

Study Plan	
Mentor	Mahima Ma'am
Lecture Time	All Content Already Available
Date	Food Processing (Animal Products)
Pre Recorded	Introduction of milk
Pre Recorded	Composition of milk
Pre Recorded	Properties of Milk
Pre Recorded	Different types of milks
Pre Recorded	Types of milk Lecture 1
Pre Recorded	Types of milk Lecture 2
Pre Recorded	Types of milk Lecture 3
Pre Recorded	Milk products Lecture 1
Pre Recorded	Milk products Lecture 2
Pre Recorded	Milk products Lecture 3
Pre Recorded	Milk products Lecture 4
Pre Recorded	Milk products Lecture 5
Pre Recorded	Milk products Lecture 6

Study Plan	
Mentor	Mahima Ma'am
Lecture Time	5 PM - 6 PM
Date	Food Microbiology
Tuesday, Jul 21, 2026	Introduction to food microbiology
Wednesday, Jul 22, 2026	General characteristics of microorganisms
Thursday, Jul 23, 2026	Classification of microorganisms
Friday, Jul 24, 2026	Morphology of microorganisms
Monday, Jul 27, 2026	Physiology of microorganisms
Tuesday, Jul 28, 2026	Growth of microorganisms
Wednesday, Jul 29, 2026	Nutrition and Reproduction
Thursday, Jul 30, 2026	Food Poisoning and Food Borne Disease lecture 1
Friday, Jul 31, 2026	Food Poisoning and Food Borne Disease lecture 2
Monday, Aug 3, 2026	Food Poisoning and Food Borne Disease lecture 3
Tuesday, Aug 4, 2026	Food Toxins lecture 1
Wednesday, Aug 5, 2026	Food Toxins lecture 2
Thursday, Aug 6, 2026	Food Toxins lecture 3
Friday, Aug 7, 2026	Rapid methods in detection of micro-organisms lecture 1
Monday, Aug 10, 2026	Rapid methods in detection of micro-organisms lecture 2
Tuesday, Aug 11, 2026	Rapid methods in detection of micro-organisms lecture 3
Wednesday, Aug 12, 2026	Food Fermentation lecture 1
Thursday, Aug 13, 2026	Food Fermentation lecture 2
Friday, Aug 14, 2026	Food Fermentation lecture 3
Monday, Aug 17, 2026	Food Fermentation lecture 4
Tuesday, Aug 18, 2026	Food spoilage lecture 1- Milk and Milk products,
Wednesday, Aug 19, 2026	Food spoilage lecture 2 - Meat, Poultry, Fish
Thursday, Aug 20, 2026	Food spoilage lecture 3 - Cereal, Pulses, Oil
Friday, Aug 21, 2026	Food spoilage lecture 4 - Fruits, Vegetables, Canned Food Products
Monday, Aug 24, 2026	culture and media preparation
Tuesday, Aug 25, 2026	SPC, TPC.
Wednesday, Aug 26, 2026	Food safety systems lecture 1
Thursday, Aug 27, 2026	Food safety systems lecture 2
Friday, Aug 28, 2026	Food safety systems lecture 3

Study Plan	
Mentor	Mahima Ma'am
Lecture Time	2 PM - 3 PM
Date	Food Packaging
Thursday, Jun 11, 2026	Food packaging Principles
Friday, Jun 12, 2026	Types of food packaging material lecture 1
Monday, Jun 15, 2026	Types of food packaging material lecture 2
Tuesday, Jun 16, 2026	Types of food packaging material lecture 3
Wednesday, Jun 17, 2026	Types of food packaging material lecture 4
Thursday, Jun 18, 2026	Types of food packaging material lecture 5
Friday, Jun 19, 2026	Types of food packaging material lecture 6
Monday, Jun 22, 2026	Types of packaging lecture 1
Tuesday, Jun 23, 2026	Types of packaging lecture 2
Wednesday, Jun 24, 2026	Types of packaging lecture 3
Thursday, Jun 25, 2026	Types of packaging lecture 4
Friday, Jun 26, 2026	Testing of packaging material
Monday, Jun 29, 2026	Nutritional labelling

