



जीवन बीमा अभिकर्ताको आधारभूत तालिम कार्यक्रमको वार्षिक कार्यतालिका ( वार्षिक बर्ष २०८१ । २०८२ )  
Annual Plan for Life Insurance Agent Basic Training Program for Fiscal Year 2081 / 2082

तालिमको लागि चाहिने आवश्यक कागजातहरू :

१. तालिमको लागि निवेदन २. नेपाली नागरिकताको प्रमाणपत्रको फोटोकॉपी ३. कम्तिमा एस.एच. सि ( एस.ई. ई. ) वा सो सरहको परिक्षा पास गरेको मार्कसिट र चारित्रिक प्रमाणपत्रको फोटोकॉपी ४. PAN Number/ Card ५. Bank Account Number ६. तालिम शुल्क रु १५००  
नोट : कृपया विस्तृत जानकारीको लागि सेटलाईफको कार्यलयमा सम्पर्क गर्नु होला ।

SN	तालिम हुने स्थान	तालिम हुने स्थान	तालिम हुने मिति	English Date	तालिमको लागि निवेदन दिने अन्तिम मिति	सम्पर्क ठेगाना
1	Bhaktapur	Bhaktapur	02 - 04 Shrawan, 2081	17 - 19 July, 2024	1st Shrawan, 2081	MetLife, Surya Binayak, P.h. 01-6617589
2	Kamalpokhari	Kathmandu	02 - 04 Shrawan, 2081	17 - 19 July, 2024	1st Shrawan, 2081	MetLife, Pulchowk, Lalitpur
3	Mahendranagar	Mahendranagar	02 - 04 Shrawan, 2081	17 - 19 July, 2024	1st Shrawan, 2081	MetLife, Mahendranagar, Ph:99-520229
4	Banepa	Banepa	07 - 09 Shrawan, 2081	22 - 24 July, 2024	6th Shrawan, 2081	MetLife, Banepa, P.h. 011-662456
5	Bouddha	Kathmandu	07 - 09 Shrawan, 2081	22 - 24 July, 2024	6th Shrawan, 2081	MetLife, Pulchowk, Lalitpur
6	Tikapur	Tikapur	07 - 09 Shrawan, 2081	22 - 24 July, 2024	6th Shrawan, 2081	MetLife, Tikapur, Ph : 091-560887
7	Surkhet	Surkhet	07 - 09 Shrawan, 2081	22 - 24 July, 2024	6th Shrawan, 2081	MetLife, Surkhet ,Ph: 083-521588
8	Birtamod	Birtamod	9-11 Shrawan, 2081	24-26 July, 2024	8th Shrawan, 2081	MetLife, Birtamode, Ph:023-544025
9	Chitwan	Chitwan	09-11 Shrawan, 2081	24-26 July, 2024	8th Shrawan, 2081	MetLife, Chitwan, Ph:056-595938
10	Minbhawan	Kathmandu	14 - 16 Shrawan, 2081	29 - 31 July, 2024	13th Shrawan, 2081	MetLife, Pulchowk, Lalitpur
11	palpa	palpa	14 - 16 Shrawan, 2081	29 - 31 July, 2024	13th Shrawan, 2081	MetLife, Palpa,Ph: 075-522557
12	Nepalgunj	Nepalgunj	14 - 16 Shrawan, 2081	29 - 31 July, 2024	13th Shrawan, 2081	MetLife, Nepalgunj Ph : 081-411015
13	Janakpur	Janakpur	14 - 16 Shrawan, 2081	29 - 31 July, 2024	13th Shrawan, 2081	MetLife, Janakpur Ph : 041-590426
14	Pokhara	Pokhara	14 - 16 Shrawan, 2081	29 - 31 July, 2024	13th Shrawan, 2081	MetLife, Pokhara, Ph:061-550095
15	Biratnagar	Biratnagar	14-16 Shrawan, 2081	29-31 July, 2024	13th Shrawan, 2081	MetLife, Biratnagar, Ph:021-590013
16	Hetauda	Hetauda	16 - 18 Shrawan, 2081	31st July - 2nd August, 2024	15th Shrawan, 2081	MetLife, Hetauda, Ph:057-5211553
17	Satdobato	Lalitpur	16 - 18 Shrawan, 2081	31st July - 2nd August, 2024	15th Shrawan, 2081	MetLife, Pulchowk, Lalitpur
18	Dhangadhi	Dhangadhi	16 - 18 Shrawan, 2081	31st July - 2nd August, 2024	20th Shrawan, 2081	MetLife, Dhangadhi,Ph:091-523815
19	Surkhet	Surkhet	20-22 Shrawan, 2081	04-06 August, 2024	20th Shrawan, 2081	MetLife, Surkhet ,Ph: 083-521588
20	Kantipath	Kathmandu	21 - 23 Shrawan, 2081	05 - 07 August, 2024	20th Shrawan, 2081	MetLife, Pulchowk, Lalitpur
21	Ravibhawan	Kathmandu	21 - 23 Shrawan, 2081	05 - 07 August, 2024	20th Shrawan, 2081	MetLife, Pulchowk, Lalitpur
22	Butwal	Butwal	21 - 23 Shrawan, 2081	05 - 07 August, 2024	20th Shrawan, 2081	MetLife, Butwal, Ph:071-503113
23	Gaighat	Gaighat	21 - 23 Shrawan, 2081	05 - 07 August, 2024	20th Shrawan, 2081	MetLife, Gaighat, Ph:035-421660
24	Satdobato	Lalitpur	23 - 25 Shrawan, 2081	07 - 09 August, 2024	22nd Shrawan, 2081	MetLife, Pulchowk, Lalitpur
25	Mahendranagar	Mahendranagar	23 - 25 Shrawan, 2081	07 - 09 August, 2024	22nd Shrawan, 2081	MetLife, Mahendranagar, Ph:99-520229
26	Pokhara	Pokhara	23 - 25 Shrawan, 2081	07 - 09 August, 2024	22nd Shrawan, 2081	MetLife, Pokhara, Ph:061-550095
27	Damak	Damak	23-25 Shrawan, 2081	07-09 August, 2024	22nd Shrawan, 2081	MetLife, Damak, Ph:023-583970/71
28	Bhaktapur	Bhaktapur	28 - 30 Shrawan, 2081	12 - 14 August, 2024	27th Shrawan, 2081	MetLife, Surya Binayak, P.h. 01-6617589
29	Bhairahawa	Bhairahawa	28 - 30 Shrawan, 2081	12 - 14 August, 2024	27th Shrawan, 2081	MetLife, Bhairahawa Ph : 071-590864
30	Biratnagar	Biratnagar	28 - 30 Shrawan, 2081	12 - 14 August, 2024	27th Shrawan, 2081	MetLife, Biratnagar, Ph:021-590013
31	Chitwan	Chitwan	28 - 30 Shrawan, 2081	12 - 14 August, 2024	27th Shrawan, 2081	MetLife, Chitwan, Ph:056-595938
32	Ilam	Ilam	28-30 Shrawan, 2081	12-14 August, 2024	27th Shrawan, 2081	MetLife, Ilam, Ph:027-521986
33	Dharan	Dharan	29-31 Shrawan, 2081	13-15 August, 2024	28th Shrawan, 2081	MetLife, Dharan, Ph: 025-532791
34	Minbhawan	Kathmandu	30-32 Shrawan 2081	14-16 August, 2024	29th Shrawan, 2081	MetLife, Pulchowk, Lalitpur
35	Kamalpokhari	Kathmandu	30-32 Shrawan 2081	14-16 August, 2024	29th Shrawan, 2081	MetLife, Pulchowk, Lalitpur
36	Nepalgunj	Nepalgunj	30-32 Shrawan 2081	14-16 August, 2024	29th Shrawan, 2081	MetLife, Nepalgunj Ph : 081-411015
37	Tikapur	Tikapur	30-32 Shrawan, 2081	14-16 August, 2024	29th Shrawan, 2081	MetLife, Tikapur, Ph : 091-560887
38	Lahan	Lahan	30-32 Shrawan 2081	14-16 August, 2024	29th Shrawan, 2081	MetLife, Lahan, Ph:033-590402
39	Birgunj	Birgunj	30-32 Shrawan, 2081	14-16 August, 2024	29th Shrawan, 2081	MetLife, Birgunj, Ph:051-520757
40	Bardaghat	Bardaghat	04-06 Bhadra, 2081	20-22 August, 2024	3rd Bhadra, 2081	MetLife, Bardaghat, Ph:078-580783
41	Birtamod	Birtamod	04-06 Bhadra, 2081	20-22 August, 2024	3rd Bhadra, 2081	MetLife, Birtamode, Ph:023-544025
