

The Problem Suggestion Tourism Industry with Special Reference to Bilaspur

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Abstract:

Health tourism, a type of travel that promotes and maintains good physical and mental health, is where the term "health and wellness tourism" (HWT) originates. Government agencies are having a difficult time encouraging the growth of the health tourism sector as the population is getting older. Through a review and survey, this study seeks to confirm the issues and provide some solutions in the Indian district of Bilaspur. This study's field survey reveals that the main issues with health and wellness tourism in some areas of the Bilaspur district of Chhattisgarh, India, have to do with infrastructure, transportation, tourism resources, activity planning, and management systems. On the basis of the findings, recommendations were made to improve the activities and project delivery for health tourism.

Keywords — Health and Wellness Tourism; Bilaspur; Medical Resources

I. INTRODUCTION

This Bilaspur was formerly a modest village on the banks of the River Arpa before it blossomed into the City of Festivals. Given that it has grown to be one of Chhattisgarh's largest cities, the city has undergone a significant amount of transformation today. The state is home to numerous ancient historic sites, excellent wildlife, beautifully landscaped sanctuaries, opulent homes, waterfalls, caverns, rock carvings, and varying slopes. The majority of these locations are undeveloped and undiscovered, offering visitors unique and remarkable experiences combined with delectable cuisine. With some magnificent locations, Chhattisgarh has positioned itself as a place "full of surprises" that could undoubtedly spur future tourism growth. On the map of Indian tourism, it has carved out a place for itself. Also attempting to include carrying capacity analysis into resource utilization is Chhattisgarh Tourism. The state offers tremendous prospects for eco-ethno, adventure, and cultural tourism because it is roughly 45% covered in woods and has 32% of its

inhabitants in tribal groups. On the basis of the findings, recommendations were made to improve the activities and project delivery for health tourism.

II. CITY OF BILASPUR

In addition to being a developed district in the tourism industry, Bilaspur has created its own identity as the court of justice (Nyaya dhani), sanskar-dhani, and culture of Chhattisgarh. It has grown into one of India's most well-known commercial hubs and has been chosen as one of the 100 Indian cities to be transformed into smart cities as part of the Smart Cities Mission. It is a wonderful site to come and explore, with its rich Indian tradition and metropolitan culture coexisting and prospering amid the city's rapid expansion. Its diverse cultural heritage, abundance of historical sites, stunning temples, and rife modernization make Bilaspur a special destination that draws visitors from all over the nation.

III. MAJOR ATTRACTIONS IN AND AROUND BILASPUR

It goes without saying that Bilaspur is peppered with numerous tourist destinations that are well-known among adventurous travellers. Check out everything you can see while visiting Chhattisgarh's central region.

1. The Achanakmar Wildlife Sanctuary

Investigate the lush, verdant woodlands that are located away from the bustle of the city. As a result of its wealth in the natural world, this sanctuary is quite well known among travellers. This area, which is 555 square kilometres in size and is 40 kilometres from the city, is home to a wide variety of wild animals and birds. Additionally, you can explore the diverse types of flora and fauna that are present, mesmerising your senses.

2. Ratanpur

Ratanpur, which is located 25 kilometres from the main city, was established by the great monarch Ratandev and then changed its name to Ratanpur. You can go to the Mahamaya temple in this area, which is dedicated to the inhabitants' favourite goddesses Saraswati and Lakshmi.

3. Khuntaghat Dam

This location, which was built along the Kharung River, is 33 kilometres away from the main city. It is situated in the middle of the Bilaspur and Ambikapur highways and is well-known among the locals for being a good picnic location.

4. Talagaon

This little village, which is situated on the Maniyari River's banks and is only 30 kilometres from Bilaspur, is another well-known destination for pilgrims. A Deorani-Jethani temple was recently discovered, and it is associated with a number of Hindu stories. One can see idols of various snakes, animals, and insects, as well as idols with various faces.

5. Pataleshwar Kedar Temple

One of the most treasured locations for Hindus in Chhattisgarh is the Pataleshwar Kedar Temple, which is located in Malhar. The temple, which honors Lord Shiva, is renowned for its Gomukhi Sivalinga, amazing sculptures, and exquisite architecture from the 11th century. The temple has a stunning outlook and showcases the exquisiteness of India's rich architectural heritage.

IV. COMMON TOURISM TRAVEL PROBLEMS

All of these issues and more will arise if you travel for an extended period of time. Additionally, you'll discover that every issue has a resolution. Here are the top 5 travel issues and how to prevent them.

