

Always with you,
building a more confident future

2026
(2082-83 B.S.)



Part of a global family - bringing world-class protection, trust, and expertise to every Nepali household.



MetLife Headquarter, New York City



JANUARY 2026

पौष/माघ २०८२

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 १०	2 १२	3 १४
					New Year 2026	
4 १०	5 ११	6 १२	7 १३	8 १४	9 १५	10 १६
11 १७	12 १८	13 १९	14 १०	15 १ माघ	16 २	17 ३
18 ८	19 ५	20 ६	21 ७	22 ८	23 ९	24 १०
	Sonam Lhosar					
25 ११	26 १२	27 १३	28 १४	29 १५	30 १६	31 १७
					Martyrs' Day	

*The holidays mentioned in each month are subject to change



Our customers are at the heart of everything we do - every solution, support and moment of care.



 **MetLife**

Great
Place
To
Work.[®]
Certified
JUN 2025-JUN 2026
NEPAL

FEBRUARY 2026

માઘ/ફાળગુણ ૨૦૨૬

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
૧ ૧૮	૨ ૧૯	૩ ૨૦	૪ ૨૧	૫ ૨૨	૬ ૨૩	૭ ૨૪
૮ ૨૫	૯ ૨૬	૧૦ ૨૭	૧૧ ૨૮	૧૨ ૨૯	૧૩ ૧ ફાલગુણ	૧૪ ૨
૧૫ ૩	૧૬ ૪	૧૭ ૫	૧૮ ૬	૧૯ ૭	૨૦ ૮	૨૧ ૯
Maha Shivaratri			Gyalpo Lhosar	National Democracy Day		
૨૨ ૧૦	૨૩ ૧૧	૨૪ ૧૨	૨૫ ૧૩	૨૬ ૧૪	૨૭ ૧૫	૨૮ ૧૬

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A workplace where everyone belongs - dynamic, respectful, and full of celebration.



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MARCH 2026

फाल्गुण/चैत्र २०८२

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 १६	2 १७	3 १८	4 २०	5 २१	6 २२	7 २३
		Holi (Fagu Purnima)	Tarai Holi			
8 २४	9 २५	10 २६	11 २७	12 २८	13 २९	14 ३०
International Women's Day						
15 १ चैत्र	16 २	17 ३	18 ४	19 ५	20 ६	21 ७
			Ghode Jatra (Ktm)			
22 ८	23 ९	24 १०	25 ११	26 १२	27 १३	28 १४
					Ram Nawami	
29 १५	30 १६	31 १७				

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Empowered talent drives our success - together, we grow, innovate, and achieve.



APRIL 2026

चैत्र २०८२/बैशाख २०८३

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 १२	2 १३	3 १०	4 ११
5 १२	6 १३	7 १४	8 १५	9 १६	10 १७	11 १८
12 १९	13 २०	14 १ बैशाख २०८३	15 २	16 ३	17 ४	18 ५
19 ६	20 ७	21 ८	22 ९	23 १०	24 ११	25 १२
26 १३	27 १४	28 १५	29 १६	30 १७		

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नेपाल पञ्चाङ्ग निर्णयिक विकास समितिकार समीकृत प्राप्त च.नं. ००९ / ०५२ / ०९४



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We celebrate excellence - recognizing dedication, achievement, and the spirit of teamwork.



MAY 2026

ਬੈਂਚਾਖ/ਜੋ਷ ੨੦੨੩

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 ੧੦					1 ੧੨	2 ੧੯
3 ੨੦	4 ੨੧	5 ੨੨	6 ੨੩	7 ੨੮	8 ੨੫	9 ੨੬
10 ੨੭	11 ੨੮	12 ੨੯	13 ੩੦	14 ੩੧	15 ੧ ਜੋ਷	16 ੨
17 ੩	18 ੮	19 ੫	20 ੬	21 ੭	22 ੮	23 ੯
24 ੧੦	25 ੧੧	26 ੧੨	27 ੧੩	28 ੧੪	29 ੧੫	30 ੧੬

Buddha Jayanti
World Labour Day

Gantantra Diwas

ਨੇਪਾਰ ਪੰਜਾਬ ਨਿਧਾਨਕ ਵਿਕਾਸ ਸਮੰਗਿਵਾਰ ਸ਼ੰਕਿਤ ਪ੍ਰਾਤ ਚ.ਨ. ੦੦੯ / ੦੫੨ /੩੨

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We care beyond success - building a sustainable, responsible, and resilient future.



