

## Contents

PART A: Being an ASHA		5
1.	Role of ASHA	7
2.	Activities of an ASHA's	8
3.	Measurable Outcomes of the ASHA Programme	9
4.	Essential Skills for an ASHA	10
5.	Qualities that Make an ASHA Effective	12
6.	Conducting a Home Visit	13
7.	Village Health and Nutrition Day (VHND)	15
8.	What Records do the ASHA Maintain	17
9.	ASHA Support and Supervision	18
PART B: Maternal Health		19
1.	Pregnancy Diagnosis	21
2.	Birth Preparedness for a Safe Delivery	26
3.	Management of Anaemia	28
4.	Identifying complications during Pregnancy and Delivery	30
5.	Care during Delivery	34
6.	Post-Partum Care	38
PART C: Newborn Health		41
1.	Care of the Baby at the time of Delivery	43
2.	Schedule of Home Visits for the care of the Newborn	44
3.	Examining the Newborn at Birth	44
4.	Breastfeeding	50
5.	Keeping the Newborn Warm	57
6.	Management of fever in newborn	60
Annexes		61

