

Simran Duties - Morning to Noon Slots - English Version

TELEGRAM GROUP		
GURMAT MEDITATION - ਸਚੁ ਨਾਉ ਵਡਿਆਈ ਵੀਚਾਰੁ		
Time	Simran Duty	Watchman (Pehredar)
India - (12:00-1:00AM) IST Vancouver, Canada - (11:30-12:30PM) PST Melbourne, Australia - (4:30-5:30AM) AEDT London, UK - (7:30-8:30PM) GMT Atlanta, USA - (2:30-3:30PM) EST	Bibi Gurwinder Kaur Ji (Australia) SIMRAN PRACTICAL CLASS	Bibi Gulpreet Kaur Ji (Australia)
India - (1:00-1:30AM) IST Vancouver, Canada - (12:30-1:00PM) PST Melbourne, Australia - (5:30-6:00AM) AEDT London, UK - (8:30-9:00PM) GMT Atlanta, USA - (3:30-4:00PM) EST	Bibi Randeep Kaur Ji (Australia)	Bibi Gulpreet Kaur Ji (Australia)
India - (1:30-2:00AM) IST Vancouver, Canada - (1:00-1:30PM) PST Melbourne, Australia - (6:00-6:30AM) AEDT London, UK - (9:00-9:30PM) GMT Atlanta, USA - (4:00-4:30PM) EST	Bibi Pinderjit Kaur Ji (Australia)	Bibi Gulpreet Kaur Ji (Australia)
India - (2:00-2:45AM) IST Vancouver, Canada - (1:30-2:15PM) PST Melbourne, Australia - (6:30-7:15AM) AEDT London, UK - (9:30-10:15PM) GMT Atlanta, USA - (4:30-5:15PM) EST	Bhai Kuljit Singh Raunta Ji (India) SIMRAN PRACTICAL CLASS	Bibi Gulpreet Kaur Ji (Australia)
India - (2:45-3:15AM) IST Vancouver, Canada - (2:15-2:45PM) PST Melbourne, Australia - (7:15-7:45AM) AEDT London, UK - (10:15-10:45PM) GMT Atlanta, USA - (5:15-5:45PM) EST	Bhai Amrik Singh Balala Ji (India) SIMRAN PRACTICAL CLASS	Bibi Pinderjit Kaur Ji (Australia) OR Bibi Randeep Kaur Ji (Australia)
India - (3:15-4:00AM) IST Vancouver, Canada - (2:45-3:30PM) PST Melbourne, Australia - (7:45-8:30AM) AEDT London, UK - (10:45-11:30PM) GMT Atlanta, USA - (5:45-6:30PM) EST	Bibi Prabhjot Kaur Ji (India) SIMRAN PRACTICAL CLASS	Bibi Pinderjit Kaur Ji (Australia) OR Bibi Randeep Kaur Ji (Australia)
India - (4:00-5:00AM) IST Vancouver, Canada - (3:30-4:30PM) PST Melbourne, Australia - (8:30-9:30AM) AEDT London, UK - (11:30PM-12:30AM) GMT Atlanta, USA - (6:30-7:30PM) EST	Bhai Amanpreet Singh Ji (India) SIMRAN PRACTICAL CLASS	Bibi Pinderjit Kaur Ji (Australia) OR Bibi Randeep Kaur Ji (Australia)
India - (5:00-6:00AM) IST Vancouver, Canada - (4:30-5:30PM) PST Melbourne, Australia - (9:30-10:30AM) AEDT London, UK - (12:30-1:30AM) GMT Atlanta, USA - (7:30-8:30PM) EST	Bibi Parminder Kaur Ji (India) SIMRAN PRACTICAL CLASS	Bibi Pinderjit Kaur Ji (Australia) OR Bibi Randeep Kaur Ji (Australia)
India - (6:00-6:30AM) IST Vancouver, Canada - (5:30-6:00PM) PST Melbourne, Australia - (10:30-11:00AM) AEDT London, UK - (1:30-2:00AM) GMT Atlanta, USA - (8:30-9:00PM) EST	Bhai Shingara Singh Ji (Canada) GURBANI VICHAR & SIMRAN	Bibi Pinderjit Kaur Ji (Australia) OR Bibi Randeep Kaur Ji (Australia)
