

## **GLOSSARY:**

**Coercion:** Coercion is the action or practice of persuading someone or an individual to do something by using force or threats.

**Community recreation:** The entire range of activities, relationships, interactions and experiences planned for and carried out to meet the recreation needs of residents, it also includes providing the spaces and places where recreation takes place. Community recreation and parks is anything and everything the community does to satisfy people's interests.

**Leisure:** Leisure comprises time when one is not working or occupied; free time.

**Motivated:** The act of being inspired so as to perform or excel in any form of activity one engages in.

**Philanthropist:** Any individual or person who seeks to promote the welfare of others, especially by the generous donation of money to good causes.

**Play:** Play is an outlet of creative expression among children in which they engage for enjoyment rather than for a serious or practical purpose.

**Recreation:** Any activity engaged in for the sake of fun and enjoyment when one is not working irrespective of age of an individual; recreation is life in itself.

**Self-esteem:** A person's overall sense of self-worth or personal value. It is a personality trait, which means that it tends to be stable and enduring; it can involve a variety of beliefs about the self, such as the appraisal of one's own appearance, beliefs, emotions and behaviours.

**Vigour:** Vigour signifies physical or mental strength, energy or force; a sign of good health; the ability to carry out any activity or task with effort, energy and enthusiasm.

**Voluntary:** An act not directed by any external factors or people but on one's own free will and interest to derive the desired level of satisfaction of involvement in the activity.