

Physical Education and Recreation

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Abstract: *Today's era is an era of competition, where everyone wants to prove better from one on the other way, whether it is Physically, Mentally, Socially, Economically, Spiritually, Emotionally, matters a lot and hence a true value and a urge of physical fitness and the happiness increases day by day. Hence Physical Education and Recreation plays an important role in this "New Education Policy" also. As this both (Physical Education and Recreation) goes hand in hand, gives you pleasure and health too. There are certain General and Specific type of exercises which specifically gives you the general and specific fitness and as you achieves certain level of fitness the body its self responds certain indication of happiness and light attitude in behavioral pattern of the individual.*

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