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JUNE 2026

जेष्ठ/आषाढ २०८३

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 ^{१८}	2 ^{१९}	3 ^{२०}	4 ^{२१}	5 ^{२२}	6 ^{२३}
7 ^{२४}	8 ^{२५}	9 ^{२६}	10 ^{२७}	11 ^{२८}	12 ^{२९}	13 ^{३०}
14 ^{३१}	15 ^१ आषाढ	16 ^२	17 ^३	18 ^४	19 ^५	20 ^६
21 ^७	22 ^८	23 ^९	24 ^{१०}	25 ^{११}	26 ^{१२}	27 ^{१३}
28 ^{१४}	29 ^{१५}	30 ^{१६}				

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We protect our people - offering benefits that go beyond work, because their wellbeing matters.



JULY 2026

આષાઢ/આવળ ૨૦૨૬

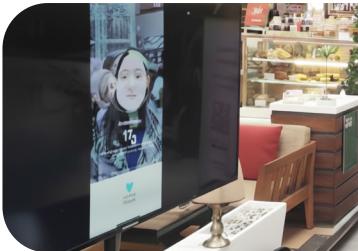
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 વિ	2 વિ	3 વિ	4 વિ
5 વિ	6 વિ	7 વિ	8 વિ	9 વિ	10 વિ	11 વિ
12 વિ	13 વિ	14 વિ	15 વિ	16 વિ	17 વિ આવળ	18 વિ
19 વિ	20 વિ	21 વિ	22 વિ	23 વિ	24 વિ	25 વિ
26 વિ	27 વિ	28 વિ	29 વિ	30 વિ	31 વિ	

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Driven by technology - transforming protection and service through digital innovation.



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AUGUST 2026

આવણ/માદ્ર ૨૦૮૩

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 ૧૮	31 ૧૯					1 ૧૬
2 ૧૭	3 ૧૮	4 ૧૯	5 ૨૦	6 ૨૧	7 ૨૨	8 ૨૩
9 ૨૪	10 ૨૫	11 ૨૬	12 ૨૭	13 ૨૮	14 ૨૯	15 ૩૦
16 ૩૧	17 ૧ ભાદ્ર	18 ૨	19 ૩	20 ૪	21 ૫	22 ૬
23 ૭	24 ૮	25 ૯	26 ૧૦	27 ૧૧	28 ૧૨	29 ૧૩

Janai Purnima Gai Jatra (Ktm)

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નેપાલ પંચાંગ નિપાયક વિકાસ સમાવિદાન સર્વીસ્કાર્ટ પ્રાચ ચ.ન. ૦૦૯ / ૦૫૨ / ૩૨



We inspire ambition - turning dreams into meaningful careers with limitless opportunities.



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SEPTEMBER 2026

माह/आश्विन २०८३

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 १६	2 १७	3 १८	4 १९	5 २०
	6 २१	7 २२	8 २३	9 २४	10 २५	11 २६
13 २८	14 २९	15 ३०	16 ३१	17 १ आश्विन	18 २	19 ३
20 ४	21 ५	22 ६	23 ७	24 ८	25 ९	26 १०
27 ११	28 १२	29 १३	30 १४			

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Learning never stops - nurturing growth through continuous development and knowledge sharing.



OCTOBER 2026

आश्विन/कार्तिक २०८३

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 १५	2 १६	3 १७
4 १८	5 १९	6 २०	7 २१	8 २२	9 २३	10 २४
11 २५	12 २६	13 २७	14 २८	15 २९	16 ३०	17 ३१
18 १ कार्तिक	19 २	20 ३	21 ४	22 ५	23 ६	24 ७
Maha Astami	Maha Nawami	Vijaya Dashami	Ekadashi	Dwadashi		
25 ८	26 ९	27 १०	28 ११	29 १२	30 १३	31 १४

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Innovation is in our DNA - creating smarter ways to serve our customers and communities.



