

DIFFERENTIATE BETWEEN GMT & UTC

GMT

GMT (Greenwich Mean Time): A time zone used in some European and African countries.

GMT: Based on the mean solar time at the Prime Meridian in Greenwich, London.

Used as a time zone in specific regions.

UTC

UTC (Coordinated Universal Time): A time standard used globally for time synchronization.

Based on atomic clocks and adjusted with leap seconds to account for Earth's irregular rotation.

Used as a reference time for coordinating time worldwide.