

MPPSC FSO Study Plan					
Mentor		Ayushi Ma'am	Ayushi Ma'am	Mahima Ma'am	Atul Tiwari Sir
Lecture Time		4:00 PM - 4:30 PM	4:00 PM - 5:00 PM	2:00 PM - 3:00 PM	5:00 PM - 6:00 PM
		Title Unit			
Date	Day	Introduction Video	Introduction to Basic Food Science	Food safety, quality control , hygiene And standard	Economics of MP
12-Sep-25	Fri	Exam Orientation, Strategy & Preparedness			
13-Sep-25	Sat	----	Class Off - Saturday		
14-Sep-25	Sun		Class Off - Sunday		
15-Sep-25	Mon		Traditional food and their importance Lecture 1		
16-Sep-25	Tue		Traditional food and their importance Lecture 2		
17-Sep-25	Wed		Role of food food fortification		
18-Sep-25	Thu		Aspect of eat right challenges in india		
19-Sep-25	Fri		Tribal foods of Madhya Pradesh		
20-Sep-25	Sat		Class Off - Saturday		
21-Sep-25	Sun		Class Off - Sunday		
22-Sep-25	Mon		Carbohydrates Lecture 1		
23-Sep-25	Tue		Carbohydrates Lecture 2		
24-Sep-25	Wed		Carbohydrates Lecture 3		
25-Sep-25	Thu		Protein Lecture 1		
26-Sep-25	Fri		Protein Lecture 2		Overview of Economy of Madhya Pradesh/मध्य प्रदेश की अर्थव्यवस्था का अवलोकन PART 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		Fats	food safety - definition, scope, importance, standard, factor affecting	Overview of Economy of Madhya Pradesh/मध्य प्रदेश की अर्थव्यवस्था का अवलोकन PART 2
30-Sep-25	Tue		Vitamins	food safety - definition, scope, importance, standard, factor affecting 2	Status of agriculture and rural development in Madhya Pradesh/मध्य प्रदेश में कृषि एवं ग्रामीण विकास की स्थिति PART 1
1-Oct-25	Wed		Minerals	food safety - definition, scope, importance, standard, factor affecting 3	Status of agriculture and rural development in Madhya Pradesh/मध्य प्रदेश में कृषि एवं ग्रामीण विकास की स्थिति PART 2
2-Oct-25	Thu		Enzymes	Hazard and risks; types of hazard - physical, chemical and biological hazard	Development of industrial and infrastructural framework in Madhya Pradesh/मध्य प्रदेश में औद्योगिक और आधुनिक ढांचे की संरचना का विकास PART 1
3-Oct-25	Fri		Fiber	Hazard and risks; types of hazard - physical, chemical and biological	Development of industrial and infrastructural framework in Madhya Pradesh/मध्य प्रदेश में औद्योगिक और आधुनिक ढांचे की संरचना का विकास PART 2
4-Oct-25	Sat		Class Off - Saturday	Class Off - Saturday	Class Off - Saturday
5-Oct-25	Sun		Class Off - Sunday	Class Off - Sunday	Class Off - Sunday
6-Oct-25	Mon		Properties of food	management of Hazards	Development of industrial and infrastructural framework in Madhya Pradesh/मध्य प्रदेश में औद्योगिक और आधुनिक ढांचे की संरचना का विकास PART 3
7-Oct-25	Tue		Chemical colloids	Hygiene and sanitation in food service establishment - introduction	मध्य प्रदेश में शिक्षा विकास की स्थिति/Status of education development in Madhya Pradesh PART 1
8-Oct-25	Wed		Metabolic pathway, digestion , absorption - carbohydrates, lipids, protein vitamin, fibres and minerals	Hygiene and sanitation in food service establishment - source of contamination and their control	मध्य प्रदेश में शिक्षा विकास की स्थिति/Status of education development in Madhya Pradesh PART 2
9-Oct-25	Thu		---	waste disposal	मध्य प्रदेश में स्वास्थ्य एवं बीमार विकास की स्थिति/Status of health and skill development in Madhya Pradesh PART 1
10-Oct-25	Fri			pest and rodent control	मध्य प्रदेश में स्वास्थ्य एवं बीमार विकास की स्थिति/Status of health and skill development in Madhya Pradesh PART 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			personal Hygiene	सतत विकास लक्ष्य /Sustainable Development Goals
14-Oct-25	Tue			basic concepts of food safety management, PRPs, GHPs, SSOPs	व्यावसायिक सुगमता/Ease of doing business
15-Oct-25	Wed			basic concepts of food safety management, PRPs, GHPs, SSOPs 2	बहुआयामी गरीबी सूचकांक में मध्य प्रदेश की स्थिति/Status of Madhya Pradesh in Multidimensional Poverty Index
16-Oct-25	Thu			HACCP, ISO series, TQM	---
17-Oct-25	Fri			HACCP, ISO series, TQM 2	
18-Oct-25	Sat			Class Off - Saturday	
19-Oct-25	Sun			Class Off - Sunday	
20-Oct-25	Mon			FSMS 22000, ISO 2200:2005	
21-Oct-25	Tue			Global food safety management systems	
22-Oct-25	Wed			---	
23-Oct-25	Thu				
24-Oct-25	Fri				
25-Oct-25	Sat				

Note: Study Plan for more subject will be updated soon...

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