

# A BRIEF HISTORY OF TIME, TIME-KEEPING AND THE CONSEQUENCES OF ADJUSTING INDIAN STANDARD TIME\*

D. P. SENGUPTA\*\*

---

*This paper briefly explores the history of Time, when people became aware of breaking of a day, and its duration, descending of darkness and duration of night, dividing day and night into parts and keeping track of time. The ushering in of standard time and time zones and finally proposing an adjustment of Indian Standard Time and its likely consequences.*

---