

DIET SCALES OF PRISONERS IN ASSAM JAILS

**FOR LOWEST CATEGORY OF PRISONERS
(i.e., C-DIVISION CONVICTS & 2ND CLASS UNDERTRIALS)**

	Articles of Diet	Labouring	Non-Labouring
For Morning Meal			
(i)	Atta	120 gm	90 gm
(ii)	Gur	30 gm	30 gm
(iii)	Tea-leaf	3 gm	3 gm
(iv)	Milk	20 ml	20 ml
(v)	Sugar	10 Gm	10 Gm
For Mid-day & Evening Meals (combined)			
(vi)	Rice	600 Gm	540 gm
(vii)	Dal	120 gm	120 gm
(viii)	Vegetables (including Potato)	330 gm	330 gm
(ix)	Mustard Oil	20 ml	20 ml
(x)	Salt	20 gm	20 gm
(xi)	Onion	10 gm	10 gm
(xii)	Turmeric	2 gm	2 gm
(xiii)	Corriander	1 gm	1 gm
(xiv)	Chillies (Dry)	2 gm	1 gm
(xv)	Lemon or Tamarind (when Lemon is not available)	½ No. 10 gm	½ No. 10 gm
As additional Item (in two meals a week)			
(xvi)	<u>Non-Vegetarian</u> (a) Fish/Meat or Egg (b) Potato (c) M/oil (d) Salt (e) Onion (f) Turmeric (g) Corriander (h) Chillies (Dry)	110gm 2 Nos 30 gm 5 ml 5 gm 5 gm 1 gm 1 gm ½ gm	110gm 2 Nos 30 gm 5 ml 5 gm 5 gm 1 gm 1 gm ½ gm
(xvii)	<u>Vegetarian</u> (a) Milk or Curd (b) Sugar	250 ml 200 gm 20 gm	250 ml 200 gm 20 gm

Note 1 : Undertrials as well as simple imprisonment convicts when engaged in voluntary labour, shall be given labouring diet;

Note 2 : Prisoners who are natives of States / Union Territories where people are accustomed to eating Atta shall be entitled to any of the following two scales of Rice/ Atta for their Mid-day and evening meals, in lieu of the scales of Rice mentioned above for mid-day and evening meals.

	Articles	Labouring	Non-Labouring
	For Midday & Evening Meals		
(I)	(a) Rice (b) Atta	350 gm 295 gm	300 gm 240 gm
(II)	Atta	645 gm	540 gm

Note 3 : The higher class prisoners, i.e, ‘A’ and ‘B’ Division convicts and 1st Class Undertrials shall also get the above scale of diet, provided that,

in lieu of the above-mentioned scale of morning meal they shall get the following scale of morning and afternoon meals :

For Morning and Afternoon Meals :

	<u>Article</u>		<u>Quantity</u>
(i)	Tea leaf	-	10 gm
(ii)	Milk	-	60 ml
(iii)	Sugar	-	30 gm
(iv)	Bread	-	100 gm
(v)	Butter	-	30 gm

Note 4 : For NSA detenus, following is the daily scale of diet :

For morning & afternoon Meals :

<u>Article</u>		<u>Quantity</u>
Bread	-	100 gm
Butter	-	30 gm
Tea-leaf	-	10 gm
Milk	-	60 ml
Sugar	-	30 gm

For Midday & Evening Meal

Rice	-	540 gm
Dal	-	120 gm
Fish/Meat	-	120 gm
Vegetable	-	240 gm
Potato	-	60 gm
M.Oil	-	30 ml
Salt	-	40 gm
Onion	-	12 gm
Haldhi	-	4 gm
Dhania	-	2 gm
Chillies (Dry)	-	2 gm
Lemon	-	½ No

(226)

