



खाद्य सुरक्षा अधिकारी (राजस्थान)

The Food Safety Officer is the officer who checks whether the food sold in the market is fit to eat. The work runs under the Food Safety and Standards Act — inspecting shops, hotels, sweet and dairy units, oil and spice sellers...



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वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
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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 Officer is the officer who checks whether the food sold in the market is fit to eat. The work runs under the Food Safety and Standards Act — inspecting shops, hotels, sweet and dairy units, oil and spice sellers and food factories, drawing samples and sending them to the laboratory, acting where adulteration is found, checking the registration and licensing of food businesses, and running special drives at festival time. This is one of the few government posts whose work connects directly to what ordinary people eat every day — the newspaper reports about adulterated milk, oil or spices being seized are usually the work of officers in this post. The qualification runs through a science degree, but the list of eligible subjects is unusually wide, which keeps the post open to students from several different science backgrounds.

2 At a glance

Minimum qualification	A degree in Food Technology, Dairy Technology, Biotechnology, Oil Technology, Agriculture Science, Veterinary Sciences, Bio-Chemistry or Microbiology, OR a Master's in Chemistry, OR a degree in Medicine + the training specified by the Food Authority (Service Rules 1965)
Recruiting body	Rajasthan Public Service Commission (RPSC), Ajmer — department: Medical & Health
Age limit	18 to 40 years, reckoned on the 1st of January following the last date for applications (Service Rules 1965, rule 10) — the upper limit is relaxed for reserved categories and for women (detail below)
Starting salary	The pay matrix level is not given in the service rules — see the advertisement
Demand	100% by direct recruitment; the 2022 advertisement carried 200 posts

3 What you need

INTERESTS

- An interest in science, laboratories and quality testing
- Inspection and enforcement work
- Work tied to public health and the consumer interest

ABILITIES

- Impartiality and the ability to hold under pressure — this post tests exactly that
- Clear writing, because a sample report goes on into adjudication
- Close observation and disciplined sampling

KEY SKILLS

- The Food Safety and Standards Act and the rules under it
- Recognising adulteration and knowing the common ones
- Reading a laboratory report and acting on it
- Dealing with both food businesses and consumers
- The procedure for drawing a sample — the step the whole case rests on
- The registration and licensing process for food businesses
- Inspection records, notices and the paperwork of prosecution

4 How to get there

- 1 Pass Class 12 with science — both the biology and the mathematics routes stay open from here.
- 2 Take a degree in one of these: Food Technology, Dairy Technology, Biotechnology, Oil Technology, Agriculture Science, Veterinary Sciences, Bio-Chemistry or Microbiology. As alternatives, a Master's in Chemistry or a degree in Medicine (MBBS) also qualifies. The list is unusually long — common courses such as B.Sc. Agriculture, B.Sc. Microbiology or M.Sc. Chemistry all lead here.
- 3 Successfully complete the training specified by the Food Authority at a recognised institute or one approved for the purpose. This is the second limb of the rule and is required alongside the degree.

- 4 One condition should be checked before applying, because it is not a qualification but a disqualification: the rules state plainly that no person having any financial interest in the manufacture, import or sale of any article of food shall be appointed a Food Safety Officer. A family food business, or a share in one, can be a genuine bar here.
- 5 Your age must be between 18 and 40.
- 6 Apply online when the RPSC advertisement appears.

MAIN EXAMS

- Recruitment is by the Rajasthan Public Service Commission and the post is filled 100% by direct recruitment. The 2022 advertisement (No. 11/Exam/F.S.O./Med. & Health/EP-I/2022-23 dated 21-10-2022) carried 200 posts — a comparatively large recruitment among the posts on this site.
- The list of qualifications is unusually wide and it also includes "any other equivalent or recognised qualification notified by the Central Government". So the list is not closed — if your degree is not named directly but is close to one that is, check the advertisement for the equivalence provision.
- One point from that advertisement is worth recording because it applies across many Rajasthan posts: the Scheduled Area (TSP) posts are filled under a different rule set — the Rajasthan Scheduled Areas Subordinate, Ministerial and Class-IV Service Rules, 2014 — while the remaining posts run under the Medical & Health Subordinate Service Rules, 1965. If you are from a Scheduled Area, read that part of the advertisement carefully, because the counting of posts and the reservation both run separately.
- A rename is worth noting. This row in the rules was formerly "Food Inspector", with training under the PFA Act; it was substituted with "Food Safety Officer" by a notification of 25-07-2018, following the shift from the Prevention of Food Adulteration Act to the Food Safety and Standards Act. The older row is still visible above the new one in the rules.

