Mahila Arogya Samiti (MAS) can be effective in health promotion efforts at the community level. Building the capacity of MAS can ensure that they become self-governing institutions that work towards addressing the FP needs of the urban poor.

**STEP 1: Identify women to form MAS**
by first identifying clusters of households where a MAS needs to be formed. After conducting meetings at the community level to understand the health needs, ASHAs will sensitize the identified women on the role of the MAS. Key criterion for MAS members should be their commitment and willingness to work as a collective for community health.

**STEP 2: Build capacity of MAS on health issues**
through training sessions on family planning and maternal, newborn and child health. Provide relevant IEC materials and job aids. Provide opportunities to MAS members by linking them with DUDA, ICDS project officer, etc. ASHAs can utilize their monthly meeting platforms to furnish the same.

**STEP 3: Ensure utilization of untied funds**
by opening MAS-specific bank accounts and timely disbursement of untied funds. The group can decide the use of the fund for the health needs of the community as prescribed by government norms.

**STEP 4: Include MAS in community-level platforms**
by ensuring their representation in District Health Society and City Coordination Committee meetings and ward coordination committee meetings.

For more information, refer to http://tciurbanhealth.org/lessons/strengthening-womens-groups/.