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The problem of Shiwalik foothill region of nearly three million hectares in northern India is particularly serious, because repeated failures in rainfed agriculture tend to deplete forests as well. Ever increasing biotic pressure has led to devastation of the fragile ecosystem. This paper describes the techniques of rainwater harvesting, including catchment treatment and construction of small earthen dams; utilization of harvested rainwater for crop production; peoples participation in protection of hilly catchments and creation of a villagebased institution for hill-resources conservation and management. It is concluded that the conventional approach for the management of hilly watersheds and resource conservation does not work. The strategy must be one of providing an economic and social basis for conservation programmes. Once a productive resource (like rainwater) is made available to the people, they will certainly conserve the hilly catchments as well as the natural resources to the best of their ability.