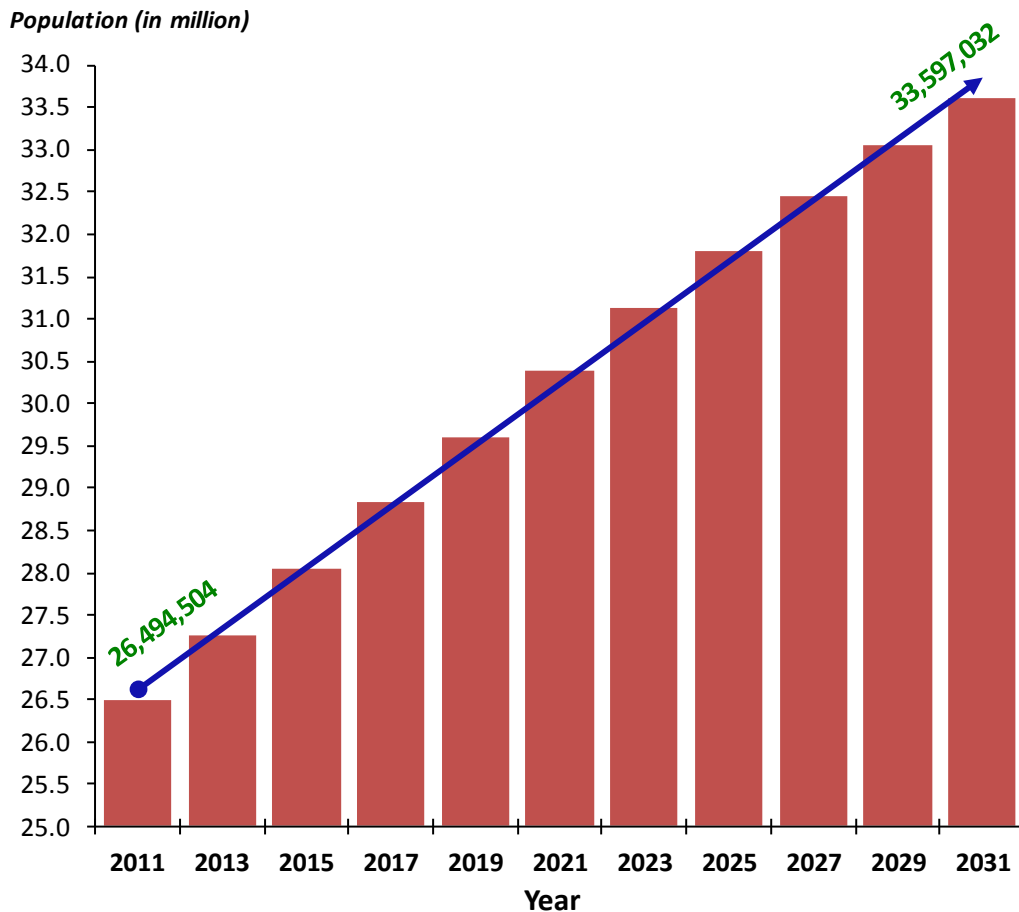


National Population and Housing Census 2011 (Population Projection 2011 – 2031)



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Preface

It is a great pleasure to bring out the Population Projections for Nepal 2011-2031. The projection is based on the results of the National Population and Housing Census 2011 (NPHC-2011). The projection work is one of the special post-census activities to be carried out by the Central Bureau of Statistics (CBS) Nepal. The last population projection was done in 2003 based on Population Census 2001 with joint collaboration of the then Ministry of Population and Environment and CBS. Likewise the present projection is also prepared with the representation from various stakeholders including Ministry of Health and population at Technical Committee and Steering Committee of the NPHC-2011.

This series of population projection for Nepal has given due consideration for the periodic plans of the Government of Nepal and useful denominators for national level socio-economic estimates. Based on National level, urban projections have been made for the existing 58 municipal areas. In a similar manner, projections at district level have also been made for each district at an interval of five years. In this way, the projected population has been computed at other sub-national level i.e. ecological belts, development regions and eco-development regions. By and large, this report encompasses all the projected population by sex and five year age group.

I hope this publication of population projection for 2011-2031 will be very useful in planning purpose for both government and non-government sectors. It will also serve as basic input for users engaged in research and study works.

I would like to thank the Technical Committee Members of the NPHC-2011 for their technical input and finalizing the population projection of Nepal at this level. My special thanks also go to the members of Steering Committee for their guidance, in-depth discussions, suggestions and approval of this projection task.

I am grateful to the United Nations Population fund (UNFPA) for the valuable cooperation in projection work as well as for the census activities. Likewise my special thank goes to the consultant and senior demographer Dr. Pushpalal Joshi for his valuable contribution and leading role in this task. Heartily thank goes to Dr. Rudra Suwal, Deputy Director General of the Bureau for his overall coordination in projection work. Thanks are due to the Directors ShankerLal Shrestha and Indra Bahadur Karki, Statistical Officer Sunil Kumar Shrestha, Statistical Assistants Bimal Bhattarai and Bishnu Raj Regmi for their contribution in the projection work.

My special thanks deserve to the Statistical Officer Yadu Nath Acharya and Computer Officer Dol Narayan Shrestha for their appreciable job on handling related software and making sub-national projections. My thanks also go to all other staff working outside of the Population Section of the Bureau for their support and co-operation to come up with the final stage of the projection report.

In order to make improvements in the future publication of this kind, I would always welcome valuable comments and suggestions from users. Finally, I would like to thank all those persons whose support and cooperation has contributed in completing this job successfully.

August 26, 2014
Kathmandu

Bikash Bista
Director General
Central Bureau of Statistics

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Abbreviations and Acronyms

ASFR	Age Specific Fertility Rate
ASMR	Age Specific Mortality Rate
CD West Model	Coale Demeny Model Life Tables West Mortality Pattern
CEB	Children Ever Born
DHS	Demographic Health Survey
IMR	Infant Mortality Rate
TFR	Total Fertility Rate

POPULATION PROJECTION
2011 - 2031

Population Projections for Nepal

2011 - 2031

1. Introduction

Population projections are extremely needed for making development plans at national and sub-national levels. In Nepal, the sub-national levels may be urban-rural, development regions, ecological zones, districts and federal areas which will come into existence after the promulgation of the new constitution.

Projections have to be made by age-sex distribution of the population in order to have projections of socioeconomic characteristics at all levels. They will be needed to get an estimate of future need of goods, services and facilities such as food, clothing, housing, water and sewage facilities, schools, hospitals and other community facilities. As such, there is no doubt that projected populations need to be accurate as far as possible. They will be accurate if data used are reliable, appropriate methodologies are used and plausible assumptions about population components are made. The components of populations are the levels of fertility, mortality and migration and their trends in future. They need to be estimated accurately as far as possible.

As the census date is June 22, 2011, the base year for the population projection is taken as 2011. Keeping in mind that the longer the period of projection, the greater the errors will be in assumptions and the lesser utilization of population projections, the final year for the projection is taken as 2031. The fertility and mortality levels for June 2011 are estimated by applying various methodologies to various available data. The effect of migration component is evaluated based on foreign born citizens and absentee population based on 2011 census. Various assumptions about the trend of fertility, mortality and migration components are made. As various combinations of assumptions about fertility, mortality and migration trends will lead to a large number of population projections, three variants of fertility, one variant of mortality and one variant of migration trend are used. Thus there are three scenarios of population projections. They are named as High, Medium and Low variants.

The High variant represents slow decline in fertility, plausible decline in mortality and appropriate effects of migration levels which will give the higher estimates of population size. The Medium variant represents plausible decline in fertility and mortality levels along with appropriate effects of migration levels which will give the most likely estimates of population size. The Low variant represents fast decline in fertility, plausible decline in fertility and appropriate effects of migration levels which will give lower estimates of population size in years to come. In this way, population projections are made for three variants for a period of 20 years starting from 2011 at an interval of 5 years with the final year 2031.

As projections are needed by age groups and sex, the cohort-component method (Siegel 2002, p.453) is used. A computer program known as Spectrum (Future Institute, USA 1980) is used for making population projections at the national level. However, reliable data about the components of the population are not available at sub-national level. As such, the method known as Ratio/Apportionment method (Siegel 2002, P.405) is used.

2. Projections at national level

The standard method of making population projections is cohort-component or cohort-survival method. The method needs following information for June 22, 2011.

- i. Sex ratio at birth
- ii. Life tables
- iii. Adjusted base year population by age and sex
- iv. Fertility levels and trends
- v. Mortality levels and trends
- vi. Estimates of net migration to add to the survivors

The information are obtained as follows

i. Sex ratio at birth

It is found that the sex ratio at birth, number of male births per 100 female births based on census 2011 and DHS 2011 are 120.9 and 103.1 respectively. The estimates based on CEB and under one year population obtained from Census 2011 are 109.1 and 106.4 respectively.

In India, it is found that the sex ratio at birth per female is 1.11 in 2011 which is almost constant since 2001. The corresponding value was 1.07 twenty five years ago. In Singapore, the sex ratio at birth is 1.07 in 2011 and has been constant since 25 years ago. In Nepal, as the intervention is not made or negligible in the sex selection of births, it seems that the sex ratio at birth can be assumed to be 1.07 in 2011 and a little bit increasing trend in subsequent years like 1.10 in 2021 and 1.11 in 2031.

ii. Selection of the life table

The life tables are needed to get the survivors of the age-sex distribution of the population by using appropriate survival rates. The survival rates can be obtained by making life tables based on age specific mortality rates or from Model life tables. However, that life table is selected as appropriate one which gives the plausible estimate of expectation of life at birth on June 22, 2011. As the plausible estimate of expectation of life at birth is obtained based on CD west model (See mortality level below), it is selected

as the suitable model life table. Moreover, when IMR is less than 50 infant deaths / thousand live births there is almost no difference between the selection of CD West model life tables or UN model life tables for developing countries (UN1990, p.10) .

iii. Adjusted base year population by age and sex

As there are age heaping in the reported population of the census, Arriaga’s method (Arriaga 1992) is selected to get age adjusted population. The adjusted age distribution gives the percentage of children 0 - 14 years as 36.17% which is quite close to the reported age distribution of 36.69%. The proportion of population under age 15 years as reported by censuses are generally reliable.

iv. Estimation of fertility levels and trends

The fertility levels are estimated by Total fertility rate(TFR) which gives the total number of children a woman would have in her life time with the current age specific fertility rates. Estimates of TFR in June 2011 based on various methods and various data are shown in the following table.

Table 1: Estimates of TFR by various methods and various data

S. No.	Methods	Data	Estimates of TFR in June 2011
1.	Reported TFR	DHS 2011 @ 2006	2.48
2.	FERTCB(UN 1988, p.69)	DHS 2011 @ 2006	2.24
3.	FERTPF(UN 1988, p.73)	DHS 2011 @ 2006	2.48
4.	FERTCB	Census 2011	3.63
5.	FERTPF	Census 2011	2.98
6.	By definition	Census 2011	1.59

As the method FERTPF has analytical and diagnostic advantages over FERTCB when fertility is changing, this method is given more weight. The second method is based on CEB only and not on estimates of ASFR. Moreover, the estimate of 2.48 based on method 1 is almost equal to the estimate based on method 3. As such, the estimate of TFR is considered as 2.48 children/woman in June 2011.

The estimate of TFR in Nepal in 2031 is assumed to be equal to 1.8 which is more than the urban estimate of Nepal of 1.6 in and around 2009 and the estimate of Singapore of 1.5 in 2001. Assuming 1.8 as the plausible estimate of TFR in 2031, the other variants are assumed to be slightly higher and slightly lower than the plausible estimate. The higher rate is assumed to be 2.0 and the lower rate is assumed to be 1.6.

ASFR pattern in future years

The ASFR pattern in 2011 is assumed to be equal to the ASFR of DHS 2011. For 2031, ASFR pattern for younger age groups and older age groups are assumed to be lower. However, the ASFR pattern for younger age group 15-24 and older age group 45-49 increased during the period 2001 to 2011 in both DHS and census data which is contrary to the expectation. As such, the ASFR pattern for Nepal in 2031 is assumed to have ASFR distribution of Nepal of 2001 with the decrease of ASFR pattern in younger and older age groups than in 2011. Other values are linearly interpolated. The distribution of ASFR through 2011 to 2031 are shown below.

Table 2: Distribution of ASFR in 2011 and 2031.

Age Groups	Distribution of Age Specific Fertility Rate				
	2011	2016	2021	2026	2031
15 – 19	15.58	15.13	14.67	14.21	13.76
20 – 24	35.97	34.7	33.5	32.2	30.98
25 – 29	24.23	24.6	24.9	25.1	25.60
30 – 34	13.65	14.48	15.31	16.15	16.98
35 – 39	6.92	7.72	8.52	9.32	10.12
40 – 44	2.69	2.46	2.24	2.02	1.79
45 – 49	.96	.91	.86	.82	.77

Source: Based on various DHS data and censuses

v. Estimation of mortality levels and trends

Estimation of the expectation of life at birth

The estimates of expectation of life at birth are made based on various methods and using various data. The results are shown below.

Table 3: Estimates of expectation of life at birth in 2011 by various methods

S. No.	Methods	Data	Estimates in 2011 (Years)
1.	Life tables (ASMR)(Siegel 2002, p.20)	Census 2011	72.1
2.	CEBCS(UN General Models)(UN 1988,p.47)	DHS 2011 @ 2006	68.8
3.	CEBCS(CD West Models)	DHS 2011 @ 2006	66.6
4.	Based on estimates of IMR	DHS 2011 @ 2006	67.7
5.	Downloaded for India		65.96
6.	CEBCS (CD West Models)	Census 2011	69.36 (2008.1)
7.	CEBCS (UN General Models)	Census 2011	72.2 (2008.4)

The estimate of 66.6 years given by CEBCS method based on DHS data using CD west model seems to be plausible which is slightly more than the corresponding value of India in 2011. The estimate of the expectation of life at birth was 60.39 years in Nepal compared to the corresponding value of 62.95 years in India in 2001.

It has been estimated above that the expectation of life at birth for both males and females combined is 66.6 years and the sex ratio at birth is 1.07. The census of Nepal in 2011 gives information about children ever born and still alive by sex. Now, CEBCS program is run for both females and males separately. The difference in expectation of life at birth for females and males is estimated to be 2.6 years. Using this difference of 2.6 years and sex ratio at birth 1.07, the expectation of life at birth for females and males are estimated to be 68.0 years and 65.4 years respectively.

In India, the difference in expectation of life at birth for females and males is 3.48 years in 2011 which was 2.64 in 2001 with an increase of difference of .84 years during 10 years period. With this rate, the difference will be 4.28 in 2031. In Singapore, the difference was 3.99 in 1986 when the expectation of life for females was 76.6 years. As such, the difference is assumed to be 4.0 in case of Nepal in 2031. Assuming the increase in expectation of life for females to be 1.5 years in 5 years in Nepal from 2011 onwards as estimated during the period 1986-2001 in Singapore, the trend in expectation of life at birth for females and males are shown below.

Table 4: Trend in expectation of life at birth for females and males.

Calendar years	Expectation of life at birth for females	Expectation of life at birth for males
2011	68.0	65.4
2016	69.5	66.6
2021	71.0	67.7
2026	72.5	68.8
2031	74	70.0

vi. Estimation of net migration levels and trends

Life time immigrants were estimated to be 608092 in 2001 based on foreign born population. The corresponding figure based on 2011 census is estimated to be 479625. Life time immigrants in 2011 can't be less than the corresponding figure in 2001. As such, it can be suspected that there are some problems in the estimation of immigrants. Even if the number of lifetime immigrants in 2011 is equal to the corresponding figure in 2001, the number of immigrants during the inter-censal period will be equal to zero. Hence, it can be assumed that the number of immigrants during the period 2001 to 2011 is nil or has negligible effect in the estimation of net migration.

Emigrants based on absentee population of 2011 census is estimated to be 1921494. Out of them, 1643220 people left the country during the period 2001 to 2011 while the remaining 278274 people left the country before 2001. It is assumed that a very significant proportion of 1643220 people whose duration of absence is less than ten years will return back and will have no effect in the estimation of net migration in the year 2021. On the other hand, most of the 278274 people who left the country before 2001 and whose duration of absence is more than ten years in 2011 will be emigrants in 2021 census. All the new absentee population during 2011 to 2021 will have no impact in the estimation of net migration in 2021 as their duration of absence will be less than ten years in 2021. Hence, net migration is estimated as -278274. The age and sex distribution of this population are estimated by age and sex distribution of absentee population in 2011. The trend of net migration is assumed to be constant in future years.

3. Sub-national population projections

Sub-national population projections like development regions, ecological regions or district level projections can be made by the method known as Ratio method. Cohort component method of projecting population can't be used because of the lack of reliable demographic parameters at sub-national levels. The Ratio method of Projecting population of a sub region at time t2 can be made as follows.

Steps

- i. Get the ratio of the sub-region to total population at time t0.
- ii. Get the ratio of the sub-region to total population at time t1.
- iii. Get the projected ratio at time t2 by some mathematical method.
- iv. Get the projected population at time t2.
- v. Multiply the step 3 by step 4 to get the projected population of the sub-region at time t2.

The usual procedure in getting the projected ratio at time t2 (Step 3) is to get the average annual rate of changes r_1 during the period t0 to t1 and assume the annual rate of change $r_1/2$ at time t1 which will drop to zero in 30 years. The projected ratios at time t2 are obtained by extrapolation (HMG, 2003, p12).

This method assumes that ratios in future will depend on the trend of the just past decade only but not on the trend of previous past decades. Moreover, the magnitude in the annual rate of changes are not considered but assume that rates for all sub-regions will drop to zero in 30 years. In fact, the trend of past decades and the magnitude of rates have to be considered. As such, the trend of ratios for the period 1991-2001 and 2001-2011 are considered for each sub-region and the annual rate of changes for all sub-regions are made to zero not in 30 years but at various points of time depending on the trend and magnitude of the rates.

After getting estimates of total population for all sub-regions and for various points of time, the female population and male population are obtained from the total population by using the relationship

Female population = Total population/(1+Sex ratio) , and

Male population = Total population-Female population

After getting projected total male and female for each district, the age distribution of the population by age and sex for each district are obtained according to the age distribution of the projected national population for projected years. The distribution of the population by age groups and sex for each district are obtained by making adjustments so that the total population of the district for each sex is equal to the total of the population of all age groups of the same district for the same sex and the total national population for each age group is equal to total of the same age group for all the districts in all projected years.

Projected population for development regions, ecological regions and all other regions smaller than district levels are obtained by summing over the population of the corresponding districts.

4. Projections of urban and rural population

Urban populations are affected by several factors like natural growth, large scale migration pattern and reclassification of areas. The Ratio method doesn't indicate enough how the population of an area develops . As such, projected population for urban and rural areas are obtained by a method known as Urban Rural Growth Difference (URGD) method (UN 1974, p.38).This method projects population year by year. For the population projection, urban population is defined as population residing in urban areas. The relationships used in projecting urban population for year by year is

$$U' = \left(\frac{T' + dR}{T} \right) U$$

Here, U,R and T are urban, rural and total population respectively in year t and U', R' and T' are corresponding values in year t+1; d = u - r, where u and r are urban and rural rate of increase respectively.

Hence, the total projected population for the year t+1 can be obtained if the values of U, R and T are known for the base year t and putting the value of d, the difference between urban and rural population growth rate which are obtained for the period 2001 to 2011. Age and sex distributions of urban population for future years are assumed as corresponding distributions in 2011.

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HIGH VARIANT

Table 1 : Summary of population projection (high variant)

Summary indicators	2011	2016	2021	2026	2031
Fertility					
Input TFR	2.48	2.36	2.24	2.12	2.00
Calculated TFR	2.48	2.36	2.24	2.12	2.00
GRR	1.20	1.13	1.07	1.01	0.95
NRR	1.10	1.06	1.02	0.97	0.92
Mean age of childbearing	26.2	26.30	26.50	26.70	26.90
Child-woman ratio	0.37	0.37	0.36	0.33	0.3
Fertility table: Custom					
Mortality					
Male life expectation at birth	65.4	66.5	67.6	68.7	69.8
Female life expectation at birth	68.0	69.5	70.9	72.4	73.9
Total life expectation at birth	66.8	68.0	69.3	70.6	71.9
IMR	41.6	36.3	31.6	27.1	22.5
U5MR	52.9	45.0	38.6	32.6	26.7
Life table: Coale-Demeny West					
Immigration					
Male	-24,377	-24,377	-24,377	-24,377	-24,377
Female	-3,451	-3,451	-3,451	-3,451	-3,451
Total	-27,828	-27,828	-27,828	-27,828	-27,828
Vital rates					
CBR per 1000	22.4	22.5	21.4	19.2	16.8
CDR per 1000	7.4	7.2	7.1	6.8	6.6
Rate of natural increase percent	1.51	1.53	1.43	1.24	1.02
GR percent	1.41	1.43	1.34	1.15	0.94
Doubling time	49.7	48.9	52.0	60.6	74.4
Annual births and deaths					
Births	594,748	640,572	654,639	622,465	573,449
Deaths	194,077	206,115	217,092	221,299	225,850

Summary indicators	2011	2016	2021	2026	2031
Population					
Total	26,494,504	28,469,460	30,526,143	32,477,618	34,183,813
Male	12,849,041	13,803,646	14,810,977	15,774,368	16,618,942
Female	13,645,463	14,665,815	15,715,165	16,703,251	17,564,871
Percent 0-4	10.19	10.50	10.30	9.52	8.45
Percent 5-14	24.22	20.15	18.45	18.74	18.13
Percent 15-24	20.60	22.27	20.69	17.40	16.26
Percent 15-49	50.58	53.66	54.79	54.32	54.64
Percent 15-64	60.17	63.64	65.37	65.61	66.74
Percent 65 and over	5.43	5.72	5.87	6.13	6.68
Percent females 15-49	52.65	55.43	56.24	55.34	55
Sex ratio	94.16	94.12	94.25	94.44	94.61
Dependency ratio	0.66	0.57	0.53	0.52	0.5
Median age	22	24	25	27	29
Urban population	4,523,821	5,559,945	6,935,655	8,532,880	10,316,197
Rural population	21,970,683	22,909,515	23,590,488	23,944,738	23,867,616
Percent urban	17.07	19.53	22.72	26.27	30.18
Percent rural	82.93	80.47	77.28	73.73	69.82

Table 2 : Population projection by age and sex for Nepal, 2011 - 2031 (high variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	26,494,504	12,849,041	13,645,463	28,469,460	13,803,646	14,665,815	30,526,143	14,810,977	15,715,165
00-04 Yrs.	2,698,565	1,380,177	1,318,388	2,988,133	1,545,267	1,442,866	3,145,080	1,632,505	1,512,575
05-09 Yrs.	3,074,257	1,569,956	1,504,301	2,674,278	1,368,495	1,305,783	2,967,020	1,534,496	1,432,523
10-14 Yrs.	3,341,426	1,697,057	1,644,369	3,062,865	1,564,080	1,498,784	2,666,176	1,364,270	1,301,906
15-19 Yrs.	3,065,978	1,510,764	1,555,214	3,317,315	1,680,525	1,636,790	3,042,838	1,549,116	1,493,723
20-24 Yrs.	2,392,279	1,070,091	1,322,188	3,021,919	1,476,611	1,545,309	3,273,395	1,646,148	1,627,247
25-29 Yrs.	2,045,146	891,133	1,154,013	2,340,931	1,033,222	1,307,709	2,968,344	1,437,092	1,531,252
30-34 Yrs.	1,780,599	797,106	983,493	1,998,816	860,512	1,138,303	2,295,206	1,002,200	1,293,007
35-39 Yrs.	1,559,025	713,671	845,354	1,740,784	771,970	968,815	1,959,793	835,668	1,124,125
40-44 Yrs.	1,373,341	655,556	717,785	1,521,989	691,192	830,797	1,704,217	749,759	954,458
45-49 Yrs.	1,185,739	579,835	605,904	1,334,086	632,128	701,958	1,482,726	668,244	814,481
50-54 Yrs.	985,214	495,281	489,933	1,140,179	552,834	587,346	1,287,085	604,753	682,332
55-59 Yrs.	838,525	423,475	415,050	930,950	462,675	468,275	1,082,006	518,686	563,320
60-64 Yrs.	716,002	353,432	362,570	770,098	382,738	387,360	859,487	420,366	439,121
65-69 Yrs.	595,274	292,801	302,473	627,821	303,255	324,567	679,539	330,597	348,942
70-74 Yrs.	478,238	235,919	242,319	482,949	231,131	251,818	514,018	241,518	272,499
75-79 Yrs.	191,617	97,909	93,708	339,914	162,123	177,791	346,493	160,174	186,318
80+ Yrs.	173,279	84,878	88,401	176,432	84,889	91,543	252,721	115,385	137,335

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Table 2 : Population projection by age and sex for Nepal, 2011 - 2031 (high variant)

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	32,477,618	15,774,368	16,703,251	34,183,813	16,618,942	17,564,871
00-04 Yrs.	3,091,255	1,611,213	1,480,042	2,888,219	1,511,606	1,376,613
05-09 Yrs.	3,127,098	1,623,134	1,503,964	3,077,626	1,604,015	1,473,611
10-14 Yrs.	2,959,444	1,530,403	1,429,041	3,120,585	1,619,501	1,501,083
15-19 Yrs.	2,649,430	1,351,036	1,298,395	2,943,454	1,517,347	1,426,106
20-24 Yrs.	3,003,253	1,516,949	1,486,304	2,614,336	1,321,296	1,293,040
25-29 Yrs.	3,221,407	1,606,795	1,614,613	2,956,350	1,480,105	1,476,245
30-34 Yrs.	2,920,849	1,403,917	1,516,932	3,176,000	1,574,004	1,601,996
35-39 Yrs.	2,256,514	977,126	1,279,388	2,880,616	1,376,740	1,503,876
40-44 Yrs.	1,923,768	813,877	1,109,891	2,220,991	955,115	1,265,876
45-49 Yrs.	1,665,091	727,067	938,025	1,885,055	791,601	1,093,455
50-54 Yrs.	1,435,540	641,416	794,123	1,617,678	700,312	917,366
55-59 Yrs.	1,226,752	569,749	657,003	1,374,402	606,719	767,683
60-64 Yrs.	1,004,940	473,782	531,158	1,145,955	523,080	622,876
65-69 Yrs.	764,292	365,578	398,714	900,809	414,819	485,990
70-74 Yrs.	561,693	265,602	296,090	638,335	296,264	342,071
75-79 Yrs.	374,054	169,440	204,614	414,140	188,513	225,627
80+ Yrs.	292,237	127,285	164,952	329,263	137,905	191,359

MEDIUM VARIANT

Table 3 : Summary of population projection (medium variant)

Summary indicators	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Fertility										
Input TFR	2.48	2.45	2.41	2.38	2.34	2.31	2.28	2.24	2.21	2.17
Calculated TFR	2.48	2.45	2.41	2.38	2.34	2.31	2.28	2.24	2.21	2.17
GRR	1.20	1.18	1.16	1.15	1.13	1.11	1.09	1.08	1.06	1.04
NRR	1.10	1.09	1.08	1.07	1.05	1.04	1.03	1.01	1	0.99
Mean age of childbearing	26.2	26.2	26.2	26.2	26.3	26.3	26.3	26.4	26.4	26.4
Child-woman ratio	0.37	0.37	0.37	0.36	0.36	0.36	0.36	0.36	0.35	0.35
Fertility table: Custom										
Mortality										
Male life expectation at birth	65.4	65.6	65.8	66.1	66.3	66.5	66.7	66.9	67.1	67.4
Female life expectation at birth	68.0	68.2	68.5	68.8	69.2	69.5	69.8	70.1	70.4	70.7
Total life expectation at birth	66.8	67	67.2	67.5	67.8	68	68.3	68.6	68.8	69.1
IMR	41.6	40.5	39.4	38.4	37.3	36.3	35.3	34.4	33.5	32.5
U5MR	52.9	51.2	49.5	47.9	46.5	45	43.6	42.2	41	39.8
Life table: Coale-Demeny West										
Immigration										
Male	-24,377	-24,377	-24,377	-24,377	-24,377	-24,377	-24,377	-24,377	-24,377	-24,377
Female	-3,451	-3,451	-3,451	-3,451	-3,451	-3,451	-3,451	-3,451	-3,451	-3,451
Total	-27,828	-27,828	-27,828	-27,828	-27,828	-27,828	-27,828	-27,828	-27,828	-27,828
Vital rates										
CBR per 1000	22.4	22.4	22.4	22.3	22.2	22.1	21.9	21.6	21.3	21
CDR per 1000	7.4	7.3	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2
Rate of natural increase percent	1.51	1.51	1.51	1.51	1.5	1.48	1.46	1.44	1.41	1.38
GR percent	1.41	1.41	1.41	1.41	1.4	1.38	1.37	1.35	1.32	1.29
Doubling time	49.7	49.6	49.5	49.6	49.9	50.4	51	51.9	52.9	54.1
Annual births and deaths										
Births	594,748	602,166	609,584	616,450	622,434	627,001	630,070	631,460	631,319	629,268
Deaths	194,077	195,776	197,475	199,915	202,755	205,582	208,027	210,474	212,734	214,584

Table 3 : Summary of population projection (medium variant)

Summary indicators	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031
Fertility											
Input TFR	2.14	2.11	2.07	2.04	2	1.97	1.94	1.9	1.87	1.83	1.8
Calculated TFR	2.14	2.11	2.07	2.04	2	1.97	1.94	1.9	1.87	1.83	1.8
GRR	1.02	1.01	0.99	0.97	0.96	0.94	0.92	0.9	0.89	0.87	0.85
NRR	0.97	0.96	0.94	0.93	0.91	0.9	0.88	0.87	0.85	0.84	0.83
Mean age of childbearing	26.5	26.5	26.6	26.6	26.6	26.7	26.7	26.7	26.8	26.8	26.9
Child-woman ratio	0.34	0.34	0.33	0.33	0.32	0.31	0.31	0.3	0.29	0.28	0.27
Fertility table: Custom											
Mortality											
Male life expectation at birth	67.6	67.8	68	68.2	68.5	68.7	68.9	69.1	69.4	69.6	69.8
Female life expectation at birth	70.9	71.2	71.5	71.8	72.1	72.4	72.7	73	73.3	73.6	73.9
Total life expectation at birth	69.3	69.6	69.8	70.1	70.3	70.6	70.9	71.1	71.4	71.7	71.9
IMR	31.6	30.7	29.8	28.9	28	27.1	26.2	25.3	24.4	23.5	22.5
U5MR	38.6	37.4	36.2	35	33.8	32.6	31.4	30.3	29.1	27.9	26.7
Life table: Coale-Demeny West											
Immigration											
Male	-24,377	-24,377	-24,377	-24,377	-24,377	-24,377	-24,377	-24,377	-24,377	-24,377	-24,377
Female	-3,451	-3,451	-3,451	-3,451	-3,451	-3,451	-3,451	-3,451	-3,451	-3,451	-3,451
Total	-27,828	-27,828	-27,828	-27,828	-27,828	-27,828	-27,828	-27,828	-27,828	-27,828	-27,828
Vital rates											
CBR per 1000	20.6	20.1	19.6	19.1	18.5	18	17.4	16.9	16.3	15.8	15.3
CDR per 1000	7.1	7.1	7	6.9	6.9	6.8	6.8	6.8	6.7	6.7	6.7
Rate of natural increase percent	1.35	1.31	1.26	1.21	1.17	1.12	1.06	1.01	0.96	0.91	0.87
GR percent	1.26	1.22	1.17	1.13	1.08	1.03	0.98	0.93	0.88	0.83	0.78
Doubling time	55.5	57.3	59.5	61.9	64.6	67.7	71.2	75.1	79.3	83.8	88.8
Annual births and deaths											
Births	625,414	618,968	610,447	600,653	589,943	578,423	565,973	553,109	540,379	527,789	515,362
Deaths	216,009	217,049	217,851	218,524	219,166	219,835	220,546	221,316	222,173	223,128	224,193

Summary indicators	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Population										
Total	26494504	26873066	27257347	27646053	28037904	28431494	28825709	29218867	29609623	29996478
Male	12849041	13030795	13215791	13403432	13593069	13784009	13975678	14167241	14358034	14547267
Female	13645463	13842271	14041556	14242621	14444835	14647486	14850032	15051626	15251589	15449211
Percent 0-4	10.19	10.18	10.19	10.24	10.3	10.38	10.34	10.29	10.21	10.11
Percent 5-14	24.22	23.38	22.53	21.7	20.91	20.18	19.65	19.21	18.87	18.61
Percent 15-24	20.60	21.08	21.53	21.92	22.19	22.3	22.24	22.04	21.71	21.29
Percent 15-49	50.58	51.3	51.99	52.64	53.22	53.73	54.15	54.48	54.74	54.93
Percent 15-64	60.17	60.94	61.7	62.44	63.11	63.72	64.25	64.71	65.09	65.42
Percent 65 and over	5.43	5.5	5.57	5.63	5.68	5.72	5.76	5.8	5.83	5.86
Percent females 15-49	52.65	53.33	53.97	54.55	55.07	55.5	55.85	56.12	56.31	56.44
Sex ratio	94.16	94.14	94.12	94.11	94.1	94.1	94.11	94.12	94.14	94.16
Dependency ratio	0.66	0.64	0.62	0.6	0.58	0.57	0.56	0.55	0.54	0.53
Median age	22	23	23	23	23	24	24	24	25	25
Urban population	4523821	4693826	4880644	5085304	5308930	5552712	5805437	6066964	6337176	6615881
Rural population	21970683	22179240	22376703	22560749	22728974	22878782	23020272	23151902	23272447	23380597
Percent urban	17.07	17.47	17.91	18.39	18.93	19.53	20.14	20.76	21.4	22.06
Percent rural	82.93	82.53	82.09	81.61	81.07	80.47	79.86	79.24	78.6	77.94

Summary indicators	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031
Population											
Total	30378055	30752146	31116913	31471213	31814161	32144921	32462518	32766483	33056861	33333693	33597032
Male	14734201	14917665	15096679	15270627	15439032	15601443	15757337	15906454	16048800	16184376	16313189
Female	15643853	15834481	16020234	16200585	16375128	16543478	16705181	16860029	17008061	17149317	17283844
Percent 0-4	9.99	9.84	9.67	9.48	9.27	9.04	8.8	8.56	8.32	8.07	7.84
Percent 5-14	18.42	18.42	18.43	18.44	18.46	18.48	18.37	18.23	18.05	17.83	17.57
Percent 15-24	20.79	20.12	19.44	18.77	18.15	17.59	17.19	16.89	16.66	16.51	16.43
Percent 15-49	55.06	55.02	54.98	54.95	54.91	54.88	54.96	55.06	55.18	55.32	55.48
Percent 15-64	65.69	65.8	65.91	66.03	66.15	66.29	66.53	66.81	67.11	67.44	67.8
Percent 65 and over	5.9	5.94	5.99	6.05	6.12	6.2	6.29	6.4	6.52	6.65	6.79
Percent females 15-49	56.5	56.38	56.26	56.13	56	55.87	55.83	55.81	55.79	55.79	55.79
Sex ratio	94.19	94.21	94.24	94.26	94.28	94.31	94.33	94.34	94.36	94.37	94.38
Dependency ratio	0.52	0.52	0.52	0.51	0.51	0.51	0.5	0.5	0.49	0.48	0.48
Median age	25	26	26	27	27	27	28	28	29	29	30
Urban population	6902867	7197684	7499899	7809177	8125202	8447623	8776009	9110015	9449402	9793908	10143254
Rural population	23475188	23554461	23617015	23662036	23688959	23697298	23686509	23656468	23607459	23539784	23453778
Percent urban	22.72	23.41	24.1	24.81	25.54	26.28	27.03	27.8	28.59	29.38	30.19
Percent rural	77.28	76.59	75.9	75.19	74.46	73.72	72.97	72.2	71.41	70.62	69.81

Table 4 : Population projection by age and sex for Nepal, 2011 - 2031 (medium variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	26,494,504	12,849,041	13,645,463	28,431,494	13,784,009	14,647,486	30,378,055	14,734,201	15,643,853
00-04 Yrs.	2,698,565	1,380,177	1,318,388	2,950,167	1,525,630	1,424,537	3,034,615	1,575,174	1,459,441
05-09 Yrs.	3,074,257	1,569,956	1,504,301	2,674,278	1,368,495	1,305,783	2,929,396	1,515,051	1,414,346
10-14 Yrs.	3,341,426	1,697,057	1,644,369	3,062,865	1,564,080	1,498,784	2,666,176	1,364,270	1,301,906
15-19 Yrs.	3,065,978	1,510,764	1,555,214	3,317,315	1,680,525	1,636,790	3,042,838	1,549,116	1,493,723
20-24 Yrs.	2,392,279	1,070,091	1,322,188	3,021,919	1,476,611	1,545,309	3,273,395	1,646,148	1,627,247
25-29 Yrs.	2,045,146	891,133	1,154,013	2,340,931	1,033,222	1,307,709	2,968,344	1,437,092	1,531,252
30-34 Yrs.	1,780,599	797,106	983,493	1,998,816	860,512	1,138,303	2,295,206	1,002,200	1,293,007
35-39 Yrs.	1,559,025	713,671	845,354	1,740,784	771,970	968,815	1,959,793	835,668	1,124,125
40-44 Yrs.	1,373,341	655,556	717,785	1,521,989	691,192	830,797	1,704,217	749,759	954,458
45-49 Yrs.	1,185,739	579,835	605,904	1,334,086	632,128	701,958	1,482,726	668,244	814,481
50-54 Yrs.	985,214	495,281	489,933	1,140,179	552,834	587,346	1,287,085	604,753	682,332
55-59 Yrs.	838,525	423,475	415,050	930,950	462,675	468,275	1,082,006	518,686	563,320
60-64 Yrs.	716,002	353,432	362,570	770,098	382,738	387,360	859,487	420,366	439,121
65-69 Yrs.	595,274	292,801	302,473	627,821	303,255	324,567	679,539	330,597	348,942
70-74 Yrs.	478,238	235,919	242,319	482,949	231,131	251,818	514,018	241,518	272,499
75-79 Yrs.	191,617	97,909	93,708	339,914	162,123	177,791	346,493	160,174	186,318
80+ Yrs.	173,279	84,878	88,401	176,432	84,889	91,543	252,721	115,385	137,335

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Table 4 : population projection by age and sex for Nepal, 2011 - 2031 (medium variant)

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	32,144,921	15,601,443	16,543,478	33,597,032	16,313,189	17,283,844
00-04 Yrs.	2,905,831	1,514,591	1,391,240	2,632,885	1,378,013	1,254,872
05-09 Yrs.	3,017,353	1,566,220	1,451,132	2,893,116	1,507,945	1,385,172
10-14 Yrs.	2,921,917	1,511,015	1,410,902	3,011,074	1,562,734	1,448,340
15-19 Yrs.	2,649,430	1,351,036	1,298,395	2,906,027	1,498,024	1,408,003
20-24 Yrs.	3,003,253	1,516,949	1,486,304	2,614,336	1,321,296	1,293,040
25-29 Yrs.	3,221,407	1,606,795	1,614,613	2,956,350	1,480,105	1,476,245
30-34 Yrs.	2,920,849	1,403,917	1,516,932	3,176,000	1,574,004	1,601,996
35-39 Yrs.	2,256,514	977,126	1,279,388	2,880,616	1,376,740	1,503,876
40-44 Yrs.	1,923,768	813,877	1,109,891	2,220,991	955,115	1,265,876
45-49 Yrs.	1,665,091	727,067	938,025	1,885,055	791,601	1,093,455
50-54 Yrs.	1,435,540	641,416	794,123	1,617,678	700,312	917,366
55-59 Yrs.	1,226,752	569,749	657,003	1,374,402	606,719	767,683
60-64 Yrs.	1,004,940	473,782	531,158	1,145,955	523,080	622,876
65-69 Yrs.	764,292	365,578	398,714	900,809	414,819	485,990
70-74 Yrs.	561,693	265,602	296,090	638,335	296,264	342,071
75-79 Yrs.	374,054	169,440	204,614	414,140	188,513	225,627
80+ Yrs.	292,237	127,285	164,952	329,263	137,905	191,359

LOW VARIANT

Table 5 : Summary of population projection (low variant)

Summary indicators	2011	2016	2021	2026	2031
Fertility					
Input TFR	2.48	2.26	2.04	1.82	1.60
Calculated TFR	2.48	2.26	2.04	1.82	1.60
GRR	1.20	1.09	0.98	0.87	0.76
NRR	1.10	1.02	0.93	0.83	0.73
Mean age of childbearing	26.2	26.3	26.5	26.7	26.9
Child-woman ratio	0.37	0.36	0.33	0.29	0.25
Fertility table: Custom					
Mortality					
Male life expectation at birth	65.4	66.5	67.6	68.7	69.8
Female life expectation at birth	68.0	69.5	70.9	72.4	73.9
Total life expectation at birth	66.8	68.0	69.3	70.6	71.9
IMR	41.6	36.3	31.6	27.1	22.5
U5MR	52.9	45	38.6	32.6	26.7
Life table: Coale-Demeny West					
Immigration					
Male	-24,377	-24,377	-24,377	-24,377	-24,377
Female	-3,451	-3,451	-3,451	-3,451	-3,451
Total	-27,828	-27,828	-27,828	-27,828	-27,828
Vital rates					
CBR per 1000	22.4	21.6	19.7	16.8	13.9
CDR per 1000	7.4	7.2	7.1	6.9	6.7
Rate of natural increase percent	1.51	1.44	1.26	0.99	0.71
GR percent	1.41	1.34	1.17	0.91	0.63
Doubling time	49.7	52.1	59.6	76.9	110.8
Annual births and deaths					
Births	594,748	613,429	596,189	534,381	457,439
Deaths	194,077	205,049	214,926	218,370	222,540

Summary indicators	2011	2016	2021	2026	2031
Population					
Total	26,494,504	28,393,529	30,229,966	31,812,223	33,010,587
Male	12,849,041	13,764,372	14,657,425	15,428,518	16,007,612
Female	13,645,463	14,629,157	15,572,541	16,383,705	17,002,976
Percent 0-4	10.19	10.26	9.67	8.55	7.20
Percent 5-14	24.22	20.21	18.39	18.21	17.00
Percent 15-24	20.60	22.33	20.89	17.77	16.61
Percent 15-49	50.58	53.8	55.33	55.45	56.35
Percent 15-64	60.17	63.81	66.01	66.98	68.89
Percent 65 and over	5.43	5.73	5.93	6.26	6.91
Percent females 15-49	52.65	55.57	56.76	56.42	56.6
Sex ratio	94.16	94.09	94.12	94.17	94.15
Dependency ratio	0.66	0.57	0.51	0.49	0.45
Median age	22	24	26	28	30
Urban population	4,523,821	5,545,480	6,870,074	8,362,343	9,970,335
Rural population	21,970,683	22,848,049	23,359,892	23,449,879	23,040,253
Percent urban	17.07	19.53	22.73	26.29	30.20
Percent rural	82.93	80.47	77.27	73.71	69.80

