



## Diabetes Education, Nutrition & Healthcare Journey

Delhi, Jaipur & Agra

10 days / 7 nights

October 3-11\*, 2020 (\*arrive home Oct 12)

\$5,299 (Based on double occupancy)

\$1,199 (Single supplement)

Enjoy the unique culture and traditions of India while you spend time with the locals. This adventure includes a very special experience giving back to a local nonprofit.

**BOOK NOW 888.747.7501**

### India Highlights

- ✓ 7 nights / 10-day journey through the Golden Triangle
- ✓ Nanda Journeys and the University of Pittsburgh School of Nursing are collaborating to develop this educational activity. **8.0-10.0 Continuing Nursing Education (CNE) contact hours will be awarded for this journey.** *The University of Pittsburgh School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC) (PO229).*

### Educational Interaction

- ✓ **Interact with diabetes educators, nutritionists, pharmacists and other allied healthcare professionals** from a variety of facilities throughout your travels. Explore India's healthcare system while you broaden your world view of chronic disease experiences and challenges in another country from the perspectives of the healthcare system, the community, and the people with chronic disease.
- ✓ Develop an appreciation of India's response to health challenges through a mutual exchange with representatives from local hospitals and schools such as **Apollo Hospital** and the **National Institute of Ayurveda in Jaipur**, who are the first of their kind in India promoting traditional medicine care, research and training.

### Community Connections

- ✓ Spend time with a facility dedicated to giving back like **Disha: Resource Center for the Disabled** who provide an opportunity for children with multiple disabilities to develop to their full potential.
- ✓ Gain authentic cultural insight during an evening spent enjoying a **home-cooked meal with a local family.**

### What's Included:

- 5\* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to and from Delhi (gateway is out of NYC area)
- Local English-speaking guide
- Meals as mentioned and most tips

### Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes if applicable
- Cost of your tourist visa



📍 New York Area

## DAY 1, October 3, 2020

### Depart for India today

Depart from New York City/surrounding area and make your way to India. The stunning beauty and friendly people alone are worth a visit!

The bustling metropolis of **Delhi** has been invaded, destroyed, and rebuilt countless times in its 5,000-year history. Today, it is a sprawling urban center unofficially divided into two parts: Old Delhi—the classic Indian experience of colorful, crowded streets and historical monuments—and New Delhi, India's capital, a city of wide avenues and government buildings that the British began erecting in the early 1900s.

📍 Delhi, India

## DAY 2, October 4

### Arrival in Delhi

Arrive in **Delhi**, India this evening. New Delhi is the capital of India and the heart of the nation and has more than 28 million residents in this sprawling metropolis.

Upon arrival, the group will be met at the airport and transferred via private coach to your local hotel. Relax this evening and settle into your hotel.

**Note:** Depending on flight arrival time, dinner is on your own (generally provided in flight).

The **Grand New Delhi**, nestled in the heart of Delhi, is the city's most distinguished hotel. An ideal destination for the discerning business and leisure traveler, boasts of modern facilities and a resort-like feel. The luxurious Spa Oasis features an outdoor pool, a hot tub, yoga facilities and a fitness center,

**Overnight: The Grand Hotel New Delhi (or similar)**  
**Included meals: N/A**



📍 Delhi, India

## DAY 3, October 5

### Cultural program in Delhi

**Please Note:** Breakfast is included daily in your program.

All travelers will gather this morning with your national guide and receive further information on the program and today's activities.

Explore the unique and defining characteristics of **Old Delhi and New Delhi**. Contemplate the impact of Mahatma Gandhi's life at the Raj Ghat, a simple memorial to the legendary icon of non-violent civil disobedience. Hop in a rickshaw for a view of the Red Fort, the imperial residence of India, and the Jama Masjid, the largest mosque in the country.

After lunch on your own, discover the **garden tomb of Humayun**, built by the widow of the second Mughal emperor. Continue to the imposing **India Gate**, the **parliament buildings**, and the **Rashtrapati Bhavan**, the residence of the president and largest structure for any chief of state in the world.

This evening the group will enjoy a welcome dinner with fellow travelers.

