

Always with you,
building a more confident future

2026

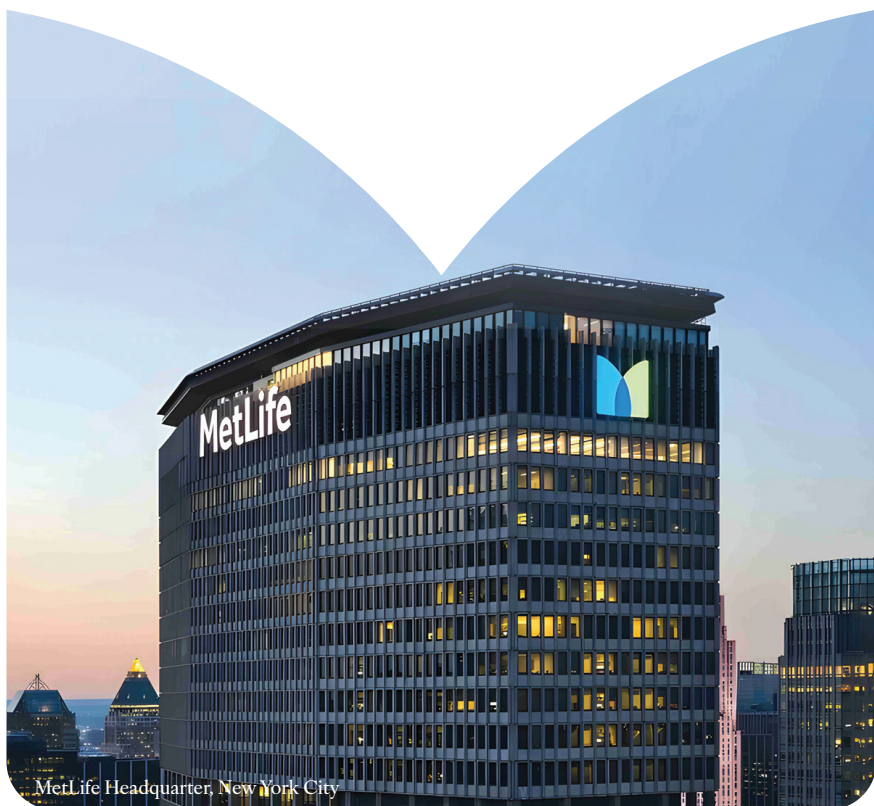
(2082-83 B.S.)



MetLife



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



MetLife Headquarter, New York City



MetLife



JANUARY 2026

पौष/माघ २०८२

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ^{१७}	2 ^{१८}	3 ^{१९}
				New Year 2026		
4 ^{२०}	5 ^{२१}	6 ^{२२}	7 ^{२३}	8 ^{२४}	9 ^{२५}	10 ^{२६}
11 ^{२७}	12 ^{२८}	13 ^{२९}	14 ^{३०}	15 ^{१ माघ}	16 ^२	17 ^३
Prithvi Jayanti				Maghi Parwa		
18 ^४	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

नेपाल पञ्चाङ्ग निर्णायक विकास समितिबाट स्वीकृत प्राप्त च.नं. ००१/०८२/८३



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



FEBRUARY 2026

माघ/फाल्गुण २०८२

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 ^१ फाल्गुण	14 ^२
15 ^३	16 ^४	17 ^५	18 ^६	19 ^७	20 ^८	21 ^९
Maha Shivaratri			Gyalpo Lhosar	National Democracy Day		
22 ^{१०}	23 ^{११}	24 ^{१२}	25 ^{१३}	26 ^{१४}	27 ^{१५}	28 ^{१६}

*The holidays mentioned in each month are subject to change

नेपाल पञ्चाङ्ग निर्णायक विकास समितिबाट स्वीकृत प्राप्त च.नं. ००१/०८२/८३



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



MARCH 2026

फाल्गुण/चैत्र २०८२

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ^{१७}	2 ^{१८} Holi (Fagu Purnima)	3 ^{१९} Tarai Holi	4 ^{२०}	5 ^{२१}	6 ^{२२}	7 ^{२३}
8 ^{२४} International Women's Day	9 ^{२५}	10 ^{२६}	11 ^{२७}	12 ^{२८}	13 ^{२९}	14 ^{३०}
15 ^१ चैत्र	16 ^२	17 ^३	18 ^४ Ghode Jatra (Ktm)	19 ^५	20 ^६	21 ^७
22 ^८	23 ^९	24 ^{१०}	25 ^{११}	26 ^{१२}	27 ^{१३} Ram Nawami	28 ^{१४}
29 ^{१५}	30 ^{१६}	31 ^{१७}				

*The holidays mentioned in each month are subject to change

नेपाल पञ्चाङ्ग निर्णायक विकास समितिबाट स्वीकृत प्राप्त च.नं. ००१/०८२/८३



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 ^{१८}	2 ^{१८}	3 ^{२०}	4 ^{२१}
5 ^{२२}	6 ^{२३}	7 ^{२४}	8 ^{२५}	9 ^{२६}	10 ^{२७}	11 ^{२८}
12 ^{२८}	13 ^{३०}	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}		