Table 6 : Population projection by age and sex for Nepal, 2011 - 2031 (low variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	26,494,504	12,849,041	13,645,463	28,393,529	13,764,372	14,629,157	30,229,966	14,657,425	15,572,541
00-04 Yrs.	2,698,565	1,380,177	1,318,388	2,912,201	1,505,993	1,406,208	2,924,150	1,517,844	1,406,306
05-09 Yrs.	3,074,257	1,569,956	1,504,301	2,674,278	1,368,495	1,305,783	2,891,773	1,495,606	1,396,167
10-14 Yrs.	3,341,426	1,697,057	1,644,369	3,062,865	1,564,080	1,498,784	2,666,176	1,364,270	1,301,906
15-19 Yrs.	3,065,978	1,510,764	1,555,214	3,317,315	1,680,525	1,636,790	3,042,838	1,549,116	1,493,723
20-24 Yrs.	2,392,279	1,070,091	1,322,188	3,021,919	1,476,611	1,545,309	3,273,395	1,646,148	1,627,247
25-29 Yrs.	2,045,146	891,133	1,154,013	2,340,931	1,033,222	1,307,709	2,968,344	1,437,092	1,531,252
30-34 Yrs.	1,780,599	797,106	983,493	1,998,816	860,512	1,138,303	2,295,206	1,002,200	1,293,007
35-39 Yrs.	1,559,025	713,671	845,354	1,740,784	771,970	968,815	1,959,793	835,668	1,124,125
40-44 Yrs.	1,373,341	655,556	717,785	1,521,989	691,192	830,797	1,704,217	749,759	954,458
45-49 Yrs.	1,185,739	579,835	605,904	1,334,086	632,128	701,958	1,482,726	668,244	814,481
50-54 Yrs.	985,214	495,281	489,933	1,140,179	552,834	587,346	1,287,085	604,753	682,332
55-59 Yrs.	838,525	423,475	415,050	930,950	462,675	468,275	1,082,006	518,686	563,320
60-64 Yrs.	716,002	353,432	362,570	770,098	382,738	387,360	859,487	420,366	439,121
65-69 Yrs.	595,274	292,801	302,473	627,821	303,255	324,567	679,539	330,597	348,942
70-74 Yrs.	478,238	235,919	242,319	482,949	231,131	251,818	514,018	241,518	272,499
75-79 Yrs.	191,617	97,909	93,708	339,914	162,123	177,791	346,493	160,174	186,318
80+ Yrs.	173,279	84,878	88,401	176,432	84,889	91,543	252,721	115,385	137,335

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Table 6 : Population projection by age and sex for Nepal, 2011 - 2031 (low variant)

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	31,812,223	15,428,518	16,383,705	33,010,587	16,007,612	17,002,976
00-04 Yrs.	2,720,406	1,417,968	1,302,438	2,377,887	1,244,597	1,133,290
05-09 Yrs.	2,907,607	1,509,306	1,398,301	2,708,607	1,411,875	1,296,732
10-14 Yrs.	2,884,389	1,491,626	1,392,763	2,901,563	1,505,966	1,395,597
15-19 Yrs.	2,649,430	1,351,036	1,298,395	2,868,601	1,478,701	1,389,900
20-24 Yrs.	3,003,253	1,516,949	1,486,304	2,614,336	1,321,296	1,293,040
25-29 Yrs.	3,221,407	1,606,795	1,614,613	2,956,350	1,480,105	1,476,245
30-34 Yrs.	2,920,849	1,403,917	1,516,932	3,176,000	1,574,004	1,601,996
35-39 Yrs.	2,256,514	977,126	1,279,388	2,880,616	1,376,740	1,503,876
40-44 Yrs.	1,923,768	813,877	1,109,891	2,220,991	955,115	1,265,876
45-49 Yrs.	1,665,091	727,067	938,025	1,885,055	791,601	1,093,455
50-54 Yrs.	1,435,540	641,416	794,123	1,617,678	700,312	917,366
55-59 Yrs.	1,226,752	569,749	657,003	1,374,402	606,719	767,683
60-64 Yrs.	1,004,940	473,782	531,158	1,145,955	523,080	622,876
65-69 Yrs.	764,292	365,578	398,714	900,809	414,819	485,990
70-74 Yrs.	561,693	265,602	296,090	638,335	296,264	342,071
75-79 Yrs.	374,054	169,440	204,614	414,140	188,513	225,627
80+ Yrs.	292,237	127,285	164,952	329,263	137,905	191,359

URBAN POPULATION PROJECTION

Table 7 : Urban population projection by age and sex, 2011 - 2031 (medium variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	4,523,821	2,306,050	2,217,771	5,552,712	2,825,721	2,726,992	6,902,867	3,507,822	3,395,045
00-04 Yrs.	331,778	174,275	157,503	413,715	219,165	194,549	496,525	263,084	233,441
05-09 Yrs.	426,443	225,941	200,502	421,855	223,375	198,480	537,334	286,350	250,984
10-14 Yrs.	507,539	269,287	238,252	527,915	280,766	247,149	532,588	282,619	249,970
15-19 Yrs.	520,794	271,036	249,758	638,188	339,844	298,344	675,716	359,831	315,884
20-24 Yrs.	511,683	254,351	257,332	731,018	391,666	339,352	906,552	495,117	411,435
25-29 Yrs.	461,120	226,409	234,711	591,770	292,122	299,648	862,292	459,097	403,195
30-34 Yrs.	379,104	185,494	193,610	476,400	223,656	252,744	626,076	295,690	330,386
35-39 Yrs.	318,080	157,395	160,685	398,498	190,551	207,947	512,865	234,779	278,086
40-44 Yrs.	258,892	133,509	125,383	322,322	158,009	164,313	414,126	195,810	218,316
45-49 Yrs.	209,949	109,718	100,231	266,286	134,600	131,686	340,159	163,080	177,080
50-54 Yrs.	161,106	84,094	77,012	210,833	105,983	104,850	274,886	133,457	141,429
55-59 Yrs.	128,246	66,218	62,028	161,462	81,878	79,584	217,340	105,983	111,356
60-64 Yrs.	100,009	49,849	50,160	122,317	61,257	61,060	158,672	77,955	80,718
65-69 Yrs.	81,927	39,665	42,262	98,321	46,662	51,658	123,760	59,017	64,743
70-74 Yrs.	68,231	31,989	36,242	78,426	35,597	42,829	97,060	43,153	53,907
75-79 Yrs.	29,215	13,686	15,529	59,132	25,721	33,411	70,028	29,453	40,575
80+ Yrs.	29,705	13,134	16,571	34,256	14,870	19,386	56,886	23,346	33,539

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Table 7 : Urban population projection by age and sex, 2011 - 2031 (medium variant)

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	8,447,623	4,286,688	4,160,935	10,143,254	5,137,586	5,005,668
00-04 Yrs.	555,745	295,043	260,702	587,841	313,068	274,773
05-09 Yrs.	644,258	343,673	300,586	717,809	383,909	333,901
10-14 Yrs.	677,289	362,031	315,258	807,939	432,598	375,342
15-19 Yrs.	679,329	361,070	318,258	858,403	459,907	398,497
20-24 Yrs.	949,506	517,606	431,900	939,921	510,093	429,828
25-29 Yrs.	1,067,684	580,115	487,569	1,110,941	602,163	508,778
30-34 Yrs.	915,681	470,459	445,222	1,135,069	597,515	537,554
35-39 Yrs.	676,850	312,700	364,150	990,906	500,648	490,258
40-44 Yrs.	536,315	243,103	293,212	710,236	325,607	384,629
45-49 Yrs.	439,748	203,653	236,094	571,382	254,036	317,346
50-54 Yrs.	354,203	163,252	190,951	460,239	205,297	254,942
55-59 Yrs.	285,691	134,725	150,966	370,187	165,866	204,321
60-64 Yrs.	215,896	102,080	113,816	285,964	130,870	155,093
65-69 Yrs.	162,141	75,934	86,207	222,267	100,215	122,052
70-74 Yrs.	123,298	55,215	68,083	162,735	71,631	91,104
75-79 Yrs.	87,793	36,211	51,581	112,380	46,799	65,580
80+ Yrs.	76,196	29,817	46,379	99,033	37,365	61,667

DEVELOPMENT REGIONS

Table 8 : Population projection by age and sex of Eastern Development Region, 2011 - 2031 (medium variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	5,811,555	2,790,483	3,021,072	6,121,394	2,921,397	3,199,997	6,416,027	3,043,333	3,372,694
00 - 04 Yrs.	537,540	274,014	263,526	634,559	323,343	311,216	639,991	325,348	314,643
05 - 09 Yrs.	686,865	348,561	338,304	575,314	290,042	285,272	617,855	312,931	304,924
10 - 14 Yrs.	744,583	377,010	367,573	658,927	331,494	327,433	562,469	281,789	280,680
15 - 19 Yrs.	640,554	313,553	327,001	713,756	356,171	357,585	642,003	319,968	322,035
20 - 24 Yrs.	492,142	208,219	283,923	650,551	312,951	337,600	690,834	340,011	350,823
25 - 29 Yrs.	444,037	186,724	257,313	504,674	218,982	285,692	626,957	296,832	330,125
30 - 34 Yrs.	376,773	162,563	214,210	431,058	182,378	248,680	485,763	207,002	278,761
35 - 39 Yrs.	356,622	162,022	194,600	375,269	163,612	211,657	414,959	172,608	242,351
40 - 44 Yrs.	317,646	150,137	167,509	327,993	146,491	181,502	360,638	154,862	205,776
45 - 49 Yrs.	277,516	135,557	141,959	287,332	133,976	153,356	313,620	138,024	175,596
50 - 54 Yrs.	243,653	122,429	121,224	245,482	117,167	128,315	272,017	124,912	147,105
55 - 59 Yrs.	199,109	101,223	97,886	200,363	98,060	102,303	228,582	107,135	121,447
60 - 64 Yrs.	175,608	87,576	88,032	165,744	81,119	84,625	181,496	86,825	94,671
65 - 69 Yrs.	125,404	63,687	61,717	135,181	64,273	70,908	143,515	68,286	75,229
70 - 74 Yrs.	89,030	45,738	43,292	103,998	48,986	55,012	108,635	49,885	58,750
75 - 79 Yrs.	54,565	27,383	27,182	73,200	34,359	38,841	73,253	33,082	40,171
80+ Yrs.	49,908	24,087	25,821	37,993	17,993	20,000	53,440	23,833	29,607

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**Table 8 : Population projection by age and sex of Eastern Development Region,
2011 - 2031 (medium variant).**

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	6,725,525	3,171,093	3,554,432	6,960,600	3,259,217	3,701,383
00 - 04 Yrs.	606,767	307,851	298,916	544,009	275,290	268,719
05 - 09 Yrs.	630,126	318,345	311,781	597,903	301,269	296,634
10 - 14 Yrs.	610,263	307,125	303,138	622,360	312,205	310,155
15 - 19 Yrs.	553,574	274,607	278,967	600,780	299,267	301,513
20 - 24 Yrs.	627,668	308,329	319,339	540,854	263,962	276,892
25 - 29 Yrs.	673,497	326,590	346,907	611,868	295,727	316,141
30 - 34 Yrs.	611,273	285,356	325,917	657,578	314,497	343,081
35 - 39 Yrs.	473,490	198,609	274,881	597,151	275,080	322,071
40 - 44 Yrs.	403,887	165,422	238,465	461,930	190,830	271,100
45 - 49 Yrs.	349,321	147,782	201,539	392,334	158,157	234,177
50 - 54 Yrs.	300,996	130,374	170,622	336,380	139,918	196,462
55 - 59 Yrs.	256,962	115,804	141,158	285,631	121,221	164,410
60 - 64 Yrs.	210,419	96,299	114,120	237,901	104,508	133,393
65 - 69 Yrs.	159,969	74,305	85,664	186,960	82,880	104,080
70 - 74 Yrs.	117,605	53,988	63,617	132,449	59,194	73,255
75 - 79 Yrs.	78,402	34,439	43,963	85,980	37,662	48,318
80+ Yrs.	61,306	25,868	35,438	68,532	27,550	40,982

Table 9 : Population projection by age and sex of Central Development Region, 2011 - 2031 (medium variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	9,656,985	4,841,624	4,815,361	10,543,221	5,307,421	5,235,800	11,460,353	5,798,689	5,661,664
00 - 04 Yrs.	873,030	447,458	425,572	1,096,637	587,430	509,207	1,148,104	619,916	528,188
05 - 09 Yrs.	1,121,879	575,745	546,134	993,686	526,929	466,757	1,108,118	596,254	511,864
10 - 14 Yrs.	1,207,635	619,241	588,394	1,137,978	602,234	535,744	1,008,088	536,913	471,175
15 - 19 Yrs.	1,035,685	535,164	500,521	1,232,152	647,073	585,079	1,150,248	609,657	540,591
20 - 24 Yrs.	905,857	435,954	469,903	1,120,932	568,556	552,376	1,236,765	647,849	588,916
25 - 29 Yrs.	812,499	385,227	427,272	865,281	397,836	467,445	1,119,750	565,573	554,177
30 - 34 Yrs.	691,122	326,931	364,191	738,222	331,333	406,889	862,374	394,422	467,952
35 - 39 Yrs.	629,489	307,232	322,257	643,542	297,237	346,305	735,712	328,878	406,834
40 - 44 Yrs.	534,980	269,917	265,063	563,113	266,139	296,974	640,494	295,069	345,425
45 - 49 Yrs.	437,204	223,791	213,413	494,314	243,398	250,916	557,758	262,991	294,767
50 - 54 Yrs.	362,277	188,851	173,426	422,812	212,864	209,948	484,943	238,002	246,941
55 - 59 Yrs.	285,167	146,816	138,351	345,536	178,150	167,386	408,002	204,130	203,872
60 - 64 Yrs.	258,874	129,787	129,087	285,831	147,368	138,463	324,360	165,437	158,923
65 - 69 Yrs.	197,074	99,599	97,475	232,783	116,766	116,017	256,389	130,106	126,283
70 - 74 Yrs.	141,869	71,785	70,084	179,009	88,997	90,012	193,668	95,048	98,620
75 - 79 Yrs.	85,477	42,012	43,465	125,973	62,422	63,551	130,471	63,040	67,431
80+ Yrs.	76,867	36,114	40,753	65,407	32,683	32,724	95,112	45,411	49,701

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**Table 9 : Population projection by age and sex of Central Development Region,
2011 - 2031 (medium variant)**

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	12,250,553	6,233,722	6,016,831	12,936,854	6,621,400	6,315,454
00 - 04 Yrs.	1,111,160	605,170	505,990	1,017,789	559,284	458,505
05 - 09 Yrs.	1,153,573	625,799	527,774	1,118,184	612,054	506,130
10 - 14 Yrs.	1,116,883	603,741	513,142	1,163,472	634,271	529,201
15 - 19 Yrs.	1,012,044	539,821	472,223	1,122,441	607,989	514,452
20 - 24 Yrs.	1,146,680	606,114	540,566	1,008,704	536,262	472,442
25 - 29 Yrs.	1,229,248	642,013	587,235	1,140,201	600,789	539,412
30 - 34 Yrs.	1,112,658	560,951	551,707	1,224,311	638,932	585,379
35 - 39 Yrs.	855,735	390,421	465,314	1,108,385	558,853	549,532
40 - 44 Yrs.	728,855	325,192	403,663	850,253	387,689	462,564
45 - 49 Yrs.	631,666	290,507	341,159	720,871	321,309	399,562
50 - 54 Yrs.	545,106	256,281	288,825	619,468	284,254	335,214
55 - 59 Yrs.	466,598	227,650	238,948	526,790	246,270	280,520
60 - 64 Yrs.	382,491	189,307	193,184	439,926	212,321	227,605
65 - 69 Yrs.	291,083	146,073	145,010	345,962	168,377	177,585
70 - 74 Yrs.	213,813	106,124	107,689	245,248	120,251	124,997
75 - 79 Yrs.	142,116	67,702	74,414	158,961	76,515	82,446
80+ Yrs.	110,851	50,857	59,994	125,910	55,981	69,929

Table 10 : Population projection by age and sex of Western Development Region, 2011 - 2031 (medium variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	4,926,765	2,292,597	2,634,168	5,162,077	2,399,035	2,763,042	5,381,646	2,499,836	2,881,810
00 - 04 Yrs.	452,045	233,686	218,359	534,248	265,528	268,720	536,097	267,248	268,849
05 - 09 Yrs.	569,747	291,547	278,200	484,495	238,177	246,318	517,589	257,046	260,543
10 - 14 Yrs.	656,303	331,362	324,941	554,945	272,224	282,721	471,296	231,466	239,830
15 - 19 Yrs.	569,474	271,801	297,673	601,250	292,489	308,761	537,988	262,824	275,164
20 - 24 Yrs.	426,946	171,824	255,122	548,501	256,999	291,502	579,052	279,291	299,761
25 - 29 Yrs.	366,784	144,082	222,702	426,507	179,826	246,681	525,897	243,821	282,076
30 - 34 Yrs.	300,527	119,347	181,180	364,495	149,768	214,727	408,222	170,033	238,189
35 - 39 Yrs.	278,301	115,119	163,182	317,109	134,356	182,753	348,859	141,781	207,078
40 - 44 Yrs.	247,335	106,657	140,678	277,014	120,297	156,717	303,025	127,204	175,821
45 - 49 Yrs.	218,643	98,965	119,678	242,432	110,018	132,414	263,416	113,376	150,040
50 - 54 Yrs.	200,886	95,432	105,454	207,011	96,216	110,795	228,301	102,605	125,696
55 - 59 Yrs.	168,447	81,465	86,982	168,860	80,526	88,334	191,773	88,000	103,773
60 - 64 Yrs.	156,633	74,018	82,615	139,686	66,614	73,072	152,212	71,320	80,892
65 - 69 Yrs.	117,948	58,510	59,438	114,004	52,779	61,225	120,368	56,089	64,279
70 - 74 Yrs.	87,864	44,708	43,156	87,726	40,227	47,499	91,174	40,976	50,198
75 - 79 Yrs.	55,920	28,319	27,601	61,754	28,218	33,536	61,498	27,176	34,322
80+ Yrs.	52,962	25,755	27,207	32,040	14,773	17,267	44,879	19,580	25,299

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**Table 10 : Population projection by age and sex of Western Development Region,
2011 - 2031 (medium variant)**

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	5,584,722	2,592,782	2,991,940	5,721,655	2,654,009	3,067,646
00 - 04 Yrs.	503,318	251,708	251,610	447,056	224,281	222,775
05 - 09 Yrs.	522,729	260,287	262,442	491,215	245,350	245,865
10 - 14 Yrs.	506,279	251,113	255,166	511,399	254,301	257,098
15 - 19 Yrs.	459,345	224,527	234,818	493,781	243,815	249,966
20 - 24 Yrs.	520,903	252,099	268,804	444,611	215,050	229,561
25 - 29 Yrs.	559,040	267,032	292,008	502,768	240,748	262,020
30 - 34 Yrs.	507,657	233,316	274,341	540,264	255,961	284,303
35 - 39 Yrs.	393,771	162,388	231,383	490,762	223,889	266,873
40 - 44 Yrs.	335,980	135,255	200,725	379,999	155,360	224,639
45 - 49 Yrs.	290,478	120,831	169,647	322,821	128,777	194,044
50 - 54 Yrs.	250,220	106,597	143,623	276,720	113,925	162,795
55 - 59 Yrs.	213,507	94,687	118,820	234,926	98,699	136,227
60 - 64 Yrs.	174,796	78,737	96,059	195,614	85,085	110,529
65 - 69 Yrs.	132,864	60,755	72,109	153,716	67,473	86,243
70 - 74 Yrs.	97,689	44,139	53,550	108,905	48,195	60,710
75 - 79 Yrs.	65,160	28,157	37,003	70,715	30,671	40,044
80+ Yrs.	50,986	21,154	29,832	56,383	22,429	33,954

Table 11 : Population projection by age and sex of Mid-Western Development Region, 2011 - 2031 (medium variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	3,546,682	1,706,450	1,840,232	3,843,855	1,844,575	1,999,280	4,147,155	1,985,919	2,161,236
00 - 04 Yrs.	408,743	207,973	200,770	398,599	204,160	194,439	413,928	212,304	201,624
05 - 09 Yrs.	480,141	242,763	237,378	361,359	183,130	178,229	399,597	204,203	195,394
10 - 14 Yrs.	500,900	252,038	248,862	413,877	209,303	204,574	363,741	183,882	179,859
15 - 19 Yrs.	400,352	187,600	212,752	448,295	224,887	223,408	415,157	208,794	206,363
20 - 24 Yrs.	312,422	134,069	178,353	408,525	197,601	210,924	446,679	221,871	224,808
25 - 29 Yrs.	267,236	117,509	149,727	316,761	138,266	178,495	405,237	193,692	211,545
30 - 34 Yrs.	214,311	94,867	119,444	270,523	115,152	155,371	313,718	135,084	178,634
35 - 39 Yrs.	199,197	91,971	107,226	235,545	103,308	132,237	267,937	112,635	155,302
40 - 44 Yrs.	169,675	80,074	89,601	205,897	92,496	113,401	232,917	101,056	131,861
45 - 49 Yrs.	141,605	69,889	71,716	180,404	84,591	95,813	202,590	90,066	112,524
50 - 54 Yrs.	118,475	60,051	58,424	154,149	73,981	80,168	175,777	81,512	94,265
55 - 59 Yrs.	97,984	50,076	47,908	125,830	61,914	63,916	147,731	69,908	77,823
60 - 64 Yrs.	95,194	45,750	49,444	104,087	51,217	52,870	117,325	56,660	60,665
65 - 69 Yrs.	63,572	32,367	31,205	84,887	40,585	44,302	92,771	44,561	48,210
70 - 74 Yrs.	39,874	20,516	19,358	65,300	30,929	34,371	70,200	32,553	37,647
75 - 79 Yrs.	20,300	10,693	9,607	45,964	21,695	24,269	47,325	21,587	25,738
80+ Yrs.	16,701	8,244	8,457	23,853	11,360	12,493	34,525	15,551	18,974

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**Table 11 : Population projection by age and sex of Mid-Western Development Region,
2011 - 2031 (medium variant)**

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	4,417,491	2,111,970	2,305,521	4,647,115	2,217,234	2,429,881
00 - 04 Yrs.	398,913	205,028	193,885	363,690	187,280	176,410
05 - 09 Yrs.	414,249	212,019	202,230	399,685	204,954	194,731
10 - 14 Yrs.	401,171	204,547	196,624	416,004	212,390	203,614
15 - 19 Yrs.	363,837	182,892	180,945	401,526	203,591	197,935
20 - 24 Yrs.	412,479	205,347	207,132	361,346	179,573	181,773
25 - 29 Yrs.	442,529	217,514	225,015	408,717	201,176	207,541
30 - 34 Yrs.	401,448	190,048	211,400	439,177	213,952	225,225
35 - 39 Yrs.	310,570	132,274	178,296	398,570	187,139	211,431
40 - 44 Yrs.	264,849	110,175	154,674	307,789	129,819	177,970
45 - 49 Yrs.	229,147	98,421	130,726	261,322	107,593	153,729
50 - 54 Yrs.	197,498	86,828	110,670	224,161	95,188	128,973
55 - 59 Yrs.	168,689	77,127	91,562	190,397	82,463	107,934
60 - 64 Yrs.	138,159	64,134	74,025	158,670	71,097	87,573
65 - 69 Yrs.	105,053	49,491	55,562	124,710	56,384	68,326
70 - 74 Yrs.	77,221	35,955	41,266	88,362	40,271	48,091
75 - 79 Yrs.	51,458	22,938	28,520	57,343	25,621	31,722
80+ Yrs.	40,221	17,232	22,989	45,646	18,743	26,903

Table 12 : Population projection by age and sex of Far-Western Development Region, 2011 - 2031 (medium variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	2,552,517	1,217,887	1,334,630	2,760,947	1,311,580	1,449,367	2,972,873	1,406,424	1,566,449
00 - 04 Yrs.	296,605	151,826	144,779	286,124	145,168	140,956	296,492	150,357	146,135
05 - 09 Yrs.	346,227	176,560	169,667	259,421	130,215	129,206	286,237	144,616	141,621
10 - 14 Yrs.	366,003	184,979	181,024	297,129	148,824	148,305	260,587	130,225	130,362
15 - 19 Yrs.	285,915	135,073	150,842	321,865	159,906	161,959	297,435	147,866	149,569
20 - 24 Yrs.	220,704	93,915	126,789	293,412	140,504	152,908	320,069	157,130	162,939
25 - 29 Yrs.	188,798	83,701	105,097	227,714	98,315	129,399	290,501	137,174	153,327
30 - 34 Yrs.	152,572	66,869	85,703	194,516	81,881	112,635	225,132	95,662	129,470
35 - 39 Yrs.	140,710	63,856	76,854	169,319	73,455	95,864	192,326	79,767	112,559
40 - 44 Yrs.	116,485	53,505	62,980	147,976	65,769	82,207	167,140	71,567	95,573
45 - 49 Yrs.	97,991	46,899	51,092	129,606	60,147	69,459	145,342	63,785	81,557
50 - 54 Yrs.	80,185	39,101	41,084	110,720	52,603	58,117	126,050	57,727	68,323
55 - 59 Yrs.	67,556	33,312	34,244	90,364	44,027	46,337	105,916	49,510	56,406
60 - 64 Yrs.	70,518	31,320	39,198	74,747	36,417	38,330	84,096	40,124	43,972
65 - 69 Yrs.	50,451	23,619	26,832	60,969	28,854	32,115	66,498	31,556	34,942
70 - 74 Yrs.	36,516	16,863	19,653	46,911	21,992	24,919	50,343	23,056	27,287
75 - 79 Yrs.	18,873	8,951	9,922	33,019	15,426	17,593	33,947	15,291	18,656
80+ Yrs.	16,408	7,538	8,870	17,135	8,077	9,058	24,762	11,011	13,751

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Table 12 : Population projection by age and sex of Far-Western Development Region, 2011 - 2031 (medium variant).

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	3,166,630	1,491,876	1,674,754	3,330,809	1,561,329	1,769,480
00 - 04 Yrs.	285,672	144,832	140,840	260,339	131,877	128,462
05 - 09 Yrs.	296,672	149,769	146,903	286,133	144,322	141,811
10 - 14 Yrs.	287,320	144,491	142,829	297,839	149,565	148,274
15 - 19 Yrs.	260,635	129,192	131,443	287,503	143,364	144,139
20 - 24 Yrs.	295,522	145,057	150,465	258,822	126,451	132,371
25 - 29 Yrs.	317,101	153,647	163,454	292,800	141,666	151,134
30 - 34 Yrs.	287,813	134,250	153,563	314,672	150,659	164,013
35 - 39 Yrs.	222,955	93,438	129,517	285,749	131,779	153,970
40 - 44 Yrs.	190,184	77,826	112,358	221,017	91,416	129,601
45 - 49 Yrs.	164,484	69,525	94,959	187,713	75,765	111,948
50 - 54 Yrs.	141,725	61,334	80,391	160,946	67,026	93,920
55 - 59 Yrs.	120,993	54,482	66,511	136,667	58,070	78,597
60 - 64 Yrs.	99,076	45,305	53,771	113,839	50,066	63,773
65 - 69 Yrs.	75,323	34,959	40,364	89,460	39,704	49,756
70 - 74 Yrs.	55,370	25,398	29,972	63,374	28,355	35,019
75 - 79 Yrs.	36,917	16,202	20,715	41,143	18,043	23,100
80+ Yrs.	28,868	12,169	16,699	32,793	13,201	19,592

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Table 13 : Population projection by age and sex of Mountain, 2011 - 2031 (medium variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	1,781,792	862,592	919,200	1,853,940	900,665	953,275	1,918,935	936,659	982,276
00 - 04 Yrs.	202,139	102,314	99,825	192,396	99,688	92,708	191,771	100,133	91,638
05 - 09 Yrs.	235,253	117,662	117,591	174,400	89,419	84,981	185,119	96,313	88,806
10 - 14 Yrs.	243,663	121,934	121,729	199,743	102,200	97,543	168,474	86,729	81,745
15 - 19 Yrs.	193,154	93,061	100,093	216,330	109,806	106,524	192,268	98,477	93,791
20 - 24 Yrs.	140,318	61,507	78,811	197,055	96,483	100,572	206,823	104,646	102,177
25 - 29 Yrs.	121,146	55,099	66,047	152,620	67,512	85,108	187,501	91,356	96,145
30 - 34 Yrs.	99,749	45,378	54,371	130,312	56,228	74,084	144,894	63,708	81,186
35 - 39 Yrs.	96,114	44,887	51,227	113,494	50,442	63,052	123,705	53,122	70,583
40 - 44 Yrs.	87,657	41,656	46,001	99,231	45,161	54,070	107,594	47,662	59,932
45 - 49 Yrs.	78,363	38,556	39,807	86,989	41,304	45,685	93,623	42,482	51,141
50 - 54 Yrs.	70,348	35,511	34,837	74,344	36,122	38,222	81,291	38,445	42,846
55 - 59 Yrs.	57,049	29,530	27,519	60,707	30,233	30,474	68,343	32,973	35,370
60 - 64 Yrs.	55,793	26,327	29,466	50,220	25,009	25,211	54,299	26,725	27,574
65 - 69 Yrs.	39,140	19,141	19,999	40,940	19,817	21,123	42,929	21,018	21,911
70 - 74 Yrs.	28,706	13,859	14,847	31,490	15,102	16,388	32,462	15,352	17,110
75 - 79 Yrs.	17,641	8,655	8,986	22,162	10,591	11,571	21,879	10,181	11,698
80+ Yrs.	15,559	7,515	8,044	11,507	5,548	5,959	15,960	7,337	8,623

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Table 13 : Population projection by age and sex of Mountain, 2011 - 2031 (medium variant)

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	2,001,472	982,505	1,018,967	2,061,976	1,017,975	1,044,001
00 - 04 Yrs.	181,071	95,380	85,691	161,948	86,090	75,858
05 - 09 Yrs.	188,015	98,635	89,380	177,815	94,125	83,690
10 - 14 Yrs.	182,058	95,157	86,901	185,113	97,583	87,530
15 - 19 Yrs.	165,055	85,083	79,972	178,715	93,593	85,122
20 - 24 Yrs.	187,074	95,528	91,546	160,724	82,547	78,177
25 - 29 Yrs.	200,637	101,186	99,451	181,482	92,302	89,180
30 - 34 Yrs.	181,843	88,410	93,433	194,823	98,093	96,730
35 - 39 Yrs.	140,336	61,535	78,801	176,595	85,807	90,788
40 - 44 Yrs.	119,616	51,255	68,361	135,991	59,568	76,423
45 - 49 Yrs.	103,566	45,788	57,778	115,400	49,387	66,013
50 - 54 Yrs.	89,307	40,394	48,913	99,071	43,690	55,381
55 - 59 Yrs.	76,345	35,880	40,465	84,188	37,845	46,343
60 - 64 Yrs.	62,553	29,836	32,717	70,226	32,626	37,600
65 - 69 Yrs.	47,582	23,026	24,556	55,214	25,874	29,340
70 - 74 Yrs.	34,960	16,724	18,236	39,138	18,482	20,656
75 - 79 Yrs.	23,276	10,671	12,605	25,391	11,767	13,624
80+ Yrs.	18,178	8,017	10,161	20,142	8,596	11,546

Table 14 : Population projection by age and sex of Hill, 2011 - 2031 (medium variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	11,394,007	5,440,067	5,953,940	12,022,644	5,753,218	6,269,426	12,628,116	6,064,267	6,563,849
00 - 04 Yrs.	1,049,323	540,032	509,291	1,246,506	636,774	609,732	1,260,657	648,306	612,351
05 - 09 Yrs.	1,291,431	657,185	634,246	1,130,090	571,188	558,902	1,216,989	623,558	593,431
10 - 14 Yrs.	1,471,390	742,164	729,226	1,294,324	652,819	641,505	1,107,760	561,505	546,255
15 - 19 Yrs.	1,314,790	632,209	682,581	1,402,006	701,425	700,581	1,264,314	637,578	626,736
20 - 24 Yrs.	1,064,882	464,312	600,570	1,277,739	616,315	661,424	1,360,275	677,518	682,757
25 - 29 Yrs.	899,900	389,744	510,156	990,978	431,250	559,728	1,233,960	591,477	642,483
30 - 34 Yrs.	734,635	324,358	410,277	846,378	359,163	487,215	955,004	412,484	542,520
35 - 39 Yrs.	671,988	300,292	371,696	736,884	322,207	414,677	815,602	343,945	471,657
40 - 44 Yrs.	598,367	277,900	320,467	644,094	288,494	355,600	709,055	308,585	400,470
45 - 49 Yrs.	507,139	240,867	266,272	564,291	263,839	300,452	616,775	275,034	341,741
50 - 54 Yrs.	451,830	222,600	229,230	482,139	230,741	251,398	535,200	248,909	286,291
55 - 59 Yrs.	356,967	177,381	179,586	393,543	193,111	200,432	449,839	213,481	236,358
60 - 64 Yrs.	326,564	154,254	172,310	325,543	159,747	165,796	357,262	173,014	184,248
65 - 69 Yrs.	244,155	118,494	125,661	265,493	126,573	138,920	282,476	136,066	146,410
70 - 74 Yrs.	179,320	87,716	91,604	204,251	96,470	107,781	213,742	99,404	114,338
75 - 79 Yrs.	120,185	58,420	61,765	143,766	67,668	76,098	144,102	65,924	78,178
80+ Yrs.	111,141	52,139	59,002	74,606	35,428	39,178	105,107	47,486	57,621

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Table 14 : Population projection by age and sex of Hill, 2011 - 2031 (medium variant)

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	13,216,876	6,369,302	6,847,574	13,662,587	6,608,278	7,054,309
00 - 04 Yrs.	1,194,186	618,332	575,854	1,070,318	558,176	512,142
05 - 09 Yrs.	1,240,051	639,409	600,642	1,176,185	610,842	565,343
10 - 14 Yrs.	1,200,864	616,872	583,992	1,224,134	633,019	591,115
15 - 19 Yrs.	1,088,986	551,560	537,426	1,181,423	606,784	574,639
20 - 24 Yrs.	1,234,499	619,297	615,202	1,062,917	535,200	527,717
25 - 29 Yrs.	1,324,291	655,979	668,312	1,202,117	599,598	602,519
30 - 34 Yrs.	1,201,032	573,154	627,878	1,291,528	637,663	653,865
35 - 39 Yrs.	928,475	398,917	529,558	1,171,569	557,746	613,823
40 - 44 Yrs.	791,659	332,261	459,398	903,594	386,918	516,676
45 - 49 Yrs.	685,088	296,826	388,262	766,978	320,670	446,308
50 - 54 Yrs.	590,564	261,858	328,706	658,129	283,696	374,433
55 - 59 Yrs.	504,545	232,601	271,944	559,119	245,782	313,337
60 - 64 Yrs.	413,276	193,424	219,852	466,129	211,897	254,232
65 - 69 Yrs.	314,279	149,248	165,031	366,401	168,040	198,361
70 - 74 Yrs.	230,991	108,433	122,558	259,637	120,018	139,619
75 - 79 Yrs.	153,862	69,173	84,689	168,454	76,362	92,092
80+ Yrs.	120,235	51,959	68,276	133,977	55,868	78,109

Table 15 : Population projection by age and sex of Terai, 2011 - 2031 (medium variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	13,318,705	6,546,382	6,772,323	14,554,910	7,130,125	7,424,785	15,831,003	7,733,275	8,097,728
00 - 04 Yrs.	1,316,501	672,611	643,890	1,511,265	789,167	722,098	1,582,184	826,734	755,450
05 - 09 Yrs.	1,678,175	860,329	817,846	1,369,785	707,886	661,899	1,527,288	795,179	732,109
10 - 14 Yrs.	1,760,371	900,532	859,839	1,568,789	809,060	759,729	1,389,947	716,041	673,906
15 - 19 Yrs.	1,424,036	717,921	706,115	1,698,982	869,295	829,687	1,586,249	813,054	773,195
20 - 24 Yrs.	1,152,871	518,162	634,709	1,547,127	763,813	783,314	1,706,301	863,988	842,313
25 - 29 Yrs.	1,058,308	472,400	585,908	1,197,339	534,463	662,876	1,546,881	754,259	792,622
30 - 34 Yrs.	900,921	400,841	500,080	1,022,124	445,121	577,003	1,195,311	526,011	669,300
35 - 39 Yrs.	836,217	395,021	441,196	890,406	399,319	491,087	1,020,486	438,602	581,884
40 - 44 Yrs.	700,097	340,734	359,363	778,668	357,537	421,131	887,565	393,511	494,054
45 - 49 Yrs.	587,457	295,678	291,779	682,808	326,987	355,821	772,328	350,726	421,602
50 - 54 Yrs.	483,298	247,753	235,545	583,691	285,968	297,723	670,597	317,404	353,193
55 - 59 Yrs.	404,247	205,981	198,266	476,703	239,333	237,370	563,822	272,229	291,593
60 - 64 Yrs.	374,470	187,870	186,600	394,332	197,979	196,353	447,928	220,627	227,301
65 - 69 Yrs.	271,154	140,147	131,007	321,391	156,867	164,524	354,136	173,514	180,622
70 - 74 Yrs.	187,127	98,035	89,092	247,203	119,559	127,644	267,816	126,762	141,054
75 - 79 Yrs.	97,309	50,283	47,026	173,982	83,861	90,121	180,513	84,071	96,442
80+ Yrs.	86,146	42,084	44,062	90,315	43,910	46,405	131,651	60,563	71,088

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Table 15 : Population projection by age and sex of Terai, 2011 - 2031 (medium variant)

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	16,926,573	8,249,636	8,676,937	17,872,470	8,686,936	9,185,534
00 - 04 Yrs.	1,530,573	800,877	729,696	1,400,617	733,746	666,871
05 - 09 Yrs.	1,589,283	828,175	761,108	1,539,120	802,982	736,138
10 - 14 Yrs.	1,538,994	798,988	740,006	1,601,827	832,130	769,697
15 - 19 Yrs.	1,395,394	714,396	680,998	1,545,893	797,649	748,244
20 - 24 Yrs.	1,581,679	802,121	779,558	1,390,696	703,551	687,145
25 - 29 Yrs.	1,696,487	849,631	846,856	1,572,755	788,206	784,549
30 - 34 Yrs.	1,537,974	742,357	795,617	1,689,651	838,245	851,406
35 - 39 Yrs.	1,187,710	516,678	671,032	1,532,453	733,187	799,266
40 - 44 Yrs.	1,012,480	430,354	582,126	1,181,403	508,628	672,775
45 - 49 Yrs.	876,442	384,452	491,990	1,002,683	421,544	581,139
50 - 54 Yrs.	755,674	339,162	416,512	860,475	372,925	487,550
55 - 59 Yrs.	645,859	301,269	344,590	731,104	323,096	408,008
60 - 64 Yrs.	529,112	250,522	278,590	609,595	278,554	331,041
65 - 69 Yrs.	402,431	193,309	209,122	479,193	220,904	258,289
70 - 74 Yrs.	295,747	140,447	155,300	339,563	157,766	181,797
75 - 79 Yrs.	196,915	89,594	107,321	220,297	100,383	119,914
80+ Yrs.	153,819	67,304	86,515	175,145	73,440	101,705

DISTRICT LEVEL POPULATION PROJECTION

Table 16 : Population projection by age and sex of Districts, 2011 - 2031 (medium variant)

Table 16.1 : Taplejung

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	127,461	60,552	66,909	129,694	61,489	68,205	130,992	62,015	68,977
00 - 04 Yrs.	12,894	6,475	6,419	13,439	6,806	6,633	13,065	6,630	6,435
05 - 09 Yrs.	16,408	8,091	8,317	12,185	6,105	6,080	12,613	6,377	6,236
10 - 14 Yrs.	17,498	8,676	8,822	13,956	6,977	6,979	11,482	5,742	5,740
15 - 19 Yrs.	15,762	7,690	8,072	15,118	7,497	7,621	13,106	6,520	6,586
20 - 24 Yrs.	10,530	4,426	6,104	13,783	6,587	7,196	14,103	6,928	7,175
25 - 29 Yrs.	8,298	3,355	4,943	10,698	4,609	6,089	12,800	6,049	6,751
30 - 34 Yrs.	6,871	2,945	3,926	9,140	3,839	5,301	9,919	4,218	5,701
35 - 39 Yrs.	6,442	2,795	3,647	7,956	3,444	4,512	8,474	3,517	4,957
40 - 44 Yrs.	6,540	3,027	3,513	6,951	3,083	3,868	7,365	3,156	4,209
45 - 49 Yrs.	5,815	2,783	3,032	6,088	2,820	3,268	6,403	2,812	3,591
50 - 54 Yrs.	5,440	2,792	2,648	5,201	2,466	2,735	5,555	2,546	3,009
55 - 59 Yrs.	4,046	2,027	2,019	4,244	2,064	2,180	4,667	2,183	2,484
60 - 64 Yrs.	3,726	1,818	1,908	3,511	1,707	1,804	3,705	1,769	1,936
65 - 69 Yrs.	2,393	1,171	1,222	2,863	1,352	1,511	2,930	1,392	1,538
70 - 74 Yrs.	2,017	1,057	960	2,204	1,031	1,173	2,218	1,016	1,202
75 - 79 Yrs.	1,455	752	703	1,551	723	828	1,496	674	822
80+ Yrs.	1,326	672	654	806	379	427	1,091	486	605

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Table 16.1 : Taplejung

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	134,769	63,769	71,000	136,824	64,684	72,140
00 - 04 Yrs.	12,161	6,190	5,971	10,701	5,464	5,237
05 - 09 Yrs.	12,630	6,402	6,228	11,760	5,979	5,781
10 - 14 Yrs.	12,232	6,176	6,056	12,241	6,196	6,045
15 - 19 Yrs.	11,094	5,522	5,572	11,816	5,939	5,877
20 - 24 Yrs.	12,579	6,200	6,379	10,636	5,239	5,397
25 - 29 Yrs.	13,496	6,567	6,929	12,030	5,869	6,161
30 - 34 Yrs.	12,249	5,738	6,511	12,929	6,242	6,687
35 - 39 Yrs.	9,485	3,994	5,491	11,736	5,459	6,277
40 - 44 Yrs.	8,090	3,327	4,763	9,071	3,787	5,284
45 - 49 Yrs.	6,998	2,972	4,026	7,703	3,139	4,564
50 - 54 Yrs.	6,030	2,622	3,408	6,606	2,777	3,829
55 - 59 Yrs.	5,148	2,329	2,819	5,611	2,406	3,205
60 - 64 Yrs.	4,216	1,936	2,280	4,674	2,074	2,600
65 - 69 Yrs.	3,205	1,494	1,711	3,673	1,645	2,028
70 - 74 Yrs.	2,356	1,086	1,270	2,602	1,175	1,427
75 - 79 Yrs.	1,571	693	878	1,690	748	942
80+ Yrs.	1,229	521	708	1,345	546	799

Table 16.2 : Panchthar

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	191,817	90,186	101,631	195,334	91,263	104,071	197,440	91,689	105,751
00 - 04 Yrs.	17,254	8,700	8,554	20,223	10,101	10,122	19,668	9,802	9,866
05 - 09 Yrs.	23,157	11,610	11,547	18,339	9,061	9,278	18,989	9,428	9,561
10 - 14 Yrs.	26,381	13,177	13,204	21,005	10,356	10,649	17,290	8,489	8,801
15 - 19 Yrs.	24,008	11,369	12,639	22,757	11,127	11,630	19,737	9,640	10,097
20 - 24 Yrs.	16,388	6,508	9,880	20,756	9,777	10,979	21,245	10,244	11,001
25 - 29 Yrs.	13,229	5,480	7,749	16,133	6,841	9,292	19,295	8,943	10,352
30 - 34 Yrs.	10,345	4,264	6,081	13,784	5,697	8,087	14,976	6,236	8,740
35 - 39 Yrs.	9,705	4,087	5,618	11,994	5,111	6,883	12,799	5,200	7,599
40 - 44 Yrs.	9,987	4,405	5,582	10,479	4,576	5,903	11,117	4,665	6,452
45 - 49 Yrs.	9,325	4,403	4,922	9,173	4,185	4,988	9,665	4,159	5,506
50 - 54 Yrs.	8,625	4,302	4,323	7,833	3,660	4,173	8,376	3,764	4,612
55 - 59 Yrs.	6,495	3,283	3,212	6,391	3,064	3,327	7,036	3,228	3,808
60 - 64 Yrs.	5,567	2,748	2,819	5,286	2,534	2,752	5,584	2,616	2,968
65 - 69 Yrs.	4,130	2,107	2,023	4,314	2,008	2,306	4,417	2,058	2,359
70 - 74 Yrs.	3,116	1,606	1,510	3,319	1,530	1,789	3,344	1,502	1,842
75 - 79 Yrs.	2,185	1,150	1,035	2,336	1,073	1,263	2,256	997	1,259
80+ Yrs.	1,920	987	933	1,212	562	650	1,646	718	928

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Table 16.2 : Panchthar

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	203,148	93,810	109,338	206,231	94,630	111,601
00 - 04 Yrs.	18,302	9,107	9,195	16,095	7,993	8,102
05 - 09 Yrs.	19,008	9,418	9,590	17,691	8,747	8,944
10 - 14 Yrs.	18,411	9,086	9,325	18,416	9,065	9,351
15 - 19 Yrs.	16,704	8,123	8,581	17,780	8,689	9,091
20 - 24 Yrs.	18,945	9,122	9,823	16,013	7,664	8,349
25 - 29 Yrs.	20,332	9,661	10,671	18,118	8,586	9,532
30 - 34 Yrs.	18,467	8,442	10,025	19,475	9,131	10,344
35 - 39 Yrs.	14,331	5,876	8,455	17,698	7,987	9,711
40 - 44 Yrs.	12,229	4,893	7,336	13,715	5,541	8,174
45 - 49 Yrs.	10,572	4,372	6,200	11,653	4,592	7,061
50 - 54 Yrs.	9,106	3,857	5,249	9,986	4,063	5,923
55 - 59 Yrs.	7,769	3,426	4,343	8,476	3,519	4,957
60 - 64 Yrs.	6,359	2,848	3,511	7,056	3,034	4,022
65 - 69 Yrs.	4,833	2,198	2,635	5,544	2,406	3,138
70 - 74 Yrs.	3,554	1,597	1,957	3,928	1,719	2,209
75 - 79 Yrs.	2,371	1,019	1,352	2,551	1,094	1,457
80+ Yrs.	1,855	765	1,090	2,036	800	1,236

Table 16.3 : Illam

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	290,254	141,126	149,128	302,791	146,765	156,026	314,201	151,901	162,300
00 - 04 Yrs.	20,494	10,460	10,034	31,418	16,244	15,174	31,380	16,239	15,141
05 - 09 Yrs.	30,265	15,147	15,118	28,481	14,571	13,910	30,293	15,619	14,674
10 - 14 Yrs.	35,125	17,832	17,293	32,619	16,654	15,965	27,572	14,065	13,507
15 - 19 Yrs.	34,481	16,721	17,760	35,328	17,893	17,435	31,468	15,971	15,497
20 - 24 Yrs.	27,226	11,803	15,423	32,183	15,722	16,461	33,853	16,971	16,882
25 - 29 Yrs.	24,005	10,563	13,442	24,930	11,001	13,929	30,702	14,816	15,886
30 - 34 Yrs.	19,741	8,997	10,744	21,287	9,162	12,125	23,747	10,332	13,415
35 - 39 Yrs.	17,701	8,110	9,591	18,539	8,219	10,320	20,277	8,615	11,662
40 - 44 Yrs.	16,895	8,069	8,826	16,210	7,360	8,850	17,632	7,730	9,902
45 - 49 Yrs.	14,807	7,295	7,512	14,209	6,731	7,478	15,339	6,889	8,450
50 - 54 Yrs.	13,961	7,201	6,760	12,143	5,886	6,257	13,314	6,235	7,079
55 - 59 Yrs.	10,856	5,701	5,155	9,914	4,926	4,988	11,192	5,348	5,844
60 - 64 Yrs.	8,670	4,583	4,087	8,202	4,076	4,126	8,889	4,333	4,556
65 - 69 Yrs.	6,188	3,300	2,888	6,686	3,229	3,457	7,028	3,408	3,620
70 - 74 Yrs.	4,204	2,318	1,886	5,143	2,461	2,682	5,317	2,490	2,827
75 - 79 Yrs.	3,078	1,638	1,440	3,620	1,726	1,894	3,584	1,651	1,933
80+ Yrs.	2,557	1,388	1,169	1,879	904	975	2,614	1,189	1,425

Contd...

