151,622	210,976
2043-2044	408,023	270,372	53,874	15,293	7,644	147,299	215,184
2044-2045	402,261	275,144	53,280	15,730	7,313	143,045	217,607
2045-2046	396,571	280,003	52,680	16,168	6,977	138,821	218,283
2046-2047	390,903	284,969	52,064	16,605	6,645	134,598	217,287
2047-2048	385,232	290,084	51,413	17,042	6,322	130,364	214,986
2048-2049	379,562	295,377	50,726	17,479	6,012	126,099	211,758
2049-2050	373,920	300,835	50,001	17,916	5,720	121,790	207,889
2050-2051	368,341	306,422	49,238	18,353	5,448	117,432	203,568

Annex 16: Reported and smoothed population- five yearly (national and province)

Age (year)	Nepal		Koshi		Madhesh		Bagmati		Gandaki		Lumbini		Karnali		Sudurpashchim	
	Reported	Smoothed	Reported	Smoothed	Reported	Smoothed	Reported	Smoothed	Reported	Smoothed	Reported	Smoothed	Reported	Smoothed	Reported	Smoothed
Male																
Total	**14,253,551**	**14,253,552**	**2,417,328**	**2,417,329**	**3,065,751**	**3,065,750**	**3,048,684**	**3,048,681**	**1,170,833**	**1,170,831**	**2,454,408**	**2,454,409**	**823,761**	**823,763**	**1,272,786**	**1,272,786**
0-4	1,290,525	1,290,872	198,619	198,724	343,350	344,063	211,343	211,459	90,109	90,000	230,778	231,080	88,558	87,883	127,768	127,666
5-9	1,443,405	1,462,533	231,574	232,206	367,293	379,498	242,253	242,962	107,325	107,373	259,850	262,055	93,345	94,669	141,765	143,770
10-14	1,495,954	1,481,786	231,545	231,952	352,252	342,570	259,593	259,586	112,774	113,100	268,902	267,356	105,671	104,459	165,217	162,762
15-19	1,494,523	1,504,540	242,715	242,164	327,285	332,343	301,870	302,442	119,627	119,428	266,043	267,352	95,552	96,929	141,431	143,880
20-24	1,301,018	1,309,624	210,760	213,188	270,626	275,142	302,751	303,449	104,438	104,728	222,524	224,431	78,794	78,371	111,125	110,315
25-29	1,122,242	1,130,670	188,651	188,127	222,693	227,464	275,104	276,143	88,570	88,681	191,156	192,324	62,847	63,404	93,221	94,528
30-34	978,976	991,968	168,852	170,693	183,710	189,617	247,202	248,073	79,759	80,076	166,688	169,027	51,760	52,297	81,005	82,184
35-39	936,931	944,825	164,216	165,264	184,460	186,454	230,882	233,342	74,724	75,246	159,440	159,987	46,602	47,180	76,607	77,355
40-44	828,493	818,499	149,827	148,087	162,490	158,643	205,375	202,715	66,888	66,537	137,684	136,949	39,691	39,530	66,538	66,038
45-49	687,525	697,174	124,887	127,990	133,759	132,742	167,748	171,800	58,568	59,990	112,979	113,451	34,930	35,406	54,654	55,796
50-54	692,494	666,385	130,429	125,673	128,977	123,687	168,504	162,001	62,964	60,788	111,759	108,177	34,094	32,748	55,767	53,310
55-59	537,558	547,638	102,458	105,089	101,572	101,451	123,202	127,117	51,726	53,189	88,491	89,864	27,094	27,401	43,015	43,524
60-64	465,962	452,534	90,215	87,895	87,346	84,164	104,661	101,646	47,867	46,894	76,171	74,081	23,430	22,817	36,272	35,035
65-69	379,689	373,157	71,011	70,034	80,973	77,524	78,818	77,865	38,318	38,225	63,584	62,671	17,196	17,267	29,789	29,569
70-74	292,054	285,939	52,509	51,970	66,137	63,362	56,246	56,120	29,097	28,805	49,769	48,696	13,352	12,749	24,944	24,238
75-79	170,998	164,912	31,480	31,042	33,110	29,846	38,017	37,179	19,216	19,063	28,123	27,247	6,790	6,698	14,262	13,841
80-84	78,315	75,019	16,083	15,815	11,136	9,656	19,553	19,189	11,044	10,762	12,144	11,637	2,605	2,518	5,750	5,438
85-89	36,888	35,993	7,908	7,847	4,930	4,204	10,478	10,468	5,001	5,152	5,256	5,071	978	968	2,337	2,282
90-94	13,191	13,087	2,587	2,603	1,971	1,856	3,602	3,692	1,907	1,885	1,967	1,922	283	287	874	844
95-99	5,060	5,107	799	824	994	1,014	1,222	1,222	792	778	775	799	150	141	328	328
100+	1,750	1,290	203	142	687	450	260	211	119	131	325	232	39	41	117	83

