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

Population (in million)

33,597,032

26,494,504

	2011	2013	2015	2017	2019	2021	2023	2025	2027	2029	2031

Year
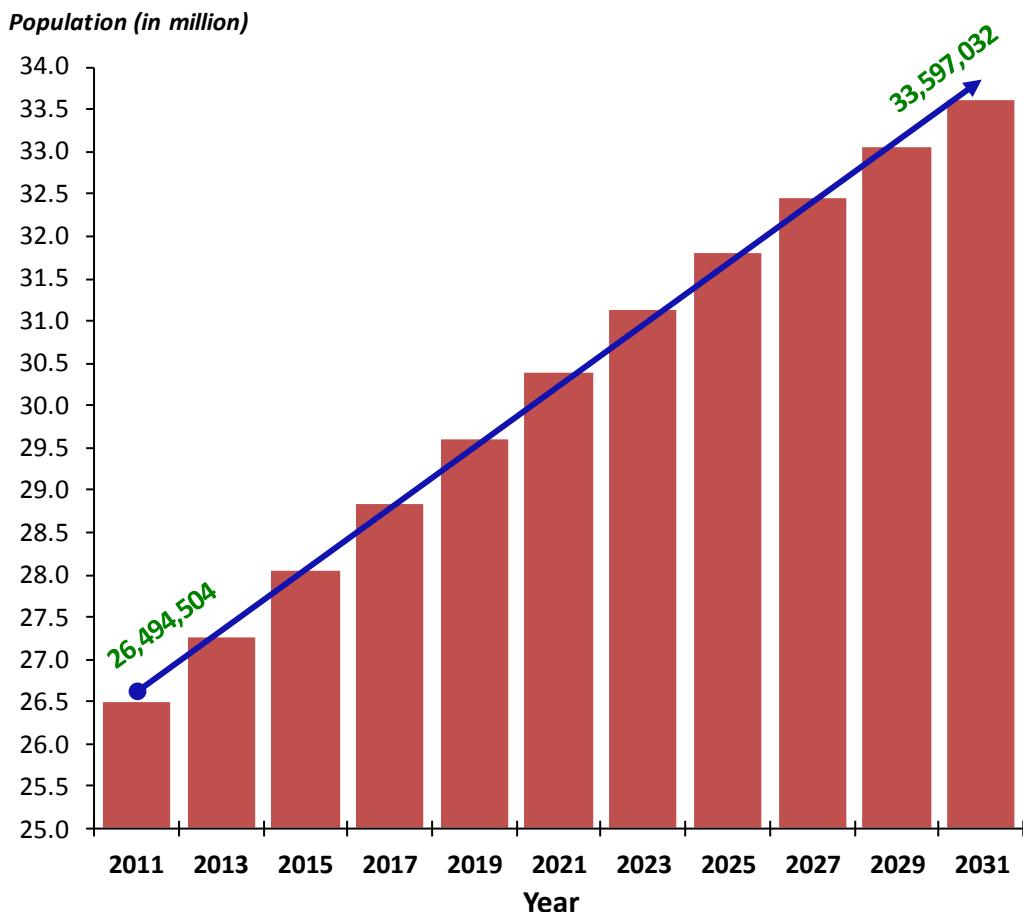
Government of Nepal

National Planning Commission Secretariat

Central Bureau of Statistics

Kathmandu, Nepal

August, 2014

Preface

It is a great pleasure to bring out the Population Projections for Nepal 2011-2031 based on the results of the National Population and Housing Census 2011 (NPHC-2011). The projection is one of the special post-census activities carried out by Central Bureau of Statistics (CBS) Nepal. The previous population projection was done in 2003 based on Population Census 2001 with joint collaboration of Ministry of Population and Environment and CBS.

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 task. In order to make improvements of such reports in the future, I would always welcome valuable comments and suggestions from users. I would like to thank the Technical Committee Members of the NPHC-2011 for their technical input and finalizing the projection for forthcoming years. My special thanks also go to the members of Steering Committee for their direction, in-depth discussions, suggestions and approval of this projection task.

I would like to thank to the United Nations Population fund (UNFPA) for the cooperation in projection work as well as for the census activities. From my side, special thank goes to consultant and senior demographer Dr. Pushpalal Joshi for his valuable contribution in this task. Heartily thank goes to Dr. Rudra Suwal, Deputy Director General of the Bureau for his overall coordination in projection work. Director Shanker Lal Shrestha and Indra Bahadur Karki, Statistical Officer Sunil Kumar Shrestha, Statistical Assistants Bimal Bhattarai and Bishnu Raj Regmi were devoted for the projection work. They all deserve special thanks.

I would like to deserve my special thanks to 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 staffs of the Population Section and other sections of the Bureau for their support and co-operation in bringing out this projection report.

Finally, I would like to thank all those persons whose support and cooperation has contributed in completing this job successfully.

26th August 2014   **Bikash Bista**
Kathmandu   **Director General**
Central Bureau of Statistics

Content

> *Note : The numbers presented in the national projections and the numbers in Districts may not tally in some cases due to the rounding of the numbers.*

List of Tables

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 June22, 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 r1 during the period t0 to t1 and assume the annual rate of change r1/2 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

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

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 for Nepal 2011-2031 by sex and calendar year (high variant)

Year	Population		
	Total	Male	Female
2011	26,494,504	12,849,041	13,645,463
2012	26,875,445	13,032,023	13,843,422
2013	27,264,592	13,219,533	14,045,059
2014	27,660,775	13,411,039	14,249,736
2015	28,062,832	13,605,956	14,456,875
2016	28,469,460	13,803,646	14,665,815
2017	28,879,636	14,003,583	14,876,054
2018	29,291,746	14,204,970	15,086,776
2019	29,704,501	14,407,174	15,297,327
2020	30,116,424	14,609,422	15,507,003
2021	30,526,143	14,810,977	15,715,165
2022	30,931,387	15,010,639	15,920,747
2023	31,330,247	15,207,394	16,122,853
2024	31,721,524	15,400,599	16,320,925
2025	32,104,281	15,589,750	16,514,530
2026	32,477,618	15,774,368	16,703,251
2027	32,840,509	15,953,903	16,886,606
2028	33,192,484	16,128,098	17,064,386
2029	33,533,633	16,296,984	17,236,650
2030	33,864,043	16,460,587	17,403,457
2031	34,183,813	16,618,942	17,564,871

Table 3 : Population projection by age and sex for Nepal, 2011 - 2031 (high variant)

Age	2011			2012			2013		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	26,494,504	12,849,041	13,645,463	26,875,445	13,032,023	13,843,422	27,264,592	13,219,533	14,045,059
00-04 Yrs.	2,698,565	1,380,177	1,318,388	2,737,218	1,402,883	1,334,334	2,786,123	1,431,065	1,355,059
05-09 Yrs.	3,074,257	1,569,956	1,504,301	2,962,543	1,513,538	1,449,005	2,867,346	1,465,487	1,401,859
10-14 Yrs.	3,341,426	1,697,057	1,644,369	3,320,242	1,690,160	1,630,082	3,274,292	1,669,273	1,605,019
15-19 Yrs.	3,065,978	1,510,764	1,555,214	3,159,436	1,571,646	1,587,790	3,232,877	1,619,242	1,613,635
20-24 Yrs.	2,392,279	1,070,091	1,322,188	2,504,610	1,139,534	1,365,076	2,635,876	1,223,671	1,412,205
25-29 Yrs.	2,045,146	891,133	1,154,013	2,089,747	906,859	1,182,888	2,134,301	923,883	1,210,419
30-34 Yrs.	1,780,599	797,106	983,493	1,820,998	808,372	1,012,626	1,863,530	819,907	1,043,622
35-39 Yrs.	1,559,025	713,671	845,354	1,592,319	723,627	868,692	1,627,382	735,215	892,167
40-44 Yrs.	1,373,341	655,556	717,785	1,402,215	663,161	739,055	1,431,001	669,745	761,256
45-49 Yrs.	1,185,739	579,835	605,904	1,216,788	591,395	625,393	1,246,891	602,671	644,220
50-54 Yrs.	985,214	495,281	489,933	1,012,808	505,841	506,967	1,043,380	517,244	526,135
55-59 Yrs.	838,525	423,475	415,050	853,187	430,471	422,716	869,121	437,601	431,520
60-64 Yrs.	716,002	353,432	362,570	724,984	358,094	366,889	734,712	363,575	371,137
65-69 Yrs.	595,274	292,801	302,473	597,868	292,583	305,286	603,369	293,810	309,559
70-74 Yrs.	478,238	235,919	242,319	490,595	240,176	250,419	492,193	239,401	252,791
75-79 Yrs.	191,617	97,909	93,708	238,695	119,459	119,237	276,954	136,423	140,532
80+ Yrs.	173,279	84,878	88,401	151,191	74,224	76,967	145,244	71,319	73,924

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Table 3 : Population projection by age and sex for Nepal, 2011 - 2031 (high variant)