NOVEMBER 2026

कार्तिक/मंसिर २०८३

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 १५	2 १६	3 १७	4 १८	5 १९	6 २०	7 २१
8 २२	9 २३	10 २४	11 २५	12 २६	13 २७	14 २८
Laxmi Puja	Govardhan Puja	Bhai Tika				
15 २९	16 ३०	17 १ मासिर	18 २	19 ३	20 ४	21 ५
Chhath Parwa						
22 ६	23 ७	24 ८	25 ९	26 १०	27 ११	28 १२
29 १३	30 १४					

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नेपाल पञ्चाङ्ग निर्णयिक विकास समितिकार समीकृति प्राप्त च.न. ००९ / ०५२ / २०८३



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JUN 2025-JUN 2026
NEPAL

DECEMBER 2026

मंसिर/पौष २०८३

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 १५	2 १६	3 १७	4 १८	5 १९
6 २०	7 २१	8 २२	9 २३	10 २४	11 २५	12 २६
13 २७	14 २८	15 २९	16 १ पौष	17 २	18 ३	19 ४
20 ५	21 ६	22 ७	23 ८	24 ९	25 १०	26 ११
27 १२	28 १३	29 १४	30 १५	31 १६		

Yomari Punhi
Ughauli Parwa

Christmas Day

Tamu Lhosar

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E-mail: service-nepal@metlife.com.np Website: www.metlife.com.np

BAGMATI PROVINCE

Chapagaun
Satdabato, Chapagaun, Ward No 17; 01-5151500
Thapathali
Above Machapuchre Bank, Ward No 11; 01-5339979
Panipokhari
Uma Shankhar Bhawan, Ward No 3; 01-4519654
Kantipath
Siddhartha Bhawan, Ward No 27; 01-5366578
Kamalpokhari
Opposite to City Center, Ward No 1; 01-4537297
Minbhawan
In front of Naapi Bibhag, Ward No 31; 01-4620570
Bhaktapur
Sipadol, Surya Binayak, Ward No 8; 01-6617589
Boudha
Tusalchowk, Boudha, Ward No 6; 01-4598027
Ravi Bhawan
Mathuri Housing, Ward No 13; 01-5376799
Banepa
Tindobato, Near Police Office, Ward No 8; 011-662456
Narayangadh
Charan Tower, Lions Chowk, Ward No.3; 056-595847
Hetauda
Sita Bhawan, TCN Road, Ward No 10; 057-521553

KOSHI PROVINCE

Biratnagar
City Center, Dharan Road, Ward No 7; 021-590023
Birtamod
Mukti Chowk, Ward No 5; Jhapa 023-534025
Dharan
Putali Line, Ward No. 9; 025-570539
Ilam
Ilam Bazar, Main Chowk, Ward No 7; 027-521986
Gaighat
Purano Petrol Pump Line, Ward No 11; 035-423660
Katari
Near Katari Hospital, Udaypur, Ward No 4; 035-450431
Itahari
Sunsari, Ward No 6; 025-587195
Damak
Opposite to D-Max Cinema, Ward No 5; 023-573971
Bhojpur Office
Dadagaun, Bank Road, Bhojpur-8; 9852074311
Pathari
Furniture Line, Ward no. 1; 9851433205

MADHESH PROVINCE

Lahan
Golchakkhar, 100m North, Ward No 5; 033-590402
Birgunj
Sripur, Ward No 13; Parsa; 051-520757
Janakpur
Bhanu Chowk, Mills Road, Ward No 1; 041-590426
Parsa, Chitwan
Khairahani, Ward No 8; Parsa; 9851433103
Chandranigahapur
Gaidatar Road, Ward No 1; Rautahat; 9851433102
Bardibas
Bardibas chowk, Ward no. 1; 9851433206

GANDAKI PROVINCE

Pokhara
New Road, Ward No 9; 061-552095
Kawasoti
Kawasoti, Ward No 2; Nawalparasi; 9851433104
Damauli
Vyas Municipality, Ward No 9; Tanahun; 9851433101
Baglung
Rabi Bastralaya, Ward no. 2; 9851433208

LUMBINI PROVINCE

Butwal
Singha Complex, Ward No 4; Amarpath 071-533213
Palpa
Makhan Tole, Ward No 4; Tansen; 075-522557
Bardaghat
Above Prabhu Bank, Ward No 4; 078-580783
Bhairahawa
Shashwat Bhawan, Ward No 8; 071-590864
Nepalgunj
Puspal Chowk, Ward No 2; 081-535015
Dang
Ghorahi, Ji Bi Sa Road, Ward No 15; 082-564018

KARNALI PROVINCE

Surkhet
Ari Chowk, Birendranagar, Ward No 4; 083-521588

SUDURPASHCHIM PROVINCE

Dhangadi
Sabjimandi Road, Ward No 2; 091-523815
Tikapur
Khadak Chowk, Hospital Rd., Ward No 1; 091-560887
Mahendranagar
Galli No 5, Ward No 18; Bhimdatta; 099-520229