



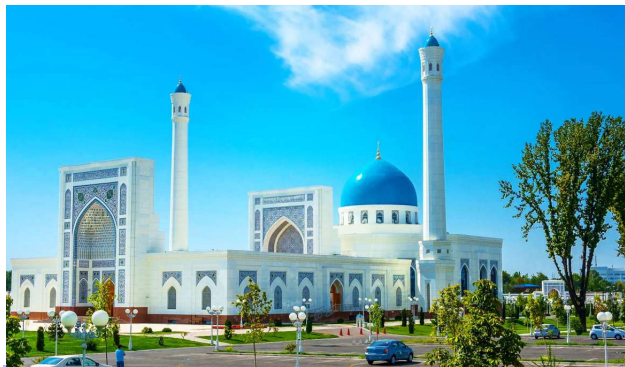
O'ZBEKISTON KARLAR SPORT
— FEDERATSIYASI —



Asia Pacific Deaf Women's Sports Seminar

Date : March 3-7, 2026
Venue : Tashkent, Uzbekistan





Tashkent is the capital and largest city of Uzbekistan, the center of Central Asia, combining ancient history (over 2,000 years) with modern development, being an important political, economic and cultural hub, with diverse landscapes around and a rich history that can be seen in its attractions, such as the Khast-Imam complex, and which offers a bright sunny climate, reflecting the hospitality of Uzbekistan, and photos of the city show its modern buildings, greenery and historical monuments.



Dear Members of APDSC,

The ***Seminar on Sports for Deaf Women in the Asia-Pacific Region*** is being organized as an important platform to bring together leaders, coaches, athletes, and representatives of deaf sports organizations from across the region.

The aim of the seminar is to strengthen the participation of deaf women in various sports, as well as to deepen understanding of the challenges, opportunities, and specific needs of the deaf women's community at the regional level.

The seminar will be held in the city of Tashkent, Republic of Uzbekistan, from **March 3 to March 7, 2026**.

The *Seminar on Sports for Deaf and Hard-of-Hearing Women* will serve as a venue for the exchange of experience and motivation toward a healthy lifestyle, improvement of overall health (including strengthening of the immune and cardiovascular systems), reduction of stress levels, enhancement of self-esteem, expansion of opportunities for social integration, and the promotion of the role of women in sports in the Asia-Pacific region. Sport is considered an effective means of rehabilitation and self-realization.

During the seminar, special attention will be given to the use of clear, slow, and accessible speech, International Sign Language, visual materials, and the adaptation of training programs, taking into account the hearing characteristics of the participants.

This event is held under the auspices of APDSC. We kindly ask you to review the attached information regarding accommodation and related expenses.

The Deaf Sports Federation of Uzbekistan, together with the Ministry of Sports of the Republic of Uzbekistan, the Association of Adaptive Sports, and other organizations, will make every possible effort to ensure that the stay of our esteemed participants in Tashkent is comfortable, pleasant, and unforgettable.

We sincerely wish you and your families good health, happiness, and well-being.

Respectfully yours,

Chairperson

Sports Federation of the Deaf of Uzbekistan

INTRODUCTION



Elvira Ligay
APDSC Board Member
(Uzbekistan)



Sonu Anand Sharma
APDSC's Women Commission
(India)

Dear Women Delegates,

On behalf of the Asia-Pacific Deaf Sports Confederation, I would like to take this opportunity to welcome you to the First Women's Seminar, which will be held in Tashkent, Uzbekistan, from March 3 to 7, 2026.

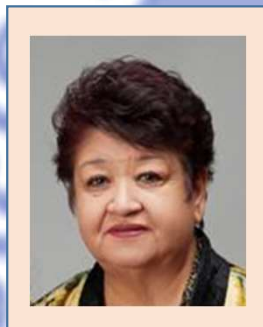
Uzbekistan and the Asia-Pacific Confederation of Deaf Sports are providing full support for the "Sport for Deaf Women" seminar in our region.

This historic event marks a significant milestone in the development of deaf sports in the Asia-Pacific region. It is not only a celebration of athletic excellence but also a symbol of unity, inclusiveness, and international friendship.

ORGANIZING COMMITTEE



Khusniddin Kutpiddinov
**Chairman of the Sports
Federation of the Deaf of
Uzbekistan**



Guzal Shodieva
**President of the
Uzbekistan Society of
the Deaf**



Mamurjon Akhlidinov
**Secretary General of the
Sports Federation of the Deaf
of Uzbekistan**

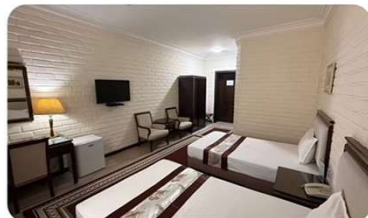
HOTEL “GRAND ATLAS”



Single room



Double room



Triple room



ACCOMMODATION FEE

Hotel «Grand Atlas»	USD Dollars
Single Room (with breakfasts)	USD45 per night
Double Room(with breakfasts)	USD35 per person per night (2 person per night – USD70)
Triple room (with breakfasts)	USD30 per person per night (3 person per night – USD90)

The cost includes meals (lunch and dinner) — USD 30 per person per day.

Terms & Condition

Check-in and check-out:

- Check-in is at **2:00 P.M.** and check-out is until **12:00 P.M.**
- In case of early check-in or late check-out, **50% of the room rate** will apply.
- The deadline for preliminary reservations is **1st February 2026.**
- Payment can be made **in cash upon arrival at the hotel.**

Official participation fees

The official participation fee includes:

Accreditation card – each participant will receive an accreditation card with a photo.

This accreditation will cover transportation to the designated locations by the organizers. We ask everyone to submit high-quality 4x5 photos for accreditation.