Age	2014			2015			2016		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**27,660,775**	**13,411,039**	**14,249,736**	**28,062,832**	**13,605,956**	**14,456,875**	**28,469,460**	**13,803,646**	**14,665,815**
00-04 Yrs.	2,844,948	1,464,570	1,380,378	2,912,789	1,502,895	1,409,894	2,988,133	1,545,267	1,442,866
05-09 Yrs.	2,787,937	1,425,486	1,362,451	2,723,597	1,393,169	1,330,429	2,674,278	1,368,495	1,305,783
10-14 Yrs.	3,210,778	1,638,361	1,572,417	3,138,181	1,602,105	1,536,075	3,062,865	1,564,080	1,498,784
15-19 Yrs.	3,284,283	1,652,997	1,631,287	3,312,519	1,673,245	1,639,274	3,317,315	1,680,525	1,636,790
20-24 Yrs.	2,775,231	1,314,668	1,460,563	2,907,704	1,401,695	1,506,008	3,021,919	1,476,611	1,545,309
25-29 Yrs.	2,185,571	946,889	1,238,682	2,252,613	982,079	1,270,534	2,340,931	1,033,222	1,307,709
30-34 Yrs.	1,907,709	832,082	1,075,627	1,952,824	845,387	1,107,437	1,998,816	860,512	1,138,303
35-39 Yrs.	1,664,021	747,749	916,272	1,701,884	760,209	941,676	1,740,784	771,970	968,815
40-44 Yrs.	1,460,178	676,018	784,160	1,490,354	682,940	807,414	1,521,989	691,192	830,797
45-49 Yrs.	1,276,230	613,398	662,832	1,305,186	623,270	681,916	1,334,086	632,128	701,958
50-54 Yrs.	1,075,765	529,157	546,608	1,108,406	541,135	567,270	1,140,179	552,834	587,346
55-59 Yrs.	886,933	445,126	441,807	907,400	453,414	453,986	930,950	462,675	468,275
60-64 Yrs.	745,335	369,665	375,670	757,069	376,109	380,960	770,098	382,738	387,360
65-69 Yrs.	610,955	296,240	314,715	619,371	299,479	319,891	627,821	303,255	324,567
70-74 Yrs.	487,964	235,990	251,974	483,713	232,692	251,021	482,949	231,131	251,818
75-79 Yrs.	306,969	149,273	157,695	327,881	157,767	170,114	339,914	162,123	177,791
80+ Yrs.	149,969	73,370	76,599	161,343	78,366	82,977	176,432	84,889	91,543

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Table 3 : Population projection by age and sex for Nepal, 2011 - 2031 (high variant)

Age	2017			2018			2019		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**28,879,636**	**14,003,583**	**14,876,054**	**29,291,746**	**14,204,970**	**15,086,776**	**29,704,501**	**14,407,174**	**15,297,327**
00-04 Yrs.	3,032,242	1,569,182	1,463,060	3,071,020	1,590,357	1,480,662	3,103,375	1,608,301	1,495,074
05-09 Yrs.	2,713,556	1,391,412	1,322,145	2,763,182	1,419,837	1,343,345	2,822,641	1,453,496	1,369,145
10-14 Yrs.	2,952,014	1,508,085	1,443,929	2,857,565	1,460,403	1,397,163	2,778,797	1,420,725	1,358,072
15-19 Yrs.	3,296,863	1,673,848	1,623,015	3,251,748	1,653,249	1,598,499	3,189,113	1,622,674	1,566,439
20-24 Yrs.	3,114,997	1,537,195	1,577,802	3,188,229	1,584,620	1,603,610	3,239,650	1,618,337	1,621,313
25-29 Yrs.	2,452,896	1,102,188	1,350,708	2,583,644	1,185,725	1,397,919	2,722,428	1,276,094	1,446,334
30-34 Yrs.	2,043,660	876,260	1,167,400	2,088,474	893,293	1,195,180	2,139,933	916,260	1,223,672
35-39 Yrs.	1,781,359	783,305	998,054	1,824,062	794,903	1,029,159	1,868,397	807,137	1,061,260
40-44 Yrs.	1,555,381	701,219	854,162	1,590,536	712,853	877,682	1,627,263	725,425	901,838
45-49 Yrs.	1,362,902	639,792	723,111	1,391,666	646,469	745,197	1,420,854	652,855	767,998
50-54 Yrs.	1,170,795	564,249	606,547	1,200,540	575,407	625,133	1,229,600	586,053	643,547
55-59 Yrs.	957,825	472,947	484,878	987,578	484,033	503,545	1,019,115	495,618	523,497
60-64 Yrs.	784,293	389,441	394,852	799,723	396,296	403,427	816,973	403,540	413,433
65-69 Yrs.	636,431	307,651	328,780	645,738	312,779	332,959	655,903	318,452	337,451
70-74 Yrs.	485,969	231,379	254,590	491,340	232,768	258,572	498,414	235,106	263,308
75-79 Yrs.	348,687	165,019	183,668	350,207	164,652	185,555	347,968	162,643	185,325
80+ Yrs.	189,765	90,412	99,353	206,495	97,325	109,169	224,079	104,460	119,619

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Table 3 : Population projection by age and sex for Nepal, 2011 - 2031 (high variant)

Age	2020			2021			2022		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**30,116,424**	**14,609,422**	**15,507,003**	**30,526,143**	**14,810,977**	**15,715,165**	**30,931,387**	**15,010,639**	**15,920,747**
00-04 Yrs.	3,128,217	1,622,437	1,505,780	3,145,080	1,632,505	1,512,575	3,152,779	1,637,855	1,514,924
05-09 Yrs.	2,891,104	1,491,977	1,399,128	2,967,020	1,534,496	1,432,523	3,011,730	1,558,634	1,453,096
10-14 Yrs.	2,715,023	1,388,700	1,326,324	2,666,176	1,364,270	1,301,906	2,705,613	1,387,246	1,318,367
15-19 Yrs.	3,117,370	1,586,778	1,530,592	3,042,838	1,549,116	1,493,723	2,932,811	1,493,543	1,439,268
20-24 Yrs.	3,268,133	1,638,672	1,629,462	3,273,395	1,646,148	1,627,247	3,253,612	1,639,779	1,613,833
25-29 Yrs.	2,854,418	1,362,572	1,491,846	2,968,344	1,437,092	1,531,252	3,061,356	1,497,448	1,563,909
30-34 Yrs.	2,207,023	951,316	1,255,707	2,295,206	1,002,200	1,293,007	2,406,842	1,070,775	1,336,068
35-39 Yrs.	1,913,661	820,497	1,093,164	1,959,793	835,668	1,124,125	2,004,790	851,467	1,153,323
40-44 Yrs.	1,665,219	737,931	927,287	1,704,217	749,759	954,458	1,744,886	761,177	983,709
45-49 Yrs.	1,451,059	659,893	791,165	1,482,726	668,244	814,481	1,516,144	678,345	837,800
50-54 Yrs.	1,258,343	595,887	662,457	1,287,085	604,753	682,332	1,315,802	612,482	703,320
55-59 Yrs.	1,050,946	507,277	543,669	1,082,006	518,686	563,320	1,112,023	529,845	582,177
60-64 Yrs.	836,760	411,499	425,261	859,487	420,366	439,121	885,373	430,171	455,202
65-69 Yrs.	667,112	324,439	342,673	679,539	330,597	348,942	693,071	336,834	356,237
70-74 Yrs.	506,179	238,089	268,090	514,018	241,518	272,499	522,042	245,462	276,580
75-79 Yrs.	345,942	160,799	185,144	346,493	160,174	186,318	349,754	160,779	188,975
80+ Yrs.	239,915	110,660	129,255	252,721	115,385	137,335	262,759	118,798	143,961

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Table 3 : Population projection by age and sex for Nepal, 2011 - 2031 (high variant)

Age	2023			2024			2025		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**31,330,247**	**15,207,394**	**16,122,853**	**31,721,524**	**15,400,599**	**16,320,925**	**32,104,281**	**15,589,750**	**16,514,530**
00-04 Yrs.	3,150,825	1,638,195	1,512,631	3,139,343	1,633,575	1,505,769	3,119,197	1,624,433	1,494,763
05-09 Yrs.	3,051,048	1,580,053	1,470,995	3,084,005	1,598,273	1,485,732	3,109,512	1,612,721	1,496,791
10-14 Yrs.	2,755,368	1,415,715	1,339,653	2,814,930	1,449,399	1,365,531	2,883,465	1,487,885	1,395,579
15-19 Yrs.	2,839,071	1,446,240	1,392,831	2,760,944	1,406,904	1,354,040	2,697,752	1,375,187	1,322,564
20-24 Yrs.	3,209,326	1,619,592	1,589,735	3,147,615	1,589,493	1,558,122	3,076,831	1,554,104	1,522,728
25-29 Yrs.	3,134,727	1,544,788	1,589,940	3,186,478	1,578,550	1,607,928	3,215,471	1,599,049	1,616,422
30-34 Yrs.	2,537,131	1,153,822	1,383,309	2,675,445	1,243,676	1,431,769	2,807,080	1,329,709	1,477,371
35-39 Yrs.	2,049,766	868,549	1,181,217	2,101,355	891,518	1,209,837	2,168,463	926,472	1,241,991
40-44 Yrs.	1,787,680	772,867	1,014,813	1,832,116	785,193	1,046,923	1,877,499	798,638	1,078,862
45-49 Yrs.	1,551,319	690,026	861,293	1,588,063	702,630	885,434	1,626,047	715,177	910,870
50-54 Yrs.	1,344,520	619,273	725,247	1,373,692	625,798	747,894	1,403,889	632,966	770,923
55-59 Yrs.	1,141,267	540,780	600,487	1,169,911	551,244	618,667	1,198,304	560,950	637,354
60-64 Yrs.	913,995	440,734	473,261	944,320	451,765	492,555	974,964	462,879	512,085
65-69 Yrs.	707,769	343,221	364,547	724,151	349,970	374,181	742,870	357,366	385,503
70-74 Yrs.	530,681	249,998	280,684	540,060	254,977	285,084	550,346	260,215	290,131
75-79 Yrs.	354,681	162,150	192,531	360,792	164,166	196,626	367,388	166,636	200,752
80+ Yrs.	271,072	121,393	149,679	278,303	123,469	154,835	285,202	125,362	159,840

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Table 3 : Population projection by age and sex for Nepal, 2011 - 2031 (high variant)

