

SNo	Name	Capital	Region	Population	Area (km ²)	Type
1	Ayeyarwady Region	Patheingyi	Lower	6,663,000	35,138	Region
2	Bago Region	Bago	Lower	5,099,000	39,404	Region
3	Chin State	Hakha	Western	480,000	36,019	State
4	Kachin State	Myittha	Northern	1,270,000	89,041	State
5	Kayah State	Loikaw	Southeast	259,000	11,670	State
6	Kayah State	Pa-an	South	1,431,377	30,383	State
7	Magway Region	Magwe	Central	4,464,000	44,819	Region
8	Mandalay Region	Mandalay	Central	7,627,000	37,021.29	Region
9	Mon State	Mawlamyaing	South	2,466,000	12,155	State
10	Rakhine State	Sittwe	West	2,744,000	36,780	State
11	Shan State	Taunggyi	East	4,851,000	155,801	State
12	Sagaing Region	Sagaing	Northern	5,300,000	93,527	Region
13	Tanintharyi Region	Dawei	South	1,356,000	43,328	Region
14	Yangon Region	Yangon	Lower	5,560,000	10,170	Region
15	Naypyidaw Union Territory	Naypyidaw	Central	925,000	2,724	Union Territory

Self-Administered Zones and Self-Administered Divisions

SNo	Name	Capital	Region	Type
1	Danu Self-Administered Zone	Pindaya	East	Self-Administered Zone
2	Kokang Self-Administered Zone	Laukkai	East	Self-Administered Zone
3	Naga Self-Administered Zone	Lahe	Northern	Self-Administered Zone
4	Pa-O Self-Administered Zone	Hopong	East	Self-Administered Zone
5	Pa Laung Self-Administered Zone	Namhsan	East	Self-Administered Zone
6	Wa Self-Administered Division	Hopang	East	Self-Administered Division

For other more formats Kindly visit www.downloadexcelfiles.com

Original source : en.wikipedia.org/wiki/Administrative_divisions_of_Burma