Table 16.3 : Illam

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	328,016	158,285	169,731	338,131	162,808	175,323
00 - 04 Yrs.	29,640	15,366	14,274	26,479	13,751	12,728
05 - 09 Yrs.	30,778	15,890	14,888	29,100	15,049	14,051
10 - 14 Yrs.	29,806	15,330	14,476	30,286	15,595	14,691
15 - 19 Yrs.	27,028	13,707	13,321	29,232	14,950	14,282
20 - 24 Yrs.	30,639	15,390	15,249	26,301	13,186	13,115
25 - 29 Yrs.	32,868	16,302	16,566	29,747	14,773	14,974
30 - 34 Yrs.	29,807	14,244	15,563	31,960	15,710	16,250
35 - 39 Yrs.	23,040	9,914	13,126	28,996	13,741	15,255
40 - 44 Yrs.	19,644	8,257	11,387	22,374	9,532	12,842
45 - 49 Yrs.	17,001	7,377	9,624	18,993	7,900	11,093
50 - 54 Yrs.	14,654	6,507	8,147	16,295	6,989	9,306
55 - 59 Yrs.	12,522	5,781	6,741	13,844	6,056	7,788
60 - 64 Yrs.	10,256	4,807	5,449	11,539	5,221	6,318
65 - 69 Yrs.	7,800	3,709	4,091	9,070	4,140	4,930
70 - 74 Yrs.	5,732	2,694	3,038	6,427	2,957	3,470
75 - 79 Yrs.	3,818	1,719	2,099	4,170	1,881	2,289
80+ Yrs.	2,983	1,291	1,692	3,318	1,377	1,941

Table 16.4 : Jhapa

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	812,650	385,096	427,554	875,828	411,125	464,703	939,491	436,797	502,694
00 - 04 Yrs.	68,693	35,337	33,356	90,698	45,503	45,195	93,593	46,696	46,897
05 - 09 Yrs.	83,052	42,401	40,651	82,244	40,817	41,427	90,362	44,914	45,448
10 - 14 Yrs.	94,720	47,937	46,783	94,200	46,651	47,549	82,279	40,444	41,835
15 - 19 Yrs.	87,710	41,990	45,720	102,052	50,124	51,928	93,923	45,924	47,999
20 - 24 Yrs.	72,805	29,389	43,416	93,067	44,041	49,026	101,090	48,801	52,289
25 - 29 Yrs.	67,317	26,587	40,730	72,305	30,817	41,488	91,808	42,603	49,205
30 - 34 Yrs.	58,820	25,457	33,363	61,779	25,665	36,114	71,260	29,711	41,549
35 - 39 Yrs.	54,591	24,681	29,910	53,761	23,025	30,736	60,896	24,774	36,122
40 - 44 Yrs.	47,412	22,845	24,567	46,973	20,616	26,357	52,897	22,226	30,671
45 - 49 Yrs.	40,170	19,533	20,637	41,124	18,854	22,270	45,982	19,810	26,172
50 - 54 Yrs.	35,691	17,731	17,960	35,123	16,489	18,634	39,854	17,928	21,926
55 - 59 Yrs.	28,446	14,138	14,308	28,657	13,800	14,857	33,478	15,376	18,102
60 - 64 Yrs.	25,524	12,884	12,640	23,705	11,416	12,289	26,571	12,461	14,110
65 - 69 Yrs.	18,110	9,247	8,863	19,343	9,045	10,298	21,014	9,801	11,213
70 - 74 Yrs.	13,019	6,762	6,257	14,883	6,894	7,989	15,916	7,160	8,756
75 - 79 Yrs.	8,373	4,283	4,090	10,477	4,836	5,641	10,735	4,748	5,987
80+ Yrs.	8,197	3,894	4,303	5,437	2,532	2,905	7,833	3,420	4,413

Contd...

Table 16.4 : Jhapa

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	996,913	459,087	537,826	1,044,418	475,800	568,618
00 - 04 Yrs.	89,797	44,568	45,229	81,470	40,188	41,282
05 - 09 Yrs.	93,264	46,088	47,176	89,551	43,981	45,570
10 - 14 Yrs.	90,331	44,463	45,868	93,224	45,577	47,647
15 - 19 Yrs.	81,966	39,756	42,210	90,008	43,689	46,319
20 - 24 Yrs.	92,958	44,638	48,320	81,071	38,534	42,537
25 - 29 Yrs.	99,773	47,281	52,492	91,739	43,172	48,567
30 - 34 Yrs.	90,627	41,312	49,315	98,617	45,912	52,705
35 - 39 Yrs.	70,346	28,753	41,593	89,635	40,158	49,477
40 - 44 Yrs.	60,031	23,949	36,082	69,506	27,859	41,647
45 - 49 Yrs.	51,890	21,395	30,495	59,064	23,089	35,975
50 - 54 Yrs.	44,691	18,874	25,817	50,607	20,426	30,181
55 - 59 Yrs.	38,124	16,765	21,359	42,953	17,696	25,257
60 - 64 Yrs.	31,209	13,941	17,268	35,749	15,257	20,492
65 - 69 Yrs.	23,719	10,757	12,962	28,089	12,100	15,989
70 - 74 Yrs.	17,442	7,816	9,626	19,895	8,641	11,254
75 - 79 Yrs.	11,638	4,986	6,652	12,921	5,498	7,423
80+ Yrs.	9,107	3,745	5,362	10,319	4,023	6,296

Table 16.5 : Morang

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	965,370	466,712	498,658	1,036,841	499,337	537,504	1,108,654	532,097	576,557
00 - 04 Yrs.	85,141	43,414	41,727	107,542	55,267	52,275	110,672	56,884	53,788
05 - 09 Yrs.	102,809	52,223	50,586	97,492	49,575	47,917	106,839	54,713	52,126
10 - 14 Yrs.	115,924	59,122	56,802	111,659	56,660	54,999	97,250	49,268	47,982
15 - 19 Yrs.	106,155	52,848	53,307	120,942	60,878	60,064	110,994	55,943	55,051
20 - 24 Yrs.	86,135	37,683	48,452	110,198	53,491	56,707	119,421	59,448	59,973
25 - 29 Yrs.	78,940	33,785	45,155	85,417	37,429	47,988	108,331	51,897	56,434
30 - 34 Yrs.	68,631	30,266	38,365	72,944	31,173	41,771	83,847	36,193	47,654
35 - 39 Yrs.	63,444	29,477	33,967	63,517	27,965	35,552	71,609	30,179	41,430
40 - 44 Yrs.	55,648	26,555	29,093	55,526	25,039	30,487	62,252	27,076	35,176
45 - 49 Yrs.	47,967	23,623	24,344	48,659	22,900	25,759	54,150	24,132	30,018
50 - 54 Yrs.	41,061	20,545	20,516	41,581	20,027	21,554	46,988	21,840	25,148
55 - 59 Yrs.	33,879	17,293	16,586	33,945	16,761	17,184	39,494	18,732	20,762
60 - 64 Yrs.	28,951	14,525	14,426	28,079	13,865	14,214	31,365	15,181	16,184
65 - 69 Yrs.	20,637	10,561	10,076	22,896	10,986	11,910	24,798	11,938	12,860
70 - 74 Yrs.	13,705	7,011	6,694	17,613	8,373	9,240	18,765	8,722	10,043
75 - 79 Yrs.	8,179	4,034	4,145	12,397	5,873	6,524	12,651	5,784	6,867
80+ Yrs.	8,164	3,747	4,417	6,434	3,075	3,359	9,228	4,167	5,061

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Table 16.5 : Morang

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	1,175,177	562,484	612,693	1,230,237	586,970	643,267
00 - 04 Yrs.	106,132	54,607	51,525	96,280	49,579	46,701
05 - 09 Yrs.	110,210	56,467	53,743	105,809	54,257	51,552
10 - 14 Yrs.	106,730	54,477	52,253	110,129	56,227	53,902
15 - 19 Yrs.	96,797	48,710	48,087	106,297	53,897	52,400
20 - 24 Yrs.	109,737	54,691	55,046	95,659	47,538	48,121
25 - 29 Yrs.	117,728	57,930	59,798	108,202	53,259	54,943
30 - 34 Yrs.	106,796	50,616	56,180	116,264	56,640	59,624
35 - 39 Yrs.	82,611	35,228	47,383	105,514	49,541	55,973
40 - 44 Yrs.	70,448	29,343	41,105	81,483	34,368	47,115
45 - 49 Yrs.	60,953	26,213	34,740	69,181	28,483	40,698
50 - 54 Yrs.	52,536	23,126	29,410	59,341	25,198	34,143
55 - 59 Yrs.	44,873	20,541	24,332	50,404	21,831	28,573
60 - 64 Yrs.	36,752	17,081	19,671	42,004	18,821	23,183
65 - 69 Yrs.	27,947	13,180	14,767	33,014	14,926	18,088
70 - 74 Yrs.	20,542	9,576	10,966	23,392	10,660	12,732
75 - 79 Yrs.	13,687	6,109	7,578	15,180	6,783	8,397
80+ Yrs.	10,698	4,589	6,109	12,084	4,962	7,122

Table 16.6 : Sunsari

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	763,487	371,229	392,258	845,555	409,542	436,013	931,436	449,583	481,853
00 - 04 Yrs.	68,052	34,635	33,417	87,733	45,329	42,404	93,016	48,063	44,953
05 - 09 Yrs.	86,542	44,369	42,173	79,530	40,660	38,870	89,792	46,228	43,564
10 - 14 Yrs.	95,784	49,031	46,753	91,086	46,471	44,615	81,729	41,628	40,101
15 - 19 Yrs.	84,497	42,343	42,154	98,654	49,931	48,723	93,277	47,268	46,009
20 - 24 Yrs.	70,691	31,365	39,326	89,871	43,872	45,999	100,351	50,229	50,122
25 - 29 Yrs.	64,797	28,309	36,488	69,625	30,698	38,927	91,014	43,850	47,164
30 - 34 Yrs.	54,936	24,406	30,530	59,451	25,567	33,884	70,406	30,580	39,826
35 - 39 Yrs.	50,755	23,798	26,957	51,775	22,936	28,839	60,123	25,499	34,624
40 - 44 Yrs.	42,363	20,777	21,586	45,266	20,536	24,730	52,277	22,878	29,399
45 - 49 Yrs.	34,813	17,289	17,524	39,678	18,782	20,896	45,478	20,390	25,088
50 - 54 Yrs.	29,635	15,051	14,584	33,908	16,425	17,483	39,469	18,452	21,017
55 - 59 Yrs.	23,505	11,897	11,608	27,686	13,747	13,939	33,178	15,827	17,351
60 - 64 Yrs.	20,904	10,282	10,622	22,902	11,372	11,530	26,351	12,826	13,525
65 - 69 Yrs.	14,525	7,244	7,281	18,671	9,010	9,661	20,835	10,087	10,748
70 - 74 Yrs.	10,138	4,990	5,148	14,363	6,867	7,496	15,762	7,369	8,393
75 - 79 Yrs.	5,757	2,760	2,997	10,109	4,817	5,292	10,627	4,888	5,739
80+ Yrs.	5,793	2,683	3,110	5,247	2,522	2,725	7,751	3,521	4,230

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Table 16.6 : Sunsari

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	1,001,863	482,241	519,622	1,064,015	510,514	553,501
00 - 04 Yrs.	90,515	46,817	43,698	83,305	43,121	40,184
05 - 09 Yrs.	93,991	48,412	45,579	91,548	47,190	44,358
10 - 14 Yrs.	91,022	46,706	44,316	95,283	48,903	46,380
15 - 19 Yrs.	82,543	41,761	40,782	91,964	46,876	45,088
20 - 24 Yrs.	93,573	46,889	46,684	82,752	41,346	41,406
25 - 29 Yrs.	100,380	49,666	50,714	93,596	46,321	47,275
30 - 34 Yrs.	91,041	43,395	47,646	100,566	49,262	51,304
35 - 39 Yrs.	70,388	30,203	40,185	91,251	43,088	48,163
40 - 44 Yrs.	60,018	25,157	34,861	70,431	29,891	40,540
45 - 49 Yrs.	51,936	22,473	29,463	59,791	24,773	35,018
50 - 54 Yrs.	44,769	19,826	24,943	51,295	21,916	29,379
55 - 59 Yrs.	38,247	17,611	20,636	43,573	18,988	24,585
60 - 64 Yrs.	31,327	14,644	16,683	36,317	16,370	19,947
65 - 69 Yrs.	23,824	11,300	12,524	28,546	12,982	15,564
70 - 74 Yrs.	17,510	8,210	9,300	20,227	9,272	10,955
75 - 79 Yrs.	11,664	5,237	6,427	13,126	5,900	7,226
80+ Yrs.	9,115	3,934	5,181	10,444	4,315	6,129

Table 16.7 : Dhankuta

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	163,412	76,515	86,897	168,131	77,907	90,224	171,841	78,778	93,063
00 - 04 Yrs.	14,477	7,347	7,130	17,398	8,623	8,775	17,104	8,422	8,682
05 - 09 Yrs.	17,794	8,844	8,950	15,778	7,735	8,043	16,514	8,100	8,414
10 - 14 Yrs.	19,924	9,983	9,941	18,072	8,840	9,232	15,040	7,295	7,745
15 - 19 Yrs.	18,997	9,183	9,814	19,580	9,498	10,082	17,169	8,283	8,886
20 - 24 Yrs.	14,472	5,878	8,594	17,864	8,345	9,519	18,481	8,801	9,680
25 - 29 Yrs.	11,940	4,739	7,201	13,894	5,839	8,055	16,792	7,683	9,109
30 - 34 Yrs.	9,839	4,025	5,814	11,875	4,864	7,011	13,050	5,358	7,692
35 - 39 Yrs.	9,240	3,808	5,432	10,331	4,363	5,968	11,155	4,468	6,687
40 - 44 Yrs.	8,998	4,064	4,934	9,025	3,907	5,118	9,687	4,009	5,678
45 - 49 Yrs.	8,379	3,939	4,440	7,897	3,573	4,324	8,418	3,573	4,845
50 - 54 Yrs.	7,734	3,898	3,836	6,742	3,124	3,618	7,292	3,233	4,059
55 - 59 Yrs.	6,034	3,007	3,027	5,499	2,615	2,884	6,124	2,773	3,351
60 - 64 Yrs.	5,194	2,621	2,573	4,549	2,163	2,386	4,860	2,248	2,612
65 - 69 Yrs.	3,713	1,866	1,847	3,713	1,714	1,999	3,844	1,768	2,076
70 - 74 Yrs.	2,838	1,460	1,378	2,858	1,307	1,551	2,912	1,291	1,621
75 - 79 Yrs.	1,989	978	1,011	2,012	917	1,095	1,965	856	1,109
80+ Yrs.	1,850	875	975	1,044	480	564	1,434	617	817

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Table 16.7 : Dhankuta

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	177,840	80,653	97,187	181,583	81,351	100,232
00 - 04 Yrs.	16,003	7,830	8,173	14,148	6,871	7,277
05 - 09 Yrs.	16,622	8,097	8,525	15,553	7,520	8,033
10 - 14 Yrs.	16,100	7,811	8,289	16,192	7,793	8,399
15 - 19 Yrs.	14,612	6,984	7,628	15,635	7,470	8,165
20 - 24 Yrs.	16,573	7,842	8,731	14,087	6,589	7,498
25 - 29 Yrs.	17,792	8,307	9,485	15,943	7,382	8,561
30 - 34 Yrs.	16,169	7,258	8,911	17,141	7,850	9,291
35 - 39 Yrs.	12,567	5,051	7,516	15,588	6,866	8,722
40 - 44 Yrs.	10,727	4,207	6,520	12,105	4,764	7,341
45 - 49 Yrs.	9,269	3,759	5,510	10,289	3,947	6,342
50 - 54 Yrs.	7,980	3,315	4,665	8,812	3,492	5,320
55 - 59 Yrs.	6,805	2,945	3,860	7,478	3,026	4,452
60 - 64 Yrs.	5,569	2,449	3,120	6,220	2,608	3,612
65 - 69 Yrs.	4,233	1,890	2,343	4,886	2,068	2,818
70 - 74 Yrs.	3,114	1,374	1,740	3,461	1,478	1,983
75 - 79 Yrs.	2,078	876	1,202	2,248	940	1,308
80+ Yrs.	1,627	658	969	1,797	687	1,110

Table 16.8 : Tehrathum

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	101,577	47,151	54,426	101,546	46,752	54,794	100,495	45,894	54,601
00 - 04 Yrs.	9,111	4,644	4,467	10,504	5,175	5,329	9,999	4,906	5,093
05 - 09 Yrs.	11,939	6,010	5,929	9,526	4,642	4,884	9,655	4,719	4,936
10 - 14 Yrs.	12,894	6,403	6,491	10,911	5,305	5,606	8,794	4,250	4,544
15 - 19 Yrs.	12,258	5,860	6,398	11,823	5,700	6,123	10,039	4,825	5,214
20 - 24 Yrs.	8,653	3,438	5,215	10,789	5,008	5,781	10,806	5,127	5,679
25 - 29 Yrs.	6,974	2,755	4,219	8,397	3,505	4,892	9,821	4,476	5,345
30 - 34 Yrs.	5,657	2,341	3,316	7,177	2,918	4,259	7,635	3,122	4,513
35 - 39 Yrs.	5,338	2,174	3,164	6,242	2,618	3,624	6,527	2,603	3,924
40 - 44 Yrs.	5,281	2,258	3,023	5,452	2,344	3,108	5,667	2,336	3,331
45 - 49 Yrs.	5,006	2,339	2,667	4,770	2,144	2,626	4,924	2,081	2,843
50 - 54 Yrs.	4,850	2,366	2,484	4,072	1,875	2,197	4,265	1,884	2,381
55 - 59 Yrs.	3,670	1,791	1,879	3,321	1,569	1,752	3,581	1,615	1,966
60 - 64 Yrs.	3,110	1,514	1,596	2,748	1,299	1,449	2,842	1,309	1,533
65 - 69 Yrs.	2,365	1,134	1,231	2,242	1,028	1,214	2,248	1,030	1,218
70 - 74 Yrs.	1,834	915	919	1,726	784	942	1,705	753	952
75 - 79 Yrs.	1,346	637	709	1,215	550	665	1,148	498	650
80+ Yrs.	1,291	572	719	631	288	343	839	360	479

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Table 16.8 : Tehrathum

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	102,179	46,296	55,883	102,400	45,982	56,418
00 - 04 Yrs.	9,193	4,494	4,699	7,980	3,884	4,096
05 - 09 Yrs.	9,550	4,648	4,902	8,773	4,251	4,522
10 - 14 Yrs.	9,249	4,483	4,766	9,132	4,405	4,727
15 - 19 Yrs.	8,395	4,009	4,386	8,818	4,222	4,596
20 - 24 Yrs.	9,522	4,501	5,021	7,945	3,724	4,221
25 - 29 Yrs.	10,222	4,768	5,454	8,991	4,172	4,819
30 - 34 Yrs.	9,290	4,166	5,124	9,666	4,437	5,229
35 - 39 Yrs.	7,221	2,899	4,322	8,790	3,881	4,909
40 - 44 Yrs.	6,164	2,415	3,749	6,824	2,692	4,132
45 - 49 Yrs.	5,327	2,158	3,169	5,801	2,232	3,569
50 - 54 Yrs.	4,586	1,904	2,682	4,968	1,974	2,994
55 - 59 Yrs.	3,910	1,691	2,219	4,216	1,710	2,506
60 - 64 Yrs.	3,200	1,406	1,794	3,508	1,475	2,033
65 - 69 Yrs.	2,432	1,085	1,347	2,756	1,169	1,587
70 - 74 Yrs.	1,790	789	1,001	1,952	835	1,117
75 - 79 Yrs.	1,194	503	691	1,267	531	736
80+ Yrs.	934	377	557	1,013	388	625

Table 16.9 : Sankhuwasabha

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	158,742	75,225	83,517	157,854	74,763	83,091	155,292	73,563	81,729
00 - 04 Yrs.	15,264	7,756	7,508	16,356	8,275	8,081	15,489	7,864	7,625
05 - 09 Yrs.	20,423	10,291	10,132	14,831	7,423	7,408	14,954	7,565	7,389
10 - 14 Yrs.	20,964	10,405	10,559	16,985	8,483	8,502	13,613	6,812	6,801
15 - 19 Yrs.	18,157	8,810	9,347	18,400	9,115	9,285	15,537	7,734	7,803
20 - 24 Yrs.	12,815	5,153	7,662	16,775	8,009	8,766	16,720	8,219	8,501
25 - 29 Yrs.	10,914	4,419	6,495	13,022	5,604	7,418	15,174	7,175	7,999
30 - 34 Yrs.	8,878	3,867	5,011	11,125	4,668	6,457	11,758	5,003	6,755
35 - 39 Yrs.	8,301	3,721	4,580	9,683	4,187	5,496	10,045	4,172	5,873
40 - 44 Yrs.	7,804	3,649	4,155	8,462	3,749	4,713	8,730	3,743	4,987
45 - 49 Yrs.	7,342	3,466	3,876	7,410	3,428	3,982	7,592	3,337	4,255
50 - 54 Yrs.	7,299	3,565	3,734	6,329	2,998	3,331	6,584	3,019	3,565
55 - 59 Yrs.	5,683	2,861	2,822	5,166	2,510	2,656	5,533	2,590	2,943
60 - 64 Yrs.	4,995	2,439	2,556	4,273	2,076	2,197	4,393	2,099	2,294
65 - 69 Yrs.	3,528	1,724	1,804	3,487	1,645	1,842	3,473	1,650	1,823
70 - 74 Yrs.	2,683	1,327	1,356	2,683	1,254	1,429	2,630	1,206	1,424
75 - 79 Yrs.	1,904	940	964	1,888	879	1,009	1,773	799	974
80+ Yrs.	1,788	832	956	979	460	519	1,294	576	718

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Table 16.9 : Sankhuwasabha

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	157,468	74,684	82,784	157,396	74,728	82,668
00 - 04 Yrs.	14,212	7,250	6,962	12,314	6,312	6,002
05 - 09 Yrs.	14,758	7,497	7,261	13,532	6,907	6,625
10 - 14 Yrs.	14,294	7,234	7,060	14,085	7,158	6,927
15 - 19 Yrs.	12,964	6,467	6,497	13,596	6,862	6,734
20 - 24 Yrs.	14,700	7,262	7,438	12,236	6,052	6,184
25 - 29 Yrs.	15,772	7,692	8,080	13,842	6,781	7,061
30 - 34 Yrs.	14,311	6,720	7,591	14,873	7,210	7,663
35 - 39 Yrs.	11,079	4,677	6,402	13,500	6,307	7,193
40 - 44 Yrs.	9,450	3,896	5,554	10,431	4,376	6,055
45 - 49 Yrs.	8,175	3,481	4,694	8,856	3,626	5,230
50 - 54 Yrs.	7,045	3,071	3,974	7,597	3,209	4,388
55 - 59 Yrs.	6,015	2,727	3,288	6,451	2,779	3,672
60 - 64 Yrs.	4,927	2,269	2,658	5,375	2,396	2,979
65 - 69 Yrs.	3,745	1,750	1,995	4,226	1,901	2,325
70 - 74 Yrs.	2,752	1,271	1,481	2,993	1,357	1,636
75 - 79 Yrs.	1,835	811	1,024	1,943	864	1,079
80+ Yrs.	1,434	609	825	1,546	631	915

Table 16.10 : Bhojpur

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	182,459	86,053	96,406	169,139	80,205	88,934	152,216	72,643	79,573
00 - 04 Yrs.	17,827	9,082	8,745	17,526	8,877	8,649	15,189	7,766	7,423
05 - 09 Yrs.	21,664	10,922	10,742	15,891	7,963	7,928	14,663	7,469	7,194
10 - 14 Yrs.	23,900	11,947	11,953	18,201	9,101	9,100	13,348	6,726	6,622
15 - 19 Yrs.	22,192	10,522	11,670	19,716	9,778	9,938	15,236	7,638	7,598
20 - 24 Yrs.	14,408	5,618	8,790	17,974	8,592	9,382	16,393	8,116	8,277
25 - 29 Yrs.	11,629	4,711	6,918	13,952	6,012	7,940	14,875	7,086	7,789
30 - 34 Yrs.	9,311	4,055	5,256	11,918	5,007	6,911	11,518	4,941	6,577
35 - 39 Yrs.	9,205	4,008	5,197	10,374	4,492	5,882	9,838	4,120	5,718
40 - 44 Yrs.	9,452	4,248	5,204	9,066	4,022	5,044	8,551	3,696	4,855
45 - 49 Yrs.	9,158	4,265	4,893	7,940	3,678	4,262	7,437	3,294	4,143
50 - 54 Yrs.	8,565	4,171	4,394	6,783	3,217	3,566	6,453	2,982	3,471
55 - 59 Yrs.	6,569	3,261	3,308	5,536	2,692	2,844	5,422	2,557	2,865
60 - 64 Yrs.	5,954	2,873	3,081	4,579	2,227	2,352	4,306	2,072	2,234
65 - 69 Yrs.	4,532	2,267	2,265	3,736	1,765	1,971	3,405	1,630	1,775
70 - 74 Yrs.	3,382	1,766	1,616	2,874	1,345	1,529	2,577	1,191	1,386
75 - 79 Yrs.	2,506	1,223	1,283	2,023	943	1,080	1,738	790	948
80+ Yrs.	2,205	1,114	1,091	1,050	494	556	1,267	569	698

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Table 16.10 : Bhojpur

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	146,236	70,330	75,906	137,302	66,555	70,747
00 - 04 Yrs.	13,212	6,828	6,384	10,758	5,622	5,136
05 - 09 Yrs.	13,719	7,061	6,658	11,822	6,152	5,670
10 - 14 Yrs.	13,285	6,812	6,473	12,304	6,376	5,928
15 - 19 Yrs.	12,047	6,090	5,957	11,874	6,111	5,763
20 - 24 Yrs.	13,658	6,838	6,820	10,683	5,390	5,293
25 - 29 Yrs.	14,651	7,243	7,408	12,082	6,039	6,043
30 - 34 Yrs.	13,289	6,329	6,960	12,979	6,422	6,557
35 - 39 Yrs.	10,276	4,405	5,871	11,773	5,617	6,156
40 - 44 Yrs.	8,760	3,668	5,092	9,078	3,897	5,181
45 - 49 Yrs.	7,581	3,277	4,304	7,706	3,230	4,476
50 - 54 Yrs.	6,536	2,892	3,644	6,612	2,857	3,755
55 - 59 Yrs.	5,583	2,568	3,015	5,618	2,475	3,143
60 - 64 Yrs.	4,573	2,136	2,437	4,684	2,134	2,550
65 - 69 Yrs.	3,477	1,648	1,829	3,681	1,692	1,989
70 - 74 Yrs.	2,556	1,198	1,358	2,609	1,209	1,400
75 - 79 Yrs.	1,703	764	939	1,693	769	924
80+ Yrs.	1,330	573	757	1,346	563	783

Table 16.11 : Solukhumbu

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	105,886	51,200	54,686	104,415	50,738	53,677	101,726	49,728	51,998
00 - 04 Yrs.	9,992	4,976	5,016	10,836	5,616	5,220	10,167	5,316	4,851
05 - 09 Yrs.	12,735	6,410	6,325	9,823	5,038	4,785	9,814	5,113	4,701
10 - 14 Yrs.	13,984	7,097	6,887	11,249	5,757	5,492	8,931	4,604	4,327
15 - 19 Yrs.	12,780	6,122	6,658	12,184	6,186	5,998	10,193	5,228	4,965
20 - 24 Yrs.	8,647	3,813	4,834	11,098	5,435	5,663	10,965	5,556	5,409
25 - 29 Yrs.	7,247	3,308	3,939	8,596	3,803	4,793	9,939	4,850	5,089
30 - 34 Yrs.	5,767	2,600	3,167	7,339	3,167	4,172	7,680	3,382	4,298
35 - 39 Yrs.	5,657	2,691	2,966	6,392	2,842	3,550	6,557	2,821	3,736
40 - 44 Yrs.	5,677	2,661	3,016	5,589	2,544	3,045	5,703	2,530	3,173
45 - 49 Yrs.	5,099	2,419	2,680	4,900	2,327	2,573	4,962	2,255	2,707
50 - 54 Yrs.	4,707	2,353	2,354	4,187	2,035	2,152	4,309	2,041	2,268
55 - 59 Yrs.	3,780	1,913	1,867	3,419	1,703	1,716	3,623	1,751	1,872
60 - 64 Yrs.	3,242	1,592	1,650	2,829	1,409	1,420	2,879	1,419	1,460
65 - 69 Yrs.	2,526	1,273	1,253	2,306	1,117	1,189	2,276	1,116	1,160
70 - 74 Yrs.	1,908	938	970	1,773	850	923	1,721	815	906
75 - 79 Yrs.	1,203	589	614	1,247	596	651	1,160	541	619
80+ Yrs.	935	445	490	648	313	335	847	390	457

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Table 16.11 : Solukhumbu

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	102,627	50,527	52,100	102,017	50,597	51,420
00 - 04 Yrs.	9,286	4,905	4,381	8,007	4,274	3,733
05 - 09 Yrs.	9,643	5,073	4,570	8,798	4,677	4,121
10 - 14 Yrs.	9,336	4,893	4,443	9,155	4,846	4,309
15 - 19 Yrs.	8,465	4,376	4,089	8,835	4,646	4,189
20 - 24 Yrs.	9,592	4,912	4,680	7,945	4,098	3,847
25 - 29 Yrs.	10,288	5,203	5,085	8,983	4,591	4,392
30 - 34 Yrs.	9,324	4,547	4,777	9,649	4,883	4,766
35 - 39 Yrs.	7,194	3,165	4,029	8,744	4,270	4,474
40 - 44 Yrs.	6,131	2,635	3,496	6,728	2,962	3,766
45 - 49 Yrs.	5,309	2,355	2,954	5,709	2,456	3,253
50 - 54 Yrs.	4,579	2,078	2,501	4,901	2,172	2,729
55 - 59 Yrs.	3,914	1,845	2,069	4,166	1,882	2,284
60 - 64 Yrs.	3,208	1,535	1,673	3,475	1,622	1,853
65 - 69 Yrs.	2,439	1,184	1,255	2,732	1,286	1,446
70 - 74 Yrs.	1,793	860	933	1,937	919	1,018
75 - 79 Yrs.	1,194	549	645	1,256	585	671
80+ Yrs.	932	412	520	997	428	569

Table 16.12 : Okhaldhunga

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	147,984	68,687	79,297	150,428	69,647	80,781	151,762	70,129	81,633
00 - 04 Yrs.	13,998	7,110	6,888	15,566	7,709	7,857	15,112	7,497	7,615
05 - 09 Yrs.	17,554	8,761	8,793	14,117	6,915	7,202	14,592	7,211	7,381
10 - 14 Yrs.	21,063	10,391	10,672	16,169	7,903	8,266	13,287	6,493	6,794
15 - 19 Yrs.	17,982	8,284	9,698	17,518	8,491	9,027	15,168	7,373	7,795
20 - 24 Yrs.	10,927	4,157	6,770	15,984	7,461	8,523	16,325	7,834	8,491
25 - 29 Yrs.	8,706	3,473	5,233	12,433	5,221	7,212	14,831	6,840	7,991
30 - 34 Yrs.	7,351	3,055	4,296	10,625	4,348	6,277	11,517	4,770	6,747
35 - 39 Yrs.	7,572	3,180	4,392	9,244	3,901	5,343	9,843	3,978	5,865
40 - 44 Yrs.	7,889	3,546	4,343	8,074	3,492	4,582	8,549	3,568	4,981
45 - 49 Yrs.	7,064	3,300	3,764	7,065	3,194	3,871	7,431	3,181	4,250
50 - 54 Yrs.	6,669	3,223	3,446	6,033	2,793	3,240	6,440	2,879	3,561
55 - 59 Yrs.	5,230	2,554	2,676	4,921	2,338	2,583	5,408	2,469	2,939
60 - 64 Yrs.	4,927	2,314	2,613	4,070	1,934	2,136	4,292	2,001	2,291
65 - 69 Yrs.	3,858	1,894	1,964	3,322	1,532	1,790	3,395	1,574	1,821
70 - 74 Yrs.	3,141	1,537	1,604	2,555	1,167	1,388	2,572	1,150	1,422
75 - 79 Yrs.	2,070	961	1,109	1,799	819	980	1,734	762	972
80+ Yrs.	1,983	947	1,036	933	429	504	1,266	549	717

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Table 16.12 : Okhaldhunga

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	156,009	72,017	83,992	158,252	72,949	85,303
00 - 04 Yrs.	14,055	6,991	7,064	12,355	6,162	6,193
05 - 09 Yrs.	14,597	7,229	7,368	13,579	6,743	6,836
10 - 14 Yrs.	14,138	6,975	7,163	14,136	6,988	7,148
15 - 19 Yrs.	12,829	6,236	6,593	13,647	6,698	6,949
20 - 24 Yrs.	14,549	7,003	7,546	12,289	5,908	6,381
25 - 29 Yrs.	15,615	7,417	8,198	13,905	6,619	7,286
30 - 34 Yrs.	14,183	6,481	7,702	14,946	7,039	7,907
35 - 39 Yrs.	11,006	4,511	6,495	13,580	6,157	7,423
40 - 44 Yrs.	9,392	3,757	5,635	10,519	4,271	6,248
45 - 49 Yrs.	8,118	3,356	4,762	8,937	3,540	5,397
50 - 54 Yrs.	6,993	2,961	4,032	7,660	3,132	4,528
55 - 59 Yrs.	5,965	2,630	3,335	6,503	2,714	3,789
60 - 64 Yrs.	4,883	2,187	2,696	5,413	2,339	3,074
65 - 69 Yrs.	3,712	1,688	2,024	4,254	1,855	2,399
70 - 74 Yrs.	2,729	1,226	1,503	3,013	1,325	1,688
75 - 79 Yrs.	1,821	782	1,039	1,956	843	1,113
80+ Yrs.	1,424	587	837	1,560	616	944

Table 16.13 : Khotang

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	206,312	97,092	109,220	190,100	89,221	100,879	169,630	79,442	90,188
00 - 04 Yrs.	20,604	10,397	10,207	19,686	9,875	9,811	16,907	8,493	8,414
05 - 09 Yrs.	26,948	13,251	13,697	17,851	8,858	8,993	16,322	8,168	8,154
10 - 14 Yrs.	29,471	14,843	14,628	20,446	10,124	10,322	14,862	7,356	7,506
15 - 19 Yrs.	25,857	12,294	13,563	22,150	10,877	11,273	16,963	8,352	8,611
20 - 24 Yrs.	15,537	6,226	9,311	20,199	9,557	10,642	18,257	8,876	9,381
25 - 29 Yrs.	12,159	4,963	7,196	15,694	6,688	9,006	16,577	7,749	8,828
30 - 34 Yrs.	9,622	3,973	5,649	13,409	5,570	7,839	12,858	5,404	7,454
35 - 39 Yrs.	9,488	3,900	5,588	11,670	4,997	6,673	10,986	4,506	6,480
40 - 44 Yrs.	10,403	4,535	5,868	10,196	4,474	5,722	9,546	4,043	5,503
45 - 49 Yrs.	9,561	4,415	5,146	8,926	4,092	4,834	8,298	3,602	4,696
50 - 54 Yrs.	8,884	4,357	4,527	7,624	3,579	4,045	7,193	3,260	3,933
55 - 59 Yrs.	7,170	3,528	3,642	6,219	2,994	3,225	6,045	2,797	3,248
60 - 64 Yrs.	6,591	3,215	3,376	5,145	2,477	2,668	4,798	2,266	2,532
65 - 69 Yrs.	4,997	2,495	2,502	4,199	1,963	2,236	3,795	1,783	2,012
70 - 74 Yrs.	3,894	2,102	1,792	3,230	1,496	1,734	2,873	1,302	1,571
75 - 79 Yrs.	2,711	1,378	1,333	2,275	1,050	1,225	1,937	863	1,074
80+ Yrs.	2,415	1,220	1,195	1,181	550	631	1,413	622	791

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Table 16.13 : Khotang

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	161,957	75,750	86,207	150,888	70,456	80,432
00 - 04 Yrs.	14,604	7,354	7,250	11,790	5,951	5,839
05 - 09 Yrs.	15,167	7,605	7,562	12,959	6,513	6,446
10 - 14 Yrs.	14,689	7,337	7,352	13,489	6,749	6,740
15 - 19 Yrs.	13,326	6,560	6,766	13,021	6,469	6,552
20 - 24 Yrs.	15,110	7,365	7,745	11,723	5,707	6,016
25 - 29 Yrs.	16,215	7,802	8,413	13,263	6,393	6,870
30 - 34 Yrs.	14,721	6,816	7,905	14,254	6,798	7,456
35 - 39 Yrs.	11,412	4,745	6,667	12,945	5,946	6,999
40 - 44 Yrs.	9,736	3,952	5,784	10,016	4,125	5,891
45 - 49 Yrs.	8,418	3,530	4,888	8,508	3,419	5,089
50 - 54 Yrs.	7,253	3,114	4,139	7,294	3,025	4,269
55 - 59 Yrs.	6,189	2,766	3,423	6,192	2,620	3,572
60 - 64 Yrs.	5,068	2,300	2,768	5,158	2,259	2,899
65 - 69 Yrs.	3,852	1,775	2,077	4,054	1,792	2,262
70 - 74 Yrs.	2,832	1,289	1,543	2,871	1,280	1,591
75 - 79 Yrs.	1,888	822	1,066	1,864	814	1,050
80+ Yrs.	1,477	618	859	1,487	596	891

Table 16.14 :Udayapur

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	317,532	149,712	167,820	339,267	157,353	181,914	360,705	164,376	196,329
00 - 04 Yrs.	31,487	15,966	15,521	35,108	17,416	17,692	35,888	17,572	18,316
05 - 09 Yrs.	40,952	20,939	20,013	31,839	15,622	16,217	34,652	16,902	17,750
10 - 14 Yrs.	45,870	23,284	22,586	36,470	17,855	18,615	31,559	15,220	16,339
15 - 19 Yrs.	37,870	17,559	20,311	39,512	19,184	20,328	36,028	17,282	18,746
20 - 24 Yrs.	26,164	10,226	15,938	36,048	16,856	19,192	38,786	18,364	20,422
25 - 29 Yrs.	22,304	8,844	13,460	28,036	11,795	16,241	35,250	16,033	19,217
30 - 34 Yrs.	17,917	7,526	10,391	23,961	9,824	14,137	27,407	11,180	16,227
35 - 39 Yrs.	17,657	7,751	9,906	20,846	8,813	12,033	23,430	9,323	14,107
40 - 44 Yrs.	16,554	7,661	8,893	18,208	7,890	10,318	20,343	8,365	11,978
45 - 49 Yrs.	13,828	6,693	7,135	15,934	7,216	8,718	17,677	7,455	10,222
50 - 54 Yrs.	12,195	6,085	6,110	13,605	6,311	7,294	15,310	6,747	8,563
55 - 59 Yrs.	9,619	4,839	4,780	11,097	5,282	5,815	12,855	5,786	7,069
60 - 64 Yrs.	8,854	4,318	4,536	9,180	4,369	4,811	10,201	4,690	5,511
65 - 69 Yrs.	6,255	3,136	3,119	7,493	3,462	4,031	8,067	3,688	4,379
70 - 74 Yrs.	4,340	2,188	2,152	5,766	2,639	3,127	6,115	2,695	3,420
75 - 79 Yrs.	2,938	1,431	1,507	4,058	1,850	2,208	4,126	1,787	2,339
80+ Yrs.	2,728	1,266	1,462	2,106	969	1,137	3,011	1,287	1,724