Age	2026			2027			2028		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**32,477,618**	**15,774,368**	**16,703,251**	**32,840,509**	**15,953,903**	**16,886,606**	**33,192,484**	**16,128,098**	**17,064,386**
00-04 Yrs.	3,091,255	1,611,213	1,480,042	3,057,106	1,594,731	1,462,375	3,018,416	1,575,848	1,442,568
05-09 Yrs.	3,127,098	1,623,134	1,503,964	3,135,584	1,628,866	1,506,718	3,134,472	1,629,622	1,504,850
10-14 Yrs.	2,959,444	1,530,403	1,429,041	3,004,323	1,554,608	1,449,715	3,043,831	1,576,105	1,467,725
15-19 Yrs.	2,649,430	1,351,036	1,298,395	2,689,068	1,374,082	1,314,985	2,738,997	1,402,605	1,336,392
20-24 Yrs.	3,003,253	1,516,949	1,486,304	2,894,308	1,461,969	1,432,339	2,801,555	1,415,205	1,386,351
25-29 Yrs.	3,221,407	1,606,795	1,614,613	3,202,462	1,600,801	1,601,661	3,159,162	1,581,088	1,578,073
30-34 Yrs.	2,920,849	1,403,917	1,516,932	3,013,917	1,464,108	1,549,810	3,087,532	1,511,411	1,576,121
35-39 Yrs.	2,256,514	977,126	1,279,388	2,367,851	1,045,327	1,322,524	2,497,726	1,127,894	1,369,833
40-44 Yrs.	1,923,768	813,877	1,109,891	1,968,942	829,743	1,139,199	2,014,130	846,889	1,167,241
45-49 Yrs.	1,665,091	727,067	938,025	1,705,820	738,568	967,252	1,748,680	750,352	998,329
50-54 Yrs.	1,435,540	641,416	794,123	1,468,922	651,569	817,353	1,504,042	663,260	840,782
55-59 Yrs.	1,226,752	569,749	657,003	1,255,234	577,481	677,753	1,283,783	584,342	699,440
60-64 Yrs.	1,004,940	473,782	531,158	1,034,001	484,477	549,524	1,062,406	494,988	567,418
65-69 Yrs.	764,292	365,578	398,714	788,611	374,628	413,983	815,440	384,355	431,085
70-74 Yrs.	561,693	265,602	296,090	574,011	271,069	302,942	587,361	276,678	310,683
75-79 Yrs.	374,054	169,440	204,614	380,885	172,623	208,262	388,194	176,231	211,963
80+ Yrs.	292,237	127,285	164,952	299,464	129,251	170,212	306,757	131,225	175,532

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Table 3 : **Population projection by age and sex for Nepal, 2011 - 2031 (high variant)**

Age	2029			2030			2031		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**33,533,633**	**16,296,984**	**17,236,650**	**33,864,043**	**16,460,587**	**17,403,457**	**34,183,813**	**16,618,942**	**17,564,871**
00-04 Yrs.	2,976,639	1,555,319	1,421,320	2,932,891	1,533,723	1,399,168	2,888,219	1,511,606	1,376,613
05-09 Yrs.	3,123,874	1,625,444	1,498,431	3,104,639	1,616,762	1,487,877	3,077,626	1,604,015	1,473,611
10-14 Yrs.	3,076,999	1,594,417	1,482,582	3,102,741	1,608,970	1,493,771	3,120,585	1,619,501	1,501,083
15-19 Yrs.	2,798,710	1,436,326	1,362,383	2,867,370	1,474,830	1,392,540	2,943,454	1,517,347	1,426,106
20-24 Yrs.	2,724,324	1,376,354	1,347,970	2,661,938	1,345,070	1,316,869	2,614,336	1,321,296	1,293,040
25-29 Yrs.	3,098,524	1,551,527	1,546,997	3,028,842	1,516,700	1,512,141	2,956,350	1,480,105	1,476,245
30-34 Yrs.	3,139,711	1,545,262	1,594,450	3,169,306	1,565,960	1,603,346	3,176,000	1,574,004	1,601,996
35-39 Yrs.	2,635,614	1,217,237	1,418,378	2,766,944	1,302,830	1,464,113	2,880,616	1,376,740	1,503,876
40-44 Yrs.	2,065,895	869,868	1,196,027	2,133,057	904,717	1,228,340	2,220,991	955,115	1,265,876
45-49 Yrs.	1,793,195	762,772	1,030,423	1,838,675	776,301	1,062,373	1,885,055	791,601	1,093,455
50-54 Yrs.	1,540,726	675,852	864,874	1,578,659	688,396	890,263	1,617,678	700,312	917,366
55-59 Yrs.	1,312,823	590,970	721,854	1,342,895	598,227	744,668	1,374,402	606,719	767,683
60-64 Yrs.	1,090,320	505,084	585,236	1,118,074	514,494	603,580	1,145,955	523,080	622,876
65-69 Yrs.	843,849	394,504	449,345	872,599	404,744	467,855	900,809	414,819	485,990
70-74 Yrs.	602,196	282,607	319,589	619,082	289,091	329,991	638,335	296,264	342,071
75-79 Yrs.	396,085	180,158	215,926	404,692	184,277	220,415	414,140	188,513	225,627
80+ Yrs.	314,147	133,282	180,865	321,639	135,494	186,145	329,263	137,905	191,359

MEDIUM VARIANT

Table 4 : 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

Table 4 : 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

Summary indicators	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
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
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
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
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 5 : Population projection for Nepal 2011-2031 by sex and calendar year (medium variant)

Year	Population		
	Total	Male	Female
2011	**26,494,504**	**12,849,041**	**13,645,463**
2012	26,873,066	13,030,795	13,842,271
2013	27,257,347	13,215,791	14,041,556
2014	27,646,053	13,403,432	14,242,621
2015	28,037,904	13,593,069	14,444,835
2016	**28,431,494**	**13,784,009**	**14,647,486**
2017	28,825,709	13,975,678	14,850,032
2018	29,218,867	14,167,241	15,051,626
2019	29,609,623	14,358,034	15,251,589
2020	29,996,478	14,547,267	15,449,211
2021	**30,378,055**	**14,734,201**	**15,643,853**
2022	30,752,146	14,917,665	15,834,481
2023	31,116,913	15,096,679	16,020,234
2024	31,471,213	15,270,627	16,200,585
2025	31,814,161	15,439,032	16,375,128
2026	**32,144,921**	**15,601,443**	**16,543,478**
2027	32,462,518	15,757,337	16,705,181
2028	32,766,483	15,906,454	16,860,029
2029	33,056,861	16,048,800	17,008,061
2030	33,333,693	16,184,376	17,149,317
2031	**33,597,032**	**16,313,189**	**17,283,844**

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

Age	2011			2012			2013		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	26,494,504	12,849,041	13,645,463	26,873,066	13,030,795	13,842,271	27,257,347	13,215,791	14,041,556
00-04 Yrs.	2,698,565	1,380,177	1,318,388	2,734,839	1,401,655	1,333,183	2,778,878	1,427,323	1,351,555
05-09 Yrs.	3,074,257	1,569,956	1,504,301	2,962,543	1,513,538	1,449,005	2,867,346	1,465,487	1,401,859
10-14 Yrs.	3,341,426	1,697,057	1,644,369	3,320,242	1,690,160	1,630,082	3,274,292	1,669,273	1,605,019
15-19 Yrs.	3,065,978	1,510,764	1,555,214	3,159,436	1,571,646	1,587,790	3,232,877	1,619,242	1,613,635
20-24 Yrs.	2,392,279	1,070,091	1,322,188	2,504,610	1,139,534	1,365,076	2,635,876	1,223,671	1,412,205
25-29 Yrs.	2,045,146	891,133	1,154,013	2,089,747	906,859	1,182,888	2,134,301	923,883	1,210,419
30-34 Yrs.	1,780,599	797,106	983,493	1,820,998	808,372	1,012,626	1,863,530	819,907	1,043,622
35-39 Yrs.	1,559,025	713,671	845,354	1,592,319	723,627	868,692	1,627,382	735,215	892,167
40-44 Yrs.	1,373,341	655,556	717,785	1,402,215	663,161	739,055	1,431,001	669,745	761,256
45-49 Yrs.	1,185,739	579,835	605,904	1,216,788	591,395	625,393	1,246,891	602,671	644,220
50-54 Yrs.	985,214	495,281	489,933	1,012,808	505,841	506,967	1,043,380	517,244	526,135
55-59 Yrs.	838,525	423,475	415,050	853,187	430,471	422,716	869,121	437,601	431,520
60-64 Yrs.	716,002	353,432	362,570	724,984	358,094	366,889	734,712	363,575	371,137
65-69 Yrs.	595,274	292,801	302,473	597,868	292,583	305,286	603,369	293,810	309,559
70-74 Yrs.	478,238	235,919	242,319	490,595	240,176	250,419	492,193	239,401	252,791
75-79 Yrs.	191,617	97,909	93,708	238,695	119,459	119,237	276,954	136,423	140,532
80+ Yrs.	173,279	84,878	88,401	151,191	74,224	76,967	145,244	71,319	73,924

