

EST To IST Conversion Table

(Includes 12h and 24h formats for both)

EST (12h)	EST (24h)	IST (12h)	IST (24h)
12:00 AM	0:00	9:30 AM	9:30
1:00 AM	1:00	10:30 AM	10:30
2:00 AM	2:00	11:30 AM	11:30
3:00 AM	3:00	12:30 PM	12:30
4:00 AM	4:00	1:30 PM	13:30
5:00 AM	5:00	2:30 PM	14:30
6:00 AM	6:00	3:30 PM	15:30
7:00 AM	7:00	4:30 PM	16:30
8:00 AM	8:00	5:30 PM	17:30
9:00 AM	9:00	6:30 PM	18:30
10:00 AM	10:00	7:30 PM	19:30
11:00 AM	11:00	8:30 PM	20:30
12:00 PM	12:00	9:30 PM	21:30
1:00 PM	13:00	10:30 PM	22:30
2:00 PM	14:00	11:30 PM	23:30
3:00 PM	15:00	12:30 AM	0:30
4:00 PM	16:00	1:30 AM	1:30
5:00 PM	17:00	2:30 AM	2:30
6:00 PM	18:00	3:30 AM	3:30
7:00 PM	19:00	4:30 AM	4:30
8:00 PM	20:00	5:30 AM	5:30
9:00 PM	21:00	6:30 AM	6:30
10:00 PM	22:00	7:30 AM	7:30
11:00 PM	23:00	8:30 AM	8:30