RD
5/6

**GOVERNMENT OF ASSAM
HOME (B) DEPARTMENT**

**ORDER BY THE GOVERNOR OF ASSAM
NOTIFICATION**

57/6

Dated, Dispur, the 30th May, 2008

No.HMB.92/2005/228: In exercise of the powers conferred by sub-section (28) of section 59 of the Prisons Act, 1894 (Central Act IX of 1894) in its application to the State of Assam, the Governor of Assam is pleased to make the following amendments in the rules contained in Chapter XXI on 'Dietary' and Chapter XLIX on 'Female Prisoners and Children' of the rules for Superintendence and Management of Jails in the State of Assam, hereinafter referred to as the principal Rules, as incorporated in the Assam Jail Manual, namely:-----

(1) Amendment of rule 371: In the principal Rules, for rule 371, the following shall be substituted, namely :-----

"371. Diet for mothers and children – Mother Prisoners and children lodged with them in jail shall be given diet as follows: ---

(1) For nursing and pregnant female prisoners :

(a) A nursing female prisoner shall be given extra quantities of 120 grams of Rice or Wheat Atta and 30 ml. of Mustard Oil in excess of the ordinary scale of labouring ration.

(b) Nursing and pregnant female prisoners shall also be given such nutritious food supplements as recommended by the Medical Officer of the Jail.

(2) For children of prisoners:

(a) For children up to six months:

(i) When breast milk of the nursing mother is not available, a child shall be given 600 ml. of cow's milk (undiluted) per day.

(ii) When breast milk of the nursing mother is scanty, a child shall be given such quantity of cow's milk (undiluted) per day as may be recommended by the Medical Officer of the Jail.

4/635
20/6/08

(b) For children from 6 months to 6 years :

The following shall be the scales of dietary articles for children of the following age groups to be taken in two or three meals per day :

Age	Rice	Dal	Vegetables	Mustard Oil	Salt & condiment	Fruits	Milk	Sugar
6-12 months	45 gm	15 gm	100 gm	10 ml	10 gm	100 gm	500 ml*	25 gm
1-3 years	120 gm	30 gm	150 gm	20 ml	20 gm	100 gm	500 ml*	25 gm
3-6 years	210 gm	45 gm	200 gm	25 ml	25 gm	100 gm	500 ml	30 gm

*Note: The quota of milk shall be 200 ml per day, if the child is breast-fed.

Additional item :Fish / Meat / Egg (in 2 meals per week) :

Fish / Meat — 50 gm. per meal;

or

Egg — 1 No. per meal.

As far as possible, while giving vegetables to the children the following proportions of different varieties should be maintained per meal.

Age Group	Vegetables			
	Roots & Tubers	Green Leafy	Other Vegetables	Total
6-12 months	50 gm	25 gm	25 gm	100 gm
1-3 years	50 gm	50 gm	50 gm	150 gm
3-6 years	100 gm	50 gm	50 gm	200 gm

(c) A child shall also be given such extra nutritious food supplements as may be recommended by the Medical Officer of the Jail.

(d) Stainless steel utensils, namely, plate, bowl and tumbler of appropriate size shall be provided to each mother prisoner for use in feeding her child.

(e) Children in jail shall be provided clean drinking water which shall be periodically checked."

(2) **Amendment of rule 882:** In the principal Rules, for rule 882, the following shall be substituted, namely :—

“882. Children of female prisoners : (a) Female prisoners shall be allowed to keep their children with them till they attain the age of six years. For that purpose, a child up to six years of age shall be admitted to jail with its mother if it cannot be placed with relatives or otherwise properly kept elsewhere. Children born in Jail may remain with their mothers up to six years of age, if they cannot be suitably placed otherwise. The Medical Officer of the jail shall determine the age of the children not born in jail.

(b) A child shall not be treated as an undertrial or convict while in jail with its mother. Such a child shall be entitled to food, shelter, medical care, clothing, education and recreational facilities as a matter of right, and all expenditures in this connection shall be borne by the Jail Authorities.

