A large number of women workforce in India is employed in the unorganised sector. In rural areas, they are mainly engaged in agriculture and allied activities whereas in urban areas they are involved in construction industry, cottage industries, domestic services etc. Papad making industry in the city is also among one of them which has provided ample opportunity of employment for the women workers but they suffer adverse health impacts due to awkward postures maintained for long durations and repetitive actions. The present study was therefore conducted primarily with an aim to study the work profile of women engaged in papad rolling and to assess the nature of work and musculo-skeletal problems of women intensively engaged in this activity. The assessment of work was done using Job Strain Index (JSI) and musculo-skeletal problems were identified from intensity of pain using Body Map. The results revealed that women perform papad rolling activity daily for 4-6 hrs/day in sitting—cum-forward bending posture with neck, shoulder and hip flexion and with no rest in between the work. Intensity of exertion indicated that there was noticeable or definite effort made by the women engaged in papad rolling activity. Overall the JSI score was found to be 30.81 which indicated that the work was hazard prone for health. Percentage of mean scores of the intensity of body pain indicated that the respondents felt very severe pain in low back (83.20 %), severe pain in upper back (63.20 %), hands and wrist (63.20 %) and moderate pain in neck, shoulder joints and lower arm (40-50 %) indicating trouble in these parts. These being predisposing factors causing musculo-skeletal disorders, there is a need for ergonomic intervention for preventing them in terms of improvement in work posture, modified workplace and introduction of appropriate rest pauses.