CATEGORY	AMOUNT
OC PARTICIPATION FEE	USD 30
APDSC LEVY FEE	USD 30

Note: If the number of participants willing to take part is from fewer than 5 countries, the seminar will be canceled.

IMPORTANT DATES AND SCHEDULE

03 March 2026 – Arrival Day / Welcome & Organizational Meeting

04 March 2026 – Deaf Women's Sports Seminar

05 March 2026 – Deaf Women's Sports Seminar

06 March 2026 – Round-trip train to the historic city of Samarkand (*Cost: USD 50 per person*)

07 March 2026 – Departure Day

Deadlines

- **Hotel Reservation Form:** 01 February 2026
- **Documents for Visa Issuance:** 01 February 2026
 - Valid Passport Copies
 - Individual Photo

There is a famous museum in Samarkand

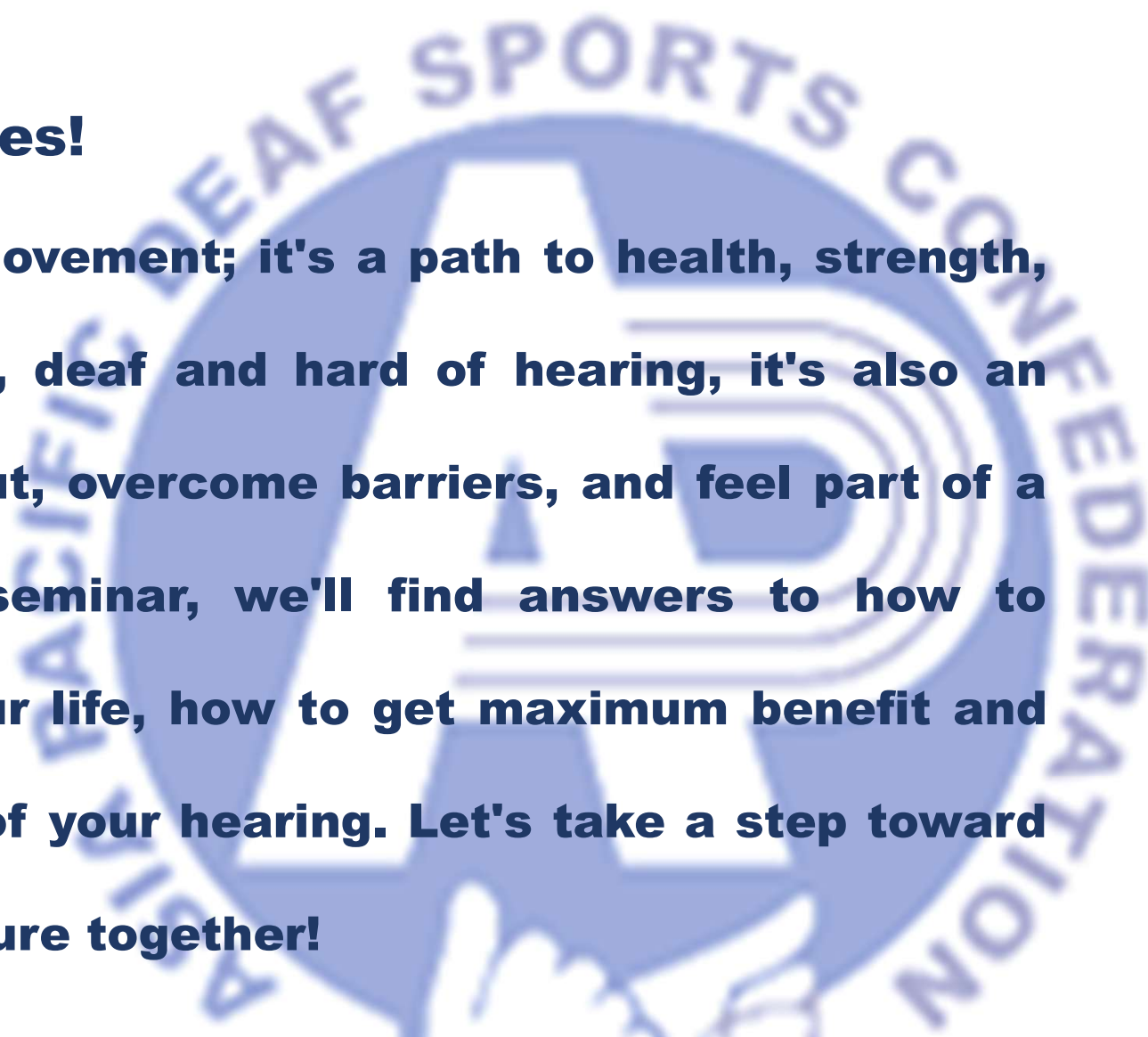


The Registan in Samarkand is not a museum in the traditional sense, but a famous architectural ensemble of three majestic madrasahs (Ulughbek, Sher-Dor, and Tillya-Kari), which is the heart of the city and a symbol of oriental architecture, where every corner preserves history and is an exhibit in itself, representing an open-air historical monument and museum.



Dear women delegates!

Sport isn't just about movement; it's a path to health, strength, and confidence. For us, deaf and hard of hearing, it's also an opportunity to speak out, overcome barriers, and feel part of a larger world. At this seminar, we'll find answers to how to integrate sport into your life, how to get maximum benefit and enjoyment, regardless of your hearing. Let's take a step toward a healthy and active future together!



For further information, the following contact details are available:

Contact Information

Elvira Ligay (*International Relations Contact Person*)

- Preferred contact: SMS (for deaf communication)
- Email: **sfdusag@gmail.com**
- WhatsApp: **+998 90 935 13 85**

Mamurjon Akhlidinov (*Secretary General*)

- Email: **uzdeafsports@gmail.com**

