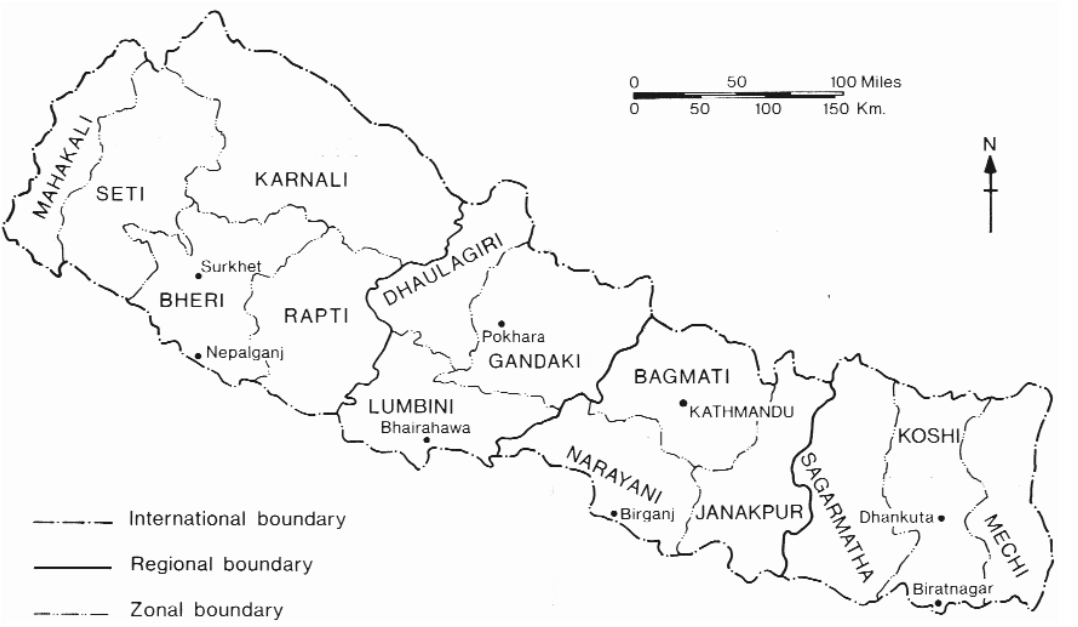Territorial Regions and Zones in Nepal