



Knowing Myself .....	5
ASHA as a Health Activist .....	10
Values of ASHA .....	15
Understanding the Human Rights and the Fundamental Rights .....	18
Understanding the Meaning of the Right to Health .....	23
Leadership .....	32
Communication skills .....	38
Decision-Making Skills .....	44
Negotiation Skills .....	47
Coordination Skills .....	50