- Note — this post is not in the Schedules to the CET Rules 2022, so a CET score is not required for it. It is a Commission post, not a Board post.
- Relaxation in the upper age limit — 5 years for male candidates of the Scheduled Castes, Scheduled Tribes, Backward Classes, More Backward Classes and Economically Weaker Sections; 5 years for women candidates of the General category; and 10 years for women candidates of those same categories. Which means plainly that the bare figure printed against a post understates a reserved-category woman's eligibility by a decade — if you are in that category, work out your eligibility only after adding the relaxation. In Rajasthan, 30% of the posts in direct recruitment are reserved category-wise for women candidates. Widows and divorced women have no upper age limit at all — the rules say it in those words. It is Rule 13(9) of the Rajasthan State and Subordinate Services (Direct Recruitment by Combined Competitive Examination) Rules 1999, it appears again as the same proviso in the Rajasthan Medical & Health Subordinate Service Rules, and RPSC advertisements reproduce it. A widow must furnish a certificate of the death of her husband from the competent authority, and a divorced woman the proof of divorce. The exact terms of relaxation and reservation are given in that recruitment's own advertisement.

5 Where to study

GOVERNMENT INSTITUTES

- Government agriculture colleges, Rajasthan — B.Sc. Agriculture — Bikaner, Jobner, Udaipur and others (<https://raubikaner.org/>)
- Rajasthan University of Veterinary and Animal Sciences (RAJUVAS) — Veterinary Science and Dairy Technology — Bikaner, Rajasthan (<https://www.rajuvas.org/>)
- State universities — B.Sc. and M.Sc. in Chemistry, Microbiology and Biochemistry — Jaipur, Jodhpur, Udaipur, Ajmer, Kota
- National Institute of Food Technology Entrepreneurship and Management (NIFTEM) — Kundli, Haryana and Thanjavur (<https://niftem.ac.in/>)

ONLINE

- Food Safety and Standards Authority of India (FSSAI) — the Act, the rules and the official training — Government of India — the Authority whose training the rule requires (<https://www.fssai.gov.in/>)
- FoSTaC — FSSAI's food safety training and certification programme — Government of India (<https://fostac.fssai.gov.in/>)
- चिकित्सा एवं स्वास्थ्य विभाग, राजस्थान — This is the department the post belongs to (<https://rajswasthya.rajasthan.gov.in/>)
- आर.एस.एस.बी. — पिछले प्रश्न-पत्र, उत्तर कुंजी व पाठ्यक्रम (निःशुल्क) — The Staff Selection Board's own site — the most reliable free preparation material there is (https://rsmssb.rajasthan.gov.in/show_archived?menuName=Xj4lCb9vGxpQnfLs%2FxlZ2g%3D%3D)
- विभागीय सेवा नियम (कार्मिक विभाग) — पद की योग्यता व आयु मूल दस्तावेज़ में पढ़ें — The Department of Personnel publishes the service rules for every cadre. Read these before any coaching material — qualification, age and the method of recruitment are settled here and nowhere else. (<https://dop.rajasthan.gov.in/>)
- 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

One practical benefit of the long qualification list is that it includes several ordinary, inexpensive courses at Rajasthan's own government institutions — B.Sc. Agriculture, B.Sc. Microbiology, M.Sc. Chemistry — none of which requires leaving the state. The training specified by the Food Authority runs through FSSAI's own programme and the details are public on the Authority's website. The main study material — the Food Safety and Standards Act and the rules and regulations under it — is free on the FSSAI website, and it is also the daily working basis of the post, so reading it pays twice. The examination fee is a few hundred rupees with a concession for reserved categories.

SCHOLARSHIPS

- Mukhyamantri Anuprati Coaching Yojana (free coaching, apply via SSO) (<https://sso.rajasthan.gov.in/signin>)
- Rajasthan Social Justice and Empowerment Dept scholarships (<https://sje.rajasthan.gov.in/>)
- National Scholarship Portal (NSP) (<https://scholarships.gov.in/>)
- Buddy4Study scholarship search (<https://www.buddy4study.com>)

6 What the work is like

WHERE YOU WORK

The Medical & Health Department office at district headquarters, and far more often outside it — markets, sweet shops, dairies and milk collection centres, oil and spice units, hotels and eating houses, food factories, and the state food laboratories.

WORK CULTURE

This is a field-based inspection post and its pressure is of a particular kind. You come to know the traders at the shops and units you sample from — and the report against that same person has to be written by you. That is exactly why the rules carry the bar on financial interest, and why impartiality here is not merely a virtue but a condition of the work. At festival time, especially around Diwali and Holi, the workload multiplies, because that is when sweets and milk products are sampled most. The exactness of the sampling procedure is the centre of the job: if a sample is not drawn as the law requires, the case will not stand however clear the laboratory report may be. The satisfaction is that the result is very concrete — adulterated goods leave the market, and that acts directly on people's health.

