

जीवन बीमा अभिकर्ताको आधारभूत तालिम कार्यक्रमको वार्षिक कार्यतालिका आर्थिक वर्ष २०८० । २०८१

तालिमको लागि चाहिने आवश्यक कागजातहरू :

१. तालिमको लागि निवेदन २. नेपाली नागरिकताको प्रमाणपत्रको फोटोकपी ३. कम्तिमा एस.एल. सि ( एस.ई. ई. ) वा सो सरहको परिक्षा पास गरेको मार्केसिट र चारित्रिक प्रमाणपत्रको फोटोकपी ४. PAN Number/ Card ५. Bank Account Number ६. तालिम शुल्क रु १०००

नोट : कृपया विस्तृत जानकारीको लागि मेटलाइफको कार्यालयमा सम्पर्क गर्नु होला ।

SN	तालिम हुने स्थान	तालिम हुने मिति	English Date	तालिमको लागि निवेदन दिने अन्तिम मिति	सम्पर्क ठेगाना
1	Lalitpur	01 - 03 Shrawan, 2080	17 - 19 July, 2023	30 Asar 2080	MetLife, Pulchowk, Lalitpur
2	Kathmandu	01 - 03 Shrawan, 2080	17 - 19 July, 2023	30 Asar 2080	MetLife, Pulchowk, Lalitpur
3	Birtamod	01 - 03 Shrawan, 2080	17-19 July, 2023	30 Asar 2080	MetLife, Birtamode, Ph:023-544025
4	Lahan	01 - 03 Shrawan, 2080	17-19 July, 2023	30 Asar 2080	MetLife, Lahan, Ph:033-590402
5	Itahari	01 - 03 Shrawan, 2080	17-19 July, 2023	30 Asar 2080	MetLife, Itahari, Ph: 025-587195
6	Chitwan	01 - 03 Shrawan, 2080	17-19 July, 2023	30 Asar 2080	MetLife, Chitwan, Ph:056-595938
7	Bhairahawa	01 - 03 Shrawan, 2080	17-19 July, 2023	30 Asar 2080	MetLife, Bhairahawa Ph : 071-590864
8	Kathmandu	03 - 05 Shrawan, 2080	19 - 21 July, 2023	1 Shrawan 2080	MetLife, Pulchowk, Lalitpur
9	Kapilvastu	03 - 05 Shrawan, 2080	19 - 21 July, 2023	1 Shrawan 2080	MetLife, Butwal, Ph:071-503113
10	Pokhara	03 - 05 Shrawan, 2080	19-21 July, 2023	1 Shrawan 2080	MetLife, Pokhara, Ph:061-550095
11	Hetauda	03 - 05 Shrawan, 2080	19-21 July, 2023	1 Shrawan 2080	MetLife, Hetauda, Ph:057-5211553
12	Dhangadhi	03 - 05 Shrawan, 2080	19-21 July, 2023	1 Shrawan 2080	MetLife, Dhangadhi, Ph:091-523815
13	Ilam	04-06 Shrawan, 2080	20-22 July, 2023	1 Shrawan 2080	MetLife, Ilam, Ph:027-521986
14	Biratnagar	04-06 Shrawan, 2080	20-22 July, 2023	1 Shrawan 2080	MetLife, Biratnagar, Ph:021-590013
15	Jaleshwar	05-07 Shrawan, 2080	21-23 July, 2023	1 Shrawan 2080	MetLife, Janakpur Ph : 041-590426
16	Bhojpur	08-10 Shrawan, 2080	24-26 July, 2023	5 Shrawan 2080	MetLife, Biratnagar, Ph:021-590013
17	Inaruwa	08-10 Shrawan, 2080	24-26 July, 2023	5 Shrawan 2080	MetLife, Biratnagar, Ph:021-590013
18	Jumla	08-10 Shrawan, 2080	24-26 July, 2023	5 Shrawan 2080	MetLife, Surkhet ,Ph: 083-521588
19	Lalitpur	10 - 12 Shrawan, 2080	26 - 28 July, 2023	7 Shrawan 2080	MetLife, Pulchowk, Lalitpur
20	Lalitpur	10 - 12 Shrawan, 2080	26 - 28 July, 2023	7 Shrawan 2080	MetLife, Pulchowk, Lalitpur
21	Kathmandu	10 - 12 Shrawan, 2080	26 - 28 July, 2023	7 Shrawan 2080	MetLife, Pulchowk, Lalitpur
22	Damak	10 - 12 Shrawan, 2080	26 - 28 July, 2023	7 Shrawan 2080	MetLife, Damak, Ph:023-583970/71
23	Dharan	10 - 12 Shrawan, 2080	26 - 28 July, 2023	7 Shrawan 2080	MetLife, Dharan, Ph: 025-532791
24	Birgunj	10 - 12 Shrawan, 2080	26 - 28 July, 2023	7 Shrawan 2080	MetLife, Birgunj, Ph:051-520757
25	Palpa	10 - 12 Shrawan, 2080	26 - 28 July, 2023	7 Shrawan 2080	MetLife, Palpa, Ph: 075-522557
26	Nepalgunj	10 - 12 Shrawan, 2080	26 - 28 July, 2023	7 Shrawan 2080	MetLife, Nepalgunj Ph : 081-411015
27	Janakpur	12-14 Shrawan, 2080	28-30 July, 2023	9 Shrawan 2080	MetLife, Janakpur Ph : 041-590426
28	Katari	12-14 Shrawan, 2080	28-30 July, 2023	9 Shrawan 2080	MetLife, Katari, Ph : 035-450431
29	Birtamod	16-18 Shrawan, 2080	01-03 August, 2023	13 Shrawan 2080	MetLife, Birtamode, Ph:023-544025
30	Golbazar, Siraha	16-18 Shrawan, 2080	01-03 August, 2023	13 Shrawan 2080	MetLife, Lahan, Ph:033-590402
31	Itahari	16-18 Shrawan, 2080	01-03 August, 2023	13 Shrawan 2080	MetLife, Itahari, Ph: 025-587195
32	Lalitpur	17 - 19 Shrawan, 2080	02 - 04 August, 2023	14 Shrawan 2080	MetLife, Pulchowk, Lalitpur
33	Bhaktapur	17 - 19 Shrawan, 2080	02 - 04 August, 2023	14 Shrawan 2080	MetLife, Pulchowk, Lalitpur
34	Biratnagar	17 - 19 Shrawan, 2080	02 - 04 August, 2023	14 Shrawan 2080	MetLife, Biratnagar, Ph:021-590013
35	Chitwan	17 - 19 Shrawan, 2080	02 - 04 August, 2023	14 Shrawan 2080	MetLife, Chitwan, Ph:056-595938
36	Butwal	17 - 19 Shrawan, 2080	02 - 04 August, 2023	14 Shrawan 2080	MetLife, Butwal, Ph:071-503113
37	Bardaghat	17 - 19 Shrawan, 2080	02 - 04 August, 2023	14 Shrawan 2080	MetLife, Bardaghat, Ph:078-580783
38	Mahendranagar	17 - 19 Shrawan, 2080	02 - 04 August, 2023	14 Shrawan 2080	MetLife, Mahendranagar, Ph:99-520229
39	Kathmandu	22 - 24 Shrawan, 2080	07 - 09 August, 2023	19 Shrawan 2080	MetLife, Pulchowk, Lalitpur
40	Pokhara	22 - 24 Shrawan, 2080	07 - 09 August, 2023	19 Shrawan 2080	MetLife, Pokhara, Ph:061-550095
41	Lalitpur	24 - 26 Shrawan, 2080	09 - 11 August, 2023	21 Shrawan 2080	MetLife, Pulchowk, Lalitpur
42	Banepa	24 - 26 Shrawan, 2080	09 - 11 August, 2023	21 Shrawan 2080	MetLife, Pulchowk, Lalitpur
43	Dang	24-26 Shrawan 2080	09-11 August, 2023	21 Shrawan 2080	MetLife, Dang, Ph:082-564018
44	Tikapur	24-26 Shrawan 2080	09-11 August, 2023	21 Shrawan 2080	MetLife, Tikapur, Ph : 091-560887
45	Lalitpur	25 - 27 Shrawan, 2080	10 - 12 August, 2023	21 Shrawan 2080	MetLife, Pulchowk, Lalitpur
46	Damak	25 - 27 Shrawan, 2080	10 - 12 August, 2023	21 Shrawan 2080	MetLife, Damak, Ph:023-583970/71
47	Gaighat	25 - 27 Shrawan, 2080	10 - 12 August, 2023	21 Shrawan 2080	MetLife, Gaighat, Ph:035-421660
48	Bardibas	26-28 Shrawan, 2080	11-13 August, 2023	23 Shrawan 2080	MetLife, Janakpur Ph : 041-590426
49	Ilam	28-30 Shrawan, 2080	13-15 August, 2023	25 Shrawan 2080	MetLife, Ilam, Ph:027-521986
50	Dharan	28-30 Shrawan, 2080	13-15 August, 2023	25 Shrawan 2080	MetLife, Dharan, Ph: 025-532791
51	Bhairahawa	29-31 shrawan 2080	14-16 August, 2023	25 Shrawan 2080	MetLife, Bhairahawa Ph : 071-590864
52	Lalitpur	30 - 32 Shrawan, 2080	15 - 17 August, 2023	27 Shrawan 2080	MetLife, Pulchowk, Lalitpur
53	Lalitpur	30 - 32 Shrawan, 2080	15 - 17 August, 2023	27 Shrawan 2080	MetLife, Pulchowk, Lalitpur
54	Kathmandu	30 - 32 Shrawan, 2080	15 - 17 August, 2023	27 Shrawan 2080	MetLife, Pulchowk, Lalitpur
55	Hetauda	30 - 32 Shrawan, 2080	15 - 17 August, 2023	27 Shrawan 2080	MetLife, Hetauda, Ph:057-5211553
56	Kathmandu	31 Shrawan - 01 Bhadra, 2080	16 - 18 August, 2023	28 Shrawan 2080	MetLife, Pulchowk, Lalitpur
57	Nuwakot	31 Shrawan - 01 Bhadra, 2080	16 - 18 August, 2023	28 Shrawan 2080	MetLife, Pulchowk, Lalitpur
58	Birtamod	31 Shrawan - 01 Bhadra, 2080	16 - 18 August, 2023	28 Shrawan 2080	MetLife, Birtamode, Ph:023-544025
59	Biratnagar	31 Shrawan - 01 Bhadra, 2080	16 - 18 August, 2023	28 Shrawan 2080	MetLife, Biratnagar, Ph:021-590013
60	Bideh Na.Pa	01-03 Bhadra, 2080	18-20 August, 2023	29 Shrawan 2080	MetLife, Janakpur Ph : 041-590426
61	Kathmandu	03 - 05 Bhadra, 2080	20 - 22 August, 2023	31 Shrawan 2080	MetLife, Pulchowk, Lalitpur
62	Kathmandu	04 - 06 Bhadra, 2080	21 - 23 August, 2023	01 Bhadra, 2080	MetLife, Pulchowk, Lalitpur

