

TABLE 1		POPULATION AND PERCENTAGE DISTRIBUTION AND POPULATION DENSITY BY SEX FOR ZONES & DISTRICTS -1971						
AREA	TOTAL		MALE		FEMALE		ESTIMATED	DENSITY
	NUMBER	PERCENT	NUMBER	PERCENT	NUMBER	PERCENT	HECTARS	
NEPAL	11,555,983	100.0	5,817,203	100.0	5,738,780	100.0	14,209,941	0.8
MECHI ZONE	617,760		317,873	100.0	299,887	100.0	725,475	0.9
TAPLEJUNG DIST	84,715	13.7	42,227	13.3	42,488	14.2	301,994	0.3
PANCHTHAR DIST	145,809	23.6	72,331	22.8	73,478	24.5	137,270	1.1
ILAM DIST	139,538	22.6	70,429	22.2	69,109	23.0	137,270	1.0
JHAPA DIST	247,698	40.1	132,886	41.8	114,812	38.3	148,941	1.7
KOSHI ZONE	866,260	100.0	441,372	100.0	424,888	100.0	822,584	1.1
SANKHUWA SABHA DIST	114,313	13.2	56,134	12.7	58,179	13.7	251,230	0.5
TERHATHUM DIST	119,307	13.8	59,033	13.4	60,274	14.2	82,362	1.4
DHANKUTA DIST	107,649	12.4	53,105	12.0	54,544	12.8	168,350	0.6
MORANG DIST	301,557	34.8	157,992	35.8	143,565	33.8	184,408	1.6
SUNSARI DIST	223,434	25.8	115,108	26.1	108,326	25.5	136,234	1.6
SAGARMATHA ZONE	1,313,480	100.0	655,218	100.0	658,262	100.0	1,262,107	1.0
SOLUKHUMBU DIST	105,324	8.0	52,580	8.0	52,744	8.0	293,447	0.4
BHOJPUR DIST	194,506	14.8	95,060	14.5	99,446	15.1	183,890	1.1
KHOTANG DIST	163,297	12.4	79,715	12.2	83,582	12.7	172,235	0.9
OKHALDHUNGA DIST	122,862	9.4	59,485	9.1	63,377	9.6	127,169	1.0
UDAYAPUR DIST	112,622	8.6	55,942	8.5	56,680	8.6	246,568	0.5
SAPTARI DIST	312,565	23.8	159,140	24.3	153,425	23.3	124,838	2.5
SIRAHA DIST	302,304	23.0	153,296	23.4	149,008	22.6	113,960	2.7
JANAKPUR ZONE	1,265,755	100.0	635,478	100.0	630,277	100.0	976,430	1.3
DOLAKHA DIST	130,022	10.3	63,180	9.9	66,842	10.6	197,617	0.7
RAMECHHAP DIST	157,349	12.4	75,727	11.9	81,622	13.0	137,270	1.1
SINDHULI DIST	147,409	11.6	73,601	11.6	73,808	11.7	259,000	0.6
DHANUSHA DIST	330,601	26.1	168,671	26.5	161,930	25.7	119,140	2.8
MOHOTARI DIST	324,831	25.7	165,022	26.0	159,809	25.4	125,097	2.6
SARLAHI DIST	175,543	13.9	89,277	14.0	86,266	13.7	138,306	1.3
BAGMATI ZONE	1,496,971	100.0	762,324	100.0	734,647	100.0	956,385	1.6
SINDHUPALCHOK DIST	206,384	13.8	105,102	13.8	101,282	13.8	260,036	0.8
RASUWA DIST	17,517	1.2	8,863	1.2	8,654	1.2	180,780	0.1
NUWAKOT DIST	172,718	11.5	87,645	11.5	85,073	11.6	177,156	1.0
DHADING DIST	236,276	15.8	119,545	15.7	116,731	15.9	135,198	1.7
KAVRE PALANCHOK DIST	245,165	16.4	122,077	16.0	123,088	16.8	126,810	1.9
BHAKTAPUR DIST	110,157	7.4	56,550	7.4	53,607	7.3	11,655	9.5
KATHMANDU DIST	353,756	23.6	183,913	24.1	169,843	23.1	41,440	8.5
LALITPUR DIST	154,998	10.4	78,629	10.3	76,369	10.4	23,310	6.6
NARAYANI ZONE	1,103,027	100.0	566,824	100.0	536,203	100.0	845,376	1.3
MAKWANPUR DIST	163,766	14.8	83,095	14.7	80,671	15.0	220,150	0.7
CHITWAN DIST	183,644	16.6	94,404	16.7	89,240	16.6	249,158	0.7
RAUTAHAT DIST	320,093	29.0	164,369	29.0	155,724	29.0	110,334	2.9
BARA DIST	233,401	21.2	120,141	21.2	113,260	21.1	140,378	1.7
PARASA DIST	202,123	18.3	104,815	18.5	97,308	18.1	125,356	1.6