**Overnight: The Grand Hotel New Delhi (or similar)**  
**Included meals: Breakfast & Dinner**



📍 Delhi, India

## DAY 4, October 6

### Professional program in Delhi

Today the professional members of the group will visit a local hospital, such as **Apollo Hospital**, to discuss topics of mutual interest with a goal to broaden your world view of chronic disease experiences and challenges in India. India is faced with an increasing prevalence of diabetes, especially in rural areas, which requires solutions at many levels starting with creating awareness of the disease and its complications.

Lunch will be provided today at a local restaurant.

This afternoon you will visit a **local university** to learn about education and training requirements for diabetes clinicians and other healthcare professionals going into fields such as endocrinology, nursing or other medical fields.

#### **Guest program:**

*Accompanying guests will explore the spectacular Swaminarayan Akshardham temple, which epitomizes 10,000 years of Indian culture in all its breathtaking grandeur, beauty, wisdom and bliss. It brilliantly showcases the essence of India's ancient architecture, traditions and timeless spiritual messages. Visit to the Gurudwara Bangla Sahib. One of the most prominent Sikh temples, Bangla Sahib feeds more than 10,000 people every day, irrespective of cast, creed, color or religion. This is an integral part of 'Seva' or service, which is part of the Sikh faith. The temple also organizes various other socio-philanthropic activities and its picturesque setting is perfect to calm, relax and contemplate. Engage yourself in community service at the Langar of the Gurudwara Bangla Sahib, the spiritual and cultural center of the Sikh religion.*

Dinner is by individual arrangement.

**Overnight: The Grand Hotel New Delhi (or similar)**

**Included meals: Breakfast & Lunch**

📍 Jaipur, India

## DAY 5, October 7

### Morning meeting & drive to Jaipur

Wrap up your professional exchange in Delhi with representative from an organization like **Diabetes Foundation India (DFI)** for discussions to explore the provider and patient perspectives for best practices in diabetes care and education. Learn about the research they are working on and role in creating awareness about correction nutrition and exercise in the Indian population.

#### **Guest program:**

*Accompanying guests will have some free time before heading to lunch and onward to Jaipur with the rest of the group.*

Later today depart via bus for the **Pink City of Jaipur**, known for the terracotta plaster that coats buildings in the old part of the city. Jaipur is the capital and largest city of Rajasthan. Established back in 1727, the city now has a population of more than three million. It is 167 miles north of Delhi and forms the western part of the Golden Triangle.

Lunch will be provided this afternoon in route to Jaipur (approximately four-hour drive).

The **ITC Rajputana Hotel** is a leisure hotel with a unique concept of accommodation in the heart of Jaipur (Rajasthan). They offer a variety of recreational and leisure facilities for your enjoyment including an onsite spa. Guest rooms have coffee/tea maker, minibar, safe, upscale bathroom amenities and free daily newspaper.

Upon arrival in Jaipur, check in at your local hotel and have dinner on your own. *The hotel has room service as well if preferred.*

**Overnight: ITC Rajputana (or similar)**

**Included meals: Breakfast & Lunch**





📍 Jaipur, India

## DAY 6, October 8

### Professional program in Jaipur

This morning you will continue your professional interaction during a visit to a local Ayurvedic facility like the **National Institute of Ayurveda in Jaipur**. Share your insight with their team and learn more about ayurvedic medicine and its role in treating chronic healthcare issues facing Indian cities today such as hypothyroidism or hyperthyroidism, pituitary problems, adrenal diseases such as Addison's, childhood obesity, and more.

After lunch, the group will meet with representatives of a facility such as **Disha: Resource Center for the Disabled**. Interact with the staff and patients today to learn how they provide an opportunity for children with multiple disabilities to develop to their true potential.

#### **Guest program:**

*Accompanying guests will enjoy a visit to Sanganer that takes you through two triple gateways to explore palace ruins and the city's exquisitely carved Jain temples. Learn about Rajasthani art from local masters before a stop at the Birla Mandir, situated below Moti Dungri. Visit the temple grounds which were built in 1938 and dedicated to Lord Vishnu and goddess Lakshmi. Note you will be asked to remove your shoes to enter.*

This evening the group will enjoy dinner and a local dance or music performance.