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Table 16.14 :Udayapur

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	380,853	170,333	210,520	396,866	173,720	223,146
00 - 04 Yrs.	34,240	16,536	17,704	30,873	14,673	16,200
05 - 09 Yrs.	35,565	17,099	18,466	33,941	16,058	17,883
10 - 14 Yrs.	34,451	16,497	17,954	35,340	16,641	18,699
15 - 19 Yrs.	31,274	14,751	16,523	34,128	15,951	18,177
20 - 24 Yrs.	35,476	16,562	18,914	30,763	14,070	16,693
25 - 29 Yrs.	38,089	17,543	20,546	34,821	15,762	19,059
30 - 34 Yrs.	34,630	15,327	19,303	37,446	16,763	20,683
35 - 39 Yrs.	26,948	10,668	16,280	34,080	14,663	19,417
40 - 44 Yrs.	23,009	8,885	14,124	26,515	10,171	16,344
45 - 49 Yrs.	19,875	7,938	11,937	22,548	8,430	14,118
50 - 54 Yrs.	17,109	7,003	10,106	19,303	7,458	11,845
55 - 59 Yrs.	14,581	6,221	8,360	16,373	6,461	9,912
60 - 64 Yrs.	11,932	5,173	6,759	13,613	5,571	8,042
65 - 69 Yrs.	9,064	3,991	5,073	10,693	4,418	6,275
70 - 74 Yrs.	6,668	2,900	3,768	7,571	3,155	4,416
75 - 79 Yrs.	4,454	1,850	2,604	4,920	2,007	2,913
80+ Yrs.	3,488	1,389	2,099	3,938	1,468	2,470

Table 16.15 : Saptari

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	639,284	313,846	325,438	679,548	331,589	347,959	719,000	348,788	370,212
00 - 04 Yrs.	63,257	32,381	30,876	70,541	36,700	33,841	71,825	37,287	34,538
05 - 09 Yrs.	86,133	44,176	41,957	63,940	32,920	31,020	69,336	35,865	33,471
10 - 14 Yrs.	83,426	41,893	41,533	73,230	37,626	35,604	63,104	32,295	30,809
15 - 19 Yrs.	61,811	30,914	30,897	79,310	40,427	38,883	72,019	36,670	35,349
20 - 24 Yrs.	48,584	21,554	27,030	72,232	35,522	36,710	77,477	38,968	38,509
25 - 29 Yrs.	48,703	21,756	26,947	55,921	24,856	31,065	70,256	34,019	36,237
30 - 34 Yrs.	42,353	18,247	24,106	47,742	20,701	27,041	54,323	23,724	30,599
35 - 39 Yrs.	41,928	20,066	21,862	41,585	18,570	23,015	46,385	19,782	26,603
40 - 44 Yrs.	34,180	16,701	17,479	36,363	16,627	19,736	40,336	17,748	22,588
45 - 49 Yrs.	30,367	15,479	14,888	31,882	15,207	16,675	35,093	15,819	19,274
50 - 54 Yrs.	24,418	12,463	11,955	27,252	13,299	13,953	30,462	14,315	16,147
55 - 59 Yrs.	22,670	11,925	10,745	22,254	11,130	11,124	25,609	12,278	13,331
60 - 64 Yrs.	20,122	10,062	10,060	18,409	9,207	9,202	20,343	9,951	10,392
65 - 69 Yrs.	13,993	7,235	6,758	15,005	7,295	7,710	16,083	7,826	8,257
70 - 74 Yrs.	9,448	4,918	4,530	11,542	5,560	5,982	12,165	5,717	6,448
75 - 79 Yrs.	4,449	2,338	2,111	8,123	3,900	4,223	8,202	3,792	4,410
80+ Yrs.	3,442	1,738	1,704	4,217	2,042	2,175	5,982	2,732	3,250

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Table 16.15 : Saptari

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	758,110	365,767	392,343	789,309	378,481	410,828
00 - 04 Yrs.	68,504	35,509	32,995	61,794	31,968	29,826
05 - 09 Yrs.	71,134	36,719	34,415	67,909	34,985	32,924
10 - 14 Yrs.	68,885	35,425	33,460	70,680	36,255	34,425
15 - 19 Yrs.	62,467	31,674	30,793	68,219	34,753	33,466
20 - 24 Yrs.	70,813	35,564	35,249	61,386	30,653	30,733
25 - 29 Yrs.	75,963	37,671	38,292	69,431	34,342	35,089
30 - 34 Yrs.	68,889	32,914	35,975	74,602	36,522	38,080
35 - 39 Yrs.	53,250	22,909	30,341	67,692	31,944	35,748
40 - 44 Yrs.	45,403	19,081	26,322	52,250	22,160	30,090
45 - 49 Yrs.	39,291	17,045	22,246	44,358	18,366	25,992
50 - 54 Yrs.	33,871	15,037	18,834	38,054	16,248	21,806
55 - 59 Yrs.	28,938	13,357	15,581	32,325	14,077	18,248
60 - 64 Yrs.	23,705	11,108	12,597	26,942	12,136	14,806
65 - 69 Yrs.	18,027	8,571	9,456	21,177	9,625	11,552
70 - 74 Yrs.	13,249	6,227	7,022	15,005	6,874	8,131
75 - 79 Yrs.	8,825	3,972	4,853	9,736	4,373	5,363
80+ Yrs.	6,896	2,984	3,912	7,749	3,200	4,549

Table 16.16 : Siraha

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	637,328	310,101	327,227	674,923	323,701	351,222	711,146	335,910	375,236
00 - 04 Yrs.	68,995	35,334	33,661	69,985	35,827	34,158	70,917	35,911	35,006
05 - 09 Yrs.	88,490	45,116	43,374	63,447	32,137	31,310	68,465	34,540	33,925
10 - 14 Yrs.	87,655	44,989	42,666	72,669	36,731	35,938	62,329	31,102	31,227
15 - 19 Yrs.	60,037	31,044	28,993	78,712	39,465	39,247	71,146	35,317	35,829
20 - 24 Yrs.	48,160	20,982	27,178	71,730	34,676	37,054	76,561	37,529	39,032
25 - 29 Yrs.	46,875	19,677	27,198	55,621	24,264	31,357	69,492	32,763	36,729
30 - 34 Yrs.	40,734	16,539	24,195	47,502	20,208	27,294	53,862	22,848	31,014
35 - 39 Yrs.	39,598	17,775	21,823	41,360	18,129	23,231	46,015	19,051	26,964
40 - 44 Yrs.	32,563	15,136	17,427	36,153	16,232	19,921	39,986	17,093	22,893
45 - 49 Yrs.	28,815	14,316	14,499	31,677	14,845	16,832	34,771	15,235	19,536
50 - 54 Yrs.	23,919	12,326	11,593	27,066	12,983	14,083	30,153	13,787	16,366
55 - 59 Yrs.	21,457	11,205	10,252	22,094	10,865	11,229	25,337	11,825	13,512
60 - 64 Yrs.	19,277	9,788	9,489	18,277	8,988	9,289	20,117	9,584	10,533
65 - 69 Yrs.	13,654	7,033	6,621	14,905	7,122	7,783	15,907	7,537	8,370
70 - 74 Yrs.	9,363	4,843	4,520	11,466	5,428	6,038	12,043	5,506	6,537
75 - 79 Yrs.	4,422	2,291	2,131	8,070	3,807	4,263	8,121	3,652	4,469
80+ Yrs.	3,314	1,707	1,607	4,189	1,994	2,195	5,924	2,630	3,294

Contd...

Table 16.16 : Siraha

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	742,360	345,060	397,300	764,731	348,992	415,739
00 - 04 Yrs.	66,911	33,499	33,412	59,660	29,477	30,183
05 - 09 Yrs.	69,490	34,640	34,850	65,578	32,260	33,318
10 - 14 Yrs.	67,304	33,420	33,884	68,268	33,431	34,837
15 - 19 Yrs.	61,063	29,881	31,182	65,910	32,045	33,865
20 - 24 Yrs.	69,244	33,550	35,694	59,365	28,264	31,101
25 - 29 Yrs.	74,313	35,537	38,776	67,175	31,666	35,509
30 - 34 Yrs.	67,480	31,051	36,429	72,211	33,676	38,535
35 - 39 Yrs.	52,336	21,611	30,725	65,629	29,455	36,174
40 - 44 Yrs.	44,655	18,000	26,655	50,884	20,434	30,450
45 - 49 Yrs.	38,608	16,081	22,527	43,237	16,935	26,302
50 - 54 Yrs.	33,258	14,187	19,071	37,049	14,982	22,067
55 - 59 Yrs.	28,379	12,601	15,778	31,448	12,981	18,467
60 - 64 Yrs.	23,235	10,479	12,756	26,174	11,191	14,983
65 - 69 Yrs.	17,660	8,085	9,575	20,565	8,875	11,690
70 - 74 Yrs.	12,986	5,875	7,111	14,566	6,338	8,228
75 - 79 Yrs.	8,661	3,747	4,914	9,459	4,032	5,427
80+ Yrs.	6,777	2,816	3,961	7,553	2,950	4,603

Table 16.17 : Dhanusha

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	754,777	378,538	376,239	803,785	401,225	402,560	852,097	423,481	428,616
00 - 04 Yrs.	75,332	38,238	37,094	83,559	44,408	39,151	85,259	45,273	39,986
05 - 09 Yrs.	99,447	51,254	48,193	75,721	39,834	35,887	82,296	43,545	38,751
10 - 14 Yrs.	104,556	53,596	50,960	86,718	45,527	41,191	74,881	39,211	35,670
15 - 19 Yrs.	74,165	40,265	33,900	93,902	48,917	44,985	85,449	44,524	40,925
20 - 24 Yrs.	61,785	30,132	31,653	85,451	42,981	42,470	91,897	47,313	44,584
25 - 29 Yrs.	57,568	25,937	31,631	66,015	30,075	35,940	83,259	41,304	41,955
30 - 34 Yrs.	49,440	21,603	27,837	56,333	25,048	31,285	64,232	28,805	35,427
35 - 39 Yrs.	48,987	22,292	26,695	49,097	22,471	26,626	54,818	24,018	30,800
40 - 44 Yrs.	40,510	19,932	20,578	42,953	20,120	22,833	47,699	21,549	26,150
45 - 49 Yrs.	34,714	17,537	17,177	37,692	18,400	19,292	41,521	19,206	22,315
50 - 54 Yrs.	28,144	15,196	12,948	32,234	16,092	16,142	36,075	17,381	18,694
55 - 59 Yrs.	23,663	12,543	11,120	26,337	13,467	12,870	30,342	14,908	15,434
60 - 64 Yrs.	22,699	11,944	10,755	21,786	11,140	10,646	24,114	12,082	12,032
65 - 69 Yrs.	15,141	8,105	7,036	17,747	8,827	8,920	19,062	9,502	9,560
70 - 74 Yrs.	10,243	5,674	4,569	13,649	6,728	6,921	14,407	6,941	7,466
75 - 79 Yrs.	4,600	2,414	2,186	9,605	4,719	4,886	9,708	4,603	5,105
80+ Yrs.	3,783	1,876	1,907	4,986	2,471	2,515	7,078	3,316	3,762

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Table 16.17 : Dhanusha

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	899,589	445,384	454,205	937,881	462,324	475,557
00 - 04 Yrs.	81,435	43,238	38,197	73,577	39,051	34,526
05 - 09 Yrs.	84,552	44,711	39,841	80,848	42,736	38,112
10 - 14 Yrs.	81,873	43,136	38,737	84,135	44,286	39,849
15 - 19 Yrs.	74,216	38,569	35,647	81,190	42,451	38,739
20 - 24 Yrs.	84,111	43,305	40,806	73,019	37,444	35,575
25 - 29 Yrs.	90,200	45,870	44,330	82,567	41,949	40,618
30 - 34 Yrs.	81,727	40,079	41,648	88,691	44,612	44,079
35 - 39 Yrs.	63,021	27,895	35,126	80,400	39,020	41,380
40 - 44 Yrs.	53,706	23,234	30,472	61,900	27,069	34,831
45 - 49 Yrs.	46,510	20,756	25,754	52,522	22,435	30,087
50 - 54 Yrs.	40,113	18,310	21,803	45,088	19,847	25,241
55 - 59 Yrs.	34,303	16,265	18,038	38,319	17,195	21,124
60 - 64 Yrs.	28,109	13,526	14,583	31,964	14,825	17,139
65 - 69 Yrs.	21,383	10,436	10,947	25,129	11,757	13,372
70 - 74 Yrs.	15,712	7,583	8,129	17,808	8,396	9,412
75 - 79 Yrs.	10,455	4,837	5,618	11,550	5,342	6,208
80+ Yrs.	8,163	3,634	4,529	9,174	3,909	5,265

Table 16.18 : Mahottari

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	627,580	311,016	316,564	673,405	329,966	343,439	719,181	348,280	370,901
00 - 04 Yrs.	71,309	35,999	35,310	69,922	36,521	33,401	71,835	37,233	34,602
05 - 09 Yrs.	90,207	45,823	44,384	63,377	32,760	30,617	69,345	35,812	33,533
10 - 14 Yrs.	86,447	44,243	42,204	72,583	37,441	35,142	63,116	32,248	30,868
15 - 19 Yrs.	57,185	30,934	26,251	78,607	40,229	38,378	72,032	36,617	35,415
20 - 24 Yrs.	45,488	21,146	24,342	71,581	35,348	36,233	77,492	38,911	38,581
25 - 29 Yrs.	45,376	20,260	25,116	55,396	24,734	30,662	70,273	33,969	36,304
30 - 34 Yrs.	40,298	17,375	22,923	47,288	20,599	26,689	54,346	23,690	30,656
35 - 39 Yrs.	37,397	17,422	19,975	41,195	18,480	22,715	46,405	19,753	26,652
40 - 44 Yrs.	31,995	15,397	16,598	36,026	16,546	19,480	40,351	17,722	22,629
45 - 49 Yrs.	27,590	13,721	13,869	31,591	15,132	16,459	35,105	15,795	19,310
50 - 54 Yrs.	23,433	12,029	11,404	27,006	13,234	13,772	30,472	14,295	16,177
55 - 59 Yrs.	20,645	10,645	10,000	22,055	11,076	10,979	25,616	12,260	13,356
60 - 64 Yrs.	19,325	9,771	9,554	18,245	9,162	9,083	20,348	9,937	10,411
65 - 69 Yrs.	14,239	7,462	6,777	14,869	7,259	7,610	16,088	7,815	8,273
70 - 74 Yrs.	9,157	4,967	4,190	11,437	5,533	5,904	12,170	5,709	6,461
75 - 79 Yrs.	4,116	2,159	1,957	8,049	3,880	4,169	8,203	3,786	4,417
80+ Yrs.	3,373	1,663	1,710	4,178	2,032	2,146	5,984	2,728	3,256

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Table 16.18 : Mahottari

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	761,650	364,418	397,232	796,305	375,821	420,484
00 - 04 Yrs.	68,784	35,378	33,406	62,271	31,744	30,527
05 - 09 Yrs.	71,427	36,584	34,843	68,437	34,739	33,698
10 - 14 Yrs.	69,172	35,294	33,878	71,234	36,000	35,234
15 - 19 Yrs.	62,734	31,558	31,176	68,762	34,509	34,253
20 - 24 Yrs.	71,121	35,433	35,688	61,892	30,437	31,455
25 - 29 Yrs.	76,301	37,532	38,769	70,014	34,100	35,914
30 - 34 Yrs.	69,216	32,792	36,424	75,239	36,265	38,974
35 - 39 Yrs.	53,543	22,823	30,720	68,308	31,720	36,588
40 - 44 Yrs.	45,660	19,010	26,650	52,802	22,004	30,798
45 - 49 Yrs.	39,506	16,983	22,523	44,840	18,237	26,603
50 - 54 Yrs.	34,050	14,982	19,068	38,452	16,134	22,318
55 - 59 Yrs.	29,085	13,309	15,776	32,655	13,978	18,677
60 - 64 Yrs.	23,820	11,066	12,754	27,205	12,051	15,154
65 - 69 Yrs.	18,113	8,540	9,573	21,381	9,557	11,824
70 - 74 Yrs.	13,314	6,204	7,110	15,148	6,826	8,322
75 - 79 Yrs.	8,870	3,957	4,913	9,832	4,343	5,489
80+ Yrs.	6,934	2,973	3,961	7,833	3,177	4,656

Table 16.19 : Sarlahi

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	769,729	389,756	379,973	838,695	426,143	412,552	909,891	464,317	445,574
00 - 04 Yrs.	86,846	44,212	42,634	87,289	47,166	40,123	91,206	49,638	41,568
05 - 09 Yrs.	109,180	55,764	53,416	79,086	42,308	36,778	88,028	47,744	40,284
10 - 14 Yrs.	105,211	54,319	50,892	90,569	48,355	42,214	80,073	42,992	37,081
15 - 19 Yrs.	74,388	39,548	34,840	98,056	51,955	46,101	91,362	48,817	42,545
20 - 24 Yrs.	57,579	27,344	30,235	89,175	45,651	43,524	98,223	51,875	46,348
25 - 29 Yrs.	56,070	26,394	29,676	68,775	31,943	36,832	88,901	45,287	43,614
30 - 34 Yrs.	51,388	23,972	27,416	58,664	26,603	32,061	68,410	31,582	36,828
35 - 39 Yrs.	48,463	24,411	24,052	51,153	23,866	27,287	58,352	26,334	32,018
40 - 44 Yrs.	40,544	21,004	19,540	44,768	21,368	23,400	50,812	23,627	27,185
45 - 49 Yrs.	33,179	17,314	15,865	39,314	19,543	19,771	44,256	21,058	23,198
50 - 54 Yrs.	26,519	14,266	12,253	33,634	17,092	16,542	38,491	19,057	19,434
55 - 59 Yrs.	22,306	11,434	10,872	27,493	14,304	13,189	32,390	16,345	16,045
60 - 64 Yrs.	21,443	10,980	10,463	22,742	11,832	10,910	25,754	13,247	12,507
65 - 69 Yrs.	15,952	8,171	7,781	18,517	9,375	9,142	20,356	10,418	9,938
70 - 74 Yrs.	11,229	5,915	5,314	14,237	7,145	7,092	15,373	7,611	7,762
75 - 79 Yrs.	5,259	2,672	2,587	10,019	5,012	5,007	10,355	5,048	5,307
80+ Yrs.	4,173	2,036	2,137	5,204	2,625	2,579	7,549	3,637	3,912

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Table 16.19 : Sarlahi

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	972,362	498,909	473,453	1,026,572	529,667	496,905
00 - 04 Yrs.	88,250	48,435	39,815	80,815	44,739	36,076
05 - 09 Yrs.	91,615	50,085	41,530	88,782	48,960	39,822
10 - 14 Yrs.	88,698	48,320	40,378	92,375	50,737	41,638
15 - 19 Yrs.	80,362	43,204	37,158	89,112	48,635	40,477
20 - 24 Yrs.	91,047	48,510	42,537	80,070	42,898	37,172
25 - 29 Yrs.	97,592	51,383	46,209	90,500	48,059	42,441
30 - 34 Yrs.	88,308	44,895	43,413	97,168	51,110	46,058
35 - 39 Yrs.	67,862	31,247	36,615	87,941	44,704	43,237
40 - 44 Yrs.	57,790	26,027	31,763	67,408	31,013	36,395
45 - 49 Yrs.	50,096	23,250	26,846	57,141	25,703	31,438
50 - 54 Yrs.	43,238	20,511	22,727	49,113	22,738	26,375
55 - 59 Yrs.	37,022	18,220	18,802	41,772	19,700	22,072
60 - 64 Yrs.	30,352	15,151	15,201	34,892	16,984	17,908
65 - 69 Yrs.	23,100	11,690	11,410	27,441	13,469	13,972
70 - 74 Yrs.	16,967	8,493	8,474	19,454	9,619	9,835
75 - 79 Yrs.	11,273	5,418	5,855	12,608	6,121	6,487
80+ Yrs.	8,790	4,070	4,720	9,980	4,478	5,502

Table 16.20 : Sindhuli

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	296,192	142,123	154,069	305,164	145,888	159,276	312,448	148,885	163,563
00 - 04 Yrs.	30,927	15,803	15,124	31,637	16,147	15,490	31,177	15,917	15,260
05 - 09 Yrs.	40,508	20,420	20,088	28,683	14,484	14,199	30,096	15,309	14,787
10 - 14 Yrs.	44,605	22,363	22,242	32,852	16,554	16,298	27,398	13,786	13,612
15 - 19 Yrs.	34,402	16,058	18,344	35,586	17,787	17,799	31,271	15,653	15,618
20 - 24 Yrs.	22,643	9,263	13,380	32,432	15,628	16,804	33,647	16,634	17,013
25 - 29 Yrs.	19,844	8,491	11,353	25,155	10,935	14,220	30,531	14,521	16,010
30 - 34 Yrs.	16,167	7,083	9,084	21,485	9,107	12,378	23,647	10,127	13,520
35 - 39 Yrs.	16,118	7,449	8,669	18,705	8,170	10,535	20,197	8,444	11,753
40 - 44 Yrs.	15,094	7,294	7,800	16,350	7,316	9,034	17,555	7,576	9,979
45 - 49 Yrs.	12,750	6,355	6,395	14,323	6,690	7,633	15,268	6,753	8,515
50 - 54 Yrs.	10,909	5,615	5,294	12,238	5,851	6,387	13,245	6,111	7,134
55 - 59 Yrs.	8,626	4,352	4,274	9,989	4,897	5,092	11,131	5,241	5,890
60 - 64 Yrs.	7,969	3,953	4,016	8,263	4,051	4,212	8,839	4,248	4,591
65 - 69 Yrs.	5,954	3,000	2,954	6,739	3,210	3,529	6,989	3,341	3,648
70 - 74 Yrs.	4,109	2,056	2,053	5,185	2,447	2,738	5,289	2,440	2,849
75 - 79 Yrs.	2,962	1,386	1,576	3,649	1,716	1,933	3,566	1,618	1,948
80+ Yrs.	2,605	1,182	1,423	1,893	898	995	2,602	1,166	1,436

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Table 16.20 : Sindhuli

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	316,532	150,446	166,086	316,013	149,755	166,258
00 - 04 Yrs.	28,572	14,605	13,967	24,720	12,649	12,071
05 - 09 Yrs.	29,671	15,103	14,568	27,167	13,843	13,324
10 - 14 Yrs.	28,735	14,570	14,165	28,277	14,346	13,931
15 - 19 Yrs.	26,063	13,028	13,035	27,293	13,750	13,543
20 - 24 Yrs.	29,549	14,628	14,921	24,565	12,128	12,437
25 - 29 Yrs.	31,705	15,495	16,210	27,787	13,587	14,200
30 - 34 Yrs.	28,767	13,538	15,229	29,861	14,451	15,410
35 - 39 Yrs.	22,267	9,423	12,844	27,106	12,639	14,467
40 - 44 Yrs.	18,990	7,848	11,142	20,947	8,769	12,178
45 - 49 Yrs.	16,428	7,011	9,417	17,786	7,267	10,519
50 - 54 Yrs.	14,159	6,186	7,973	15,254	6,429	8,825
55 - 59 Yrs.	12,090	5,494	6,596	12,954	5,570	7,384
60 - 64 Yrs.	9,902	4,569	5,333	10,794	4,802	5,992
65 - 69 Yrs.	7,528	3,525	4,003	8,483	3,808	4,675
70 - 74 Yrs.	5,535	2,562	2,973	6,011	2,720	3,291
75 - 79 Yrs.	3,688	1,634	2,054	3,901	1,731	2,170
80+ Yrs.	2,883	1,227	1,656	3,107	1,266	1,841

Table 16.21 : Ramechhap

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	202,646	93,386	109,260	206,653	95,308	111,345	209,248	96,659	112,589
00 - 04 Yrs.	16,023	8,025	7,998	21,378	10,549	10,829	20,838	10,334	10,504
05 - 09 Yrs.	23,051	11,615	11,436	19,388	9,462	9,926	20,118	9,939	10,179
10 - 14 Yrs.	30,243	14,763	15,480	22,207	10,814	11,393	18,320	8,950	9,370
15 - 19 Yrs.	25,278	11,327	13,951	24,063	11,620	12,443	20,912	10,162	10,750
20 - 24 Yrs.	14,990	5,978	9,012	21,957	10,210	11,747	22,510	10,799	11,711
25 - 29 Yrs.	11,760	4,761	6,999	17,085	7,144	9,941	20,448	9,428	11,020
30 - 34 Yrs.	9,826	4,115	5,711	14,603	5,950	8,653	15,880	6,574	9,306
35 - 39 Yrs.	10,510	4,378	6,132	12,702	5,338	7,364	13,573	5,482	8,091
40 - 44 Yrs.	10,823	4,807	6,016	11,095	4,779	6,316	11,788	4,919	6,869
45 - 49 Yrs.	9,812	4,521	5,291	9,707	4,371	5,336	10,246	4,384	5,862
50 - 54 Yrs.	9,407	4,563	4,844	8,287	3,823	4,464	8,878	3,967	4,911
55 - 59 Yrs.	7,342	3,638	3,704	6,759	3,199	3,560	7,458	3,403	4,055
60 - 64 Yrs.	7,202	3,299	3,903	5,590	2,646	2,944	5,918	2,758	3,160
65 - 69 Yrs.	5,536	2,662	2,874	4,564	2,097	2,467	4,679	2,168	2,511
70 - 74 Yrs.	4,711	2,135	2,576	3,512	1,598	1,914	3,545	1,584	1,961
75 - 79 Yrs.	3,211	1,495	1,716	2,473	1,121	1,352	2,392	1,051	1,341
80+ Yrs.	2,921	1,304	1,617	1,283	587	696	1,745	757	988

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Table 16.21 : Ramechhap

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	215,563	99,843	115,720	219,189	101,794	117,395
00 - 04 Yrs.	19,425	9,693	9,732	17,121	8,598	8,523
05 - 09 Yrs.	20,174	10,024	10,150	18,817	9,409	9,408
10 - 14 Yrs.	19,539	9,670	9,869	19,588	9,751	9,837
15 - 19 Yrs.	17,728	8,646	9,082	18,910	9,347	9,563
20 - 24 Yrs.	20,104	9,708	10,396	17,026	8,244	8,782
25 - 29 Yrs.	21,577	10,283	11,294	19,263	9,236	10,027
30 - 34 Yrs.	19,595	8,984	10,611	20,703	9,822	10,881
35 - 39 Yrs.	15,203	6,253	8,950	18,806	8,591	10,215
40 - 44 Yrs.	12,972	5,208	7,764	14,558	5,960	8,598
45 - 49 Yrs.	11,214	4,653	6,561	12,367	4,939	7,428
50 - 54 Yrs.	9,660	4,105	5,555	10,601	4,370	6,231
55 - 59 Yrs.	8,241	3,646	4,595	9,000	3,786	5,214
60 - 64 Yrs.	6,747	3,032	3,715	7,496	3,265	4,231
65 - 69 Yrs.	5,128	2,339	2,789	5,890	2,589	3,301
70 - 74 Yrs.	3,770	1,699	2,071	4,173	1,849	2,324
75 - 79 Yrs.	2,517	1,085	1,432	2,709	1,177	1,532
80+ Yrs.	1,969	815	1,154	2,161	861	1,300

Table 16.22 : Dolakha

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	186,557	87,003	99,554	187,584	86,595	100,989	186,871	85,376	101,495
00 - 04 Yrs.	15,737	7,939	7,798	19,407	9,585	9,822	18,596	9,127	9,469
05 - 09 Yrs.	20,948	10,467	10,481	17,600	8,597	9,003	17,954	8,778	9,176
10 - 14 Yrs.	26,081	13,047	13,034	20,159	9,826	10,333	16,352	7,905	8,447
15 - 19 Yrs.	22,173	10,327	11,846	21,842	10,557	11,285	18,667	8,976	9,691
20 - 24 Yrs.	13,571	5,480	8,091	19,931	9,277	10,654	20,095	9,538	10,557
25 - 29 Yrs.	11,595	4,819	6,776	15,507	6,491	9,016	18,262	8,327	9,935
30 - 34 Yrs.	9,825	4,052	5,773	13,254	5,406	7,848	14,195	5,807	8,388
35 - 39 Yrs.	9,714	4,177	5,537	11,529	4,850	6,679	12,135	4,842	7,293
40 - 44 Yrs.	9,990	4,339	5,651	10,071	4,343	5,728	10,537	4,345	6,192
45 - 49 Yrs.	9,230	4,240	4,990	8,811	3,971	4,840	9,156	3,872	5,284
50 - 54 Yrs.	8,776	4,253	4,523	7,523	3,473	4,050	7,931	3,504	4,427
55 - 59 Yrs.	7,258	3,598	3,660	6,136	2,907	3,229	6,661	3,006	3,655
60 - 64 Yrs.	6,421	3,035	3,386	5,074	2,404	2,670	5,285	2,436	2,849
65 - 69 Yrs.	5,334	2,650	2,684	4,143	1,905	2,238	4,180	1,916	2,264
70 - 74 Yrs.	4,208	1,977	2,231	3,188	1,452	1,736	3,167	1,399	1,768
75 - 79 Yrs.	2,980	1,384	1,596	2,244	1,018	1,226	2,138	929	1,209
80+ Yrs.	2,716	1,219	1,497	1,165	533	632	1,560	669	891

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Table 16.22 : Dolakha

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	190,693	86,221	104,472	191,845	85,724	106,121
00 - 04 Yrs.	17,155	8,370	8,785	14,945	7,241	7,704
05 - 09 Yrs.	17,820	8,656	9,164	16,429	7,924	8,505
10 - 14 Yrs.	17,259	8,350	8,909	17,104	8,212	8,892
15 - 19 Yrs.	15,667	7,467	8,200	16,516	7,872	8,644
20 - 24 Yrs.	17,770	8,384	9,386	14,881	6,942	7,939
25 - 29 Yrs.	19,076	8,880	10,196	16,842	7,778	9,064
30 - 34 Yrs.	17,337	7,758	9,579	18,108	8,272	9,836
35 - 39 Yrs.	13,480	5,400	8,080	16,469	7,235	9,234
40 - 44 Yrs.	11,507	4,498	7,009	12,792	5,019	7,773
45 - 49 Yrs.	9,942	4,018	5,924	10,874	4,160	6,714
50 - 54 Yrs.	8,560	3,545	5,015	9,313	3,680	5,633
55 - 59 Yrs.	7,298	3,149	4,149	7,902	3,188	4,714
60 - 64 Yrs.	5,974	2,619	3,355	6,573	2,749	3,824
65 - 69 Yrs.	4,539	2,021	2,518	5,164	2,180	2,984
70 - 74 Yrs.	3,336	1,467	1,869	3,657	1,556	2,101
75 - 79 Yrs.	2,228	936	1,292	2,376	991	1,385
80+ Yrs.	1,745	703	1,042	1,900	725	1,175

Table 16.23 : Sindhupalchowk

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	287,798	138,351	149,447	292,370	140,296	152,074	294,736	141,258	153,478
00 - 04 Yrs.	23,524	11,819	11,705	30,318	15,528	14,790	29,419	15,101	14,318
05 - 09 Yrs.	31,972	15,907	16,065	27,486	13,929	13,557	28,401	14,525	13,876
10 - 14 Yrs.	38,697	19,253	19,444	31,480	15,919	15,561	25,853	13,080	12,773
15 - 19 Yrs.	32,342	15,357	16,985	34,098	17,104	16,994	29,506	14,852	14,654
20 - 24 Yrs.	22,231	9,828	12,403	31,073	15,029	16,044	31,747	15,782	15,965
25 - 29 Yrs.	19,361	8,492	10,869	24,094	10,517	13,577	28,801	13,778	15,023
30 - 34 Yrs.	16,457	7,433	9,024	20,577	8,759	11,818	22,294	9,609	12,685
35 - 39 Yrs.	16,595	7,459	9,136	17,915	7,857	10,058	19,041	8,012	11,029
40 - 44 Yrs.	16,229	7,544	8,685	15,659	7,034	8,625	16,552	7,188	9,364
45 - 49 Yrs.	14,139	6,989	7,150	13,722	6,434	7,288	14,398	6,407	7,991
50 - 54 Yrs.	13,473	6,769	6,704	11,725	5,627	6,098	12,491	5,797	6,694
55 - 59 Yrs.	10,660	5,573	5,087	9,572	4,710	4,862	10,499	4,972	5,527
60 - 64 Yrs.	10,113	4,991	5,122	7,918	3,896	4,022	8,338	4,030	4,308
65 - 69 Yrs.	7,765	3,908	3,857	6,457	3,087	3,370	6,592	3,169	3,423
70 - 74 Yrs.	6,392	3,107	3,285	4,966	2,352	2,614	4,988	2,315	2,673
75 - 79 Yrs.	4,088	2,090	1,998	3,495	1,650	1,845	3,363	1,535	1,828
80+ Yrs.	3,760	1,832	1,928	1,815	864	951	2,453	1,106	1,347

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Table 16.23 : Sindhupalchowk

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	302,978	145,161	157,817	307,316	147,157	160,159
00 - 04 Yrs.	27,365	14,093	13,272	24,058	12,430	11,628
05 - 09 Yrs.	28,415	14,572	13,843	26,438	13,603	12,835
10 - 14 Yrs.	27,518	14,059	13,459	27,516	14,096	13,420
15 - 19 Yrs.	24,957	12,571	12,386	26,559	13,512	13,047
20 - 24 Yrs.	28,292	14,114	14,178	23,899	11,918	11,981
25 - 29 Yrs.	30,353	14,950	15,403	27,031	13,352	13,679
30 - 34 Yrs.	27,534	13,063	14,471	29,046	14,200	14,846
35 - 39 Yrs.	21,297	9,092	12,205	26,356	12,420	13,936
40 - 44 Yrs.	18,161	7,573	10,588	20,346	8,616	11,730
45 - 49 Yrs.	15,713	6,764	8,949	17,274	7,141	10,133
50 - 54 Yrs.	13,543	5,967	7,576	14,818	6,317	8,501
55 - 59 Yrs.	11,568	5,301	6,267	12,587	5,473	7,114
60 - 64 Yrs.	9,475	4,408	5,067	10,491	4,719	5,772
65 - 69 Yrs.	7,206	3,402	3,804	8,245	3,742	4,503
70 - 74 Yrs.	5,295	2,471	2,824	5,843	2,673	3,170
75 - 79 Yrs.	3,528	1,577	1,951	3,790	1,700	2,090
80+ Yrs.	2,758	1,184	1,574	3,019	1,245	1,774

Table 16.24 : Kavrepalanchowk

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	381,937	182,936	199,001	394,229	189,619	204,610	404,549	195,590	208,959
00 - 04 Yrs.	28,013	14,525	13,488	40,887	20,987	19,900	40,405	20,910	19,495
05 - 09 Yrs.	38,860	19,469	19,391	37,066	18,826	18,240	39,004	20,112	18,892
10 - 14 Yrs.	50,925	25,604	25,321	42,453	21,517	20,936	35,500	18,110	17,390
15 - 19 Yrs.	46,680	21,937	24,743	45,982	23,118	22,864	40,516	20,564	19,952
20 - 24 Yrs.	34,240	15,128	19,112	41,899	20,313	21,586	43,587	21,852	21,735
25 - 29 Yrs.	28,729	13,264	15,465	32,482	14,214	18,268	39,531	19,077	20,454
30 - 34 Yrs.	24,344	10,973	13,371	27,738	11,837	15,901	30,575	13,304	17,271
35 - 39 Yrs.	23,620	10,734	12,886	24,152	10,619	13,533	26,108	11,093	15,015
40 - 44 Yrs.	21,574	10,152	11,422	21,114	9,509	11,605	22,702	9,953	12,749
45 - 49 Yrs.	18,776	8,987	9,789	18,502	8,696	9,806	19,750	8,871	10,879
50 - 54 Yrs.	16,894	8,272	8,622	15,810	7,605	8,205	17,142	8,028	9,114
55 - 59 Yrs.	12,370	6,196	6,174	12,906	6,365	6,541	14,409	6,885	7,524
60 - 64 Yrs.	11,437	5,425	6,012	10,676	5,265	5,411	11,445	5,580	5,865
65 - 69 Yrs.	9,336	4,529	4,807	8,705	4,172	4,533	9,049	4,388	4,661
70 - 74 Yrs.	6,937	3,355	3,582	6,697	3,179	3,518	6,846	3,206	3,640
75 - 79 Yrs.	4,859	2,372	2,487	4,714	2,230	2,484	4,615	2,126	2,489
80+ Yrs.	4,343	2,014	2,329	2,446	1,167	1,279	3,365	1,531	1,834

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Table 16.24 : Kavrepalanchowk

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	420,013	204,367	215,646	430,608	210,895	219,713
00 - 04 Yrs.	37,975	19,840	18,135	33,765	17,814	15,951
05 - 09 Yrs.	39,432	20,516	18,916	37,104	19,495	17,609
10 - 14 Yrs.	38,184	19,793	18,391	38,613	20,202	18,411
15 - 19 Yrs.	34,621	17,697	16,924	37,262	19,364	17,898
20 - 24 Yrs.	39,246	19,871	19,375	33,516	17,080	16,436
25 - 29 Yrs.	42,095	21,048	21,047	37,902	19,136	18,766
30 - 34 Yrs.	38,164	18,391	19,773	40,716	20,351	20,365
35 - 39 Yrs.	29,476	12,799	16,677	36,918	17,800	19,118
40 - 44 Yrs.	25,129	10,662	14,467	28,440	12,348	16,092
45 - 49 Yrs.	21,751	9,524	12,227	24,134	10,234	13,900
50 - 54 Yrs.	18,753	8,401	10,352	20,715	9,053	11,662
55 - 59 Yrs.	16,027	7,463	8,564	17,602	7,843	9,759
60 - 64 Yrs.	13,130	6,206	6,924	14,680	6,762	7,918
65 - 69 Yrs.	9,986	4,789	5,197	11,541	5,363	6,178
70 - 74 Yrs.	7,339	3,479	3,860	8,179	3,830	4,349
75 - 79 Yrs.	4,887	2,220	2,667	5,305	2,437	2,868
80+ Yrs.	3,818	1,668	2,150	4,216	1,783	2,433

Table 16.25 : Lalitpur

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	468,132	238,082	230,050	525,211	270,627	254,584	585,982	306,207	279,775
00 - 04 Yrs.	29,503	15,490	14,013	54,712	29,953	24,759	58,837	32,736	26,101
05 - 09 Yrs.	37,208	19,416	17,792	49,565	26,869	22,696	56,780	31,486	25,294
10 - 14 Yrs.	45,398	23,528	21,870	56,758	30,708	26,050	51,636	28,353	23,283
15 - 19 Yrs.	51,674	27,208	24,466	61,443	32,995	28,448	58,908	32,194	26,714
20 - 24 Yrs.	53,900	27,496	26,404	55,850	28,991	26,859	63,312	34,210	29,102
25 - 29 Yrs.	48,387	23,340	25,047	43,014	20,285	22,729	57,250	29,865	27,385
30 - 34 Yrs.	42,268	21,009	21,259	36,679	16,895	19,784	43,952	20,828	23,124
35 - 39 Yrs.	37,264	18,764	18,500	31,995	15,156	16,839	37,471	17,367	20,104
40 - 44 Yrs.	30,648	16,085	14,563	28,011	13,571	14,440	32,652	15,582	17,070
45 - 49 Yrs.	23,439	12,201	11,238	24,611	12,411	12,200	28,453	13,887	14,566
50 - 54 Yrs.	18,280	9,442	8,838	21,063	10,854	10,209	24,771	12,568	12,203
55 - 59 Yrs.	13,713	6,997	6,716	17,223	9,084	8,139	20,853	10,779	10,074
60 - 64 Yrs.	11,498	5,557	5,941	14,247	7,514	6,733	16,589	8,736	7,853
65 - 69 Yrs.	9,146	4,351	4,795	11,595	5,954	5,641	13,112	6,871	6,241
70 - 74 Yrs.	6,607	3,137	3,470	8,915	4,538	4,377	9,892	5,019	4,873
75 - 79 Yrs.	4,686	2,085	2,601	6,273	3,183	3,090	6,660	3,328	3,332
80+ Yrs.	4,513	1,976	2,537	3,257	1,666	1,591	4,854	2,398	2,456

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Table 16.25 : Lalitpur

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	635,151	336,990	298,161	680,157	366,466	313,691
00 - 04 Yrs.	57,788	32,714	25,074	53,728	30,954	22,774
05 - 09 Yrs.	59,983	33,830	26,153	59,014	33,874	25,140
10 - 14 Yrs.	58,065	32,637	25,428	61,391	35,105	26,286
15 - 19 Yrs.	52,583	29,182	23,401	59,202	33,649	25,553
20 - 24 Yrs.	59,554	32,766	26,788	53,147	29,680	23,467
25 - 29 Yrs.	63,807	34,707	29,100	60,044	33,251	26,793
30 - 34 Yrs.	57,665	30,325	27,340	64,438	35,362	29,076
35 - 39 Yrs.	44,164	21,106	23,058	58,225	30,930	27,295
40 - 44 Yrs.	37,583	17,580	20,003	44,433	21,457	22,976
45 - 49 Yrs.	32,611	15,705	16,906	37,629	17,783	19,846
50 - 54 Yrs.	28,168	13,855	14,313	32,382	15,732	16,650
55 - 59 Yrs.	24,147	12,306	11,841	27,563	13,630	13,933
60 - 64 Yrs.	19,807	10,234	9,573	23,056	11,751	11,305
65 - 69 Yrs.	15,083	7,897	7,186	18,140	9,319	8,821
70 - 74 Yrs.	11,074	5,737	5,337	12,864	6,656	6,208
75 - 79 Yrs.	7,347	3,660	3,687	8,330	4,235	4,095
80+ Yrs.	5,722	2,749	2,973	6,571	3,098	3,473

Table 16.26 : Bhaktapur

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	304,651	154,884	149,767	340,066	175,368	164,698	377,660	197,737	179,923
00 - 04 Yrs.	19,822	10,625	9,197	35,427	19,410	16,017	37,924	21,139	16,785
05 - 09 Yrs.	24,312	12,928	11,384	32,093	17,411	14,682	36,599	20,332	16,267
10 - 14 Yrs.	31,391	16,621	14,770	36,751	19,899	16,852	33,283	18,309	14,974
15 - 19 Yrs.	33,794	17,787	16,007	39,785	21,381	18,404	37,968	20,789	17,179
20 - 24 Yrs.	36,161	18,001	18,160	36,161	18,786	17,375	40,808	22,092	18,716
25 - 29 Yrs.	31,642	15,386	16,256	27,849	13,145	14,704	36,897	19,286	17,611
30 - 34 Yrs.	27,344	13,414	13,930	23,747	10,948	12,799	28,321	13,450	14,871
35 - 39 Yrs.	23,645	11,898	11,747	20,716	9,822	10,894	24,143	11,214	12,929
40 - 44 Yrs.	19,461	10,168	9,293	18,136	8,794	9,342	21,039	10,062	10,977
45 - 49 Yrs.	14,657	7,537	7,120	15,934	8,042	7,892	18,335	8,968	9,367
50 - 54 Yrs.	11,153	5,654	5,499	13,638	7,033	6,605	15,964	8,116	7,848
55 - 59 Yrs.	8,430	4,230	4,200	11,152	5,886	5,266	13,440	6,961	6,479
60 - 64 Yrs.	6,980	3,273	3,707	9,224	4,869	4,355	10,692	5,641	5,051
65 - 69 Yrs.	5,781	2,736	3,045	7,508	3,858	3,650	8,450	4,437	4,013
70 - 74 Yrs.	4,251	1,986	2,265	5,773	2,941	2,832	6,376	3,242	3,134
75 - 79 Yrs.	3,135	1,486	1,649	4,062	2,063	1,999	4,293	2,150	2,143
80+ Yrs.	2,692	1,154	1,538	2,110	1,080	1,030	3,128	1,549	1,579