1. Getting Lost

Most people have taken a wrong turn at least once in their lives, while some people have excellent spatial awareness and others don't. Your heart thumping quicker as the panic sets in can be a terrible sensation. Anywhere—a grocery store, an airport, a town square, or the wilderness—can be a place to become lost. This is one of the simpler travel issues to avoid with contemporary technologies. In the past, each country's map was required. Almost everyone in today's world has a smartphone. Download Google Maps ahead of time, then download the offline maps for any cities you intend to visit. The size of the offline maps is often between 20 and 50 MB.

2. Getting mugged

Some nations are riskier than others. Before you come, it's crucial to look out any government advisories. It's also a good idea to search for other travellers' reviews on Facebook groups and other forums. But a word of caution: don't take everything you read at face value. You have to learn to let go of your rage, anger, and frustration, albeit you are permitted to feel them. They are

negative feelings. Most people in the world are amazing. Avoid letting a few moron ruin your trip.

3. Losing your phone

This can seem like a superfluous issue to also include on a list of travel issues. How come not a camera? Laptop? Bag? Because the majority of individuals exclusively use their phones. You won't be able to accomplish the following without a phone if your phone is taken at the tourist attraction itself: because my translator was on my phone, I was able to check the time, add money to my prepay debit card, locate the closest police station, notify my family that it had been taken, access my travel e-tickets, cancel my contract, and tell anyone about it.

I had to employ the tourist attraction's public computer, which resulted in a variety of security alerts with my online and individual accounts. They kindly offer to text a code to your phone once you satisfy some additional security questions while logging in from a computer. Not helpful when the phone is lost! Make sure you: Having a backup email address to receive those irksome security codes, updating all of your account information before departing, and knowing all of your passwords.

4. Getting sick

Travel sickness can take many different forms.

Travel sickness

When your inner ear signals and visual signals aren't in sync, you can get motion sickness. Some individuals experience it each time they travel. Others only experience discomfort when using specific modes of transportation. Buses used to make you angry. I would hold my breath due to the engine odour and the rocking action. Any travel lasting more than 30 seconds has this issue. You can try a few things if you don't have travel sickness medication. I would start by attempting to reduce the stimulation. I found it worse to stare out

the window at the passing buildings, so I would concentrate on the chair in front of me and my breathing instead. For only certain individuals, the opposite is accurate. Use discussion, music, counting objects out the window, or other methods of distraction to divert your focus from the emotion. A different sensory input should be used to replace the failing one. You may be able to relax the feeling and turn your attention to happy things if you can get some fresh air and a drink of water.

1. Food poisoning

It is a complication with travel that can happen at any time. Nausea, stomach pains, vomiting, and diarrhoea are some of symptoms. If it's bad, you may feel the effects hours after ingesting or having a drink the infected item. Anti-diarrhea pills can literally save your life. I never leave home without my toilet paper. It's almost as vital to me as my passport, in my opinion. Although it may sound theatrical, I have encountered several difficult circumstances in the past. You will understand if you get food poisoning.

2. Sunburn

Wear a mask even if it's cloudy outside! Before you leave, check the weather, especially the UV index. The UV radiation that causes the true harm can still be produced by a cloudy sky.

5. Not speaking the Chhattisgarhi language

I've had this travel issue for a long time. All types of feelings, including sadness, anger, frustration, determination, encouragement, elation, and others, might result from not being able to connect with those around you. While being incapable of communicate in the local tongue can elicit a variety of unpleasant feelings, it can also serve as a spark for greatness. Prior to your trip, do as much language study as you can. If you put in the work, it's a fantastic gesture of kindness that will be valued by people all around the world. Even a few lines or sentences will be helpful. You can try any one of the countless apps, manuals, and language

programmes available. What is the most efficient way for travelling language learning? Speak. It might move slowly, hurt, or make people laugh a lot. Everything relies on how you approach the situation. While some languages are far more difficult to learn than others, a communication barriers is a simple fix for a travel issue.

6. Loneliness

Not everyone feels loneliness while travelling, but when it does, it can be the worst condition imagined. There isn't just one trigger. It doesn't just effect depressed or emotionally unstable people.

7. Running out of money

Be doing some research on the country you'll be visiting before you go. In order to accurately budget, you should have an understanding of the average cost of living. Save as much as you can, and aim to keep an emergency reserve that you never touch. This could be a savings or credit card. If an emergency arises that necessitates you to return home, there should be enough money in it to cover a return flight. Making sure you read about cheaper options while travelling and considering ways to make money while travelling is important because travelling may be expensive.

