

ON THE HISTORY OF THE INVOLVEMENT OF PEOPLE WITH DISABILITIES IN PARASPORTS IN UZBEKISTAN

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Annotation. This in the article In Uzbekistan opportunity limited sports that make people in particular to parasports attraction of reaching initial stages historical point of view from the point of view analysis made. Initial from training pull to large sports arenas until was processes and their disability was to individuals medical, psychological and physical one-sided positive effects illuminating given. From this outside opportunity limited of individuals to parasports attraction to be as a result in them active socialization and professional para-athlete as our country parasport rating world on a scale to rise worthy contribution adding coming about scientific information statement made.

Key words. Parasport, Paralympics, "Paralympic fortitude", "Paralympic movement", paralifting, parajumping, paraathletics, paracompetition.

Parasports and Paralympics games In Uzbekistan step by step developed Independence just now to capture entered from the era to the present day to the day until parasports in the field Uzbekistan international on the field own to the power has was term teams shape took. Organizational in matters special office and ministries by the field to develop related row measures done increasing the bride

Opportunity limited of sport In Uzbekistan development period three to part separation possible:

Stage 1: 1991-2007. Uzbekistan National Paralympics association until formed until was period;

Phase 2: 2007-2021. Uzbekistan Paralympics association structure and its Uzbekistan Republic National Paralympics committee as again organization to be done period;

Phase 3: 2021 to present until today was period².

Uzbek parasport historically above cited formation and development periods pressing passed. The first in stages legal organization as officially founded on October 18, 1998 done Uzbekistan disabled people sports Association, later Uzbekistan national Paralympics association was named. This the organization's first activities theoretical and practical accordingly started although, the possibility limited individuals right, them

² Fayziyev F. "In Uzbekistan disabled people "Sports" // Imam Steam lessons magazine (3/202 4). – P. 39.

social protection to do, as well as to parasports attraction to grow and them in para-competitions participation they reach on the way efforts from the first years of our independence our government in the spotlight Although Uzbekistan has been participating in the Paralympic Games since 2004, their participation is not considered official because they are not members of the International Paralympic Committee.

The second stage began in 2007 with the establishment of the Uzbekistan Paralympic Association in our country. By 2021, significant changes and reforms had been implemented in this area. The participation of Uzbek paraathletes on a large scale was the 1st Paralympic Games held in Guangzhou, China in 2010, where our athletes managed to win 1 gold, 2 silver and 3 bronze medals³. The 2016 Paralympic Games held in Rio de Janeiro, Brazil were remembered for the great successes of our paraathletes, while the 16th place of Uzbek paraathletes among 162 state delegations at the next Games held in Tokyo, Japan in 2020 further introduced Uzbek parasports to the world. This high result brought independent Uzbekistan to fourth place after Asian teams (China, Japan and Iran) and CIS countries (Russia, Ukraine and Azerbaijan), and first place among Central Asian and Turkic nations.

It should be noted that, starting from 2021, fundamental changes have been introduced in the development of parasports at the third stage. The adoption of the resolution "On additional measures for the development of the Paralympic movement" by the President of the Republic of Uzbekistan Sh.M. Mirziyoyev on May 18, 2021⁴ once again proved the systematic development of the industry and how correctly the state policy in this regard has been established. Because, on the basis of this resolution, the National Paralympic Committee of Uzbekistan was established in our republic on the basis of the National Paralympic Association of Uzbekistan.

For information, it is worth noting that this Committee carries out tasks such as creating all conditions for people with physical disabilities to engage in parasports, increasing their coverage, opening special departments for athletes with disabilities in all types of educational institutions and selecting and directing talented people, introducing a continuous complex system of higher sports, training qualified specialists, increasing the mechanism for conducting scientific research, further improving the material and technical base of buildings specialized in parasports, and organizing regular training for paraathletes to ensure their successful participation in republican and international competitions⁵.

³ 77 medals and 6th place from 54 athletes. In Jakarta Paraasia games finally reached (summary) // <https://kun.uz/kr/90302790?q=%2F90302790>. Date of access: 14.04.2026.

⁴ Uzbekistan Republic The President's " Paralympic" movement to develop circle additional measures Resolution No. 5114 on // <https://lex.uz/uz/docs/-5426278> .

