

# Annual Report 2023-24





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# Overview

Financial Year 2023-2024 has been extremely eventful and heartwarming at Y-Ultimate as we went on to try more ways we can impact children that we hadn't tried before. Over the course of the financial year we were able to impact a total of **1770** children through both short-term and annual programs.

In 2023 using Ultimate Frisbee we conducted free programs, summer camps, and workshops, promoted sportsmanship, teamwork, and personal growth. Our beneficiaries, Megha, Kalpana, Laxman, Alex, Rohit, and Sapna, were even chosen for the Indian National Ultimate Frisbee Team!



Partnerships with NGOs like Vidya and Child and Peepul expanded our reach, while workshops for companies like Michael Dell Foundation and Teach For India helped further our advocacy. We provided scholarships for coaches' education and continued our life-skills program.

GK MAD, our competitive team, achieved impressive results at national tournaments. We're proud to make a positive impact on young lives through the love of sports.



# The Problem

Social and emotional learning (SEL) is critical to the overall development of a child, to help them sustain and thrive through the many challenges they face.

SEL includes skills such as self-awareness, situational awareness, self regulation, decision making, conflict resolution, sensitivity to diversity and inclusion.

Our educational curriculum and school system is not set up to focus effectively on SEL. Schools that cater to children from socio-economically challenged backgrounds struggle to provide the holistic education and skill development these young people need to thrive in education and beyond.



Furthermore, many children are home schooled and therefore shaped entirely by their immediate social environments and find even fewer opportunities for SEL, impeding them from growing into socially responsible citizens.

Sport is a proven mechanism to develop SEL. Ultimate Frisbee is a team based, self-refereed, mixed gender, non-contact field sport with a low barrier to entry and has many stages for growth. We have found Ultimate Frisbee to be particularly well suited for SEL due to its mix of unique characteristics.



# Our Solution

## Our Playbook





## Practice

Practice leads to improvement in physical well-being and exposure to new habits and values, nudging the players to start investing in self-development.

## Play

Playing competitively expands social networks. Winning reinforces discipline and perseverance. Losing teaches humility and builds a desire to work harder. Overall, children begin to develop a commitment towards meaningful goals on and off the field.

## Coach

After gaining a certain level of competency, players start coaching ultimate in other communities. Coaching helps players earn income to sustain aspirations and build a career. They develop empathy and effective communication skills while honing their technical game skills.



# Our Mission

*Our mission is to impart life skills education to children, especially those from lesser privileged socio-economic backgrounds, through the sport of Ultimate Frisbee.*



# Our Work

## 2023-24 at a glance

Our work this year was made possible through the support of

**29** partner organizations.

As part of our advocacy efforts, we engaged numerous participants in our short-term workshops and projects.

**202**  
Adults

**263**  
Children

We organised a 4-week short term **Summer camp** program to empower children and young people in schools and communities from marginalised backgrounds.

