

S.No.	English name	Nepali name	Zones	Headquarters	Population	Area (km2)	Districts (No.)
1	Eastern Development Region	पुर्वाञ्चल विकास क्षेत्र	Mechi Koshi Sagarmatha	Dhankuta	5,811,555	28,456	16
2	Central Development Region	मध्यमाञ्चल विकास क्षेत्र	Janakpur Bagmati Narayani	Kathmandu	9,656,985	27,410	19
3	Western Development Region	पश्चिमाञ्चल विकास क्षेत्र	Gandaki Lumbini Dhaulagiri	Pokhara	4,926,765	29,398	16
4	Mid-Western Development Region	मध्य पश्चिमाञ्चल विकास क्षेत्र	Rapti Bheri Karnali	Birendranagar	3,546,682	42,378	15
5	Far-Western Development Region	सुदुर पश्चिमाञ्चल विकास क्षेत्र	Seti Mahakali	Dipayal	2,552,517	19,539	9

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