

Sughd Province

No.	District	Former names	Capital	Area in km ²	Population (2010 Census)
1	Mastchoh		Buston	1,000	101,300
2	Bobojon Ghafurov	Leninabad, Khodzhent	Ghafurov	2,700	315,900
3	Asht		Shaydon	2,800	135,200
4	Zafarobod		Zafarobod	500	60,200
5	Spitamen	Nau (until 2003)	Nov, Nau	400	116,000
6	Jabbor Rasulov	Proletarsk	Proletarsk	300	113,200
7	Konibodom		Konibodom	800	134,600
8	Isfara		Isfara	800	187,900
9	Istaravshan	Uroteppa (until 2000)	Istaravshan	700	167,500
10	Shahriston		Shahriston	1,200	34,600
11	Ghonchi		Ghonchi	1,600	138,600
12	Panjakent		Panjakent	3,700	207,200
13	Ayni		Ayni	5,200	72,000
14	Kuhistoni Mastchoh		Mehron	3,700	21,100

Raions of Republican Subordination

No.	District	Former names	Capital	Area in km ²	Population (2010 Census)
15	Tursunzoda	Regar (renamed between 1979 and 1989)	Tursunzoda	1,200	195,000
16	Shahrinaw		Shahrinaw	1,000	96,600
17	Hisor		Hisor	1,000	244,000
18	Varzob		Varzob	1,700	65,300
19	Vahdat	Yangibazar (1927-1936), Ordzhonikidzeabad (1936-1992), Kofarnihon (1992-2003)	Vahdat	3,700	240,500
20	Rasht	Gharm	Gharm	4,600	102,800
21	Jirgatal		Jirgatal	4,600	55,700
22	Rudaki	Leninskiy (until 2003)	Somoniyon	1,800	394,200
23	Faizobod		Faizobod	900	82,300
24	Roghun		Roghun	500	22,600
25	Nurobod	Komsomolobod, Darband (until 2003)	Darband	900	66,000
26	Tojikobod		Tojikobod	700	37,400
27	Tavildara		Tavildara	6,000	19,400

Khatlon Province

No.	District	Former names	Capital	Area in km ²	Population (2010 Census)
28	Khuroson	Ghozimalik	Obikiik	900	92,000
29	Yovon		Yovon	1,000	178,800
30	Norak		Norak	400	24,200
31	Baljuvon		Baljuvon	1,300	24,400
32	Khovaling		Khovaling	1,700	48,800
33	Jomi, Dzhami	Kuybyshevsk, Khodzhamaston	Kuybyshevsk	600	135,500
34	Sarband		Sarband	100	24,700
35	Danghara		Danghara	2,000	122,500
36	Temurmaliq	Qizil-Mazor (until 1957), Sovetskiy (until 2004)	Sovetskiy	1,000	58,700
37	Muminobod	Leningradskiy	Leningradskiy	900	77,700
38	Bokhtar		Ismoili Somoni	600	217,700
39	Vakhsh		Vakhsh	1,000	159,500
40	Vose		Vose	800	177,600
41	Kulob		Kulob	300	86,400
42	Shuroobod		Shuro-obod	2,300	45,700
43	Nosiri Khisrav	Beshkent	Bahori	800	30,300
44	Shahrtuz		Shahrtuz	1,500	101,900
45	Qabodiyon		Qabodiyon	1,900	148,300
46	Jilikul		Jilikul	1,200	90,000
47	Qumsangir		Dusti	1,000	110,400
48	Rumi	Kolkhozobod (until 23 June 2007)	Kolkhozobod	900	157,700
49	Farkhor		Farkhor	1,200	137,400
50	Panj		Panj	900	93,700
51	Hamadoni	Moskovskiy	Moskovskiy	500	123,900

Gorno-Badakhshan Autonomous Province

No.	District	Former names	Capital	Area in km ²	Population (2010 Census)
52	Darvoz	Qala'i-Khumb	Kalai-Khumb	2,800	21,000
53	Vanj		Vanj	4,400	30,800
54	Rushon		Rushon	5,900	23,800
55	Shughnon		Khorugh	4,600	34,000
56	Roshtqala		Roshtqal'a	4,300	24,400
57	Ishkoshim		Ishkoshim	3,700	29,700
58	Murghob		Murghob	38,500	13,800

Original source : en.wikipedia.org/wiki/Districts_of_Tajikistan