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63	Lalitpur	04 - 06 Bhadra, 2080	21 - 23 August, 2023	01 Bhadra, 2080	MetLife, Pulchowk, Lalitpur
64	Lahan	04 - 06 Bhadra, 2080	21 - 23 August, 2023	01 Bhadra, 2080	MetLife, Lahan, Ph:033-590402
65	Chitwan	04 - 06 Bhadra, 2080	21 - 23 August, 2023	01 Bhadra, 2080	MetLife, Chitwan, Ph:056-595938
66	Pyuthan	04 - 06 Bhadra, 2080	21 - 23 August, 2023	01 Bhadra, 2080	MetLife, Dang, Ph:082-564018
67	Dhangadhi	06 - 08 Bhadra, 2080	23-25 August, 2023	03 Bhadra, 2080	MetLife, Dhangadhi, Ph:091-523815
68	Surkhet	06 - 08 Bhadra, 2080	23-25 August, 2023	03 Bhadra, 2080	MetLife, Surkhet ,Ph: 083-521588
69	Lalitpur	11 - 13 Bhadra, 2080	28 - 30 August, 2023	8 Bhadra, 2080	MetLife, Pulchowk, Lalitpur
70	Bhaktapur	11 - 13 Bhadra, 2080	28 - 30 August, 2023	8 Bhadra, 2080	MetLife, Pulchowk, Lalitpur
71	Janakpur	11 - 13 Bhadra, 2080	28 - 30 August, 2023	8 Bhadra, 2080	MetLife, Janakpur Ph : 041-590426
72	Damak	11 - 13 Bhadra, 2080	28 - 30 August, 2023	8 Bhadra, 2080	MetLife, Damak, Ph:023-583970/71
73	Katari	11 - 13 Bhadra, 2080	28 - 30 August, 2023	8 Bhadra, 2080	MetLife, Katari, Ph : 035-450431
74	Pokhara	11 - 13 Bhadra, 2080	28 - 30 August, 2023	8 Bhadra, 2080	MetLife, Pokhara, Ph:061-550095
75	Birgunj	11 - 13 Bhadra, 2080	28 - 30 August, 2023	8 Bhadra, 2080	MetLife, Birgunj, Ph:051-520757
76	Palpa	11 - 13 Bhadra, 2080	28 - 30 August, 2023	8 Bhadra, 2080	MetLife, Palpa, Ph: 075-522557
77	Nepalgunj	11 - 13 Bhadra, 2080	28 - 30 August, 2023	8 Bhadra, 2080	MetLife, Nepalgunj Ph : 081-411015
78	Kathmandu	15 - 17 Bhadra, 2080	01-03 September, 2023	12 Bhadra, 2080	MetLife, Pulchowk, Lalitpur
79	Dudhauri, Sindhuli	15-17 Bhadra, 2080	01-03 September, 2023	12 Bhadra, 2080	MetLife, Gaighat, Ph:035-421660
80	Mithila Na.Pa	15-17 Bhadra, 2080	01-03 September, 2023	12 Bhadra, 2080	MetLife, Janakpur Ph : 041-590426
81	Birtamod	17-19 Bhadra, 2080	03-05 September, 2023	14 Bhadra, 2080	MetLife, Birtamode, Ph:023-544025
82	Itahari	17-19 Bhadra, 2080	03-05 September, 2023	14 Bhadra, 2080	MetLife, Itahari, Ph: 025-587195
83	Biratnagar	17-19 Bhadra, 2080	03-05 September, 2023	14 Bhadra, 2080	MetLife, Biratnagar, Ph:021-590013
84	Kathmandu	18 - 20 Bhadra, 2080	04 - 06 September, 2023	15 Bhadra, 2080	MetLife, Pulchowk, Lalitpur
85	Jumla	18 - 20 Bhadra, 2080	04 - 06 September, 2023	15 Bhadra, 2080	MetLife, Surkhet ,Ph: 083-521588
86	Chitwan	18 - 20 Bhadra, 2080	04 - 06 September, 2023	15 Bhadra, 2080	MetLife, Chitwan, Ph:056-595938
87	Butwal	18 - 20 Bhadra, 2080	04 - 06 September, 2023	15 Bhadra, 2080	MetLife, Butwal, Ph:071-503113
88	Bardaghat	18 - 20 Bhadra, 2080	04 - 06 September, 2023	15 Bhadra, 2080	MetLife, Bardaghat, Ph:078-580783
89	Mahendranagar	18 - 20 Bhadra, 2080	04 - 06 September, 2023	15 Bhadra, 2080	MetLife, Mahendranagar, Ph:99-520229
90	Hetauda	20-22 Bhadra, 2080	06-8 September, 2023	16 Bhadra, 2080	MetLife, Hetauda, Ph:057-5211553
91	Tikapur	20-22 Bhadra, 2080	06-8 September, 2023	16 Bhadra, 2080	MetLife, Tikapur, Ph : 091-560887
92	Ilam	21-23 Bhadra, 2080	07-09 September, 2023	17 Bhadra, 2080	MetLife, Ilam, Ph:027-521986
93	Lalitpur	25 - 27 Bhadra, 2080	11 - 13 September, 2023	22 Bhadra, 2080	MetLife, Pulchowk, Lalitpur
94	Kathmandu	25 - 27 Bhadra, 2080	11 - 13 September, 2023	22 Bhadra, 2080	MetLife, Pulchowk, Lalitpur
95	Lalitpur	25 - 27 Bhadra, 2080	11 - 13 September, 2023	22 Bhadra, 2080	MetLife, Pulchowk, Lalitpur
96	Janakpur	25 - 27 Bhadra, 2080	11 - 13 September, 2023	22 Bhadra, 2080	MetLife, Janakpur Ph : 041-590426
97	Damak	25 - 27 Bhadra, 2080	11 - 13 September, 2023	22 Bhadra, 2080	MetLife, Damak, Ph:023-583970/71
98	Dharan	25 - 27 Bhadra, 2080	11 - 13 September, 2023	22 Bhadra, 2080	MetLife, Dharan, Ph:025-532791
99	Gaighat	25 - 27 Bhadra, 2080	11 - 13 September, 2023	22 Bhadra, 2080	MetLife, Gaighat, Ph:035-421660
100	Pokhara	25 - 27 Bhadra, 2080	11 - 13 September, 2023	22 Bhadra, 2080	MetLife, Pokhara, Ph:061-550095
101	Kathmandu	27 - 29 Bhadra, 2080	13 - 15 September, 2023	24 Bhadra, 2080	MetLife, Pulchowk, Lalitpur
102	Birgunj	27 - 29 Bhadra, 2080	13 - 15 September, 2023	24 Bhadra, 2080	MetLife, Birgunj, Ph:051-520757
103	Dang	27-29 Bhadra 2080	13-15 September, 2023	25 Bhadra, 2080	MetLife, Dang, Ph:082-564018
104	Bhojpur	29-31 Bhadra, 2080	15-17 September, 2023	26 Bhadra, 2080	MetLife, Biratnagar, Ph:021-590013
105	Birtamod	02-04 Asoj, 2080	19-21 September, 2023	30 Bhadra, 2080	MetLife, Birtamode, Ph:023-544025
106	Nuwakot	03 - 05 Asoj, 2080	20 - 22 September, 2023	31 Bhadra, 2080	MetLife, Pulchowk, Lalitpur
107	Kathmandu	03 - 05 Asoj, 2080	20 - 22 September, 2023	31 Bhadra, 2080	MetLife, Pulchowk, Lalitpur
108	Palpa	03 - 05 Asoj, 2080	20 - 22 September, 2023	31 Bhadra, 2080	MetLife, Palpa, Ph: 075-522557
109	Lalitpur	04 - 06 Asoj, 2080	21 - 23 September, 2023	1 Asoj 2080	MetLife, Pulchowk, Lalitpur
110	Biratnagar	04-06 Asoj, 2080	21-23 September, 2023	1 Asoj 2080	MetLife, Biratnagar, Ph:021-590013
111	Ilam	05-07 Asoj, 2080	22-24 September, 2023	2 Asoj 2080	MetLife, Ilam, Ph:027-521986
112	Rampur, Udayapur	05-07 Asoj, 2080	22-24 September, 2023	2 Asoj 2080	MetLife, Gaighat, Ph:035-421660
113	Jaleshwar	05-07 Asoj, 2080	22-24 September, 2023	2 Asoj 2080	MetLife, Janakpur Ph : 041-590426
114	Lalitpur	08 - 10 Asoj, 2080	25 - 27 September, 2023	5 Asoj 2080	MetLife, Pulchowk, Lalitpur
115	Banepa	08 - 10 Asoj, 2080	25 - 27 September, 2023	5 Asoj 2080	MetLife, Pulchowk, Lalitpur
116	Itahari	08-10 Asoj, 2080	25-27 September, 2023	5 Asoj 2080	MetLife, Itahari, Ph: 025-587195
117	Damak	09-11 Asoj, 2080	26-28 September, 2023	6 Asoj 2080	MetLife, Damak, Ph:023-583970/71
118	Katari	09-11 Asoj, 2080	26-28 September, 2023	6 Asoj 2080	MetLife, Katari, Ph : 035-450431
119	Chitwan	09-11 Asoj, 2080	26-28 September, 2023	6 Asoj 2080	MetLife, Chitwan, Ph:056-595938
120	Dhangadhi	09-11 Asoj, 2080	26-28 September, 2023	6 Asoj 2080	MetLife, Dhangadhi, Ph:091-523815
121	Pokhara	10-12 Asoj, 2080	27-29 September, 2023	7 Asoj 2080	MetLife, Pokhara, Ph:061-550095
122	Hetauda	10-12 Asoj, 2081	27-29 September, 2023	7 Asoj 2080	MetLife, Hetauda, Ph:057-5211553
123	Bhairahawa	10-12 Asoj, 2082	27-29 September, 2023	7 Asoj 2080	MetLife, Bhairahawa Ph : 071-590864
124	Surkhet	10-12 Asoj, 2083	27-29 September, 2023	7 Asoj 2080	MetLife, Surkhet ,Ph: 083-521588
125	Nepalgunj	10-12 Asoj, 2084	27-29 September, 2023	7 Asoj 2080	MetLife, Nepalgunj Ph : 081-411015
126	Jogbuda	10-12 Asoj, 2085	27-29 September, 2023	7 Asoj 2080	MetLife, Mahendranagar, Ph:99-520229
127	Lalbandi, Sarlahi	11-13 Asoj, 2080	28-30 September, 2023	8 Asoj 2080	MetLife, Lahan, Ph:033-590402
128	Lahan	12-14 Asoj, 2080	29 September - 01 October, 2023	9 Asoj 2080	MetLife, Lahan, Ph:033-590402
129	Inaruwa	14-16 Asoj, 2080	01-03 October, 2023	11 Asoj 2080	MetLife, Biratnagar, Ph:021-590013
130	Kathmandu	15 - 17 Asoj, 2080	02 - 04 October, 2023	12 Asoj 2080	MetLife, Pulchowk, Lalitpur
131	Lalitpur	15 - 17 Asoj, 2080	02 - 04 October, 2023	12 Asoj 2080	MetLife, Pulchowk, Lalitpur
132	Lalitpur	15 - 17 Asoj, 2080	02 - 04 October, 2023	12 Asoj 2080	MetLife, Pulchowk, Lalitpur