V. CORONA VIRUS AND TOURISM

The corona virus (COVID-19) infection and the efforts taken to stop its spread have had a significant negative impact on the tourism industry. According to updated forecasts, the possible shock might result in a 60–80% fall in the global tourism industry in 2020, regardless of how long the crisis lasts.

VI. KEY TERMS IN TOURISM

- **Sustainable Tourism:**

It is a strategy of tourism that upholds cultural integrity, ecological processes, biological diversity, and existence systems by preserving the

environment without causing it to rot away or change, as well as without impairing the people's economic, social, and aesthetic health in the region with be visited.

- **Ecotourism:**

It is an approach that ensures the sustainability of the earth's natural natural resources, aids in the economic advancement of the community, and upholds the social and cultural integrity of the locals.

- **New Destination:**

New places features that will be considered attractive with different natural attractions.

- **Alternative Tourism:**

A style of travel that displays respect for the environment, integration with the environment, and opposition to cultural and historical change.

- **New Tourism Product:**

These are the novel tourist products, services, and encounters that the traveller has profited from at the present time.

- **Supporting Touristic Product:**

It supports the existing touristic product that does not have the power to attract tourists to the destination and therefore cannot create demand.

- **Pandemic:**

A virus that extended throughout numerous countries or continents and had an impact across a broad geographical location.

VII. RESULTS AND DISCUSSION

From a tourism destination, our state of Chhattisgarh has developed its own personality. It has kept its archaeological and cultural legacy as a heritage, particularly in the area of Bilaspur. This study's fieldwork in the Indian county of Bilaspur revealed that the issues with health and wellness tourism in some of the district's tourist destinations

are mostly related to infrastructure, transportation, destination marketing, activity planning, and management systems. In light of this, the study recommended the following: Strengthen the development of reliable transportation networks connecting the local and surrounding areas. Airports, increased rail, trains, buses, and other modes of external transportation are all included, as are urban transit systems and ride-hailing services. Enhance the activities and project delivery for health tourism. Local tourist initiatives lack the resources, distinctiveness, and attractions; as a result, the future development of the Bilaspur district (C.G.) places of interest has to pay attention to the issue. In order to benefit both domestic and international visitors and to better support the development of global health tourist spots, it is recommended that more tourist industry construction with regional cultural aspects be added in the future as well as more significant food multiculturalism be explored.

For example: Ratanpur is very popular tourist destination, it has most of the ponds, culture garden, picnic spot, Mahamaya Devi temple, Ram tekari, Khandoba mandir, Lakshmi devi temple, garden and many archeological sites protected as a heritage, which can further enhance the chain of tourist destination, but also to create a unique position in the area of cultural tourism place.

In some region, Talagaon, the herb resources are also very rich, in some smaller areas intoxicating activities like alcohol, cigarettes, and drugs are organized every year, which also attracts a lot of tourists, which is affecting their health badly. However, such activities are attractive but less well-publicized and relatively small, with fewer serviceable and inclusive visitors. And I think that drug activities should be removed from the local tourist destination from the point of view. As a starting point for building "pharmaceutical food and health" infrastructure and scaling up manufacturing, it has been suggested that hiring better English-speaking staff (tourist guides) is necessary in order to support the growth of international tourism and effectively create signs in other languages. Introduce larger, higher-quality medical equipment

to accommodate the treatment needs of more patients.

VIII. CONCLUSIONS

Through a literature survey and a field survey in the Bilaspur district of the Chhattisgarh state in India, this study seeks to confirm the issues and make some suggestions. This study's field survey reveals that the primary issues with health and wellness tourism in the district of Bilaspur's small tourism area are with transportation, infrastructure, tourism resources, activity planning, and management systems. Based on the discussions, recommendations were made to improve the development of reliable transportation lines, the delivery and activities of health tourism projects, the introduction of higher quality, medium-to-large medical equipment to meet the treatment needs of more patients, and the development of cooperative relationships with tourist colleges and universities to encourage students to visit at that time. Considering that mobile phones represent an enormous industry worldwide, this is among the more typical travel-related issues. Use common sense and refrain from flaunting it in front of others as a solution. Keep them hidden and, wherever feasible, on your persons or stored in a safe, just like you should with any valuables. All of these recommendations would help the growth of health and wellness tourism in the Chhattisgarh district of Bilaspur (India). Small tourist destinations without access to medical care ought to be developed from a health perspective.

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