42	Banepa	Banepa	05 - 07 Bhadra, 2081	21 - 23 August, 2024	4th Bhadra, 2081	MetLife, Banepa, P.h. 011-662456
43	Bouddha	Kathmandu	05 - 07 Bhadra, 2081	21 - 23 August, 2024	4th Bhadra, 2081	MetLife, Pulchowk, Lalitpur
44	Janakpur	Janakpur	05 - 07 Bhadra, 2081	21 - 23 August, 2024	4th Bhadra, 2081	MetLife, Janakpur Ph : 041-590426
45	Bhojpur	Bhojpur	05 - 07 Bhadra, 2081	21-23 August, 2024	4th Bhadra, 2081	MetLife, Biratnagar, Ph:021-590013
46	Head office	Lalitpur	11 - 13 Bhadra, 2081	27 - 29 August, 2024	10th Bhadra, 2081	MetLife, Pulchowk, Lalitpur
47	Kantipath	Kathmandu	12 - 14 Bhadra, 2081	28 - 30 August, 2024	11th Bhadra, 2081	MetLife, Pulchowk, Lalitpur
48	Thamel	Kathmandu	12 - 14 Bhadra, 2081	28 - 30 August, 2024	11th Bhadra, 2081	MetLife, Pulchowk, Lalitpur
49	Dhangadhi	Dhangadhi	12 - 14 Bhadra, 2081	28 - 30 August, 2024	11th Bhadra, 2081	MetLife, Dhangadhi,Ph:091-523815
50	Pokhara	Pokhara	12 - 14 Bhadra, 2081	28 - 30 August, 2024	11th Bhadra, 2081	MetLife, Pokhara, Ph:061-550095
51	Biratnagar	Biratnagar	13-15 Bhadra, 2081	29 - 31 August, 2024	12th Bhadra, 2081	MetLife, Biratnagar, Ph:021-590013
52	Hetauda	Hetauda	16 - 18 Bhadra, 2081	01 - 03 September, 2024	15th Bhadra, 2081	MetLife, Hetauda, Ph:057-5211553
53	Birtamod	Birtamod	17-19 Bhadra, 2081	02- 04 September, 2024	16th Bhadra, 2081	MetLife, Birtamode, Ph:023-544025
54	Minbhawan	Kathmandu	17 - 19 Bhadra, 2081	02 - 04 September, 2024	16th Bhadra, 2081	MetLife, Pulchowk, Lalitpur
55	Ravibhawan	Kathmandu	17 - 19 Bhadra, 2081	02 - 04 September, 2024	16th Bhadra, 2081	MetLife, Pulchowk, Lalitpur
56	Surkhet	Surkhet	17 - 19 Bhadra, 2081	02 - 04 September, 2024	16th Bhadra, 2081	MetLife, Surkhet ,Ph: 083-521588
57	Butwal	Butwal	17 - 19 Bhadra, 2081	02 - 04 September, 2024	16th Bhadra, 2081	MetLife, Butwal, Ph:071-503113

58	Chitwan	Chitwan	17 - 19 Bhadra, 2081	02 - 04 September, 2024	16th Bhadra, 2081	MetLife, Chitwan, Ph:056-595938
59	Banepa	Banepa	24 - 26 Bhadra, 2081	09 - 11 September, 2024	23rd Bhadra, 2081	MetLife, Banepa, P.h. 011-662456
60	Dang	Dang	24 - 26 Bhadra, 2081	09 - 11 September, 2024	23rd Bhadra, 2081	MetLife, Dang, Ph:082-564018
61	Itahari	Itahari	24-26 Bhadra, 2081	9-11 September, 2024	23rd Bhadra, 2081	MetLife, Itahari, Ph: 025-587195
62	Head office	Lalitpur	26 - 28 Bhadra, 2081	11 - 13 September, 2024	25th Bhadra, 2081	MetLife, Pulchowk, Lalitpur
63	Kamalpokhari	Kathmandu	26 - 28 Bhadra, 2081	11 - 13 September, 2024	25th Bhadra, 2081	MetLife, Pulchowk, Lalitpur
64	Tikapur	Tikapur	26 - 28 Bhadra, 2081	11 - 13 September, 2024	25th Bhadra, 2081	MetLife, Tikapur, Ph : 091-560887
65	Pokhara	Pokhara	26 - 28 Bhadra, 2081	11 - 13 September, 2024	25th Bhadra, 2081	MetLife, Pokhara, Ph:061-550095
66	Biratnagar	Biratnagar	26-28 Bhadra, 2081	11-13 September, 2024	25th Bhadra, 2081	MetLife, Biratnagar, Ph:021-590013
67	Nepalgunj	Nepalgunj	31 Bhadra - 02 Ashwin, 2081	16-18 September, 2024	30th Bhadra, 2081	MetLife, Nepalgunj Ph : 081-411015
68	Mahendranagar	Mahendranagar	31 Bhadra - 02 Ashwin, 2081	16-18 September, 2024	30th Bhadra, 2081	MetLife, Mahendranagar, Ph:99-520229
69	Damak	Damak	31 Bhadra-Ashwin 2, 2081	16-18 September, 2024	30th Bhadra, 2081	MetLife, Damak, Ph:023-583970/71
70	Bhairahawa	Bhairahawa	01- 03 Ashwin, 2081	17-19 September, 2024	31st Bhadra, 2081	MetLife, Bhairahawa Ph : 071-590864
71	Kantipath	Kathmandu	02 - 04 Ashwin, 2081	18 - 20 September, 2024	1st Ashwin, 2081	MetLife, Pulchowk, Lalitpur
72	Birgunj	Birgunj	03-05 Ashwin, 2081	19-21 September, 2024	2nd Ashwin, 2081	MetLife, Birgunj, Ph:051-520757
73	Bouddha	Kathmandu	06-08 Ashwin 2081	22-24 September, 2024	5th Ashwin, 2081	MetLife, Pulchowk, Lalitpur
74	Gaighat	Gaighat	06-08 Ashwin 2081	22-24 September, 2024	5th Ashwin, 2081	MetLife, Gaighat, Ph:035-421660
75	Bhaktapur	Bhaktapur	07 - 09 Ashwin, 2081	23 - 25 September, 2024	6th Ashwin, 2081	MetLife, Surya Binayak, P.h. 01-6617589
76	Surkhet	Surkhet	07 - 09 Ashwin, 2081	23 - 25 September, 2024	6th Ashwin, 2081	MetLife, Surkhet ,Ph: 083-521588
77	palpa	palpa	07 - 09 Ashwin, 2081	23 - 25 September, 2024	6th Ashwin, 2081	MetLife, Palpa,Ph: 075-522557
78	Head office	Lalitpur	09 - 11 Ashwin, 2081	25 - 27 September, 2024	8th Ashwin, 2081	MetLife, Pulchowk, Lalitpur
79	Dhangadhi	Dhangadhi	09 - 11 Ashwin, 2081	25 - 27 September, 2024	8th Ashwin, 2081	MetLife, Dhangadhi,Ph:091-523815
80	Janakpur	Janakpur	09 - 11 Ashwin, 2081	25 - 27 September, 2024	8th Ashwin, 2081	MetLife, Janakpur Ph : 041-590426
81	Chitwan	Chitwan	09 - 11 Ashwin, 2081	25 - 27 September, 2024	8th Ashwin, 2081	MetLife, Chitwan, Ph:056-595938
82	Biratnagar	Biratnagar	11-12 Ashwin, 2081	28-30 September, 2024	10th Ashwin, 2081	MetLife, Biratnagar, Ph:021-590013
83	Thapathali	Kathmandu	13-15 Ashwin, 2081	29 September - 01 October, 2024	12th Ashwin, 2081	MetLife, Pulchowk, Lalitpur
84	Kantipath	Kathmandu	14 - 16 Ashwin, 2081	30 September- 2 October, 2024	13th Ashwin, 2081	MetLife, Pulchowk, Lalitpur
85	Pokhara	Pokhara	14 - 16 Ashwin, 2081	30 September- 2 October, 2024	13th Ashwin, 2081	MetLife, Pokhara, Ph:061-550095
86	Surkhet	Surkhet	15-17 Ashwin, 2081	01-03 October, 2024	14th Ashwin, 2081	MetLife, Surkhet ,Ph: 083-521588
87	Butwal	Butwal	16-18 Ashwin 2081	02-04 October, 2024	15th Ashwin, 2081	MetLife, Butwal, Ph:071-503113
88	Satdobato	Lalitpur	20 - 22 Ashwin, 2081	06 - 08 October, 2024	19th Ashwin, 2081	MetLife, Pulchowk, Lalitpur