Study Plan	
Mentor	Mahima Ma'am
Lecture Time	2 PM - 3 PM
Date	Food Chemistry
Tuesday, Jun 23, 2026	Introduction to Food chemistry
Wednesday, Jun 24, 2026	Properties of water, pH and buffer
Thursday, Jun 25, 2026	Carbohydrates Lecture - 1
Friday, Jun 26, 2026	Carbohydrates Lecture - 2
Monday, Jun 29, 2026	Carbohydrates Lecture- 3
Tuesday, Jun 30, 2026	Carbohydrates Lecture- 4
Wednesday, Jul 1, 2026	Lipids lecture- 1
Thursday, Jul 2, 2026	Lipids lecture - 2
Friday, Jul 3, 2026	Lipids lecture- 3
Monday, Jul 6, 2026	Lipids lecture -4
Tuesday, Jul 7, 2026	Proteins lecture- 1
Wednesday, Jul 8, 2026	proteins lecture- 2
Thursday, Jul 9, 2026	proteins lecture - 3
Friday, Jul 10, 2026	proteins lecture- 4
Monday, Jul 13, 2026	Enzymes lecture- 1
Tuesday, Jul 14, 2026	Enzymes lecture- 2
Wednesday, Jul 15, 2026	Enzymes lecture- 3
Thursday, Jul 16, 2026	Enzymes lecture- 4
Friday, Jul 17, 2026	Nucleic acids lecture - 1
Monday, Jul 20, 2026	Nucleic acids lecture - 2
Tuesday, Jul 21, 2026	Nucleic acids lecture - 3
Wednesday, Jul 22, 2026	Metabolism of carbohydrates lecture 1
Thursday, Jul 23, 2026	Metabolism of carbohydrates lecture 2
Friday, Jul 24, 2026	Metabolism of carbohydrates lecture 3
Monday, Jul 27, 2026	Metabolism of lipids lecture 1
Tuesday, Jul 28, 2026	Metabolism of lipids lecture 2
Wednesday, Jul 29, 2026	Metabolism of proteins lecture 1
Thursday, Jul 30, 2026	Metabolism of proteins lecture 2
Friday, Jul 31, 2026	Vitamins lecture 1
Monday, Aug 3, 2026	Vitamins lecture 2
Tuesday, Aug 4, 2026	Vitamins lecture 3
Wednesday, Aug 5, 2026	Vitamins lecture 4
Thursday, Aug 6, 2026	Vitamins lecture 5
Friday, Aug 7, 2026	Mineral lecture 1
Monday, Aug 10, 2026	Mineral lecture 2
Tuesday, Aug 11, 2026	Mineral lecture 3
Wednesday, Aug 12, 2026	Anti-nutritional factors and their removal lecture 1
Thursday, Aug 13, 2026	Anti-nutritional factors and their removal lecture 2
Friday, Aug 14, 2026	Anti-nutritional factors and their removal lecture 3
Monday, Aug 17, 2026	Nutraceuticals and their functions
Tuesday, Aug 18, 2026	Food allergens and allergenicity
Wednesday, Aug 19, 2026	Diet and its role in managing non-communicable diseases

Study Plan	
Mentor	Mahima Ma'am
Lecture Time	2 PM - 3 PM
Date	Food Preservation

Study Plan	
Mentor	Sandeep Sir
Lecture Time	11 AM - 12 PM
Date	FSSAI - Role, Functions, Initiatives
Thursday, Jul 30, 2026	Genesis and Evolution of FSSAI
Friday, Jul 31, 2026	Structure and Functions of Food Authority
Monday, Aug 3, 2026	Systems and processes in Standards & Law Enforcement
Tuesday, Aug 4, 2026	Systems and processes in Laboratory Ecosystem
Wednesday, Aug 5, 2026	Systems and processes in Imports & Third Party Audit
Thursday, Aug 6, 2026	Training & Capacity Building
Friday, Aug 7, 2026	Role of State Food Authorities
Monday, Aug 10, 2026	FSSAI Initiatives Part 1 (Promoting safe and wholesome Food)
Tuesday, Aug 11, 2026	FSSAI Initiatives Part 2 (Promoting safe and wholesome Food)
Wednesday, Aug 12, 2026	FSSAI Initiatives Part 3 (Promoting safe and wholesome Food)

			<b>Tuesday, Aug 25, 2026</b>	Food preservation - Introduction			
			<b>Wednesday, Aug 26, 2026</b>	Principles of Food preservation and modes of heat transfer			
			<b>Thursday, Aug 27, 2026</b>	Thermal Preservation lecture 1			
			<b>Friday, Aug 28, 2026</b>	Thermal Preservation lecture 2			
			<b>Monday, Aug 31, 2026</b>	Thermal Preservation lecture 3			
			<b>Tuesday, Sep 1, 2026</b>	Thermal Preservation lecture 4			
			<b>Wednesday, Sep 2, 2026</b>	Thermal Preservation lecture 5			
			<b>Thursday, Sep 3, 2026</b>	Thermal Preservation lecture 6			
			<b>Friday, Sep 4, 2026</b>	Non Thermal Preservation lecture 1			
			<b>Monday, Sep 7, 2026</b>	Non Thermal Preservation lecture 2			
			<b>Tuesday, Sep 8, 2026</b>	Non Thermal Preservation lecture 3			
			<b>Wednesday, Sep 9, 2026</b>	Non Thermal Preservation lecture 4			
			<b>Thursday, Sep 10, 2026</b>	Non Thermal Preservation lecture 5			
			<b>Friday, Sep 11, 2026</b>	Non Thermal Preservation lecture 6			