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133	Birtamode	15 - 17 Asoj, 2080	02 - 04 October, 2023	12 Asoj 2080	MetLife, Birtamode, Ph:023-544025
134	Janakpur	15 - 17 Asoj, 2080	02 - 04 October, 2023	12 Asoj 2080	MetLife, Janakpur Ph : 041-590426
135	Biratnagar	15 - 17 Asoj, 2080	02 - 04 October, 2023	12 Asoj 2080	MetLife, Biratnagar, Ph:021-590013
136	Birgunj	15 - 17 Asoj, 2080	02 - 04 October, 2023	12 Asoj 2080	MetLife, Birgunj, Ph:051-520757
137	Butwal	15 - 17 Asoj, 2080	02 - 04 October, 2023	12 Asoj 2080	MetLife, Butwal, Ph:071-503113
138	Bardaghat	15 - 17 Asoj, 2080	02 - 04 October, 2023	12 Asoj 2080	MetLife, Bardaghat, Ph:078-580783
139	Kathmandu	17 - 19 Asoj, 2080	04 - 06 October, 2023	14 Asoj 2080	MetLife, Pulchowk, Lalitpur
140	Mahendranagar	17 - 19 Asoj, 2080	04 - 06 October, 2023	14 Asoj 2080	MetLife, Mahendranagar, Ph:99-520229
141	Jumla	17 - 19 Asoj, 2080	04 - 06 October, 2023	14 Asoj 2080	MetLife, Surkhet ,Ph: 083-521588
142	Ilam	19-21 Asoj, 2080	06-08 October, 2023	16 Asoj 2080	MetLife, Ilam, Ph:027-521986
143	Kathmandu	22 -24 Asoj, 2080	09 - 11 October, 2023	19 Asoj 2080	MetLife, Pulchowk, Lalitpur
144	Dharan	22 -24 Asoj, 2080	09 - 11 October, 2023	19 Asoj 2080	MetLife, Dharan, Ph: 025-532791
145	Damak	22 -24 Asoj, 2080	09 - 11 October, 2023	19 Asoj 2080	MetLife, Damak, Ph:023-583970/71
146	Bardibas	22 -24 Asoj, 2080	09 - 11 October, 2023	19 Asoj 2080	MetLife, Janakpur Ph : 041-590426
147	Gaighat	22 -24 Asoj, 2080	09 - 11 October, 2023	19 Asoj 2080	MetLife, Gaighat, Ph:035-421660
148	Chitwan	22 -24 Asoj, 2080	09 - 11 October, 2023	19 Asoj 2080	MetLife, Chitwan, Ph:056-595938
149	Hetauda	23-25 Asoj, 2080	10-12 October, 2023	20 Asoj 2080	MetLife, Hetauda, Ph:057-5211553
150	Nepalgunj	23-25 Asoj, 2080	10-12 October, 2023	20 Asoj 2080	MetLife, Nepalgunj Ph : 081-411015
151	Kathmandu	24 - 26 Asoj, 2080	11 - 13 October, 2023	21 Asoj 2080	MetLife, Pulchowk, Lalitpur
152	Lalitpur	24 - 26 Asoj, 2080	11 - 13 October, 2023	21 Asoj 2080	MetLife, Pulchowk, Lalitpur
153	Urlabari	24 - 26 Asoj, 2080	11 - 13 October, 2023	21 Asoj 2080	MetLife, Damak, Ph:023-583970/71
154	Pokhara	24 - 26 Asoj, 2080	11 - 13 October, 2023	21 Asoj 2080	MetLife, Pokhara, Ph:061-550095
155	Dang	24 - 26 Asoj, 2080	11 - 13 October, 2023	21 Asoj 2080	MetLife, Dang, Ph:082-564018
156	Tikapur	24 - 26 Asoj, 2080	11 - 13 October, 2023	21 Asoj 2080	MetLife, Tikapur, Ph : 091-560887
157	Lalitpur	25 - 27 Asoj, 2080	12 - 14 October, 2023	22 Asoj 2080	MetLife, Pulchowk, Lalitpur
158	Bhadrapur	27-29 Asoj, 2080	14-16 October, 2023	23 Asoj 2080	MetLife, Birtamode, Ph:023-544025
159	Bhojpur	29 Asoj-01 Kartik, 2080	16-18 October, 2023	26 Asoj 2080	MetLife, Biratnagar, Ph:021-590013
160	Birtamod	29 Asoj-01 Kartik, 2080	16-18 October, 2023	26 Asoj 2080	MetLife, Birtamode, Ph:023-544025
161	Itahari	29 Asoj-01 Kartik, 2080	16-18 October, 2023	26 Asoj 2080	MetLife, Itahari, Ph:025-587195
162	Bhaktapur	01 - 03 Kartik, 2080	18 - 20 October, 2023	27 Asoj 2080	MetLife, Pulchowk, Lalitpur
163	Kathmandu	01 - 03 Kartik, 2080	18 - 20 October, 2023	27 Asoj 2080	MetLife, Pulchowk, Lalitpur
164	Kathmandu	01 - 03 Kartik, 2080	18 - 20 October, 2023	27 Asoj 2080	MetLife, Pulchowk, Lalitpur
165	Lalitpur	01 - 03 Kartik, 2080	18 - 20 October, 2023	27 Asoj 2080	MetLife, Pulchowk, Lalitpur
166	Bhairahawa	01 - 03 Kartik, 2080	18 - 20 October, 2023	27 Asoj 2080	MetLife, Bhairahawa Ph : 071-590864
167	Palpa	12-14 Kartik 2080	29 - 31 October, 2023	8 Kartik, 2080	MetLife, Palpa,Ph: 075-522557
168	Lalitpur	15 - 17 Kartik, 2080	01 - 03 November, 2023	12 Kartik, 2080	MetLife, Pulchowk, Lalitpur
169	Banepa	15 - 17 Kartik, 2080	01 - 03 November, 2023	12 Kartik, 2080	MetLife, Pulchowk, Lalitpur
170	Chitwan	15 - 17 Kartik, 2080	01 - 03 November, 2023	12 Kartik, 2080	MetLife, Chitwan, Ph:056-595938
171	Butwal	15 - 17 Kartik, 2080	01 - 03 November, 2023	12 Kartik, 2080	MetLife, Butwal, Ph:071-503113
172	Bardaghat	15 - 17 Kartik, 2080	01 - 03 November, 2023	12 Kartik, 2080	MetLife, Bardaghat, Ph:078-580783
173	Mahendranagar	15 - 17 Kartik, 2080	01 - 03 November, 2023	12 Kartik, 2080	MetLife, Mahendranagar, Ph:99-520229
174	Birtamod	15 - 17 Kartik, 2080	01 - 03 November, 2023	12 Kartik, 2080	MetLife, Birtamode, Ph:023-544025
175	Janakpur	15 - 17 Kartik, 2080	01 - 03 November, 2023	12 Kartik, 2080	MetLife, Janakpur Ph : 041-590426
176	Dharan	15 - 17 Kartik, 2080	01 - 03 November, 2023	12 Kartik, 2080	MetLife, Dharan, Ph: 025-532791
177	Biratnagar	15 - 17 Kartik, 2080	01 - 03 November, 2023	12 Kartik, 2080	MetLife, Biratnagar, Ph:021-590013
178	Kapilvastu	19 - 21 Kartik 2080	05-7 November, 2023	16 Kartik, 2080	MetLife, Butwal, Ph:071-503113
179	Lalitpur	20 - 22 Kartik, 2080	06 - 08 November, 2023	17 Kartik, 2080	MetLife, Pulchowk, Lalitpur
180	Kathmandu	20 - 22 Kartik, 2080	06 - 08 November, 2023	17 Kartik, 2080	MetLife, Pulchowk, Lalitpur
181	Lalitpur	20 - 22 Kartik, 2080	06 - 08 November, 2023	17 Kartik, 2080	MetLife, Pulchowk, Lalitpur
182	Pokhara	20 - 22 Kartik, 2080	06 - 08 November, 2023	17 Kartik, 2080	MetLife, Pokhara, Ph:061-550095
183	Hetauda	20 - 22 Kartik, 2080	06 - 08 November, 2023	17 Kartik, 2080	MetLife, Hetauda, Ph:057-5211553
184	Surkhet	20 - 22 Kartik, 2080	06 - 08 November, 2023	17 Kartik, 2080	MetLife, Surkhet ,Ph: 083-521588
185	Damak	20 - 22 Kartik, 2080	06 - 08 November, 2023	17 Kartik, 2080	MetLife, Damak, Ph:023-583970/71
186	Lahan	20 - 22 Kartik, 2080	06 - 08 November, 2023	17 Kartik, 2080	MetLife, Lahan, Ph:033-590402
187	Kathmandu	22 - 24 Kartik, 2080	08 - 10 November, 2023	19 Kartik, 2080	MetLife, Pulchowk, Lalitpur
188	Nuwakot	22 - 24 Kartik, 2080	08 - 10 November, 2023	19 Kartik, 2080	MetLife, Pulchowk, Lalitpur
189	Dang	22 - 24 Kartik, 2080	08 - 10 November, 2023	19 Kartik, 2080	MetLife, Dang, Ph:082-564018
190	Ilam	23-25 Kartik, 2080	09-11 November, 2023	20 Kartik, 2080	MetLife, Ilam, Ph:027-521986
191	Kathmandu	04 - 06 Mangsir, 2080	20 - 22 November, 2023	1 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
192	Birtamod	05-07 Mangsir, 2080	21-23 November, 2023	2 Mangsir, 2080	MetLife, Birtamode, Ph:023-544025
193	Itahari	05-07 Mangsir, 2080	21-23 November, 2023	2 Mangsir, 2080	MetLife, Itahari, Ph: 025-587195
194	Kathmandu	06 - 08 Mangsir, 2080	22 - 24 November, 2023	3 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
195	Lalitpur	06 - 08 Mangsir, 2080	22 - 24 November, 2023	3 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
196	Lalitpur	06 - 08 Mangsir, 2080	22 - 24 November, 2023	3 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
197	Dhanusa Dham	06-08 Mangsir, 2080	22-24 November, 2023	3 Mangsir, 2080	MetLife, Janakpur Ph : 041-590426
198	Birgunj	06-08 Mangsir, 2080	22-24 November, 2023	3 Mangsir, 2080	MetLife, Birgunj, Ph:051-520757
199	Ilam	09-11 Mangsir, 2080	25-27 November, 2023	6 Mangsir, 2080	MetLife, Ilam, Ph:027-521986
200	Chitwan	11-13 Mangsir, 2080	27-29 November, 2023	9 Mangsir, 2080	MetLife, Chitwan, Ph:056-595938
201	Bhairahawa	11-13 Mangsir 2080	27-29 November, 2023	9 Mangsir, 2080	MetLife, Bhairahawa Ph : 071-590864
202	Nepalgunj	11-13 Mangsir 2080	27-29 November, 2023	9 Mangsir, 2080	MetLife, Nepalgunj Ph : 081-411015

