The present work is an attempt to study and interpret the existing land use in the districts of Gurgaon and Rohtak of Haryana. The districts lie between the parallels of 27°45' and 29°15' north and the meridians of 76°15' and 77°30' east. The area under review covers about 12,164 square kilometres of which about 90 per cent is devoted to agriculture. More than 85 per cent of the population is engaged in agricultural activities directly or indirectly. An intensive study of such an agricultural region is, therefore, a prerequisite to know the existing patterns of land use and its agrarian problems. The present work is thus a modest attempt in this direction.

An attempt has been made to study the extent and nature of cropland use by recording crop distribution on maps for the year 1963-64 in the eleven selected villages and their interpretation to assess the influence of geographical factors in bringing about the existing patterns of agricultural land use in the region under study. It further studies the carrying capacity of agricultural land.
in the selected villages of the region with the help of the per capita cultivated area and the total caloric intake per head per day in each of them. For the assessment of the nutritional standard of the people of each village, the actual supply of various items of diet have been shown in Food Balance Sheet of each village. Further, on the basis of food consumption and other commodities, the actual intake of essential nutrients has been computed for each of the selected villages, which has been shown in Nutrition Balance Sheets. The deficiency of each nutrient has been worked out and attempt has been made to correlate the nutrients with the nutritional deficiency diseases, which are found in the village.

The entire study is divided into two parts, consisting of twelve chapters. The first part deals with the physical setting and includes three chapters. Chapter I deals with the structure and relief, physical divisions and drainage system of the region; Chapter II studies the climate with special reference to temperature, rainfall and variability of rainfall; Chapter III deals with the study of soils, their distribution and problems. All these chapters have been discussed because these have direct bearing on the agricultural land use of the region.
Part II is based on the writer's field work and deals with the agricultural land use, pressure of population on land resources, caloric intake and nutritional deficiency diseases in the selected villages. It is divided into eight chapters. The first of these, namely, Chapter IV deals with the selection of villages (Methods and Techniques); Chapter V deals with the selected villages and gives also some clarifications. Chapter VI to XI give a detailed account of existing land use in the villages. Besides an interpretation of the existing land use patterns in these chapters, an attempt has also been made in each of them to present the amount of caloric intake per head per day as obtained from the calculation made on the basis of cropped area, yield of crops and the total number of persons dependent on the village produce. Potential Production Units calculated on the basis of land productivity have also been given in each of the selected villages which show the extent of agricultural development. Further, on the basis of food consumption and other commodities, the actual intake of essential nutrients have been calculated, the deficiency or surplus of these elements and the resulting nutritional deficiency diseases have been studied. Chapter XII summarises the findings of the work and presents a few suggestions for increasing productivity of land, a balanced exploitation of land resources, reclamation of wastelands, rotation of crops, to raise the standard of nutrition and standard of living of villagers.
The writer has made the following contributions:

(1) The division of Gurgaon and Rohtak Districts into physical divisions; calculation and analysis of the mean monthly and mean annual variability of rainfall; the construction of rainfall dispersion diagrams and their interpretation and the preparation of soil map.

(2) The study and interpretation of land use with particular emphasis on the cropland use by recording the actual distribution of crops on the maps.

(3) Classification of village lands into different land types on the basis of their fertility and productivity.

(4) An assessment of the per capita share in different types of cultivated lands and the grouping of population of each village on the basis of their occupations into primary and secondary rural categories.

(5) Computation of caloric intake per head per day.

(6) An assessment of nutritional standard of the villagers. The computation of surplus or deficient supply of various nutrients and the resulting nutritional deficiency diseases.

(7) An assessment of carrying capacity of the agricultural lands.

(8) An evaluation of the extent of agricultural development on the basis of the Potential Production Units.