⁵ Uzbekistan National Paralympics Committee . Paralympic sports with practitioner para-athletes and their trainers Uzbekistan Republic National Paralympics committee with their relationship order eater Codex . - Tashkent, 2022. Page 4.

The stage after 2021 can be recognized as a period of significant changes and projects in the history of parasports in Uzbekistan. In particular, in accordance with the Resolution of the President of the Republic of Uzbekistan “On additional measures for the development of the Paralympic movement”, the Parasports Festival, organized by the Ministry of Tourism and Sports in collaboration with the National Paralympic Committee of Uzbekistan on the occasion of the International Day of Persons with Disabilities under the slogan “Sport for All”, was held on December 3-4, 2021 in Tashkent and other regions of our country⁶. The main goal of the festival is to popularize Paralympic sports, widely involve students of specialized educational institutions for children with disabilities in the system of the Ministry of Public Education, and improve the skills of persons with disabilities.

In order to ensure the implementation of the assigned tasks, starting from 2022, the calendar plans of republican, regional and district (city) sports and mass physical education events provide for the allocation of at least 30 billion soums for the preparation and holding of Paralympic sports competitions. Today, in order to widely involve people with disabilities in sports, free services have been established in sports schools and specialized sports schools, and all conditions have been created for their mass and professional participation in parasports. 7,039 people with physical disabilities and disabilities are regularly involved in sports in sports and educational institutions.

In the republic increasing the number and quality of parasports participants, and in this process, special attention has been paid to training parasports specialists. Looking back at the history of parasports, these sports were recommended depending on the interest and health level of people with disabilities, and work to improve their physical and mental condition was carried out not only in theory, but also on the basis of systematic plans, which showed positive results in practice.

Paralympic sports centers have the status of legal entities, and their organizational and methodological management is carried out by the Paralympic Committee of Uzbekistan. This of centers by designating placed own goal, task and powers there is. In particular, in the regions adaptive (adapted) paralympic sports capable disability was individuals attraction to do, to them necessary opportunities and conditions creating to give, attached sports training institutions with cooperation installation, trainers council to compose and territorial term teams formation etc.⁷

The National Paralympic Committee of Uzbekistan is managed by the Department of Development of Paralympic Sports, work with sports educational institutions and the

⁶ Sports everyone for: in Uzbekistan Parasports festival become is taking place // <https://uzbekistan.travel/uz/o/sport-hamma-uchun-ozbekistondada-parasport-festivali-bolib-otmoqda> . Application made Date: 16.04.2026.

⁷ Paralympic sports with practitioner para-athletes and their trainers Uzbekistan Republic National Paralympics committee with their relationship order eater Codex. Page 13.

Association of Adaptive Sports, international relations and marketing, sports medicine and psychology, classification and anti-doping, organization of spiritual and educational events and work with the media, finance and economics⁸ etc.

The National Paralympic Committee of Uzbekistan has set specific tasks aimed at systematically conducting the process of building the necessary sports facilities for athletes with disabilities, selecting and directing talented athletes, and improving the qualifications of parasports coaches. In order to create all the necessary conditions for paraathletes and provide them with comprehensive support, many resolutions and orders of the head of the republic and the government have been developed and put into practice. In due time, namely in 2022 in Hangzhou (China)⁹ the Resolution of the President of the Republic of Uzbekistan “On the comprehensive preparation of Uzbek athletes for the XIX Summer Asian and Paralympic Games” set the priority tasks of training paraathletes.

According to it, a "Roadmap" was developed to focus on further improving the effectiveness of traditional martial arts, shooting, athletics, rowing, paracycling, rugby, parachess, and handball and to implement important tasks in the field. The plan also includes deserving awards for paraathletes who participated in these Para Asian Games and achieved success. That is, it was decided to award Uzbek athletes who won and won prizes in the Asian and Para Asian Games with \$5,000 for winning a gold medal, \$3,000 for silver medalists, and \$2,000 for bronze medalists.

