



جمعية رفيدة
لصحة المرأة
rofaida women's
health organisation

Rofaida Women's Health Organisation





Women are a vital source for the development of any society. Without empowered women, it is difficult to reform societies. Throughout history, women have proven their prominent role in leading change and decision-making.



Excerpt from the statement of
the Custodian of the Two Holy Mosques

King Salman bin Abdulaziz Al Saud

May Allah protect him

during Saudi Arabia's G20 Presidency in 2020



Empowering women and youth are two essential pillars for achieving sustainable growth



His Royal Highness the Crown Prince
Prince Mohammed bin Salman Al Saud

May Allah protect him



Our role at Rofaida is to identify the health needs and challenges faced by women. We collaborate with experts and partners from both the public and private sectors to offer supportive recommendations that align with our Kingdom's ambitious vision to implement the best healthcare practices



Chair of the Rofaida Women's Health Organisation

Princess Modhi bint Khalid bin Abdulaziz

May Allah protect her

Our Story

Our specializations are diverse, and our personal interests vary, but we are united by a sincere passion and a single mission towards society in general, and women's health in particular. Despite the remarkable economic, scientific, and medical progress in our society, we have observed significant and concerning gaps, including



Lack of awareness regarding the laws and regulations that protect women's health rights



Absence of a holistic perspective on women's health, often limited only to gynecological diseases



Weak public awareness regarding women's health, both at the societal level and even among healthcare practitioners



Lack of well-documented Arabic resources on women's health

The Rofaida Women's Health Organisation is a non-profit organization established in 2016, licensed by the Ministry of Human Resources and Social Development (No. 770). It empowers women to make informed and sound health decisions through a range of specialized programs offered by its experts. It also strives to advocate for women's health by working with policymakers to implement supportive policies



It also aims to promote health education and awareness among adult women through a group of physicians specialized in women's health who combine expertise with practical experience to deliver the best guidance for safeguarding Saudi women's health

Why the Name "Rofaida"?

The name "Rofaida" is derived from the Arabic word "Al-Rafd," which means shelter and safe haven.

We aspire to be the trusted and reliable source that every woman can turn to for accurate health information.

The name "Rofaida" also carries great historical significance.

Lady "Rofaida Al-Aslamiyya" (may Allah be pleased with her) is a pioneering figure who represents the effective contribution of women to serving society. She established the first field hospital in Islam to treat the wounded among the companions, with the blessing of the Messenger of Allah, peace and blessings be upon him.

The contribution of the "Rofaida" Organisation in supporting women's health is an extension of women's contribution to building society, which began in his era, peace be upon him.



Video Link

Our Mission

Through this program, we seek to develop practices and policies that serve and support women's health.

Our Vision

For every woman to have the knowledge, ability, and supportive policies that empower her to make informed and sound health decisions in her life

Our Programs

Education: Providing the most important and reliable information about women's health in Arabic

Training: Conducting workshops and preventive training programs focused on women's health.

Advocacy: Through this program, we strive to develop practices and policies that serve women's health

Our Values

Collaboration: We work together with those who share our vision

Innovation: We utilize unconventional methods — including direct meetings and innovative solutions — to achieve our goals

Responsiveness and Effectiveness: We design programs based on the needs of beneficiaries, ensuring a positive impact on society.

Our Statistics



202,784+

Number of beneficiaries
from programs



303

Number of volunteers



50+

Number of partnership



8,096,097.5

Number of in-kind
donations



10,937,497+

Number of views
and total interactions



58

Number of external
Participation/events



51+

Number of participating
experts



38,364,363.45

Number of Material
donations



Our Programs

01

Education
Program

02

Training
Programs

03

Empowerment
Programs



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Education Program



Education Program

بدون فلتل
UNFILTERED Audio

A podcast aimed at providing educational and empowering content on women's health. It focuses on topics such as awareness of women's health rights, family planning, healthcare during pregnancy and childbirth, postpartum mental health, and overall women's well-being. It also fosters community dialogue on sensitive health topics and women's health rights by hosting experts and recovered individuals in a safe and trusted environment.