89	Birtamod	Birtamod	20-22 Ashwin, 2081	06-08 October, 2024	19th Ashwin, 2081	MetLife, Birtamode, Ph:023-544025
90	Minbhawan	Kathmandu	21 - 23 Ashwin, 2081	07 - 09 October, 2024	20th Ashwin, 2081	MetLife, Pulchowk, Lalitpur
91	Bhairahawa	Bhairahawa	21 - 23 Ashwin, 2081	07 - 09 October, 2024	20th Ashwin, 2081	MetLife, Bhairahawa Ph : 071-590864
92	Ravibhawan	Kathmandu	05-07 Kartik 2081	21-23 October, 2024	4th Kartik, 2081	MetLife, Pulchowk, Lalitpur
93	Nepalgunj	Nepalgunj	05-07 Kartik 2081	21-23 October, 2024	4th Kartik, 2081	MetLife, Nepalgunj Ph : 081-411015
94	Dang	Dang	05-07 Kartik 2081	21-23 October, 2024	4th Kartik, 2081	MetLife, Dang, Ph:082-564018
95	Ilam	Ilam	05-07 Kartik 2081	21-23 October, 2024	4th Kartik, 2081	MetLife, Ilam, Ph:027-521986
96	Gaighat	Gaighat	05-07 Kartik 2081	21-23 October, 2024	4th Kartik, 2081	MetLife, Gaighat, Ph:035-421660
97	Chitwan	Chitwan	05-07 Kartik 2081	21-23 October, 2024	4th Kartik, 2081	MetLife, Chitwan, Ph:056-595938
98	Banepa	Banepa	06 - 08 Kartik, 2081	22 - 24 October, 2024	5th Kartik, 2081	MetLife, Banepa, P.h. 011-662456
99	Pokhara	Pokhara	06 - 08 Kartik, 2081	22 - 24 October, 2024	5th Kartik, 2081	MetLife, Pokhara, Ph:061-550095
100	Head office	Lalitpur	07 - 09 Kartik, 2081	23 - 25 October, 2024	6th Kartik, 2081	MetLife, Pulchowk, Lalitpur
101	Janakpur	Janakpur	07 - 09 Kartik, 2081	23 - 25 October, 2024	6th Kartik, 2081	MetLife, Janakpur Ph : 041-590426
102	Bouddha	Kathmandu	11-13 Kartik 2081	27-29 October, 2024	10th Kartik, 2081	MetLife, Pulchowk, Lalitpur
103	Bhaktapur	Bhaktapur	12 - 14 Kartik, 2081	28 - 30 October, 2024	11th Kartik, 2081	MetLife, Surya Binayak, P.h. 01-6617589
104	Bardaghat	Bardaghat	13-15 Kartik 2081	29-31 October, 2024	12th Kartik, 2081	MetLife, Bardaghat, Ph:078-580783
105	Butwal	Butwal	21-23 Kartik 2081	06-08 November, 2024	20th Kartik, 2081	MetLife, Butwal, Ph:071-503113
106	Bhairahawa	Bhairahawa	26 - 28 Kartik, 2081	11 - 13 November, 2024	25th Kartik, 2081	MetLife, Bhairahawa Ph : 071-590864
107	Pokhara	Pokhara	26 - 28 Kartik, 2081	11 - 13 November, 2024	25th Kartik, 2081	MetLife, Pokhara, Ph:061-550095
108	Birtamod	Birtamod	26 - 28 Kartik, 2081	11 - 13 November, 2024	25th Kartik, 2081	MetLife, Birtamode, Ph:023-544025
109	Satdobato	Lalitpur	27 - 29 Kartik, 2081	12 - 14 November, 2024	26th Kartik, 2081	MetLife, Pulchowk, Lalitpur
110	Kamalpokhari	Kathmandu	27-29 Kartik 2081	12-14 November, 2024	26th Kartik, 2081	MetLife, Pulchowk, Lalitpur
111	Chitwan	Chitwan	27-29 Kartik, 2081	12-14 November, 2024	26th Kartik, 2081	MetLife, Chitwan, Ph:056-595938
112	Banepa	Banepa	28 - 30 Kartik, 2081	13 - 15 November, 2024	27th Kartik, 2081	MetLife, Banepa, P.h. 011-662456
113	Tikapur	Tikapur	28 - 30 Kartik, 2081	13 - 15 November, 2024	27th Kartik, 2081	MetLife, Tikapur, Ph : 091-560887
114	Surkhet	Surkhet	28 - 30 Kartik, 2081	13 - 15 November, 2024	27th Kartik, 2081	MetLife, Surkhet ,Ph: 083-521588
115	Lahan	Lahan	29 Kartik-1 Mangsir, 2081	14-16 November, 2024	28th Kartik, 2081	MetLife, Lahan, Ph:033-590402
116	Gaighat	Gaighat	02 - 04 Mangsir , 2081	17 - 19 November, 2024	1st Mangsir, 2081	MetLife, Gaighat, Ph:035-421660
117	Head office	Lalitpur	03 - 05 Mangsir, 2081	18 - 20 November, 2024	2nd Mangsir, 2081	MetLife, Pulchowk, Lalitpur
118	Bouddha	Kathmandu	03 - 05 Mangsir, 2081	18 - 20 November, 2024	2nd Mangsir, 2081	MetLife, Pulchowk, Lalitpur
119	palpa	palpa	03 - 05 Mangsir, 2081	18 - 20 November, 2024	2nd Mangsir, 2081	MetLife, Palpa,Ph: 075-522557
120	Damak	Damak	03 - 05 Mangsir, 2081	18 - 20 November, 2024	2nd Mangsir, 2081	MetLife, Damak, Ph:023-583970/71
121	Bhaktapur	Bhaktapur	05 - 07 Mangsir, 2081	20 - 22 November, 2024	4th Mangsir, 2081	MetLife, Surya Binayak, P.h. 01-6617589
122	Thamel	Kathmandu	05 - 07 Mangsir, 2081	20 - 22 November, 2024	4th Mangsir, 2081	MetLife, Pulchowk, Lalitpur
123	Mahendranagar	Mahendranagar	05 - 07 Mangsir, 2081	20 - 22 November, 2024	4th Mangsir, 2081	MetLife, Mahendranagar, Ph:99-520229
124	Katari	Katari	05 - 07 Mangsir, 2081	20 - 22 November, 2024	4th Mangsir, 2081	MetLife, Katari, Ph : 035-450431
125	Minbhawan	Kathmandu	10 - 12 Mangsir, 2081	25 - 27 November, 2024	9th Mangsir, 2081	MetLife, Pulchowk, Lalitpur
126	Bardaghat	Bardaghat	10 - 12 Mangsir, 2081	25 - 27 November, 2024	9th Mangsir, 2081	MetLife, Bardaghat, Ph:078-580783
127	Kantipath	Kathmandu	12 - 14 Mangsir, 2081	27 - 29 November, 2024	11th Mangsir, 2081	MetLife, Pulchowk, Lalitpur

128	Nepalgunj	Nepalgunj	12 - 14 Mangsir, 2081	27 - 29 November, 2024	11th Mangsir, 2081	MetLife, Nepalgunj Ph : 081-411015
129	Dhangadhi	Dhangadhi	12 - 14 Mangsir, 2081	27 - 29 November, 2024	11th Mangsir, 2081	MetLife, Dhangadhi,Ph:091-523815
130	Janakpur	Janakpur	12 - 14 Mangsir, 2081	27 - 29 November, 2024	11th Mangsir, 2081	MetLife, Janakpur Ph : 041-590426
131	Pokhara	Pokhara	12 - 14 Mangsir, 2081	27 - 29 November, 2024	11th Mangsir, 2081	MetLife, Pokhara, Ph:061-550095
132	Chitwan	Chitwan	12 - 14 Mangsir, 2081	27 - 29 November, 2024	11th Mangsir, 2081	MetLife, Chitwan, Ph:056-595938
133	Hetauda	Hetauda	12 - 14 Mangsir, 2081	27 - 29 November, 2024	11th Mangsir, 2081	MetLife, Hetauda, Ph:057-5211553
134	Thapathali	Kathmandu	13 - 15 Mangsir 2081	28-30 November, 2024	12th Mangsir, 2081	MetLife, Pulchowk, Lalitpur
