

To study the awareness about nutrition and common health problems among the working women

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■ **ABSTRACT :** If we all wanted to join forces in promoting the health and well-being of those who deserve it the most and receive in the least, we should concentrate on young women. It is simply because when become healthier, better nourished and rise above poverty and when their status in society improves, the world will be a better place, our children will have a better future and development and peace will have a better chance. So researcher got interested to study the awareness of women health and nutrition deeply to find the main causes of health degradation of working women. The objectives of the study are (1) To study the awareness about nutrition among the working women, (2) to find out the common health problems of the working women. 200 working women are selected by purposive selection from Gorakhpur city. Questionnaire method is used for data collection and percentage method is used for data analysis. Results shows that working women have enough knowledge in some field of nutrition, but they have poor awareness about their health care.

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