

inform the community about the date and place of the health camp or day of visit of the ANM and encourage them to be present at the camp.

If the health service provider ill-treats a community member, take a note of it and confront the person concerned.

Leaders are accountable and responsible

As an ASHA you are accountable, both to the community and the health care provider. Be an effective link between both of them by sharing information from one end to the other.

Some tips to be accountable:

- You will gain personal power and the ability to get results if you assume accountability in all situations, even if you do not immediately see the results.
- Complain only to the person who can do something about it.
- Concentrating on blaming others or complaining will reduce your energy and the energy of people around you.
- Venting your feelings once or twice is a good stress management technique. Being constantly critical of them has no positive outcome.

"Focus on action and not on blame"

"If it is to be, it is up to me"

"Light a candle instead of cursing the darkness"

Ultimately, you are the one responsible for yourself. You play a crucial part in every situation in your life. What you are today is a result of your choice. This is accountability.

Leaders involve others in decision-making

As a leader you have to make various decisions. A community leader rarely makes a decision alone. By law, a decision, which affects the community needs to be taken along with the community members. The community needs to feel ownership of decisions taken. Only then they will do their best to achieve what they have decided.

For example, as an ASHA you have to articulate and assert yourself for your community's health needs. You need to decide and prioritise the health needs of the community along with community members and jointly develop a plan of action. This will encourage them to join hands with you to take necessary action.

Leaders motivates others

To achieve the goal of the Right to Health you need the support of your