135	Head office	Lalitpur	17 - 19 Mangsir, 2081	02 - 04 December, 2024	16th Mangsir, 2081	MetLife, Pulchowk, Lalitpur
136	Surkhet	Surkhet	17 - 19 Mangsir, 2081	02 - 04 December, 2024	16th Mangsir, 2081	MetLife, Surkhet ,Ph: 083-521588
137	Butwal	Butwal	17 - 19 Mangsir, 2081	02 - 04 December, 2024	16th Mangsir, 2081	MetLife, Butwal, Ph:071-503113
138	Banepa	Banepa	19 - 21 Mangsir, 2081	04 - 06 December, 2024	18th Mangsir, 2081	MetLife, Banepa, P.h. 011-662456
139	Ravibhawan	Kathmandu	19 - 21 Mangsir, 2081	04 - 06 December, 2024	18th Mangsir, 2081	MetLife, Pulchowk, Lalitpur
140	Biratnagar	Biratnagar	19 - 21 Mangsir, 2081	04 - 06 December, 2024	18th Mangsir, 2081	MetLife, Biratnagar, Ph:021-590013
141	Ilam	Ilam	19 - 21 Mangsir, 2081	04 - 06 December, 2024	18th Mangsir, 2081	MetLife, Ilam, Ph:027-521986
142	Birgunj	Birgunj	22-24 Mangsir, 2081	07-09 December, 2024	21st Mangsir, 2081	MetLife, Birgunj, Ph:051-520757
143	Kantipath	Kathmandu	24 - 26 Mangsir, 2081	09 - 11 December, 2024	23rd Mangsir, 2081	MetLife, Pulchowk, Lalitpur
144	Dang	Dang	24 - 26 Mangsir, 2081	09 - 11 December, 2024	23rd Mangsir, 2081	MetLife, Dang, Ph:082-564018
145	Itahari	Itahari	24-26 Mangsir, 2081	09-11 December, 2024	23rd Mangsir, 2081	MetLife, Itahari, Ph: 025-587195
146	Minbhawan	Kathmandu	26 - 28 Mangsir, 2081	11 - 13 December, 2024	25th Mangsir, 2081	MetLife, Pulchowk, Lalitpur
147	Kamalpokhari	Kathmandu	26 - 28 Mangsir, 2081	11 - 13 December, 2024	25th Mangsir, 2081	MetLife, Pulchowk, Lalitpur
148	Chitwan	Chitwan	26 - 28 Mangsir, 2081	11 - 13 December, 2024	25th Mangsir, 2081	MetLife, Chitwan, Ph:056-595938
149	Pokhara	Pokhara	26 - 28 Mangsir, 2081	11 - 13 December, 2024	25th Mangsir, 2081	MetLife, Pokhara, Ph:061-550095
150	Satdobato	Lalitpur	01 - 03 Poush, 2081	16 - 18 December, 2024	29th Mangsir, 2081	MetLife, Pulchowk, Lalitpur
151	Nepalgunj	Nepalgunj	01 - 03 Poush, 2081	16 - 18 December, 2024	29th Mangsir, 2081	MetLife, Nepalgunj Ph : 081-411015
152	Mahendranagar	Mahendranagar	01 - 03 Poush, 2081	16 - 18 December, 2024	29th Mangsir, 2081	MetLife, Mahendranagar, Ph:99-520229
153	Bhairahawa	Bhairahawa	01 - 03 Poush, 2081	16 - 18 December, 2024	29th Mangsir, 2081	MetLife, Bhairahawa Ph : 071-590864
154	Gaighat	Gaighat	01 - 03 Poush, 2081	16 - 18 December, 2024	29th Mangsir, 2081	MetLife, Gaighat, Ph:035-421660
155	Birtamod	Birtamod	01 - 03 Poush, 2081	16 - 18 December, 2024	29th Mangsir, 2081	MetLife, Birtamode, Ph:023-544025
156	Thamel	Kathmandu	02-04 Poush 2081	17-19 December, 2024	1st Poush, 2081	MetLife, Pulchowk, Lalitpur
157	Bhaktapur	Bhaktapur	03 - 05 Poush, 2081	18 - 20 December, 2024	2nd Poush, 2081	MetLife, Surya Binayak, P.h. 01-6617589
158	Dhangadhi	Dhangadhi	03 - 05 Poush, 2081	18 - 20 December, 2024	2nd Poush, 2081	MetLife, Dhangadhi,Ph:091-523815
159	Bardaghat	Bardaghat	03 - 05 Poush, 2081	18 - 20 December, 2024	2nd Poush, 2081	MetLife, Bardaghat, Ph:078-580783
160	Janakpur	Janakpur	04 - 05 Poush, 2081	19 - 21 December, 2024	3rd Poush, 2081	MetLife, Janakpur Ph : 041-590426
161	Head office	Lalitpur	07 - 09 Poush, 2081	22 - 24 December, 2024	6th Poush, 2081	MetLife, Pulchowk, Lalitpur
162	Bouddha	Kathmandu	07 - 09 Poush, 2081	22 - 24 December, 2024	6th Poush, 2081	MetLife, Pulchowk, Lalitpur
163	Biratnagar	Biratnagar	07 - 09 Poush, 2081	22 - 24 December, 2024	6th Poush, 2081	MetLife, Biratnagar, Ph:021-590013
164	Surkhet	Surkhet	18 - 20 Poush, 2081	02 - 04 January, 2025	17th Poush, 2081	MetLife, Surkhet ,Ph: 083-521588
165	Biratnagar	Biratnagar	18 - 20 Poush, 2081	02 - 04 January, 2025	17th Poush, 2081	MetLife, Biratnagar, Ph:021-590013
166	Ravibhawan	Kathmandu	21-23 Poush 2081	05-07 January, 2025	20th Poush, 2081	MetLife, Pulchowk, Lalitpur
167	Kantipath	Kathmandu	22 - 24 Poush, 2081	06 - 08 January, 2025	21st Poush, 2081	MetLife, Pulchowk, Lalitpur
168	Butwal	Butwal	22 - 24 Poush, 2081	06 - 08 January, 2025	21st Poush, 2081	MetLife, Butwal, Ph:071-503113
169	Chitwan	Chitwan	22 - 24 Poush, 2081	06 - 08 January, 2025	21st Poush, 2081	MetLife, Chitwan, Ph:056-595938
170	Damak	Damak	22-24 Poush, 2081	06-08 January, 2025	21st Poush, 2081	MetLife, Damak, Ph:023-583970/71
171	Satdobato	Lalitpur	24 - 26 Poush, 2081	08 - 10 January, 2025	23rd Poush, 2081	MetLife, Pulchowk, Lalitpur
172	Thapathali	Kathmandu	24 - 26 Poush, 2081	08 - 10 January, 2025	23rd Poush, 2081	MetLife, Pulchowk, Lalitpur
173	Janakpur	Janakpur	24 - 26 Poush, 2081	08 - 10 January, 2025	23rd Poush, 2081	MetLife, Janakpur Ph : 041-590426
174	Birgunj	Birgunj	24 - 26 Poush, 2081	08 - 10 January, 2025	23rd Poush, 2081	MetLife, Birgunj, Ph:051-520757
175	Banepa	Banepa	29 Poush- 2 Magh, 2081	13 - 15 January, 2025	28th Poush, 2081	MetLife, Banepa, P.h. 011-662456
176	Minbhawan	Kathmandu	02 - 04 Magh, 2081	15 - 17 January, 2025	1st Magh, 2081	MetLife, Pulchowk, Lalitpur
177	Kamalpokhari	Kathmandu	02 - 04 Magh, 2081	15 - 17 January, 2025	1st Magh, 2081	MetLife, Pulchowk, Lalitpur
178	Mahendranagar	Mahendranagar	02 - 04 Magh, 2081	15 - 17 January, 2025	1st Magh, 2081	MetLife, Mahendranagar, Ph:99-520229
179	Nepalgunj	Nepalgunj	02 - 04 Magh, 2081	15 - 17 January, 2025	1st Magh, 2081	MetLife, Nepalgunj Ph : 081-411015
180	Bhairahawa	Bhairahawa	02 - 04 Magh, 2081	15 - 17 January, 2025	1st Magh, 2081	MetLife, Bhairahawa Ph : 071-590864
181	Lahan	Lahan	02 - 04 Magh, 2081	15 - 17 January, 2025	1st Magh, 2081	MetLife, Lahan, Ph:033-590402