**Overnight: ITC Rajputana (or similar)**

**Included meals: Breakfast, Lunch & Dinner**



📍 Jaipur, India

## DAY 7, October 9

### History of Jaipur & home hosted meal

Start your morning with **yoga**! Your guide will lead those interested in a morning session at the hotel.

Embark on an extensive exploration of the monuments of Jaipur's golden age. Travel as the Maharajah's did by elephant to the **Amber Fort**, a beautiful complex of palaces, halls, gardens and temples. Once inside the citadel, stroll through the sprawling palace and courtyards to admire the grand architecture and delicate carvings. In route, visit the **Palace of Winds (Hawa Mahal)**. Its elaborate façade with more than 900 windows once served as an observation point for the ladies of the court.

After lunch on your own, continue to the **City Palace**—composed of a vast mosaic of exquisite palaces, gardens, and courtyards—and the **Jantar Mantar Astronomical Observatory**. This stone observatory (the largest in the world) is one of five built by Jaipur's founder, Maharaja Sawai Jai Singh II. Experience some of the traditional arts of Rajasthan as you watch craftsmen create block prints and jewelry.

Gain authentic cultural insight during an evening spent enjoying a **home-cooked meal with a local family** including helping with the meal prep.

**Overnight: ITC Rajputana (or similar)**

**Included meals: Breakfast & Dinner**





📍 Agra, India

### DAY 8, October 10

#### Drive to Agra

Today the group will say farewell to Jaipur and drive with your guide to **Agra**. The remote city is a must see when you are in Northern India, not only because it is the home of the UNESCO World Heritage rated Taj Mahal. The city is located on the banks of the river Yamuna and is the 24<sup>th</sup> most populous city in India. *The drive is about six hours (240 kms).*

Lunch will be provided in route this afternoon.

On the way visit **Fatehpur Sikri**, a spacious red sandstone city built in the 16th century by the Mughal Emperor Akbar. The architecture combines Hindu and Moghul styles, expressing Akbar's vision of synthesizing the cultures. The onetime capital was deserted after only 12 years, but the audience halls, palaces and mosques are still perfectly intact.

The **Taj Hotel and Convention Center** lies a short walk away from the Eastern Gate of the Taj Mahal. They have a rooftop infinity pool with magical views of the Taj Mahal, an invigorating spa and a fitness center for your use along with a variety of onsite dining options. Guest rooms have free Wi-Fi and all the amenities of a five-star hotel for your comfort.

Enjoy a farewell dinner at a local restaurant this evening.

**Overnight: Taj Hotel (or similar)**

**Included meals: Breakfast, Lunch & Dinner**



📍 Agra, India

### DAY 9, October 11

#### Visit the Taj Mahal

Explore Shah Jehan's monument to love: the **Taj Mahal**. A mausoleum built by Shah Jehan for his queen Mumtaz Mahal, the Taj Mahal is said to have taken 22 years and 20,000 craftsmen to construct. Its perfect proportions and minutely detailed marble inlays will astound you. It is renowned for its perfect proportions with rich, exquisite marble inlay with minute details and executed with great skill.

Lunch is by individual arrangement today.

Say farewell to Agra and drive back to Delhi this afternoon.

Dinner is on your own this evening before heading to the airport for your late departure home.

**Overnight: N/A**

**Included meals: Breakfast**

📍 New York Area

### DAY 10, October 12

#### Arrival

Arrival will be this morning back in the U.S.



📍 Delhi, India

### The Grand Hotel New Delhi

Nelson Mandela Road  
New Delhi, India

Telephone: +91-11-4766-1234  
<http://www.thegrandnewdelhi.com/>



📍 Jaipur, India

### ITC Rajputana Hotel

Palace Road, Gopalbari  
Jaipur

Telephone: +91- 141 405 1600  
<https://www.itchotels.in/hotels/jaipur/itcraiputana.html>



📍 Agra, India

### Taj Hotel & Convention Center

Taj East Gate Road  
Agra, Uttar Pradesh, India

Telephone: +91- 562-2335555  
<https://www.tajhotels.com/en-in/taj/taj-hotel-and-convention-centre-agra/>

