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|  | August 2025 |
| Ilam, Nepal |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 5:17 AMSunset: 6:41 PMDaylight: 13 hours and 23 minutes. | Sunrise: 5:18 AMSunset: 6:40 PMDaylight: 13 hours and 22 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 5:18 AMSunset: 6:40 PMDaylight: 13 hours and 21 minutes. | Sunrise: 5:19 AMSunset: 6:39 PMDaylight: 13 hours and 20 minutes. | Sunrise: 5:19 AMSunset: 6:38 PMDaylight: 13 hours and 19 minutes. | Sunrise: 5:20 AMSunset: 6:38 PMDaylight: 13 hours and 17 minutes. | Sunrise: 5:20 AMSunset: 6:37 PMDaylight: 13 hours and 16 minutes. | Sunrise: 5:21 AMSunset: 6:36 PMDaylight: 13 hours and 15 minutes. | Sunrise: 5:21 AMSunset: 6:35 PMDaylight: 13 hours and 14 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 5:22 AMSunset: 6:35 PMDaylight: 13 hours and 12 minutes. | Sunrise: 5:22 AMSunset: 6:34 PMDaylight: 13 hours and 11 minutes. | Sunrise: 5:23 AMSunset: 6:33 PMDaylight: 13 hours and 10 minutes. | Sunrise: 5:23 AMSunset: 6:32 PMDaylight: 13 hours and 8 minutes. | Sunrise: 5:24 AMSunset: 6:31 PMDaylight: 13 hours and 7 minutes. | Sunrise: 5:24 AMSunset: 6:30 PMDaylight: 13 hours and 6 minutes. | Sunrise: 5:25 AMSunset: 6:29 PMDaylight: 13 hours and 4 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 5:25 AMSunset: 6:29 PMDaylight: 13 hours and 3 minutes. | Sunrise: 5:26 AMSunset: 6:28 PMDaylight: 13 hours and 1 minute. | Sunrise: 5:26 AMSunset: 6:27 PMDaylight: 13 hours and 0 minutes. | Sunrise: 5:27 AMSunset: 6:26 PMDaylight: 12 hours and 59 minutes. | Sunrise: 5:27 AMSunset: 6:25 PMDaylight: 12 hours and 57 minutes. | Sunrise: 5:28 AMSunset: 6:24 PMDaylight: 12 hours and 56 minutes. | Sunrise: 5:28 AMSunset: 6:23 PMDaylight: 12 hours and 54 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 5:29 AMSunset: 6:22 PMDaylight: 12 hours and 53 minutes. | Sunrise: 5:29 AMSunset: 6:21 PMDaylight: 12 hours and 51 minutes. | Sunrise: 5:30 AMSunset: 6:20 PMDaylight: 12 hours and 50 minutes. | Sunrise: 5:30 AMSunset: 6:19 PMDaylight: 12 hours and 48 minutes. | Sunrise: 5:30 AMSunset: 6:18 PMDaylight: 12 hours and 47 minutes. | Sunrise: 5:31 AMSunset: 6:17 PMDaylight: 12 hours and 45 minutes. | Sunrise: 5:31 AMSunset: 6:16 PMDaylight: 12 hours and 44 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 5:32 AMSunset: 6:15 PMDaylight: 12 hours and 42 minutes. |  |  |  |  |  |  |