182	Hetauda	Hetauda	02 - 04 Magh, 2081	15 - 17 January, 2025	1st Magh, 2081	MetLife, Hetauda, Ph:057-5211553
183	Ilam	Ilam	02 - 04 Magh, 2081	15 - 17 January, 2025	1st Magh, 2081	MetLife, Ilam, Ph:027-521986
184	Dharan	Dharan	02 - 04 Magh, 2081	15 - 17 January, 2025	1st Magh, 2081	MetLife, Dharan, Ph: 025-532791
185	Dhangadhi	Dhangadhi	5-7 Magh, 2081	18-20 January, 2025	4th Magh, 2081	MetLife, Dhangadhi,Ph:091-523815
186	Bhaktapur	Bhaktapur	07 - 09 Magh, 2081	20 - 22 January, 2025	6th Magh, 2081	MetLife, Surya Binayak, P.h. 01-6617589
187	Bouddha	Kathmandu	07 - 09 Magh, 2081	20 - 22 January, 2025	6th Magh, 2081	MetLife, Pulchowk, Lalitpur
188	palpa	palpa	07 - 09 Magh, 2081	20 - 22 January, 2025	6th Magh, 2081	MetLife, Palpa,Ph: 075-522557
189	Birtamod	Birtamod	07 - 09 Magh, 2081	20 - 22 January, 2025	6th Magh, 2081	MetLife, Birtamode, Ph:023-544025
190	Biratnagar	Biratnagar	08-10 Magh, 2081	21-23 January, 2025	7th Magh, 2081	MetLife, Biratnagar, Ph:021-590013
191	Gaighat	Gaighat	08-10 Magh, 2081	21-23 January, 2025	7th Magh, 2081	MetLife, Gaighat, Ph:035-421660
192	Chitwan	Chitwan	08-10 Magh, 2081	21-23 January, 2025	7th Magh, 2081	MetLife, Chitwan, Ph:056-595938
193	Head office	Lalitpur	09 - 11 Magh, 2081	22 - 24 January, 2025	8th Magh, 2081	MetLife, Pulchowk, Lalitpur
194	Pokhara	Pokhara	09 - 11 Magh, 2081	22 - 24 January, 2025	8th Magh, 2081	MetLife, Pokhara, Ph:061-550095
195	Surkhet	Surkhet	19-21 Magh, 2081	01- 03 February, 2025	18th Magh, 2081	MetLife, Surkhet ,Ph: 083-521588
196	Kantipath	Kathmandu	21 - 23 Magh, 2081	03 - 05 February, 2025	20th Magh, 2081	MetLife, Pulchowk, Lalitpur
197	Ravibhawan	Kathmandu	21 - 23 Magh, 2081	03 - 05 February, 2025	20th Magh, 2081	MetLife, Pulchowk, Lalitpur

198	Janakpur	Janakpur	21 - 23 Magh, 2081	03 - 05 February, 2025	20th Magh, 2081	MetLife, Janakpur Ph : 041-590426
199	Butwal	Butwal	22-24 Magh 2081	04 - 06 February, 2025	21st Magh, 2081	MetLife, Butwal, Ph:071-503113
200	Biratnagar	Biratnagar	22-24 Magh, 2081	04-06 February, 2025	21st Magh, 2081	MetLife, Biratnagar, Ph:021-590013
201	Satdobato	Lalitpur	23 - 25 Magh, 2081	05 - 07 February, 2025	22nd Magh, 2081	MetLife, Pulchowk, Lalitpur
202	Dhangadhi	Dhangadhi	23-25 Magh, 2081	05 - 07 February, 2025	22nd Magh, 2081	MetLife, Dhangadhi,Ph:091-523815
203	Gaighat	Gaighat	24-26 Magh,2081	06- 08 February, 2025	23rd Magh, 2081	MetLife, Gaighat, Ph:035-421660
204	Bhojpur	Bhojpur	24-26 Magh,2081	06-08 February, 2025	23rd Magh, 2081	MetLife, Biratnagar, Ph:021-590013
205	Birgunj	Birgunj	26-28 Magh, 2081	08 - 10 February, 2025	25th Magh, 2081	MetLife, Birgunj, Ph:051-520757
206	Minbhawan	Kathmandu	28 - 30 Magh, 2081	10 - 12 February, 2025	27th Magh, 2081	MetLife, Pulchowk, Lalitpur
207	Head office	Lalitpur	28 - 30 Magh, 2081	10 - 12 February, 2025	27th Magh, 2081	MetLife, Pulchowk, Lalitpur
208	Thamel	Kathmandu	28 - 30 Magh, 2081	10 - 12 February, 2025	27th Magh, 2081	MetLife, Pulchowk, Lalitpur
209	Dang	Dang	28 - 30 Magh, 2081	10 - 12 February, 2025	27th Magh, 2081	MetLife, Dang, Ph:082-564018
210	Itahari	Itahari	28 - 30 Magh, 2081	10 - 12 February, 2025	27th Magh, 2081	MetLife, Itahari, Ph: 025-587195
211	Chitwan	Chitwan	28 - 30 Magh, 2081	10 - 12 February, 2025	27th Magh, 2081	MetLife, Chitwan, Ph:056-595938
212	Pokhara	Pokhara	28 - 30 Magh, 2081	10 - 12 February, 2025	27th Magh, 2081	MetLife, Pokhara, Ph:061-550095
213	Banepa	Banepa	30 Magh- 02 Falgun, 2081	12-14 February, 2025	29th Magh, 2081	MetLife, Banepa, P.h. 011-662456
214	Tikapur	Tikapur	30 Magh- 02 Falgun, 2081	12-14 February, 2025	29th Magh, 2081	MetLife, Tikapur, Ph : 091-560887
215	Bhaktapur	Bhaktapur	04 - 06 Falgun, 2081	16 - 18 February, 2025	3rd Falgun, 2081	MetLife, Surya Binayak, P.h. 01-6617589
216	Kamalpokhari	Kathmandu	04 - 06 Falgun, 2081	16 - 18 February, 2025	3rd Falgun, 2081	MetLife, Pulchowk, Lalitpur
217	Nepalgunj	Nepalgunj	04 - 06 Falgun, 2081	16 - 18 February, 2025	3rd Falgun, 2081	MetLife, Nepalgunj Ph : 081-411015
218	Bhairahawa	Bhairahawa	04 - 06 Falgun, 2081	16 - 18 February, 2025	3rd Falgun, 2081	MetLife, Bhairahawa Ph : 071-590864
219	Hetauda	Hetauda	04 - 06 Falgun, 2081	16 - 18 February, 2025	3rd Falgun, 2081	MetLife, Hetauda, Ph:057-5211553
220	Mahendranagar	Mahendranagar	05-07 Falgun, 2081	17-19 February, 2025	4th Falgun, 2081	MetLife, Mahendranagar, Ph:99-520229
221	Ilam	Ilam	05-07 Falgun, 2081	17-19 February, 2025	4th Falgun, 2081	MetLife, Ilam, Ph:027-521986
222	Bouddha	Kathmandu	07 - 09 Falgun, 2081	19 - 21 February, 2025	6th Falgun, 2081	MetLife, Pulchowk, Lalitpur
223	Biratnagar	Biratnagar	8 - 10 Falgun, 2081	20 - 22 February, 2025	7th Falgun, 2081	MetLife, Biratnagar, Ph:021-590013
224	Birtamod	Birtamod	11-13 Falgun, 2081	23-25 February, 2025	10th Falgun, 2081	MetLife, Birtamode, Ph:023-544025
225	Minbhawan	Kathmandu	19 - 21 Falgun, 2081	03 - 05 March, 2025	18th Falgun, 2081	MetLife, Pulchowk, Lalitpur
226	Surkhet	Surkhet	19 - 21 Falgun, 2081	03 - 05 March, 2025	18th Falgun, 2081	MetLife, Surkhet ,Ph: 083-521588
227	Butwal	Butwal	19 - 21 Falgun, 2081	03 - 05 March, 2025	18th Falgun, 2081	MetLife, Butwal, Ph:071-503113
228	Janakpur	Janakpur	19 - 21 Falgun, 2081	03 - 05 March, 2025	18th Falgun, 2081	MetLife, Janakpur Ph : 041-590426
229	Damak	Damak	19-21 Falgun, 2081	03-05 March, 2025	18th Falgun, 2081	MetLife, Damak, Ph:023-583970/71