SN	तालिम हुने स्थान	तालिम हुने मिति	English Date	तालिमको लागि निवेदन दिने अन्तिम मिति	सम्पर्क ठेगाना
203	Kathmandu	12 - 14 Mangsir, 2080	28 - 30 November, 2023	10 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
204	Lalitpur	12 - 14 Mangsir, 2080	28 - 30 November, 2023	10 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
205	Damak	12 - 14 Mangsir, 2080	28 - 30 November, 2023	10 Mangsir, 2080	MetLife, Damak, Ph:023-583970/71
206	Biratnagar	12 - 14 Mangsir, 2080	28 - 30 November, 2023	10 Mangsir, 2080	MetLife, Biratnagar, Ph:021-590013
207	Pokhara	12 - 14 Mangsir, 2080	28 - 30 November, 2023	10 Mangsir, 2080	MetLife, Pokhara, Ph:061-550095
208	Dhangadhi	12 - 14 Mangsir, 2080	28 - 30 November, 2023	10 Mangsir, 2080	MetLife, Dhangadhi, Ph:091-523815
209	Dadeldhura	12 - 14 Mangsir, 2080	28 - 30 November, 2023	10 Mangsir, 2080	MetLife, Dhangadhi, Ph:091-523815
210	Kathmandu	13 - 15 Mangsir, 2080	29 November-01 December, 2023	11 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
211	Dudhauri, Sindhuli	13-15 Mangsir, 2080	29 November-01 December, 2023	11 Mangsir, 2080	MetLife, Gaighat, Ph:035-421660
212	Janakpur	13-15 Mangsir, 2080	29 November-01 December, 2023	11 Mangsir, 2080	MetLife, Janakpur Ph : 041-590426
213	Lalitpur	14 - 16 Mangsir, 2080	30th November- 2nd December, 2023	12 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
214	Bardiya	17 - 19 Mangsir, 2080	03-5 December, 2023	13 Mangsir, 2080	MetLife, Nepalgunj Ph : 081-411015
215	Butwal	18-20 Mangsir 2080	04-06 December, 2023	14 Mangsir, 2080	MetLife, Butwal, Ph:071-503113
216	Bardaghat	18-20 Mangsir 2080	04-06 December, 2023	14 Mangsir, 2080	MetLife, Bardaghat, Ph:078-580783
217	Birtamod	18-20 Mangsir, 2080	04-06 December, 2023	14 Mangsir, 2080	MetLife, Birtamode, Ph:023-544025
218	Gaighat	18-20 Mangsir, 2080	04-06 December, 2023	14 Mangsir, 2080	MetLife, Gaighat, Ph:035-421660
219	Bhaktapur	19 - 21 Mangsir, 2080	05 - 07 December, 2023	16 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
220	Lalitpur	19 - 21 Mangsir, 2080	05 - 07 December, 2023	16 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
221	Lalitpur	19 - 21 Mangsir, 2080	05 - 07 December, 2023	16 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
222	Golbazar, Siraha	19-21 Mangsir, 2080	05-07 December, 2023	16 Mangsir, 2080	MetLife, Lahan, Ph:033-590402
223	Biratnagar	19-21 Mangsir, 2080	05-07 December, 2023	16 Mangsir, 2080	MetLife, Biratnagar, Ph:021-590013
224	Kathmandu	20 - 22 Mangsir, 2080	06 - 08 December, 2023	18 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
225	Jumla	20 - 22 Mangsir, 2080	06 - 08 December, 2023	18 Mangsir, 2080	MetLife, Surkhet ,Ph: 083-521588
226	Mahendranagar	20 - 22 Mangsir, 2080	06 - 08 December, 2023	18 Mangsir, 2080	MetLife, Mahendranagar, Ph:99-520229
227	Tikapur	20 - 22 Mangsir, 2080	06 - 08 December, 2023	18 Mangsir, 2080	MetLife, Tikapur, Ph : 091-560887
228	Sahidnagar Na.Pa	21-23 Mangsir, 2080	07-09 December, 2023	19 Mangsir, 2080	MetLife, Janakpur Ph : 041-590426
229	Ilam	21-23 Mangsir, 2080	07-09 December, 2023	19 Mangsir, 2080	MetLife, Ilam, Ph:027-521986
230	Urlabari	21-23 Mangsir, 2080	07-09 December, 2023	19 Mangsir, 2080	MetLife, Damak, Ph:023-583970/71
231	Lahan	22-24 Mangsir, 2080	08-10 December, 2023	20 Mangsir, 2080	MetLife, Lahan, Ph:033-590402
232	Banepa	25 - 27 Mangsir, 2080	11 - 13 December, 2023	21 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
233	Lalitpur	25 - 27 Mangsir, 2080	11 - 13 December, 2023	21 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
234	Lalitpur	25 - 27 Mangsir, 2080	11 - 13 December, 2023	21 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
235	Nuwakot	25 - 27 Mangsir, 2080	11 - 13 December, 2023	21 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
236	Chitwan	25-27 Mangshir,2080	11-13 December, 2023	21 Mangsir, 2080	MetLife, Chitwan, Ph:056-595938
237	Damak	26-28 Mangsir, 080	12-14 December, 2023	22 Mangsir, 2080	MetLife, Damak, Ph:023-583970/71
238	Itahari	26-28 Mangsir, 080	12-14 December, 2023	22 Mangsir, 2080	MetLife, Itahari, Ph: 025-587195
239	Pokhara	26-28 Mangsir, 080	12-14 December, 2023	22 Mangsir, 2080	MetLife, Pokhara, Ph:061-550095
240	Kathmandu	27 - 29 Mangsir, 2080	13 - 15 December, 2023	23 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
241	Janakpur	27 - 29 Mangsir, 2080	13 - 15 December, 2023	23 Mangsir, 2080	MetLife, Janakpur Ph : 041-590426
242	Biratnagar	27 - 29 Mangsir, 2080	13 - 15 December, 2023	23 Mangsir, 2080	MetLife, Biratnagar, Ph:021-590013
243	Dang	27 - 29 Mangsir, 2080	13 - 15 December, 2023	23 Mangsir, 2080	MetLife, Dang, Ph:082-564018
244	Nepalgunj	27 - 29 Mangsir, 2080	13 - 15 December, 2023	23 Mangsir, 2080	MetLife, Nepalgunj Ph : 081-411015
245	Birtamod	01-03 Poush, 2080	17-19 December, 2023	26 Mangsir, 2080	MetLife, Birtamode, Ph:023-544025
246	Katari	01-03 Poush, 2080	17-19 December, 2023	26 Mangsir, 2080	MetLife, Katari, Ph : 035-450431
247	Kathmandu	02 - 04 Poush, 2080	18 - 20 December, 2023	28 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
248	Kathmandu	02 - 04 Poush, 2080	18 - 20 December, 2023	28 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
249	Lalitpur	02 - 04 Poush, 2080	18 - 20 December, 2023	28 Mangsir, 2080	MetLife, Pulchowk, Lalitpur
250	Hetauda	02 - 04 Poush, 2080	18-20 December, 2023	28 Mangsir, 2080	MetLife, Hetauda, Ph:057-5211553
251	Bhairahawa	02 - 04 Poush, 2080	18-20 December, 2023	28 Mangsir, 2080	MetLife, Bhairahawa Ph : 071-590864
252	Surkhet	02 - 04 Poush, 2080	18-20 December, 2023	28 Mangsir, 2080	MetLife, Surkhet ,Ph: 083-521588
253	Dharan	03-05 Poush, 2080	19-21 December, 2023	29 Mangsir, 2080	MetLife, Dharan, Ph: 025-532791
254	Pyuthan	03-05 Poush, 2080	19-21 December, 2023	29 Mangsir, 2080	MetLife, Dang, Ph:082-564018
255	Damak	04-06 Poush, 2080	20-22 December, 2023	1 Poush, 2080	MetLife, Damak, Ph:023-583970/71
256	Dhangadhi	04-06 Poush, 2080	20-22 December, 2023	1 Poush, 2080	MetLife, Dhangadhi, Ph:091-523815
257	Bhojpur	05-07 Push, 2080	21-23 December, 2023	2 Poush, 2080	MetLife, Biratnagar, Ph:021-590013
258	Banepa	11 - 13 Poush, 2080	27 - 29 December, 2023	8 Poush, 2080	MetLife, Pulchowk, Lalitpur
259	Lalitpur	11 - 13 Poush, 2080	27 - 29 December, 2023	8 Poush, 2080	MetLife, Pulchowk, Lalitpur
260	Lalitpur	11 - 13 Poush, 2080	27 - 29 December, 2023	8 Poush, 2080	MetLife, Pulchowk, Lalitpur
261	Chitwan	11 - 13 Poush, 2080	27 - 29 December, 2023	8 Poush, 2080	MetLife, Chitwan, Ph:056-595938
262	Pokhara	11 - 13 Poush, 2080	27 - 29 December, 2023	8 Poush, 2080	MetLife, Pokhara, Ph:061-550095
263	Itahari	11 - 13 Poush, 2080	27-29 December, 2023	8 Poush, 2080	MetLife, Itahari, Ph: 025-587195
264	Ilam	11 - 13 Poush, 2080	27-29 December, 2023	8 Poush, 2080	MetLife, Ilam, Ph:027-521986
265	Biratnagar	11 - 13 Poush, 2080	27-29 December, 2023	8 Poush, 2080	MetLife, Biratnagar, Ph:021-590013
266	Birgunj	11 - 13 Poush, 2080	27-29 December, 2023	8 Poush, 2080	MetLife, Birgunj, Ph:051-520757
267	Palpa	11 - 13 Poush, 2080	27-29 December, 2023	8 Poush, 2080	MetLife, Palpa, Ph: 075-522557
268	Kakabhitta	13-15 Poush, 2080	29-31 December, 2023	10 Poush, 2080	MetLife, Birtamode, Ph:023-544025
269	Jaleshwar	13-15 Poush, 2080	29-31 December, 2023	10 Poush, 2080	MetLife, Janakpur Ph : 041-590426
270	Birtamod	16-18 Poush, 2080	01-03 January, 2024	13 Poush, 2080	MetLife, Birtamode, Ph:023-544025
271	Lalbandi, Sarlahi	16-18 Poush, 2080	01-03 January, 2024	13 Poush, 2080	MetLife, Lahan, Ph:033-590402
272	Kathmandu	17 - 19 Poush, 2080	02 - 04 January, 2024	14 Poush, 2080	MetLife, Pulchowk, Lalitpur



