

S.No.	Province	ISO code	Capital	U.N. Region	Region	Area (km)	Population (2015)	Population (2020)	Population density (per km in 2020)	No. of Districts
1	Badakhshan	AF-BDS	Fayzabad	North East	North	44,836	950,953	1,054,100	23.5	29
2	Badghis	AF-BDG	Qala i Naw	West	Central	20,794	495,958	549,600	26.4	7
3	Baghlan	AF-BGL	Puli Khumri	North East	North	18,255	910,784	1,014,600	55.6	16
4	Balkh	AF-BAL	Mazar-i-Sharif	North West	North	16,186	1,325,659	1,509,200	93.2	15
5	Bamyan	AF-BAM	Bamyan	West	Central	18,029	487,218	495,600	27.5	7
6	Daykundi	AF-DAY	Nili	South West	South	17,501	507,339	516,500	29.5	8
7	Farah	AF-FRA	Farah	West	Central	49,339	507,405	563,000	11.4	11
8	Faryab	AF-FYB	Maymana	North West	North	20,798	998,147	1,109,200	53.3	14
9	Ghazni	AF-GHA	Ghazni	South East	South	22,460	1,228,831	1,362,500	60.7	19
10	Ghor	AF-GHO	Chaghcharan	West	Central	36,657	790,296	764,500	20.9	11
11	Helmand	AF-HEL	Lashkargah	South West	South	58,305	924,711	1,446,200	24.8	13
12	Herat	AF-HER	Herat	West	Central	55,868	1,890,202	2,140,700	38.3	15
13	Jowzjan	AF-JOW	Sheberghan	North West	North	11,292	540,255	602,100	53.3	9
14	Kabul	AF-KAB	Kabul	Central	Central	4,524	4,372,977	5,204,700	1,150.5	18
15	Kandahar	AF-KAN	Kandahar	South West	South	54,844	1,226,593	1,399,600	25.5	16
16	Kapisa	AF-KAP	Mahmud-i-Raqi	Central	Central	1,908	441,010	488,300	255.9	7
17	Khost	AF-KHO	Khost	South East	South	4,235	574,582	636,500	150.3	13
18	Kunar	AF-KNR	Asadabad	East	Central	4,926	450,652	499,400	101.4	15
19	Kunduz	AF-KDZ	Kunduz	North East	North	8,081	1,010,037	1,136,700	140.7	7
20	Laghman	AF-LAG	Mihtarlam	East	Central	3,978	445,588	493,500	124.1	5
21	Logar	AF-LOG	Pul-i-Alam	Central	Central	4,568	392,045	434,400	95.1	7
22	Nangarhar	AF-NAN	Jalalabad	East	Central	7,641	1,517,388	1,701,700	222.7	23
23	Nimruz	AF-NIM	Zaranj	South West	South	42,410	164,978	183,600	4.3	5
24	Nuristan	AF-NUR	Parun	East	Central	9,267	147,967	163,800	17.7	7
25	Paktia	AF-PIA	Gardez	South East	South	5,583	551,987	612,000	109.6	11
26	Paktika	AF-PKA	Sharana	South East	South	19,516	434,742	775,500	39.7	15
27	Panjshir	AF-PAN	Bazarak	Central	Central	3,772	371,902	169,900	45.0	7
28	Parwan	AF-PAR	Charikar	Central	Central	5,715	664,502	737,700	129.1	9
29	Samangan	AF-SAM	Aybak, Samangan	North West	North	13,438	387,928	430,500	32.0	5

30	Sar-e Pol	AF-SAR	Sar-e Pol	North West	North	16,386	559,577	621,000	37.9	7
31	Takhar	AF-TAK	Taloqan	North East	North	12,458	983,336	1,093,100	87.7	16
32	Uruzgan	AF-URU	Tarinkot	South West	South	11,474	386,818	436,100	38.0	6
33	Wardak	AF-WAR	Maidan Shar	Central	Central	10,348	596,287	660,300	63.8	9
34	Zabul	AF-ZAB	Qalat	South West	South	17,472	304,126	384,300	22.0	9

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