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Table 16.26 : Bhaktapur

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	408,472	217,388	191,084	436,553	236,188	200,365
00 - 04 Yrs.	37,174	21,104	16,070	34,496	19,950	14,546
05 - 09 Yrs.	38,585	21,824	16,761	37,889	21,832	16,057
10 - 14 Yrs.	37,351	21,054	16,297	39,415	22,625	16,790
15 - 19 Yrs.	33,822	18,825	14,997	38,009	21,688	16,321
20 - 24 Yrs.	38,304	21,137	17,167	34,118	19,129	14,989
25 - 29 Yrs.	41,039	22,389	18,650	38,544	21,430	17,114
30 - 34 Yrs.	37,083	19,562	17,521	41,361	22,790	18,571
35 - 39 Yrs.	28,392	13,615	14,777	37,368	19,934	17,434
40 - 44 Yrs.	24,160	11,340	12,820	28,504	13,829	14,675
45 - 49 Yrs.	20,965	10,131	10,834	24,139	11,462	12,677
50 - 54 Yrs.	18,110	8,937	9,173	20,775	10,140	10,635
55 - 59 Yrs.	15,527	7,939	7,588	17,685	8,785	8,900
60 - 64 Yrs.	12,737	6,602	6,135	14,794	7,573	7,221
65 - 69 Yrs.	9,699	5,094	4,605	11,640	6,006	5,634
70 - 74 Yrs.	7,121	3,701	3,420	8,255	4,289	3,966
75 - 79 Yrs.	4,724	2,361	2,363	5,346	2,730	2,616
80+ Yrs.	3,679	1,773	1,906	4,215	1,996	2,219

Table 16.27 : Kathmandu

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	1,744,240	913,001	831,239	2,011,978	1,059,270	952,708	2,300,890	1,219,538	1,081,352
00 - 04 Yrs.	111,600	59,515	52,085	209,896	117,240	92,656	231,257	130,376	100,881
05 - 09 Yrs.	137,162	72,927	64,235	190,096	105,166	84,930	223,163	125,400	97,763
10 - 14 Yrs.	165,679	87,466	78,213	217,679	120,195	97,484	202,911	112,919	89,992
15 - 19 Yrs.	202,174	110,834	91,340	235,605	129,144	106,461	231,470	128,220	103,250
20 - 24 Yrs.	233,794	122,036	111,758	213,984	113,474	100,510	248,730	136,251	112,479
25 - 29 Yrs.	202,417	102,337	100,080	164,457	79,401	85,056	224,792	118,948	105,844
30 - 34 Yrs.	162,746	83,817	78,929	140,165	66,128	74,037	172,330	82,953	89,377
35 - 39 Yrs.	134,021	69,638	64,383	122,337	59,323	63,014	146,871	69,168	77,703
40 - 44 Yrs.	106,558	57,626	48,932	107,153	53,116	54,037	128,032	62,057	65,975
45 - 49 Yrs.	78,678	42,275	36,403	94,234	48,578	45,656	111,611	55,311	56,300
50 - 54 Yrs.	60,754	32,417	28,337	80,686	42,484	38,202	97,220	50,055	47,165
55 - 59 Yrs.	43,354	22,791	20,563	66,012	35,555	30,457	81,870	42,932	38,938
60 - 64 Yrs.	34,946	17,188	17,758	54,607	29,413	25,194	65,147	34,793	30,354
65 - 69 Yrs.	25,950	12,441	13,509	44,414	23,304	21,110	51,482	27,363	24,119
70 - 74 Yrs.	18,205	8,394	9,811	34,141	17,762	16,379	38,826	19,990	18,836
75 - 79 Yrs.	13,220	5,849	7,371	24,022	12,458	11,564	26,137	13,258	12,879
80+ Yrs.	12,982	5,450	7,532	12,477	6,523	5,954	19,044	9,551	9,493

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Table 16.27 : Kathmandu

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	2,522,103	1,347,388	1,174,715	2,729,056	1,469,787	1,259,269
00 - 04 Yrs.	229,594	130,805	98,789	215,572	124,147	91,425
05 - 09 Yrs.	238,305	135,263	103,042	236,782	135,861	100,921
10 - 14 Yrs.	230,681	130,496	100,185	246,314	140,792	105,522
15 - 19 Yrs.	208,876	116,680	92,196	237,539	134,959	102,580
20 - 24 Yrs.	236,549	131,009	105,540	213,241	119,037	94,204
25 - 29 Yrs.	253,418	138,767	114,651	240,919	133,361	107,558
30 - 34 Yrs.	228,962	121,247	107,715	258,551	141,827	116,724
35 - 39 Yrs.	175,234	84,387	90,847	233,627	124,052	109,575
40 - 44 Yrs.	149,101	70,289	78,812	178,291	86,057	92,234
45 - 49 Yrs.	129,400	62,792	66,608	150,993	71,322	79,671
50 - 54 Yrs.	111,784	55,395	56,389	129,939	63,098	66,841
55 - 59 Yrs.	95,857	49,205	46,652	110,601	54,666	55,935
60 - 64 Yrs.	78,634	40,918	37,716	92,514	47,130	45,384
65 - 69 Yrs.	59,884	31,572	28,312	72,786	37,376	35,410
70 - 74 Yrs.	43,963	22,938	21,025	51,616	26,693	24,923
75 - 79 Yrs.	29,162	14,633	14,529	33,424	16,984	16,440
80+ Yrs.	22,706	10,993	11,713	26,369	12,426	13,943

Table 16.28 : Nuwakot

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	277,471	132,787	144,684	283,827	135,593	148,234	288,328	137,588	150,740
00 - 04 Yrs.	21,784	11,168	10,616	29,424	15,008	14,416	28,772	14,709	14,063
05 - 09 Yrs.	29,670	14,934	14,736	26,677	13,462	13,215	27,776	14,148	13,628
10 - 14 Yrs.	37,346	18,430	18,916	30,554	15,386	15,168	25,285	12,740	12,545
15 - 19 Yrs.	33,524	15,576	17,948	33,095	16,531	16,564	28,858	14,465	14,393
20 - 24 Yrs.	23,135	10,022	13,113	30,164	14,525	15,639	31,052	15,372	15,680
25 - 29 Yrs.	18,884	8,122	10,762	23,398	10,164	13,234	28,175	13,420	14,755
30 - 34 Yrs.	16,073	7,144	8,929	19,984	8,465	11,519	21,818	9,359	12,459
35 - 39 Yrs.	15,531	6,956	8,575	17,398	7,593	9,805	18,635	7,803	10,832
40 - 44 Yrs.	15,453	7,252	8,201	15,207	6,799	8,408	16,198	7,001	9,197
45 - 49 Yrs.	13,550	6,660	6,890	13,323	6,219	7,104	14,088	6,240	7,848
50 - 54 Yrs.	12,802	6,511	6,291	11,382	5,438	5,944	12,223	5,648	6,575
55 - 59 Yrs.	9,670	5,041	4,629	9,290	4,551	4,739	10,271	4,843	5,428
60 - 64 Yrs.	9,073	4,507	4,566	7,686	3,765	3,921	8,156	3,925	4,231
65 - 69 Yrs.	7,171	3,642	3,529	6,268	2,983	3,285	6,449	3,087	3,362
70 - 74 Yrs.	5,835	2,895	2,940	4,822	2,274	2,548	4,881	2,255	2,626
75 - 79 Yrs.	4,202	2,057	2,145	3,394	1,595	1,799	3,291	1,496	1,795
80+ Yrs.	3,768	1,870	1,898	1,761	835	926	2,400	1,077	1,323

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Table 16.28 : Nuwakot

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	297,622	141,987	155,635	303,208	144,582	158,626
00 - 04 Yrs.	26,872	13,784	13,088	23,728	12,212	11,516
05 - 09 Yrs.	27,906	14,254	13,652	26,077	13,365	12,712
10 - 14 Yrs.	27,024	13,751	13,273	27,142	13,850	13,292
15 - 19 Yrs.	24,511	12,296	12,215	26,197	13,276	12,921
20 - 24 Yrs.	27,789	13,806	13,983	23,576	11,710	11,866
25 - 29 Yrs.	29,812	14,623	15,189	26,666	13,118	13,548
30 - 34 Yrs.	27,048	12,777	14,271	28,655	13,952	14,703
35 - 39 Yrs.	20,929	8,893	12,036	26,007	12,204	13,803
40 - 44 Yrs.	17,848	7,407	10,441	20,083	8,465	11,618
45 - 49 Yrs.	15,442	6,617	8,825	17,052	7,016	10,036
50 - 54 Yrs.	13,309	5,838	7,471	14,627	6,207	8,420
55 - 59 Yrs.	11,366	5,185	6,181	12,423	5,377	7,046
60 - 64 Yrs.	9,308	4,311	4,997	10,353	4,636	5,717
65 - 69 Yrs.	7,078	3,327	3,751	8,136	3,676	4,460
70 - 74 Yrs.	5,202	2,417	2,785	5,766	2,626	3,140
75 - 79 Yrs.	3,467	1,542	1,925	3,741	1,670	2,071
80+ Yrs.	2,711	1,159	1,552	2,979	1,222	1,757

Table 16.29 : Rasuwa

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	43,300	21,475	21,825	44,399	21,733	22,666	45,200	21,818	23,382
00 - 04 Yrs.	3,755	1,910	1,845	4,609	2,405	2,204	4,514	2,333	2,181
05 - 09 Yrs.	4,944	2,386	2,558	4,178	2,157	2,021	4,358	2,244	2,114
10 - 14 Yrs.	6,034	2,959	3,075	4,785	2,466	2,319	3,966	2,020	1,946
15 - 19 Yrs.	4,521	2,191	2,330	5,182	2,649	2,533	4,527	2,294	2,233
20 - 24 Yrs.	3,140	1,420	1,720	4,719	2,328	2,391	4,869	2,437	2,432
25 - 29 Yrs.	3,142	1,580	1,562	3,653	1,629	2,024	4,417	2,128	2,289
30 - 34 Yrs.	2,563	1,245	1,318	3,118	1,356	1,762	3,416	1,484	1,932
35 - 39 Yrs.	2,499	1,202	1,297	2,717	1,217	1,500	2,918	1,238	1,680
40 - 44 Yrs.	2,488	1,230	1,258	2,375	1,089	1,286	2,537	1,110	1,427
45 - 49 Yrs.	2,170	1,141	1,029	2,083	997	1,086	2,207	990	1,217
50 - 54 Yrs.	2,099	1,092	1,007	1,780	872	908	1,914	895	1,019
55 - 59 Yrs.	1,482	805	677	1,454	730	724	1,610	768	842
60 - 64 Yrs.	1,421	747	674	1,203	604	599	1,279	622	657
65 - 69 Yrs.	1,041	525	516	982	479	503	1,011	489	522
70 - 74 Yrs.	858	452	406	754	365	389	765	358	407
75 - 79 Yrs.	585	300	285	531	256	275	515	237	278
80+ Yrs.	558	290	268	276	134	142	377	171	206

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Table 16.29 : Rasuwa

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	46,687	22,212	24,475	47,572	22,259	25,313
00 - 04 Yrs.	4,214	2,156	2,058	3,718	1,880	1,838
05 - 09 Yrs.	4,377	2,230	2,147	4,086	2,058	2,028
10 - 14 Yrs.	4,240	2,152	2,088	4,253	2,132	2,121
15 - 19 Yrs.	3,845	1,924	1,921	4,105	2,043	2,062
20 - 24 Yrs.	4,359	2,160	2,199	3,696	1,803	1,893
25 - 29 Yrs.	4,676	2,287	2,389	4,182	2,020	2,162
30 - 34 Yrs.	4,243	1,999	2,244	4,494	2,148	2,346
35 - 39 Yrs.	3,284	1,391	1,893	4,082	1,879	2,203
40 - 44 Yrs.	2,800	1,158	1,642	3,158	1,304	1,854
45 - 49 Yrs.	2,423	1,035	1,388	2,682	1,080	1,602
50 - 54 Yrs.	2,088	913	1,175	2,299	955	1,344
55 - 59 Yrs.	1,783	811	972	1,952	828	1,124
60 - 64 Yrs.	1,461	675	786	1,627	714	913
65 - 69 Yrs.	1,110	521	589	1,278	566	712
70 - 74 Yrs.	816	378	438	905	404	501
75 - 79 Yrs.	543	241	302	587	257	330
80+ Yrs.	425	181	244	468	188	280

Table 16.30 : Dhading

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	336,067	157,834	178,233	346,950	161,896	185,054	355,975	165,076	190,899
00 - 04 Yrs.	30,082	15,401	14,681	35,916	17,919	17,997	35,457	17,648	17,809
05 - 09 Yrs.	38,801	19,500	19,301	32,571	16,074	16,497	34,233	16,974	17,259
10 - 14 Yrs.	46,756	23,181	23,575	37,305	18,370	18,935	31,171	15,284	15,887
15 - 19 Yrs.	39,300	17,783	21,517	40,417	19,738	20,679	35,583	17,355	18,228
20 - 24 Yrs.	26,656	10,417	16,239	36,866	17,343	19,523	38,300	18,443	19,857
25 - 29 Yrs.	22,774	9,453	13,321	28,656	12,135	16,521	34,786	16,100	18,686
30 - 34 Yrs.	18,919	7,974	10,945	24,488	10,107	14,381	27,007	11,228	15,779
35 - 39 Yrs.	18,060	7,843	10,217	21,307	9,067	12,240	23,080	9,363	13,717
40 - 44 Yrs.	17,115	7,714	9,401	18,615	8,119	10,496	20,047	8,400	11,647
45 - 49 Yrs.	15,297	7,191	8,106	16,293	7,425	8,868	17,426	7,487	9,939
50 - 54 Yrs.	14,726	7,432	7,294	13,913	6,493	7,420	15,102	6,776	8,326
55 - 59 Yrs.	11,357	5,738	5,619	11,350	5,434	5,916	12,685	5,811	6,874
60 - 64 Yrs.	10,644	5,250	5,394	9,389	4,495	4,894	10,068	4,710	5,358
65 - 69 Yrs.	8,798	4,577	4,221	7,662	3,561	4,101	7,962	3,704	4,258
70 - 74 Yrs.	6,770	3,368	3,402	5,897	2,715	3,182	6,031	2,706	3,325
75 - 79 Yrs.	5,063	2,547	2,516	4,151	1,904	2,247	4,069	1,795	2,274
80+ Yrs.	4,949	2,465	2,484	2,154	997	1,157	2,968	1,292	1,676

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Table 16.30 : Dhading

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	369,235	170,237	198,998	378,016	173,143	204,873
00 - 04 Yrs.	33,262	16,527	16,735	29,498	14,625	14,873
05 - 09 Yrs.	34,546	17,090	17,456	32,423	16,004	16,419
10 - 14 Yrs.	33,459	16,488	16,971	33,753	16,586	17,167
15 - 19 Yrs.	30,360	14,742	15,618	32,587	15,898	16,689
20 - 24 Yrs.	34,430	16,552	17,878	29,348	14,022	15,326
25 - 29 Yrs.	36,955	17,533	19,422	33,208	15,710	17,498
30 - 34 Yrs.	33,566	15,319	18,247	35,698	16,708	18,990
35 - 39 Yrs.	26,052	10,662	15,390	32,440	14,613	17,827
40 - 44 Yrs.	22,231	8,881	13,350	25,143	10,138	15,005
45 - 49 Yrs.	19,216	7,933	11,283	21,364	8,402	12,962
50 - 54 Yrs.	16,550	6,998	9,552	18,307	7,433	10,874
55 - 59 Yrs.	14,120	6,217	7,903	15,540	6,440	9,100
60 - 64 Yrs.	11,560	5,170	6,390	12,935	5,552	7,383
65 - 69 Yrs.	8,785	3,989	4,796	10,164	4,403	5,761
70 - 74 Yrs.	6,460	2,898	3,562	7,199	3,144	4,055
75 - 79 Yrs.	4,310	1,849	2,461	4,676	2,001	2,675
80+ Yrs.	3,373	1,389	1,984	3,733	1,464	2,269

Table 16.31 : Makawanpur

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	420,477	206,684	213,793	443,976	217,994	225,982	466,612	229,001	237,611
00 - 04 Yrs.	38,209	19,465	18,744	46,106	24,128	21,978	46,648	24,481	22,167
05 - 09 Yrs.	49,597	25,177	24,420	41,789	21,643	20,146	45,029	23,547	21,482
10 - 14 Yrs.	56,630	28,622	28,008	47,859	24,736	23,123	40,978	21,204	19,774
15 - 19 Yrs.	48,284	22,963	25,321	51,831	26,578	25,253	46,764	24,076	22,688
20 - 24 Yrs.	38,881	17,648	21,233	47,194	23,353	23,841	50,301	25,585	24,716
25 - 29 Yrs.	33,173	15,763	17,410	36,516	16,341	20,175	45,594	22,336	23,258
30 - 34 Yrs.	26,697	12,657	14,040	31,171	13,609	17,562	35,215	15,576	19,639
35 - 39 Yrs.	24,804	11,821	12,983	27,155	12,208	14,947	30,062	12,988	17,074
40 - 44 Yrs.	22,743	11,093	11,650	23,749	10,931	12,818	26,150	11,653	14,497
45 - 49 Yrs.	19,184	9,634	9,550	20,827	9,997	10,830	22,757	10,386	12,371
50 - 54 Yrs.	17,044	8,884	8,160	17,805	8,743	9,062	19,763	9,399	10,364
55 - 59 Yrs.	12,365	6,500	5,865	14,541	7,317	7,224	16,618	8,062	8,556
60 - 64 Yrs.	10,437	5,320	5,117	12,029	6,053	5,976	13,204	6,534	6,670
65 - 69 Yrs.	8,152	4,145	4,007	9,803	4,796	5,007	10,438	5,138	5,300
70 - 74 Yrs.	5,973	2,893	3,080	7,540	3,655	3,885	7,892	3,753	4,139
75 - 79 Yrs.	4,185	2,092	2,093	5,307	2,564	2,743	5,320	2,490	2,830
80+ Yrs.	4,119	2,007	2,112	2,754	1,342	1,412	3,879	1,793	2,086

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Table 16.31 : Makawanpur

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	490,481	240,824	249,657	509,196	250,081	259,115
00 - 04 Yrs.	44,374	23,379	20,995	39,935	21,123	18,812
05 - 09 Yrs.	46,075	24,176	21,899	43,882	23,116	20,766
10 - 14 Yrs.	44,616	23,324	21,292	45,668	23,955	21,713
15 - 19 Yrs.	40,448	20,854	19,594	44,070	22,963	21,107
20 - 24 Yrs.	45,846	23,416	22,430	39,638	20,254	19,384
25 - 29 Yrs.	49,169	24,803	24,366	44,823	22,691	22,132
30 - 34 Yrs.	44,563	21,671	22,892	48,149	24,132	24,017
35 - 39 Yrs.	34,390	15,083	19,307	43,653	21,107	22,546
40 - 44 Yrs.	29,313	12,563	16,750	33,622	14,643	18,979
45 - 49 Yrs.	25,378	11,223	14,155	28,528	12,135	16,393
50 - 54 Yrs.	21,884	9,900	11,984	24,489	10,736	13,753
55 - 59 Yrs.	18,710	8,795	9,915	20,810	9,301	11,509
60 - 64 Yrs.	15,330	7,314	8,016	17,357	8,019	9,338
65 - 69 Yrs.	11,660	5,643	6,017	13,645	6,359	7,286
70 - 74 Yrs.	8,569	4,100	4,469	9,670	4,542	5,128
75 - 79 Yrs.	5,702	2,615	3,087	6,273	2,890	3,383
80+ Yrs.	4,454	1,965	2,489	4,984	2,115	2,869

Table 16.32 : Rautahat

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	686,722	351,079	335,643	772,098	398,094	374,004	862,993	449,193	413,800
00 - 04 Yrs.	81,432	40,841	40,591	80,435	44,061	36,374	86,625	48,021	38,604
05 - 09 Yrs.	103,805	52,896	50,909	72,864	39,523	33,341	83,600	46,189	37,411
10 - 14 Yrs.	93,173	47,993	45,180	83,441	45,171	38,270	76,029	41,592	34,437
15 - 19 Yrs.	63,108	33,611	29,497	90,328	48,535	41,793	86,738	47,227	39,511
20 - 24 Yrs.	52,353	25,683	26,670	82,103	42,645	39,458	93,228	50,185	43,043
25 - 29 Yrs.	50,957	25,376	25,581	63,231	29,841	33,390	84,315	43,812	40,503
30 - 34 Yrs.	45,954	22,022	23,932	53,918	24,853	29,065	64,754	30,553	34,201
35 - 39 Yrs.	42,752	21,988	20,764	47,032	22,295	24,737	55,211	25,476	29,735
40 - 44 Yrs.	34,534	18,137	16,397	41,176	19,962	21,214	48,103	22,857	25,246
45 - 49 Yrs.	27,697	14,883	12,814	36,180	18,256	17,924	41,916	20,372	21,544
50 - 54 Yrs.	21,295	11,640	9,655	30,963	15,966	14,997	36,485	18,437	18,048
55 - 59 Yrs.	18,169	9,107	9,062	25,320	13,363	11,957	30,714	15,813	14,901
60 - 64 Yrs.	18,438	9,502	8,936	20,945	11,054	9,891	24,431	12,815	11,616
65 - 69 Yrs.	14,473	7,592	6,881	17,046	8,759	8,287	19,309	10,079	9,230
70 - 74 Yrs.	10,533	5,705	4,828	13,106	6,676	6,430	14,571	7,363	7,208
75 - 79 Yrs.	4,528	2,326	2,202	9,221	4,682	4,539	9,813	4,884	4,929
80+ Yrs.	3,521	1,777	1,744	4,789	2,452	2,337	7,151	3,518	3,633

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Table 16.32 : Rautahat

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	935,960	492,414	443,546	1,002,668	533,312	469,356
00 - 04 Yrs.	85,103	47,803	37,300	79,122	45,047	34,075
05 - 09 Yrs.	88,339	49,433	38,906	86,912	49,297	37,615
10 - 14 Yrs.	85,519	47,691	37,828	90,415	51,086	39,329
15 - 19 Yrs.	77,452	42,641	34,811	87,203	48,970	38,233
20 - 24 Yrs.	87,727	47,878	39,849	78,303	43,192	35,111
25 - 29 Yrs.	94,003	50,714	43,289	88,478	48,390	40,088
30 - 34 Yrs.	84,981	44,311	40,670	94,967	51,462	43,505
35 - 39 Yrs.	65,142	30,840	34,302	85,852	45,012	40,840
40 - 44 Yrs.	55,444	25,687	29,757	65,603	31,226	34,377
45 - 49 Yrs.	48,097	22,948	25,149	55,574	25,879	29,695
50 - 54 Yrs.	41,536	20,245	21,291	47,808	22,895	24,913
55 - 59 Yrs.	35,598	17,983	17,615	40,684	19,836	20,848
60 - 64 Yrs.	29,194	14,953	14,241	34,016	17,101	16,915
65 - 69 Yrs.	22,229	11,539	10,690	26,759	13,561	13,198
70 - 74 Yrs.	16,322	8,383	7,939	18,975	9,686	9,289
75 - 79 Yrs.	10,834	5,348	5,486	12,291	6,163	6,128
80+ Yrs.	8,440	4,017	4,423	9,706	4,509	5,197

Table 16.33 : Bara

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	687,708	351,244	336,464	765,053	393,956	371,097	846,772	440,049	406,723
00 - 04 Yrs.	78,488	39,780	38,708	79,694	43,603	36,091	84,988	47,044	37,944
05 - 09 Yrs.	100,280	51,588	48,692	72,194	39,112	33,082	82,019	45,248	36,771
10 - 14 Yrs.	91,229	47,235	43,994	82,675	44,703	37,972	74,593	40,745	33,848
15 - 19 Yrs.	66,566	35,660	30,906	89,500	48,031	41,469	85,100	46,265	38,835
20 - 24 Yrs.	54,703	26,319	28,384	81,353	42,202	39,151	91,470	49,164	42,306
25 - 29 Yrs.	53,277	26,177	27,100	62,662	29,531	33,131	82,731	42,920	39,811
30 - 34 Yrs.	46,856	22,488	24,368	53,433	24,594	28,839	63,549	29,932	33,617
35 - 39 Yrs.	42,832	21,822	21,010	46,608	22,063	24,545	54,184	24,958	29,226
40 - 44 Yrs.	35,001	18,157	16,844	40,803	19,755	21,048	47,207	22,392	24,815
45 - 49 Yrs.	28,745	15,259	13,486	35,851	18,067	17,784	41,134	19,958	21,176
50 - 54 Yrs.	22,352	11,741	10,611	30,680	15,800	14,880	35,801	18,061	17,740
55 - 59 Yrs.	19,093	9,714	9,379	25,088	13,224	11,864	30,137	15,491	14,646
60 - 64 Yrs.	18,053	9,334	8,719	20,753	10,939	9,814	23,972	12,555	11,417
65 - 69 Yrs.	13,640	7,057	6,583	16,890	8,667	8,223	18,945	9,873	9,072
70 - 74 Yrs.	9,210	4,945	4,265	12,986	6,606	6,380	14,298	7,213	7,085
75 - 79 Yrs.	4,201	2,323	1,878	9,138	4,633	4,505	9,628	4,784	4,844
80+ Yrs.	3,182	1,645	1,537	4,745	2,426	2,319	7,016	3,446	3,570

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Table 16.33 : Bara

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	914,078	479,992	434,086	974,815	517,351	457,464
00 - 04 Yrs.	83,102	46,597	36,505	76,911	43,699	33,212
05 - 09 Yrs.	86,263	48,186	38,077	84,484	47,822	36,662
10 - 14 Yrs.	83,509	46,488	37,021	87,891	49,558	38,333
15 - 19 Yrs.	75,635	41,566	34,069	84,769	47,504	37,265
20 - 24 Yrs.	85,669	46,670	38,999	76,121	41,900	34,221
25 - 29 Yrs.	91,800	49,434	42,366	86,015	46,942	39,073
30 - 34 Yrs.	82,995	43,192	39,803	92,323	49,921	42,402
35 - 39 Yrs.	63,632	30,062	33,570	83,471	43,665	39,806
40 - 44 Yrs.	54,162	25,040	29,122	63,797	30,291	33,506
45 - 49 Yrs.	46,982	22,369	24,613	54,047	25,105	28,942
50 - 54 Yrs.	40,570	19,733	20,837	46,491	22,210	24,281
55 - 59 Yrs.	34,768	17,529	17,239	39,562	19,242	20,320
60 - 64 Yrs.	28,514	14,577	13,937	33,076	16,589	16,487
65 - 69 Yrs.	21,710	11,248	10,462	26,019	13,156	12,863
70 - 74 Yrs.	15,941	8,172	7,769	18,449	9,395	9,054
75 - 79 Yrs.	10,582	5,213	5,369	11,950	5,978	5,972
80+ Yrs.	8,244	3,916	4,328	9,439	4,374	5,065

Table 16.34 : Parsa

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	601,017	312,358	288,659	663,559	348,603	314,956	729,291	387,666	341,625
00 - 04 Yrs.	67,843	34,310	33,533	69,215	38,584	30,631	73,315	41,444	31,871
05 - 09 Yrs.	85,444	44,054	41,390	62,688	34,610	28,078	70,748	39,862	30,886
10 - 14 Yrs.	75,510	39,262	36,248	71,784	39,556	32,228	64,325	35,894	28,431
15 - 19 Yrs.	57,532	31,782	25,750	77,696	42,501	35,195	73,377	40,758	32,619
20 - 24 Yrs.	51,332	26,006	25,326	70,572	37,344	33,228	78,846	43,311	35,535
25 - 29 Yrs.	48,364	24,664	23,700	54,250	26,131	28,119	71,249	37,810	33,439
30 - 34 Yrs.	42,591	20,761	21,830	46,239	21,763	24,476	54,605	26,369	28,236
35 - 39 Yrs.	38,858	20,414	18,444	40,354	19,523	20,831	46,535	21,987	24,548
40 - 44 Yrs.	31,321	16,614	14,707	35,345	17,481	17,864	40,569	19,726	20,843
45 - 49 Yrs.	25,389	13,511	11,878	31,081	15,987	15,094	35,369	17,582	17,787
50 - 54 Yrs.	20,426	11,026	9,400	26,610	13,981	12,629	30,813	15,912	14,901
55 - 59 Yrs.	16,744	8,739	8,005	21,770	11,701	10,069	25,948	13,647	12,301
60 - 64 Yrs.	15,087	8,021	7,066	18,008	9,679	8,329	20,649	11,060	9,589
65 - 69 Yrs.	11,368	5,916	5,452	14,648	7,669	6,979	16,318	8,698	7,620
70 - 74 Yrs.	7,794	4,351	3,443	11,260	5,846	5,414	12,306	6,355	5,951
75 - 79 Yrs.	3,134	1,744	1,390	7,923	4,100	3,823	8,284	4,215	4,069
80+ Yrs.	2,280	1,183	1,097	4,116	2,147	1,969	6,035	3,036	2,999

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Table 16.34 : Parsa

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	784,922	422,676	362,246	834,768	455,464	379,304
00 - 04 Yrs.	71,497	41,034	30,463	66,009	38,471	27,538
05 - 09 Yrs.	74,207	42,432	31,775	72,499	42,101	30,398
10 - 14 Yrs.	71,831	40,937	30,894	75,412	43,629	31,783
15 - 19 Yrs.	65,033	36,602	28,431	72,719	41,822	30,897
20 - 24 Yrs.	73,642	41,097	32,545	65,263	36,888	28,375
25 - 29 Yrs.	78,886	43,531	35,355	73,722	41,326	32,396
30 - 34 Yrs.	71,251	38,035	33,216	79,108	43,950	35,158
35 - 39 Yrs.	54,487	26,473	28,014	71,447	38,442	33,005
40 - 44 Yrs.	46,352	22,049	24,303	54,449	26,668	27,781
45 - 49 Yrs.	40,237	19,698	20,539	46,099	22,102	23,997
50 - 54 Yrs.	34,766	17,377	17,389	39,686	19,553	20,133
55 - 59 Yrs.	29,822	15,436	14,386	33,788	16,940	16,848
60 - 64 Yrs.	24,466	12,835	11,631	28,275	14,605	13,670
65 - 69 Yrs.	18,635	9,905	8,730	22,248	11,582	10,666
70 - 74 Yrs.	13,679	7,196	6,483	15,778	8,271	7,507
75 - 79 Yrs.	9,071	4,591	4,480	10,215	5,263	4,952
80+ Yrs.	7,060	3,448	3,612	8,051	3,851	4,200

Table 16.35 : Chitwan

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	579,984	279,087	300,897	644,219	309,247	334,972	711,629	340,970	370,659
00 - 04 Yrs.	42,801	22,393	20,408	66,806	34,228	32,578	71,032	36,452	34,580
05 - 09 Yrs.	56,483	29,220	27,263	60,564	30,702	29,862	68,571	35,060	33,511
10 - 14 Yrs.	71,724	36,756	34,968	69,366	35,091	34,275	62,418	31,571	30,847
15 - 19 Yrs.	68,595	34,016	34,579	75,134	37,703	37,431	71,240	35,849	35,391
20 - 24 Yrs.	59,275	26,607	32,668	68,467	33,128	35,339	76,651	38,095	38,556
25 - 29 Yrs.	49,179	20,611	28,568	53,086	23,180	29,906	69,538	33,257	36,281
30 - 34 Yrs.	41,366	17,794	23,572	45,338	19,306	26,032	53,828	23,192	30,636
35 - 39 Yrs.	37,819	16,564	21,255	39,475	17,319	22,156	45,973	19,338	26,635
40 - 44 Yrs.	32,899	15,372	17,527	34,507	15,507	19,000	39,964	17,350	22,614
45 - 49 Yrs.	28,208	13,835	14,373	30,235	14,182	16,053	34,762	15,464	19,298
50 - 54 Yrs.	23,791	12,049	11,742	25,835	12,403	13,432	30,162	13,995	16,167
55 - 59 Yrs.	17,920	9,175	8,745	21,089	10,380	10,709	25,350	12,003	13,347
60 - 64 Yrs.	15,688	7,690	7,998	17,446	8,587	8,859	20,132	9,728	10,404
65 - 69 Yrs.	12,297	6,130	6,167	14,226	6,804	7,422	15,918	7,650	8,268
70 - 74 Yrs.	8,847	4,473	4,374	10,944	5,185	5,759	12,045	5,589	6,456
75 - 79 Yrs.	6,463	3,231	3,232	7,703	3,638	4,065	8,121	3,707	4,414
80+ Yrs.	6,629	3,171	3,458	3,998	1,904	2,094	5,924	2,670	3,254

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Table 16.35 : Chitwan

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	766,462	366,865	399,597	815,116	389,630	425,486
00 - 04 Yrs.	69,219	35,615	33,604	63,800	32,910	30,890
05 - 09 Yrs.	71,881	36,830	35,051	70,114	36,015	34,099
10 - 14 Yrs.	69,610	35,531	34,079	72,976	37,323	35,653
15 - 19 Yrs.	63,131	31,769	31,362	70,437	35,777	34,660
20 - 24 Yrs.	71,571	35,670	35,901	63,385	31,556	31,829
25 - 29 Yrs.	76,784	37,784	39,000	71,694	35,353	36,341
30 - 34 Yrs.	69,653	33,013	36,640	77,035	37,597	39,438
35 - 39 Yrs.	53,880	22,977	30,903	69,909	32,886	37,023
40 - 44 Yrs.	45,946	19,138	26,808	53,977	22,813	31,164
45 - 49 Yrs.	39,755	17,097	22,658	45,826	18,907	26,919
50 - 54 Yrs.	34,265	15,083	19,182	39,311	16,727	22,584
55 - 59 Yrs.	29,266	13,397	15,869	33,391	14,492	18,899
60 - 64 Yrs.	23,971	11,141	12,830	27,828	12,494	15,334
65 - 69 Yrs.	18,227	8,596	9,631	21,873	9,908	11,965
70 - 74 Yrs.	13,398	6,246	7,152	15,498	7,076	8,422
75 - 79 Yrs.	8,928	3,985	4,943	10,057	4,502	5,555
80+ Yrs.	6,977	2,993	3,984	8,005	3,294	4,711

Table 16.36 : Gorkha

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	271,061	121,041	150,020	259,299	115,022	144,277	243,272	107,225	136,047
00 - 04 Yrs.	23,204	11,768	11,436	26,763	12,731	14,032	24,155	11,463	12,692
05 - 09 Yrs.	28,767	14,320	14,447	24,282	11,420	12,862	23,325	11,025	12,300
10 - 14 Yrs.	37,227	18,366	18,861	27,815	13,052	14,763	21,250	9,928	11,322
15 - 19 Yrs.	31,335	14,227	17,108	30,146	14,023	16,123	24,263	11,273	12,990
20 - 24 Yrs.	19,015	6,427	12,588	27,543	12,322	15,221	26,131	11,980	14,151
25 - 29 Yrs.	16,197	5,484	10,713	21,503	8,622	12,881	23,775	10,458	13,317
30 - 34 Yrs.	13,893	4,872	9,021	18,393	7,181	11,212	18,538	7,293	11,245
35 - 39 Yrs.	14,210	5,205	9,005	15,985	6,442	9,543	15,857	6,081	9,776
40 - 44 Yrs.	14,429	5,749	8,680	13,950	5,767	8,183	13,756	5,456	8,300
45 - 49 Yrs.	13,618	5,898	7,720	12,189	5,275	6,914	11,946	4,863	7,083
50 - 54 Yrs.	13,637	6,461	7,176	10,399	4,613	5,786	10,335	4,401	5,934
55 - 59 Yrs.	11,013	5,440	5,573	8,473	3,861	4,612	8,674	3,775	4,899
60 - 64 Yrs.	10,313	4,856	5,457	7,009	3,194	3,815	6,879	3,060	3,819
65 - 69 Yrs.	7,929	3,892	4,037	5,727	2,530	3,197	5,441	2,406	3,035
70 - 74 Yrs.	6,504	3,217	3,287	4,409	1,929	2,480	4,128	1,758	2,370
75 - 79 Yrs.	4,768	2,396	2,372	3,103	1,352	1,751	2,785	1,165	1,620
80+ Yrs.	5,002	2,463	2,539	1,610	708	902	2,034	840	1,194

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Table 16.36 : Gorkha

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	221,898	97,224	124,674	194,728	84,748	109,980
00 - 04 Yrs.	19,923	9,439	10,484	15,144	7,159	7,985
05 - 09 Yrs.	20,696	9,760	10,936	16,647	7,833	8,814
10 - 14 Yrs.	20,050	9,417	10,633	17,333	8,118	9,215
15 - 19 Yrs.	18,204	8,419	9,785	16,740	7,781	8,959
20 - 24 Yrs.	20,655	9,454	11,201	15,092	6,864	8,228
25 - 29 Yrs.	22,181	10,013	12,168	17,084	7,690	9,394
30 - 34 Yrs.	20,181	8,749	11,432	18,371	8,177	10,194
35 - 39 Yrs.	15,731	6,089	9,642	16,722	7,153	9,569
40 - 44 Yrs.	13,435	5,071	8,364	13,017	4,962	8,055
45 - 49 Yrs.	11,601	4,531	7,070	11,070	4,112	6,958
50 - 54 Yrs.	9,982	3,997	5,985	9,477	3,639	5,838
55 - 59 Yrs.	8,501	3,550	4,951	8,037	3,152	4,885
60 - 64 Yrs.	6,956	2,953	4,003	6,680	2,717	3,963
65 - 69 Yrs.	5,282	2,278	3,004	5,249	2,156	3,093
70 - 74 Yrs.	3,886	1,655	2,231	3,716	1,539	2,177
75 - 79 Yrs.	2,598	1,056	1,542	2,416	980	1,436
80+ Yrs.	2,036	793	1,243	1,933	716	1,217

Table 16.37 :Lamjung

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	167,724	75,913	91,811	170,568	76,862	93,706	172,158	77,270	94,888
00 - 04 Yrs.	14,098	7,177	6,921	17,621	8,508	9,113	17,112	8,260	8,852
05 - 09 Yrs.	17,504	8,976	8,528	15,985	7,631	8,354	16,524	7,945	8,579
10 - 14 Yrs.	21,682	10,812	10,870	18,310	8,722	9,588	15,052	7,155	7,897
15 - 19 Yrs.	18,591	8,883	9,708	19,843	9,371	10,472	17,185	8,124	9,061
20 - 24 Yrs.	12,577	4,580	7,997	18,121	8,234	9,887	18,503	8,633	9,870
25 - 29 Yrs.	10,937	3,892	7,045	14,127	5,761	8,366	16,825	7,537	9,288
30 - 34 Yrs.	9,038	3,260	5,778	12,080	4,798	7,282	13,098	5,256	7,842
35 - 39 Yrs.	9,018	3,345	5,673	10,503	4,305	6,198	11,201	4,383	6,818
40 - 44 Yrs.	9,024	3,592	5,432	9,169	3,854	5,315	9,721	3,932	5,789
45 - 49 Yrs.	8,532	3,731	4,801	8,016	3,525	4,491	8,444	3,504	4,940
50 - 54 Yrs.	8,496	3,977	4,519	6,841	3,083	3,758	7,310	3,171	4,139
55 - 59 Yrs.	7,019	3,340	3,679	5,575	2,580	2,995	6,137	2,720	3,417
60 - 64 Yrs.	6,673	3,116	3,557	4,612	2,134	2,478	4,868	2,204	2,664
65 - 69 Yrs.	4,879	2,375	2,504	3,767	1,691	2,076	3,850	1,734	2,116
70 - 74 Yrs.	4,102	2,065	2,037	2,899	1,288	1,611	2,920	1,267	1,653
75 - 79 Yrs.	2,791	1,434	1,357	2,041	904	1,137	1,970	840	1,130
80+ Yrs.	2,763	1,358	1,405	1,058	473	585	1,438	605	833

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Table 16.37 :Lamjung

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	176,971	79,174	97,797	179,487	79,997	99,490
00 - 04 Yrs.	15,911	7,686	8,225	13,980	6,757	7,223
05 - 09 Yrs.	16,526	7,948	8,578	15,368	7,395	7,973
10 - 14 Yrs.	16,009	7,668	8,341	16,000	7,663	8,337
15 - 19 Yrs.	14,531	6,856	7,675	15,451	7,346	8,105
20 - 24 Yrs.	16,484	7,698	8,786	13,922	6,479	7,443
25 - 29 Yrs.	17,699	8,154	9,545	15,755	7,258	8,497
30 - 34 Yrs.	16,093	7,125	8,968	16,940	7,719	9,221
35 - 39 Yrs.	12,522	4,959	7,563	15,409	6,752	8,657
40 - 44 Yrs.	10,691	4,130	6,561	11,971	4,684	7,287
45 - 49 Yrs.	9,234	3,689	5,545	10,177	3,882	6,295
50 - 54 Yrs.	7,950	3,255	4,695	8,715	3,434	5,281
55 - 59 Yrs.	6,776	2,892	3,884	7,394	2,975	4,419
60 - 64 Yrs.	5,545	2,405	3,140	6,150	2,565	3,585
65 - 69 Yrs.	4,212	1,855	2,357	4,831	2,034	2,797
70 - 74 Yrs.	3,098	1,348	1,750	3,422	1,453	1,969
75 - 79 Yrs.	2,069	860	1,209	2,223	924	1,299
80+ Yrs.	1,621	646	975	1,779	677	1,102

Table 16.38 :Tanahun

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	323,288	143,410	179,878	336,710	147,965	188,745	348,724	151,798	196,926
00 - 04 Yrs.	27,677	13,965	13,712	34,734	16,377	18,357	34,599	16,228	18,371
05 - 09 Yrs.	36,776	18,687	18,089	31,516	14,690	16,826	33,413	15,609	17,804
10 - 14 Yrs.	44,217	22,072	22,145	36,103	16,790	19,313	30,444	14,055	16,389
15 - 19 Yrs.	37,703	17,379	20,324	39,132	18,040	21,092	34,762	15,959	18,803
20 - 24 Yrs.	26,491	9,496	16,995	35,763	15,851	19,912	37,443	16,959	20,484
25 - 29 Yrs.	22,557	7,553	15,004	27,942	11,091	16,851	34,081	14,806	19,275
30 - 34 Yrs.	18,552	6,416	12,136	23,905	9,237	14,668	26,601	10,325	16,276
35 - 39 Yrs.	17,503	6,285	11,218	20,770	8,286	12,484	22,761	8,610	14,151
40 - 44 Yrs.	16,219	6,498	9,721	18,125	7,420	10,705	19,740	7,725	12,015
45 - 49 Yrs.	14,531	6,170	8,361	15,830	6,785	9,045	17,137	6,884	10,253
50 - 54 Yrs.	14,574	6,717	7,857	13,502	5,934	7,568	14,820	6,231	8,589
55 - 59 Yrs.	12,010	5,873	6,137	11,001	4,967	6,034	12,436	5,344	7,092
60 - 64 Yrs.	11,286	5,181	6,105	9,100	4,108	4,992	9,858	4,330	5,528
65 - 69 Yrs.	8,247	3,860	4,387	7,439	3,256	4,183	7,799	3,406	4,393
70 - 74 Yrs.	6,314	3,152	3,162	5,726	2,481	3,245	5,918	2,488	3,430
75 - 79 Yrs.	4,302	2,104	2,198	4,032	1,741	2,291	3,995	1,650	2,345
80+ Yrs.	4,329	2,002	2,327	2,090	911	1,179	2,917	1,189	1,728