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

Age	2014			2015			2016		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**27,646,053**	**13,403,432**	**14,242,621**	**28,037,904**	**13,593,069**	**14,444,835**	**28,431,494**	**13,784,009**	**14,647,486**
00-04 Yrs.	2,830,226	1,456,963	1,373,264	2,887,862	1,490,008	1,397,854	2,950,167	1,525,630	1,424,537
05-09 Yrs.	2,787,937	1,425,486	1,362,451	2,723,597	1,393,169	1,330,429	2,674,278	1,368,495	1,305,783
10-14 Yrs.	3,210,778	1,638,361	1,572,417	3,138,181	1,602,105	1,536,075	3,062,865	1,564,080	1,498,784
15-19 Yrs.	3,284,283	1,652,997	1,631,287	3,312,519	1,673,245	1,639,274	3,317,315	1,680,525	1,636,790
20-24 Yrs.	2,775,231	1,314,668	1,460,563	2,907,704	1,401,695	1,506,008	3,021,919	1,476,611	1,545,309
25-29 Yrs.	2,185,571	946,889	1,238,682	2,252,613	982,079	1,270,534	2,340,931	1,033,222	1,307,709
30-34 Yrs.	1,907,709	832,082	1,075,627	1,952,824	845,387	1,107,437	1,998,816	860,512	1,138,303
35-39 Yrs.	1,664,021	747,749	916,272	1,701,884	760,209	941,676	1,740,784	771,970	968,815
40-44 Yrs.	1,460,178	676,018	784,160	1,490,354	682,940	807,414	1,521,989	691,192	830,797
45-49 Yrs.	1,276,230	613,398	662,832	1,305,186	623,270	681,916	1,334,086	632,128	701,958
50-54 Yrs.	1,075,765	529,157	546,608	1,108,406	541,135	567,270	1,140,179	552,834	587,346
55-59 Yrs.	886,933	445,126	441,807	907,400	453,414	453,986	930,950	462,675	468,275
60-64 Yrs.	745,335	369,665	375,670	757,069	376,109	380,960	770,098	382,738	387,360
65-69 Yrs.	610,955	296,240	314,715	619,371	299,479	319,891	627,821	303,255	324,567
70-74 Yrs.	487,964	235,990	251,974	483,713	232,692	251,021	482,949	231,131	251,818
75-79 Yrs.	306,969	149,273	157,695	327,881	157,767	170,114	339,914	162,123	177,791
80+ Yrs.	149,969	73,370	76,599	161,343	78,366	82,977	176,432	84,889	91,543

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

Age	2017			2018			2019		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	28,825,709	13,975,678	14,850,032	29,218,867	14,167,241	15,051,626	29,609,623	14,358,034	15,251,589
00-04 Yrs.	2,980,653	1,542,483	1,438,170	3,005,283	1,556,316	1,448,967	3,023,043	1,566,673	1,456,370
05-09 Yrs.	2,711,219	1,390,205	1,321,013	2,756,039	1,416,150	1,339,889	2,808,095	1,445,984	1,362,111
10-14 Yrs.	2,952,014	1,508,085	1,443,929	2,857,565	1,460,403	1,397,163	2,778,797	1,420,725	1,358,072
15-19 Yrs.	3,296,863	1,673,848	1,623,015	3,251,748	1,653,249	1,598,499	3,189,113	1,622,674	1,566,439
20-24 Yrs.	3,114,997	1,537,195	1,577,802	3,188,229	1,584,620	1,603,610	3,239,650	1,618,337	1,621,313
25-29 Yrs.	2,452,896	1,102,188	1,350,708	2,583,644	1,185,725	1,397,919	2,722,428	1,276,094	1,446,334
30-34 Yrs.	2,043,660	876,260	1,167,400	2,088,474	893,293	1,195,180	2,139,933	916,260	1,223,672
35-39 Yrs.	1,781,359	783,305	998,054	1,824,062	794,903	1,029,159	1,868,397	807,137	1,061,260
40-44 Yrs.	1,555,381	701,219	854,162	1,590,536	712,853	877,682	1,627,263	725,425	901,838
45-49 Yrs.	1,362,902	639,792	723,111	1,391,666	646,469	745,197	1,420,854	652,855	767,998
50-54 Yrs.	1,170,795	564,249	606,547	1,200,540	575,407	625,133	1,229,600	586,053	643,547
55-59 Yrs.	957,825	472,947	484,878	987,578	484,033	503,545	1,019,115	495,618	523,497
60-64 Yrs.	784,293	389,441	394,852	799,723	396,296	403,427	816,973	403,540	413,433
65-69 Yrs.	636,431	307,651	328,780	645,738	312,779	332,959	655,903	318,452	337,451
70-74 Yrs.	485,969	231,379	254,590	491,340	232,768	258,572	498,414	235,106	263,308
75-79 Yrs.	348,687	165,019	183,668	350,207	164,652	185,555	347,968	162,643	185,325
80+ Yrs.	189,765	90,412	99,353	206,495	97,325	109,169	224,079	104,460	119,619

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

Age	2020			2021			2022		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	29,996,478	14,547,267	15,449,211	30,378,055	14,734,201	15,643,853	30,752,146	14,917,665	15,834,481
00-04 Yrs.	3,032,941	1,573,028	1,459,913	3,034,615	1,575,174	1,459,441	3,027,032	1,572,541	1,454,491
05-09 Yrs.	2,866,434	1,479,231	1,387,203	2,929,396	1,515,051	1,414,346	2,960,567	1,532,177	1,428,390
10-14 Yrs.	2,715,023	1,388,700	1,326,324	2,666,176	1,364,270	1,301,906	2,703,282	1,386,043	1,317,239
15-19 Yrs.	3,117,370	1,586,778	1,530,592	3,042,838	1,549,116	1,493,723	2,932,811	1,493,543	1,439,268
20-24 Yrs.	3,268,133	1,638,672	1,629,462	3,273,395	1,646,148	1,627,247	3,253,612	1,639,779	1,613,833
25-29 Yrs.	2,854,418	1,362,572	1,491,846	2,968,344	1,437,092	1,531,252	3,061,356	1,497,448	1,563,909
30-34 Yrs.	2,207,023	951,316	1,255,707	2,295,206	1,002,200	1,293,007	2,406,842	1,070,775	1,336,068
35-39 Yrs.	1,913,661	820,497	1,093,164	1,959,793	835,668	1,124,125	2,004,790	851,467	1,153,323
40-44 Yrs.	1,665,219	737,931	927,287	1,704,217	749,759	954,458	1,744,886	761,177	983,709
45-49 Yrs.	1,451,059	659,893	791,165	1,482,726	668,244	814,481	1,516,144	678,345	837,800
50-54 Yrs.	1,258,343	595,887	662,457	1,287,085	604,753	682,332	1,315,802	612,482	703,320
55-59 Yrs.	1,050,946	507,277	543,669	1,082,006	518,686	563,320	1,112,023	529,845	582,177
60-64 Yrs.	836,760	411,499	425,261	859,487	420,366	439,121	885,373	430,171	455,202
65-69 Yrs.	667,112	324,439	342,673	679,539	330,597	348,942	693,071	336,834	356,237
70-74 Yrs.	506,179	238,089	268,090	514,018	241,518	272,499	522,042	245,462	276,580
75-79 Yrs.	345,942	160,799	185,144	346,493	160,174	186,318	349,754	160,779	188,975
80+ Yrs.	239,915	110,660	129,255	252,721	115,385	137,335	262,759	118,798	143,961

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

Age	2023			2024			2025		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**31,116,913**	**15,096,679**	**16,020,234**	**31,471,213**	**15,270,627**	**16,200,585**	**31,814,161**	**15,439,032**	**16,375,128**
00-04 Yrs.	3,009,844	1,564,909	1,444,935	2,983,288	1,552,387	1,430,900	2,948,304	1,535,455	1,412,849
05-09 Yrs.	2,985,819	1,546,300	1,439,519	3,004,257	1,556,979	1,447,279	3,014,891	1,563,689	1,451,202
10-14 Yrs.	2,748,244	1,412,038	1,336,206	2,800,422	1,441,909	1,358,513	2,858,858	1,475,177	1,383,681
15-19 Yrs.	2,839,071	1,446,240	1,392,831	2,760,944	1,406,904	1,354,040	2,697,752	1,375,187	1,322,564
20-24 Yrs.	3,209,326	1,619,592	1,589,735	3,147,615	1,589,493	1,558,122	3,076,831	1,554,104	1,522,728
25-29 Yrs.	3,134,727	1,544,788	1,589,940	3,186,478	1,578,550	1,607,928	3,215,471	1,599,049	1,616,422
30-34 Yrs.	2,537,131	1,153,822	1,383,309	2,675,445	1,243,676	1,431,769	2,807,080	1,329,709	1,477,371
35-39 Yrs.	2,049,766	868,549	1,181,217	2,101,355	891,518	1,209,837	2,168,463	926,472	1,241,991
40-44 Yrs.	1,787,680	772,867	1,014,813	1,832,116	785,193	1,046,923	1,877,499	798,638	1,078,862
45-49 Yrs.	1,551,319	690,026	861,293	1,588,063	702,630	885,434	1,626,047	715,177	910,870
50-54 Yrs.	1,344,520	619,273	725,247	1,373,692	625,798	747,894	1,403,889	632,966	770,923
55-59 Yrs.	1,141,267	540,780	600,487	1,169,911	551,244	618,667	1,198,304	560,950	637,354
60-64 Yrs.	913,995	440,734	473,261	944,320	451,765	492,555	974,964	462,879	512,085
65-69 Yrs.	707,769	343,221	364,547	724,151	349,970	374,181	742,870	357,366	385,503
70-74 Yrs.	530,681	249,998	280,684	540,060	254,977	285,084	550,346	260,215	290,131
75-79 Yrs.	354,681	162,150	192,531	360,792	164,166	196,626	367,388	166,636	200,752
80+ Yrs.	271,072	121,393	149,679	278,303	123,469	154,835	285,202	125,362	159,840

