1177. **Samra, J.S., Bansal, R.C., Sikka, A.K., Mittal, S.P. and Agnihotri, Y. 1995.** Resource Conservation through Watershed Management in Shiwalik Foothills. Bulletin No. T-28/C-7, CSWCRTI, Research Centre, Chandigarh, 93 p.

The Bulletin deals with resource conservation *vis-a-vis* watershed restoration through integrated watershed management and community participation approach in the sandy Shiwalik belt of Punjab. An Operational Research Project was undertaken at village Relmajra in a typical watershed of 627 ha, representing Hoshiarpur Shiwaliks which are predominantly sandy in nature and known for landslides, flash floods and devastation of fertile agricultural lands. The results of analysis obtained from a limited data of three years in terms of hydrologic behaviour of catchment and dam, sedimentation of reservoir and channel, effectiveness of channel bioremediation measures in arresting sediment in the channel, effectiveness of vegetative measures in retaining silt, improvement in land levelling indices, changes in biodiversity and biomass productivity, changes in crop productivity, improved productivity of erstwhile common wastelands as a result of integrated watershed restoration strategies, are discussed in the bulletin. Community participation and environmental economics including protective, productive and social benefits are also presented. All these results strongly suggest a very positive impact of integrated watershed management, through a participatory process, in resource conservation *vis-a-vis* watershed restoration in the Shiwalik foothill region.