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Table 16.38 :Tanahun

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	363,278	156,659	206,619	373,551	159,399	214,152
00 - 04 Yrs.	32,583	15,208	17,375	29,012	13,464	15,548
05 - 09 Yrs.	33,851	15,727	18,124	31,896	14,734	17,162
10 - 14 Yrs.	32,793	15,172	17,621	33,214	15,269	17,945
15 - 19 Yrs.	29,784	13,567	16,217	32,082	14,637	17,445
20 - 24 Yrs.	33,795	15,232	18,563	28,929	12,909	16,020
25 - 29 Yrs.	36,300	16,135	20,165	32,753	14,463	18,290
30 - 34 Yrs.	33,042	14,097	18,945	35,231	15,381	19,850
35 - 39 Yrs.	25,791	9,812	15,979	32,088	13,454	18,634
40 - 44 Yrs.	22,035	8,173	13,862	25,018	9,333	15,685
45 - 49 Yrs.	19,017	7,301	11,716	21,284	7,735	13,549
50 - 54 Yrs.	16,360	6,441	9,919	18,209	6,843	11,366
55 - 59 Yrs.	13,927	5,721	8,206	15,441	5,929	9,512
60 - 64 Yrs.	11,391	4,757	6,634	12,829	5,111	7,718
65 - 69 Yrs.	8,650	3,670	4,980	10,075	4,053	6,022
70 - 74 Yrs.	6,365	2,667	3,698	7,133	2,894	4,239
75 - 79 Yrs.	4,256	1,701	2,555	4,638	1,842	2,796
80+ Yrs.	3,338	1,278	2,060	3,719	1,348	2,371

Table 16.39 :Syangja

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	289,148	125,833	163,315	270,403	117,244	153,159	246,315	106,466	139,849
00 - 04 Yrs.	24,123	12,493	11,630	27,872	12,976	14,896	24,429	11,382	13,047
05 - 09 Yrs.	31,336	15,831	15,505	25,294	11,640	13,654	23,592	10,948	12,644
10 - 14 Yrs.	38,993	19,473	19,520	28,975	13,304	15,671	21,497	9,858	11,639
15 - 19 Yrs.	34,434	15,828	18,606	31,409	14,294	17,115	24,547	11,194	13,353
20 - 24 Yrs.	22,872	8,006	14,866	28,718	12,560	16,158	26,442	11,895	14,547
25 - 29 Yrs.	18,669	5,970	12,699	22,462	8,788	13,674	24,072	10,384	13,688
30 - 34 Yrs.	15,546	5,223	10,323	19,223	7,320	11,903	18,801	7,242	11,559
35 - 39 Yrs.	15,021	4,976	10,045	16,696	6,566	10,130	16,087	6,038	10,049
40 - 44 Yrs.	14,151	5,194	8,957	14,567	5,879	8,688	13,949	5,417	8,532
45 - 49 Yrs.	13,273	5,160	8,113	12,717	5,377	7,340	12,110	4,829	7,281
50 - 54 Yrs.	13,327	5,739	7,588	10,843	4,702	6,141	10,470	4,370	6,100
55 - 59 Yrs.	12,007	5,355	6,652	8,831	3,935	4,896	8,784	3,748	5,036
60 - 64 Yrs.	11,322	4,960	6,362	7,307	3,256	4,051	6,964	3,038	3,926
65 - 69 Yrs.	8,727	4,144	4,583	5,973	2,580	3,393	5,507	2,388	3,119
70 - 74 Yrs.	6,578	3,272	3,306	4,599	1,966	2,633	4,181	1,745	2,436
75 - 79 Yrs.	4,394	2,170	2,224	3,238	1,379	1,859	2,822	1,157	1,665
80+ Yrs.	4,375	2,039	2,336	1,679	722	957	2,061	833	1,228

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Table 16.39 :Syangja

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	215,832	93,072	122,760	178,715	76,855	101,860
00 - 04 Yrs.	19,359	9,035	10,324	13,887	6,492	7,395
05 - 09 Yrs.	20,112	9,344	10,768	15,267	7,104	8,163
10 - 14 Yrs.	19,484	9,014	10,470	15,897	7,362	8,535
15 - 19 Yrs.	17,694	8,060	9,634	15,354	7,057	8,297
20 - 24 Yrs.	20,079	9,050	11,029	13,845	6,225	7,620
25 - 29 Yrs.	21,566	9,585	11,981	15,673	6,973	8,700
30 - 34 Yrs.	19,631	8,375	11,256	16,858	7,416	9,442
35 - 39 Yrs.	15,322	5,829	9,493	15,349	6,486	8,863
40 - 44 Yrs.	13,091	4,855	8,236	11,960	4,500	7,460
45 - 49 Yrs.	11,299	4,338	6,961	10,174	3,729	6,445
50 - 54 Yrs.	9,720	3,827	5,893	8,707	3,300	5,407
55 - 59 Yrs.	8,274	3,399	4,875	7,383	2,859	4,524
60 - 64 Yrs.	6,767	2,826	3,941	6,135	2,464	3,671
65 - 69 Yrs.	5,140	2,181	2,959	4,818	1,954	2,864
70 - 74 Yrs.	3,782	1,584	2,198	3,412	1,396	2,016
75 - 79 Yrs.	2,529	1,011	1,518	2,218	888	1,330
80+ Yrs.	1,983	759	1,224	1,778	650	1,128

Table 16.40 :Kaski

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	492,098	236,385	255,713	543,767	263,777	279,990	597,988	293,247	304,741
00 - 04 Yrs.	37,106	19,761	17,345	56,425	29,195	27,230	59,780	31,350	28,430
05 - 09 Yrs.	47,056	24,414	22,642	51,148	26,188	24,960	57,704	30,153	27,551
10 - 14 Yrs.	58,043	30,068	27,975	58,580	29,931	28,649	52,513	27,152	25,361
15 - 19 Yrs.	59,293	30,739	28,554	63,447	32,159	31,288	59,928	30,831	29,097
20 - 24 Yrs.	53,597	25,027	28,570	57,796	28,257	29,539	64,462	32,763	31,699
25 - 29 Yrs.	44,665	19,156	25,509	44,769	19,772	24,997	58,431	28,602	29,829
30 - 34 Yrs.	36,005	15,723	20,282	38,226	16,467	21,759	45,134	19,947	25,187
35 - 39 Yrs.	31,148	13,694	17,454	33,292	14,773	18,519	38,529	16,631	21,898
40 - 44 Yrs.	25,939	11,735	14,204	29,107	13,227	15,880	33,514	14,922	18,592
45 - 49 Yrs.	21,584	9,893	11,691	25,515	12,097	13,418	29,166	13,300	15,866
50 - 54 Yrs.	19,601	9,363	10,238	21,808	10,580	11,228	25,328	12,036	13,292
55 - 59 Yrs.	15,126	7,276	7,850	17,806	8,854	8,952	21,296	10,323	10,973
60 - 64 Yrs.	13,380	6,055	7,325	14,729	7,324	7,405	16,920	8,366	8,554
65 - 69 Yrs.	10,043	4,604	5,439	12,008	5,803	6,205	13,377	6,579	6,798
70 - 74 Yrs.	8,007	3,720	4,287	9,236	4,423	4,813	10,116	4,807	5,309
75 - 79 Yrs.	5,643	2,603	3,040	6,500	3,102	3,398	6,818	3,188	3,630
80+ Yrs.	5,862	2,554	3,308	3,375	1,625	1,750	4,972	2,297	2,675

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Table 16.40 :Kaski

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	643,183	319,275	323,908	683,513	343,537	339,976
00 - 04 Yrs.	58,236	30,996	27,240	53,699	29,017	24,682
05 - 09 Yrs.	60,464	32,052	28,412	59,001	31,755	27,246
10 - 14 Yrs.	58,547	30,922	27,625	61,396	32,908	28,488
15 - 19 Yrs.	53,070	27,648	25,422	59,239	31,545	27,694
20 - 24 Yrs.	60,143	31,043	29,100	53,254	27,822	25,432
25 - 29 Yrs.	64,496	32,883	31,613	60,208	31,171	29,037
30 - 34 Yrs.	58,431	28,731	29,700	64,661	33,149	31,512
35 - 39 Yrs.	45,046	19,996	25,050	58,578	28,995	29,583
40 - 44 Yrs.	38,385	16,655	21,730	45,015	20,114	24,901
45 - 49 Yrs.	33,244	14,879	18,365	38,180	16,671	21,509
50 - 54 Yrs.	28,674	13,126	15,548	32,794	14,748	18,046
55 - 59 Yrs.	24,524	11,660	12,864	27,878	12,777	15,101
60 - 64 Yrs.	20,095	9,696	10,399	23,268	11,015	12,253
65 - 69 Yrs.	15,288	7,481	7,807	18,296	8,736	9,560
70 - 74 Yrs.	11,232	5,435	5,797	12,969	6,240	6,729
75 - 79 Yrs.	7,473	3,467	4,006	8,408	3,970	4,438
80+ Yrs.	5,835	2,605	3,230	6,669	2,904	3,765

Table 16.41 : Manang

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	6,538	3,661	2,877	6,444	3,757	2,687	6,284	3,804	2,480
00 - 04 Yrs.	377	180	197	677	416	261	638	406	232
05 - 09 Yrs.	476	240	236	612	373	239	615	391	224
10 - 14 Yrs.	558	266	292	702	427	275	560	353	207
15 - 19 Yrs.	571	322	249	759	458	301	637	400	237
20 - 24 Yrs.	632	367	265	686	402	284	683	425	258
25 - 29 Yrs.	798	548	250	521	281	240	613	371	242
30 - 34 Yrs.	533	324	209	444	235	209	463	258	205
35 - 39 Yrs.	509	292	217	387	210	177	394	216	178
40 - 44 Yrs.	443	262	181	341	188	153	344	193	151
45 - 49 Yrs.	373	223	150	302	173	129	302	173	129
50 - 54 Yrs.	323	193	130	257	150	107	265	156	109
55 - 59 Yrs.	261	138	123	212	126	86	223	134	89
60 - 64 Yrs.	230	97	133	176	105	71	179	109	70
65 - 69 Yrs.	159	80	79	141	82	59	141	86	55
70 - 74 Yrs.	150	64	86	109	63	46	106	62	44
75 - 79 Yrs.	72	31	41	78	45	33	70	41	29
80+ Yrs.	73	34	39	40	23	17	51	30	21

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Table 16.41 : Manang

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	6,364	3,993	2,371	6,537	3,978	2,559
00 - 04 Yrs.	587	388	199	689	440	249
05 - 09 Yrs.	609	401	208	623	395	228
10 - 14 Yrs.	589	387	202	714	452	262
15 - 19 Yrs.	532	346	186	771	485	286
20 - 24 Yrs.	601	388	213	696	426	270
25 - 29 Yrs.	643	411	232	527	298	229
30 - 34 Yrs.	576	359	217	447	248	199
35 - 39 Yrs.	433	250	183	392	223	169
40 - 44 Yrs.	368	209	159	344	199	145
45 - 49 Yrs.	321	187	134	306	183	123
50 - 54 Yrs.	278	164	114	261	159	102
55 - 59 Yrs.	239	145	94	215	133	82
60 - 64 Yrs.	197	121	76	179	111	68
65 - 69 Yrs.	151	94	57	143	87	56
70 - 74 Yrs.	110	67	43	111	67	44
75 - 79 Yrs.	73	43	30	78	47	31
80+ Yrs.	57	33	24	41	25	16

Table 16.42 : Mustang

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	13,452	7,093	6,359	12,477	6,552	5,925	11,240	5,878	5,362
00 - 04 Yrs.	864	417	447	1,301	725	576	1,130	629	501
05 - 09 Yrs.	1,004	518	486	1,178	650	528	1,089	604	485
10 - 14 Yrs.	1,148	579	569	1,351	744	607	990	544	446
15 - 19 Yrs.	1,101	537	564	1,461	799	662	1,129	617	512
20 - 24 Yrs.	1,112	564	548	1,328	702	626	1,215	657	558
25 - 29 Yrs.	1,456	849	607	1,020	491	529	1,098	573	525
30 - 34 Yrs.	1,086	608	478	870	409	461	843	400	443
35 - 39 Yrs.	1,024	558	466	759	367	392	718	333	385
40 - 44 Yrs.	942	535	407	664	328	336	626	299	327
45 - 49 Yrs.	770	422	348	585	301	284	546	267	279
50 - 54 Yrs.	750	411	339	500	263	237	475	241	234
55 - 59 Yrs.	604	307	297	408	219	189	400	207	193
60 - 64 Yrs.	519	260	259	339	182	157	318	168	150
65 - 69 Yrs.	432	221	211	275	144	131	251	132	119
70 - 74 Yrs.	353	176	177	211	110	101	189	96	93
75 - 79 Yrs.	162	70	92	149	77	72	128	64	64
80+ Yrs.	125	61	64	78	41	37	95	47	48

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Table 16.42 : Mustang

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	10,803	5,628	5,175	10,140	5,261	4,879
00 - 04 Yrs.	981	546	435	798	444	354
05 - 09 Yrs.	1,019	565	454	877	486	391
10 - 14 Yrs.	987	545	442	913	504	409
15 - 19 Yrs.	893	487	406	881	483	398
20 - 24 Yrs.	1,012	547	465	791	426	365
25 - 29 Yrs.	1,085	580	505	894	478	416
30 - 34 Yrs.	980	506	474	960	508	452
35 - 39 Yrs.	752	352	400	869	444	425
40 - 44 Yrs.	641	294	347	665	308	357
45 - 49 Yrs.	556	262	294	564	255	309
50 - 54 Yrs.	480	232	248	485	226	259
55 - 59 Yrs.	411	206	205	413	196	217
60 - 64 Yrs.	337	171	166	344	169	175
65 - 69 Yrs.	257	132	125	270	133	137
70 - 74 Yrs.	189	96	93	193	96	97
75 - 79 Yrs.	125	61	64	125	61	64
80+ Yrs.	98	46	52	98	44	54

Table 16.43 : Myagdi

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	113,641	51,395	62,246	112,643	51,079	61,564	110,419	50,248	60,171
00 - 04 Yrs.	11,848	6,023	5,825	11,642	5,654	5,988	10,985	5,372	5,613
05 - 09 Yrs.	13,224	6,673	6,551	10,559	5,071	5,488	10,607	5,167	5,440
10 - 14 Yrs.	14,666	7,336	7,330	12,095	5,796	6,299	9,660	4,653	5,007
15 - 19 Yrs.	12,422	5,792	6,630	13,107	6,228	6,879	11,028	5,283	5,745
20 - 24 Yrs.	9,098	3,466	5,632	11,967	5,472	6,495	11,871	5,613	6,258
25 - 29 Yrs.	7,686	2,835	4,851	9,325	3,829	5,496	10,791	4,901	5,890
30 - 34 Yrs.	6,211	2,279	3,932	7,973	3,188	4,785	8,390	3,417	4,973
35 - 39 Yrs.	5,767	2,206	3,561	6,932	2,860	4,072	7,173	2,850	4,323
40 - 44 Yrs.	5,479	2,239	3,240	6,054	2,562	3,492	6,228	2,557	3,671
45 - 49 Yrs.	5,250	2,262	2,988	5,292	2,342	2,950	5,412	2,279	3,133
50 - 54 Yrs.	4,739	2,160	2,579	4,516	2,048	2,468	4,688	2,063	2,625
55 - 59 Yrs.	4,264	2,084	2,180	3,683	1,714	1,969	3,936	1,769	2,167
60 - 64 Yrs.	4,193	1,869	2,324	3,046	1,418	1,628	3,122	1,433	1,689
65 - 69 Yrs.	3,068	1,436	1,632	2,489	1,124	1,365	2,469	1,127	1,342
70 - 74 Yrs.	2,511	1,169	1,342	1,915	857	1,058	1,873	824	1,049
75 - 79 Yrs.	1,706	849	857	1,348	601	747	1,263	546	717
80+ Yrs.	1,509	717	792	700	315	385	923	394	529

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Table 16.43 : Myagdi

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	106,452	48,675	57,777	100,385	46,125	54,260
00 - 04 Yrs.	9,585	4,726	4,859	7,836	3,897	3,939
05 - 09 Yrs.	9,954	4,886	5,068	8,612	4,264	4,348
10 - 14 Yrs.	9,641	4,714	4,927	8,965	4,418	4,547
15 - 19 Yrs.	8,750	4,216	4,534	8,655	4,235	4,420
20 - 24 Yrs.	9,924	4,733	5,191	7,794	3,735	4,059
25 - 29 Yrs.	10,651	5,012	5,639	8,820	4,185	4,635
30 - 34 Yrs.	9,677	4,380	5,297	9,480	4,451	5,029
35 - 39 Yrs.	7,518	3,049	4,469	8,615	3,893	4,722
40 - 44 Yrs.	6,415	2,539	3,876	6,675	2,701	3,974
45 - 49 Yrs.	5,545	2,269	3,276	5,671	2,238	3,433
50 - 54 Yrs.	4,775	2,001	2,774	4,860	1,980	2,880
55 - 59 Yrs.	4,072	1,777	2,295	4,126	1,716	2,410
60 - 64 Yrs.	3,333	1,478	1,855	3,434	1,479	1,955
65 - 69 Yrs.	2,534	1,141	1,393	2,698	1,172	1,526
70 - 74 Yrs.	1,863	829	1,034	1,912	838	1,074
75 - 79 Yrs.	1,242	528	714	1,241	533	708
80+ Yrs.	973	397	576	991	390	601

Table 16.44 : Parbat

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	146,590	65,301	81,289	148,130	65,814	82,316	148,448	65,821	82,627
00 - 04 Yrs.	13,535	6,995	6,540	15,290	7,284	8,006	14,745	7,037	7,708
05 - 09 Yrs.	16,027	8,225	7,802	13,873	6,534	7,339	14,238	6,768	7,470
10 - 14 Yrs.	19,377	9,718	9,659	15,890	7,468	8,422	12,970	6,094	6,876
15 - 19 Yrs.	17,627	8,292	9,335	17,222	8,024	9,198	14,810	6,920	7,890
20 - 24 Yrs.	11,926	4,209	7,717	15,736	7,051	8,685	15,949	7,354	8,595
25 - 29 Yrs.	9,755	3,257	6,498	12,282	4,933	7,349	14,508	6,420	8,088
30 - 34 Yrs.	7,833	2,822	5,011	10,506	4,109	6,397	11,307	4,477	6,830
35 - 39 Yrs.	7,670	2,800	4,870	9,131	3,686	5,445	9,670	3,733	5,937
40 - 44 Yrs.	7,070	2,778	4,292	7,968	3,300	4,668	8,390	3,349	5,041
45 - 49 Yrs.	6,716	2,659	4,057	6,963	3,018	3,945	7,287	2,985	4,302
50 - 54 Yrs.	6,404	2,810	3,594	5,941	2,640	3,301	6,305	2,702	3,603
55 - 59 Yrs.	5,683	2,673	3,010	4,841	2,209	2,632	5,292	2,317	2,975
60 - 64 Yrs.	5,411	2,403	3,008	4,005	1,828	2,177	4,197	1,878	2,319
65 - 69 Yrs.	4,294	2,030	2,264	3,272	1,448	1,824	3,320	1,477	1,843
70 - 74 Yrs.	3,200	1,604	1,596	2,518	1,103	1,415	2,517	1,078	1,439
75 - 79 Yrs.	2,145	1,046	1,099	1,773	774	999	1,701	716	985
80+ Yrs.	1,917	980	937	919	405	514	1,242	516	726

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Table 16.44 : Parbat

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	151,999	67,319	84,680	153,537	67,901	85,636
00 - 04 Yrs.	13,657	6,536	7,121	11,953	5,736	6,217
05 - 09 Yrs.	14,186	6,758	7,428	13,139	6,276	6,863
10 - 14 Yrs.	13,742	6,520	7,222	13,680	6,504	7,176
15 - 19 Yrs.	12,475	5,829	6,646	13,211	6,235	6,976
20 - 24 Yrs.	14,153	6,545	7,608	11,905	5,499	6,406
25 - 29 Yrs.	15,198	6,933	8,265	13,475	6,161	7,314
30 - 34 Yrs.	13,823	6,058	7,765	14,490	6,552	7,938
35 - 39 Yrs.	10,766	4,217	6,549	13,182	5,731	7,451
40 - 44 Yrs.	9,193	3,512	5,681	10,248	3,976	6,272
45 - 49 Yrs.	7,938	3,137	4,801	8,713	3,295	5,418
50 - 54 Yrs.	6,833	2,768	4,065	7,461	2,915	4,546
55 - 59 Yrs.	5,821	2,458	3,363	6,330	2,526	3,804
60 - 64 Yrs.	4,762	2,044	2,718	5,263	2,177	3,086
65 - 69 Yrs.	3,618	1,577	2,041	4,134	1,726	2,408
70 - 74 Yrs.	2,662	1,146	1,516	2,928	1,233	1,695
75 - 79 Yrs.	1,779	732	1,047	1,903	785	1,118
80+ Yrs.	1,393	549	844	1,522	574	948

Table 16.45 : Baglung

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	268,613	117,997	150,616	277,582	121,094	156,488	285,119	123,549	161,570
00 - 04 Yrs.	27,508	14,170	13,338	28,622	13,403	15,219	28,281	13,208	15,073
05 - 09 Yrs.	32,586	16,510	16,076	25,973	12,022	13,951	27,311	12,703	14,608
10 - 14 Yrs.	36,678	18,226	18,452	29,753	13,741	16,012	24,886	11,440	13,446
15 - 19 Yrs.	31,201	13,850	17,351	32,251	14,764	17,487	28,417	12,990	15,427
20 - 24 Yrs.	22,588	7,576	15,012	29,482	12,972	16,510	30,610	13,804	16,806
25 - 29 Yrs.	17,999	5,906	12,093	23,048	9,077	13,971	27,865	12,050	15,815
30 - 34 Yrs.	14,461	4,871	9,590	19,722	7,560	12,162	21,758	8,403	13,355
35 - 39 Yrs.	13,568	4,767	8,801	17,133	6,782	10,351	18,617	7,007	11,610
40 - 44 Yrs.	12,302	4,694	7,608	14,948	6,072	8,876	16,145	6,287	9,858
45 - 49 Yrs.	11,263	4,585	6,678	13,052	5,553	7,499	14,015	5,603	8,412
50 - 54 Yrs.	11,197	5,004	6,193	11,132	4,857	6,275	12,118	5,071	7,047
55 - 59 Yrs.	9,845	4,535	5,310	9,066	4,064	5,002	10,167	4,349	5,818
60 - 64 Yrs.	9,090	4,125	4,965	7,500	3,362	4,138	8,061	3,525	4,536
65 - 69 Yrs.	6,910	3,402	3,508	6,131	2,664	3,467	6,375	2,772	3,603
70 - 74 Yrs.	5,025	2,581	2,444	4,720	2,030	2,690	4,840	2,026	2,814
75 - 79 Yrs.	3,379	1,718	1,661	3,325	1,425	1,900	3,267	1,343	1,924
80+ Yrs.	3,013	1,477	1,536	1,724	746	978	2,386	968	1,418

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Table 16.45 : Baglung

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	295,745	127,353	168,392	302,796	129,468	173,328
00 - 04 Yrs.	26,524	12,363	14,161	23,519	10,936	12,583
05 - 09 Yrs.	27,556	12,785	14,771	25,857	11,967	13,890
10 - 14 Yrs.	26,696	12,335	14,361	26,926	12,402	14,524
15 - 19 Yrs.	24,244	11,028	13,216	26,007	11,888	14,119
20 - 24 Yrs.	27,512	12,383	15,129	23,451	10,485	12,966
25 - 29 Yrs.	29,551	13,116	16,435	26,551	11,747	14,804
30 - 34 Yrs.	26,901	11,460	15,441	28,559	12,493	16,066
35 - 39 Yrs.	20,998	7,976	13,022	26,009	10,927	15,082
40 - 44 Yrs.	17,941	6,643	11,298	20,275	7,580	12,695
45 - 49 Yrs.	15,483	5,935	9,548	17,249	6,283	10,966
50 - 54 Yrs.	13,319	5,236	8,083	14,758	5,558	9,200
55 - 59 Yrs.	11,338	4,651	6,687	12,515	4,816	7,699
60 - 64 Yrs.	9,274	3,868	5,406	10,399	4,152	6,247
65 - 69 Yrs.	7,042	2,984	4,058	8,166	3,292	4,874
70 - 74 Yrs.	5,182	2,168	3,014	5,782	2,351	3,431
75 - 79 Yrs.	3,466	1,383	2,083	3,759	1,496	2,263
80+ Yrs.	2,718	1,039	1,679	3,014	1,095	1,919

Table 16.46 : Gulmi

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	280,160	120,995	159,165	268,597	115,326	153,271	252,731	107,919	144,812
00 - 04 Yrs.	28,108	14,685	13,423	27,670	12,764	14,906	25,047	11,537	13,510
05 - 09 Yrs.	35,151	17,852	17,299	25,112	11,449	13,663	24,189	11,097	13,092
10 - 14 Yrs.	40,369	19,922	20,447	28,769	13,086	15,683	22,043	9,992	12,051
15 - 19 Yrs.	32,448	13,698	18,750	31,189	14,061	17,128	25,173	11,346	13,827
20 - 24 Yrs.	20,540	6,080	14,460	28,525	12,355	16,170	27,120	12,057	15,063
25 - 29 Yrs.	16,911	4,993	11,918	22,329	8,645	13,684	24,700	10,526	14,174
30 - 34 Yrs.	13,673	4,361	9,312	19,111	7,200	11,911	19,309	7,340	11,969
35 - 39 Yrs.	13,458	4,380	9,078	16,596	6,458	10,138	16,526	6,120	10,406
40 - 44 Yrs.	12,925	4,644	8,281	14,476	5,783	8,693	14,326	5,491	8,835
45 - 49 Yrs.	12,395	4,977	7,418	12,635	5,289	7,346	12,435	4,895	7,540
50 - 54 Yrs.	12,563	5,544	7,019	10,771	4,625	6,146	10,746	4,430	6,316
55 - 59 Yrs.	10,465	4,681	5,784	8,771	3,871	4,900	9,014	3,799	5,215
60 - 64 Yrs.	10,398	4,688	5,710	7,257	3,203	4,054	7,144	3,079	4,065
65 - 69 Yrs.	7,835	3,840	3,995	5,933	2,537	3,396	5,652	2,422	3,230
70 - 74 Yrs.	5,636	2,967	2,669	4,569	1,934	2,635	4,291	1,769	2,522
75 - 79 Yrs.	3,698	1,889	1,809	3,216	1,356	1,860	2,899	1,174	1,725
80+ Yrs.	3,587	1,794	1,793	1,668	710	958	2,117	845	1,272

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Table 16.46 : Gulmi

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	249,402	105,975	143,427	241,779	102,166	139,613
00 - 04 Yrs.	22,350	10,288	12,062	18,766	8,630	10,136
05 - 09 Yrs.	23,219	10,638	12,581	20,633	9,444	11,189
10 - 14 Yrs.	22,496	10,264	12,232	21,484	9,786	11,698
15 - 19 Yrs.	20,434	9,177	11,257	20,754	9,381	11,373
20 - 24 Yrs.	23,190	10,304	12,886	18,718	8,274	10,444
25 - 29 Yrs.	24,913	10,915	13,998	21,195	9,270	11,925
30 - 34 Yrs.	22,688	9,537	13,151	22,800	9,859	12,941
35 - 39 Yrs.	17,729	6,637	11,092	20,771	8,623	12,148
40 - 44 Yrs.	15,150	5,528	9,622	16,208	5,982	10,226
45 - 49 Yrs.	13,071	4,939	8,132	13,790	4,957	8,833
50 - 54 Yrs.	11,242	4,357	6,885	11,797	4,386	7,411
55 - 59 Yrs.	9,566	3,870	5,696	10,001	3,800	6,201
60 - 64 Yrs.	7,823	3,218	4,605	8,307	3,276	5,031
65 - 69 Yrs.	5,941	2,484	3,457	6,524	2,598	3,926
70 - 74 Yrs.	4,371	1,804	2,567	4,618	1,855	2,763
75 - 79 Yrs.	2,925	1,151	1,774	3,003	1,181	1,822
80+ Yrs.	2,294	864	1,430	2,410	864	1,546

Table 16.47 : Palpa

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	261,180	115,840	145,340	255,386	112,189	143,197	246,206	107,113	139,093
00 - 04 Yrs.	23,989	12,337	11,652	26,345	12,418	13,927	24,427	11,451	12,976
05 - 09 Yrs.	30,160	15,314	14,846	23,904	11,138	12,766	23,589	11,014	12,575
10 - 14 Yrs.	35,819	18,073	17,746	27,384	12,731	14,653	21,494	9,918	11,576
15 - 19 Yrs.	31,696	14,238	17,458	29,680	13,678	16,002	24,543	11,262	13,281
20 - 24 Yrs.	22,184	7,755	14,429	27,125	12,018	15,107	26,435	11,967	14,468
25 - 29 Yrs.	17,698	6,033	11,665	21,193	8,409	12,784	24,062	10,447	13,615
30 - 34 Yrs.	14,178	4,941	9,237	18,132	7,004	11,128	18,781	7,285	11,496
35 - 39 Yrs.	13,866	5,087	8,779	15,754	6,283	9,471	16,071	6,076	9,995
40 - 44 Yrs.	13,066	5,193	7,873	13,748	5,626	8,122	13,936	5,450	8,486
45 - 49 Yrs.	11,795	5,017	6,778	12,007	5,144	6,863	12,100	4,858	7,242
50 - 54 Yrs.	11,153	5,128	6,025	10,241	4,499	5,742	10,462	4,396	6,066
55 - 59 Yrs.	9,653	4,540	5,113	8,344	3,766	4,578	8,780	3,771	5,009
60 - 64 Yrs.	8,643	3,819	4,824	6,902	3,115	3,787	6,960	3,056	3,904
65 - 69 Yrs.	6,499	3,099	3,400	5,641	2,468	3,173	5,506	2,403	3,103
70 - 74 Yrs.	4,681	2,261	2,420	4,342	1,881	2,461	4,179	1,756	2,423
75 - 79 Yrs.	3,167	1,599	1,568	3,058	1,320	1,738	2,821	1,164	1,657
80+ Yrs.	2,933	1,406	1,527	1,586	691	895	2,060	839	1,221

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Table 16.47 : Palpa

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	246,502	106,222	140,280	242,885	103,540	139,345
00 - 04 Yrs.	22,109	10,312	11,797	18,862	8,746	10,116
05 - 09 Yrs.	22,969	10,664	12,305	20,737	9,570	11,167
10 - 14 Yrs.	22,251	10,287	11,964	21,595	9,919	11,676
15 - 19 Yrs.	20,208	9,198	11,010	20,858	9,507	11,351
20 - 24 Yrs.	22,931	10,328	12,603	18,810	8,386	10,424
25 - 29 Yrs.	24,631	10,940	13,691	21,296	9,395	11,901
30 - 34 Yrs.	22,422	9,559	12,863	22,907	9,991	12,916
35 - 39 Yrs.	17,502	6,653	10,849	20,864	8,739	12,125
40 - 44 Yrs.	14,953	5,542	9,411	16,268	6,062	10,206
45 - 49 Yrs.	12,904	4,950	7,954	13,840	5,024	8,816
50 - 54 Yrs.	11,101	4,367	6,734	11,842	4,445	7,397
55 - 59 Yrs.	9,450	3,879	5,571	10,041	3,851	6,190
60 - 64 Yrs.	7,730	3,226	4,504	8,342	3,320	5,022
65 - 69 Yrs.	5,870	2,489	3,381	6,551	2,633	3,918
70 - 74 Yrs.	4,318	1,808	2,510	4,638	1,880	2,758
75 - 79 Yrs.	2,888	1,153	1,735	3,015	1,196	1,819
80+ Yrs.	2,265	867	1,398	2,419	876	1,543

Table 16.48 : Nawalparasi

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	643,508	303,675	339,833	690,731	322,960	367,771	737,968	341,838	396,130
00 - 04 Yrs.	55,610	28,755	26,855	71,513	35,746	35,767	73,500	36,545	36,955
05 - 09 Yrs.	73,281	37,877	35,404	64,849	32,064	32,785	70,964	35,150	35,814
10 - 14 Yrs.	85,596	43,173	42,423	74,277	36,646	37,631	64,619	31,652	32,967
15 - 19 Yrs.	74,846	35,939	38,907	80,473	39,376	41,097	73,763	35,940	37,823
20 - 24 Yrs.	58,700	24,271	34,429	73,397	34,597	38,800	79,396	38,191	41,205
25 - 29 Yrs.	51,493	20,511	30,982	57,042	24,208	32,834	72,116	33,342	38,774
30 - 34 Yrs.	42,500	17,125	25,375	48,743	20,162	28,581	55,993	23,251	32,742
35 - 39 Yrs.	38,283	16,536	21,747	42,412	18,087	24,325	47,853	19,388	28,465
40 - 44 Yrs.	33,390	15,054	18,336	37,054	16,194	20,860	41,564	17,395	24,169
45 - 49 Yrs.	29,105	13,944	15,161	32,435	14,811	17,624	36,127	15,503	20,624
50 - 54 Yrs.	24,899	12,215	12,684	27,700	12,953	14,747	31,308	14,030	17,278
55 - 59 Yrs.	21,003	10,428	10,575	22,599	10,841	11,758	26,298	12,033	14,265
60 - 64 Yrs.	19,215	9,529	9,686	18,694	8,968	9,726	20,871	9,752	11,119
65 - 69 Yrs.	14,287	7,469	6,818	15,255	7,105	8,150	16,505	7,670	8,835
70 - 74 Yrs.	10,131	5,277	4,854	11,739	5,416	6,323	12,503	5,603	6,900
75 - 79 Yrs.	5,840	2,989	2,851	8,262	3,798	4,464	8,434	3,716	4,718
80+ Yrs.	5,329	2,583	2,746	4,287	1,988	2,299	6,154	2,677	3,477

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Table 16.48 : Nawalparasi

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	781,485	358,657	422,828	817,081	371,095	445,986
00 - 04 Yrs.	70,376	34,818	35,558	63,723	31,345	32,378
05 - 09 Yrs.	73,094	36,005	37,089	70,044	34,302	35,742
10 - 14 Yrs.	70,796	34,736	36,060	72,919	35,548	37,371
15 - 19 Yrs.	64,244	31,059	33,185	70,404	34,074	36,330
20 - 24 Yrs.	72,861	34,873	37,988	63,418	30,055	33,363
25 - 29 Yrs.	78,205	36,938	41,267	71,764	33,671	38,093
30 - 34 Yrs.	71,046	32,275	38,771	77,147	35,808	41,339
35 - 39 Yrs.	55,162	22,463	32,699	70,128	31,321	38,807
40 - 44 Yrs.	47,077	18,710	28,367	54,393	21,728	32,665
45 - 49 Yrs.	40,689	16,714	23,975	46,224	18,008	28,216
50 - 54 Yrs.	35,042	14,745	20,297	39,603	15,931	23,672
55 - 59 Yrs.	29,890	13,098	16,792	33,612	13,802	19,810
60 - 64 Yrs.	24,467	10,891	13,576	27,973	11,900	16,073
65 - 69 Yrs.	18,595	8,405	10,190	21,976	9,436	12,540
70 - 74 Yrs.	13,674	6,106	7,568	15,567	6,740	8,827
75 - 79 Yrs.	9,125	3,895	5,230	10,110	4,288	5,822
80+ Yrs.	7,142	2,926	4,216	8,076	3,138	4,938

Table 16.49 : Rupandehi

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	880,196	432,193	448,003	982,851	480,673	502,178	1,091,034	531,671	559,363
00 - 04 Yrs.	79,766	41,542	38,224	102,040	53,201	48,839	109,023	56,839	52,184
05 - 09 Yrs.	103,699	53,648	50,051	92,490	47,722	44,768	105,242	54,670	50,572
10 - 14 Yrs.	116,043	59,289	56,754	105,928	54,543	51,385	95,780	49,229	46,551
15 - 19 Yrs.	102,158	52,118	50,040	114,720	58,603	56,117	109,308	55,898	53,410
20 - 24 Yrs.	83,272	37,682	45,590	104,471	51,492	52,979	117,584	59,400	58,184
25 - 29 Yrs.	74,043	32,610	41,433	80,865	36,031	44,834	106,607	51,856	54,751
30 - 34 Yrs.	60,755	26,907	33,848	69,033	30,007	39,026	82,397	36,164	46,233
35 - 39 Yrs.	53,990	25,152	28,838	60,135	26,920	33,215	70,348	30,154	40,194
40 - 44 Yrs.	45,023	21,506	23,517	52,587	24,103	28,484	61,181	27,054	34,127
45 - 49 Yrs.	37,353	18,489	18,864	46,109	22,043	24,066	53,236	24,113	29,123
50 - 54 Yrs.	32,010	16,194	15,816	39,415	19,278	20,137	46,220	21,822	24,398
55 - 59 Yrs.	25,901	13,071	12,830	32,190	16,135	16,055	38,858	18,716	20,142
60 - 64 Yrs.	23,090	11,593	11,497	26,626	13,346	13,280	30,869	15,168	15,701
65 - 69 Yrs.	17,378	9,041	8,337	21,702	10,575	11,127	24,406	11,929	12,477
70 - 74 Yrs.	12,295	6,439	5,856	16,693	8,060	8,633	18,458	8,715	9,743
75 - 79 Yrs.	7,065	3,687	3,378	11,749	5,654	6,095	12,442	5,780	6,662
80+ Yrs.	6,355	3,225	3,130	6,098	2,960	3,138	9,075	4,164	4,911

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Table 16.49 : Rupandehi

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	1,177,926	572,340	605,586	1,255,541	607,988	647,553
00 - 04 Yrs.	106,490	55,563	50,927	98,367	51,354	47,013
05 - 09 Yrs.	110,577	57,457	53,120	108,095	56,200	51,895
10 - 14 Yrs.	107,078	55,431	51,647	112,501	58,240	54,261
15 - 19 Yrs.	97,092	49,563	47,529	108,575	55,826	52,749
20 - 24 Yrs.	110,057	55,649	54,408	97,683	49,241	48,442
25 - 29 Yrs.	118,050	58,946	59,104	110,474	55,166	55,308
30 - 34 Yrs.	107,030	51,502	55,528	118,690	58,668	60,022
35 - 39 Yrs.	82,679	35,846	46,833	107,661	51,315	56,346
40 - 44 Yrs.	70,485	29,857	40,628	83,026	35,598	47,428
45 - 49 Yrs.	61,009	26,672	34,337	70,472	29,503	40,969
50 - 54 Yrs.	52,599	23,530	29,069	60,471	26,100	34,371
55 - 59 Yrs.	44,952	20,902	24,050	51,376	22,613	28,763
60 - 64 Yrs.	36,824	17,381	19,443	42,834	19,496	23,338
65 - 69 Yrs.	28,006	13,411	14,595	33,670	15,461	18,209
70 - 74 Yrs.	20,583	9,744	10,839	23,858	11,042	12,816
75 - 79 Yrs.	13,706	6,216	7,490	15,479	7,026	8,453
80+ Yrs.	10,709	4,670	6,039	12,309	5,139	7,170

Table 16.50 : Kapilbastu

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	571,936	285,599	286,337	625,522	312,276	313,246	680,984	340,112	340,872
00 - 04 Yrs.	63,438	32,383	31,055	65,028	34,563	30,465	68,161	36,360	31,801
05 - 09 Yrs.	77,702	39,784	37,918	58,928	31,003	27,925	65,790	34,972	30,818
10 - 14 Yrs.	77,634	40,021	37,613	67,486	35,434	32,052	59,860	31,492	28,368
15 - 19 Yrs.	62,183	31,103	31,080	73,075	38,072	35,003	68,306	35,758	32,548
20 - 24 Yrs.	47,450	21,770	25,680	66,500	33,453	33,047	73,456	37,999	35,457
25 - 29 Yrs.	43,377	20,471	22,906	51,374	23,408	27,966	66,537	33,172	33,365
30 - 34 Yrs.	36,278	16,280	19,998	43,838	19,495	24,343	51,308	23,134	28,174
35 - 39 Yrs.	33,390	16,463	16,927	38,207	17,489	20,718	43,784	19,290	24,494
40 - 44 Yrs.	27,605	13,508	14,097	33,426	15,659	17,767	38,104	17,307	20,797
45 - 49 Yrs.	23,283	12,025	11,258	29,333	14,321	15,012	33,173	15,425	17,748
50 - 54 Yrs.	18,880	9,713	9,167	25,085	12,524	12,561	28,828	13,960	14,868
55 - 59 Yrs.	16,608	8,481	8,127	20,497	10,482	10,015	24,246	11,972	12,274
60 - 64 Yrs.	16,160	8,306	7,854	16,955	8,671	8,284	19,271	9,703	9,568
65 - 69 Yrs.	12,028	6,551	5,477	13,812	6,870	6,942	15,235	7,631	7,604
70 - 74 Yrs.	8,395	4,622	3,773	10,622	5,236	5,386	11,512	5,575	5,937
75 - 79 Yrs.	4,101	2,319	1,782	7,475	3,673	3,802	7,757	3,698	4,059
80+ Yrs.	3,424	1,799	1,625	3,881	1,923	1,958	5,656	2,664	2,992

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Table 16.50 : Kapilbastu

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	728,693	364,445	364,248	770,155	385,674	384,481
00 - 04 Yrs.	66,012	35,380	30,632	60,490	32,576	27,914
05 - 09 Yrs.	68,536	36,586	31,950	66,462	35,650	30,812
10 - 14 Yrs.	66,361	35,297	31,064	69,162	36,944	32,218
15 - 19 Yrs.	60,147	31,560	28,587	66,732	35,413	31,319
20 - 24 Yrs.	68,160	35,435	32,725	59,998	31,236	28,762
25 - 29 Yrs.	73,084	37,534	35,550	67,833	34,994	32,839
30 - 34 Yrs.	66,194	32,795	33,399	72,853	37,215	35,638
35 - 39 Yrs.	50,995	22,825	28,170	66,006	32,551	33,455
40 - 44 Yrs.	43,448	19,011	24,437	50,743	22,582	28,161
45 - 49 Yrs.	37,638	16,984	20,654	43,041	18,716	24,325
50 - 54 Yrs.	32,469	14,984	17,485	36,965	16,557	20,408
55 - 59 Yrs.	27,775	13,310	14,465	31,423	14,345	17,078
60 - 64 Yrs.	22,762	11,067	11,695	26,222	12,366	13,856
65 - 69 Yrs.	17,319	8,540	8,779	20,619	9,808	10,811
70 - 74 Yrs.	12,724	6,205	6,519	14,613	7,004	7,609
75 - 79 Yrs.	8,463	3,958	4,505	9,476	4,457	5,019
80+ Yrs.	6,606	2,974	3,632	7,517	3,260	4,257

Table 16.51 : Arghakhanchi

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	197,632	86,266	111,366	200,967	86,445	114,522	202,756	85,877	116,879
00 - 04 Yrs.	20,794	11,035	9,759	20,705	9,567	11,138	20,085	9,181	10,904
05 - 09 Yrs.	24,998	12,678	12,320	18,792	8,582	10,210	19,397	8,830	10,567
10 - 14 Yrs.	28,253	13,968	14,285	21,527	9,809	11,718	17,678	7,951	9,727
15 - 19 Yrs.	21,865	8,856	13,009	23,336	10,539	12,797	20,189	9,029	11,160
20 - 24 Yrs.	14,892	4,548	10,344	21,343	9,261	12,082	21,752	9,594	12,158
25 - 29 Yrs.	12,543	4,014	8,529	16,705	6,480	10,225	19,816	8,376	11,440
30 - 34 Yrs.	9,985	3,335	6,650	14,296	5,396	8,900	15,501	5,841	9,660
35 - 39 Yrs.	9,876	3,373	6,503	12,417	4,842	7,575	13,270	4,871	8,399
40 - 44 Yrs.	9,328	3,476	5,852	10,830	4,335	6,495	11,501	4,370	7,131
45 - 49 Yrs.	8,802	3,510	5,292	9,452	3,964	5,488	9,980	3,895	6,085
50 - 54 Yrs.	8,333	3,803	4,530	8,060	3,467	4,593	8,623	3,525	5,098
55 - 59 Yrs.	6,985	3,243	3,742	6,563	2,902	3,661	7,232	3,023	4,209
60 - 64 Yrs.	6,710	3,161	3,549	5,429	2,400	3,029	5,731	2,451	3,280
65 - 69 Yrs.	5,233	2,466	2,767	4,439	1,902	2,537	4,534	1,927	2,607
70 - 74 Yrs.	3,982	2,122	1,860	3,419	1,450	1,969	3,443	1,407	2,036
75 - 79 Yrs.	2,687	1,415	1,272	2,407	1,017	1,390	2,326	934	1,392
80+ Yrs.	2,366	1,263	1,103	1,247	532	715	1,698	672	1,026

