Matritwa: आमाको समर्थन, स्वस्थ शिशुको पालन

Description:
Matritwa, A web based platform developed for pregnant mothers which is designed to empower pregnant women with the educational resources, tools, trackers and support they need to have a safe and sound motherhood.

Problems:
Maternal health in Nepal has many problems like high rates of maternal mortality due to lack of awareness, hypertension, and mental health issues like stress & depression. Barriers to healthcare access and insufficient antenatal care can worsen the problem, leading to poor outcomes for both mother & child.

Objectives:
Matritwa aims to significantly lower pregnancy-related deaths by increasing awareness, improving access to timely care, and providing necessary resources. Matritwa aims to assist in
- **Reduce Pregnancy Related Complications**
- **Enhance Access to Healthcare**
- **Knowledgeable Decision-making**
- **Monitoring health Effectively**
- **Community & Support**

By working on these areas, Matritwa intends to create a safer & supportive environment for pregnant mothers, ensuring healthier pregnancies and better outcomes for both mother and their babies.

Features:
1. **Pregnancy Tracker:** With the help of Matritwa, users can create a personalized daily routine planner to track down their pregnancy which will consist of daily basics todos, medication and healthpost visit reminder, health and parenting tips .
2. **Nutrition Plans:** Matritwa helps create customized nutrition plans based on your region, health & conditions.
3. **Educational Materials:** Matritwa consists of a lot of materials like blogs, books, videos and tips regarding pregnancy, motherhood and parenting.
4. **Nearest Health Center Locator:** Matritwa uses your location to list all the best nearby hospitals around you so you don't miss out on any essential healthcare facilities.
5. **Stress Management Techniques:** Matritwa consists of different materials providing knowledge on stress management to help you with stress effectively during pregnancy.
6. **Health Tips:** Matritwa provides you tricks and tips on different health related aspects to maintain a healthy pregnancy .

Target Audience:
As for now, *Matritwa* targets pregnant and new mothers seeking guidance on safe practices during pregnancy. It is especially helpful for those looking for a nutrition planner, educational resources and community support. *Matritwa* also aims to assist:

1. **Pregnancy Planner:** Women/family who are planning for a child and who seek guidance on pre-pregnancy health, nutrition and safe practices.
2. **Healthcare Professionals:** Medical professionals who want to provide knowledge and track the patient up to date information and progress.
3. **Family members and caregivers:** Individuals who are supporting pregnant women and new mothers.
4. **People with limited access to education:** People living in rural areas with limited or no access to information and resources seeking for a reliable source.

Tools & Techniques used:

The website was builded using technologies like html, css and javascript. Figma was used to design the website. Html was used to create the structure of the website, css to design and javascript to add some functionality. The project was deployed using the github page deployment feature. Leaflet library & APIs were used for map features and gpt APIs for text generation and A.I.features.