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Permits can be obtained via the Nusuk and Tawakkalna mobile applications. Riyadh: The Kingdom of Saudi Arabia (KSA) has advised those who wish to pray and visit the Rawdah in Madinah must ensure that they obtain permit before arriving.

[Saudi: Pre-arrival permit mandatory for praying at Rawdah in Madinah](#) : saud i-pre-arrival-permit-mandatory-for-praying-at-rawd...</a>

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[Rawdah Permit | How to Enter Riyazul Jannah with the Nusuk App](#) : rawdah-permit</a>

[hajj umrahplanner : rawdah-permit](#)

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The Benefits Of Using A Roller Board For those looking to maintain their exercise routines, using a roller board can provide an effective and low-impact workout that helps strengthen core muscles, improve balance and coordination, enhance fitness levels, and helps tone the body.