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Table 16.51 : Arghakhanchi

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	208,189	86,771	121,418	210,825	86,277	124,548
00 - 04 Yrs.	18,635	8,424	10,211	16,331	7,288	9,043
05 - 09 Yrs.	19,361	8,711	10,650	17,957	7,975	9,982
10 - 14 Yrs.	18,759	8,404	10,355	18,700	8,264	10,436
15 - 19 Yrs.	17,043	7,514	9,529	18,067	7,922	10,145
20 - 24 Yrs.	19,346	8,437	10,909	16,305	6,988	9,317
25 - 29 Yrs.	20,787	8,937	11,850	18,466	7,828	10,638
30 - 34 Yrs.	18,942	7,808	11,134	19,870	8,326	11,544
35 - 39 Yrs.	14,825	5,435	9,390	18,119	7,282	10,837
40 - 44 Yrs.	12,672	4,526	8,146	14,173	5,051	9,122
45 - 49 Yrs.	10,929	4,044	6,885	12,066	4,186	7,880
50 - 54 Yrs.	9,396	3,567	5,829	10,315	3,704	6,611
55 - 59 Yrs.	7,991	3,169	4,822	8,741	3,209	5,532
60 - 64 Yrs.	6,533	2,635	3,898	7,255	2,767	4,488
65 - 69 Yrs.	4,959	2,033	2,926	5,696	2,194	3,502
70 - 74 Yrs.	3,650	1,477	2,173	4,033	1,567	2,466
75 - 79 Yrs.	2,443	942	1,501	2,623	997	1,626
80+ Yrs.	1,918	708	1,210	2,108	729	1,379

Table 16.52 : Pyuthan

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	228,102	100,053	128,049	236,540	102,446	134,094	243,816	104,220	139,596
00 - 04 Yrs.	29,630	14,999	14,631	24,380	11,339	13,041	24,165	11,142	13,023
05 - 09 Yrs.	34,038	17,247	16,791	22,125	10,171	11,954	23,336	10,716	12,620
10 - 14 Yrs.	34,932	17,268	17,664	25,345	11,624	13,721	21,267	9,650	11,617
15 - 19 Yrs.	24,134	9,721	14,413	27,474	12,490	14,984	24,286	10,957	13,329
20 - 24 Yrs.	16,743	5,331	11,412	25,121	10,975	14,146	26,165	11,644	14,521
25 - 29 Yrs.	14,200	4,550	9,650	19,651	7,679	11,972	23,829	10,165	13,664
30 - 34 Yrs.	11,254	3,882	7,372	16,816	6,395	10,421	18,627	7,089	11,538
35 - 39 Yrs.	10,810	3,822	6,988	14,607	5,738	8,869	15,942	5,911	10,031
40 - 44 Yrs.	10,060	3,930	6,130	12,743	5,137	7,606	13,820	5,303	8,517
45 - 49 Yrs.	8,800	3,720	5,080	11,124	4,698	6,426	11,994	4,726	7,268
50 - 54 Yrs.	8,207	3,614	4,593	9,486	4,109	5,377	10,367	4,278	6,089
55 - 59 Yrs.	7,306	3,385	3,921	7,725	3,438	4,287	8,695	3,669	5,026
60 - 64 Yrs.	6,563	2,978	3,585	6,391	2,845	3,546	6,893	2,974	3,919
65 - 69 Yrs.	4,775	2,317	2,458	5,226	2,254	2,972	5,453	2,339	3,114
70 - 74 Yrs.	3,277	1,641	1,636	4,024	1,718	2,306	4,140	1,708	2,432
75 - 79 Yrs.	1,884	937	947	2,833	1,205	1,628	2,796	1,133	1,663
80+ Yrs.	1,489	711	778	1,469	631	838	2,041	816	1,225

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Table 16.52 : Pyuthan

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	248,726	104,895	143,831	250,142	103,895	146,247
00 - 04 Yrs.	22,278	10,183	12,095	19,393	8,775	10,618
05 - 09 Yrs.	23,146	10,530	12,616	21,324	9,604	11,720
10 - 14 Yrs.	22,426	10,159	12,267	22,207	9,952	12,255
15 - 19 Yrs.	20,372	9,084	11,288	21,453	9,540	11,913
20 - 24 Yrs.	23,121	10,199	12,922	19,355	8,415	10,940
25 - 29 Yrs.	24,841	10,803	14,038	21,918	9,427	12,491
30 - 34 Yrs.	22,627	9,439	13,188	23,581	10,025	13,556
35 - 39 Yrs.	17,692	6,569	11,123	21,494	8,769	12,725
40 - 44 Yrs.	15,122	5,472	9,650	16,795	6,083	10,712
45 - 49 Yrs.	13,043	4,888	8,155	14,294	5,041	9,253
50 - 54 Yrs.	11,217	4,312	6,905	12,223	4,461	7,762
55 - 59 Yrs.	9,543	3,831	5,712	10,360	3,864	6,496
60 - 64 Yrs.	7,804	3,186	4,618	8,602	3,331	5,271
65 - 69 Yrs.	5,924	2,458	3,466	6,754	2,642	4,112
70 - 74 Yrs.	4,360	1,786	2,574	4,781	1,887	2,894
75 - 79 Yrs.	2,919	1,140	1,779	3,109	1,200	1,909
80+ Yrs.	2,291	856	1,435	2,499	879	1,620

Table 16.53 : Rolpa

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	224,506	103,100	121,406	232,419	105,445	126,974	239,145	107,135	132,010
00 - 04 Yrs.	28,537	14,518	14,019	24,020	11,671	12,349	23,769	11,453	12,316
05 - 09 Yrs.	31,996	16,008	15,988	21,788	10,469	11,319	22,951	11,016	11,935
10 - 14 Yrs.	32,940	16,341	16,599	24,956	11,964	12,992	20,906	9,920	10,986
15 - 19 Yrs.	24,204	10,668	13,536	27,045	12,856	14,189	23,869	11,264	12,605
20 - 24 Yrs.	18,357	6,890	11,467	24,692	11,296	13,396	25,700	11,969	13,731
25 - 29 Yrs.	14,691	5,788	8,903	19,240	7,904	11,336	23,370	10,449	12,921
30 - 34 Yrs.	11,739	4,497	7,242	16,450	6,582	9,868	18,199	7,288	10,911
35 - 39 Yrs.	10,947	4,352	6,595	14,305	5,906	8,399	15,562	6,077	9,485
40 - 44 Yrs.	10,239	4,364	5,875	12,490	5,288	7,202	13,506	5,452	8,054
45 - 49 Yrs.	8,729	3,969	4,760	10,921	4,836	6,085	11,732	4,859	6,873
50 - 54 Yrs.	8,301	4,041	4,260	9,320	4,229	5,091	10,155	4,397	5,758
55 - 59 Yrs.	6,762	3,352	3,410	7,598	3,539	4,059	8,526	3,772	4,754
60 - 64 Yrs.	6,543	3,146	3,397	6,285	2,927	3,358	6,761	3,056	3,705
65 - 69 Yrs.	4,493	2,244	2,249	5,134	2,320	2,814	5,349	2,404	2,945
70 - 74 Yrs.	3,113	1,493	1,620	3,951	1,768	2,183	4,056	1,756	2,300
75 - 79 Yrs.	1,588	797	791	2,782	1,241	1,541	2,736	1,164	1,572
80+ Yrs.	1,327	632	695	1,442	649	793	1,998	839	1,159

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Table 16.53 : Rolpa

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	248,289	109,800	138,489	254,389	110,864	143,525
00 - 04 Yrs.	22,306	10,660	11,646	19,784	9,364	10,420
05 - 09 Yrs.	23,171	11,023	12,148	21,750	10,248	11,502
10 - 14 Yrs.	22,445	10,634	11,811	22,647	10,620	12,027
15 - 19 Yrs.	20,377	9,508	10,869	21,872	10,180	11,692
20 - 24 Yrs.	23,118	10,676	12,442	19,715	8,978	10,737
25 - 29 Yrs.	24,825	11,309	13,516	22,318	10,059	12,259
30 - 34 Yrs.	22,578	9,880	12,698	24,001	10,698	13,303
35 - 39 Yrs.	17,587	6,877	10,710	21,846	9,357	12,489
40 - 44 Yrs.	15,019	5,728	9,291	17,003	6,491	10,512
45 - 49 Yrs.	12,970	5,117	7,853	14,460	5,380	9,080
50 - 54 Yrs.	11,162	4,514	6,648	12,378	4,760	7,618
55 - 59 Yrs.	9,510	4,010	5,500	10,498	4,123	6,375
60 - 64 Yrs.	7,781	3,334	4,447	8,727	3,555	5,172
65 - 69 Yrs.	5,910	2,573	3,337	6,854	2,819	4,035
70 - 74 Yrs.	4,348	1,869	2,479	4,855	2,014	2,841
75 - 79 Yrs.	2,905	1,192	1,713	3,155	1,281	1,874
80+ Yrs.	2,277	896	1,381	2,526	937	1,589

Table 16.54 : Rukum

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	208,567	99,159	109,408	220,092	102,576	117,516	231,015	105,359	125,656
00 - 04 Yrs.	24,316	12,204	12,112	22,782	11,353	11,429	22,985	11,263	11,722
05 - 09 Yrs.	30,430	15,189	15,241	20,660	10,184	10,476	22,194	10,834	11,360
10 - 14 Yrs.	31,386	15,505	15,881	23,664	11,639	12,025	20,213	9,756	10,457
15 - 19 Yrs.	23,470	10,713	12,757	25,637	12,506	13,131	23,075	11,077	11,998
20 - 24 Yrs.	17,913	7,576	10,337	23,386	10,988	12,398	24,841	11,771	13,070
25 - 29 Yrs.	14,686	6,521	8,165	18,181	7,689	10,492	22,575	10,276	12,299
30 - 34 Yrs.	11,673	5,067	6,606	15,536	6,403	9,133	17,553	7,167	10,386
35 - 39 Yrs.	10,846	4,916	5,930	13,517	5,745	7,772	15,005	5,975	9,030
40 - 44 Yrs.	9,590	4,358	5,232	11,809	5,143	6,666	13,028	5,361	7,667
45 - 49 Yrs.	8,179	3,831	4,348	10,337	4,705	5,632	11,321	4,778	6,543
50 - 54 Yrs.	7,219	3,679	3,540	8,826	4,114	4,712	9,804	4,324	5,480
55 - 59 Yrs.	5,552	2,821	2,731	7,201	3,444	3,757	8,234	3,709	4,525
60 - 64 Yrs.	5,728	2,837	2,891	5,956	2,848	3,108	6,533	3,006	3,527
65 - 69 Yrs.	3,429	1,775	1,654	4,861	2,257	2,604	5,167	2,364	2,803
70 - 74 Yrs.	2,303	1,198	1,105	3,740	1,720	2,020	3,916	1,727	2,189
75 - 79 Yrs.	1,016	559	457	2,633	1,206	1,427	2,643	1,146	1,497
80+ Yrs.	831	410	421	1,366	632	734	1,928	825	1,103

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Table 16.54 : Rukum

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	242,287	107,916	134,371	250,723	108,653	142,070
00 - 04 Yrs.	21,776	10,476	11,300	19,491	9,177	10,314
05 - 09 Yrs.	22,619	10,833	11,786	21,429	10,044	11,385
10 - 14 Yrs.	21,912	10,452	11,460	22,313	10,408	11,905
15 - 19 Yrs.	19,891	9,345	10,546	21,549	9,976	11,573
20 - 24 Yrs.	22,565	10,493	12,072	19,428	8,800	10,628
25 - 29 Yrs.	24,230	11,115	13,115	21,992	9,858	12,134
30 - 34 Yrs.	22,032	9,711	12,321	23,654	10,485	13,169
35 - 39 Yrs.	17,151	6,759	10,392	21,531	9,170	12,361
40 - 44 Yrs.	14,644	5,630	9,014	16,766	6,361	10,405
45 - 49 Yrs.	12,648	5,029	7,619	14,261	5,273	8,988
50 - 54 Yrs.	10,887	4,437	6,450	12,206	4,665	7,541
55 - 59 Yrs.	9,278	3,941	5,337	10,352	4,041	6,311
60 - 64 Yrs.	7,591	3,277	4,314	8,605	3,484	5,121
65 - 69 Yrs.	5,767	2,529	3,238	6,758	2,763	3,995
70 - 74 Yrs.	4,242	1,837	2,405	4,786	1,974	2,812
75 - 79 Yrs.	2,834	1,172	1,662	3,110	1,255	1,855
80+ Yrs.	2,220	880	1,340	2,492	919	1,573

Table 16.55 : Salyan

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	242,444	115,969	126,475	259,309	122,969	136,340	276,060	129,778	146,282
00 - 04 Yrs.	27,629	14,053	13,576	26,870	13,611	13,259	27,521	13,874	13,647
05 - 09 Yrs.	33,878	17,090	16,788	24,362	12,208	12,154	26,570	13,345	13,225
10 - 14 Yrs.	36,580	18,099	18,481	27,904	13,953	13,951	24,190	12,017	12,173
15 - 19 Yrs.	28,342	13,237	15,105	30,227	14,992	15,235	27,612	13,644	13,968
20 - 24 Yrs.	21,167	9,054	12,113	27,557	13,173	14,384	29,715	14,499	15,216
25 - 29 Yrs.	17,370	7,349	10,021	21,391	9,218	12,173	26,976	12,658	14,318
30 - 34 Yrs.	13,891	6,092	7,799	18,272	7,677	10,595	20,918	8,827	12,091
35 - 39 Yrs.	13,037	5,922	7,115	15,905	6,887	9,018	17,873	7,361	10,512
40 - 44 Yrs.	10,967	5,212	5,755	13,900	6,167	7,733	15,529	6,604	8,925
45 - 49 Yrs.	9,245	4,458	4,787	12,173	5,639	6,534	13,502	5,886	7,616
50 - 54 Yrs.	8,269	4,282	3,987	10,400	4,932	5,468	11,708	5,327	6,381
55 - 59 Yrs.	7,073	3,611	3,462	8,486	4,127	4,359	9,835	4,568	5,267
60 - 64 Yrs.	6,240	3,022	3,218	7,019	3,414	3,605	7,809	3,703	4,106
65 - 69 Yrs.	4,273	2,185	2,088	5,727	2,706	3,021	6,175	2,912	3,263
70 - 74 Yrs.	2,298	1,178	1,120	4,406	2,062	2,344	4,675	2,127	2,548
75 - 79 Yrs.	1,279	679	600	3,101	1,446	1,655	3,152	1,410	1,742
80+ Yrs.	906	446	460	1,609	757	852	2,300	1,016	1,284

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Table 16.55 : Salyan

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	291,865	136,043	155,822	304,669	140,649	164,020
00 - 04 Yrs.	26,311	13,207	13,104	23,788	11,880	11,908
05 - 09 Yrs.	27,325	13,657	13,668	26,147	13,002	13,145
10 - 14 Yrs.	26,465	13,176	13,289	27,217	13,473	13,744
15 - 19 Yrs.	24,011	11,781	12,230	26,276	12,915	13,361
20 - 24 Yrs.	27,226	13,227	13,999	23,661	11,391	12,270
25 - 29 Yrs.	29,220	14,012	15,208	26,770	12,761	14,009
30 - 34 Yrs.	26,530	12,242	14,288	28,775	13,572	15,203
35 - 39 Yrs.	20,571	8,521	12,050	26,143	11,871	14,272
40 - 44 Yrs.	17,550	7,096	10,454	20,248	8,235	12,013
45 - 49 Yrs.	15,175	6,340	8,835	17,202	6,825	10,377
50 - 54 Yrs.	13,073	5,593	7,480	14,744	6,038	8,706
55 - 59 Yrs.	11,156	4,968	6,188	12,516	5,231	7,285
60 - 64 Yrs.	9,134	4,131	5,003	10,421	4,510	5,911
65 - 69 Yrs.	6,943	3,188	3,755	8,188	3,576	4,612
70 - 74 Yrs.	5,105	2,316	2,789	5,802	2,555	3,247
75 - 79 Yrs.	3,406	1,478	1,928	3,766	1,625	2,141
80+ Yrs.	2,664	1,110	1,554	3,005	1,189	1,816

Table 16.56 : Dang

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	552,583	261,059	291,524	605,796	283,469	322,327	660,742	306,187	354,555
00 - 04 Yrs.	53,474	27,338	26,136	62,723	31,375	31,348	65,811	32,734	33,077
05 - 09 Yrs.	68,502	34,833	33,669	56,878	28,143	28,735	63,539	31,484	32,055
10 - 14 Yrs.	77,436	39,049	38,387	65,147	32,165	32,982	57,858	28,351	29,507
15 - 19 Yrs.	65,590	29,979	35,611	70,578	34,560	36,018	66,046	32,192	33,854
20 - 24 Yrs.	49,860	20,145	29,715	64,372	30,367	34,005	71,088	34,208	36,880
25 - 29 Yrs.	44,071	18,232	25,839	50,026	21,249	28,777	64,568	29,863	34,705
30 - 34 Yrs.	36,321	15,554	20,767	42,745	17,696	25,049	50,132	20,827	29,305
35 - 39 Yrs.	33,548	15,179	18,369	37,194	15,875	21,319	42,844	17,366	25,478
40 - 44 Yrs.	28,042	13,021	15,021	32,497	14,214	18,283	37,213	15,581	21,632
45 - 49 Yrs.	23,040	11,281	11,759	28,447	13,000	15,447	32,346	13,886	18,460
50 - 54 Yrs.	19,777	9,803	9,974	24,294	11,369	12,925	28,031	12,567	15,464
55 - 59 Yrs.	15,924	8,106	7,818	19,819	9,515	10,304	23,545	10,778	12,767
60 - 64 Yrs.	14,455	6,988	7,467	16,395	7,871	8,524	18,687	8,735	9,952
65 - 69 Yrs.	10,225	5,360	4,865	13,380	6,237	7,143	14,778	6,870	7,908
70 - 74 Yrs.	6,242	3,163	3,079	10,294	4,753	5,541	11,195	5,019	6,176
75 - 79 Yrs.	3,343	1,724	1,619	7,247	3,334	3,913	7,550	3,328	4,222
80+ Yrs.	2,733	1,304	1,429	3,760	1,746	2,014	5,511	2,398	3,113

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Table 16.56 : Dang

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	706,858	324,393	382,465	746,519	338,861	407,658
00 - 04 Yrs.	63,657	31,493	32,164	58,218	28,622	29,596
05 - 09 Yrs.	66,114	32,566	33,548	63,993	31,323	32,670
10 - 14 Yrs.	64,036	31,418	32,618	66,620	32,460	34,160
15 - 19 Yrs.	58,109	28,092	30,017	64,321	31,114	33,207
20 - 24 Yrs.	65,903	31,541	34,362	57,940	27,444	30,496
25 - 29 Yrs.	70,737	33,409	37,328	65,565	30,746	34,819
30 - 34 Yrs.	64,260	29,191	35,069	70,484	32,699	37,785
35 - 39 Yrs.	49,894	20,316	29,578	64,072	28,600	35,472
40 - 44 Yrs.	42,581	16,922	25,659	49,699	19,841	29,858
45 - 49 Yrs.	36,803	15,117	21,686	42,235	16,444	25,791
50 - 54 Yrs.	31,696	13,337	18,359	36,184	14,547	21,637
55 - 59 Yrs.	27,035	11,846	15,189	30,711	12,603	18,108
60 - 64 Yrs.	22,131	9,851	12,280	25,558	10,866	14,692
65 - 69 Yrs.	16,819	7,601	9,218	20,080	8,617	11,463
70 - 74 Yrs.	12,369	5,523	6,846	14,223	6,155	8,068
75 - 79 Yrs.	8,254	3,523	4,731	9,238	3,916	5,322
80+ Yrs.	6,460	2,647	3,813	7,378	2,864	4,514

Table 16.57 : Banke

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	491,313	244,255	247,058	554,630	275,149	279,481	621,921	308,048	313,873
00 - 04 Yrs.	48,828	24,862	23,966	57,634	30,453	27,181	62,214	32,932	29,282
05 - 09 Yrs.	62,597	32,104	30,493	52,232	27,317	24,915	60,052	31,675	28,377
10 - 14 Yrs.	65,900	34,035	31,865	59,819	31,221	28,598	54,644	28,523	26,121
15 - 19 Yrs.	56,536	28,100	28,436	64,776	33,545	31,231	62,356	32,387	29,969
20 - 24 Yrs.	46,678	21,618	25,060	58,961	29,475	29,486	67,064	34,416	32,648
25 - 29 Yrs.	41,188	18,977	22,211	45,577	20,625	24,952	60,768	30,045	30,723
30 - 34 Yrs.	33,691	15,624	18,067	38,896	17,177	21,719	46,897	20,954	25,943
35 - 39 Yrs.	30,495	14,775	15,720	33,895	15,410	18,485	40,025	17,471	22,554
40 - 44 Yrs.	24,847	12,348	12,499	29,650	13,798	15,852	34,825	15,675	19,150
45 - 49 Yrs.	20,112	10,495	9,617	26,011	12,618	13,393	30,312	13,971	16,341
50 - 54 Yrs.	15,445	8,212	7,233	22,243	11,036	11,207	26,333	12,643	13,690
55 - 59 Yrs.	12,493	6,393	6,100	18,170	9,235	8,935	22,146	10,844	11,302
60 - 64 Yrs.	12,134	6,129	6,005	15,031	7,640	7,391	17,599	8,789	8,810
65 - 69 Yrs.	8,469	4,338	4,131	12,247	6,054	6,193	13,913	6,912	7,001
70 - 74 Yrs.	6,165	3,265	2,900	9,418	4,614	4,804	10,518	5,050	5,468
75 - 79 Yrs.	2,951	1,579	1,372	6,628	3,236	3,392	7,087	3,349	3,738
80+ Yrs.	2,784	1,401	1,383	3,442	1,695	1,747	5,168	2,412	2,756

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Table 16.57 : Banke

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	674,817	333,999	340,818	722,827	357,398	365,429
00 - 04 Yrs.	61,086	32,424	28,662	56,718	30,188	26,530
05 - 09 Yrs.	63,425	33,530	29,895	62,322	33,036	29,286
10 - 14 Yrs.	61,415	32,349	29,066	64,856	34,235	30,621
15 - 19 Yrs.	55,672	28,924	26,748	62,584	32,817	29,767
20 - 24 Yrs.	63,095	32,475	30,620	56,283	28,946	27,337
25 - 29 Yrs.	67,662	34,399	33,263	63,640	32,428	31,212
30 - 34 Yrs.	61,307	30,056	31,251	68,359	34,487	33,872
35 - 39 Yrs.	47,275	20,918	26,357	61,962	30,165	31,797
40 - 44 Yrs.	40,289	17,424	22,865	47,691	20,926	26,765
45 - 49 Yrs.	34,890	15,565	19,325	40,462	17,343	23,119
50 - 54 Yrs.	30,091	13,731	16,360	34,739	15,343	19,396
55 - 59 Yrs.	25,732	12,197	13,535	29,525	13,293	16,232
60 - 64 Yrs.	21,086	10,143	10,943	24,631	11,461	13,170
65 - 69 Yrs.	16,040	7,826	8,214	19,364	9,088	10,276
70 - 74 Yrs.	11,786	5,686	6,100	13,723	6,491	7,232
75 - 79 Yrs.	7,843	3,627	4,216	8,901	4,130	4,771
80+ Yrs.	6,123	2,725	3,398	7,067	3,021	4,046

Table 16.58 : Bardiya

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	426,576	205,080	221,496	456,547	217,438	239,109	486,334	229,428	256,906
00 - 04 Yrs.	38,953	19,931	19,022	47,321	24,066	23,255	48,494	24,527	23,967
05 - 09 Yrs.	48,838	24,797	24,041	42,902	21,587	21,315	46,817	23,591	23,226
10 - 14 Yrs.	58,989	29,701	29,288	49,139	24,673	24,466	42,623	21,243	21,380
15 - 19 Yrs.	53,095	24,988	28,107	53,228	26,509	26,719	48,652	24,122	24,530
20 - 24 Yrs.	39,787	16,842	22,945	48,519	23,293	25,226	52,355	25,632	26,723
25 - 29 Yrs.	34,933	15,435	19,498	37,645	16,298	21,347	47,524	22,377	25,147
30 - 34 Yrs.	28,024	12,497	15,527	32,156	13,574	18,582	36,840	15,606	21,234
35 - 39 Yrs.	26,047	12,281	13,766	27,993	12,178	15,815	31,474	13,013	18,461
40 - 44 Yrs.	22,859	10,770	12,089	24,465	10,903	13,562	27,349	11,675	15,674
45 - 49 Yrs.	18,601	9,345	9,256	21,431	9,972	11,459	23,781	10,405	13,376
50 - 54 Yrs.	14,047	7,027	7,020	18,309	8,721	9,588	20,621	9,416	11,205
55 - 59 Yrs.	12,258	6,089	6,169	14,943	7,299	7,644	17,327	8,076	9,251
60 - 64 Yrs.	11,384	5,481	5,903	12,362	6,038	6,324	13,757	6,545	7,212
65 - 69 Yrs.	8,701	4,574	4,127	10,082	4,784	5,298	10,879	5,148	5,731
70 - 74 Yrs.	5,429	2,884	2,545	7,757	3,646	4,111	8,236	3,761	4,475
75 - 79 Yrs.	2,609	1,404	1,205	5,461	2,558	2,903	5,553	2,494	3,059
80+ Yrs.	2,022	1,034	988	2,834	1,339	1,495	4,052	1,797	2,255

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Table 16.58 : Bardiya

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	514,332	240,343	273,989	537,038	248,276	288,762
00 - 04 Yrs.	46,373	23,332	23,041	41,935	20,971	20,964
05 - 09 Yrs.	48,161	24,128	24,033	46,090	22,949	23,141
10 - 14 Yrs.	46,645	23,278	23,367	47,979	23,782	24,197
15 - 19 Yrs.	42,316	20,813	21,503	46,319	22,797	23,522
20 - 24 Yrs.	47,985	23,369	24,616	41,709	20,108	21,601
25 - 29 Yrs.	51,494	24,753	26,741	47,191	22,527	24,664
30 - 34 Yrs.	46,751	21,628	25,123	50,723	23,958	26,765
35 - 39 Yrs.	36,242	15,053	21,189	46,081	20,955	25,126
40 - 44 Yrs.	30,920	12,538	18,382	35,687	14,537	21,150
45 - 49 Yrs.	26,736	11,200	15,536	30,317	12,048	18,269
50 - 54 Yrs.	23,033	9,881	13,152	25,985	10,658	15,327
55 - 59 Yrs.	19,658	8,777	10,881	22,061	9,234	12,827
60 - 64 Yrs.	16,096	7,299	8,797	18,368	7,961	10,407
65 - 69 Yrs.	12,235	5,632	6,603	14,434	6,314	8,120
70 - 74 Yrs.	8,995	4,091	4,904	10,224	4,509	5,715
75 - 79 Yrs.	5,999	2,610	3,389	6,639	2,869	3,770
80+ Yrs.	4,693	1,961	2,732	5,296	2,099	3,197

Table 16.59 : Surkhet

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	350,804	169,421	181,383	387,858	187,876	199,982	426,673	207,480	219,193
00 - 04 Yrs.	39,291	20,248	19,043	40,243	20,794	19,449	42,630	22,181	20,449
05 - 09 Yrs.	46,927	24,039	22,888	36,480	18,652	17,828	41,152	21,334	19,818
10 - 14 Yrs.	48,825	24,895	23,930	41,782	21,319	20,463	37,452	19,211	18,241
15 - 19 Yrs.	39,558	18,861	20,697	45,253	22,906	22,347	42,743	21,814	20,929
20 - 24 Yrs.	33,307	14,672	18,635	41,226	20,127	21,099	45,980	23,180	22,800
25 - 29 Yrs.	27,907	12,352	15,555	31,937	14,083	17,854	41,691	20,236	21,455
30 - 34 Yrs.	22,489	9,959	12,530	27,270	11,729	15,541	32,230	14,113	18,117
35 - 39 Yrs.	19,658	9,032	10,626	23,749	10,522	13,227	27,519	11,768	15,751
40 - 44 Yrs.	16,748	7,914	8,834	20,764	9,421	11,343	23,931	10,558	13,373
45 - 49 Yrs.	13,126	6,300	6,826	18,199	8,615	9,584	20,822	9,410	11,412
50 - 54 Yrs.	11,408	5,655	5,753	15,554	7,535	8,019	18,076	8,516	9,560
55 - 59 Yrs.	9,216	4,603	4,613	12,700	6,306	6,394	15,197	7,304	7,893
60 - 64 Yrs.	8,749	4,151	4,598	10,505	5,217	5,288	12,073	5,920	6,153
65 - 69 Yrs.	6,054	2,998	3,056	8,564	4,133	4,431	9,545	4,655	4,890
70 - 74 Yrs.	3,761	1,858	1,903	6,588	3,150	3,438	7,219	3,401	3,818
75 - 79 Yrs.	2,068	1,076	992	4,638	2,210	2,428	4,865	2,255	2,610
80+ Yrs.	1,712	808	904	2,406	1,157	1,249	3,548	1,624	1,924

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Table 16.59 : Surkhet

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	465,096	227,306	237,790	500,484	245,858	254,626
00 - 04 Yrs.	42,063	22,066	19,997	39,253	20,767	18,486
05 - 09 Yrs.	43,677	22,819	20,858	43,132	22,726	20,406
10 - 14 Yrs.	42,295	22,015	20,280	44,887	23,551	21,336
15 - 19 Yrs.	38,347	19,684	18,663	43,317	22,575	20,742
20 - 24 Yrs.	43,464	22,101	21,363	38,960	19,912	19,048
25 - 29 Yrs.	46,618	23,410	23,208	44,056	22,308	21,748
30 - 34 Yrs.	42,259	20,455	21,804	47,325	23,724	23,601
35 - 39 Yrs.	32,625	14,236	18,389	42,907	20,751	22,156
40 - 44 Yrs.	27,811	11,858	15,953	33,044	14,395	18,649
45 - 49 Yrs.	24,076	10,593	13,483	28,040	11,931	16,109
50 - 54 Yrs.	20,759	9,345	11,414	24,070	10,555	13,515
55 - 59 Yrs.	17,745	8,301	9,444	20,454	9,144	11,310
60 - 64 Yrs.	14,538	6,903	7,635	17,060	7,883	9,177
65 - 69 Yrs.	11,058	5,327	5,731	13,412	6,252	7,160
70 - 74 Yrs.	8,126	3,870	4,256	9,505	4,465	5,040
75 - 79 Yrs.	5,410	2,469	2,941	6,165	2,841	3,324
80+ Yrs.	4,225	1,854	2,371	4,897	2,078	2,819

Table 16.60 : Dailekha

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	261,770	126,990	134,780	281,758	138,298	143,460	302,085	150,179	151,906
00 - 04 Yrs.	35,304	18,017	17,287	29,259	15,307	13,952	30,226	16,055	14,171
05 - 09 Yrs.	38,835	19,470	19,365	26,519	13,730	12,789	29,176	15,442	13,734
10 - 14 Yrs.	37,932	18,930	19,002	30,371	15,692	14,679	26,547	13,905	12,642
15 - 19 Yrs.	29,393	14,056	15,337	32,892	16,861	16,031	30,294	15,789	14,505
20 - 24 Yrs.	21,395	9,459	11,936	29,951	14,816	15,135	32,579	16,778	15,801
25 - 29 Yrs.	17,746	7,779	9,967	23,174	10,366	12,808	29,516	14,647	14,869
30 - 34 Yrs.	13,666	6,180	7,486	19,783	8,634	11,149	22,770	10,215	12,555
35 - 39 Yrs.	13,479	6,252	7,227	17,235	7,746	9,489	19,433	8,518	10,915
40 - 44 Yrs.	11,542	5,468	6,074	15,072	6,935	8,137	16,910	7,642	9,268
45 - 49 Yrs.	9,872	4,826	5,046	13,218	6,342	6,876	14,720	6,811	7,909
50 - 54 Yrs.	8,475	4,417	4,058	11,299	5,547	5,752	12,790	6,164	6,626
55 - 59 Yrs.	6,847	3,599	3,248	9,230	4,643	4,587	10,757	5,287	5,470
60 - 64 Yrs.	7,221	3,440	3,781	7,633	3,840	3,793	8,549	4,285	4,264
65 - 69 Yrs.	4,663	2,331	2,332	6,221	3,042	3,179	6,758	3,370	3,388
70 - 74 Yrs.	2,807	1,419	1,388	4,785	2,319	2,466	5,108	2,462	2,646
75 - 79 Yrs.	1,499	817	682	3,368	1,627	1,741	3,442	1,633	1,809
80+ Yrs.	1,094	530	564	1,748	851	897	2,510	1,176	1,334

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Table 16.60 : Dailekha

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	320,983	161,832	159,151	337,052	172,379	164,673
00 - 04 Yrs.	29,095	15,711	13,384	26,515	14,560	11,955
05 - 09 Yrs.	30,206	16,246	13,960	29,131	15,934	13,197
10 - 14 Yrs.	29,246	15,673	13,573	30,312	16,513	13,799
15 - 19 Yrs.	26,505	14,014	12,491	29,242	15,828	13,414
20 - 24 Yrs.	30,033	15,735	14,298	26,280	13,961	12,319
25 - 29 Yrs.	32,200	16,667	15,533	29,706	15,641	14,065
30 - 34 Yrs.	29,156	14,563	14,593	31,897	16,633	15,264
35 - 39 Yrs.	22,444	10,136	12,308	28,878	14,549	14,329
40 - 44 Yrs.	19,120	8,443	10,677	22,154	10,093	12,061
45 - 49 Yrs.	16,565	7,541	9,024	18,783	8,365	10,418
50 - 54 Yrs.	14,294	6,654	7,640	16,140	7,400	8,740
55 - 59 Yrs.	12,231	5,910	6,321	13,726	6,411	7,315
60 - 64 Yrs.	10,024	4,914	5,110	11,463	5,528	5,935
65 - 69 Yrs.	7,627	3,792	3,835	9,014	4,383	4,631
70 - 74 Yrs.	5,604	2,756	2,848	6,390	3,131	3,259
75 - 79 Yrs.	3,726	1,757	1,969	4,141	1,992	2,149
80+ Yrs.	2,907	1,320	1,587	3,280	1,457	1,823

Table 16.61 : Jajarkot

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	171,304	85,537	85,767	186,375	93,667	92,708	201,913	102,242	99,671
00 - 04 Yrs.	25,269	12,713	12,556	19,383	10,367	9,016	20,229	10,930	9,299
05 - 09 Yrs.	27,222	13,550	13,672	17,564	9,299	8,265	19,524	10,513	9,011
10 - 14 Yrs.	24,334	12,131	12,203	20,114	10,628	9,486	17,762	9,467	8,295
15 - 19 Yrs.	17,594	8,454	9,140	21,780	11,420	10,360	20,266	10,749	9,517
20 - 24 Yrs.	14,104	6,689	7,415	19,814	10,034	9,780	21,790	11,422	10,368
25 - 29 Yrs.	12,396	6,070	6,326	15,298	7,021	8,277	19,728	9,972	9,756
30 - 34 Yrs.	9,362	4,462	4,900	13,053	5,848	7,205	15,193	6,955	8,238
35 - 39 Yrs.	9,156	4,613	4,543	11,378	5,246	6,132	12,961	5,799	7,162
40 - 44 Yrs.	7,524	3,818	3,706	9,956	4,697	5,259	11,285	5,203	6,082
45 - 49 Yrs.	6,448	3,409	3,039	8,739	4,296	4,443	9,826	4,637	5,189
50 - 54 Yrs.	5,018	2,796	2,222	7,474	3,756	3,718	8,544	4,197	4,347
55 - 59 Yrs.	4,113	2,339	1,774	6,108	3,144	2,964	7,188	3,599	3,589
60 - 64 Yrs.	4,032	1,963	2,069	5,052	2,601	2,451	5,714	2,917	2,797
65 - 69 Yrs.	2,418	1,248	1,170	4,115	2,061	2,054	4,517	2,294	2,223
70 - 74 Yrs.	1,305	707	598	3,165	1,571	1,594	3,412	1,676	1,736
75 - 79 Yrs.	554	312	242	2,226	1,101	1,125	2,299	1,112	1,187
80+ Yrs.	455	263	192	1,156	577	579	1,675	800	875

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Table 16.61 : Jajarkot

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	215,652	110,154	105,498	227,559	117,280	110,279
00 - 04 Yrs.	19,565	10,693	8,872	17,912	9,906	8,006
05 - 09 Yrs.	20,312	11,058	9,254	19,679	10,841	8,838
10 - 14 Yrs.	19,666	10,669	8,997	20,475	11,234	9,241
15 - 19 Yrs.	17,819	9,539	8,280	19,752	10,769	8,983
20 - 24 Yrs.	20,188	10,710	9,478	17,749	9,499	8,250
25 - 29 Yrs.	21,641	11,345	10,296	20,060	10,641	9,419
30 - 34 Yrs.	19,585	9,912	9,673	21,539	11,317	10,222
35 - 39 Yrs.	15,058	6,899	8,159	19,494	9,898	9,596
40 - 44 Yrs.	12,824	5,746	7,078	14,944	6,867	8,077
45 - 49 Yrs.	11,115	5,134	5,981	12,668	5,691	6,977
50 - 54 Yrs.	9,593	4,529	5,064	10,889	5,035	5,854
55 - 59 Yrs.	8,213	4,023	4,190	9,260	4,362	4,898
60 - 64 Yrs.	6,732	3,345	3,387	7,734	3,760	3,974
65 - 69 Yrs.	5,125	2,582	2,543	6,084	2,983	3,101
70 - 74 Yrs.	3,764	1,875	1,889	4,312	2,130	2,182
75 - 79 Yrs.	2,501	1,196	1,305	2,795	1,355	1,440
80+ Yrs.	1,951	899	1,052	2,213	992	1,221

Table 16.62 : Dolpa

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	36,700	18,238	18,462	39,832	20,066	19,766	43,058	22,009	21,049
00 - 04 Yrs.	4,895	2,443	2,452	4,143	2,221	1,922	4,316	2,352	1,964
05 - 09 Yrs.	5,203	2,549	2,654	3,754	1,992	1,762	4,166	2,263	1,903
10 - 14 Yrs.	4,609	2,192	2,417	4,300	2,277	2,023	3,790	2,038	1,752
15 - 19 Yrs.	3,358	1,583	1,775	4,655	2,446	2,209	4,324	2,314	2,010
20 - 24 Yrs.	3,177	1,493	1,684	4,234	2,149	2,085	4,648	2,459	2,189
25 - 29 Yrs.	2,951	1,611	1,340	3,269	1,504	1,765	4,207	2,147	2,060
30 - 34 Yrs.	2,326	1,182	1,144	2,789	1,253	1,536	3,237	1,497	1,740
35 - 39 Yrs.	2,317	1,181	1,136	2,432	1,124	1,308	2,760	1,248	1,512
40 - 44 Yrs.	1,864	973	891	2,127	1,006	1,121	2,404	1,120	1,284
45 - 49 Yrs.	1,538	789	749	1,868	921	947	2,094	998	1,096
50 - 54 Yrs.	1,284	672	612	1,597	805	792	1,823	904	919
55 - 59 Yrs.	1,055	572	483	1,306	674	632	1,532	774	758
60 - 64 Yrs.	1,021	478	543	1,080	557	523	1,219	628	591
65 - 69 Yrs.	569	267	302	879	441	438	963	494	469
70 - 74 Yrs.	288	136	152	676	336	340	728	361	367
75 - 79 Yrs.	137	68	69	476	236	240	489	239	250
80+ Yrs.	108	49	59	247	124	123	358	173	185

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Table 16.62 : Dolpa

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	45,955	23,862	22,093	48,477	25,577	22,900
00 - 04 Yrs.	4,175	2,317	1,858	3,824	2,161	1,663
05 - 09 Yrs.	4,334	2,396	1,938	4,199	2,364	1,835
10 - 14 Yrs.	4,195	2,311	1,884	4,369	2,450	1,919
15 - 19 Yrs.	3,800	2,066	1,734	4,214	2,349	1,865
20 - 24 Yrs.	4,305	2,320	1,985	3,784	2,071	1,713
25 - 29 Yrs.	4,614	2,457	2,157	4,276	2,320	1,956
30 - 34 Yrs.	4,173	2,147	2,026	4,590	2,468	2,122
35 - 39 Yrs.	3,203	1,495	1,708	4,152	2,159	1,993
40 - 44 Yrs.	2,727	1,245	1,482	3,175	1,497	1,678
45 - 49 Yrs.	2,364	1,112	1,252	2,690	1,241	1,449
50 - 54 Yrs.	2,042	981	1,061	2,313	1,098	1,215
55 - 59 Yrs.	1,749	872	877	1,969	951	1,018
60 - 64 Yrs.	1,434	724	710	1,645	820	825
65 - 69 Yrs.	1,091	559	532	1,295	651	644
70 - 74 Yrs.	802	406	396	918	465	453
75 - 79 Yrs.	532	259	273	595	296	299
80+ Yrs.	415	195	220	469	216	253

Table 16.63 : Jumla

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	108,921	54,898	54,023	117,958	59,835	58,123	127,214	65,007	62,207
00 - 04 Yrs.	14,961	7,528	7,433	12,276	6,623	5,653	12,752	6,949	5,803
05 - 09 Yrs.	15,703	7,812	7,891	11,122	5,940	5,182	12,309	6,685	5,624
10 - 14 Yrs.	14,425	7,299	7,126	12,737	6,790	5,947	11,196	6,019	5,177
15 - 19 Yrs.	11,423	5,521	5,902	13,790	7,295	6,495	12,775	6,835	5,940
20 - 24 Yrs.	10,024	4,847	5,177	12,541	6,409	6,132	13,734	7,263	6,471
25 - 29 Yrs.	8,292	4,258	4,034	9,674	4,485	5,189	12,429	6,340	6,089
30 - 34 Yrs.	6,413	3,199	3,214	8,252	3,735	4,517	9,563	4,421	5,142
35 - 39 Yrs.	6,130	3,139	2,991	7,196	3,351	3,845	8,157	3,687	4,470
40 - 44 Yrs.	4,927	2,521	2,406	6,298	3,001	3,297	7,103	3,308	3,795
45 - 49 Yrs.	4,347	2,314	2,033	5,528	2,743	2,785	6,187	2,948	3,239
50 - 54 Yrs.	3,383	1,793	1,590	4,730	2,400	2,330	5,382	2,669	2,713
55 - 59 Yrs.	2,875	1,592	1,283	3,867	2,009	1,858	4,528	2,288	2,240
60 - 64 Yrs.	3,176	1,498	1,678	3,198	1,661	1,537	3,601	1,855	1,746
65 - 69 Yrs.	1,513	781	732	2,605	1,317	1,288	2,847	1,459	1,388
70 - 74 Yrs.	712	438	274	2,002	1,003	999	2,149	1,066	1,083
75 - 79 Yrs.	336	198	138	1,409	704	705	1,447	706	741
80+ Yrs.	281	160	121	733	369	364	1,055	509	546