(c) Normally, the children of female prisoners shall be admitted to Jail only with orders of the concerned Courts. However, in special cases where circumstances warrant admitting children of female prisoners to jail without Court orders, the Superintendent of Jail may admit such children provided they are below six years of age. In such cases, a report stating the facts and circumstances shall be sent forthwith to the concerned Court if the concerned mother is an undertrial prisoner or to the Inspector General of Prisons if the concerned mother is a convicted prisoner or a person under preventive detention.

(d) No female prisoner shall be allowed to keep with her a child who has completed the age of six years. Upon attaining that age, the child shall be handed over to a suitable surrogate, who may be a relative or a friend, as per the wishes of the female prisoner. If no such suitable surrogate is forthcoming, then arrangement shall be made with the Directorate of Social Welfare for sending the child to a suitable home run by the Social Welfare Department. Such a child shall be kept in protective custody in such home until the mother is released or the child attains such an age as to earn his /her own livelihood. All possible efforts shall be made to minimize the physical distance between the mother kept in jail and her child kept in a Social Welfare home, by sending the child to such a home located in the same town where the jail is located, or, if that is not possible, then by transferring the mother to a jail located in the same town where such home is located.

(e) Children kept under protective custody in a home of the Social Welfare Department shall be allowed to meet the prisoner-mother at least once a week. For that purpose, the Director of Social Welfare Department shall ensure that such children are brought to the jail to meet their mother on the date fixed by the Superintendent of Jail. The Superintendent of concerned jail shall contact the local District Social Welfare Officer to ensure that such children are brought to the jail on the date fixed by the Superintendent of Jail."

(3) **Insertion of new rules 882-A to 882-E:** In the principal Rules, after rule 882, the following new rules shall be inserted, namely:---

"882-A : Pregnancy and child birth in jail : (a) In respect of a female prisoner admitted to a jail in a stage of pregnancy, basic minimum facilities for child delivery as well as for providing pre-natal and post-natal care for both the mother and the child should be ensured. All expenditures in this connection shall be borne by the jail authorities.

(b) When a female prisoner is found or suspected to be pregnant at the time of her admission or at any time thereafter, the Medical Officer of the jail shall report the fact to the Superintendent, who shall as soon as possible make necessary arrangement to get the prisoner medically examined in the female wing of the District Civil Hospital for ascertaining the state of her health, pregnancy, duration of pregnancy, and probable date of delivery, etc. After ascertaining the necessary particulars, a report shall be sent to the Inspector General of Prisons, stating the date of admission, term of sentence, duration of pregnancy, probable date of delivery, etc. in respect of the prisoner. In case of a female undertrial prisoner, such report shall also be sent to the concerned Court.

(c) Gynaecological examination of female prisoners shall be performed in the District Civil Hospital. Proper pre-natal and post-natal care shall be provided to the prisoner as per medical advice.

(d) As far as possible and provided the prisoner has a suitable option, arrangement should be made for temporary release/parole or suspension of sentence (in case of minor and casual offender) to enable the expectant mother to have her delivery outside the Jail. However, this facility may be denied in exceptional cases constituting high security risk or cases of equivalent grave descriptions. For the purpose of this provision, the Superintendent shall ascertain from the concerned female prisoner whether she has a suitable option, and, if so,

the nature thereof, for delivery outside the jail, and the fact of the prisoner having or not having such suitable option for delivery outside the jail shall be reported by the Superintendent to the Inspector General of Prisons for appropriate orders.

(e) Births in jail, when they occur, shall be registered in the local birth registration office. But the fact that the child has been born in the Jail shall not be recorded in the Certificate of birth that is issued. Only the address of the locality shall be mentioned in such Certificate. The Superintendent shall take up with the local Birth Registration Officer for getting births in jail registered and certificates of birth issued strictly in accordance with this provision, and then hand over such certificates to the concerned mothers.

(f) As far as circumstances permit, all facilities for performing the naming rites of a child born in jail shall be extended to the mother.

882-B : Diet for nursing and pregnant female prisoners and their children: The nursing and pregnant female prisoners and the children of prisoners lodged in jail shall be given diet as prescribed in Rule 371.

