

2. Activities of an ASHA

ASHA's work consists mainly of five activities:

1. **Home Visits:** For two to three hours every day, for at least four or five days a week, the ASHA should visit the families living in her allotted area. *Home visits should take place at least once in a month if not more. Home visits are mainly for health promotion and preventive care. Over time, families will come to her when there is a problem and she would not have to go so often to their houses. Meeting them anywhere in the community/ village is enough. However, where there is a child below two years of age or any malnourished child or a pregnant woman, she should visit the families at home for counselling them. Also, if there is a newborn in the house, a series of five visits or more becomes essential.*
2. **Attending the Village Health and Nutrition Day (VHND):** On one day every month, when the Auxiliary Nurse Midwife (ANM) comes to provide immunisation and other services in the village, ASHA will promote attendance by those who need the Anganwadi or ANM services and helps with service delivery.
3. **Visits to the health facility:** This is usually accompanying a pregnant woman or some other neighbour who requests her services for escort. The visit could also be to attend a training programme or review meeting. In some months, there would be only one visit, in others, there would be more.
4. **Holding village level meeting** of women's groups, and the Village Health and Sanitation Committee (VHSC), for increasing health awareness and to plan health work.
5. **Maintain records** which would make her more organised and make her work easier, and help her to plan better for the health of the people.

The first three relate to facilitation or provision of healthcare and the last two are supportive and mobilisational activities.

