

DISTRIBUTION OF LESSONS IN THE ASHA TRAINING BOOKS AS PER THEMES

THEMES	BOOK 1	BOOK 2	BOOK 3	BOOK 4	BOOK 5
Introduction, roles, tasks	1. My seven tasks	Village Health Plan	Escorting to a hospital Births and Deaths	Records and reports: an outbreak	Reporting
Being healthy- determinants of Health	2. Staying Healthy 3. Personal Hygiene	Social determinants of health	Family Health: role of Men	_____	Utilization of health services
Water-sanitation, environment	4. Water safety at home 5. Disposal of waste water -/soak pit-Kgarden	Sanitary latrines	How to protect water sources in village	Smokeless Chulah	Rodents: health hazards
Nutrition & malnutrition	6. Our Health depend on food we eat	Night blindness and anemia	Iodine deficiency Disorders	Malnutrition and care of malnourished children	Food taboos and food fads Food Sanitation
Knowing ourselves- Human biology	7. Body mapping/ overview organs	Body-Systems Physiology of Reproduction	Gastro Intestinal system	Respiratory system	Cardio- vascular system
Community, gender, - PRI, Rights,	8. Women and Health-	Grampanchayat/ Gramsa bha/Functions	PNDT act	Violence Against women	Rights/ responsibilities of a client
Adolescent health	_____	Healthy Adolescents: Community Resource	Nutritional needs of adolescent girls	Teenage pregnancy	_____
Communication	9. Organising a Group meeting	How to organize a prabhat pheri with school children	Counselling	_____	Village contact drive
Health services, Govt, Pvt, Social Mar	10. Know Health services 11. Anganwadi Centre 12. Village Birth Attendant	CHC/Rural hospital/District hospital	Private doctors/RMPs	Social marketing	Depot holder
Illness, causes & healing, remedies	13. Illness and Healing 14. Using remedies	Immunity,	Rational drugs	_____	_____
AYUSH/Herbal medicines	15. Home remedies	Some AYUSH medicines	Some AYUSH medicines	Fertility Awareness	Healing without drugs
Contraceptive Methods	16. Preventing Unwanted Pregnancies 17. Condoms	Oral contraceptive pills and ECPs	IUDs	Male sterilization	Female sterilization
Preventing Unwanted childbirth	_____	MTP	Unsafe abortions	_____	_____

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