As a direct continuation of the above reforms, it is appropriate to cite the Resolution of the President of the Republic of Uzbekistan “On Measures to Establish a School of Paralympic Fortitude” dated June 6, 2022.¹⁰ The establishment of the Uzbek Paralympic Fortitude School was not recorded in the experience of any country in the world and was recognized as a unique and special direction. In order to widely promote the experience of Uzbekistan in the international arena, starting from 2023, the holding of the International Forum “Paralympic Fortitude” in Tashkent every two years, naming one of the newly built stations of the Tashkent metro “Paralympic Movement”, and the approval of numerous proposals to establish a “Paralympic Park” are examples of the high attention and care shown to people with limited opportunities and disabilities in social life¹¹. A corner dedicated to the history of the Paralympic movement in Uzbekistan has been created at the Tashkent Metro's above-ground ring road station

⁸<https://paralympic.uz/news/yangilkar>. Application made Date: 16.04.2026.

⁹ Resolution of the President of the Republic of Uzbekistan “On the comprehensive preparation of Uzbek athletes for the XIX Asian and IV Paralympic Games to be held in Hangzhou (China) in 2023”. 05.05.2022 // <https://www.lex.uz/docs/-5992128?ONDATE=13.06.2023%2000>.

¹⁰ Paralympians perseverance school activity organization to grow measures about // “People word” newspaper . June 8, 2022.

¹¹ Fortitude School // “People word” newspaper. June 8, 2022.

called "Paralympic Movement", and, unlike other metro stations, systematic conditions have been established here for people with disabilities.

Starting in 2022, for the first time, the "Besh tashabbus paralimpiadasi" mass sports competitions among young people with disabilities in neighborhoods were introduced. About 6,000 young people were covered in these sports competitions, which were organized in two stages in 2023. The "Five Initiative Paralympics" sports competitions, which started in the first season of 2024, were organized in three stages: the district (city) stage, the regional qualifying stage of the regions of the Republic of Karakalpakstan and the city of Tashkent, and the third republican final stage. From 34 thousand more than in the neighborhoods disability was youth This in competitions participation to grow wish stated .

The competitions were held in 5 para sports: para athletics shot put (dwarfism and short stature), short 60-100 meter race (spinal cord paralysis and spinal cord injury) and long 200-300 meter race (arm amputation), para table tennis, para chess, para checkers, and para cybersports. A total of 196 young athletes will participate in the republican finals, including 6 from para-athletics (3 men, 3 women), 2 from para-table tennis (one man and one woman), 2 from para-chess (one man and one woman), 2 from para-checkers (one man and one woman), and 2 from para-cyber sports (one man and one woman), as well as 14 from one regional team (7 women). Participants competed in para-athletics, para-chess, para-drinks, and para-table tennis at the arenas of the Republican Olympic and Paralympic Sports Training Center, and in para-cybersports at the Cyberium.uz cyber arena¹².

Mukhtorkhon Toshkhodjayev, Chairman of the National Paralympic Committee of Uzbekistan, stated that "In 2024, 29,062 young people with disabilities aged 16 to 30 expressed their desire to participate in this competition. They were registered through the user-friendly website 5tashabbus.uz. As a result, 18,416 young people were included in the competitions. This created a great opportunity for more than 18,000 young people with disabilities to show their abilities and feel their place in society. Based on the tasks set, it is planned to include 45,000 young people with disabilities in these competitions this year¹³."

The main goal of holding the competitions is to widely promote mass sports on a republican scale and create sufficient conditions for participants in adaptive sports. For example, in preparation for the "Five Initiative Paralympics", work has been started to adapt local sports grounds to adaptive sports . In order to further expand the scope, some positive changes have been made to the holding of the "Five Initiative Paralympics"

¹² "Besh tashabbus paralimpiya o'ynlari" mass sports competition at the finish line // <https://olamsport.com/oz/news/besh-tashabbus-paralimpiadasi-ommaviy-sport-musobaqasi-finish-nuqtasida> . Appeal made Date : 16.04.2026.

¹³ Toshkhodjayev M. Life is movement so or " Healthy human being - healthy of the idea of " nation " essence What is it ? // " New Uzbekistan " newspaper . Issue 39. February 25, 2025.

mass sports competitions. In particular, previously, people with hearing impairments could not participate in these competitions. Now they can also become participants in the "Five Initiative Paralympics". At the same time, special attention has been paid to ensuring fairness. That is, now people who are not classified according to their disability cannot register. Such athletes will not be allowed to compete. Therefore, serious attention is being paid to classifying more than 7,000 athletes involved in parasports according to their type of disability. The number of sports has also increased since 2025. This will also serve to attract more young people with disabilities in neighborhoods to adaptive sports based on their interests, opportunities, and talents¹⁴.