SN	तालिम हुने स्थान	तालिम हुने मिति	English Date	तालिमको लागि निवेदन दिने अन्तिम मिति	सम्पर्क ठेगाना
273	Lalitpur	17 - 19 Poush, 2080	02 - 04 January, 2024	14 Poush, 2080	MetLife, Pulchowk, Lalitpur
274	Kathmandu	18 - 20 Poush, 2080	03 - 05 January, 2024	15 Poush, 2080	MetLife, Pulchowk, Lalitpur
275	Gaighat	18-20 Poush, 2080	03-05 January, 2024	15 Poush, 2080	MetLife, Gaighat, Ph:035-421660
276	Butwal	18-20 Poush 2080	03-5 January, 2024	15 Poush, 2080	MetLife, Butwal, Ph:071-503113
277	Bardaghat	18-20 Poush 2080	03-5 January, 2024	15 Poush, 2080	MetLife, Bardaghat, Ph:078-580783
278	Tikapur	18-20 Poush 2080	03-5 January, 2024	15 Poush, 2080	MetLife, Tikapur, Ph : 091-560887
279	Damak	19-21 Poush, 2080	04-06 January, 2024	16 Poush, 2080	MetLife, Damak, Ph:023-583970/71
280	Bhaktapur	23 - 25 Poush, 2080	08 - 10 January, 2024	20 Poush, 2080	MetLife, Pulchowk, Lalitpur
281	Lalitpur	23 - 25 Poush, 2080	08 - 10 January, 2024	20 Poush, 2080	MetLife, Pulchowk, Lalitpur
282	Janakpur	23 - 25 Poush, 2080	08 - 10 January, 2024	20 Poush, 2080	MetLife, Janakpur Ph : 041-590426
283	Ilam	24-26 Poush, 2080	09-11 January, 2024	21 Poush, 2080	MetLife, Ilam, Ph:027-521986
284	Biratnagar	24-26 Poush, 2080	09-11 January, 2024	21 Poush, 2080	MetLife, Biratnagar, Ph:021-590013
285	Hetauda	24-26 Poush, 2080	09-11 January, 2024	21 Poush, 2080	MetLife, Hetauda, Ph:057-5211553
286	Kathmandu	25 - 27 Poush, 2080	10 - 12 January, 2024	22 Poush, 2080	MetLife, Pulchowk, Lalitpur
287	Dang	25 - 27 Poush, 2080	10 - 12 January, 2024	22 Poush, 2080	MetLife, Dang, Ph:082-564018
288	Mahendranagar	25 - 27 Poush, 2080	10 - 12 January, 2024	22 Poush, 2080	MetLife, Mahendranagar, Ph:99-520229
289	Nepalgunj	25 - 27 Poush, 2080	10 - 12 January, 2024	22 Poush, 2080	MetLife, Nepalgunj Ph : 081-411015
290	Lalitpur	26 - 28 Poush, 2080	11 - 13 January, 2024	23 Poush, 2080	MetLife, Pulchowk, Lalitpur
291	Birtamod	02-04 Magh, 2080	16-18 January, 2024	29 Poush, 2080	MetLife, Birtamode, Ph:023-544025
292	Lahan	02-04 Magh, 2080	16-18 January, 2024	29 Poush, 2080	MetLife, Lahan, Ph:033-590402
293	Chitwan	02-04 Magh, 2080	16-18 January, 2024	30 Poush, 2080	MetLife, Chitwan, Ph:056-595938
294	Kathmandu	03 - 05 Magh, 2080	17 - 19 January, 2024	30 Poush, 2080	MetLife, Pulchowk, Lalitpur
295	Kathmandu	03 - 05 Magh, 2080	17 - 19 January, 2024	30 Poush, 2080	MetLife, Pulchowk, Lalitpur
296	Lalitpur	03 - 05 Magh, 2080	17 - 19 January, 2024	30 Poush, 2080	MetLife, Pulchowk, Lalitpur
297	Pokhara	03 - 05 Magh, 2080	17 - 19 January, 2024	30 Poush, 2080	MetLife, Pokhara, Ph:061-550095
298	Palpa	03 - 05 Magh, 2080	17 - 19 January, 2024	30 Poush, 2080	MetLife, Palpa,Ph: 075-522557
299	Bardibas	04-06 Magh, 2080	18-20 January, 2024	1 Magh, 2080	MetLife, Janakpur Ph : 041-590426
300	Kapilvastu	07-09 Magh 2080	21-23 January, 2024	4 Magh, 2080	MetLife, Butwal, Ph:071-503113
301	Lalitpur	08 - 10 Magh, 2080	22 - 24 January, 2024	5 Magh, 2080	MetLife, Pulchowk, Lalitpur
302	Banepa	08 - 10 Magh, 2080	22 - 24 January, 2024	5 Magh, 2080	MetLife, Pulchowk, Lalitpur
303	Lalitpur	08 - 10 Magh, 2080	22 - 24 January, 2024	5 Magh, 2080	MetLife, Pulchowk, Lalitpur
304	Damak	08-10 Magh, 2080	22-24 January, 2024	5 Magh, 2080	MetLife, Damak, Ph:023-583970/71
305	Katari	08-10 Magh, 2080	22-24 January, 2024	5 Magh, 2080	MetLife, Katari, Ph : 035-450431
306	Surkhet	09 - 11 Magh, 2080	23-25 January, 2024	6 Magh, 2080	MetLife, Surkhet ,Ph: 083-521588
307	Dhangadhi	10 - 12 Magh, 2080	24-26 January, 2024	7 Magh, 2080	MetLife, Dhangadhi,Ph:091-523815
308	Bhojpur	13-15 Magh, 2080	27-29 January, 2024	10 Magh, 2080	MetLife, Biratnagar, Ph:021-590013
309	Kathmandu	15 - 17 Magh, 2080	29 - 31 January, 2024	12 Magh, 2080	MetLife, Pulchowk, Lalitpur
310	Lalitpur	15 - 17 Magh, 2080	29 - 31 January, 2024	12 Magh, 2080	MetLife, Pulchowk, Lalitpur
311	Ilam	15 - 17 Magh, 2080	29 - 31 January, 2024	12 Magh, 2080	MetLife, Ilam, Ph:027-521986
312	Janakpur	15 - 17 Magh, 2080	29 - 31 January, 2024	12 Magh, 2080	MetLife, Janakpur Ph : 041-590426
313	Biratnagar	15 - 17 Magh, 2080	29 - 31 January, 2024	12 Magh, 2080	MetLife, Biratnagar, Ph:021-590013
314	Chitwan	15 - 17 Magh, 2080	29 - 31 January, 2024	12 Magh, 2080	MetLife, Chitwan, Ph:056-595938
315	Pokhara	15 - 17 Magh, 2080	29 - 31 January, 2024	12 Magh, 2080	MetLife, Pokhara, Ph:061-550095
316	Birgunj	15 - 17 Magh, 2080	29 - 31 January, 2024	12 Magh, 2080	MetLife, Birgunj, Ph:051-520757
317	Bhairahawa	15 - 17 Magh, 2080	29 - 31 January, 2024	12 Magh, 2080	MetLife, Bhairahawa Ph : 071-590864
318	Dadeldhura	15 - 17 Magh, 2080	29 - 31 January, 2024	12 Magh, 2080	MetLife, Dhangadhi,Ph:091-523815
319	Dharan	16-18 Magh, 2080	30 January-01 February, 2024	13 Magh, 2080	MetLife, Dharan, Ph: 025-532791
320	Lalitpur	17 - 19 Magh, 2080	31 January - 02 February, 2024	14 Magh, 2080	MetLife, Pulchowk, Lalitpur
321	Kathmandu	17 - 19 Magh, 2080	31 January - 02 February, 2024	14 Magh, 2080	MetLife, Pulchowk, Lalitpur
322	Birtamod	18-20 Magh, 2080	01-03 February, 2024	15 Magh, 2080	MetLife, Birtamode, Ph:023-544025
323	Gaighat	18-20 Magh, 2080	01-03 February, 2024	15 Magh, 2080	MetLife, Gaighat, Ph:035-421660
324	Kathmandu	22 - 24 Magh, 2080	05 - 07 February, 2024	19 Magh, 2080	MetLife, Pulchowk, Lalitpur
325	Lalitpur	22 - 24 Magh, 2080	05 - 07 February, 2024	19 Magh, 2080	MetLife, Pulchowk, Lalitpur
326	Butwal	22-24 Magh 2080	05 - 07 February, 2024	19 Magh, 2080	MetLife, Butwal, Ph:071-503113
327	Bardaghat	22-24 Magh 2080	05 - 07 February, 2024	19 Magh, 2080	MetLife, Bardaghat, Ph:078-580783
328	Bardibas	22-24 Magh 2080	05 - 07 February, 2024	19 Magh, 2080	MetLife, Janakpur Ph : 041-590426
329	Lahan	23-25 Magh, 2080	06-08 February, 2024	20 Magh, 2080	MetLife, Lahan, Ph:033-590402
330	Kathmandu	24 - 26 Magh, 2080	07 - 09 February, 2024	21 Magh, 2080	MetLife, Pulchowk, Lalitpur
331	Lalitpur	24 - 26 Magh, 2080	07 - 09 February, 2024	21 Magh, 2080	MetLife, Pulchowk, Lalitpur
332	Hetauda	24 - 26 Magh, 2080	07 - 09 February, 2024	21 Magh, 2080	MetLife, Hetauda, Ph:057-5211553
333	Tikapur	24 - 26 Magh, 2080	07 - 09 February, 2024	21 Magh, 2080	MetLife, Tikapur, Ph : 091-560887
334	Damak	24 - 26 Magh, 2080	07 - 09 February, 2024	21 Magh, 2080	MetLife, Damak, Ph:023-583970/71
335	Itahari	24 - 26 Magh, 2080	07 - 09 February, 2024	21 Magh, 2080	MetLife, Itahari, Ph: 025-587195
336	Ilam	29 Magh- 02 Falgun, 2080	12-14 February, 2024	26 Magh, 2080	MetLife, Ilam, Ph:027-521986
337	Janakpur	29 Magh- 02 Falgun, 2080	12-14 February, 2024	26 Magh, 2080	MetLife, Janakpur Ph : 041-590426
338	Kathmandu	02 - 04 Falgun, 2080	14 - 16 February, 2024	28 Magh, 2080	MetLife, Pulchowk, Lalitpur
339	Nuwakot	02 - 04 Falgun, 2080	14 - 16 February, 2024	28 Magh, 2080	MetLife, Pulchowk, Lalitpur
340	Chitwan	02 - 04 Falgun, 2080	14 - 16 February, 2024	28 Magh, 2080	MetLife, Chitwan, Ph:056-595938
341	Pokhara	02 - 04 Falgun, 2080	14 - 16 February, 2024	28 Magh, 2080	MetLife, Pokhara, Ph:061-550095
342	Dang	02 - 04 Falgun, 2080	14 - 16 February, 2024	28 Magh, 2080	MetLife, Dang, Ph:082-564018
343	Mahendranagar	02 - 04 Falgun, 2080	14 - 16 February, 2024	28 Magh, 2080	MetLife, Mahendranagar, Ph:99-520229

SN	तालिम हुने स्थान	तालिम हुने मिति	English Date	तालिमको लागि निवेदन दिने अन्तिम मिति	सम्पर्क ठेगाना
344	Surkhet	02 - 04 Falgun, 2080	14 - 16 February, 2024	28 Magh, 2080	MetLife, Surkhet ,Ph: 083-521588
345	Birtamod	03-05 Falgun, 2080	15-17 February, 2024	29 Magh, 2080	MetLife, Birtamode, Ph:023-544025
346	Biratnagar	03-05 Falgun, 2080	15-17 February, 2024	29 Magh, 2080	MetLife, Biratnagar, Ph:021-590013
347	Inaruwa	03-05 Falgun, 2080	15-17 February, 2024	29 Magh, 2080	MetLife, Biratnagar, Ph:021-590013
348	Pyuthan	06-08 Falgun 2080	18-20 February, 2024	3 Falgun, 2080	MetLife, Dang, Ph:082-564018
349	Damak	08-10 Falgun, 2080	20-22 February, 2024	4 Falgun, 2080	MetLife, Damak, Ph:023-583970/71
350	Katari	08-10 Falgun, 2080	20-22 February, 2024	4 Falgun, 2080	MetLife, Katari, Ph : 035-450431
351	Bhaktapur	09 - 11 Falgun, 2080	21 - 23 February, 2024	6 Falgun, 2080	MetLife, Pulchowk, Lalitpur
352	Lalitpur	09 - 11 Falgun, 2080	21 - 23 February, 2024	6 Falgun, 2080	MetLife, Pulchowk, Lalitpur
353	Lalitpur	09 - 11 Falgun, 2080	21 - 23 February, 2024	6 Falgun, 2080	MetLife, Pulchowk, Lalitpur
354	Itahari	09 - 11 Falgun, 2080	21 - 23 February, 2024	6 Falgun, 2080	MetLife, Itahari, Ph: 025-587195
355	Birgunj	09 - 11 Falgun, 2080	21 - 23 February, 2024	6 Falgun, 2080	MetLife, Birgunj, Ph:051-520757
356	Bhairahawa	09 - 11 Falgun, 2080	21 - 23 February, 2024	6 Falgun, 2080	MetLife, Bhairahawa Ph : 071-590864
357	Dhangadhi	09 - 11 Falgun, 2080	21 - 23 February, 2024	6 Falgun, 2080	MetLife, Dhangadhi,Ph:091-523815
358	Golbazar, Siraha	10-12 Falgun, 2080	22-24 February, 2024	7 Falgun, 2080	MetLife, Lahan, Ph:033-590402
359	Janakpur	10-12 Falgun, 2080	22-24 February, 2024	7 Falgun, 2080	MetLife, Janakpur Ph : 041-590426
360	Kathmandu	14 - 16 Falgun, 2080	26 - 28 February, 2024	11 Falgun, 2080	MetLife, Pulchowk, Lalitpur
361	Banepa	14 - 16 Falgun, 2080	26 - 28 February, 2024	11 Falgun, 2080	MetLife, Pulchowk, Lalitpur
362	Lalitpur	14 - 16 Falgun, 2080	26 - 28 February, 2024	11 Falgun, 2080	MetLife, Pulchowk, Lalitpur
363	Pokhara	14-16 Falgun, 2080	26-28 February, 2024	11 Falgun, 2080	MetLife, Pokhara, Ph:061-550095
364	Ilam	15-17 Falgun, 2080	27-29 February, 2024	12 Falgun, 2080	MetLife, Ilam, Ph:027-521986
365	Biratnagar	15-17 Falgun, 2080	27-29 February, 2024	12 Falgun, 2080	MetLife, Biratnagar, Ph:021-590013
366	Chitwan	15-17 Falgun, 2080	27-29 February, 2024	12 Falgun, 2080	MetLife, Chitwan, Ph:056-595938
367	Palpa	15-17 Falgun, 2080	27-29 February, 2024	12 Falgun, 2080	MetLife, Palpa,Ph: 075-522557
368	Bardiya	15-17 Falgun, 2080	27-29 February, 2024	12 Falgun, 2080	MetLife, Nepalgunj Ph : 081-411015
369	Jumla	15-17 Falgun, 2080	27-29 February, 2024	12 Falgun, 2080	MetLife, Surkhet ,Ph: 083-521588
370	Jogbuda	15-17 Falgun, 2080	27-29 February, 2024	12 Falgun, 2080	MetLife, Mahendranagar, Ph:99-520229
371	Birtamod	20-22 Falgun, 2080	03-05 March, 2024	17 Falgun, 2080	MetLife, Birtamode, Ph:023-544025
372	Gaighat	20-22 Falgun, 2080	03-05 March, 2024	17 Falgun, 2080	MetLife, Gaighat, Ph:035-421660
373	Hetauda	21-23 Falgun, 2080	04-6 March, 2024	18 Falgun, 2080	MetLife, Hetauda, Ph:057-5211553
374	Butwal	21-23 Falgun, 2080	04-6 March, 2024	18 Falgun, 2080	MetLife, Butwal, Ph:071-503113
375	Bardaghat	21-23 Falgun, 2080	04-6 March, 2024	18 Falgun, 2080	MetLife, Bardaghat, Ph:078-580783
376	Janakpur	21-23 Falgun, 2080	04-06 March, 2024	18 Falgun, 2080	MetLife, Janakpur Ph : 041-590426
377	Kathmandu	22 - 24 Falgun, 2080	05 - 07 March, 2024	19 Falgun, 2080	MetLife, Pulchowk, Lalitpur
378	Lalitpur	22 - 24 Falgun, 2080	05 - 07 March, 2024	19 Falgun, 2080	MetLife, Pulchowk, Lalitpur
379	Lalitpur	22 - 24 Falgun, 2080	05 - 07 March, 2024	19 Falgun, 2080	MetLife, Pulchowk, Lalitpur
380	Dudhauri, Sindhuli	22 - 24 Falgun, 2080	05 - 07 March, 2024	19 Falgun, 2080	MetLife, Gaighat, Ph:035-421660
381	Dharan	22 - 24 Falgun, 2080	05 - 07 March, 2024	19 Falgun, 2080	MetLife, Dharan, Ph:025-532791
382	Tikapur	23 - 25 Falgun, 2080	06-8 March, 2024	20 Falgun, 2080	MetLife, Tikapur, Ph : 091-560887
383	Damak	23 - 25 Falgun, 2080	06-8 March, 2024	20 Falgun, 2080	MetLife, Damak, Ph:023-583970/71
384	Lalbandi, Sarlahi	27-29 Falgun, 2080	10-12 March, 2024	23 Falgun, 2080	MetLife, Lahan, Ph:033-590402
385	Kathmandu	28 - 30 Falgun, 2080	11 - 13 March, 2024	24 Falgun, 2080	MetLife, Pulchowk, Lalitpur
386	Lalitpur	28 - 30 Falgun, 2080	11 - 13 March, 2024	24 Falgun, 2080	MetLife, Pulchowk, Lalitpur
387	Jhumka	29 Falgun-01 Chaitra, 2080	12-14 March, 2024	25 Falgun, 2080	MetLife, Itahari, Ph: 025-587195
388	Chitwan	29 Falgun-01 Chaitra, 2080	12-14 March, 2024	25 Falgun, 2080	MetLife, Chitwan, Ph:056-595938
389	Kathmandu	30 Falgun- 2nd Chaitra, 2080	13 - 15 March, 2024	26 Falgun, 2080	MetLife, Pulchowk, Lalitpur
390	Lalitpur	30 Falgun- 2nd Chaitra, 2080	13 - 15 March, 2024	26 Falgun, 2080	MetLife, Pulchowk, Lalitpur
391	Ilam	30 Falgun- 2nd Chaitra, 2080	13 - 15 March, 2024	26 Falgun, 2080	MetLife, Ilam, Ph:027-521986
392	Biratnagar	30 Falgun- 2nd Chaitra, 2080	13 - 15 March, 2024	26 Falgun, 2080	MetLife, Biratnagar, Ph:021-590013
393	Pokhara	30 Falgun- 2nd Chaitra, 2080	13 - 15 March, 2024	26 Falgun, 2080	MetLife, Pokhara, Ph:061-550095
394	Dang	30 Falgun- 2nd Chaitra, 2080	13 - 15 March, 2024	26 Falgun, 2080	MetLife, Dang, Ph:082-564018
395	Mahendranagar	30 Falgun- 2nd Chaitra, 2080	13 - 15 March, 2024	26 Falgun, 2080	MetLife, Mahendranagar, Ph:99-520229
396	Birgunj	04-06 Chaitra, 2080	17-19 March, 2024	1 Chaitra, 2080	MetLife, Birgunj, Ph:051-520757
397	Kathmandu	05 - 07 Chaitra, 2080	18 - 20 March, 2024	2 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
398	Mithila Na.Pa	05-07 Chaitra, 2080	18-20 March, 2024	2 Chaitra, 2080	MetLife, Janakpur Ph : 041-590426
399	Birtamod	05-07 Chaitra, 2080	18-20 March, 2024	2 Chaitra, 2080	MetLife, Birtamode, Ph:023-544025
400	Itahari	05-07 Chaitra, 2080	18-20 March, 2024	2 Chaitra, 2080	MetLife, Itahari, Ph: 025-587195
401	Lahan	05-07 Chaitra, 2080	18-20 March, 2024	2 Chaitra, 2080	MetLife, Lahan, Ph:033-590402
402	Kapilvastu	05-07 Chaitra, 2080	18-20 March, 2024	2 Chaitra, 2080	MetLife, Butwal, Ph:071-503113
403	Bhairahawa	05-07 Chaitra, 2080	18-20 March, 2024	2 Chaitra, 2080	MetLife, Bhairahawa Ph : 071-590864
404	Surkhet	05-07 Chaitra, 2080	18-20 March, 2024	2 Chaitra, 2080	MetLife, Surkhet ,Ph: 083-521588
405	Bhaktapur	06 - 08 Chaitra, 2080	19 - 21 March, 2024	3 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
406	Lalitpur	06 - 08 Chaitra, 2080	19 - 21 March, 2024	3 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
407	Dhangadhi	07 - 09 Chaitra, 2080	20-22 March, 2024	4 Chaitra, 2080	MetLife, Dhangadhi,Ph:091-523815
408	Damak	08-10 Chaitra, 2080	21-23 March, 2024	5 Chaitra, 2080	MetLife, Damak, Ph:023-583970/71
409	Bhojpur	09-11 Chaitra, 2080	22-24 March, 2024	6 Chaitra, 2080	MetLife, Biratnagar, Ph:021-590013
410	Pokhara	13-15 Chaitra, 2080	26-28 March, 2024	9 Chaitra, 2080	MetLife, Pokhara, Ph:061-550095
411	Banepa	14 - 16 Chaitra, 2080	27 - 29 March, 2024	10 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
412	Kathmandu	14 - 16 Chaitra, 2080	27 - 29 March, 2024	10 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
413	Lalitpur	14 - 16 Chaitra, 2080	27 - 29 March, 2024	10 Chaitra, 2080	MetLife, Pulchowk, Lalitpur