Nepali New Year

*The holidays mentioned in each month are subject to change

नेपाल पञ्चाङ्ग निर्णायक विकास समितिबाट स्वीकृत प्राप्त च.नं. ००१/०८२/८३



Download & Register on
one by MetLife

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



MAY 2026

बैशाख/जेष्ठ २०८३

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 ^{१०}					1 ^{१८} Buddha Jayanti World Labour Day	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 जेष्ठ}	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} Ganatantra Diwas	30 ^{१६}

*The holidays mentioned in each month are subject to change

नेपाल पञ्चाङ्ग निर्णायक विकास समितिबाट स्वीकृत प्राप्त च.नं. ००१/०८२/८३



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



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}				

*The holidays mentioned in each month are subject to change

नेपाल पञ्चाङ्ग निर्णायक विकास समितिबाट स्वीकृत प्राप्त च.नं. ००१/०८२/८३



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



JULY 2026

आषाढ/श्रावण २०८३

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ^{१७}	2 ^{१८}	3 ^{१९}	4 ^{२०}
5 ^{२१}	6 ^{२२}	7 ^{२३}	8 ^{२४}	9 ^{२५}	10 ^{२६}	11 ^{२७}
12 ^{२८}	13 ^{२९}	14 ^{३०}	15 ^{३१}	16 ^{३२}	17 ^१ श्रावण	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}	31 ^{१५}	

*The holidays mentioned in each month are subject to change

नेपाल पञ्चाङ्ग निर्णायक विकास समितिबाट स्वीकृत प्राप्त च.नं. ००१/०८२/८३



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



MetLife



AUGUST 2026

श्रावण/भाद्र २०८३

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 ^{१८}	31 ^{१९}					1 ^{१६}
2 ^{१७}	3 ^{१८}	4 ^{१९}	5 ^{२०}	6 ^{२१}	7 ^{२२}	8 ^{२३}
9 ^{२४}	10 ^{२५}	11 ^{२६}	12 ^{२७}	13 ^{२८}	14 ^{२९}	15 ^{३०}
16 ^{३१}	17 ^१ भाद्र	18 ^२	19 ^३	20 ^४	21 ^५	22 ^६
23 ^७	24 ^८	25 ^९	26 ^{१०}	27 ^{११}	28 ^{१२}	29 ^{१३}
					Janai Purnima	Gai Jatra (Ktm)

*The holidays mentioned in each month are subject to change

नेपाल पञ्चाङ्ग निर्णायक विकास समितिबाट स्वीकृत प्राप्त च.नं. ००१/०८२/८३



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



SEPTEMBER 2026

भाद्र/आश्विन २०८३

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ^{१६}	2 ^{१७}	3 ^{१८}	4 ^{१९}	5 ^{२०}
					Krishna Janmastami	
6 ^{२१}	7 ^{२२}	8 ^{२३}	9 ^{२४}	10 ^{२५}	11 ^{२६}	12 ^{२७}
13 ^{२८}	14 ^{२९}	15 ^{३०}	16 ^{३१}	17 ^१	18 ^२	19 ^३
	Teej (Women only)			आश्विन		Constitution Day
20 ^४	21 ^५	22 ^६	23 ^७	24 ^८	25 ^९	26 ^{१०}
					Indra Jatra (Ktm only)	
27 ^{११}	28 ^{१२}	29 ^{१३}	30 ^{१४}			

*The holidays mentioned in each month are subject to change

नेपाल पञ्चाङ्ग निर्णायक विकास समितिबाट स्वीकृत प्राप्त च.नं. ००१/०८२/८३



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}
Ghatasthapana						Fulpati
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}

*The holidays mentioned in each month are subject to change

नेपाल पञ्चाङ्ग निर्णायक विकास समितिबाट स्वीकृत प्राप्त च.नं. ००१/०८२/८३



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 मंसिर	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}					

*The holidays mentioned in each month are subject to change

नेपाल पञ्चाङ्ग निर्णायक विकास समितिबाट स्वीकृत प्राप्त च.नं. ००१/०८२/८३



Together we thrive - a work place filled
with energy, collaboration,
and connection.



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 Yomari Punhi Ughauli Parwa	25 ^{१०} Christmas Day	26 ^{११}
27 ^{१२}	28 ^{१३}	29 ^{१४}	30 ^{१५} Tamu Lhosar	31 ^{१६}		

नेपाल पञ्चाङ्ग निर्णायक विकास समितिबाट स्वीकृत प्राप्त च. नं. ००१/०८२/८३

*The holidays mentioned in each month are subject to change



MetLife Nepal Offices HEAD OFFICE

Signature Platinum Tower, Pulchowk, Lalitpur
Tel: (+977-1) 5455166, Call Center (+977-1) 5970166, Toll Free No. 1660-01-55555 (NTC)
E-mail: service-nepal@metlife.com.np Website: www.metlife.com.np

BAGMATI PROVINCE

Chapagaun
Satdobato, 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
Golchakkar, 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; Amarpur 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
Puspapal 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