



# SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

## एफ.एस.एस.ए.आई. अधिकारी

The Food Safety and Standards Authority of India (FSSAI) is an autonomous body under the Government of India that ensures food safety and standards across the country. FSSAI officers handle licensing, testing and analysis of food...



### Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

[career.gsssjethantri.in/#/career/fssai-officer](https://career.gsssjethantri.in/#/career/fssai-officer)

## राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

Govt. Sr. Sec. School, Jethantri · ब्लॉक समदड़ी · बालोतरा (Block Samdari · Balotra)

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### सुशील कुमार शर्मा

प्रधानाचार्य, रा.उ.मा.वि. जेठन्तरी · मास्टर ट्रेनर  
Principal, GSSS Jethantri · Master Trainer



### श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर  
Principal, DIET Barmer



### श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)  
Sr. Lecturer, DIET Barmer (Support)



### भरत चौधरी

अभिकल्पना व विकास · व्याख्याता (इतिहास)  
Designed & developed · Lecturer (History)

### विशेष धन्यवाद · SPECIAL THANKS



### सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) · रा.उ.मा.वि. कानाना



### सुरेश कुमार सैन

व्याख्याता (भूगोल) · रा.उ.मा.वि. रामसीन मूंगड़ा



### वनिता कुमारी

व्याख्याता (इतिहास) · रा.उ.मा.वि. रामसीन मूंगड़ा



### कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) · रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित  
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। · An independent project based on the Government's official career-guidance content.

## 1 About this career

The Food Safety and Standards Authority of India (FSSAI) is an autonomous body under the Government of India that ensures food safety and standards across the country. FSSAI officers handle licensing, testing and analysis of food samples, and enforcement of standards. Food safety and technical posts are filled mainly through a Computer-Based Test (CBT) and state public service commissions; a food/science background helps.

## 2 At a glance

|                       |                                              |
|-----------------------|----------------------------------------------|
| Domain                | Government service / Food safety             |
| Minimum qualification | Graduate/diploma in food or science subjects |
| Selection exam        | FSSAI CBT · State PSC (FSO)                  |
| Starting salary       | ₹25,000+/mo (varies by post)                 |

## 3 What you need

### INTERESTS

- Interest in food, science and public health
- Taking on responsibility and following rules
- Interacting with all kinds of people and inspecting

### ABILITIES

- Logical thinking and a scientific approach
- Following instructions and communication ability
- Attention to detail and good memory

### KEY SKILLS

- Understanding of food safety law and standards
- Inspection and licensing processes
- Computer and data management
- Testing food samples and laboratory analysis
- Report writing and documentation
- Public dealing and awareness work

- Integrity and vigilance

## 4 How to get there

- 1 Complete 10+2 in the Science stream (Physics, Chemistry, Biology).
- 2 Complete a graduate degree or diploma in food technology, dairy technology, biotechnology, food science, veterinary science or a related subject.
- 3 Apply for FSSAI's Computer-Based Test (CBT 1 and, for some posts, CBT 2).
- 4 For Food Safety Officer (FSO), you can also apply through state public service commission recruitment (e.g., RPSC in Rajasthan).
- 5 After the exam and document verification, get appointed to the relevant post.

### MAIN EXAMS

- FSSAI CBT (recruitment exam)
- State PSC – Food Safety Officer (FSO)

## 5 Where to study

### GOVERNMENT INSTITUTES

- राष्ट्रीय खाद्य प्रौद्योगिकी, उद्यमिता एवं प्रबंधन संस्थान (NIFTEM) — Kundli, Haryana / Thanjavur, Tamil Nadu
- आई.आई.टी. खड़गपुर (खाद्य प्रौद्योगिकी) — Kharagpur, West Bengal
- महाराणा प्रताप कृषि एवं प्रौद्योगिकी विश्वविद्यालय — Udaipur, Rajasthan
- जादवपुर विश्वविद्यालय (खाद्य प्रौद्योगिकी) — Kolkata, West Bengal

### PRIVATE INSTITUTES

- सिंघानिया विश्वविद्यालय — Jhunjhunu, Rajasthan
- एमिटी यूनिवर्सिटी — Noida, Uttar Pradesh
- पारूल यूनिवर्सिटी — Vadodara, Gujarat

### ONLINE

- NPTEL-SWAYAM (खाद्य प्रौद्योगिकी पाठ्यक्रम) — Online (<https://swayam.gov.in/explorer?searchText=food>)
- Udemy (Food Engineering courses) — Online (<https://www.udemy.com/courses/search/?q=food+engineering>)
- स्वयं (SWAYAM) — भारत सरकार के निःशुल्क ऑनलाइन कोर्स — Free (<https://swayam.gov.in/>)
- राष्ट्रीय डिजिटल पुस्तकालय (NDLI) — Free books and study material (<https://ndl.iitkgp.ac.in/>)

- एन.सी.ई.आर.टी. — निःशुल्क पाठ्यपुस्तकें — The foundation for general knowledge, maths and science (<https://ncert.nic.in/>)

#### FEES

Courses in food engineering/technology/science cost roughly ₹15,000 to ₹16,00,000 per year depending on the institute; fees are much lower in government institutes. FSSAI/state recruitment exam fees are relatively low.

