

**SUMMARY:**

Recreation has become increasingly popular during the past decade and the number of people seeking recreation has also risen significantly. Recreation due to its varied nature and inclusion of a wide variety of activities can be provided by anyone anywhere and with limited supply of facilities as well. Family recreation is provided by the member of the family similarly community recreation, religious recreation, commercial recreation, institutional recreation and organized recreation are provided by various other agencies responsible for providing the designated type of recreation to specific individuals or groups of individuals. There are more people getting involved in adventure recreation as well these days especially students from schools, colleges and universities.