India - (6:30-7:30AM) IST Vancouver, Canada - (6:00-7:00PM) PST Melbourne, Australia - (11:00AM-12:00PM) AEDT London, UK - (2:00-3:00AM) GMT Atlanta, USA - (9:00-10:00PM) EST	AKATH KATHA (Please refer to the Akath Katha & Simran Practical Schedule)	Bibi Pinderjit Kaur Ji (Australia) OR Bibi Randeep Kaur Ji (Australia)
India - (7:30-8:00AM) IST Vancouver, Canada - (7:00-7:30PM) PST Melbourne, Australia - (12:00-12:30PM) AEDT London, UK - (3:00-3:30AM) GMT Atlanta, USA - (10:00-10:30PM) EST	Bibi Harjeet Kaur Khalsa Ji (India)	Bibi Pinderjit Kaur Ji (Australia) OR Bibi Randeep Kaur Ji (Australia)
India - (8:00-8:30AM) IST Vancouver, Canada - (7:30-8:00PM) PST Melbourne, Australia - (12:30-1:00PM) AEDT London, UK - (3:30-4:00AM) GMT Atlanta, USA - (10:30-11:00PM) EST	Bibi Manpreet Kaur Ji (India)	Bibi Jagdish Kaur Ji (India)
India - (8:30-9:00AM) IST Vancouver, Canada - (8:00-8:30PM) PST Melbourne, Australia - (1:00-1:30PM) AEDT London, UK - (4:00-4:30AM) GMT Atlanta, USA - (11:00-11:30PM) EST	Bibi Surinder Kaur Ji (Canada)	Bibi Jagdish Kaur Ji (India)
India - (9:00-9:30AM) IST Vancouver, Canada - (8:30-9:00PM) PST Melbourne, Australia - (1:30-2:00PM) AEDT London, UK - (4:30-5:00AM) GMT Atlanta, USA - (11:30PM-12:00AM) EST	Bibi Gurmail Kaur Ji (Canada)	Bibi Jagdish Kaur Ji (India)
India - (9:30-10:00AM) IST Vancouver, Canada - (9:00-9:30PM) PST Melbourne, Australia - (2:00-2:30PM) AEDT London, UK - (5:00-5:30AM) GMT Atlanta, USA - (12:00-12:30AM) EST	Bhai Lakhbir Singh Nijjar Ji (Canada)	Bibi Jagdish Kaur Ji (India)
India - (10:00-10:30AM) IST Vancouver, Canada - (9:30-10:00PM) PST Melbourne, Australia - (2:30-3:00PM) AEDT London, UK - (5:30-6:00AM) GMT Atlanta, USA - (12:30-1:00AM) EST	Bibi Ranjita Kaur Ji (UK)	Bibi Pinderjit Kaur Ji (Australia) OR Bibi Randeep Kaur Ji (Australia)
India - (10:30-11:00AM) IST Vancouver, Canada - (10:00-10:30PM) PST Melbourne, Australia - (3:00-3:30PM) AEDT London, UK - (6:00-6:30AM) GMT Atlanta, USA - (1:00-1:30AM) EST	Bibi Gulpreet Kaur Ji (Australia)	Bibi Pinderjit Kaur Ji (Australia) OR Bibi Randeep Kaur Ji (Australia)
India - (11:00-11:30AM) IST Vancouver, Canada - (10:30-11:00PM) PST Melbourne, Australia - (3:30-4:00PM) AEDT London, UK - (6:30-7:00AM) GMT Atlanta, USA - (1:30-2:00AM) EST	Bibi Raghvir Kaur Ji (Australia)	Bibi Pinderjit Kaur Ji (Australia) OR Bibi Randeep Kaur Ji (Australia)
India - (11:30AM-12:00PM) IST Vancouver, Canada - (11:00-11:30PM) PST Melbourne, Australia - (4:00-4:30PM) AEDT London, UK - (7:00-7:30AM) GMT Atlanta, USA - (2:00-2:30AM) EST	Bibi Harpreet Kaur Ji (Ludhiana, India)	Bibi Raghvir Kaur (Australia)
India - (12:00-12:30PM) IST Vancouver, Canada - (11:30PM-12:00AM) PST Melbourne, Australia - (4:30-5:00PM) AEDT London, UK - (7:30-8:00AM) GMT Atlanta, USA - (2:30-3:00AM) EST	Bibi Harpreet Kaur Brar Ji (India)	Bibi Raghvir Kaur (Australia)