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Table 16.63 : Jumla

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	135,577	69,878	65,699	142,768	74,235	68,533
00 - 04 Yrs.	12,308	6,783	5,525	11,246	6,270	4,976
05 - 09 Yrs.	12,778	7,015	5,763	12,354	6,862	5,492
10 - 14 Yrs.	12,371	6,768	5,603	12,854	7,111	5,743
15 - 19 Yrs.	11,208	6,052	5,156	12,399	6,817	5,582
20 - 24 Yrs.	12,696	6,794	5,902	11,139	6,012	5,127
25 - 29 Yrs.	13,609	7,197	6,412	12,590	6,736	5,854
30 - 34 Yrs.	12,312	6,288	6,024	13,515	7,163	6,352
35 - 39 Yrs.	9,458	4,377	5,081	12,229	6,266	5,963
40 - 44 Yrs.	8,053	3,645	4,408	9,366	4,347	5,019
45 - 49 Yrs.	6,982	3,256	3,726	7,938	3,602	4,336
50 - 54 Yrs.	6,026	2,873	3,153	6,825	3,187	3,638
55 - 59 Yrs.	5,161	2,552	2,609	5,805	2,761	3,044
60 - 64 Yrs.	4,232	2,122	2,110	4,850	2,380	2,470
65 - 69 Yrs.	3,220	1,637	1,583	3,815	1,888	1,927
70 - 74 Yrs.	2,366	1,190	1,176	2,704	1,348	1,356
75 - 79 Yrs.	1,572	759	813	1,753	858	895
80+ Yrs.	1,225	570	655	1,386	627	759

Table 16.64 : Kalikot

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	136,948	68,833	68,115	149,371	76,137	73,234	162,277	83,965	78,312
00 - 04 Yrs.	21,643	11,101	10,542	15,549	8,427	7,122	16,282	8,976	7,306
05 - 09 Yrs.	21,186	10,703	10,483	14,089	7,560	6,529	15,714	8,634	7,080
10 - 14 Yrs.	19,086	9,666	9,420	16,133	8,640	7,493	14,291	7,774	6,517
15 - 19 Yrs.	13,714	6,788	6,926	17,466	9,283	8,183	16,306	8,828	7,478
20 - 24 Yrs.	11,165	5,288	5,877	15,882	8,156	7,726	17,527	9,381	8,146
25 - 29 Yrs.	9,004	4,470	4,534	12,246	5,707	6,539	15,854	8,189	7,665
30 - 34 Yrs.	7,216	3,526	3,690	10,444	4,753	5,691	12,185	5,712	6,473
35 - 39 Yrs.	6,941	3,463	3,478	9,109	4,265	4,844	10,389	4,762	5,627
40 - 44 Yrs.	5,636	2,838	2,798	7,972	3,818	4,154	9,050	4,272	4,778
45 - 49 Yrs.	5,280	2,800	2,480	7,001	3,491	3,510	7,885	3,808	4,077
50 - 54 Yrs.	4,077	2,206	1,871	5,989	3,053	2,936	6,861	3,446	3,415
55 - 59 Yrs.	3,543	1,941	1,602	4,896	2,555	2,341	5,776	2,956	2,820
60 - 64 Yrs.	4,176	1,862	2,314	4,051	2,114	1,937	4,594	2,396	2,198
65 - 69 Yrs.	2,114	1,044	1,070	3,299	1,676	1,623	3,631	1,884	1,747
70 - 74 Yrs.	1,175	615	560	2,535	1,276	1,259	2,740	1,376	1,364
75 - 79 Yrs.	537	288	249	1,784	895	889	1,846	913	933
80+ Yrs.	455	234	221	926	468	458	1,346	658	688

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Table 16.64 : Kalikot

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	173,642	91,311	82,331	183,639	98,156	85,483
00 - 04 Yrs.	15,788	8,864	6,924	14,497	8,291	6,206
05 - 09 Yrs.	16,388	9,167	7,221	15,924	9,074	6,850
10 - 14 Yrs.	15,865	8,843	7,022	16,565	9,402	7,163
15 - 19 Yrs.	14,369	7,907	6,462	15,977	9,013	6,964
20 - 24 Yrs.	16,275	8,878	7,397	14,343	7,949	6,394
25 - 29 Yrs.	17,439	9,404	8,035	16,208	8,906	7,302
30 - 34 Yrs.	15,766	8,217	7,549	17,395	9,471	7,924
35 - 39 Yrs.	12,086	5,719	6,367	15,723	8,285	7,438
40 - 44 Yrs.	10,287	4,764	5,523	12,008	5,747	6,261
45 - 49 Yrs.	8,924	4,256	4,668	10,171	4,763	5,408
50 - 54 Yrs.	7,706	3,754	3,952	8,751	4,214	4,537
55 - 59 Yrs.	6,604	3,334	3,270	7,448	3,651	3,797
60 - 64 Yrs.	5,415	2,772	2,643	6,228	3,147	3,081
65 - 69 Yrs.	4,124	2,140	1,984	4,901	2,497	2,404
70 - 74 Yrs.	3,029	1,555	1,474	3,474	1,782	1,692
75 - 79 Yrs.	2,011	992	1,019	2,251	1,135	1,116
80+ Yrs.	1,566	745	821	1,775	829	946

Table 16.65 : Mugu

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	55,286	28,025	27,261	60,109	30,950	29,159	65,102	34,072	31,030
00 - 04 Yrs.	8,617	4,354	4,263	6,261	3,425	2,836	6,537	3,643	2,894
05 - 09 Yrs.	7,857	3,983	3,874	5,672	3,073	2,599	6,308	3,503	2,805
10 - 14 Yrs.	7,187	3,635	3,552	6,496	3,512	2,984	5,737	3,155	2,582
15 - 19 Yrs.	5,327	2,602	2,725	7,031	3,773	3,258	6,546	3,583	2,963
20 - 24 Yrs.	4,568	2,196	2,372	6,392	3,316	3,076	7,035	3,807	3,228
25 - 29 Yrs.	3,975	2,055	1,920	4,923	2,320	2,603	6,360	3,323	3,037
30 - 34 Yrs.	3,169	1,605	1,564	4,198	1,932	2,266	4,882	2,317	2,565
35 - 39 Yrs.	2,965	1,562	1,403	3,662	1,733	1,929	4,162	1,932	2,230
40 - 44 Yrs.	2,451	1,307	1,144	3,206	1,552	1,654	3,627	1,734	1,893
45 - 49 Yrs.	2,034	1,149	885	2,816	1,419	1,397	3,162	1,546	1,616
50 - 54 Yrs.	1,704	843	861	2,412	1,242	1,170	2,752	1,399	1,353
55 - 59 Yrs.	1,496	853	643	1,970	1,038	932	2,316	1,199	1,117
60 - 64 Yrs.	2,029	920	1,109	1,631	860	771	1,843	972	871
65 - 69 Yrs.	959	468	491	1,327	681	646	1,457	764	693
70 - 74 Yrs.	485	243	242	1,021	519	502	1,098	558	540
75 - 79 Yrs.	240	121	119	718	364	354	740	370	370
80+ Yrs.	223	129	94	373	191	182	540	267	273

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Table 16.65 : Mugu

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	69,571	37,057	32,514	73,489	39,838	33,651
00 - 04 Yrs.	6,333	3,598	2,735	5,808	3,365	2,443
05 - 09 Yrs.	6,572	3,720	2,852	6,380	3,683	2,697
10 - 14 Yrs.	6,362	3,589	2,773	6,636	3,816	2,820
15 - 19 Yrs.	5,761	3,209	2,552	6,399	3,658	2,741
20 - 24 Yrs.	6,524	3,603	2,921	5,744	3,227	2,517
25 - 29 Yrs.	6,989	3,816	3,173	6,488	3,614	2,874
30 - 34 Yrs.	6,316	3,334	2,982	6,963	3,844	3,119
35 - 39 Yrs.	4,835	2,321	2,514	6,291	3,363	2,928
40 - 44 Yrs.	4,114	1,933	2,181	4,797	2,332	2,465
45 - 49 Yrs.	3,571	1,727	1,844	4,062	1,933	2,129
50 - 54 Yrs.	3,083	1,523	1,560	3,497	1,710	1,787
55 - 59 Yrs.	2,645	1,354	1,291	2,976	1,481	1,495
60 - 64 Yrs.	2,169	1,125	1,044	2,491	1,278	1,213
65 - 69 Yrs.	1,653	869	784	1,959	1,013	946
70 - 74 Yrs.	1,212	630	582	1,390	724	666
75 - 79 Yrs.	805	403	402	899	460	439
80+ Yrs.	627	303	324	709	337	372

Table 16.66 : Humla

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	50,858	25,833	25,025	55,261	28,254	27,007	59,800	30,810	28,990
00 - 04 Yrs.	7,396	3,664	3,732	5,755	3,128	2,627	5,997	3,293	2,704
05 - 09 Yrs.	6,929	3,389	3,540	5,212	2,805	2,407	5,789	3,168	2,621
10 - 14 Yrs.	6,339	3,292	3,047	5,970	3,206	2,764	5,265	2,853	2,412
15 - 19 Yrs.	4,614	2,329	2,285	6,463	3,445	3,018	6,007	3,239	2,768
20 - 24 Yrs.	4,177	1,969	2,208	5,877	3,027	2,850	6,458	3,442	3,016
25 - 29 Yrs.	3,826	2,062	1,764	4,529	2,118	2,411	5,842	3,005	2,837
30 - 34 Yrs.	3,077	1,541	1,536	3,863	1,764	2,099	4,492	2,096	2,396
35 - 39 Yrs.	2,821	1,482	1,339	3,368	1,582	1,786	3,831	1,747	2,084
40 - 44 Yrs.	2,379	1,232	1,147	2,948	1,416	1,532	3,337	1,568	1,769
45 - 49 Yrs.	2,254	1,203	1,051	2,591	1,296	1,295	2,906	1,397	1,509
50 - 54 Yrs.	1,861	1,011	850	2,216	1,133	1,083	2,530	1,265	1,265
55 - 59 Yrs.	1,471	820	651	1,811	948	863	2,129	1,085	1,044
60 - 64 Yrs.	1,743	857	886	1,498	784	714	1,693	879	814
65 - 69 Yrs.	917	437	480	1,220	622	598	1,339	692	647
70 - 74 Yrs.	514	278	236	938	474	464	1,010	505	505
75 - 79 Yrs.	259	134	125	660	332	328	680	335	345
80+ Yrs.	281	133	148	342	174	168	495	241	254

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Table 16.66 : Humla

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	63,841	33,181	30,660	67,340	35,315	32,025
00 - 04 Yrs.	5,799	3,221	2,578	5,308	2,983	2,325
05 - 09 Yrs.	6,021	3,331	2,690	5,831	3,264	2,567
10 - 14 Yrs.	5,827	3,213	2,614	6,067	3,383	2,684
15 - 19 Yrs.	5,280	2,874	2,406	5,852	3,243	2,609
20 - 24 Yrs.	5,981	3,226	2,755	5,256	2,860	2,396
25 - 29 Yrs.	6,410	3,418	2,992	5,939	3,204	2,735
30 - 34 Yrs.	5,796	2,985	2,811	6,376	3,408	2,968
35 - 39 Yrs.	4,449	2,078	2,371	5,767	2,981	2,786
40 - 44 Yrs.	3,788	1,731	2,057	4,412	2,067	2,345
45 - 49 Yrs.	3,285	1,546	1,739	3,739	1,713	2,026
50 - 54 Yrs.	2,836	1,364	1,472	3,217	1,517	1,700
55 - 59 Yrs.	2,429	1,211	1,218	2,736	1,313	1,423
60 - 64 Yrs.	1,992	1,008	984	2,287	1,133	1,154
65 - 69 Yrs.	1,517	778	739	1,798	898	900
70 - 74 Yrs.	1,113	565	548	1,275	641	634
75 - 79 Yrs.	741	361	380	826	408	418
80+ Yrs.	577	271	306	654	299	355

Table 16.67 : Bajura

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	134,912	65,806	69,106	146,338	71,971	74,367	158,078	78,472	79,606
00 - 04 Yrs.	18,935	9,646	9,289	15,198	7,966	7,232	15,816	8,390	7,426
05 - 09 Yrs.	20,662	10,319	10,343	13,774	7,145	6,629	15,266	8,069	7,197
10 - 14 Yrs.	19,604	9,791	9,813	15,776	8,166	7,610	13,891	7,266	6,625
15 - 19 Yrs.	13,573	6,618	6,955	17,085	8,775	8,310	15,851	8,250	7,601
20 - 24 Yrs.	9,410	4,225	5,185	15,556	7,710	7,846	17,048	8,767	8,281
25 - 29 Yrs.	9,021	4,209	4,812	12,034	5,395	6,639	15,446	7,654	7,792
30 - 34 Yrs.	7,492	3,404	4,088	10,272	4,493	5,779	11,916	5,337	6,579
35 - 39 Yrs.	7,160	3,422	3,738	8,950	4,031	4,919	10,170	4,450	5,720
40 - 44 Yrs.	5,809	2,812	2,997	7,827	3,609	4,218	8,850	3,993	4,857
45 - 49 Yrs.	5,145	2,538	2,607	6,864	3,300	3,564	7,704	3,559	4,145
50 - 54 Yrs.	4,284	2,162	2,122	5,869	2,887	2,982	6,694	3,221	3,473
55 - 59 Yrs.	3,628	1,913	1,715	4,794	2,416	2,378	5,629	2,763	2,866
60 - 64 Yrs.	3,734	1,747	1,987	3,966	1,999	1,967	4,474	2,239	2,235
65 - 69 Yrs.	2,763	1,307	1,456	3,230	1,583	1,647	3,537	1,761	1,776
70 - 74 Yrs.	1,985	891	1,094	2,486	1,207	1,279	2,673	1,286	1,387
75 - 79 Yrs.	987	417	570	1,749	846	903	1,801	853	948
80+ Yrs.	720	385	335	908	443	465	1,312	614	698

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Table 16.67 : Bajura

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	168,561	84,569	83,992	177,612	90,080	87,532
00 - 04 Yrs.	15,274	8,210	7,064	13,963	7,608	6,355
05 - 09 Yrs.	15,858	8,490	7,368	15,341	8,326	7,015
10 - 14 Yrs.	15,354	8,191	7,163	15,964	8,629	7,335
15 - 19 Yrs.	13,916	7,323	6,593	15,402	8,271	7,131
20 - 24 Yrs.	15,768	8,222	7,546	13,843	7,295	6,548
25 - 29 Yrs.	16,907	8,709	8,198	15,650	8,174	7,476
30 - 34 Yrs.	15,312	7,610	7,702	16,806	8,693	8,113
35 - 39 Yrs.	11,792	5,297	6,495	15,219	7,603	7,616
40 - 44 Yrs.	10,047	4,412	5,635	11,685	5,274	6,411
45 - 49 Yrs.	8,703	3,941	4,762	9,909	4,371	5,538
50 - 54 Yrs.	7,509	3,477	4,032	8,513	3,867	4,646
55 - 59 Yrs.	6,424	3,089	3,335	7,239	3,351	3,888
60 - 64 Yrs.	5,264	2,568	2,696	6,043	2,888	3,155
65 - 69 Yrs.	4,006	1,982	2,024	4,753	2,291	2,462
70 - 74 Yrs.	2,943	1,440	1,503	3,368	1,636	1,732
75 - 79 Yrs.	1,957	918	1,039	2,183	1,041	1,142
80+ Yrs.	1,527	690	837	1,731	762	969

Table 16.68 : Bajhang

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	195,159	92,794	102,365	210,122	100,711	109,411	225,304	108,970	116,334
00 - 04 Yrs.	27,161	13,919	13,242	21,786	11,146	10,640	22,503	11,650	10,853
05 - 09 Yrs.	30,738	15,564	15,174	19,752	9,998	9,754	21,723	11,205	10,518
10 - 14 Yrs.	28,876	14,445	14,431	22,623	11,428	11,195	19,771	10,090	9,681
15 - 19 Yrs.	19,906	9,726	10,180	24,504	12,278	12,226	22,564	11,456	11,108
20 - 24 Yrs.	14,584	6,365	8,219	22,332	10,789	11,543	24,275	12,174	12,101
25 - 29 Yrs.	12,643	5,537	7,106	17,318	7,550	9,768	22,016	10,628	11,388
30 - 34 Yrs.	10,399	4,468	5,931	14,790	6,288	8,502	17,027	7,412	9,615
35 - 39 Yrs.	9,699	4,372	5,327	12,876	5,640	7,236	14,539	6,180	8,359
40 - 44 Yrs.	8,172	3,660	4,512	11,256	5,050	6,206	12,643	5,545	7,098
45 - 49 Yrs.	7,047	3,201	3,846	9,861	4,618	5,243	10,999	4,942	6,057
50 - 54 Yrs.	5,960	2,869	3,091	8,427	4,039	4,388	9,547	4,473	5,074
55 - 59 Yrs.	4,966	2,430	2,536	6,879	3,381	3,498	8,025	3,836	4,189
60 - 64 Yrs.	5,377	2,154	3,223	5,690	2,796	2,894	6,375	3,109	3,266
65 - 69 Yrs.	4,045	1,765	2,280	4,641	2,216	2,425	5,040	2,445	2,595
70 - 74 Yrs.	2,951	1,164	1,787	3,570	1,689	1,881	3,813	1,787	2,026
75 - 79 Yrs.	1,483	662	821	2,513	1,185	1,328	2,570	1,185	1,385
80+ Yrs.	1,152	493	659	1,304	620	684	1,874	853	1,021

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Table 16.68 : Bajhang

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	239,314	116,949	122,365	251,166	124,055	127,111
00 - 04 Yrs.	21,643	11,353	10,290	19,707	10,479	9,228
05 - 09 Yrs.	22,474	11,741	10,733	21,654	11,467	10,187
10 - 14 Yrs.	21,763	11,327	10,436	22,535	11,884	10,651
15 - 19 Yrs.	19,730	10,127	9,603	21,745	11,391	10,354
20 - 24 Yrs.	22,365	11,371	10,994	19,556	10,047	9,509
25 - 29 Yrs.	23,988	12,045	11,943	22,112	11,255	10,857
30 - 34 Yrs.	21,744	10,524	11,220	23,752	11,970	11,782
35 - 39 Yrs.	16,787	7,324	9,463	21,531	10,471	11,060
40 - 44 Yrs.	14,310	6,101	8,209	16,574	7,264	9,310
45 - 49 Yrs.	12,388	5,450	6,938	14,062	6,020	8,042
50 - 54 Yrs.	10,682	4,808	5,874	12,072	5,325	6,747
55 - 59 Yrs.	9,131	4,271	4,860	10,259	4,613	5,646
60 - 64 Yrs.	7,480	3,551	3,929	8,559	3,978	4,581
65 - 69 Yrs.	5,690	2,741	2,949	6,729	3,155	3,574
70 - 74 Yrs.	4,181	1,991	2,190	4,769	2,253	2,516
75 - 79 Yrs.	2,784	1,270	1,514	3,093	1,434	1,659
80+ Yrs.	2,174	954	1,220	2,457	1,049	1,408

Table 16.69 : Aachham

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	257,477	120,008	137,469	274,505	129,324	145,181	291,468	138,948	152,520
00 - 04 Yrs.	36,389	18,457	17,932	28,434	14,314	14,120	29,083	14,854	14,229
05 - 09 Yrs.	39,715	19,955	19,760	25,781	12,839	12,942	28,077	14,288	13,789
10 - 14 Yrs.	38,696	19,210	19,486	29,530	14,674	14,856	25,559	12,866	12,693
15 - 19 Yrs.	27,126	12,408	14,718	31,990	15,767	16,223	29,171	14,608	14,563
20 - 24 Yrs.	19,323	8,256	11,067	29,170	13,853	15,317	31,388	15,523	15,865
25 - 29 Yrs.	16,785	7,310	9,475	22,656	9,694	12,962	28,481	13,552	14,929
30 - 34 Yrs.	13,259	5,510	7,749	19,356	8,074	11,282	22,057	9,451	12,606
35 - 39 Yrs.	12,461	5,457	7,004	16,846	7,243	9,603	18,841	7,881	10,960
40 - 44 Yrs.	10,185	4,239	5,946	14,719	6,485	8,234	16,375	7,070	9,305
45 - 49 Yrs.	9,029	4,051	4,978	12,888	5,931	6,957	14,242	6,302	7,940
50 - 54 Yrs.	7,257	3,384	3,873	11,008	5,187	5,821	12,355	5,703	6,652
55 - 59 Yrs.	6,109	2,933	3,176	8,983	4,341	4,642	10,384	4,892	5,492
60 - 64 Yrs.	7,144	2,920	4,224	7,431	3,591	3,840	8,246	3,964	4,282
65 - 69 Yrs.	5,633	2,350	3,283	6,062	2,845	3,217	6,519	3,117	3,402
70 - 74 Yrs.	4,585	1,870	2,715	4,664	2,168	2,496	4,935	2,278	2,657
75 - 79 Yrs.	2,294	1,036	1,258	3,283	1,521	1,762	3,328	1,511	1,817
80+ Yrs.	1,487	662	825	1,704	797	907	2,427	1,088	1,339

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Table 16.69 : Achham

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	308,049	148,801	159,248	321,734	157,514	164,220
00 - 04 Yrs.	27,838	14,446	13,392	25,226	13,304	11,922
05 - 09 Yrs.	28,906	14,938	13,968	27,721	14,560	13,161
10 - 14 Yrs.	27,992	14,411	13,581	28,850	15,089	13,761
15 - 19 Yrs.	25,385	12,886	12,499	27,840	14,463	13,377
20 - 24 Yrs.	28,775	14,468	14,307	25,042	12,757	12,285
25 - 29 Yrs.	30,867	15,325	15,542	28,318	14,292	14,026
30 - 34 Yrs.	27,992	13,390	14,602	30,421	15,199	15,222
35 - 39 Yrs.	21,635	9,320	12,315	27,584	13,294	14,290
40 - 44 Yrs.	18,447	7,763	10,684	21,249	9,222	12,027
45 - 49 Yrs.	15,964	6,934	9,030	18,032	7,643	10,389
50 - 54 Yrs.	13,761	6,117	7,644	15,478	6,762	8,716
55 - 59 Yrs.	11,759	5,434	6,325	13,153	5,859	7,294
60 - 64 Yrs.	9,632	4,519	5,113	10,970	5,051	5,919
65 - 69 Yrs.	7,325	3,487	3,838	8,624	4,006	4,618
70 - 74 Yrs.	5,383	2,533	2,850	6,111	2,861	3,250
75 - 79 Yrs.	3,586	1,616	1,970	3,964	1,820	2,144
80+ Yrs.	2,802	1,214	1,588	3,151	1,332	1,819

Table 16.70 : Doti

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	211,746	97,252	114,494	213,619	94,837	118,782	213,465	91,146	122,319
00 - 04 Yrs.	30,602	15,579	15,023	22,049	10,497	11,552	21,155	9,744	11,411
05 - 09 Yrs.	31,070	15,701	15,369	20,005	9,416	10,589	20,431	9,372	11,059
10 - 14 Yrs.	30,223	15,053	15,170	22,915	10,761	12,154	18,619	8,439	10,180
15 - 19 Yrs.	20,976	9,285	11,691	24,835	11,562	13,273	21,262	9,583	11,679
20 - 24 Yrs.	17,044	7,046	9,998	22,691	10,160	12,531	22,907	10,184	12,723
25 - 29 Yrs.	14,276	6,038	8,238	17,714	7,109	10,605	20,862	8,890	11,972
30 - 34 Yrs.	11,611	4,708	6,903	15,152	5,921	9,231	16,310	6,200	10,110
35 - 39 Yrs.	10,596	4,403	6,193	13,168	5,311	7,857	13,959	5,170	8,789
40 - 44 Yrs.	8,920	3,753	5,167	11,493	4,755	6,738	12,101	4,638	7,463
45 - 49 Yrs.	7,552	3,313	4,239	10,041	4,349	5,692	10,502	4,134	6,368
50 - 54 Yrs.	6,879	3,082	3,797	8,566	3,803	4,763	9,076	3,741	5,335
55 - 59 Yrs.	5,927	2,763	3,164	6,980	3,183	3,797	7,613	3,208	4,405
60 - 64 Yrs.	6,275	2,453	3,822	5,775	2,634	3,141	6,034	2,600	3,434
65 - 69 Yrs.	4,372	1,808	2,564	4,718	2,086	2,632	4,774	2,045	2,729
70 - 74 Yrs.	2,844	1,221	1,623	3,633	1,590	2,043	3,625	1,494	2,131
75 - 79 Yrs.	1,428	603	825	2,558	1,116	1,442	2,448	991	1,457
80+ Yrs.	1,151	443	708	1,326	584	742	1,787	713	1,074

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Table 16.70 : Doti

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	217,832	88,899	128,933	218,884	84,542	134,342
00 - 04 Yrs.	19,473	8,630	10,843	16,894	7,141	9,753
05 - 09 Yrs.	20,233	8,924	11,309	18,582	7,815	10,767
10 - 14 Yrs.	19,605	8,610	10,995	19,356	8,099	11,257
15 - 19 Yrs.	17,817	7,698	10,119	18,706	7,763	10,943
20 - 24 Yrs.	20,228	8,644	11,584	16,897	6,847	10,050
25 - 29 Yrs.	21,739	9,155	12,584	19,146	7,671	11,475
30 - 34 Yrs.	19,822	8,000	11,822	20,610	8,158	12,452
35 - 39 Yrs.	15,539	5,568	9,971	18,826	7,136	11,690
40 - 44 Yrs.	13,287	4,637	8,650	14,790	4,950	9,840
45 - 49 Yrs.	11,454	4,143	7,311	12,601	4,102	8,499
50 - 54 Yrs.	9,844	3,655	6,189	10,759	3,629	7,130
55 - 59 Yrs.	8,367	3,247	5,120	9,111	3,144	5,967
60 - 64 Yrs.	6,840	2,700	4,140	7,553	2,711	4,842
65 - 69 Yrs.	5,191	2,083	3,108	5,927	2,150	3,777
70 - 74 Yrs.	3,821	1,514	2,307	4,194	1,535	2,659
75 - 79 Yrs.	2,561	966	1,595	2,731	977	1,754
80+ Yrs.	2,011	725	1,286	2,201	714	1,487

Table 16.71 : Kailali

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	775,709	378,417	397,292	870,771	422,917	447,854	971,320	469,848	501,472
00 - 04 Yrs.	74,278	38,215	36,063	90,365	46,809	43,556	97,013	50,230	46,783
05 - 09 Yrs.	95,687	49,268	46,419	81,913	41,988	39,925	93,651	48,313	45,338
10 - 14 Yrs.	108,462	55,706	52,756	93,815	47,989	45,826	85,237	43,504	41,733
15 - 19 Yrs.	93,690	45,078	48,612	101,608	51,562	50,046	97,280	49,398	47,882
20 - 24 Yrs.	76,404	34,146	42,258	92,554	45,305	47,249	104,655	52,493	52,162
25 - 29 Yrs.	66,168	31,283	34,885	71,685	31,701	39,984	94,911	45,826	49,085
30 - 34 Yrs.	50,832	23,248	27,584	61,206	26,402	34,804	73,406	31,958	41,448
35 - 39 Yrs.	46,376	21,940	24,436	53,307	23,685	29,622	62,683	26,648	36,035
40 - 44 Yrs.	37,193	17,540	19,653	46,609	21,207	25,402	54,505	23,909	30,596
45 - 49 Yrs.	30,485	15,169	15,316	40,858	19,395	21,463	47,418	21,309	26,109
50 - 54 Yrs.	23,077	11,321	11,756	34,920	16,962	17,958	41,157	19,285	21,872
55 - 59 Yrs.	19,808	9,797	10,011	28,514	14,196	14,318	34,596	16,539	18,057
60 - 64 Yrs.	20,197	9,312	10,885	23,586	11,743	11,843	27,480	13,404	14,076
65 - 69 Yrs.	13,958	7,010	6,948	19,228	9,304	9,924	21,728	10,542	11,186
70 - 74 Yrs.	9,839	4,823	5,016	14,790	7,091	7,699	16,437	7,702	8,735
75 - 79 Yrs.	4,895	2,502	2,393	10,410	4,974	5,436	11,080	5,108	5,972
80+ Yrs.	4,360	2,059	2,301	5,403	2,604	2,799	8,083	3,680	4,403

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Table 16.71 : Kailali

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	1,050,982	506,649	544,333	1,122,577	539,044	583,533
00 - 04 Yrs.	94,961	49,185	45,776	87,894	45,530	42,364
05 - 09 Yrs.	98,609	50,862	47,747	96,592	49,827	46,765
10 - 14 Yrs.	95,492	49,069	46,423	100,533	51,636	48,897
15 - 19 Yrs.	86,597	43,875	42,722	97,030	49,496	47,534
20 - 24 Yrs.	98,166	49,262	48,904	87,310	43,657	43,653
25 - 29 Yrs.	105,306	52,180	53,126	98,749	48,909	49,840
30 - 34 Yrs.	95,503	45,592	49,911	106,102	52,015	54,087
35 - 39 Yrs.	73,828	31,732	42,096	96,271	45,496	50,775
40 - 44 Yrs.	62,949	26,430	36,519	74,301	31,561	42,740
45 - 49 Yrs.	54,475	23,611	30,864	63,076	26,158	36,918
50 - 54 Yrs.	46,959	20,830	26,129	54,113	23,140	30,973
55 - 59 Yrs.	40,120	18,502	21,618	45,969	20,049	25,920
60 - 64 Yrs.	32,863	15,386	17,477	38,316	17,285	21,031
65 - 69 Yrs.	24,991	11,872	13,119	30,116	13,708	16,408
70 - 74 Yrs.	18,367	8,625	9,742	21,339	9,790	11,549
75 - 79 Yrs.	12,236	5,503	6,733	13,847	6,229	7,618
80+ Yrs.	9,560	4,133	5,427	11,019	4,558	6,461

Table 16.72 : Kanchanpur

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	451,248	216,042	235,206	494,553	232,715	261,838	539,119	249,012	290,107
00 - 04 Yrs.	43,965	22,711	21,254	51,222	25,757	25,465	53,685	26,621	27,064
05 - 09 Yrs.	55,997	29,134	26,863	46,446	23,104	23,342	51,832	25,604	26,228
10 - 14 Yrs.	64,952	33,182	31,770	53,198	26,406	26,792	47,200	23,057	24,143
15 - 19 Yrs.	54,189	25,661	28,528	57,631	28,372	29,259	53,881	26,180	27,701
20 - 24 Yrs.	41,830	17,478	24,352	52,553	24,930	27,623	57,996	27,820	30,176
25 - 29 Yrs.	35,612	15,348	20,264	40,821	17,444	23,377	52,683	24,287	28,396
30 - 34 Yrs.	29,153	12,676	16,477	34,876	14,528	20,348	40,916	16,938	23,978
35 - 39 Yrs.	26,664	11,985	14,679	30,351	13,033	17,318	34,969	14,123	20,846
40 - 44 Yrs.	22,168	10,360	11,808	26,521	11,670	14,851	30,371	12,671	17,700
45 - 49 Yrs.	17,824	8,630	9,194	23,220	10,672	12,548	26,398	11,293	15,105
50 - 54 Yrs.	14,479	7,205	7,274	19,833	9,334	10,499	22,874	10,221	12,653
55 - 59 Yrs.	11,755	5,801	5,954	16,183	7,812	8,371	19,213	8,766	10,447
60 - 64 Yrs.	12,324	5,749	6,575	13,386	6,461	6,925	15,247	7,104	8,143
65 - 69 Yrs.	8,079	4,051	4,028	10,922	5,120	5,802	12,059	5,588	6,471
70 - 74 Yrs.	5,945	3,008	2,937	8,404	3,902	4,502	9,136	4,082	5,054
75 - 79 Yrs.	3,024	1,504	1,520	5,916	2,737	3,179	6,162	2,707	3,455
80+ Yrs.	3,288	1,559	1,729	3,070	1,433	1,637	4,497	1,950	2,547

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Table 16.72 : Kanchanpur

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	582,034	263,513	318,521	619,897	274,274	345,623
00 - 04 Yrs.	52,369	25,582	26,787	48,258	23,166	25,092
05 - 09 Yrs.	54,394	26,454	27,940	53,051	25,352	27,699
10 - 14 Yrs.	52,687	25,522	27,165	55,235	26,273	28,962
15 - 19 Yrs.	47,818	22,819	24,999	53,338	25,184	28,154
20 - 24 Yrs.	54,239	25,622	28,617	48,069	22,214	25,855
25 - 29 Yrs.	58,226	27,139	31,087	54,406	24,886	29,520
30 - 34 Yrs.	52,919	23,713	29,206	58,502	26,466	32,036
35 - 39 Yrs.	41,137	16,504	24,633	53,223	23,149	30,074
40 - 44 Yrs.	35,116	13,747	21,369	41,373	16,059	25,314
45 - 49 Yrs.	30,341	12,281	18,060	35,176	13,310	21,866
50 - 54 Yrs.	26,122	10,833	15,289	30,120	11,775	18,345
55 - 59 Yrs.	22,272	9,623	12,649	25,553	10,201	15,352
60 - 64 Yrs.	18,229	8,002	10,227	21,251	8,795	12,456
65 - 69 Yrs.	13,852	6,175	7,677	16,693	6,974	9,719
70 - 74 Yrs.	10,187	4,486	5,701	11,821	4,981	6,840
75 - 79 Yrs.	6,801	2,862	3,939	7,682	3,170	4,512
80+ Yrs.	5,325	2,149	3,176	6,146	2,319	3,827

Table 16.73 : Dadeldhura

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	142,094	66,556	75,538	151,312	70,860	80,452	160,426	75,167	85,259
00 - 04 Yrs.	17,168	8,751	8,417	15,667	7,843	7,824	15,990	8,036	7,954
05 - 09 Yrs.	19,690	10,095	9,595	14,207	7,035	7,172	15,437	7,729	7,708
10 - 14 Yrs.	21,041	10,510	10,531	16,272	8,040	8,232	14,055	6,960	7,095
15 - 19 Yrs.	15,530	7,058	8,472	17,630	8,640	8,990	16,044	7,903	8,141
20 - 24 Yrs.	11,679	4,615	7,064	16,079	7,591	8,488	17,266	8,398	8,868
25 - 29 Yrs.	9,761	4,099	5,662	12,495	5,312	7,183	15,677	7,332	8,345
30 - 34 Yrs.	8,252	3,613	4,639	10,677	4,424	6,253	12,160	5,113	7,047
35 - 39 Yrs.	7,558	3,282	4,276	9,291	3,969	5,322	10,389	4,263	6,126
40 - 44 Yrs.	6,435	2,971	3,464	8,116	3,553	4,563	9,027	3,825	5,202
45 - 49 Yrs.	5,355	2,502	2,853	7,105	3,249	3,856	7,848	3,409	4,439
50 - 54 Yrs.	4,628	2,258	2,370	6,068	2,842	3,226	6,804	3,085	3,719
55 - 59 Yrs.	3,791	1,860	1,931	4,951	2,379	2,572	5,716	2,646	3,070
60 - 64 Yrs.	4,061	1,816	2,245	4,094	1,967	2,127	4,537	2,144	2,393
65 - 69 Yrs.	2,877	1,270	1,607	3,341	1,559	1,782	3,588	1,686	1,902
70 - 74 Yrs.	2,099	912	1,187	2,571	1,188	1,383	2,718	1,233	1,485
75 - 79 Yrs.	1,144	506	638	1,809	833	976	1,833	817	1,016
80+ Yrs.	1,025	438	587	939	436	503	1,337	588	749

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Table 16.73 : Dadeldhura

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	168,622	79,132	89,490	175,060	82,275	92,785
00 - 04 Yrs.	15,208	7,683	7,525	13,685	6,949	6,736
05 - 09 Yrs.	15,794	7,944	7,850	15,041	7,605	7,436
10 - 14 Yrs.	15,297	7,665	7,632	15,657	7,882	7,775
15 - 19 Yrs.	13,877	6,853	7,024	15,112	7,554	7,558
20 - 24 Yrs.	15,734	7,694	8,040	13,604	6,663	6,941
25 - 29 Yrs.	16,884	8,150	8,734	15,390	7,465	7,925
30 - 34 Yrs.	15,327	7,121	8,206	16,539	7,939	8,600
35 - 39 Yrs.	11,878	4,957	6,921	15,018	6,944	8,074
40 - 44 Yrs.	10,132	4,128	6,004	11,612	4,817	6,795
45 - 49 Yrs.	8,761	3,687	5,074	9,863	3,993	5,870
50 - 54 Yrs.	7,549	3,253	4,296	8,457	3,532	4,925
55 - 59 Yrs.	6,443	2,889	3,554	7,182	3,060	4,122
60 - 64 Yrs.	5,276	2,403	2,873	5,983	2,639	3,344
65 - 69 Yrs.	4,011	1,854	2,157	4,701	2,092	2,609
70 - 74 Yrs.	2,948	1,347	1,601	3,330	1,494	1,836
75 - 79 Yrs.	1,965	859	1,106	2,163	951	1,212
80+ Yrs.	1,538	645	893	1,723	696	1,027

Table 16.74 : Baitadi

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	250,898	117,407	133,491	260,015	121,427	138,588	267,932	124,947	142,985
00 - 04 Yrs.	31,983	16,361	15,622	26,918	13,440	13,478	26,697	13,358	13,339
05 - 09 Yrs.	34,603	17,491	17,112	24,411	12,056	12,355	25,774	12,847	12,927
10 - 14 Yrs.	35,576	17,750	17,826	27,959	13,778	14,181	23,469	11,569	11,900
15 - 19 Yrs.	27,093	12,701	14,392	30,290	14,804	15,486	26,789	13,137	13,652
20 - 24 Yrs.	19,895	7,711	12,184	27,629	13,008	14,621	28,833	13,960	14,873
25 - 29 Yrs.	15,909	6,350	9,559	21,475	9,102	12,373	26,182	12,186	13,996
30 - 34 Yrs.	13,897	5,863	8,034	18,350	7,580	10,770	20,316	8,498	11,818
35 - 39 Yrs.	12,856	5,624	7,232	15,967	6,801	9,166	17,361	7,087	10,274
40 - 44 Yrs.	11,297	5,104	6,193	13,950	6,089	7,861	15,082	6,358	8,724
45 - 49 Yrs.	9,774	4,616	5,158	12,210	5,568	6,642	13,111	5,666	7,445
50 - 54 Yrs.	8,693	4,293	4,400	10,427	4,870	5,557	11,365	5,129	6,236
55 - 59 Yrs.	7,331	3,628	3,703	8,507	4,076	4,431	9,548	4,399	5,149
60 - 64 Yrs.	7,536	3,337	4,199	7,036	3,371	3,665	7,579	3,565	4,014
65 - 69 Yrs.	5,642	2,538	3,104	5,742	2,671	3,071	5,992	2,803	3,189
70 - 74 Yrs.	4,241	1,978	2,263	4,419	2,036	2,383	4,539	2,048	2,491
75 - 79 Yrs.	2,405	1,110	1,295	3,111	1,429	1,682	3,062	1,359	1,703
80+ Yrs.	2,167	952	1,215	1,614	748	866	2,233	978	1,255

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Table 16.74 : Baitadi

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	278,614	129,861	148,753	286,041	133,214	152,827
00 - 04 Yrs.	25,116	12,607	12,509	22,347	11,252	11,095
05 - 09 Yrs.	26,085	13,037	13,048	24,562	12,314	12,248
10 - 14 Yrs.	25,264	12,577	12,687	25,567	12,761	12,806
15 - 19 Yrs.	22,921	11,246	11,675	24,682	12,233	12,449
20 - 24 Yrs.	25,992	12,627	13,365	22,222	10,789	11,433
25 - 29 Yrs.	27,892	13,374	14,518	25,141	12,088	13,053
30 - 34 Yrs.	25,324	11,685	13,639	27,020	12,854	14,166
35 - 39 Yrs.	19,637	8,133	11,504	24,542	11,244	13,298
40 - 44 Yrs.	16,754	6,774	9,980	18,994	7,800	11,194
45 - 49 Yrs.	14,486	6,052	8,434	16,133	6,464	9,669
50 - 54 Yrs.	12,479	5,339	7,140	13,831	5,719	8,112
55 - 59 Yrs.	10,651	4,743	5,908	11,742	4,954	6,788
60 - 64 Yrs.	8,720	3,944	4,776	9,779	4,271	5,508
65 - 69 Yrs.	6,628	3,043	3,585	7,684	3,387	4,297
70 - 74 Yrs.	4,873	2,211	2,662	5,443	2,419	3,024
75 - 79 Yrs.	3,250	1,410	1,840	3,534	1,539	1,995
80+ Yrs.	2,542	1,059	1,483	2,818	1,126	1,692

Table 16.75 : Darchula

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	133,274	63,605	69,669	139,712	66,818	72,894	145,761	69,914	75,847
00 - 04 Yrs.	16,124	8,187	7,937	14,485	7,396	7,089	14,550	7,474	7,076
05 - 09 Yrs.	18,065	9,033	9,032	13,132	6,634	6,498	14,046	7,189	6,857
10 - 14 Yrs.	18,573	9,332	9,241	15,041	7,582	7,459	12,786	6,474	6,312
15 - 19 Yrs.	13,832	6,538	7,294	16,292	8,146	8,146	14,593	7,351	7,242
20 - 24 Yrs.	10,535	4,073	6,462	14,848	7,158	7,690	15,701	7,811	7,890
25 - 29 Yrs.	8,623	3,527	5,096	11,516	5,008	6,508	14,243	6,819	7,424
30 - 34 Yrs.	7,677	3,379	4,298	9,837	4,171	5,666	11,024	4,755	6,269
35 - 39 Yrs.	7,340	3,371	3,969	8,563	3,742	4,821	9,415	3,965	5,450
40 - 44 Yrs.	6,306	3,066	3,240	7,485	3,351	4,134	8,186	3,558	4,628
45 - 49 Yrs.	5,780	2,879	2,901	6,559	3,065	3,494	7,120	3,171	3,949
50 - 54 Yrs.	4,928	2,527	2,401	5,602	2,679	2,923	6,178	2,869	3,309
55 - 59 Yrs.	4,241	2,187	2,054	4,573	2,243	2,330	5,192	2,461	2,731
60 - 64 Yrs.	3,870	1,832	2,038	3,783	1,855	1,928	4,124	1,995	2,129
65 - 69 Yrs.	3,082	1,520	1,562	3,085	1,470	1,615	3,261	1,569	1,692
70 - 74 Yrs.	2,027	996	1,031	2,374	1,121	1,253	2,467	1,146	1,321
75 - 79 Yrs.	1,213	611	602	1,670	785	885	1,663	760	903
80+ Yrs.	1,058	547	511	867	412	455	1,212	547	665

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Table 16.75 : Darchula

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
All Ages	152,622	73,503	79,119	157,838	76,331	81,507
00 - 04 Yrs.	13,790	7,136	6,654	12,365	6,448	5,917
05 - 09 Yrs.	14,319	7,379	6,940	13,589	7,056	6,533
10 - 14 Yrs.	13,866	7,119	6,747	14,142	7,312	6,830
15 - 19 Yrs.	12,574	6,365	6,209	13,648	7,009	6,639
20 - 24 Yrs.	14,255	7,147	7,108	12,279	6,182	6,097
25 - 29 Yrs.	15,292	7,570	7,722	13,888	6,926	6,962
30 - 34 Yrs.	13,870	6,615	7,255	14,920	7,365	7,555
35 - 39 Yrs.	10,722	4,603	6,119	13,535	6,442	7,093
40 - 44 Yrs.	9,142	3,834	5,308	10,439	4,469	5,970
45 - 49 Yrs.	7,912	3,426	4,486	8,861	3,704	5,157
50 - 54 Yrs.	6,820	3,022	3,798	7,603	3,277	4,326
55 - 59 Yrs.	5,826	2,684	3,142	6,459	2,839	3,620
60 - 64 Yrs.	4,772	2,232	2,540	5,385	2,448	2,937
65 - 69 Yrs.	3,629	1,722	1,907	4,233	1,941	2,292
70 - 74 Yrs.	2,667	1,251	1,416	2,999	1,386	1,613
75 - 79 Yrs.	1,777	798	979	1,946	882	1,064
80+ Yrs.	1,389	600	789	1,547	645	902