

SUMMARY:

Due to the monotonous nature of work life has become dull and boring for the modern society individual. The developments in the field of science and technology has not only made life and work easier for us but at the same time less time consuming as well, leaving us with a considerable amount of free/recreational/discretionary time. The way one uses this time has an impact on the productivity of an individual at home, at work and life. Recreation aims at educating people on the constructive and productive use of this free time, based on activities that are of interest to the participant, comprising of such activities that provide the participant the satisfaction from a socially accepted, constructive, non-survival activity.