230	Pokhara	Pokhara	20-22 Falgun, 2081	04-06 March, 2025	19th Falgun, 2081	MetLife, Pokhara, Ph:061-550095
231	Bhaktapur	Bhaktapur	21 - 23 Falgun, 2081	05 - 07 March, 2025	20th Falgun, 2081	MetLife, Surya Binayak, P.h. 01-6617589
232	Ravibhawan	Kathmandu	21 - 23 Falgun, 2081	05 - 07 March, 2025	20th Falgun, 2081	MetLife, Pulchowk, Lalitpur
233	Chitwan	Chitwan	21 - 23 Falgun, 2081	05 - 07 March, 2025	20th Falgun, 2081	MetLife, Chitwan, Ph:056-595938
234	Biratnagar	Biratnagar	22-24 Falgun, 2081	06-08 March, 2025	21st Falgun, 2081	MetLife, Biratnagar, Ph:021-590013
235	Birgunj	Birgunj	24-26 Falgun, 2081	08-10 March, 2025	23rd Falgun, 2081	MetLife, Birgunj, Ph:051-520757
236	Kantipath	Kathmandu	26 - 28 Falgun, 2081	10 - 12 March, 2025	25th Falgun, 2081	MetLife, Pulchowk, Lalitpur
237	Satdobato	Lalitpur	26 - 28 Falgun, 2081	10 - 12 March, 2025	25th Falgun, 2081	MetLife, Pulchowk, Lalitpur
238	Thapathali	Kathmandu	26 - 28 Falgun, 2081	10 - 12 March, 2025	25th Falgun, 2081	MetLife, Pulchowk, Lalitpur
239	Dhangadhi	Dhangadhi	26 - 28 Falgun, 2081	10 - 12 March, 2025	25th Falgun, 2081	MetLife, Dhangadhi,Ph:091-523815
240	Bardaghat	Bardaghat	26 - 28 Falgun, 2081	10 - 12 March, 2025	25th Falgun, 2081	MetLife, Bardaghat, Ph:078-580783
241	Itahari	Itahari	26 - 28 Falgun, 2081	10 - 12 March, 2025	25th Falgun, 2081	MetLife, Itahari, Ph: 025-587195
242	Birtamod	Birtamod	26-28 Falgun, 2081	10-12 March, 2025	25th Falgun, 2081	MetLife, Birtamode, Ph:023-544025
243	Katari	Katari	27 - 29 Falgun, 2081	11 - 13 March, 2025	26th Falgun, 2081	MetLife, Katari, Ph : 035-450431
244	Mahendranagar	Mahendranagar	04 - 06 Chaitra, 2081	17 - 19 March, 2025	3rd Chaitra, 2081	MetLife, Mahendranagar, Ph:99-520229
245	Bhairahawa	Bhairahawa	04 - 06 Chaitra, 2081	17 - 19 March, 2025	3rd Chaitra, 2081	MetLife, Bhairahawa Ph : 071-590864
246	Nepalgunj	Nepalgunj	04 - 06 Chaitra, 2081	17 - 19 March, 2025	3rd Chaitra, 2081	MetLife, Nepalgunj Ph : 081-411015
247	Chitwan	Chitwan	04 - 06 Chaitra, 2081	17 - 19 March, 2025	3rd Chaitra, 2081	MetLife, Chitwan, Ph:056-595938
248	Dharan	Dharan	04 - 06 Chaitra, 2081	17 - 19 March, 2025	3rd Chaitra, 2081	MetLife, Dharan, Ph: 025-532791
249	Banepa	Banepa	06 - 08 Chaitra, 2081	19 - 21 March, 2025	5th Chaitra, 2081	MetLife, Banepa, P.h. 011-662456
250	Kamalpokhari	Kathmandu	06 - 08 Chaitra, 2081	19 - 21 March, 2025	5th Chaitra, 2081	MetLife, Pulchowk, Lalitpur
251	Pokhara	Pokhara	06 - 08 Chaitra, 2081	19 - 21 March, 2025	5th Chaitra, 2081	MetLife, Pokhara, Ph:061-550095
252	Hetauda	Hetauda	06 - 08 Chaitra, 2081	19 - 21 March, 2025	5th Chaitra, 2081	MetLife, Hetauda, Ph:057-5211553
253	Gaighat	Gaighat	07 - 09 Chaitra, 2081	20 - 22 March, 2025	6th Chaitra, 2081	MetLife, Gaighat, Ph:035-421660
254	Head office	Lalitpur	11 - 13 Chaitra, 2081	24 - 26 March, 2025	10th Chaitra, 2081	MetLife, Pulchowk, Lalitpur
255	Surkhet	Surkhet	11 - 13 Chaitra, 2081	24 - 26 March, 2025	10th Chaitra, 2081	MetLife, Surkhet ,Ph: 083-521588
256	palpa	palpa	11 - 13 Chaitra, 2081	24 - 26 March, 2025	10th Chaitra, 2081	MetLife, Palpa,Ph: 075-522557
257	Biratnagar	Biratnagar	11-13 Chaitra, 2081	24-26 March, 2025	10th Chaitra, 2081	MetLife, Biratnagar, Ph:021-590013
258	Bouddha	Kathmandu	17-19 Chaitra, 2081	30 March-1 April, 2025	16th Chaitra, 2081	MetLife, Pulchowk, Lalitpur
259	Lahan	Lahan	18 - 20 Chaitra, 2081	31 March - 2 April, 2025	17th Chaitra, 2081	MetLife, Lahan, Ph:033-590402
260	Minbhawan	Kathmandu	19 - 21 Chaitra, 2081	01 - 03 April, 2025	18th Chaitra, 2081	MetLife, Pulchowk, Lalitpur
261	Surkhet	Surkhet	19 - 21 Chaitra, 2081	01 - 03 April, 2025	18th Chaitra, 2081	MetLife, Surkhet ,Ph: 083-521588
262	Butwal	Butwal	19 - 21 Chaitra, 2081	01 - 03 April, 2025	18th Chaitra, 2081	MetLife, Butwal, Ph:071-503113
263	Gaighat	Gaighat	19 - 21 Chaitra, 2081	01 - 03 April, 2025	18th Chaitra, 2081	MetLife, Gaighat, Ph:035-421660
264	Dhangadhi	Dhangadhi	20-22 Chaitra, 2081	02 - 04 April, 2025	19th Chaitra, 2081	MetLife, Dhangadhi,Ph:091-523815
265	Biratnagar	Biratnagar	25 - 27 Chaitra, 2081	07 - 09 April, 2025	24th Chaitra, 2081	MetLife, Biratnagar, Ph:021-590013
266	Bhaktapur	Bhaktapur	25 - 27 Chaitra, 2081	07 - 09 April, 2025	24th Chaitra, 2081	MetLife, Surya Binayak, P.h. 01-6617589
267	Ravibhawan	Kathmandu	25 - 27 Chaitra, 2081	07 - 09 April, 2025	24th Chaitra, 2081	MetLife, Pulchowk, Lalitpur

268	Dang	Dang	25 - 27 Chaitra, 2081	07 - 09 April, 2025	24th Chaitra, 2081	MetLife, Dang, Ph:082-564018
269	Birtamod	Birtamod	25-27 Chaitra, 2081	07-09 April, 2025	24th Chaitra, 2081	MetLife, Birtamode, Ph:023-544025
270	Chitwan	Chitwan	26-28 Chaitra, 2081	08-10 April, 2025	25th Chaitra, 2081	MetLife, Chitwan, Ph:056-595938
271	Kantipath	Kathmandu	27 - 29 Chaitra, 2081	09 - 11 April, 2025	26th Chaitra, 2081	MetLife, Pulchowk, Lalitpur
272	Birgunj	Birgunj	27 - 29 Chaitra, 2081	09 - 11 April, 2025	26th Chaitra, 2081	MetLife, Birgunj, Ph:051-520757
273	Pokhara	Pokhara	27 - 29 Chaitra, 2081	09 - 11 April, 2025	26th Chaitra, 2081	MetLife, Pokhara, Ph:061-550095
274	Ilam	Ilam	28-30 Chaitra, 2081	10-12 April, 2025	27th Chaitra, 2081	MetLife, Ilam, Ph:027-521986
275	Kamalpokhari	Kathmandu	02 - 04 Bhaishak, 2082	15 - 17 April, 2025	1st Bhaishak, 2082	MetLife, Pulchowk, Lalitpur
276	Satdobato	Lalitpur	02 - 04 Bhaishak, 2082	15 - 17 April, 2025	1st Bhaishak, 2082	MetLife, Pulchowk, Lalitpur