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

Age	2026			2027			2028		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	32,144,921	15,601,443	16,543,478	32,462,518	15,757,337	16,705,181	32,766,483	15,906,454	16,860,029
00-04 Yrs.	2,905,831	1,514,591	1,391,240	2,857,448	1,490,607	1,366,841	2,804,749	1,464,328	1,340,421
05-09 Yrs.	3,017,353	1,566,220	1,451,132	3,010,613	1,564,005	1,446,608	2,994,315	1,556,821	1,437,494
10-14 Yrs.	2,921,917	1,511,015	1,410,902	2,953,287	1,528,227	1,425,060	2,978,758	1,542,447	1,436,311
15-19 Yrs.	2,649,430	1,351,036	1,298,395	2,686,744	1,372,884	1,313,859	2,731,894	1,398,942	1,332,952
20-24 Yrs.	3,003,253	1,516,949	1,486,304	2,894,308	1,461,969	1,432,339	2,801,555	1,415,205	1,386,351
25-29 Yrs.	3,221,407	1,606,795	1,614,613	3,202,462	1,600,801	1,601,661	3,159,162	1,581,088	1,578,073
30-34 Yrs.	2,920,849	1,403,917	1,516,932	3,013,917	1,464,108	1,549,810	3,087,532	1,511,411	1,576,121
35-39 Yrs.	2,256,514	977,126	1,279,388	2,367,851	1,045,327	1,322,524	2,497,726	1,127,894	1,369,833
40-44 Yrs.	1,923,768	813,877	1,109,891	1,968,942	829,743	1,139,199	2,014,130	846,889	1,167,241
45-49 Yrs.	1,665,091	727,067	938,025	1,705,820	738,568	967,252	1,748,680	750,352	998,329
50-54 Yrs.	1,435,540	641,416	794,123	1,468,922	651,569	817,353	1,504,042	663,260	840,782
55-59 Yrs.	1,226,752	569,749	657,003	1,255,234	577,481	677,753	1,283,783	584,342	699,440
60-64 Yrs.	1,004,940	473,782	531,158	1,034,001	484,477	549,524	1,062,406	494,988	567,418
65-69 Yrs.	764,292	365,578	398,714	788,611	374,628	413,983	815,440	384,355	431,085
70-74 Yrs.	561,693	265,602	296,090	574,011	271,069	302,942	587,361	276,678	310,683
75-79 Yrs.	374,054	169,440	204,614	380,885	172,623	208,262	388,194	176,231	211,963
80+ Yrs.	292,237	127,285	164,952	299,464	129,251	170,212	306,757	131,225	175,532

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

Age	2029			2030			2031		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**33,056,861**	**16,048,800**	**17,008,061**	**33,333,693**	**16,184,376**	**17,149,317**	**33,597,032**	**16,313,189**	**17,283,844**
00-04 Yrs.	2,749,090	1,436,457	1,312,633	2,691,489	1,407,523	1,283,967	2,632,885	1,378,013	1,254,872
05-09 Yrs.	2,968,682	1,544,768	1,423,914	2,934,640	1,528,319	1,406,321	2,893,116	1,507,945	1,385,172
10-14 Yrs.	2,997,436	1,553,236	1,444,201	3,008,331	1,560,068	1,448,263	3,011,074	1,562,734	1,448,340
15-19 Yrs.	2,784,242	1,428,862	1,355,380	2,842,830	1,462,165	1,380,666	2,906,027	1,498,024	1,408,003
20-24 Yrs.	2,724,324	1,376,354	1,347,970	2,661,938	1,345,070	1,316,869	2,614,336	1,321,296	1,293,040
25-29 Yrs.	3,098,524	1,551,527	1,546,997	3,028,842	1,516,700	1,512,141	2,956,350	1,480,105	1,476,245
30-34 Yrs.	3,139,711	1,545,262	1,594,450	3,169,306	1,565,960	1,603,346	3,176,000	1,574,004	1,601,996
35-39 Yrs.	2,635,614	1,217,237	1,418,378	2,766,944	1,302,830	1,464,113	2,880,616	1,376,740	1,503,876
40-44 Yrs.	2,065,895	869,868	1,196,027	2,133,057	904,717	1,228,340	2,220,991	955,115	1,265,876
45-49 Yrs.	1,793,195	762,772	1,030,423	1,838,675	776,301	1,062,373	1,885,055	791,601	1,093,455
50-54 Yrs.	1,540,726	675,852	864,874	1,578,659	688,396	890,263	1,617,678	700,312	917,366
55-59 Yrs.	1,312,823	590,970	721,854	1,342,895	598,227	744,668	1,374,402	606,719	767,683
60-64 Yrs.	1,090,320	505,084	585,236	1,118,074	514,494	603,580	1,145,955	523,080	622,876
65-69 Yrs.	843,849	394,504	449,345	872,599	404,744	467,855	900,809	414,819	485,990
70-74 Yrs.	602,196	282,607	319,589	619,082	289,091	329,991	638,335	296,264	342,071
75-79 Yrs.	396,085	180,158	215,926	404,692	184,277	220,415	414,140	188,513	225,627
80+ Yrs.	314,147	133,282	180,865	321,639	135,494	186,145	329,263	137,905	191,359

LOW VARIANT

Table 7 : 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 8 : Population projection for Nepal 2011-2031 by sex and calendar year (low variant)

Year	Population		
	Total	Male	Female
2011	26,494,504	12,849,041	13,645,463
2012	26,870,687	13,029,567	13,841,120
2013	27,250,101	13,212,049	14,038,052
2014	27,631,331	13,395,825	14,235,507
2015	28,012,977	13,580,182	14,432,795
2016	28,393,529	13,764,372	14,629,157
2017	28,771,783	13,947,773	14,824,010
2018	29,145,987	14,129,512	15,016,475
2019	29,514,745	14,308,893	15,205,852
2020	29,876,531	14,485,112	15,391,419
2021	30,229,966	14,657,425	15,572,541
2022	30,572,904	14,824,691	15,748,213
2023	30,903,579	14,985,964	15,917,615
2024	31,220,902	15,140,656	16,080,245
2025	31,524,041	15,288,314	16,235,727
2026	31,812,223	15,428,518	16,383,705
2027	32,084,533	15,560,774	16,523,758
2028	32,340,508	15,684,824	16,655,684
2029	32,580,165	15,800,657	16,779,508
2030	32,803,516	15,908,255	16,895,261
2031	33,010,587	16,007,612	17,002,976

Table 9 :   Population projection by age and sex for Nepal, 2011 - 2031 (low variant)

Age	2011			2012			2013		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**26,494,504**	**12,849,041**	**13,645,463**	**26,870,687**	**13,029,567**	**13,841,120**	**27,250,101**	**13,212,049**	**14,038,052**
00-04 Yrs.	2,698,565	1,380,177	1,318,388	2,732,460	1,400,427	1,332,032	2,771,632	1,423,581	1,348,051
05-09 Yrs.	3,074,257	1,569,956	1,504,301	2,962,543	1,513,538	1,449,005	2,867,346	1,465,487	1,401,859
10-14 Yrs.	3,341,426	1,697,057	1,644,369	3,320,242	1,690,160	1,630,082	3,274,292	1,669,273	1,605,019
15-19 Yrs.	3,065,978	1,510,764	1,555,214	3,159,436	1,571,646	1,587,790	3,232,877	1,619,242	1,613,635
20-24 Yrs.	2,392,279	1,070,091	1,322,188	2,504,610	1,139,534	1,365,076	2,635,876	1,223,671	1,412,205
25-29 Yrs.	2,045,146	891,133	1,154,013	2,089,747	906,859	1,182,888	2,134,301	923,883	1,210,419
30-34 Yrs.	1,780,599	797,106	983,493	1,820,998	808,372	1,012,626	1,863,530	819,907	1,043,622
35-39 Yrs.	1,559,025	713,671	845,354	1,592,319	723,627	868,692	1,627,382	735,215	892,167
40-44 Yrs.	1,373,341	655,556	717,785	1,402,215	663,161	739,055	1,431,001	669,745	761,256
45-49 Yrs.	1,185,739	579,835	605,904	1,216,788	591,395	625,393	1,246,891	602,671	644,220
50-54 Yrs.	985,214	495,281	489,933	1,012,808	505,841	506,967	1,043,380	517,244	526,135
55-59 Yrs.	838,525	423,475	415,050	853,187	430,471	422,716	869,121	437,601	431,520
60-64 Yrs.	716,002	353,432	362,570	724,984	358,094	366,889	734,712	363,575	371,137
65-69 Yrs.	595,274	292,801	302,473	597,868	292,583	305,286	603,369	293,810	309,559
70-74 Yrs.	478,238	235,919	242,319	490,595	240,176	250,419	492,193	239,401	252,791
75-79 Yrs.	191,617	97,909	93,708	238,695	119,459	119,237	276,954	136,423	140,532
80+ Yrs.	173,279	84,878	88,401	151,191	74,224	76,967	145,244	71,319	73,924

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Table 9 : Population projection by age and sex for Nepal, 2011 - 2031 (low variant)

Age	2014			2015			2016		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**27,631,331**	**13,395,825**	**14,235,507**	**28,012,977**	**13,580,182**	**14,432,795**	**28,393,529**	**13,764,372**	**14,629,157**
00-04 Yrs.	2,815,505	1,449,356	1,366,149	2,862,935	1,477,121	1,385,813	2,912,201	1,505,993	1,406,208
05-09 Yrs.	2,787,937	1,425,486	1,362,451	2,723,597	1,393,169	1,330,429	2,674,278	1,368,495	1,305,783
10-14 Yrs.	3,210,778	1,638,361	1,572,417	3,138,181	1,602,105	1,536,075	3,062,865	1,564,080	1,498,784
15-19 Yrs.	3,284,283	1,652,997	1,631,287	3,312,519	1,673,245	1,639,274	3,317,315	1,680,525	1,636,790
20-24 Yrs.	2,775,231	1,314,668	1,460,563	2,907,704	1,401,695	1,506,008	3,021,919	1,476,611	1,545,309
25-29 Yrs.	2,185,571	946,889	1,238,682	2,252,613	982,079	1,270,534	2,340,931	1,033,222	1,307,709
30-34 Yrs.	1,907,709	832,082	1,075,627	1,952,824	845,387	1,107,437	1,998,816	860,512	1,138,303
35-39 Yrs.	1,664,021	747,749	916,272	1,701,884	760,209	941,676	1,740,784	771,970	968,815
40-44 Yrs.	1,460,178	676,018	784,160	1,490,354	682,940	807,414	1,521,989	691,192	830,797
45-49 Yrs.	1,276,230	613,398	662,832	1,305,186	623,270	681,916	1,334,086	632,128	701,958
50-54 Yrs.	1,075,765	529,157	546,608	1,108,406	541,135	567,270	1,140,179	552,834	587,346
55-59 Yrs.	886,933	445,126	441,807	907,400	453,414	453,986	930,950	462,675	468,275
60-64 Yrs.	745,335	369,665	375,670	757,069	376,109	380,960	770,098	382,738	387,360
65-69 Yrs.	610,955	296,240	314,715	619,371	299,479	319,891	627,821	303,255	324,567
70-74 Yrs.	487,964	235,990	251,974	483,713	232,692	251,021	482,949	231,131	251,818
75-79 Yrs.	306,969	149,273	157,695	327,881	157,767	170,114	339,914	162,123	177,791
80+ Yrs.	149,969	73,370	76,599	161,343	78,366	82,977	176,432	84,889	91,543