Age (year)	Nepal		Koshi		Madhesh		Bagmati		Gandaki		Lumbini		Karnali		Sudurpashchim	
	Reported	Smoothed	Reported	Smoothed	Reported	Smoothed	Reported	Smoothed	Reported	Smoothed	Reported	Smoothed	Reported	Smoothed	Reported	Smoothed
Female																
Total	**14,911,027**	**14,911,027**	**2,544,084**	**2,544,090**	**3,048,849**	**3,048,847**	**3,068,182**	**3,068,180**	**1,295,594**	**1,295,598**	**2,667,670**	**2,667,666**	**864,651**	**864,651**	**1,421,997**	**1,421,995**
0-4	11,48,758	1,148,790	184,353	184,477	297,772	297,849	187,135	187,217	78,821	78,801	209,063	209,376	80,243	79,740	111,371	111,331
5-9	1,323,022	1,337,183	219,772	219,661	336,172	346,195	215,444	215,706	94,698	94,849	238,088	239,407	88,373	89,353	130,475	132,013
10-14	1,413,911	1,401,847	223,513	224,018	331,403	322,798	237,946	237,868	105,041	104,965	254,176	253,426	102,701	101,736	159,131	157,035
15-19	1,471,881	1,500,804	239,165	241,530	301,431	315,601	282,100	284,003	116,618	117,119	274,857	278,320	101,192	103,343	156,518	160,886
20-24	1,482,042	1,479,814	240,474	241,835	297,511	298,111	307,458	307,383	120,432	120,551	274,122	273,585	92,467	91,361	149,578	146,990
25-29	1,337,107	1,351,897	225,795	225,406	258,289	265,384	296,889	298,851	116,439	116,370	249,329	251,484	70,485	71,542	119,881	122,862
30-34	1,168,736	1,182,177	199,798	201,954	218,524	224,749	269,333	270,458	103,863	104,792	215,252	216,774	58,869	59,282	103,097	104,170
35-39	1,104,561	1,102,103	190,985	190,681	221,202	215,102	248,919	250,976	96,611	97,047	197,653	197,630	53,888	54,552	95,303	96,114
40-44	919,339	906,578	163,942	161,839	163,167	160,742	218,440	214,862	85,545	84,827	161,284	159,519	46,448	45,751	80,513	79,038
45-49	748,515	759,973	133,329	136,677	139,197	136,508	174,067	178,334	71,425	73,012	126,723	129,194	38,125	38,907	65,649	67,338
50-54	721,358	691,547	135,219	130,316	121,077	115,784	167,912	161,335	72,101	69,688	124,609	119,134	35,612	34,027	64,828	61,262
55-59	538,386	554,382	104,070	106,929	91,281	92,838	121,547	125,995	58,254	59,990	90,869	93,934	26,589	27,292	45,776	47,407
60-64	489,642	473,682	93,378	91,064	86,137	82,167	107,437	104,187	54,323	53,197	82,188	79,950	24,557	23,487	41,622	39,630
65-69	391,929	390,219	73,059	72,380	74,667	73,000	82,048	81,680	43,722	43,751	67,336	67,048	17,584	18,043	33,513	34,316
70-74	317,316	308,086	54,719	54,051	63,255	59,418	63,685	63,343	34,528	34,090	52,697	51,181	15,418	14,559	33,014	31,443
75-79	182,205	176,776	33,026	32,463	28,537	26,006	44,328	43,519	22,177	21,972	28,303	27,670	7,663	7,449	18,171	17,695
80-84	83,241	77,539	15,856	15,290	10,317	8,632	22,903	21,927	11,743	11,142	12,013	11,198	2,645	2,465	7,764	6,884
85-89	41,439	40,777	8,818	8,685	4,664	4,045	13,182	13,129	5,513	5,738	5,211	5,122	1,026	1,023	3,025	3,036
90-94	17,215	16,898	3,169	3,240	2,141	2,029	4,972	5,031	2,402	2,371	2,327	2,198	459	439	1,745	1,588
95-99	7,245	7,658	1,210	1,292	1,102	1,246	1,893	1,967	1,080	1,077	1,012	1,107	238	232	710	740
100+	3,179	2,297	434	302	1,003	643	544	409	258	249	558	409	69	68	313	217