SN	तालिम हुने स्थान	तालिम हुने मिति	English Date	तालिमको लागि निवेदन दिने अन्तिम मिति	सम्पर्क ठेगाना
414	Lalitpur	14 - 16 Chaitra, 2080	27 - 29 March, 2024	10 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
415	Ilam	14 - 16 Chaitra, 2080	27 - 29 March, 2024	10 Chaitra, 2080	MetLife, Ilam, Ph:027-521986
416	Dharan	14 - 16 Chaitra, 2080	27 - 29 March, 2024	10 Chaitra, 2080	MetLife, Dharan, Ph: 025-532791
417	Biratnagar	14 - 16 Chaitra, 2080	27 - 29 March, 2024	10 Chaitra, 2080	MetLife, Biratnagar, Ph:021-590013
418	Chitwan	14 - 16 Chaitra, 2080	27 - 29 March, 2024	10 Chaitra, 2080	MetLife, Chitwan, Ph:056-595938
419	Palpa	14 - 16 Chaitra, 2080	27 - 29 March, 2024	10 Chaitra, 2080	MetLife, Palpa, Ph: 075-522557
420	Nepalgunj	14 - 16 Chaitra, 2080	27 - 29 March, 2024	10 Chaitra, 2080	MetLife, Nepalgunj Ph : 081-411015
421	Dadeldhura	14 - 16 Chaitra, 2080	27 - 29 March, 2024	10 Chaitra, 2080	MetLife, Dhangadhi, Ph:091-523815
422	Bardibas	19-21 Chaitra, 2080	01-03 April, 2024	15 Chaitra, 2080	MetLife, Janakpur Ph : 041-590426
423	Birtamod	19-21 Chaitra, 2080	01-03 April, 2024	15 Chaitra, 2080	MetLife, Birtamode, Ph:023-544025
424	Katari	19-21 Chaitra, 2080	01-03 April, 2024	15 Chaitra, 2080	MetLife, Katari, Ph : 035-450431
425	Kathmandu	20 - 22 Chaitra, 2080	02 - 03 April, 2024	16 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
426	Lalitpur	20 - 22 Chaitra, 2080	02 - 03 April, 2024	16 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
427	Butwal	20 - 22 Chaitra, 2080	02 - 03 April, 2024	16 Chaitra, 2080	MetLife, Butwal, Ph:071-503113
428	Bardaghat	20 - 22 Chaitra, 2080	02 - 03 April, 2024	16 Chaitra, 2080	MetLife, Bardaghat, Ph:078-580783
429	Kathmandu	21 - 23 Chaitra, 2080	03 - 05 April, 2024	18 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
430	Hetauda	21 - 23 Chaitra, 2080	03 - 05 April, 2024	18 Chaitra, 2080	MetLife, Hetauda, Ph:057-5211553
431	Mahendranagar	21 - 23 Chaitra, 2080	03 - 05 April, 2024	18 Chaitra, 2080	MetLife, Mahendranagar, Ph:99-520229
432	Duhabi	21 - 23 Chaitra, 2080	03 - 05 April, 2024	18 Chaitra, 2080	MetLife, Biratnagar, Ph:021-590013
433	Damak	25-27 Chaitra, 2080	07-09 April, 2024	21 Chaitra, 2080	MetLife, Damak, Ph:023-583970/71
434	Gaighat	25-27 Chaitra, 2080	07-09 April, 2024	21 Chaitra, 2080	MetLife, Gaighat, Ph:035-421660
435	Jumla	26 - 28 Chaitra, 2080	08-10 April, 2024	22 Chaitra, 2080	MetLife, Surkhet ,Ph: 083-521588
436	Kathmandu	27 - 29 Chaitra 2080	09 - 11 April, 2024	23 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
437	Lalitpur	27 - 29 Chaitra 2080	09 - 11 April, 2024	23 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
438	Lalitpur	27 - 29 Chaitra 2080	09 - 11 April, 2024	23 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
439	Pokhara	27-29 Chaitra, 2080	09-11 April, 2024	23 Chaitra, 2080	MetLife, Pokhara, Ph:061-550095
440	Kathmandu	28-30 Chaitra, 2080	10 - 12 April, 2024	24 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
441	Ilam	28-30 Chaitra, 2080	10-12 April, 2024	24 Chaitra, 2080	MetLife, Ilam, Ph:027-521986
442	Janakpur	28-30 Chaitra, 2080	10-12 April, 2024	24 Chaitra, 2080	MetLife, Janakpur Ph : 041-590426
443	Itahari	28-30 Chaitra, 2080	10-12 April, 2024	24 Chaitra, 2080	MetLife, Itahari, Ph: 025-587195
444	Biratnagar	28-30 Chaitra, 2080	10-12 April, 2024	24 Chaitra, 2080	MetLife, Biratnagar, Ph:021-590013
445	Chitwan	28-30 Chaitra, 2080	10-12 April, 2024	24 Chaitra, 2080	MetLife, Chitwan, Ph:056-595938
446	Pyuthan	28-30 Chaitra 2080	10-12 April, 2024	24 Chaitra, 2080	MetLife, Dang, Ph:082-564018
447	Tikapur	28-30 Chaitra 2080	10-12 April, 2024	24 Chaitra, 2080	MetLife, Tikapur, Ph : 091-560887
448	Kathmandu	03-05 Baisakh, 2081	15 - 17 April, 2024	29 Chaitra, 2080	MetLife, Pulchowk, Lalitpur
449	Birtamod	03-05 Baisakh, 2081	15-17 April, 2024	29 Chaitra, 2080	MetLife, Birtamode, Ph:023-544025
450	Inaruwa	03-05 Baisakh, 2081	15-17 April, 2024	29 Chaitra, 2080	MetLife, Biratnagar, Ph:021-590013
451	Lahan	03-05 Baisakh, 2081	15-17 April, 2024	29 Chaitra, 2080	MetLife, Lahan, Ph:033-590402
452	Lalitpur	05 - 07 Baishak, 2081	17 - 19 April, 2024	1 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
453	Nuwakot	05 - 07 Baishak, 2081	17 - 19 April, 2024	1 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
454	Kathmandu	05 - 07 Baishak, 2081	17 - 19 April, 2024	1 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
455	Lalitpur	05 - 07 Baishak, 2081	17 - 19 April, 2024	1 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
456	Bhairahawa	05 - 07 Baishak, 2081	17-19 April, 2024	1 Baisakh, 2081	MetLife, Bhairahawa Ph : 071-590864
457	Damak	09-11 Baisakh, 2081	21-23 April, 2024	5 Baisakh, 2081	MetLife, Damak, Ph:023-583970/71
458	Jaleshwar	10-12 Baisakh, 2081	22-24 April, 2024	6 Baisakh, 2081	MetLife, Janakpur Ph : 041-590426
459	Chitwan	10-12 Baishakh, 2081	22-24 April, 2024	6 Baisakh, 2081	MetLife, Chitwan, Ph:056-595938
460	Birgunj	10-12 Baishakh, 2081	22-24 April, 2024	6 Baisakh, 2081	MetLife, Birgunj, Ph:051-520757
461	Bhaktapur	11 - 13 Baishak, 2081	23 - 25 April, 2024	7 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
462	Lalitpur	11 - 13 Baishak, 2081	23 - 25 April, 2024	7 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
463	Ilam	12-14 Baisakh, 2081	24-26 April, 2024	8 Baisakh, 2081	MetLife, Ilam, Ph:027-521986
464	Itahari	12-14 Baisakh, 2081	24-26 April, 2024	8 Baisakh, 2081	MetLife, Itahari, Ph: 025-587195
465	Pokhara	12-14 Baishakh, 2081	24-26 April, 2024	8 Baisakh, 2081	MetLife, Pokhara, Ph:061-550095
466	Dhangadhi	12-14 Baishakh, 2081	24-26 April, 2024	8 Baisakh, 2081	MetLife, Dhangadhi, Ph:091-523815
467	Surkhet	12-14 Baishakh, 2081	24-26 April, 2024	8 Baisakh, 2081	MetLife, Surkhet ,Ph: 083-521588
468	Rampur, Udayapur	14-16 Baisakh, 2081	26-28 April, 2024	10 Baisakh, 2081	MetLife, Gaighat, Ph:035-421660
469	Lalitpur	16 - 18 Baishak, 2081	28 - 30 April, 2024	12 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
470	Kathmandu	16 - 18 Baishak, 2081	28 - 30 April, 2024	12 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
471	Bhadrapur	16 - 18 Baishak, 2081	28 - 30 April, 2024	12 Baisakh, 2081	MetLife, Birtamode, Ph:023-544025
472	Biratnagar	16 - 18 Baishak, 2081	28 - 30 April, 2024	12 Baisakh, 2081	MetLife, Biratnagar, Ph:021-590013
473	Palpa	16 - 18 Baishak, 2081	28 - 30 April, 2024	12 Baisakh, 2081	MetLife, Palpa, Ph: 075-522557
474	Nepalgunj	16 - 18 Baishak, 2081	28 - 30 April, 2024	12 Baisakh, 2081	MetLife, Nepalgunj Ph : 081-411015
475	Kathmandu	19 - 21 Baishak, 2081	01 - 03 May, 2024	15 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
476	Banepa	19 - 21 Baishak, 2081	01 - 03 May, 2024	15 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
477	Lalitpur	19 - 21 Baishak, 2081	01 - 03 May, 2024	15 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
478	Birtamod	19-21 Baisakh, 2081	01-03 May, 2024	15 Baisakh, 2081	MetLife, Birtamode, Ph:023-544025
479	Janakpur	19 - 21 Baishak, 2081	01 - 03 May, 2024	15 Baisakh, 2081	MetLife, Janakpur Ph : 041-590426
480	Dharan	19-21 Baisakh, 2081	01-03 May, 2024	15 Baisakh, 2081	MetLife, Dharan, Ph: 025-532791
481	Gaighat	19 - 21 Baishak, 2081	01 - 03 May, 2024	15 Baisakh, 2081	MetLife, Gaighat, Ph:035-421660
482	Mahendranagar	19-21 Baisakh, 2081	01-03 May, 2024	15 Baisakh, 2081	MetLife, Mahendranagar, Ph:99-520229
483	Bhojpur	23-25 Baisakh, 2081	05-07 May, 2024	19 Baisakh, 2081	MetLife, Biratnagar, Ph:021-590013