277	Nepalgunj	Nepalgunj	02 - 04 Bhaishak, 2082	15 - 17 April, 2025	1st Bhaishak, 2082	MetLife, Nepalgunj Ph : 081-411015
278	Tikapur	Tikapur	03-05 Bhaishak, 2082	16-18 April, 2025	2nd Bhaishak, 2082	MetLife, Tikapur, Ph : 091-560887
279	Bhairahawa	Bhairahawa	03-05 Bhaishak, 2082	16-18 April, 2025	2nd Bhaishak, 2082	MetLife, Bhairahawa Ph : 071-590864
280	Janakpur	Janakpur	06 - 08 Bhaishak, 2082	19 - 21 April, 2025	5th Bhaishak, 2082	MetLife, Janakpur Ph : 041-590426
281	Bouddha	Kathmandu	07-09 Bhaishakh 2082	20-22 April, 2025	6th Bhaishak, 2082	MetLife, Pulchowk, Lalitpur
282	Banepa	Banepa	08 - 10 Bhaishak, 2082	21 - 23 April, 2025	7th Bhaishak, 2082	MetLife, Banepa, P.h. 011-662456
283	Mahendranagar	Mahendranagar	08 - 10 Bhaishak, 2082	21 - 23 April, 2025	7th Bhaishak, 2082	MetLife, Mahendranagar, Ph:99-520229
284	Bardaghat	Bardaghat	08 - 10 Bhaishak, 2082	21 - 23 April, 2025	7th Bhaishak, 2082	MetLife, Bardaghat, Ph:078-580783
285	Hetauda	Hetauda	08 - 10 Bhaishak, 2082	21 - 23 April, 2025	7th Bhaishak, 2082	MetLife, Hetauda, Ph:057-5211553
286	Head office	Lalitpur	10 - 12 Bhaishak, 2082	23 - 25 April, 2025	9th Bhaishak, 2082	MetLife, Pulchowk, Lalitpur
287	Chitwan	Chitwan	10 - 12 Bhaishak, 2082	23 - 25 April, 2025	9th Bhaishak, 2082	MetLife, Chitwan, Ph:056-595938
288	Pokhara	Pokhara	10 - 12 Bhaishak, 2082	23 - 25 April, 2025	9th Bhaishak, 2082	MetLife, Pokhara, Ph:061-550095
289	Kantipath	Kathmandu	15 - 17 Bhaishak, 2082	28 - 30 April, 2025	14th Bhaishak, 2082	MetLife, Pulchowk, Lalitpur
290	Biratnagar	Biratnagar	15 - 17 Baisakh, 2082	28 - 30 April, 2025	14th Bhaishak, 2082	MetLife, Biratnagar, Ph:021-590013
291	Thamel	Kathmandu	17-19 Bhaishakh 2082	30 April-2 May, 2025	16th Bhaishak, 2082	MetLife, Pulchowk, Lalitpur
292	Surkhet	Surkhet	18-20 Bhaishakh, 2082	01 - 03 May, 2025	17th Bhaishak, 2082	MetLife, Surkhet, Ph: 083-521588
293	Birgunj	Birgunj	21-23 Bhaishakh, 2082	04 - 06 May, 2025	20th Bhaishak, 2082	MetLife, Birgunj, Ph:051-520757
294	Minbhawan	Kathmandu	22 - 24 Bhaishak, 2082	05 - 07 May, 2025	21st Bhaishak, 2082	MetLife, Pulchowk, Lalitpur
295	Ravibhawan	Kathmandu	22 - 24 Bhaishak, 2082	05 - 07 May, 2025	21st Bhaishak, 2082	MetLife, Pulchowk, Lalitpur
296	Butwal	Butwal	22 - 24 Bhaishak, 2082	05 - 07 May, 2025	21st Bhaishak, 2082	MetLife, Butwal, Ph:071-503113
297	Janakpur	Janakpur	22 - 24 Bhaishak, 2082	05 - 07 May, 2025	21st Bhaishak, 2082	MetLife, Janakpur Ph : 041-590426
298	Birtamod	Birtamod	22 - 24 Bhaishak, 2082	05 - 07 May, 2025	21st Bhaishak, 2082	MetLife, Birtamode, Ph:023-544025
299	Itahari	Itahari	22 - 24 Bhaishak, 2082	05 - 07 May, 2025	21st Bhaishak, 2082	MetLife, Itahari, Ph: 025-587195
300	Bhaktapur	Bhaktapur	24 - 26 Bhaishak, 2082	07 - 09 May, 2025	23rd Bhaishak, 2082	MetLife, Surya Binayak, P.h. 01-6617589
301	Dhangadhi	Dhangadhi	24 - 26 Bhaishak, 2082	07 - 09 May, 2025	23rd Bhaishak, 2082	MetLife, Dhangadhi,Ph:091-523815
302	Damak	Damak	25-27 Baisakh, 2082	08-10 May, 2025	24th Bhaishak, 2082	MetLife, Damak, Ph:023-583970/71
303	Katari	Katari	26 - 28 Bhaishak, 2082	09 - 11 May, 2025	25th Bhaishak, 2082	MetLife, Katari, Ph : 035-450431
304	Chitwan	Chitwan	28-30 Bhaishakh, 2082	11-13 May, 2025	27th Bhaishak, 2082	MetLife, Chitwan, Ph:056-595938
305	Palpa	Palpa	29 Bhaishak- 1st Jestha,	12 - 14 May, 2025	28th Bhaishak, 2082	MetLife, Palpa,Ph: 075-522557
306	Lahan	Lahan	29 Bhaishak- 1st Jestha,	12 - 14 May, 2025	28th Bhaishak, 2082	MetLife, Lahan, Ph:033-590402
307	Pokhara	Pokhara	29 Bhaishak- 1st Jestha,	12 - 14 May, 2025	28th Bhaishak, 2082	MetLife, Pokhara, Ph:061-550095
308	Dharan	Dharan	29 Bhaishak- 1st Jestha,	12 - 14 May, 2025	28th Bhaishak, 2082	MetLife, Dharan, Ph: 025-532791
309	Biratnagar	Biratnagar	30 Baisakh-2 Jestha, 2082	13-15 May, 2025	29th Bhaishak, 2082	MetLife, Biratnagar, Ph:021-590013
310	Satdobato	Lalitpur	01 - 03 Jestha, 2082	14 - 16 May, 2025	30th Bhaishak, 2082	MetLife, Pulchowk, Lalitpur
311	Kamalpokhari	Kathmandu	01 - 03 Jestha, 2082	14 - 16 May, 2025	30th Bhaishak, 2082	MetLife, Pulchowk, Lalitpur
312	Banepa	Banepa	06 - 08 Jestha, 2082	19 - 21 May, 2025	5th Jestha, 2082	MetLife, Banepa, P.h. 011-662456
313	Thapathali	Kathmandu	06 - 08 Jestha, 2082	19 - 21 May, 2025	5th Jestha, 2082	MetLife, Pulchowk, Lalitpur
314	Nepalgunj	Nepalgunj	06 - 08 Jestha, 2082	19 - 21 May, 2025	5th Jestha, 2082	MetLife, Nepalgunj Ph : 081-411015
315	Mahendranagar	Mahendranagar	06 - 08 Jestha, 2082	19 - 21 May, 2025	5th Jestha, 2082	MetLife, Mahendranagar, Ph:99-520229
316	Bhairahawa	Bhairahawa	06 - 08 Jestha, 2082	19 - 21 May, 2025	5th Jestha, 2082	MetLife, Bhairahawa Ph : 071-590864
317	Hetauda	Hetauda	06 - 08 Jestha, 2082	19 - 21 May, 2025	5th Jestha, 2082	MetLife, Hetauda, Ph:057-5211553
318	Tikapur	Tikapur	07-09 Jestha, 2082	20-22 May, 2025	6th Jestha, 2082	MetLife, Tikapur, Ph : 091-560887
319	Head office	Lalitpur	08 - 10 Jestha, 2082	21 - 23 May, 2025	7th Jestha, 2082	MetLife, Pulchowk, Lalitpur
320	Chitwan	Chitwan	14 - 16 Jestha, 2082	27 - 29 May, 2025	13th Jestha, 2082	MetLife, Chitwan, Ph:056-595938
321	Kantipath	Kathmandu	15 - 17 Jestha, 2082	28 - 30 May, 2025	14th Jestha, 2082	MetLife, Pulchowk, Lalitpur
322	Bouddha	Kathmandu	15 - 17 Jestha, 2082	28 - 30 May, 2025	14th Jestha, 2082	MetLife, Pulchowk, Lalitpur
