

# ASHA TRAINING MANUAL-1 for ASHA



**SATHI**



## A few introductory words for 'ASHA'



Congratulations for being selected as ASHA! Under the new National Rural Health Mission launched in 2005, The Union Health Ministry decided to appoint one ASHA in every village in certain states. Many organizations welcomed this step because they have been demanding for many years that a Village Health Worker should be appointed in every village. Village needs the help of a village health worker like you. This is because firstly, in India in the coming few decades, it does not seem possible that every village would have a doctor residing in the village. Secondly, experience at many places has shown that in case of some simple, common ailment a doctor is not needed for initiating the treatment. This initial treatment can be properly given by the health workers. Thirdly, to give advice to the villagers about their health, to answer their queries, to dispel their fears ——— this important work of health education and counseling can also be done by health workers. Apart from this health education/advice, health workers can guide villagers about issues like which public and private health services are available near the village, how to access these services, how to assert our human rights in health care. The challenge before you ASHAs is to do this work for your village. You need proper training to do this work. This book has been prepared to help you in your training.

The distinguishing feature of this book is that it is primarily pictorial. We have made it pictorial because you would find it difficult to understand the content of this book if the book is mainly in the form of written material. Your school education has been in Marathi language, which is different from your mother tongue, your own tribal language. Secondly, in tribal areas Marathi is not properly taught in the schools. Thirdly, you have left your school a few years back and you have not been reading much after you left the school. Lastly, some of you have not completed education beyond 8<sup>th</sup> standard. Hence, this book has been specially prepared for such a less educated rural, tribal woman. Public Health Institute Nagpur has translated the ASHA Training Manual No. I for the ASHAs published by the Union Health Ministry of Health. The chapters in this translated book have been made pictorial in this current volume. Thus this current book is supplementary to the ASHA Training Manual Volume I.

In the year 2000, my colleague Dr. Abhay Shukla and myself had prepared the pictorial training manuals - Swasthya Sathi Part 1 and part II, especially for less educated health workers. While preparing these two training manuals for health workers, we had included only that much information that is needed for the health worker to carry out their tasks. We had thus avoided burdening them with unnecessary information. In this current book, we have used this same principle as well as many of the diagrams and text in these 'Swasthya Sathi' two volumes. Our colleague Dr. Sameer Mone had prepared a pictorial book in Marathi on herbal medicines. We have used a large part of this material for the chapter 'Home Remedies' in this current book.

We hope this book will be of help to you. Do send your feedback and suggestions through your trainers or directly.

7<sup>th</sup> April, 2008  
World Health Day

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