Annex 17: Inter-province migration flows - 2016-2021

Destination	Origin						
	Koshi	Madhesh	Bagmati	Gandaki	Lumbini	Karnali	Sudurpashchim
Koshi	-	9,068	93,650	6,249	4,796	2,099	2,695
Madhesh	19,030	-	72,026	6,354	2,843	1,042	729
Bagmati	22,791	14,213	-	26,429	13,513	3,881	4,039
Gandaki	2,728	1,362	74,911	-	31,195	924	1,216
Lumbini	2,241	1,121	42,780	21,158	-	9,533	4,892
Karnali	979	348	17,187	2,630	39,119	-	7,551
Sudurpashchim	1,351	557	25,039	2,249	9,075	4,297	-

Annex 18 : List of participants at discussion on assumptions and scenarios for population projections 2021-2051

S.N.	Name	Designation	Organization
1	Dr. Hem Raj Regmi	Deputy Chief Statistician,	National Statistics Office
2	Mrs. Munni Kumari Choudhary	Deputy Chief Statistician,	National Statistics Office
3	Dr. Sharad Kumar sharma	Deputy Chief Statistician,	National Statistics Office
4	Prof. Yogendra Bahadur Gurung	Department Head	Central Department of Population Studies, TU
5	Mr. Dhundiraj Lamichhane	Director	National Statistics Office
6	Mr. Kapil Timalsena	Under Secretary	Ministry of Health and Population
7	Mr. Jhabindra Prasad Pandey	Under Secretary	Population Management Division/Ministry of Health and Population
8	Dr. Samir KC	Demographer	National Consultant, Population Projections
9	Dr. Mahesh Kumar Subedi	Director	National Statistics Office
10	Mr. Rajan Silwal	Director	National Statistics Office
11	Mr. Yadunath Acharya	Director	National Planning Commission
12	Dr. Padma Prasad Khatiwada	Associate Professor	Central Department of Population Studies, TU
13	Mr. Mahendra Kumari Rai	Assistant Professor	Co-author, International Migration Report
14	Dr. Bidhya Shrestha	lecturer	Central Department of Population Studies, TU
15	Dr. Keshab Prasad Adhikari	Freelance	-
16	Dr. Mahendra Prasad Sharma	Professor	Central Department of Population Studies, TU
17	Dr. Hom Nath Chalise	Freelance Demographer	-
18	Mr. Damodar Gyawali	Freelance Statistician	-
19	Mr. Ramhari Gaihre	Freelance Statistician	-

S.N.	Name	Designation	Organization
20	Dr. Uddhav Sigdel	Associate Professor	Central Department of Population Studies, TU
21	Dr. Nabaraj Thapa	Associate Professor	Tribhuvan University
22	Mr. Deenanath Lamsal	Statistics Officer	National Statistics Office
23	Mr. Kapil Dhital	Statistics Officer	National Statistics Office
24	Mr. Dol Narayan Shrestha	Computer Officer	National Statistics Office
25	Mr. Ashok Prasad Neupane	Statistics Assistant	National Statistics Office
26	Mr. Jibesh Acharya	Demographer	Population and Statistics Research Hub
27	Mr. Aayushma KC	Demographer	Population and Statistics Research Hub
28	Mr. Tirtha Man Tamang	Programme Analyst	UNFPA
29	Mr. Divya Shakya	Statistician	Population and Statistics Research Hub
30	Mr. Chetan Adhikari	Journalist	Appeal Media
31	Mr. Sambriddhi Malla	-	Population and Statistics Research Hub
32	Mr. Aditi Aryal	-	Communications, UNFPA

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