

ASIAN CONTINENT TIME ZONES

UTC Offset	Time Zone Name	Key Cities / Regions
UTC +02:00	EET (Eastern European Time)	Beirut, Jerusalem, Amman, Damascus
UTC +03:00	AST (Arabia Standard Time)	Riyadh, Baghdad, Kuwait City, Doha
UTC +03:30	IRST (Iran Standard Time)	Tehran
UTC +04:00	GST (Gulf Standard Time)	Dubai, Muscat, Tbilisi, Yerevan
UTC +04:30	AFT (Afghanistan Time)	Kabul
UTC +05:00	PKT (Pakistan Standard Time)	Karachi, Islamabad, Tashkent, Ashgabat
UTC +05:30	IST (India Standard Time)	New Delhi, Mumbai, Colombo
UTC +05:45	NPT (Nepal Time)	Kathmandu
UTC +06:00	BST (Bangladesh Standard Time)	Dhaka, Almaty, Thimphu
UTC +06:30	MMT (Myanmar Time)	Yangon
UTC +07:00	ICT (Indochina Time)	Bangkok, Hanoi, Jakarta, Phnom Penh
UTC +08:00	CST (China Standard Time)	Beijing, Shanghai, Singapore, Manila, Taipei

UTC Offset	Time Zone Name	Key Cities / Regions
UTC +09:00	JST (Japan Standard Time)	Tokyo, Seoul, Pyongyang
UTC +10:00	ChST (Chamorro Standard Time)	Guam, Vladivostok (Russia)