ولادتي
Wadati

An electronic tool that helps pregnant women learn about essential procedures during and after childbirth, presenting the available options for each procedure. This enables women to fill out their customized birth plans according to their preferences. The birth plan serves as a communication tool with the medical team and helps to ensure a birth experience aligned with the woman's desires, contributing to the reduction of unnecessary medical interventions



Rofaida Webinar

Educational lectures tailored for healthcare practitioners to promote women's



المعلومات الوراثية
Genetic Information

It aims to provide comprehensive information about human genetics and genetic diseases. The page focuses on answering common questions, explaining genetic concepts, and clarifying how genetic factors affect general health, with the aim of enhancing societal understanding of this vital field.



Education Program



A specialized page focused on providing educational content regarding nutrition and its influence on general, sexual, and reproductive health.

The page addresses the needs of women at various stages of life, emphasizing the importance of healthy eating for disease prevention, fertility enhancement, and the promotion of overall women's health, supported by up-to-date scientific studies.



An initiative aimed at educating and supporting women and mothers by providing all the necessary reliable information and training to ensure a safe postpartum period, allowing them to go through this stage with greater awareness and better health.



A comprehensive educational program that aims to promote awareness of women's general and holistic health. It includes "Women's Health Meetings" that focus on sexual and reproductive health through interactive awareness sessions with experts and awareness campaigns through social media platforms. The program also offers comprehensive educational content about women's health along with supportive activities such as meditation and deep breathing exercises to enhance psychological and physical balance. It seeks to empower women and society with reliable information to support responsible health decision-making and achieve a better quality of life.



A comprehensive awareness program aimed at preparing young women for marriage by equipping them with the necessary health, psychological, and social foundations to navigate marital life. It offers interactive sessions with specialists to provide the essential knowledge and support needed to build a stable and healthy marital life.





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Training Programs



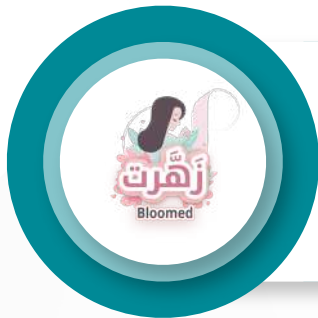
Training Programs



A training program designed for women aged between 18 and 50 years. It aims to train participants in mastering the control of pelvic floor muscles and to raise awareness of the causes of pelvic floor muscle weakness (such as bariatric surgery, repeated childbirths, sudden weight loss, and improper heavy lifting).

The program also highlights the side effects of pelvic floor weakness, including urinary incontinence, painful intercourse, constipation, and uterine gases.

This program was designed by experts in physiotherapy and fitness, and it was specifically chosen because its effectiveness has been validated through medical research, where participants reported noticeable improvements in symptoms and quality of life.



A specialized program targeting girls aged 8 to 18 years. It aims to introduce girls to the most important physical and psychological changes that accompany puberty in a manner appropriate to their level of awareness and understanding. The program also emphasizes the importance of personal hygiene, nutrition, and comprehensive health, presenting psychological changes at each developmental stage in a simplified and comprehensive way, supporting girls in dealing with these changes confidently and consciously.

Additionally, the program includes workshops designed for healthcare practitioners.



A program offering specialized training projects that cover all stages of pregnancy and postpartum, addressing both physical and psychological aspects. The program includes early-stage support for pregnant women, training for labor and delivery preparation with minimal medical interventions, and postpartum training sessions and educational workshops.