SN	तालिम हुने स्थान	तालिम हुने मिति	English Date	तालिमको लागि निवेदन दिने अन्तिम मिति	सम्पर्क ठेगाना
484	Lalitpur	24 - 26 Baishak, 2081	06 - 08 May, 2024	20 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
485	Kathmandu	24 - 26 Baishak, 2081	06 - 08 May, 2024	20 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
486	Lalitpur	24 - 26 Baishak, 2081	06 - 08 May, 2024	20 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
487	Butwal	24 - 26 Baishak, 2081	06 - 08 May, 2024	20 Baisakh, 2081	MetLife, Butwal, Ph:071-503113
488	Bardaghat	24 - 26 Baishak, 2081	06 - 08 May, 2024	20 Baisakh, 2081	MetLife, Bardaghat, Ph:078-580783
489	Damak	24 - 26 Baishak, 2081	06 - 08 May, 2024	20 Baisakh, 2081	MetLife, Damak, Ph:023-583970/71
490	Katari	24 - 26 Baishak, 2081	06 - 08 May, 2024	20 Baisakh, 2081	MetLife, Katari, Ph : 035-450431
491	Itahari	24 - 26 Baishak, 2081	06 - 08 May, 2024	20 Baisakh, 2081	MetLife, Itahari, Ph: 025-587195
492	Chitwan	24 - 26 Baishak, 2081	06 - 08 May, 2024	20 Baisakh, 2081	MetLife, Chitwan, Ph:056-595938
493	Tikapur	24 - 26 Baishak, 2081	06 - 08 May, 2024	20 Baisakh, 2081	MetLife, Tikapur, Ph : 091-560887
494	Kathmandu	26 - 28 Baishak, 2081	08 - 10 May, 2024	22 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
495	Jajarkot	26 - 28 Baishak, 2081	08-10 May, 2024	22 Baisakh, 2081	MetLife, Surkhet ,Ph: 083-521588
496	Ilam	27-29 Baisakh, 2081	09-11 May, 2024	23 Baisakh, 2081	MetLife, Ilam, Ph:027-521986
497	Biratnagar	27-29 Baisakh, 2081	09-11 May, 2024	23 Baisakh, 2081	MetLife, Biratnagar, Ph:021-590013
498	Pokhara	30 Baishakh - 1 Jestha, 2081	12-14 May, 2024	26 Baisakh, 2081	MetLife, Pokhara, Ph:061-550095
499	Lalitpur	31 Baishak, 2081 - 2 Jestha, 2081	13 - 15 May, 2024	27 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
500	Kathmandu	31 Baishak, 2081 - 2 Jestha, 2081	13 - 15 May, 2024	27 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
501	Lahan	01-03 Jestha, 2081	14-16 May, 2024	28 Baisakh, 2081	MetLife, Lahan, Ph:033-590402
502	Kapilvastu	01-03 Jestha, 2081	14-16 May, 2024	28 Baisakh, 2081	MetLife, Butwal, Ph:071-503113
503	Bhaktapur	02 - 04 Jestha, 2081	15 - 17 May, 2024	29 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
504	Lalitpur	02 - 04 Jestha, 2081	15 - 17 May, 2024	29 Baisakh, 2081	MetLife, Pulchowk, Lalitpur
505	Birtamod	02 - 04 Jestha, 2081	15-17 May, 2024	29 Baisakh, 2081	MetLife, Birtamode, Ph:023-544025
506	Dharan	02 - 04 Jestha, 2081	15-17 May, 2024	29 Baisakh, 2081	MetLife, Dharan, Ph: 025-532791
507	Hetauda	02 - 04 Jestha, 2081	15-17 May, 2024	29 Baisakh, 2081	MetLife, Hetauda, Ph:057-5211553
508	Dang	02 - 04 Jestha, 2081	15-17 May, 2024	29 Baisakh, 2081	MetLife, Dang, Ph:082-564018
509	Lalitpur	06 - 08 Jestha, 2081	19 - 21 May, 2024	02 Jestha, 2081	MetLife, Pulchowk, Lalitpur
510	Kathmandu	06 - 08 Jestha, 2081	19 - 21 May, 2024	02 Jestha, 2081	MetLife, Pulchowk, Lalitpur
511	Banepa	07 - 09 Jestha, 2081	20 - 22 May, 2024	3 Jestha, 2081	MetLife, Pulchowk, Lalitpur
512	Lalitpur	07 - 09 Jestha, 2081	20 - 22 May, 2024	3 Jestha, 2081	MetLife, Pulchowk, Lalitpur
513	Bhairahawa	07 - 09 Jestha, 2081	20 - 22 May, 2024	3 Jestha, 2081	MetLife, Bhairahawa Ph : 071-590864
514	Damak	08-10 Jestha, 2081	21-23 May, 2024	4 Jestha, 2081	MetLife, Damak, Ph:023-583970/71
515	Itahari	08-10 Jestha, 2081	21-23 May, 2024	4 Jestha, 2081	MetLife, Itahari, Ph: 025-587195
516	Janakpur	09-11 Jestha, 2081	22-24 May, 2024	5 Jestha, 2081	MetLife, Janakpur Ph : 041-590426
517	Biratnagar	09-11 Jestha, 2081	22-24 May, 2024	5 Jestha, 2081	MetLife, Biratnagar, Ph:021-590013
518	Surkhet	09-11 Jestha, 2081	22-24 May, 2024	5 Jestha, 2081	MetLife, Surkhet ,Ph: 083-521588
519	Dhangadhi	09-11 Jestha, 2081	22-24 May, 2024	5 Jestha, 2081	MetLife, Dhangadhi,Ph:091-523815
520	Kathmandu	14 - 16 Jestha, 2081	27 - 29 May, 2024	10 Jestha, 2081	MetLife, Pulchowk, Lalitpur
521	Lalitpur	14 - 16 Jestha, 2081	27 - 29 May, 2024	10 Jestha, 2081	MetLife, Pulchowk, Lalitpur
522	Ilam	14-16 Jestha, 2081	27-29 May, 2024	10 Jestha, 2081	MetLife, Ilam, Ph:027-521986
523	Chitwan	14-16 Jestha, 2081	27-29 May, 2024	10 Jestha, 2081	MetLife, Chitwan, Ph:056-595938
524	Lalbandi, Sarlahi	14-16 Jestha, 2081	27-29 May, 2024	10 Jestha, 2081	MetLife, Lahan, Ph:033-590402
525	Birgunj	15-17 Jestha, 2081	28-30 May, 2024	11 Jestha, 2081	MetLife, Birgunj, Ph:051-520757
526	Kohalpur	15-17 Jestha, 2081	28-30 May, 2024	11 Jestha, 2081	MetLife, Nepalgunj Ph : 081-411015
527	Dadeldhura	15-17 Jestha, 2081	28-30 May, 2024	11 Jestha, 2081	MetLife, Dhangadhi,Ph:091-523815
528	Lalitpur	16 - 18 Jestha, 2081	29 - 31 May, 2024	12 Jestha, 2081	MetLife, Pulchowk, Lalitpur
529	Kathmandu	16 - 18 Jestha, 2081	29 - 31 May, 2024	12 Jestha, 2081	MetLife, Pulchowk, Lalitpur
530	Pokhara	16 - 18 Jestha, 2081	29 - 31 May, 2024	12 Jestha, 2081	MetLife, Pokhara, Ph:061-550095
531	Palpa	16 - 18 Jestha, 2081	29 - 31 May, 2024	12 Jestha, 2081	MetLife, Palpa,Ph: 075-522557
532	Kakabhitta	17-19 Jestha, 2081	30 May-01 June, 2024	13 Jestha, 2081	MetLife, Birtamode, Ph:023-544025
533	Gaighat	17-19 Jestha, 2081	30 May-01 June, 2024	13 Jestha, 2081	MetLife, Gaighat, Ph:035-421660
534	Bhaktapur	21 - 23 Jestha, 2081	03 - 05 June, 2024	17 Jestha, 2081	MetLife, Pulchowk, Lalitpur
535	Lalitpur	21 - 23 Jestha, 2081	03 - 05 June, 2024	17 Jestha, 2081	MetLife, Pulchowk, Lalitpur
536	Birtamod	21 - 23 Jestha, 2081	03-05 June, 2024	17 Jestha, 2081	MetLife, Birtamode, Ph:023-544025
537	Rampur, Udayapur	21 - 23 Jestha, 2081	03-05 June, 2024	17 Jestha, 2081	MetLife, Gaighat, Ph:035-421660
538	Janakpur	21 - 23 Jestha, 2081	03-05 June, 2024	17 Jestha, 2081	MetLife, Janakpur Ph : 041-590426
539	Butwal	21 - 23 Jestha, 2081	03-5 June, 2024	17 Jestha, 2081	MetLife, Butwal, Ph:071-503113
540	Bardaghat	21 - 23 Jestha, 2081	03-5 June, 2024	17 Jestha, 2081	MetLife, Bardaghat, Ph:078-580783
541	Katari	22-24 Jestha, 2081	04-06 June, 2024	18 Jestha, 2081	MetLife, Katari, Ph : 035-450431
542	Kathmandu	23 - 25 Jestha, 2081	05 - 07 June, 2024	19 Jestha, 2081	MetLife, Pulchowk, Lalitpur
543	Hetauda	23 - 25 Jestha, 2081	05 - 07 June, 2024	19 Jestha, 2081	MetLife, Hetauda, Ph:057-5211553
544	Tikapur	23 - 25 Jestha, 2081	05 - 07 June, 2024	19 Jestha, 2081	MetLife, Tikapur, Ph : 091-560887
545	Salyan	23 - 25 Jestha, 2081	05 - 07 June, 2024	19 Jestha, 2081	MetLife, Dang, Ph:082-564018
546	Damak	23 - 25 Jestha, 2081	05 - 07 June, 2024	19 Jestha, 2081	MetLife, Damak, Ph:023-583970/71
547	Dharan	23 - 25 Jestha, 2081	05 - 07 June, 2024	19 Jestha, 2081	MetLife, Dharan, Ph: 025-532791
548	Chitwan	28-30 Jestha, 2081	10-12 June, 2024	23 Jestha, 2081	MetLife, Chitwan, Ph: 056-595938
549	Lalitpur	29 - 31 Jestha, 2081	11 - 13 June, 2024	24 Jestha, 2081	MetLife, Pulchowk, Lalitpur
550	Kathmandu	29 - 31 Jestha, 2081	11 - 13 June, 2024	24 Jestha, 2081	MetLife, Pulchowk, Lalitpur
551	Lalitpur	29 - 31 Jestha, 2081	11 - 13 June, 2024	24 Jestha, 2081	MetLife, Pulchowk, Lalitpur
552	Nuwakot	29 - 31 Jestha, 2081	11 - 13 June, 2024	24 Jestha, 2081	MetLife, Pulchowk, Lalitpur
553	Kathmandu	30 - 32 Jestha, 2081	12 - 14 June, 2024	25 Jestha, 2081	MetLife, Pulchowk, Lalitpur