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Table 9 : Population projection by age and sex for Nepal, 2011 - 2031 (low variant)

Age	2017			2018			2019		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	28,771,783	13,947,773	14,824,010	29,145,987	14,129,512	15,016,475	29,514,745	14,308,893	15,205,852
00-04 Yrs.	2,929,064	1,515,785	1,413,279	2,939,547	1,522,275	1,417,272	2,942,711	1,525,044	1,417,666
05-09 Yrs.	2,708,881	1,388,999	1,319,882	2,748,896	1,412,462	1,336,433	2,793,549	1,438,472	1,355,077
10-14 Yrs.	2,952,014	1,508,085	1,443,929	2,857,565	1,460,403	1,397,163	2,778,797	1,420,725	1,358,072
15-19 Yrs.	3,296,863	1,673,848	1,623,015	3,251,748	1,653,249	1,598,499	3,189,113	1,622,674	1,566,439
20-24 Yrs.	3,114,997	1,537,195	1,577,802	3,188,229	1,584,620	1,603,610	3,239,650	1,618,337	1,621,313
25-29 Yrs.	2,452,896	1,102,188	1,350,708	2,583,644	1,185,725	1,397,919	2,722,428	1,276,094	1,446,334
30-34 Yrs.	2,043,660	876,260	1,167,400	2,088,474	893,293	1,195,180	2,139,933	916,260	1,223,672
35-39 Yrs.	1,781,359	783,305	998,054	1,824,062	794,903	1,029,159	1,868,397	807,137	1,061,260
40-44 Yrs.	1,555,381	701,219	854,162	1,590,536	712,853	877,682	1,627,263	725,425	901,838
45-49 Yrs.	1,362,902	639,792	723,111	1,391,666	646,469	745,197	1,420,854	652,855	767,998
50-54 Yrs.	1,170,795	564,249	606,547	1,200,540	575,407	625,133	1,229,600	586,053	643,547
55-59 Yrs.	957,825	472,947	484,878	987,578	484,033	503,545	1,019,115	495,618	523,497
60-64 Yrs.	784,293	389,441	394,852	799,723	396,296	403,427	816,973	403,540	413,433
65-69 Yrs.	636,431	307,651	328,780	645,738	312,779	332,959	655,903	318,452	337,451
70-74 Yrs.	485,969	231,379	254,590	491,340	232,768	258,572	498,414	235,106	263,308
75-79 Yrs.	348,687	165,019	183,668	350,207	164,652	185,555	347,968	162,643	185,325
80+ Yrs.	189,765	90,412	99,353	206,495	97,325	109,169	224,079	104,460	119,619

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Table 9 : Population projection by age and sex for Nepal, 2011 - 2031 (low variant)

Age	2020			2021			2022		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	29,876,531	14,485,112	15,391,419	30,229,966	14,657,425	15,572,541	30,572,904	14,824,691	15,748,213
00-04 Yrs.	2,937,665	1,523,619	1,414,046	2,924,150	1,517,844	1,406,306	2,901,284	1,507,226	1,394,058
05-09 Yrs.	2,841,763	1,466,485	1,375,278	2,891,773	1,495,606	1,396,167	2,909,404	1,505,719	1,403,685
10-14 Yrs.	2,715,023	1,388,700	1,326,324	2,666,176	1,364,270	1,301,906	2,700,951	1,384,841	1,316,110
15-19 Yrs.	3,117,370	1,586,778	1,530,592	3,042,838	1,549,116	1,493,723	2,932,811	1,493,543	1,439,268
20-24 Yrs.	3,268,133	1,638,672	1,629,462	3,273,395	1,646,148	1,627,247	3,253,612	1,639,779	1,613,833
25-29 Yrs.	2,854,418	1,362,572	1,491,846	2,968,344	1,437,092	1,531,252	3,061,356	1,497,448	1,563,909
30-34 Yrs.	2,207,023	951,316	1,255,707	2,295,206	1,002,200	1,293,007	2,406,842	1,070,775	1,336,068
35-39 Yrs.	1,913,661	820,497	1,093,164	1,959,793	835,668	1,124,125	2,004,790	851,467	1,153,323
40-44 Yrs.	1,665,219	737,931	927,287	1,704,217	749,759	954,458	1,744,886	761,177	983,709
45-49 Yrs.	1,451,059	659,893	791,165	1,482,726	668,244	814,481	1,516,144	678,345	837,800
50-54 Yrs.	1,258,343	595,887	662,457	1,287,085	604,753	682,332	1,315,802	612,482	703,320
55-59 Yrs.	1,050,946	507,277	543,669	1,082,006	518,686	563,320	1,112,023	529,845	582,177
60-64 Yrs.	836,760	411,499	425,261	859,487	420,366	439,121	885,373	430,171	455,202
65-69 Yrs.	667,112	324,439	342,673	679,539	330,597	348,942	693,071	336,834	356,237
70-74 Yrs.	506,179	238,089	268,090	514,018	241,518	272,499	522,042	245,462	276,580
75-79 Yrs.	345,942	160,799	185,144	346,493	160,174	186,318	349,754	160,779	188,975
80+ Yrs.	239,915	110,660	129,255	252,721	115,385	137,335	262,759	118,798	143,961

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Table 9 : Population projection by age and sex for Nepal, 2011 - 2031 (low variant)

Age	2023			2024			2025		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**30,903,579**	**14,985,964**	**15,917,615**	**31,220,902**	**15,140,656**	**16,080,245**	**31,524,041**	**15,288,314**	**16,235,727**
00-04 Yrs.	2,868,862	1,491,623	1,377,239	2,827,232	1,471,200	1,356,032	2,777,413	1,446,478	1,330,935
05-09 Yrs.	2,920,590	1,512,547	1,408,043	2,924,510	1,515,685	1,408,825	2,920,271	1,514,657	1,405,614
10-14 Yrs.	2,741,120	1,408,362	1,332,758	2,785,914	1,434,420	1,351,494	2,834,251	1,462,469	1,371,782
15-19 Yrs.	2,839,071	1,446,240	1,392,831	2,760,944	1,406,904	1,354,040	2,697,752	1,375,187	1,322,564
20-24 Yrs.	3,209,326	1,619,592	1,589,735	3,147,615	1,589,493	1,558,122	3,076,831	1,554,104	1,522,728
25-29 Yrs.	3,134,727	1,544,788	1,589,940	3,186,478	1,578,550	1,607,928	3,215,471	1,599,049	1,616,422
30-34 Yrs.	2,537,131	1,153,822	1,383,309	2,675,445	1,243,676	1,431,769	2,807,080	1,329,709	1,477,371
35-39 Yrs.	2,049,766	868,549	1,181,217	2,101,355	891,518	1,209,837	2,168,463	926,472	1,241,991
40-44 Yrs.	1,787,680	772,867	1,014,813	1,832,116	785,193	1,046,923	1,877,499	798,638	1,078,862
45-49 Yrs.	1,551,319	690,026	861,293	1,588,063	702,630	885,434	1,626,047	715,177	910,870
50-54 Yrs.	1,344,520	619,273	725,247	1,373,692	625,798	747,894	1,403,889	632,966	770,923
55-59 Yrs.	1,141,267	540,780	600,487	1,169,911	551,244	618,667	1,198,304	560,950	637,354
60-64 Yrs.	913,995	440,734	473,261	944,320	451,765	492,555	974,964	462,879	512,085
65-69 Yrs.	707,769	343,221	364,547	724,151	349,970	374,181	742,870	357,366	385,503
70-74 Yrs.	530,681	249,998	280,684	540,060	254,977	285,084	550,346	260,215	290,131
75-79 Yrs.	354,681	162,150	192,531	360,792	164,166	196,626	367,388	166,636	200,752
80+ Yrs.	271,072	121,393	149,679	278,303	123,469	154,835	285,202	125,362	159,840

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Table 9 :   Population projection by age and sex for Nepal, 2011 - 2031 (low variant)

Age	2026			2027			2028		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**31,812,223**	**15,428,518**	**16,383,705**	**32,084,533**	**15,560,774**	**16,523,758**	**32,340,508**	**15,684,824**	**16,655,684**
00-04 Yrs.	2,720,406	1,417,968	1,302,438	2,657,794	1,386,485	1,271,309	2,591,108	1,352,821	1,238,286
05-09 Yrs.	2,907,607	1,509,306	1,398,301	2,885,641	1,499,144	1,386,498	2,854,157	1,484,019	1,370,138
10-14 Yrs.	2,884,389	1,491,626	1,392,763	2,902,250	1,501,845	1,400,406	2,913,686	1,508,789	1,404,897
15-19 Yrs.	2,649,430	1,351,036	1,298,395	2,684,419	1,371,686	1,312,733	2,724,790	1,395,278	1,329,512
20-24 Yrs.	3,003,253	1,516,949	1,486,304	2,894,308	1,461,969	1,432,339	2,801,555	1,415,205	1,386,351
25-29 Yrs.	3,221,407	1,606,795	1,614,613	3,202,462	1,600,801	1,601,661	3,159,162	1,581,088	1,578,073
30-34 Yrs.	2,920,849	1,403,917	1,516,932	3,013,917	1,464,108	1,549,810	3,087,532	1,511,411	1,576,121
35-39 Yrs.	2,256,514	977,126	1,279,388	2,367,851	1,045,327	1,322,524	2,497,726	1,127,894	1,369,833
40-44 Yrs.	1,923,768	813,877	1,109,891	1,968,942	829,743	1,139,199	2,014,130	846,889	1,167,241
45-49 Yrs.	1,665,091	727,067	938,025	1,705,820	738,568	967,252	1,748,680	750,352	998,329
50-54 Yrs.	1,435,540	641,416	794,123	1,468,922	651,569	817,353	1,504,042	663,260	840,782
55-59 Yrs.	1,226,752	569,749	657,003	1,255,234	577,481	677,753	1,283,783	584,342	699,440
60-64 Yrs.	1,004,940	473,782	531,158	1,034,001	484,477	549,524	1,062,406	494,988	567,418
65-69 Yrs.	764,292	365,578	398,714	788,611	374,628	413,983	815,440	384,355	431,085
70-74 Yrs.	561,693	265,602	296,090	574,011	271,069	302,942	587,361	276,678	310,683
75-79 Yrs.	374,054	169,440	204,614	380,885	172,623	208,262	388,194	176,231	211,963
80+ Yrs.	292,237	127,285	164,952	299,464	129,251	170,212	306,757	131,225	175,532

