

Mid-year Population Estimates by District & Sex, 2025 - 2026*

In Thousands

District	2025*			2026*		
	Total	Male	Female	Total	Male	Female
Sri Lanka	21,756	10,500	11,256	21,778	10,511	11,267
Colombo	2,371	1,153	1,218	2,369	1,152	1,217
Gampaha	2,431	1,173	1,258	2,427	1,171	1,256
Kalutara	1,302	629	673	1,301	629	672
Kandy	1,460	696	764	1,461	696	765
Matale	526	255	271	526	255	271
Nuwara-eliya	726	347	379	727	347	380
Galle	1,096	527	569	1,094	526	568
Matara	836	401	435	836	401	435
Hambantota	671	329	342	675	331	344
Jaffna	595	282	313	596	282	314
Mannar	124	61	63	125	62	63
Vavuniya	173	83	90	175	84	91
Mullaitivu	123	60	63	123	60	63
Kilinochchi	137	66	71	138	67	71
Batticaloa	596	279	317	600	281	319
Ampara	745	354	391	749	356	393
Trincomalee	443	218	225	447	220	227
Kurunegala	1,764	847	917	1,764	847	917
Puttalam	818	394	424	818	394	424
Anuradhapura	959	466	493	961	467	494
Polonnaruwa	447	219	228	448	220	228
Badulla	873	423	450	875	424	451
Monaragala	528	261	267	530	262	268
Ratnapura	1,144	562	582	1,145	562	583
Kegalle	868	415	453	868	415	453

Source: Registrar General's Department

* Provisional

Note : Mid-year Population estimates were calculated based on the Census of Population and Housing 2024

District level figures are given on the basis of usual residence