#### SCHOLARSHIPS

- राष्ट्रीय छात्रवृत्ति पोर्टल (NSP) (<https://scholarships.gov.in>)
- Buddy4Study (<https://www.buddy4study.com>)
- विद्या लक्ष्मी (शिक्षा ऋण पोर्टल) (<https://www.vidyalakshmi.co.in>)

## 6 What the work is like

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#### WHERE YOU WORK

FSSAI offices, food laboratories and state food safety departments across India; food safety officers also inspect markets, factories and restaurants. In Rajasthan, postings in Jaipur and other districts.

#### WORK CULTURE

A mix of office and field work — local travel is involved for sampling and inspection. 5–6 days a week, 8–9 hours a day. It is a transferable job, with opportunities for persons with disabilities too.

#### WHO HIRES

- |                                                                  |                                                         |
|------------------------------------------------------------------|---------------------------------------------------------|
| • Food Safety and Standards Authority of India (FSSAI)           | • State food safety departments and commissionerates    |
| • Ministry of Health and Family Welfare                          | • Food testing laboratories (government and accredited) |
| • Food industry and quality-assurance companies (private sector) |                                                         |

**DEMAND (2026)**

Rising awareness of food safety, a large food industry and tightening regulations are increasing demand for FSSAI and food safety officers. Opportunities exist in both government and food companies. One thing to be clear about — the "demand" described above counts posts, not your chance of getting one. Selection is by open competition and the number of applicants runs to many times the number of posts, so most candidates are not selected in any given recruitment. That is not an argument against this career; it is an argument against making it your only plan. Keep studying or building a skill alongside your preparation, so that the year is not lost whichever way the result goes.

**7 Career growth**

- 1 Assistant / Food Safety Officer (entry level)
- 2 Technical Officer / Assistant Manager
- 3 Central Food Safety Officer / Deputy Manager
- 4 Manager / Administrative Officer
- 5 Food Analyst / Senior management

**EARNINGS**

|              |                                                   |
|--------------|---------------------------------------------------|
| Starting     | ₹25,000–₹40,000/माह (प्रवेश स्तर, पद अनुसार)      |
| Mid level    | ₹50,000–₹90,000/माह (अधिकारी/तकनीकी स्तर)         |
| Senior level | ₹1,50,000–₹2,18,200/माह (वरिष्ठ प्रबंधन/विश्लेषक) |

FSSAI posts pay roughly ₹25,000 to ₹2,18,200 a month, varying by post, level and experience. Figures are indicative and change with the recruitment notification.

**8 The good parts · The challenges****The good parts**

- Meaningful, respected work tied to public health
- Stable government job with allowances
- Opportunities in both the food industry and government

**The challenges**

- Requires specific food/science qualifications
- Limited vacancies and competitive recruitment
- Field-work, travel and transfers for inspection

## 9 Real-life journeys

### Rita Teaotia

**Former Chairperson, Food Safety and Standards Authority of India (FSSAI)**

Rita Teaotia is a senior IAS officer who, after roles including Commerce Secretary in the central government, went on to serve as Chairperson of the Food Safety and Standards Authority of India (FSSAI). Under her leadership, food safety rules and standards were strengthened. Her career shows women can reach the topmost policy-making role in the food safety domain.

Centre for Policy Research (CPR) · <https://cprindia.org/know-your-regulator-event-2-ms-rita-teaotia-chairperson-of-the-food-safety-and-standard-s-authority-of-india-fssai/>

### G. Kamala Vardhana Rao

**Chief Executive Officer (CEO), FSSAI**

G. Kamala Vardhana Rao is an IAS officer who took charge as Chief Executive Officer of the Food Safety and Standards Authority of India (FSSAI) in December 2022. He leads the country's food safety system, licensing and public-awareness campaigns. His role shows the scale at which this authority safeguards the nation's food.

Business Standard · [https://www.business-standard.com/article/companies/ex-itdc-md-g-kamala-varadhana-rao-takes-charge-as-ceo-of-fssai-122122901429\\_1.html](https://www.business-standard.com/article/companies/ex-itdc-md-g-kamala-varadhana-rao-takes-charge-as-ceo-of-fssai-122122901429_1.html)

## 10 If this route does not work out

One exam or one attempt does not close the door. The same subjects also open these routes — entry is usually easier, and you can return to this field later.

- Indian Railway Personnel Service
- Indian Railway Accounts Service
- Inspector of Income Tax

## 11 Sources & further reading

1. Food Safety and Standards Authority of India (FSSAI) — <https://www.fssai.gov.in>

2. Rajasthan Public Service Commission (RPSC) — <https://rpsc.rajasthan.gov.in>
3. Ministry of Health & Family Welfare — <https://mohfw.gov.in>
4. Rajasthan Career Guidance — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%8f%e0%a4%ab-%e0%a4%8f%e0%a4%b8-%e0%a4%8f%e0%a4%b8-%e0%a4%8f-%e0%a4%86%e0%a4%88-%e0%a4%85%e0%a4%a7%e0%a4%bf%e0%a4%95%e0%a4%be%e0%a4%b0%e0%a5%80-fssai-officer/>
5. National Scholarship Portal — <https://scholarships.gov.in>

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[career.gsssjethantri.in](https://career.gsssjethantri.in)