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The research work on the problems of rainfed agriculture of the north-west submontane region was initiated in early seventies at Central Soil and Water Conservation Research and Training Institute, Dehradun. Scientists have developed suitable technology pertaining to improved crops and varieties, cropping systems, tillage and moisture conservation measures, agronomic practices and effective use of water. Most of these improved practices were also demonstrated and found fairly remunerative and sustainable at farmers' fields under the Transfer of Technology Programmes of the Institute. In this bulletin, apart from the technical details of improved practices, results of practical importance have been summarized.