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## AIIMS Delhi and IIT Roorkee's 'SwasthGarbh' app to ensure safe motherhood | Uttarakhand | 29 Dec 2022

### Why In News?

- On December 27, 2022, Professor K.K. Pant of the Indian Institute of Technology (IIT) Roorkee informed that researchers from IIT Roorkee have created a 'SwasthGarbh' smartphone app. This app has been prepared with the help of AIIMS, New Delhi.

### Key Points

- Professor K.K. Pant said that the 'SwasthGarbh' smartphone app will help pregnant women to provide prenatal and real-time (instant) medical care. This is especially beneficial for women in areas where medical services are not easily available. This is the first app for pregnancy, which ensures immediate doctor's advice.
  - He said that it is clinically proven as well as reliable. The app can be downloaded from Google Play Store. Both patients and doctors can take advantage of the app free of cost.
  - Deepak Sharma and Prof. Sahil Sharma, a research scholar in the Department of BioSciences and Bio-Engineering, IIT Roorkee. Deepak Sharma, Professor, Delhi AIIMS. Vatsala Dadhwal and Prof. In collaboration with Aparna Sharma, the 'SwasthGarbha' app has been prepared.
  - The app covers all aspects related to pregnancy, such as keeping a record of every clinical test and taking medicines on time.
  - Prof. K.K. Pant said that a research paper highlighting the benefits of the 'SwasthGarbh' app has been published in the prestigious 'Peer-Reviewed IEEE Journal of Biomedical and Health Informatics'.
  - Deepak Sharma, professor in the Department of BioSciences and Bio-Engineering, IIT Roorkee, said that the high infant mortality rate is a matter of serious concern. In view of this, the developed SwasthGarbh Mobile App will provide real-time medical assistance to all pregnant women and improve the state of mother-child health during pregnancy. Along with this, it will help in taking forward the Prime Minister's Self-Reliant Healthy India Mission.
  - Dean (Research) at AIIMS, Delhi. Rama Chaudhary said that the 'SwasthGarbh' app will be very useful in the possible solution to common problems of pregnancy. By delivering the 'SwasthGarbh' app from house to house, the life of the mother and baby can be easily saved in pregnancy.
  - Department of Obstetrics and Gynaecology, AIIMS, Delhi. Vatsala Dadhwal said that communication between pregnant women doctors through the app will give better pregnancy results. The pilot study has shown that this app is also being used by doctors along with pregnant women.
  - He said that a clinical assessment of 150 pregnant women was done about the usefulness of the app. This made it clear that the app has increased the quality of prenatal care and reduced problems. Women registered on the app saw an increase in the secondary number of visits to the hospital for antenatal advice and also showed better compliance with the World Health Organization guidelines.
  - It is known that after the arrival of the Covid-19 endemic, the importance of telemedicine in healthcare has increased. Currently, more than one billion people are using smartphones all over the world. In such a situation, there is immense potential to change the medical world and provide better healthcare in the SwasthGarbh app.
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