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Table 9 : Population projection by age and sex for Nepal, 2011 - 2031 (low variant)

Age	2029			2030			2031		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
All Ages	**32,580,165**	**15,800,657**	**16,779,508**	**32,803,516**	**15,908,255**	**16,895,261**	**33,010,587**	**16,007,612**	**17,002,976**
00-04 Yrs.	2,521,618	1,317,635	1,203,983	2,450,261	1,281,413	1,168,848	2,377,887	1,244,597	1,133,290
05-09 Yrs.	2,813,489	1,464,093	1,349,396	2,764,641	1,439,876	1,324,766	2,708,607	1,411,875	1,296,732
10-14 Yrs.	2,917,873	1,512,054	1,405,819	2,913,921	1,511,166	1,402,755	2,901,563	1,505,966	1,395,597
15-19 Yrs.	2,769,774	1,421,398	1,348,377	2,818,291	1,449,499	1,368,791	2,868,601	1,478,701	1,389,900
20-24 Yrs.	2,724,324	1,376,354	1,347,970	2,661,938	1,345,070	1,316,869	2,614,336	1,321,296	1,293,040
25-29 Yrs.	3,098,524	1,551,527	1,546,997	3,028,842	1,516,700	1,512,141	2,956,350	1,480,105	1,476,245
30-34 Yrs.	3,139,711	1,545,262	1,594,450	3,169,306	1,565,960	1,603,346	3,176,000	1,574,004	1,601,996
35-39 Yrs.	2,635,614	1,217,237	1,418,378	2,766,944	1,302,830	1,464,113	2,880,616	1,376,740	1,503,876
40-44 Yrs.	2,065,895	869,868	1,196,027	2,133,057	904,717	1,228,340	2,220,991	955,115	1,265,876
45-49 Yrs.	1,793,195	762,772	1,030,423	1,838,675	776,301	1,062,373	1,885,055	791,601	1,093,455
50-54 Yrs.	1,540,726	675,852	864,874	1,578,659	688,396	890,263	1,617,678	700,312	917,366
55-59 Yrs.	1,312,823	590,970	721,854	1,342,895	598,227	744,668	1,374,402	606,719	767,683
60-64 Yrs.	1,090,320	505,084	585,236	1,118,074	514,494	603,580	1,145,955	523,080	622,876
65-69 Yrs.	843,849	394,504	449,345	872,599	404,744	467,855	900,809	414,819	485,990
70-74 Yrs.	602,196	282,607	319,589	619,082	289,091	329,991	638,335	296,264	342,071
75-79 Yrs.	396,085	180,158	215,926	404,692	184,277	220,415	414,140	188,513	225,627
80+ Yrs.	314,147	133,282	180,865	321,639	135,494	186,145	329,263	137,905	191,359

URBAN POPULATION PROJECTION

Table 10 : Urban population projection by age and sex, 2011 - 2031 (medium varient)

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 10 :   Urban population projection by age and sex, 2011 - 2031 (medium varient)

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 11 : Population projection by sex of Development Region, 2011 - 2031 (medium variant)

Age	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Eastern Dev. Region	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
Central Dev. Region	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
Western Dev. Region	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
Mid-Western Dev. Region	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
Far-Western Dev. Region	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

Age	2026			2031		
	Total	Male	Female	Total	Male	Female
Eastern Dev. Region	6,725,525	3,171,093	3,554,432	6,960,600	3,259,217	3,701,383
Central Dev. Region	12,250,553	6,233,722	6,016,831	12,936,854	6,621,400	6,315,454
Western Dev. Region	5,584,722	2,592,782	2,991,940	5,721,655	2,654,009	3,067,646
Mid-Western Dev. Region	4,417,491	2,111,970	2,305,521	4,647,115	2,217,234	2,429,881
Far-Western Dev. Region	3,166,630	1,491,876	1,674,754	3,330,809	1,561,329	1,769,480

ECOLOGICAL BELTS

Table 12 :   Population projection by sex of Ecological Belt, 2011 - 2031 (medium variant)

Ecological Belt	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Mountain	1,781,792	862,592	919,200	1,853,940	900,665	953,275	1,918,935	936,659	982,276
Hill	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
Tarai	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

Ecological Belt	2026			2031		
	Total	Male	Female	Total	Male	Female
Mountain	2,001,472	982,505	1,018,967	2,061,976	1,017,975	1,044,001
Hill	13,216,876	6,369,302	6,847,574	13,662,587	6,608,278	7,054,309
Tarai	16,926,573	8,249,636	8,676,937	17,872,470	8,686,936	9,185,534

DISTRICT LEVEL POPULATION PROJECTION

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

District	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Taplejung	127,461	60,552	66,909	129,694	61,489	68,205	130,992	62,015	68,977
Panchthar	191,817	90,186	101,631	195,334	91,263	104,071	197,440	91,689	105,751
Illam	290,254	141,126	149,128	302,791	146,765	156,026	314,201	151,901	162,300
Jhapa	812,650	385,096	427,554	875,828	411,125	464,703	939,491	436,797	502,694
Morang	965,370	466,712	498,658	1,036,841	499,337	537,504	1,108,654	532,097	576,557
Sunsari	763,487	371,229	392,258	845,555	409,542	436,013	931,436	449,583	481,853
Dhankuta	163,412	76,515	86,897	168,131	77,907	90,224	171,841	78,778	93,063
Tehrathum	101,577	47,151	54,426	101,546	46,752	54,794	100,495	45,894	54,601
Sankhuwasabha	158,742	75,225	83,517	157,854	74,763	83,091	155,292	73,563	81,729
Bhojpur	182,459	86,053	96,406	169,139	80,205	88,934	152,216	72,643	79,573
Solukhumbu	105,886	51,200	54,686	104,415	50,738	53,677	101,726	49,728	51,998
Okhaldhunga	147,984	68,687	79,297	150,428	69,647	80,781	151,762	70,129	81,633
Khotang	206,312	97,092	109,220	190,100	89,221	100,879	169,630	79,442	90,188
Udayapur	317,532	149,712	167,820	339,267	157,353	181,914	360,705	164,376	196,329
Saptari	639,284	313,846	325,438	679,548	331,589	347,959	719,000	348,788	370,212
Siraha	637,328	310,101	327,227	674,923	323,701	351,222	711,146	335,910	375,236
Dhanusha	754,777	378,538	376,239	803,785	401,225	402,560	852,097	423,481	428,616
Mahottari	627,580	311,016	316,564	673,405	329,966	343,439	719,181	348,280	370,901
Sarlahi	769,729	389,756	379,973	838,695	426,143	412,552	909,891	464,317	445,574
Sindhuli	296,192	142,123	154,069	305,164	145,888	159,276	312,448	148,885	163,563

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

District	2026			2031		
	Total	Male	Female	Total	Male	Female
Taplejung	134,769	63,769	71,000	136,824	64,684	72,140
Panchthar	203,148	93,810	109,338	206,231	94,630	111,601
Illam	328,016	158,285	169,731	338,131	162,808	175,323
Jhapa	996,913	459,087	537,826	1,044,418	475,800	568,618
Morang	1,175,177	562,484	612,693	1,230,237	586,970	643,267
Sunsari	1,001,863	482,241	519,622	1,064,015	510,514	553,501
Dhankuta	177,840	80,653	97,187	181,583	81,351	100,232
Tehrathum	102,179	46,296	55,883	102,400	45,982	56,418
Sankhuwasabha	157,468	74,684	82,784	157,396	74,728	82,668
Bhojpur	146,236	70,330	75,906	137,302	66,555	70,747
Solukhumbu	102,627	50,527	52,100	102,017	50,597	51,420
Okhaldhunga	156,009	72,017	83,992	158,252	72,949	85,303
Khotang	161,957	75,750	86,207	150,888	70,456	80,432
Udayapur	380,853	170,333	210,520	396,866	173,720	223,146
Saptari	758,110	365,767	392,343	789,309	378,481	410,828
Siraha	742,360	345,060	397,300	764,731	348,992	415,739
Dhanusha	899,589	445,384	454,205	937,881	462,324	475,557
Mahottari	761,650	364,418	397,232	796,305	375,821	420,484
Sarlahi	972,362	498,909	473,453	1,026,572	529,667	496,905
Sindhuli	316,532	150,446	166,086	316,013	149,755	166,258

