

**SUMMARY:**

The lifestyle today is plagued by inactivity, research conducted time and again have clearly revealed the positive effects of physical activity for individuals. However, not everyone can take part in all the activities due to certain limitations in their functioning levels and hence the activities need to be modified, the modifications are made as per the requirements of the concerned. These activities also called adapted physical activities are directed to ensure that the functional level of the concerned individual improves significantly. Hence this new approach of incorporating physical education in the form of adapted physical activity in the recovery of an individual and improving the functional efficiency has proven to be beneficial for people with disabilities.