

FSSAI Study Plan

Date	Day	Ayushi Ma'am	Ayushi Ma'am	Snadeep Samal	Mahima Ma'am
		Food Analysis and Testing	Principles and Basics of Food Chemistry and their role in Human Nutrition	Orientation	Principles of Food Preservation, Processing and Packaging
		5:00 PM - 6:00 PM	5:00 PM - 6:00 PM	2:00 PM - 2:30 PM	4:00 PM - 5:00 PM
28-Nov-25	Fri			Orientation	
29-Nov-25	Sat				Class Off - Saturday
30-Nov-25	Sun				Class Off - Sunday
1-Dec-25	Mon				Food Processing Class 1
2-Dec-25	Tue	Introduction			
3-Dec-25	Wed	Food Analysis and Testing -1			Food Processing Class 3
4-Dec-25	Thu	Food Analysis and Testing -2			Food Processing Class 4
5-Dec-25	Fri	Food Analysis and Testing -3			Food Processing Class 5
6-Dec-25	Sat	Class Off - Saturday			Class Off - Saturday
7-Dec-25	Sun	Class Off - Sunday			Class Off - Sunday
8-Dec-25	Mon	Food Analysis and Testing -4			Food Processing Class 6
9-Dec-25	Tue	Food Analysis and Testing -5			Food Processing Class 7
10-Dec-25	Wed	Food Analysis and Testing -6			Food Processing Class 8
11-Dec-25	Thu	Food Analysis and Testing -7			Food Processing Class 9
12-Dec-25	Fri	Food Analysis and Testing -8			Food Processing Class 10
13-Dec-25	Sat	Class Off - Saturday			Class Off - Saturday
14-Dec-25	Sun	Class Off - Sunday			Class Off - Sunday
15-Dec-25	Mon	Food Analysis and Testing -9			Food Processing Class 11
16-Dec-25	Tue	Food Analysis and Testing -10			Food Processing Class 12
17-Dec-25	Wed	Food Analysis and Testing -11			Food Processing Class 13
18-Dec-25	Thu	Food Analysis and Testing -12			Food Processing Class 14
19-Dec-25	Fri	Food Analysis and Testing -13			Food Processing Class 15
20-Dec-25	Sat	Class Off - Saturday			Class Off - Saturday
21-Dec-25	Sun	Class Off - Sunday			Class Off - Sunday
22-Dec-25	Mon	Food Analysis and Testing -14			Food Processing Class 16
23-Dec-25	Tue	Food Analysis and Testing -15			Food Processing Class 17
24-Dec-25	Wed	Food Analysis and Testing -16			Food Processing Class 18
25-Dec-25	Thu	Food Analysis and Testing -17			Food Processing Class 19
26-Dec-25	Fri	Food Analysis and Testing -18			Food Processing Class 20
27-Dec-25	Sat	Class Off - Saturday			Class Off - Saturday
28-Dec-25	Sun	Class Off - Sunday			Class Off - Sunday
29-Dec-25	Mon	Food Analysis and Testing -19			Food Processing Class 21
30-Dec-25	Tue	Food Analysis and Testing -20			Food Processing Class 22
31-Dec-25	Wed		Structure and functions of macro and micronutrients lecture 1		Food Processing Class 23
1-Jan-26	Thu		Structure and functions of macro and micronutrients lecture 2		Food Processing Class 24
2-Jan-26	Fri		Structure and functions of macro and micronutrients lecture 3		Food Processing Class 25
3-Jan-26	Sat		Class Off - Saturday		Class Off - Saturday
4-Jan-26	Sun		Class Off - Sunday		Class Off - Sunday
5-Jan-26	Mon		Overview of food additives with respect to their technological function lecture 1		Food Processing Class 26
6-Jan-26	Tue		Overview of food additives with respect to their technological function lecture 2		Food Processing Class 27
7-Jan-26	Wed		Overview of food additives with respect to their technological function lecture 3		Food Processing Class 28
8-Jan-26	Thu		Overview of anti-nutritional factors and their removal from food lecture 1		Food Processing Class 29
9-Jan-26	Fri		Overview of anti-nutritional factors and their removal from food lecture 2		Food Processing Class 30
10-Jan-26	Sat		Class Off - Saturday		Class Off - Saturday
11-Jan-26	Sun		Class Off - Sunday		Class Off - Sunday
12-Jan-26	Mon		Overview of enzymes as food processing aids		Food Processing Class 31

13-Jan-26	Tue		Overview of nutraceuticals and functions of food		Food Processing Class 32
14-Jan-26	Wed		Overview of food contamination and adulterants and their effect on human health		Food Processing Class 33
15-Jan-26	Thu		Food allergy city		Food Processing Class 34
16-Jan-26	Fri		Importance of diet in alleviating health risks, especially non-communicable diseases		Food Processing Class 35
17-Jan-26	Sat				Class Off - Saturday
18-Jan-26	Sun				Class Off - Sunday
19-Jan-26	Mon				Food Processing Class 36
20-Jan-26	Tue				Food Processing Class 37
21-Jan-26	Wed				Food Processing Class 38
22-Jan-26	Thu				Food Processing Class 39
23-Jan-26	Fri				Food Processing Class 40
Note: The study plan for More Subject will be Provided soon					