

SUMMARY:

Recreation which is characterized by the constructive usage of leisure or free time plays a vital role in the overall harmonious functioning of the society as well. It assists in the overall development of a recreation participant to ultimately make him fully integrated so as to prepare him to face the real life challenges and become a socially accepted and productive as well as a self-satisfied individual. As we all know that the social institution is a huge machine and the people living in it are the basic units thus when the units are effective and efficient it means that the whole machinery of the social institution too will be the same.