GANDAKI ZONE	1,023,110	100.0	498,118	100.0	524,992	100.0	1,214,192	0.8
GORKHA DIST	178,265	17.4	88,706	17.8	89,559	17.1	152,810	1.2
MANANG DIST	7,436	0.7	3,904	0.8	3,532	0.7	208,754	0.0
LAMJUNG DIST	140,226	13.7	68,555	13.8	71,671	13.7	193,732	0.7
KASKI DIST	151,749	14.8	73,590	14.8	78,159	14.9	219,632	0.7
PARBAT DIST	118,689	11.6	56,930	11.4	61,759	11.8	185,185	0.6
TANAHUN DIST	158,139	15.5	76,819	15.4	81,320	15.5	144,263	1.1
SYANGJA DIST	268,606	26.3	129,614	26.0	138,992	26.5	109,816	2.4
LUMBINI ZONE	1,165,701	100.0	586,134	100.0	579,567	100.0	945,350	1.2
NAWALPARASI DIST	146,548	12.6	75,319	12.9	71,229	12.3	222,222	0.7
PALPA DIST	212,633	18.2	104,909	17.9	107,724	18.6	165,760	1.3
GULMI DIST	227,746	19.5	110,296	18.8	117,450	20.3	123,543	1.8
ARGHA KHANCHI DIST	130,212	11.2	63,864	10.9	66,348	11.4	123,025	1.1
RUPENDEHI DIST	243,346	20.9	126,157	21.5	117,189	20.2	132,090	1.8
KAPILBASTU DIST	205,216	17.6	105,589	18.0	99,627	17.2	178,710	1.1
DHAULAGIRI ZONE	276,729	100.0	135,631	100.0	141,098	100.0	1,246,308	0.2
MUSTANG DIST	26,944	9.7	13,510	10.0	13,434	9.5	301,735	0.1
DOLPA DIST	19,110	6.9	9,515	7.0	9,595	6.8	620,823	0.0
MYAGDI DIST	57,946	20.9	28,352	20.9	29,594	21.0	194,250	0.3
BANGLUNG DIST	172,729	62.4	84,254	62.1	88,475	62.7	129,500	1.3
RAPTI ZONE	705,813	100.0	347,353	100.0	358,460	100.0	1,013,459	0.7
RUKUM DIST	96,243	13.6	47,540	13.7	48,703	13.6	177,933	0.5
ROLPA DIST	162,955	23.1	79,759	23.0	83,196	23.2	233,359	0.7
SALLYAN DIST	141,457	20.0	68,926	19.8	72,531	20.2	225,330	0.6
PIUTHAN DIST	137,338	19.5	66,617	19.2	70,721	19.7	153,587	0.9
DANG DEOKHURI DIST	167,820	23.8	84,511	24.3	83,309	23.2	223,250	0.8
KARNALI ZONE	188,012	100.0	96,361	100.0	91,651	100.0	1,296,295	0.1
HUMLA DIST	29,524	15.7	15,376	16.0	14,148	15.4	461,020	0.1
MUGU DIST	25,718	13.7	13,248	13.7	12,470	13.6	274,540	0.0
TIBRIKOT DIST	10,017	5.3	5,107	5.3	4,910	5.4	304,843	0.5
JUMLA DIST	122,753	65.3	62,630	65.0	60,123	65.6	255,892	
BHERI ZONE	575,071	100.0	293,680	100.0	281,391	100.0	933,954	0.6
JAJARKOT DIST	86,564	15.1	44,122	15.0	42,442	15.1	183,890	0.5
DAILEKH DIST	156,072	27.1	77,702	26.5	78,370	27.9	138,306	1.1
SURKHET DIST	104,933	18.2	52,321	17.8	52,612	18.7	247,086	0.4
BANKE DIST	125,709	21.9	66,586	22.7	59,123	21.0	198,135	0.6
BARDIA DIST	101,793	17.7	52,949	18.0	48,844	17.4	166,537	0.6
SETI ZONE	597,124	100.0	297,702	100.0	299,422	100.0	1,258,999	0.5
BAJURA DIST	61,342	10.3	30,290	10.2	31,052	10.4	219,632	0.3
BAJHANG DIST	108,623	18.2	54,781	18.4	53,842	18.0	274,540	0.4
ACHHAM DIST	132,212	22.1	63,623	21.4	68,589	22.9	219,632	0.6
DOTI DIST	166,070	27.8	81,628	27.4	84,442	28.2	280,238	0.6
KAILALI DIST	128,877	21.6	67,380	22.6	61,497	20.5	264,957	0.5
MAHALI ZONE	361,170	100.0	183,135	100.0	178,035	100.0	713,027	0.5
DARCHULA DIST	68,868	19.1	35,092	19.2	33,776	19.0	269,360	0.3

BATTADI DIST	128,696	35.6	65,328	35.7	63,368	35.6	120,953	1.1
DANDELHURA DIST	94,743	26.2	46,080	25.2	48,663	27.3	155,141	0.6
KANCHANPUR DIST	68,863	19.1	36,635	20.0	32,228	18.1	167,573	0.4