

**SUMMARY:**

Even though recreation is fundamentally a part of human existence it is yet to find a consolidated place as a discipline. It is regressed to the backdrop and even neglected in a lot of cases. The people who participate in the recreational programs or activities are also at times unaware that they are active participants and thus the value of the program is lost. In such cases the participant is a one-time visitor, he gets the immediate satisfaction but leaves and may never come back. The recreation programs should ensure enlightenment of the participants so as to spread awareness among the participants who would in turn propagate the benefits of the recreational programs among their immediate known people and spread the word about the programs and benefits of recreation in the long term development of an individual. It is essential that the professional himself has a good understanding of the subject so as to avoid the spread of misconceptions.