

GLOSSARY:

Flawed: A flawed conception is to have or be characterized by some fundamental weakness or imperfection.

Health Education: Health education is a principle by which individuals and groups of people, learn to behave in a manner conducive to the promotion, maintenance or restoration of health. It is a profession of educating people about health be it environmental health, physical health, social health, emotional health, intellectual health.

Hobbies: Hobbies are an individual's personal choice in which he engages during his free time on a regular basis. It can include a wide range of activities of different nature depending on the interest of the individual.

Intellectual Ability: Intellectual is related to the intellect. It is one's ability to think and understand things.

Leisure Time: Leisure time also known as free time or discretionary time refers to the time when one is not engaged in any life supporting activities such as his or her house tasks, school or college tasks, office work etc. which are enforced on an individual. Thus, all the time that he has left after the completion of his day to day tasks is his free time which can be used as per his or her personal desires or interest.

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.

Recreational Leader: Recreational leader is a facilitator, who enables and encourages recreational activities.

Relaxation: A state of being free from all tensions and anxiety.

Talent: Talents are innate potentialities of an individual that are special as well as specific. They are natural endowments of a person, a distinguishing characteristic feature, an aptitude or disposition of a person or an animal.

Vigorous: Vigorous is characterized by or involves physical strength, effort or energy.