SN	तालिम हुने स्थान	तालिम हुने मिति	English Date	तालिमको लागि निवेदन दिने अन्तिम मिति	सम्पर्क ठेगाना
554	Ilam	30 - 32 Jestha, 2081	12 - 14 June, 2024	25 Jestha, 2081	MetLife, Ilam, Ph:027-521986
555	Biratnagar	30 - 32 Jestha, 2081	12 - 14 June, 2024	25 Jestha, 2081	MetLife, Biratnagar, Ph:021-590013
556	Pokhara	30 - 32 Jestha, 2081	12 - 14 June, 2024	25 Jestha, 2081	MetLife, Pokhara, Ph:061-550095
557	Dang	30 - 32 Jestha, 2081	12 - 14 June, 2024	25 Jestha, 2081	MetLife, Dang, Ph:082-564018
558	Mahendranagar	30 - 32 Jestha, 2081	12 - 14 June, 2024	25 Jestha, 2081	MetLife, Mahendranagar, Ph:99-520229
559	Jumla	30 - 32 Jestha, 2081	12 - 14 June, 2024	25 Jestha, 2081	MetLife, Surkhet ,Ph: 083-521588
560	Kapilvastu	02-04 Asar 2081	16-18 June, 2024	28 Jestha, 2081	MetLife, Butwal, Ph:071-503113
561	Kathmandu	03-05 Asar, 2081	17 - 19 June, 2024	29 Jestha, 2081	MetLife, Pulchowk, Lalitpur
562	Birtamod	03-05 Asar, 2081	17-19 June, 2024	29 Jestha, 2081	MetLife, Birtamode, Ph:023-544025
563	Urlabari	03-05 Asar, 2081	17-19 June, 2024	29 Jestha, 2081	MetLife, Damak, Ph:023-583970/71
564	Bhairahawa	03-05 Asar, 2081	17-19 June, 2024	29 Jestha, 2081	MetLife, Bhairahawa Ph : 071-590864
565	Lahan	04-06 Asar, 2081	18-20 June, 2024	30 Jestha, 2081	MetLife, Lahan, Ph:033-590402
566	Kathmandu	05 - 07 Asar, 2081	19 - 21 June, 2024	1 Asar, 2081	MetLife, Pulchowk, Lalitpur
567	Lalitpur	05 - 07 Asar, 2081	19 - 21 June, 2024	1 Asar, 2081	MetLife, Pulchowk, Lalitpur
568	Lalitpur	05 - 07 Asar, 2081	19 - 21 June, 2024	1 Asar, 2081	MetLife, Pulchowk, Lalitpur
569	Itahari	05 - 07 Asar, 2081	19-21 June, 2024	1 Asar, 2081	MetLife, Itahari, Ph: 025-587195
570	Birgunj	05 - 07 Asar, 2081	19-21 June, 2024	1 Asar, 2081	MetLife, Birgunj, Ph:051-520757
571	Damak	06-08 Asar, 2081	20-22 June, 2024	2 Asar, 2081	MetLife, Damak, Ph:023-583970/71
572	Kathmandu	12 - 14 Asar, 2081	26 - 28 June, 2024	8 Asar, 2081	MetLife, Pulchowk, Lalitpur
573	Banepa	12 - 14 Asar, 2081	26 - 28 June, 2024	8 Asar, 2081	MetLife, Pulchowk, Lalitpur
574	Lalitpur	12 - 14 Asar, 2081	26 - 28 June, 2024	8 Asar, 2081	MetLife, Pulchowk, Lalitpur
575	Dudhauri, Sindhuli	12 - 14 Asar, 2081	26-28 June, 2024	8 Asar, 2081	MetLife, Gaighat, Ph:035-421660
576	Dharan	12 - 14 Asar, 2081	26-28 June, 2024	8 Asar, 2081	MetLife, Dharan, Ph: 025-532791
577	Chitwan	12-14 Asar, 2081	26-28 June, 2024	8 Asar, 2081	MetLife, Chitwan, Ph:056-595938
578	Pokhara	12 - 14 Asar, 2081	26-28 June, 2024	8 Asar, 2081	MetLife, Pokhara, Ph:061-550095
579	Palpa	12 - 14 Asar, 2081	26-28 June, 2024	8 Asar, 2081	MetLife, Palpa,Ph: 075-522557
580	Surkhet	12 - 14 Asar, 2081	26-28 June, 2024	8 Asar, 2081	MetLife, Surkhet ,Ph: 083-521588
581	Dhangadhi	12 - 14 Asar, 2081	26-28 June, 2024	8 Asar, 2081	MetLife, Dhangadhi,Ph:091-523815
582	Nepalgunj	12 - 14 Asar, 2081	26-28 June, 2024	8 Asar, 2081	MetLife, Nepalgunj Ph : 081-411015
583	Janakpur	13-15 Asar, 2081	27-29 June, 2024	9 Asar, 2081	MetLife, Janakpur Ph : 041-590426
584	Ilam	13-15 Asar, 2081	27-29 June, 2024	9 Asar, 2081	MetLife, Ilam, Ph:027-521986
585	Biratnagar	13-15 Asar, 2081	27-29 June, 2024	9 Asar, 2081	MetLife, Biratnagar, Ph:021-590013
586	Bhojpur	15-17 Asar, 2081	29 June-01 July, 2024	11 Asar, 2081	MetLife, Biratnagar, Ph:021-590013
587	Lalitpur	17 - 19 Asar, 2081	01 - 03 July, 2024	13 Asar, 2081	MetLife, Pulchowk, Lalitpur
588	Kathmandu	17 - 19 Asar, 2081	01 - 03 July, 2024	13 Asar, 2081	MetLife, Pulchowk, Lalitpur
589	Nuwakot	17 - 19 Asar, 2081	01 - 03 July, 2024	13 Asar, 2081	MetLife, Pulchowk, Lalitpur
590	Lalitpur	17 - 19 Asar, 2081	01 - 03 July, 2024	13 Asar, 2081	MetLife, Pulchowk, Lalitpur
591	Mahendranagar	17 - 19 Asar 2081	1-3 July, 2024	13 Asar, 2081	MetLife, Mahendranagar, Ph:99-520229
592	Butwal	17 - 19 Asar 2081	1 -3 July, 2024	13 Asar, 2081	MetLife, Butwal, Ph:071-503113
593	Bardaghat	17 - 19 Asar 2081	1 -3 July, 2024	13 Asar, 2081	MetLife, Bardaghat, Ph:078-580783
594	Hetauda	18-20 Asar, 2081	02-04 July, 2024	14 Asar, 2081	MetLife, Hetauda, Ph:057-5211553
595	Kathmandu	19 - 21 Asar, 2081	03 - 05 July, 2024	15 Asar, 2081	MetLife, Pulchowk, Lalitpur
596	Birtamod	19 - 21 Asar, 2081	03 - 05 July, 2024	15 Asar, 2081	MetLife, Birtamode, Ph:023-544025
597	Gaighat	19 - 21 Asar, 2081	03 - 05 July, 2024	15 Asar, 2081	MetLife, Gaighat, Ph:035-421660
598	Tikapur	19 - 21 Asar, 2081	03-5 July, 2024	15 Asar, 2081	MetLife, Tikapur, Ph : 091-560887
599	Bhairahawa	23-25 Asar 2081	07-9 July, 2024	19 Asar, 2081	MetLife, Bhairahawa Ph : 071-590864
600	Chitwan	24-26 Asar,2081	08-10 July, 2024	20 Asar, 2081	MetLife, Chitwan, Ph:056-595938
601	Surkhet	24-26 Asar,2081	08-10 July, 2024	20 Asar, 2081	MetLife, Surkhet ,Ph: 083-521588
602	Kathmandu	25 - 27 Asar, 2081	09 - 11 July, 2024	21 Asar, 2081	MetLife, Pulchowk, Lalitpur
603	Lalitpur	25 - 27 Asar, 2081	09 - 11 July, 2024	21 Asar, 2081	MetLife, Pulchowk, Lalitpur
604	Damak	25-27 Asar, 2081	09-11 July, 2024	21 Asar, 2081	MetLife, Damak, Ph:023-583970/71
605	Janakpur	25-27 Asar, 2081	09-11 July, 2024	21 Asar, 2081	MetLife, Janakpur Ph : 041-590426
606	Itahari	25-27 Asar, 2081	09-11 July, 2024	21 Asar, 2081	MetLife, Itahari, Ph: 025-587195
607	Katari	25-27 Asar, 2081	09-11 July, 2024	21 Asar, 2081	MetLife, Katari, Ph : 035-450431
608	Kathmandu	26 - 28 Asar, 2081	10 - 12 July, 2024	22 Asar, 2081	MetLife, Pulchowk, Lalitpur
609	Lalitpur	26 - 28 Asar, 2081	10 - 12 July, 2024	22 Asar, 2081	MetLife, Pulchowk, Lalitpur
610	Pokhara	26 - 28 Asar, 2081	10-12 July, 2024	22 Asar, 2081	MetLife, Pokhara, Ph:061-550095
611	Dang	26 - 28 Asar, 2081	10-12 July, 2024	22 Asar, 2081	MetLife, Dang, Ph:082-564018
612	Dhangadhi	26 - 28 Asar, 2081	10-12 July, 2024	22 Asar, 2081	MetLife, Dhangadhi,Ph:091-523815
613	Nepalgunj	26 - 28 Asar, 2081	10-12 July, 2024	22 Asar, 2081	MetLife, Nepalgunj Ph : 081-411015
614	Ilam	28-30 Asar, 2081	12-14 July, 2024	24 Asar, 2081	MetLife, Ilam, Ph:027-521986
615	Biratnagar	28-30 Asar, 2081	12-14 July, 2024	24 Asar, 2081	MetLife, Biratnagar, Ph:021-590013
616	Birgunj	28-30 Asar, 2081	12-14 July, 2024	24 Asar, 2081	MetLife, Birgunj, Ph:051-520757
617	Golbazar, Siraha	29-31 Asar, 2081	13-15 July, 2024	25 Asar, 2081	MetLife, Lahan, Ph:033-590402
618	Dharan	29-31 Asar 2081	13-15 July, 2024	25 Asar, 2081	MetLife, Dharan, Ph: 025-532791

**Training Department**

**Narayani Complex, Punchwork, Lalitpur**

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