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Introduction: The ASHA Learning Programme

Learning programme for ASHA is based on principles of adult learning. ASHAs after taking up and completing this learning programme will be equipped with necessary knowledge and skills to effectively perform the tasks and activities expected from her.

You will have the learning programme completed during five exposures spread over the entire year and is to be completed during specified 23 days. Each ASHA will receive reference material in form of books during the learning programme.

There are 19 themes to be covered in the 23 days learning programme. These are listed in the chart given in next page. Each theme has some lessons. Each lesson is complete by itself. We learn the 19 themes, lesson by lesson during each learning exposure. Some themes having few lessons only may not spread over all five learning exposures. The reading material specific to each lesson and themes has been organized in the form of books. You have in your hands book no 1. Similarly books no. 2, 3, 4 and 5 will be available in the subsequent learning exposures.