



## About Book No-5

The concept for developing Book 5 for ASHAs emerged during a ASHA group mentoring meeting. This book is envisaged to strengthen her role as a health activist. As a result, the Reading Material for ASHA and the Facilitator's Module are developed.

The Reading Material for ASHA is developed to provide ready reference material. The topics included are:

Knowing Myself

ASHA as a Health Activist

Values of ASHA

Understanding the Human Rights and the Fundamental Rights

Understanding the Meaning of the Right to Health

Leadership

Communication Skills

Decision-Making Skills

Negotiation Skills

Coordination Skills

The reading material may be disseminated among the ASHAs prior to training. This will orient them about various topics before they participate in the training based on Book 5.

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