882-C: Clothing and bedding for children of prisoners : (a) Children of prisoners shall be given suitable clothing similar to what is normally worn by children in the local society.

(b) The following shall be the scales of clothing for children of prisoners in a year :

For boys :

- (i) Shirts -- 3
- (ii) Shorts -- 3
- (iii) Ganji -- 3
- (iv) Gamocha -- 1
- (v) Woollen Sweater- 1 (for Winter)
- (vi) Slipper/shoes -- 1 pair.

For girls :

- (i) Frock -- 3
- (ii) Chemise -- 3
- (iii) Panties -- 3
- (iv) Gamocha -- 1
- (v) Woollen Sweater- 1 (for Winter)
- (vi) Slipper/shoes -- 1 pair

(c) Extra clothing shall also be provided to a child on recommendation of the Medical Officer of the Jail.

(d) A separate set of (i) one pillow and (ii) adequate number of blankets of appropriate size and texture shall be provided to every child lodged with its mother in Jail. One double-size mosquito net and one double-size bedsheet shall be provided to every mother prisoner with child / children lodged with her.

882-D : Health care and shelter for children of prisoners : (a) Children of female prisoners shall be regularly examined by the Medical Officer of the Jail to monitor their physical growth and shall also be given timely vaccination for various diseases including polio and hepatitis. Vaccination charts in respect of each child shall be kept in the records.

(b) In the event of a mother prisoner falling ill, alternative arrangement shall be made by the jail authority for looking after her child/children lodged in the jail.

(c) As far as practicable, all efforts shall be made to keep the children of female prisoners separated from other convicts and undertrials etc. so as to protect them from the harmful effect of mixing up with those prisoners.

(d) Female prisoners admitted with children in a sub-jail that is not equipped for keeping small children, should be transferred to a suitable jail where proper facilities can be ensured so as to make for a conducive environment for proper biological, psychological and social growth of the children.

(e) Adequate, clean and hygienic sleeping facilities shall be provided to the children of female prisoners and their mothers.

(f) Children of female prisoners shall have the right of visitation subject to the consent and in the presence of their mothers.

882-E: Education and recreation for children of female prisoners: (a) Children of female prisoners living in the jails shall be given suitable opportunities for education and recreation to enable them to feel and develop like other children brought up in normal surroundings outside the jail.

(b) Suitable arrangements shall be made for imparting literacy and primary education to the children depending on their ages. For that purpose, pictorial books of alphabets and numbers along with writing materials like slate and pencil shall be provided to the children.

(c) Depending on their ages, suitable playing materials like small games and toys etc. of various types shall also be provided to the children for their recreation.

(d) The children, while their mothers are at work in jail, shall be kept in crèches under the charge of a Female Warder. For that purpose, the Superintendent of Jail shall make suitable arrangement, to the extent possible, for setting up a crèche for children of female prisoners lodged in the jail."

(4) **Amendment of rule 885** : In the principal Rules, for rule 885, the following shall be substituted, namely:---

"885. Child of a deceased female prisoner: When a female prisoner dies and leaves behind a child in jail, the Superintendent shall at once inform the District Magistrate concerned for making arrangements to place the child with its relatives. Should the concerned relative(s) be unwilling to support the child, the District Magistrate shall make arrangements to either place the child in an approved institution or home run by the Social Welfare Department or to hand over the child to a responsible person for care and maintenance."

Sd/- S.C.Das,

Principal Secretary to the Govt. of Assam
Home Department.

Memo No. HMB.92/2005/228-A

Dated, Dispur, the 30th May 2008

Copy to :-

1. The Inspector General of Prisons, Assam, Khanapara, Guwahati
2. All Superintendents of Jails
3. All Deputy Commissioners/ Sub-Divisional Officers.
4. The Superintendent, Assam Govt. Press, Bamunimaldam, Guwahati-21, for favour of publication in the next issue of Assam Gazette with request to supply 200 spare copies to this Department.

By Order etc.

Deputy Secretary to the Govt. of Assam
Home (B) Department.