323	Pokhara	Pokhara	15 - 17 Jestha, 2082	28 - 30 May, 2025	14th Jestha, 2082	MetLife, Pokhara, Ph:061-550095
324	Biratnagar	Biratnagar	16 - 18 Jestha, 2082	29 - 31 May, 2025	15th Jestha, 2082	MetLife, Biratnagar, Ph:021-590013
325	Surkhet	Surkhet	18-20 Jestha, 2082	01-03 June, 2025	17th Jestha, 2082	MetLife, Surkhet ,Ph: 083-521588
326	Satdobato	Lalitpur	20 - 22 Jestha, 2082	02 - 04 June, 2025	19th Jestha, 2082	MetLife, Pulchowk, Lalitpur
327	Butwal	Butwal	20 - 22 Jestha, 2082	02 - 04 June, 2025	19th Jestha, 2082	MetLife, Butwal, Ph:071-503113
328	Damak	Damak	20 - 22 Jestha, 2082	02 - 04 June, 2025	19th Jestha, 2082	MetLife, Damak, Ph:023-583970/71
329	Bhaktapur	Bhaktapur	22 - 24 Jestha, 2082	04 - 06 June, 2025	21st Jestha, 2082	MetLife, Surya Binayak, P.h. 01-6617589
330	Ravibhawan	Kathmandu	22-24 Jestha 2082	04 - 06 June, 2025	21st Jestha, 2082	MetLife, Pulchowk, Lalitpur
331	Dhangadhi	Dhangadhi	22-24 Jestha 2082	04 - 06 June, 2025	21st Jestha, 2082	MetLife, Dhangadhi,Ph:091-523815
332	Janakpur	Janakpur	22 - 24 Jestha, 2082	04 - 06 June, 2025	21st Jestha, 2082	MetLife, Janakpur Ph : 041-590426
333	Minbhawan	Kathmandu	27 - 29 Jestha, 2082	09 - 11 June, 2025	26th Jestha, 2082	MetLife, Pulchowk, Lalitpur
334	Dang	Dang	27-29 Jestha 2082	09 - 11 June, 2025	26th Jestha, 2082	MetLife, Dang, Ph:082-564018
335	Birgunj	Birgunj	27-29 Jestha, 2082	09 - 11 June, 2025	26th Jestha, 2082	MetLife, Birgunj, Ph:051-520757
336	Birtamod	Birtamod	27-29 Jestha, 2082	09-11 June, 2025	26th Jestha, 2082	MetLife, Birtamode, Ph:023-544025
337	Kamalpokhari	Kathmandu	28-30 Jestha 2082	10-12 June, 2025	27th Jestha, 2082	MetLife, Pulchowk, Lalitpur

338	Chitwan	Chitwan	29 - 31 Jestha, 2082	11 - 13 June, 2025	28th Jestha, 2082	MetLife, Chitwan, Ph:056-595938
339	Pokhara	Pokhara	29 - 31 Jestha, 2082	11 - 13 June, 2025	28th Jestha, 2082	MetLife, Pokhara, Ph:061-550095
340	Tikapur	Tikapur	29 - 31 Jestha, 2082	11 - 13 June, 2025	28th Jestha, 2082	MetLife, Tikapur, Ph : 091-560887
341	Biratnagar	Biratnagar	29-31 Jestha, 2082	11-13 June, 2025	28th Jestha, 2082	MetLife, Biratnagar, Ph:021-590013
342	Kantipath	Kathmandu	02 - 04 Ashad, 2082	16 - 18 June, 2025	1st Ashad, 2082	MetLife, Pulchowk, Lalitpur
343	Thamel	Kathmandu	02 - 04 Ashad, 2082	16 - 18 June, 2025	1st Ashad, 2082	MetLife, Pulchowk, Lalitpur
344	Dailekh	Dailekh	02 - 04 Ashad, 2082	16 - 18 June, 2025	1st Ashad, 2082	MetLife, Surkhet ,Ph: 083-521588
345	Bhairahawa	Bhairahawa	02 - 04 Ashad, 2082	16 - 18 June, 2025	1st Ashad, 2082	MetLife, Bhairahawa Ph : 071-590864
346	Chitwan	Chitwan	02 - 04 Ashad, 2082	16 - 18 June, 2025	1st Ashad, 2082	MetLife, Chitwan, Ph:056-595938
347	Ilam	Ilam	02 - 04 Ashad, 2082	16 - 18 June, 2025	1st Ashad, 2082	MetLife, Ilam, Ph:027-521986
348	Head office	Lalitpur	09 - 11 Ashad, 2082	23 - 25 June, 2025	8th Ashad, 2082	MetLife, Pulchowk, Lalitpur
349	Bardaghat	Bardaghat	09 - 11 Ashad, 2082	23 - 25 June, 2025	8th Ashad, 2082	MetLife, Bardaghat, Ph:078-580783
350	Hetauda	Hetauda	09 - 11 Ashad, 2082	23 - 25 June, 2025	8th Ashad, 2082	MetLife, Hetauda, Ph:057-5211553
351	Banepa	Banepa	11 - 13 Ashad, 2082	25 - 27 June, 2025	10th Ashad, 2082	MetLife, Banepa, P.h. 011-662456
352	Mahendranagar	Mahendranagar	11 - 13 Ashad, 2082	25 - 27 June, 2025	10th Ashad, 2082	MetLife, Mahendranagar, Ph:99-520229
353	Pokhara	Pokhara	11 - 13 Ashad, 2082	25 - 27 June, 2025	10th Ashad, 2082	MetLife, Pokhara, Ph:061-550095
354	Minbhawan	Kathmandu	17 - 19 Ashad, 2082	01 - 03 July, 2025	16th Ashad, 2082	MetLife, Pulchowk, Lalitpur
355	Bouddha	Kathmandu	17 - 19 Ashad, 2082	01 - 03 July, 2025	16th Ashad, 2082	MetLife, Pulchowk, Lalitpur
356	Surkhet	Surkhet	17 - 19 Ashad, 2082	01 - 03 July, 2025	16th Ashad, 2082	MetLife, Surkhet ,Ph: 083-521588
357	Butwal	Butwal	17 - 19 Ashad, 2082	01 - 03 July, 2025	16th Ashad, 2082	MetLife, Butwal, Ph:071-503113
358	Dhangadhi	Dhangadhi	18-20 Ashad, 2082	02-04 July, 2025	17th Ashad, 2082	MetLife, Dhangadhi,Ph:091-523815
359	Bhojpur	Bhojpur	20-22 Ashad, 2082	04-06 July, 2025	19th Ashad, 2082	MetLife, Biratnagar, Ph:021-590013
360	Bhaktapur	Bhaktapur	23 - 25 Ashad, 2082	07 - 09 July, 2025	22nd Ashad, 2082	MetLife, Surya Binayak, P.h. 01-6617589
361	Ravibhawan	Kathmandu	23 - 25 Ashad, 2082	07 - 09 July, 2025	22nd Ashad, 2082	MetLife, Pulchowk, Lalitpur
362	Bhairahawa	Bhairahawa	23 - 25 Ashad, 2082	07 - 09 July, 2025	22nd Ashad, 2082	MetLife, Bhairahawa Ph : 071-590864
363	Birtamod	Birtamod	23-25 Ashad, 2082	07 - 09 July, 2025	22nd Ashad, 2082	MetLife, Birtamode, Ph:023-544025
364	Birgunj	Birgunj	23 - 25 Ashad, 2082	07 - 09 July, 2025	22nd Ashad, 2082	MetLife, Birgunj, Ph:051-520757
365	Kantipath	Kathmandu	25 - 27 Ashad, 2082	09 - 11 July, 2025	24th Ashad, 2082	MetLife, Pulchowk, Lalitpur
366	Tikapur	Tikapur	25 - 27 Ashad, 2082	09 - 11 July, 2025	24th Ashad, 2082	MetLife, Tikapur, Ph : 091-560887
367	Chitwan	Chitwan	25 - 27 Ashad, 2082	09 - 11 July, 2025	24th Ashad, 2082	MetLife, Chitwan, Ph:056-595938
368	Kamalpokhari	Kathmandu	29-31 Ashad, 2082	13-15 July, 2025	28th Ashad, 2082	MetLife, Pulchowk, Lalitpur
369	Nepalgunj	Nepalgunj	29-31 Ashad, 2082	13-15 July, 2025	28th Ashad, 2082	MetLife, Nepalgunj Ph : 081-411015
370	Dharan	Dharan	29-31 Ashad, 2082	13-15 July, 2025	28th Ashad, 2082	MetLife, Dharan, Ph: 025-532791
371	Pokhara	Pokhara	29-31 Ashad, 2082	13-15 July, 2025	28th Ashad, 2082	MetLife, Pokhara, Ph:061-550095