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Reg.No : .....

Name : .....

**MAHATMA GANDHI UNIVERSITY, KOTTAYAM**  
**MGU-UGP (HONOURS) Regular EXAMINATION October 2025**  
**Third SEMESTER**

**Value Addition Course (VAC) - MG3VACTTM200 - HOLISTIC APPROACH TO**  
**HEALTH AND WELLNESS TOURISM**  
**(2024 ADMISSION ONWARDS)**

**Duration: 1 Hour 30 Minutes**

**Maximum Marks: 50**

***Remember(K), Understand(U), Apply(A), Analyse(An), Evaluate(E), Create(C), Skill(S), Interest(I)***  
***and Appreciation(Ap)***

Students should attempt at least one question from each course outcome to enhance their overall outcome attainability.

**Part A**

Short Answer Questions

Answer any **5** questions

Each question carries **2** marks

1. Name two ancient civilizations known for practicing health and wellness tourism. [K] / [CO1]
2. Discuss how sustainability is integrated into wellness tourism destination management. [U] / [CO2]
3. Explain the difference between health tourism and wellness tourism. [U] / [CO1]
4. Name any two digital platforms that facilitate wellness tourism through health tracking and management. [K] / [CO3]
5. Identify one reason why older adults may struggle with tech-based wellness services. [K] / [CO3]
6. List any two applications of augmented reality in medical training. [K] / [CO3]
7. State one benefit of massage therapy for blood circulation. [U] / [CO4]
8. How do natural spas help in stress management? [U] / [CO4]

**[2x5 = 10]**

### **Part B**

Short Essay Questions

Answer any **5** questions

Each question carries **5** marks

9. Explain how recreational tourism supports physical and mental well-being, using examples. [U] / [CO1]
10. Explain the difference between health tourism and wellness tourism with examples. [U] / [CO1]
11. List and describe five different typologies of health and wellness tourism. [K] / [CO1]
12. Define health and wellness tourism for specialized groups, and give two examples of such groups. [K] / [CO2]
13. Explain how AI chatbots have contributed to success in wellness tourism. [U] / [CO3]
14. Discuss the barriers of using virtual reality in healthcare and wellness. [U] / [CO3]
15. State and explain five characteristics of hydrotherapy. [U] / [CO4]
16. Discuss the importance of yoga in promoting spiritual wellness. [U] / [CO4]

**[5x5 = 25]**

### **Part C**

Long Essay Questions

Answer any **1** questions

Each question carries **15** marks

17. Explain how motivation differs between primary secondary wellness tourists. Give example. [U] / [CO2]
18. Summarize the role of best practices in helping to overcome the challenges faced by wellness tourism businesses [U] / [CO3]
19. Discuss the major objectives of mud therapy in promoting health and wellness. [U] / [CO4]

**[15x1 = 15]**