

Eastern Standard Time To India Standard Time
conversion chart

Eastern Standard Time
(EST)

12:00 AM
1:00 AM
2:00 AM
3:00 AM
4:00 AM
5:00 AM
6:00 AM
7:00 AM
8:00 AM
9:00 AM
10:00 AM
11:00 AM
12:00 PM
1:00 PM
2:00 PM
3:00 PM
4:00 PM
5:00 PM
6:00 PM
7:00 PM
8:00 PM
9:00 PM
10:00 PM
11:00 PM

India Standard Time
(IST)

9:30 AM
10:30 AM
11:30 AM
12:30 PM
1:30 PM
2:30 PM
3:30 PM
4:30 PM
5:30 PM
6:30 PM
7:30 PM
8:30 PM
9:30 PM
10:30 PM
11:30 PM
12:30 AM
1:30 AM
2:30 AM
3:30 AM
4:30 AM
5:30 AM
6:30 AM
7:30 AM
8:30 AM