MPPSC FSO Study Plan								
Mentor		Ayushi Ma'am	Ayushi Ma'am	Mahima Ma'am	Atul Tiwari Sir	Food & Food Nutrition Te		
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	Ayushi Ma'am He		
				Title Unit				
Date	Day	Introduction Video	Introduction to Basic Food Science	Food safety, quality control , hygiene And standard	Economics of MP	Food & Food Nutrition -1 Tec		
12-Sep-25	Fri	Exam Orientation, Strategy & Preparedness				Food & Food Nutrition -2 Ted		
13-Sep-25	Sat		Class Off - Saturday			Food & Food Nutrition -3 Ted		
14-Sep-25	Sun		Class Off - Sunday			Food & Food Nutrition -4 Tec		
15-Sep-25	Mon		Traditional food and their importance Lecture 1			Food & Food Nutrition -5 Tec		
	Tue		Traditional food and their importance Lecture 2			Food & Food Nutrition -6 Tec		
16-Sep-25						Food & Food		
17-Sep-25	Wed		Role of food food fortification			Nutrition -7 Tec		
18-Sep-25	Thu		Aspect of eat right challenges in india			Nutrition -8 Tec		
19-Sep-25	Fri		Tribal foods of Madhya Pradesh			Nutrition -9 Tec		
20-Sep-25	Sat		Class Off - Saturday			Food & Food Nutrition -10 Tec Food & Food		
21-Sep-25	Sun		Class Off - Sunday			Nutrition -11 Tec Food & Food Nutrition -12 Tec		
22-Sep-25	Mon		Carbohydrates Lecture 1			Food &		
23-Sep-25 24-Sep-25	Tue Wed		Carbohydrates Lecture 2 Carbohydrates Lecture 3			Nutrition -13 Food & Nutrition -14		
25-Sep-25	Thu		Protein Lecture 1			Food & Nutrition -15		
26-Sep-25	Fri		Protein Lecture 2		Overview of Economy of Madhya Pradesh/मध्य प्रदेश की अर्थव्यवस्था का अवलोकन PART 1	Food & Nutrition -16		
27-Sep-25	Sat		Class Off - Saturday		Class Off - Saturday	Food & Nutrition -17		
28-Sep-25	Sun		Class Off - Sunday		Class Off - Sunday	Food & Nutrition -18		
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	Food & Nutrition -19		
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	Food & Nutrition -20		
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 or industrial and infrastructural framework in Madnya Pradesh/मस्य प्रदेश में औद्योगिक और आधारमूत दांचे की संरचना कर विकास PART 1 Development of industrial and infrastructural framework in Madhya			
3-Oct-25	Fri		Fiber	Hazard and risks; types of hazard - physical, chemical and biological hazard 2	Pradesh/मध्य प्रदेश में औद्योगिक और आधारभूत ढांचे की संरचना का विकास PART 2			
4-Oct-25 5-Oct-25	Sat Sun		Class Off - Saturday Class Off - Sunday	Class Off - Saturday Class Off - Sunday	Class Off - Saturday 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 आधारमूत 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 मध्य प्रदेश में शिक्षा विकास की स्थिति/Status of education development in			
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	Madhya Pradesh PART 2 मध्य प्रदेश में स्वास्थ्य एवं कौशल विकास की स्थिति/Status of health and skill			
9-Oct-25	Thu Fri			waste disposal pest and rodent control	development in Madhya Pradesh PART 1 मध्य प्रदेश में स्वास्थ्य एवं कौशल 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 13-Oct-25	Sun			Class Off - Sunday personal Hyglene	Class Off - Sunday 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 16-Oct-25	Wed Thu			basic concepts of food safety management, PRPs, GHPs, SSOPs 2 HACCP, ISO series, TQM	बहुआयामी गरीबी सूचकांक में मध्य प्रदेश की स्थिति/Status of Madhya Pradesh in Multidimensional Poverty Index 			
17-Oct-25	Fri			HACCP, ISO series, TQM 2				
18-Oct-25 19-Oct-25	Sat Sun			Class Off - Saturday Class Off - Sunday				
20-Oct-25	Mon			FSMS 22000, ISO 2200:2005				
21-Oct-25 22-Oct-25	Tue Wed			Global food safety management systems				
23-Oct-25	Thu							
24-Oct-25 25-Oct-25	Fri Sat		1					
			Note: Study Plan for me	ore subject will be updated soon				

	Те	ntative S	tudy Pi	udy Plan		
			Integrated Agriculture Production	Indian Farming		
	Food & Nutrition	Food Processing Technology	Production Technology	Farming System		
	Ayushi Ma'am	Heena Ma'am	Sandeep Sir	Sandeep Sir		
-		30 Au	Integrated			
	Food & Nutrition -1	Food Processing Technology -1	Integrated Agriculture Production Technology -1	Indian Farming System -1		
-	Nutrition -1	Technology -1	Technology -1 Integrated			
	Food &	Food Processing	Integrated Agriculture Production	Indian Farming		
-	Food & Nutrition -2	Food Processing Technology -2	Technology -2	Farming System -2		
	Food &	Food Processing	Integrated Agriculture Production	Indian		
-	Food & Nutrition -3	Food Processing Technology -3	Technology -3	Farming System -3		
	Food &	Food Documents	Integrated Agriculture	Indian		
	Nutrition -4	Food Processing Technology -4	Production Technology -4	Indian Farming System -4		
			Integrated Agriculture	Indian		
	Food & Nutrition -5	Food Processing Technology -5	Production Technology -5	Farming System -5		
			Integrated Agriculture	Indian		
	Food & Nutrition -6	Food Processing Technology -6	Production Technology -6	Farming System -6		
			Integrated Agriculture	Indian		
	Food & Nutrition -7	Food Processing Technology -7	Production Technology -7	Indian Farming System -7		
			Integrated Agriculture Production	Indian		
	Food & Nutrition -8	Food Processing Technology -8	Production Technology -8	Farming System -8		
			Integrated			
	Food & Nutrition -9	Food Processing Technology -9	Agriculture Production Technology -9			
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	Food &	Food Processing	Agriculture Production Technology			
-	Nutrition -10	Technology -10 Food Processing	-10			
	Nutrition -11	Technology -11				
	Food & Nutrition -12	Food Processing Technology -12				
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