"Besh tashabbus paralimpiadasi" winner" and prize winners precious gift and money awards with was awarded. This result opportunity limited individuals in the middle this to competitions interest and participation desire increasingly to increase service This is in Uzbekistan done increasing of reforms positive the effect in itself reflection to bring about inclusion process not only social in life , maybe wider in sports on the road in the setting important place caught.

By 2025 parasports with regular 4 times the number of participants increased by 7 thousand increased, woman para-athletes share of 29 percent reached. Previously this in the category youth for only 33 schools have sports clubs there is was, in 2025 such schools number 235 increased¹⁵.

To date, a total of 22 sports have been competed in the Paralympic Games. At the Paris Paralympics alone, Uzbeks participated in 9 sports. Record-breaking achievements were recorded, mainly in para-athletics. At the same time, high results were also shown in para-taekwondo and para-judo.

However, some types of parasports are not fully developed in Uzbekistan or do not have the opportunity to participate in international competitions. For example, although the republican championship of paragoalball is held, there is no opportunity to enter the world arena. Also, the paraboc sport has not been practically established outside the capital due to the lack of material and technical base and coaches in the regions. Para-equestrian sports have not been practically developed in the republic. When studying the reasons for this, it was found that this sport requires a lot of money and experienced specialists are available only abroad. In order to develop para-equestrian sports in Uzbekistan, it would be appropriate to invite foreign coaches and attract sponsorship funds from private entrepreneurs in the sector outside the state budget.

The world-wide Deaflympics competitions are regularly organized every four years, with the XX Winter Deaflympics being held in Quebec, Canada in 2023, and the XV

¹⁴ Toshkhodjayev M. Life is movement so or " Healthy human being – healthy of the idea of "nation " essence What is it ? // "New Uzbekistan" newspaper. Issue 39. February 25, 2025.

¹⁵ Sport is healthy people, healthy society support column as national our pride to the source spinning // "New Uzbekistan" newspaper. No. 32. February 14, 2025.

Summer Deaflympics in Tokyo, Japan in 2025. However, despite the high interest in sports among people with hearing impairments in Uzbekistan, the participation of representatives of the republic in the Deaflympics is not significant. This is because learning sign language is quite difficult, and there are not enough coaches who know sign language. As a solution to this, it is advisable to invite foreign specialists who know sign language. Also¹⁶ the introduction and promotion of the national sport of kurash mainly for people with visual and hearing impairments, and its inclusion among international parasports, will serve to increase the coverage of sports for people with disabilities in Uzbekistan. Because these are the rules of the sport bribe athletes to the possibilities full suitable is coming.

At the same time, at a videoconference meeting dedicated to strengthening preparations for the 2028 Olympic and Paralympic Games and taking mass sports to a new level, President Sh. Mirziyoyev noted that there is a lack of scientifically based methodologies, standards, and educational literature in training people with disabilities as athletes, or simply put, the requirements for healthy athletes are so copied that there is no “big leap” in this area¹⁷. Therefore, it is planned to send at least 100 athletes with disabilities and their coaches abroad for advanced training every year.

In conclusion, Uzbekistan has achieved high results in the field of sports on the international stage over a period of 35 years. In this regard, bribe of sport place and importance from the year per year grow went to Uzbekistan initially disabled athletes association, later At the Paralympics association and National in the Paralympics of the committee organization to be done own the effect showing, its activity during important results to capture entered. The most edge in the regions opportunity limited encourage young people to play sports attraction to do regarding done increased events within the framework of the "Five initiative of the Paralympics place is important.

¹⁶ In 1998, Komil Yusupov took the initiative to establish an International Sports Organization, and at the Founding Congress, the rules of wrestling he created were recognized as international rules, and the International Wrestling Association (IKA) was established on the basis of these rules. As the founder of the sport of wrestling, Komil Yusupov helped wrestling gain its place in the world. His efforts because of struggle today's on the day from 100 of the world more than in the state known.

¹⁷ 39 sports schools in the regions parasports to the types will specialize// <https://uzreport.news/politics/hududlardaki-39-ta-sport-maktabi-parasport-turlariga-ikhtisoslashadi> Appeal made Date: 16.04.2026.

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14. Sport is healthy people, healthy society support column as national our pride to the source spinning // “New Uzbekistan” newspaper . No. 32. February 14, 2025.

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