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|  | July 2025 |
| Lahan, Nepal |
| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|   |   | 1  | 2  | 3  | 4  | 5  |
|     |     | Sunrise: 5:09 AM Sunset: 6:56 PM Daylight: 13 hours and 47 minutes.  | Sunrise: 5:09 AM Sunset: 6:56 PM Daylight: 13 hours and 47 minutes.  | Sunrise: 5:09 AM Sunset: 6:56 PM Daylight: 13 hours and 46 minutes.  | Sunrise: 5:10 AM Sunset: 6:56 PM Daylight: 13 hours and 46 minutes.  | Sunrise: 5:10 AM Sunset: 6:56 PM Daylight: 13 hours and 45 minutes.  |
| 6  | 7  | 8  | 9  | 10  | 11  | 12  |
| Sunrise: 5:11 AM Sunset: 6:56 PM Daylight: 13 hours and 45 minutes.  | Sunrise: 5:11 AM Sunset: 6:56 PM Daylight: 13 hours and 44 minutes.  | Sunrise: 5:11 AM Sunset: 6:56 PM Daylight: 13 hours and 44 minutes.  | Sunrise: 5:12 AM Sunset: 6:56 PM Daylight: 13 hours and 43 minutes.  | Sunrise: 5:12 AM Sunset: 6:56 PM Daylight: 13 hours and 43 minutes.  | Sunrise: 5:13 AM Sunset: 6:55 PM Daylight: 13 hours and 42 minutes.  | Sunrise: 5:13 AM Sunset: 6:55 PM Daylight: 13 hours and 41 minutes.  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| Sunrise: 5:14 AM Sunset: 6:55 PM Daylight: 13 hours and 41 minutes.  | Sunrise: 5:14 AM Sunset: 6:55 PM Daylight: 13 hours and 40 minutes.  | Sunrise: 5:15 AM Sunset: 6:54 PM Daylight: 13 hours and 39 minutes.  | Sunrise: 5:15 AM Sunset: 6:54 PM Daylight: 13 hours and 38 minutes.  | Sunrise: 5:16 AM Sunset: 6:54 PM Daylight: 13 hours and 38 minutes.  | Sunrise: 5:16 AM Sunset: 6:54 PM Daylight: 13 hours and 37 minutes.  | Sunrise: 5:17 AM Sunset: 6:53 PM Daylight: 13 hours and 36 minutes.  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| Sunrise: 5:17 AM Sunset: 6:53 PM Daylight: 13 hours and 35 minutes.  | Sunrise: 5:18 AM Sunset: 6:52 PM Daylight: 13 hours and 34 minutes.  | Sunrise: 5:18 AM Sunset: 6:52 PM Daylight: 13 hours and 33 minutes.  | Sunrise: 5:19 AM Sunset: 6:52 PM Daylight: 13 hours and 32 minutes.  | Sunrise: 5:19 AM Sunset: 6:51 PM Daylight: 13 hours and 31 minutes.  | Sunrise: 5:20 AM Sunset: 6:51 PM Daylight: 13 hours and 30 minutes.  | Sunrise: 5:20 AM Sunset: 6:50 PM Daylight: 13 hours and 29 minutes.  |
| 27  | 28  | 29  | 30  | 31  |   |   |
| Sunrise: 5:21 AM Sunset: 6:50 PM Daylight: 13 hours and 28 minutes.  | Sunrise: 5:21 AM Sunset: 6:49 PM Daylight: 13 hours and 27 minutes.  | Sunrise: 5:22 AM Sunset: 6:48 PM Daylight: 13 hours and 26 minutes.  | Sunrise: 5:22 AM Sunset: 6:48 PM Daylight: 13 hours and 25 minutes.  | Sunrise: 5:23 AM Sunset: 6:47 PM Daylight: 13 hours and 24 minutes.  |     |     |