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

District	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Ramechhap	202,646	93,386	109,260	206,653	95,308	111,345	209,248	96,659	112,589
Dolakha	186,557	87,003	99,554	187,584	86,595	100,989	186,871	85,376	101,495
Sindhupalchowk	287,798	138,351	149,447	292,370	140,296	152,074	294,736	141,258	153,478
Kavrepalanchowk	381,937	182,936	199,001	394,229	189,619	204,610	404,549	195,590	208,959
Lalitpur	468,132	238,082	230,050	525,211	270,627	254,584	585,982	306,207	279,775
Bhaktapur	304,651	154,884	149,767	340,066	175,368	164,698	377,660	197,737	179,923
Kathmandu	1,744,240	913,001	831,239	2,011,978	1,059,270	952,708	2,300,890	1,219,538	1,081,352
Nuwakot	277,471	132,787	144,684	283,827	135,593	148,234	288,328	137,588	150,740
Rasuwa	43,300	21,475	21,825	44,399	21,733	22,666	45,200	21,818	23,382
Dhading	336,067	157,834	178,233	346,950	161,896	185,054	355,975	165,076	190,899
Makawanpur	420,477	206,684	213,793	443,976	217,994	225,982	466,612	229,001	237,611
Rautahat	686,722	351,079	335,643	772,098	398,094	374,004	862,993	449,193	413,800
Bara	687,708	351,244	336,464	765,053	393,956	371,097	846,772	440,049	406,723
Parsa	601,017	312,358	288,659	663,559	348,603	314,956	729,291	387,666	341,625
Chitwan	579,984	279,087	300,897	644,219	309,247	334,972	711,629	340,970	370,659
Gorkha	271,061	121,041	150,020	259,299	115,022	144,277	243,272	107,225	136,047
Lamjung	167,724	75,913	91,811	170,568	76,862	93,706	172,158	77,270	94,888
Tanahun	323,288	143,410	179,878	336,710	147,965	188,745	348,724	151,798	196,926
Syangja	289,148	125,833	163,315	270,403	117,244	153,159	246,315	106,466	139,849
Kaski	492,098	236,385	255,713	543,767	263,777	279,990	597,988	293,247	304,741
Manang	6,538	3,661	2,877	6,444	3,757	2,687	6,284	3,804	2,480

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

District	2026			2031		
	Total	Male	Female	Total	Male	Female
Ramechhap	215,563	99,843	115,720	219,189	101,794	117,395
Dolakha	190,693	86,221	104,472	191,845	85,724	106,121
Sindhupalchowk	302,978	145,161	157,817	307,316	147,157	160,159
Kavrepalanchowk	420,013	204,367	215,646	430,608	210,895	219,713
Lalitpur	635,151	336,990	298,161	680,157	366,466	313,691
Bhaktapur	408,472	217,388	191,084	436,553	236,188	200,365
Kathmandu	2,522,103	1,347,388	1,174,715	2,729,056	1,469,787	1,259,269
Nuwakot	297,622	141,987	155,635	303,208	144,582	158,626
Rasuwa	46,687	22,212	24,475	47,572	22,259	25,313
Dhading	369,235	170,237	198,998	378,016	173,143	204,873
Makawanpur	490,481	240,824	249,657	509,196	250,081	259,115
Rautahat	935,960	492,414	443,546	1,002,668	533,312	469,356
Bara	914,078	479,992	434,086	974,815	517,351	457,464
Parsa	784,922	422,676	362,246	834,768	455,464	379,304
Chitwan	766,462	366,865	399,597	815,116	389,630	425,486
Gorkha	221,898	97,224	124,674	194,728	84,748	109,980
Lamjung	176,971	79,174	97,797	179,487	79,997	99,490
Tanahun	363,278	156,659	206,619	373,551	159,399	214,152
Syangja	215,832	93,072	122,760	178,715	76,855	101,860
Kaski	643,183	319,275	323,908	683,513	343,537	339,976
Manang	6,364	3,993	2,371	6,537	3,978	2,559

Contd…

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

District	2011			2016			2021		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Mustang	13,452	7,093	6,359	12,477	6,552	5,925	11,240	5,878	5,362
Myagdi	113,641	51,395	62,246	112,643	51,079	61,564	110,419	50,248	60,171
Parbat	146,590	65,301	81,289	148,130	65,814	82,316	148,448	65,821	82,627
Baglung	268,613	117,997	150,616	277,582	121,094	156,488	285,119	123,549	161,570
Gulmi	280,160	120,995	159,165	268,597	115,326	153,271	252,731	107,919	144,812
Palpa	261,180	115,840	145,340	255,386	112,189	143,197	246,206	107,113	139,093
Nawalparasi	643,508	303,675	339,833	690,731	322,960	367,771	737,968	341,838	396,130
Rupandehi	880,196	432,193	448,003	982,851	480,673	502,178	1,091,034	531,671	559,363
Kapilbastu	571,936	285,599	286,337	625,522	312,276	313,246	680,984	340,112	340,872
Arghakhanchi	197,632	86,266	111,366	200,967	86,445	114,522	202,756	85,877	116,879
Pyuthan	228,102	100,053	128,049	236,540	102,446	134,094	243,816	104,220	139,596
Rolpa	224,506	103,100	121,406	232,419	105,445	126,974	239,145	107,135	132,010
Rukum	208,567	99,159	109,408	220,092	102,576	117,516	231,015	105,359	125,656
Salyan	242,444	115,969	126,475	259,309	122,969	136,340	276,060	129,778	146,282
Dang	552,583	261,059	291,524	605,796	283,469	322,327	660,742	306,187	354,555
Banke	491,313	244,255	247,058	554,630	275,149	279,481	621,921	308,048	313,873
Bardiya	426,576	205,080	221,496	456,547	217,438	239,109	486,334	229,428	256,906
Surkhet	350,804	169,421	181,383	387,858	187,876	199,982	426,673	207,480	219,193
Dailekha	261,770	126,990	134,780	281,758	138,298	143,460	302,085	150,179	151,906
Jajarkot	171,304	85,537	85,767	186,375	93,667	92,708	201,913	102,242	99,671

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

District	2026			2031		
	Total	Male	Female	Total	Male	Female
Mustang	10,803	5,628	5,175	10,140	5,261	4,879
Myagdi	106,452	48,675	57,777	100,385	46,125	54,260
Parbat	151,999	67,319	84,680	153,537	67,901	85,636
Baglung	295,745	127,353	168,392	302,796	129,468	173,328
Gulmi	249,402	105,975	143,427	241,779	102,166	139,613
Palpa	246,502	106,222	140,280	242,885	103,540	139,345
Nawalparasi	781,485	358,657	422,828	817,081	371,095	445,986
Rupandehi	1,177,926	572,340	605,586	1,255,541	607,988	647,553
Kapilbastu	728,693	364,445	364,248	770,155	385,674	384,481
Arghakhanchi	208,189	86,771	121,418	210,825	86,277	124,548
Pyuthan	248,726	104,895	143,831	250,142	103,895	146,247
Rolpa	248,289	109,800	138,489	254,389	110,864	143,525
Rukum	242,287	107,916	134,371	250,723	108,653	142,070
Salyan	291,865	136,043	155,822	304,669	140,649	164,020
Dang	706,858	324,393	382,465	746,519	338,861	407,658
Banke	674,817	333,999	340,818	722,827	357,398	365,429
Bardiya	514,332	240,343	273,989	537,038	248,276	288,762
Surkhet	465,096	227,306	237,790	500,484	245,858	254,626
Dailekha	320,983	161,832	159,151	337,052	172,379	164,673
Jajarkot	215,652	110,154	105,498	227,559	117,280	110,279

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

District	2011			2016			2021		
	Total	**Male**	**Female**	**Total**	**Male**	**Female**	**Total**	**Male**	**Female**
Dolpa	36,700	18,238	18,462	39,832	20,066	19,766	43,058	22,009	21,049
Jumla	108,921	54,898	54,023	117,958	59,835	58,123	127,214	65,007	62,207
Kalikot	136,948	68,833	68,115	149,371	76,137	73,234	162,277	83,965	78,312
Mugu	55,286	28,025	27,261	60,109	30,950	29,159	65,102	34,072	31,030
Humla	50,858	25,833	25,025	55,261	28,254	27,007	59,800	30,810	28,990
Bajura	134,912	65,806	69,106	146,338	71,971	74,367	158,078	78,472	79,606
Bajhang	195,159	92,794	102,365	210,122	100,711	109,411	225,304	108,970	116,334
Aachham	257,477	120,008	137,469	274,505	129,324	145,181	291,468	138,948	152,520
Doti	211,746	97,252	114,494	213,619	94,837	118,782	213,465	91,146	122,319
Kailali	775,709	378,417	397,292	870,771	422,917	447,854	971,320	469,848	501,472
Kanchanpur	451,248	216,042	235,206	494,553	232,715	261,838	539,119	249,012	290,107
Dadeldhura	142,094	66,556	75,538	151,312	70,860	80,452	160,426	75,167	85,259
Baitadi	250,898	117,407	133,491	260,015	121,427	138,588	267,932	124,947	142,985
Darchula	133,274	63,605	69,669	139,712	66,818	72,894	145,761	69,914	75,847

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

District	2026			2031		
	Total	Male	Female	Total	Male	Female
Dolpa	45,955	23,862	22,093	48,477	25,577	22,900
Jumla	135,577	69,878	65,699	142,768	74,235	68,533
Kalikot	173,642	91,311	82,331	183,639	98,156	85,483
Mugu	69,571	37,057	32,514	73,489	39,838	33,651
Humla	63,841	33,181	30,660	67,340	35,315	32,025
Bajura	168,561	84,569	83,992	177,612	90,080	87,532
Bajhang	239,314	116,949	122,365	251,166	124,055	127,111
Aachham	308,049	148,801	159,248	321,734	157,514	164,220
Doti	217,832	88,899	128,933	218,884	84,542	134,342
Kailali	1,050,982	506,649	544,333	1,122,577	539,044	583,533
Kanchanpur	582,034	263,513	318,521	619,897	274,274	345,623
Dadeldhura	168,622	79,132	89,490	175,060	82,275	92,785
Baitadi	278,614	129,861	148,753	286,041	133,214	152,827
Darchula	152,622	73,503	79,119	157,838	76,331	81,507