

SUMMARY:

Recreation is life in itself. The importance of recreation in the life of the modern day individual cannot be under estimated. It assists not only in the effective utilization of leisure or free or discretionary time in a constructive manner but also in the overall improvement of a fully integrated personality. Recreation is vital for improving the standard of living of an individual as it works as an outlet for their pent up energy just as play in children. However the way the leisure time is utilized determines to a great extent the productivity of an individual at his or her work place. Thus it is essential to program recreational activities keeping all the parameters of development of the concerned in mind.