



QP CODE: 26019441



26019441

Reg No :

Name :

MTTM DEGREE (CSS) EXAMINATION, MARCH 2026

Fourth Semester

MTTM

ELECTIVE - TR840402 - HEALTH TOURISM

2019 Admission Onwards

299E7418

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. Define Health Tourism.
2. Mention any 5 multiple forms of health tourism.
3. Discuss the tips for optimal intellectual Wellness.
4. Discuss the role of health and wellness relate to Quality of Life.
5. Recognize the important treat in Aromatherapy.
6. Mention the various treatment systems under AYUSH.
7. Make short note on physical benefits of practicing Yoga.
8. Mention the facilities provided by luxury Spa Resort in India.
9. Define Diet Therapy.
10. Discuss the scope of Medical Tourism in India.

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. Briefly explain the disadvantages of Health Tourism.
12. Discuss the important benefits of Wellness Tourism.





13. Explain the importance of Positive Psychology Therapy in Wellness.
14. Give notes on Physical Aspects and Emotional Aspects Of Holistic Health.
15. Summarize the body treatment named 'Reflexology'.
16. List out the major Spa organizations.
17. List out any three leading Hot Spring Spa Destination of India .
18. Explain the Accreditation benefits of in Medical Tourism.

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

*Weight **5** each.*

19. Elaborate the concepts of Ayurveda Tourism and Yoga Tourism.
20. Elucidate the historical significance of Wellness Tourism .
21. Discuss the Scope of Kalariyattu and Marmachikilsa in Holistic Health.
22. Explain the relevance of naturopathy highlighting its significance features.

(2×5=10 weightage)