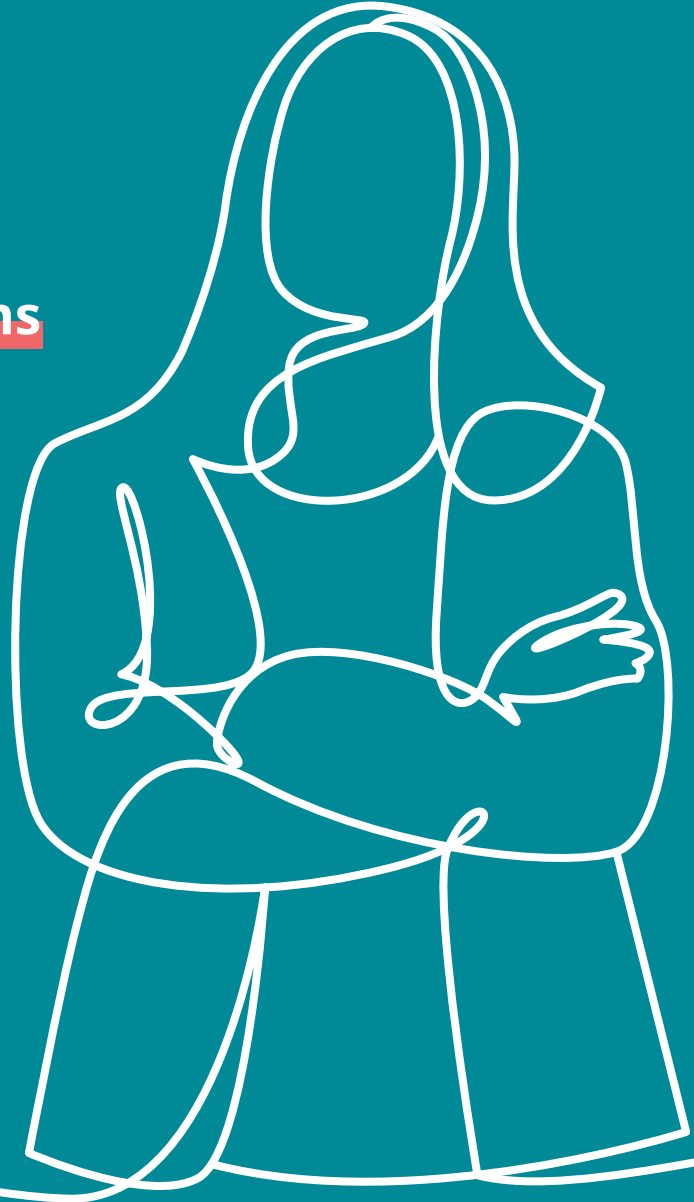
A therapeutic program that provides health and psychological support groups for women facing issues such as postpartum depression, addiction, domestic violence, and psychological disorders. The program is managed by psychological specialists (female doctors or therapists), allowing mothers to meet either remotely or in person to share their experiences and feelings, helping to reduce isolation and improve mental health. It also includes workshops and introductory meetings aimed at raising community awareness about the importance and impact of support groups.





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Empowerment Programs



Empowerment Programs



At Rofaida, we aim to promote and encourage policies that support women's health, and we collaborate with key decision-makers, healthcare practitioners, and specialists to develop women's health policies and improve the care provided to them in the Kingdom of Saudi Arabia.



The Rofaida Women's Health Organisation has launched a digital platform highlighting women's health indicators in Saudi Arabia compared to G20 countries. The goal is to provide researchers and stakeholders with accurate data that supports the development of strategies, policies, and programs to improve women's health.



A central platform that aims to enhance women's participation in medical research and the formulation of comprehensive health policies. It provides updated research to support decision-makers, facilitates academic collaboration among experts, simplifies research findings for public understanding, and promotes the active participation of women in scientific research — ultimately contributing to improved healthcare quality and ensuring a fair and supportive health environment.



Empowerment Programs



A program aimed at raising awareness among women aged 18 and above about their health rights as guaranteed by Saudi law, and empowering them to understand and claim these rights.



An innovative research initiative aimed at expanding scientific knowledge related to women's health across different age groups. The studies focus on areas such as reproductive and sexual health, women's mental health, nutrition, and healthy lifestyles, aiming to improve the quality of life and promote health awareness based on scientific evidence.



Our Partners



Our Partners



Our Partners



الهيئة السعودية للتخصصات الصحية
Saudi Commission for Health Specialties



غادة العيدي للمحاماة
Ghada Aleidi Law Firm
محامون ومستشارون
Lawyers & Consultants



Our Partners



Our Partners

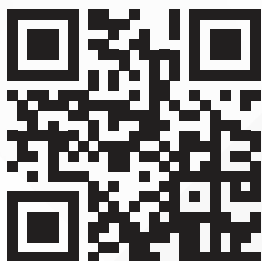


Women's Health

The Health of a Vibrant and Empowered Society
Be a Partner in Providing a Healthy
and Sustainable Lifestyle

Support Us

Zid Platform



Via SMS



Donation Platforms



The support of donors remains
the fundamental pillar for achieving the Organisation's goals
Thank you for your belief in a more
aware and healthy future





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