WHO HIRES

- Medical & Health Department, Rajasthan — food safety wing
- State food laboratories
- District food safety offices
- Scheduled Area posts — under the Rajasthan Scheduled Areas Service Rules, 2014

DEMAND (2026)

The food safety structure in India has strengthened steadily since the 2006 Act and every district carries sanctioned Food Safety Officer posts, so the cadre is a permanent one. The 2022 advertisement carried 200 posts, a larger number than most Commission posts on this site — but do not assume every cycle will be that size; recruitment is irregular and the number depends each time on the department's requirement. A practical feature of this post is the breadth of its qualification: because agriculture, veterinary science, microbiology, biochemistry, chemistry and food technology all qualify, students in those subjects can hold this post as a target alongside their main route — and the same degrees also lead to private employment in the food industry, in quality assurance and in laboratories. The number of posts describes the department's requirement, not your chances of selection. 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 Food Safety Officer — the entry post, 100% by direct recruitment (formerly Food Inspector)
- 2 Senior and supervisory food safety posts at district level
- 3 Designated Officer — the officer responsible for a district under the Food Safety and Standards Act
- 4 Posts at the state food safety commissionerate and in laboratory administration

EARNINGS

Starting	विज्ञप्ति में घोषित पे मैट्रिक्स स्तर के अनुसार
Mid level	₹50,000 – ₹70,000 (भत्तों सहित, कुछ वर्षों बाद)
Senior level	₹85,000 से अधिक (भत्तों सहित, वरिष्ठ एवं नामित अधिकारी स्तर पर)

The 1965 service rules do not give a pay matrix level for this post, so no starting figure is printed on this page — it will be in that cycle's advertisement. The mid-level and senior figures above are approximate and are not confirmed from any official document; read them as a direction, not a promise. Note too that field and travel allowances apply separately under departmental rules. The starting figure is BASIC PAY, so that it can be compared directly against other careers. Dearness allowance (60% of basic since 1 January 2026) and house rent allowance are added on top of it, so take-home pay is appreciably higher. The mid-level and senior figures are approximate monthly income including allowances, not basic pay. Note — in Rajasthan a direct recruit is a probationer-trainee for the first 2 years and is paid a fixed remuneration, not the pay scale; dearness allowance and house rent allowance are not payable in those two years (Rajasthan Service Rules, rule 7(30A)). The full pay scale applies once probation is completed. The pay matrix level for this post could not be confirmed on this page from an official document — it is not in the service rules and not in the CET Rules 2022 schedule. No level is therefore stated here. The correct figure is printed in the official advertisement for the recruitment; check it there before applying. The figures above rest on the Rajasthan 7th pay matrix, which is what applies as of 17 August 2026. The Terms of Reference of the 8th Central Pay Commission were approved on 28 October 2025 and it must report within 18 months of its constitution. State governments normally adopt a Central Pay Commission with modifications, and later than the Centre does — so Rajasthan pay will be revised too, though by how much and when is not yet settled.

8 The good parts · The challenges

The good parts

- A very wide qualification list — several science subjects lead to this post
- Concrete work that connects directly to public health
- 200 posts in the 2022 advertisement — a comparatively large Commission recruitment
- The same degrees also lead to private work in the food industry and quality assurance
- The main study material is free on the FSSAI website

The challenges

- The training specified by the Food Authority is required alongside the degree
- No appointment where there is a financial interest in the manufacture, import or sale of food — a family business can be a real bar
- Being an inspection and prosecution post brings local pressure
- The workload multiplies at festival time
- A small lapse in sampling procedure brings the whole case down

9 Sources & further reading

1. Department of Personnel, Rajasthan — Medical & Health Subordinate Service Rules, 1965 — <https://dop.rajasthan.gov.in/>
2. Rajasthan Public Service Commission — advertisements, including Food Safety Officer 2022 — <https://rpsc.rajasthan.gov.in/advertisements>

3. Food Safety and Standards Authority of India (FSSAI) — <https://www.fssai.gov.in/>
4. Medical & Health Department, Rajasthan — <https://rajswasthya.rajasthan.gov.in/>
5. Rajasthan Staff Selection Board (official) — <https://rssb.rajasthan.gov.in/>
6. 8th Central Pay Commission — Cabinet approval of the Terms of Reference (PIB, 28 October 2025) — <https://www.pib.gov.in/PressReleasePage.aspx?PRID=2183289>

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