

# The Evolution of Kho-Kho: From Traditional Roots to Global Recognition

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**Abstract:** Kho-Kho, a traditional Indian sport, has undergone a significant transformation since its inception, evolving from a regional game to a globally recognized sport. This paper explores the evolution of Kho-Kho, examining the impact of professional leagues and international competitions on its growth and popularity. A comprehensive analysis of the sport's history, from its traditional roots to its current global recognition, is presented. The study also delves into the rise of professional leagues, including the Indian Premier League (IPL) and the Pro Kabaddi League, and their influence on Kho-Kho's popularity. Furthermore, the paper discusses the first-ever Kho-Kho World Cup, held in 2025, and the outstanding performance of the Indian men's and women's teams. The findings of this study provide valuable insights into the evolution of Kho-Kho and its potential for future growth and development. The paper concludes by highlighting the importance of promoting and supporting Kho-Kho's growth, ensuring its continued popularity and global recognition.

**Keywords:** Kho-Kho