

State FSO Tentative Study Plan					
Date	Day	Sandeep Sir	Ayushi Ma'am	Mahima Ma'am	Sandeep Sir
		Orientation	Introduction to Basic Food Science	Food Preservation, Packaging & Storage	FSSAI - General Understanding
		10:00 AM- 11:00 AM	11:00 AM - 12:00 PM	12:00 PM - 1:00 PM	6:00 PM- 7:00 PM
25-Sep-25	Thu	Orientation			
26-Sep-25	Fri		History of food and it's preservation		FSSAI - General Understanding Lecture 1
27-Sep-25	Sat		Class Off - Saturday		Class Off - Saturday
28-Sep-25	Sun		Class Off - Sunday		Class Off - Sunday
29-Sep-25	Mon		Traditional foods and their importance		FSSAI - General Understanding Lecture 2
30-Sep-25	Tue		Role of food fortification		FSSAI - General Understanding Lecture 3
1-Oct-25	Wed		Aspects of eat right challenges in india		FSSAI - General Understanding Lecture 4
2-Oct-25	Thu		Tribal foods of Madhya Pradesh		FSSAI - General Understanding Lecture 5
3-Oct-25	Fri		Micro and macro nutrient		FSSAI - General Understanding Lecture 6
4-Oct-25	Sat		Class Off - Saturday		Class Off - Saturday
5-Oct-25	Sun		Class Off - Sunday		Class Off - Sunday
6-Oct-25	Mon		carbohydrates lecture 1		FSSAI - General Understanding Lecture 7
7-Oct-25	Tue		carbohydrates lecture 2		FSSAI - General Understanding Lecture 8
8-Oct-25	Wed		Amino acid and protein lecture 1	Introduction to Food Preservation, Principles & it's Methods	FSSAI - General Understanding Lecture 9
9-Oct-25	Thu		Protein lecture 2	Thermal preservation Lecture 1	FSSAI - General Understanding Lecture 10
10-Oct-25	Fri		Vitamin	Thermal preservation Lecture 2	-----
11-Oct-25	Sat		Class Off - Saturday	Class Off - Saturday	
12-Oct-25	Sun		Class Off - Sunday	Class Off - Sunday	
13-Oct-25	Mon		Enzyme	Thermal preservation Lecture 3	
14-Oct-25	Tue		Fibers and Minerals	Thermal preservation Lecture 4	
15-Oct-25	Wed		fats	Thermal preservation Lecture 5	
16-Oct-25	Thu		properties of food lecture 1	Non Thermal preservation Lecture 1	
17-Oct-25	Fri		properties of food lecture 2	Non Thermal preservation Lecture 2	
18-Oct-25	Sat		-----	Class Off - Saturday	
19-Oct-25	Sun			Class Off - Sunday	
20-Oct-25	Mon			Non Thermal preservation Lecture 3	
21-Oct-25	Tue			Non Thermal preservation Lecture 4	
22-Oct-25	Wed			Non Thermal preservation Lecture 5	
23-Oct-25	Thu			Food Packaging and its concept	
24-Oct-25	Fri			Types of packaging Lecture 1	
25-Oct-25	Sat			Class Off - Saturday	
26-Oct-25	Sun			Class Off - Sunday	
27-Oct-25	Mon			Types of packaging Lecture 2	
28-Oct-25	Tue			Types of packaging Lecture 3	
29-Oct-25	Wed			Laboratory tests for packaging (Evaluation)	
30-Oct-25	Thu			Packaging laws and regulations Lecture 1	
31-Oct-25	Fri			Packaging laws and regulations Lecture 2	
1-Nov-25	Sat			Class Off - Saturday	
2-Nov-25	Sun			Class Off - Sunday	
3-Nov-25	Mon			Novel technologies in food packaging	
4-Nov-25	Tue			Food storage Lecture 1	
5-Nov-25	Wed			Food storage Lecture 2	
6-Nov-25	Thu			-----	
Rest of the Subjects will be updated on 16 Oct in the Study Plan					