As part of the life-skill program in Delhi, we facilitated

**1543**

sessions

in **7** communities and **5** school through

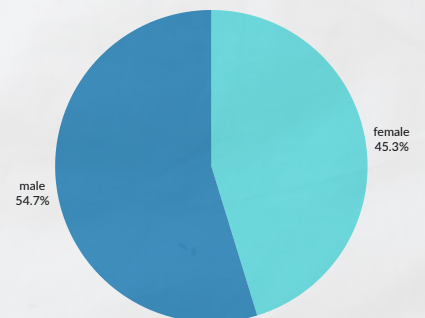
**18** Active coaches

Reaching **1507** Young People

**306** in communities

**410** in Schools

**791** in summer camp



Gender ratio

**571** in communities

**625** in Schools

**347** in summer camp

# Highlights from the year **2023-24**

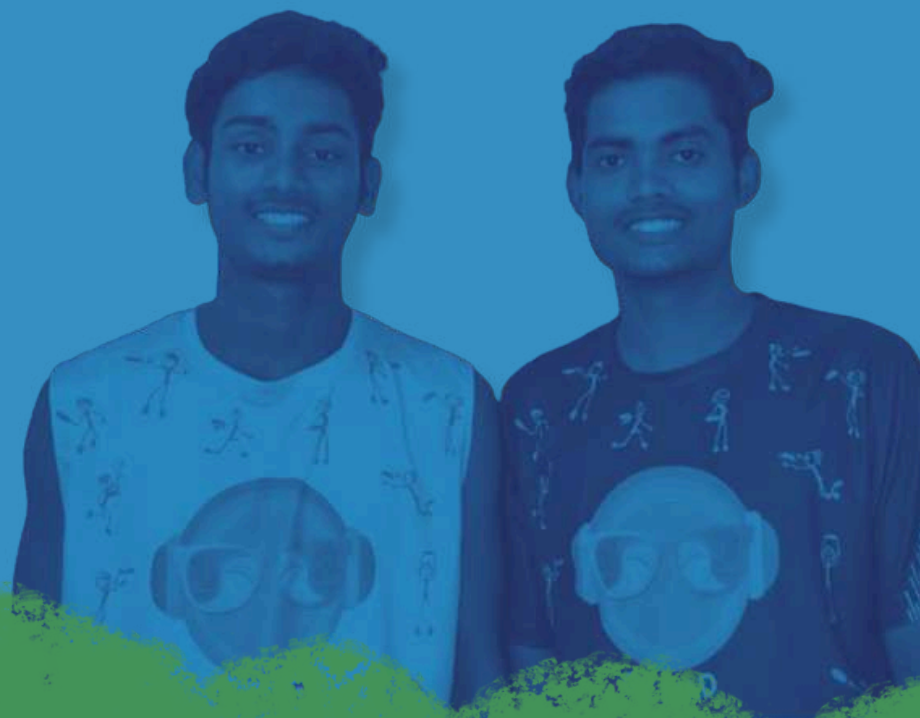
## Our players on & off the field

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Sanya and Muskan, our kids who joined us in 2018 has grown a lot. In 2019, Sanya became a youth coach and in 2022 Muskan joined us. In 2023, both joined Cambridge School, as P.E. teacher at two different branches!

Two of our beneficiaries, Laxman and Vikas, graduated. Vikas completed B.A. [Prog.] from Ram Lal Anand College, while Laxman graduated with a B.A. [Hons.] in Hindi from Deshbandhu College.



Rohit and Manjeet took their next steps in higher education and joined B.A. (Hons.) Psychology, and B.A. (Hons.) Political Science, respectively, from the School of Open Learning.



Kalpana was selected for Dani Foundation's Sports for Transformation Fellowship and will be working in Kapadwanj, in Gujarat for the next two years.

# OUR PROGRAMS

## GK MAD

### Life-Skills Program

- in Communities
- in Schools

### Summer Camp



## GK MAD

GK MAD started in 2015 when a group of preteens started playing the sport of Ultimate in a public park. Soon this group from Greater Kailash (GK) came together to play as a team and called themselves **GK MAD**. GK MAD is currently the mixed-gender club champions in the North region of Delhi and stands second in the country. This year marked the 8th anniversary of our team.

To help our coaches and staff pursue further education, we created the Y-Ultimate scholarship program.

Currently, five team members—Rohit, Manjeet, Anjali, Khushi, and Megha—are studying at Delhi University with our support.

# GK MAD at Tournaments

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## National Championship Series

On September 24th and 25th, 2023, GK MAD participated in the Northern Central Sectionals Tournament as part of the National Championship Series 2023-2024. This series, organized by India Ultimate, is a competitive event where teams across India vie for rankings. The tournament is conducted in three phases: Sectionals, Regionals, and Nationals, and includes both Mixed and single-gender formats. The Sectionals tournament serves as a precursor to the Regionals, which ultimately determine qualification for Nationals.



GK MAD achieved an impressive 1st place finish and also earned 2nd place in the spirit rankings at the Sectionals. GK MAD competed in the NOCS 23-24 Qualifiers in Lucknow. Our Open division team finished second in the tournament and won the coveted Spirit Award. Both our GK MAD Open and Women's teams participated in the Nationals, with the Open team securing third place and the Women's team finishing fifth.

## Delhi State Team Representation

On 2-4 June 2023, 10 Y-Ultimate beneficiaries were selected to be a part of the Delhi state team and represented the state in Bharat Trophy held at Hyderabad. Bharat Trophy is an interstate ultimate tournament that is organised by India Ultimate.

## Off Season Ultimate's Club Invitationals

Off Season Ultimate organised a tournament called OSU International, featuring India's top teams and one international entry competing for the championship, in Ahmedabad. Among these teams, the Mariners, a Project Fly team, distinguished themselves by assembling a roster of India's finest Ultimate players.

10 of our GK Mad members were a part of this team. The Mariners secured third place in the tournament.





# Sakkath

Sakkath, India's top tournament outside the National Championship Series, was held in Bangalore from August 18 to 20, 2023. Teams from all over the country use this event to get ready for the new season.

GK Mad participated with two teams in the Open's and Women's divisions and won both championships. We are thankful to our supporters who hosted our players during the tournament.

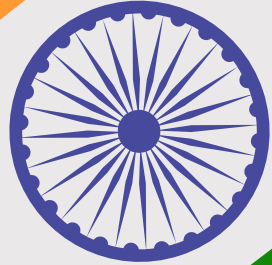




## Our players set to represent India at World Championships!

6 of our first group of beneficiaries - Megha, Kalpana, Laxman, Alex, Rohit and Sapna were selected for the Indian National Team for the mixed division, with 4 in the main squad and 2 in the training squad. They are to represent the country at the World Ultimate Championships in Gold Coast, Australia, from **31 Aug - 7 Sep, 2024**.

These 6 are role models for the other children in our program, providing inspiration and support.



## Y-Ultimate Life-Skills Program

This program aims to empower children and young people from marginalised backgrounds to achieve better life outcomes in schools and communities through the sport of Ultimate Frisbee.

We deliver this program during school hours in Physical Education periods and after school hours in communities, primarily by partnering with another organisation working in that **community/school**. This program is facilitated by our youth coaches, who were once our beneficiaries and current players of **GK MAD**.

26 young people from our life-skill programs are now training together to form a new club team. They will compete in tournaments next season, inspiring other kids in their communities.





## Life-skills Program in Communities

An after school program for children aged 9 years & above from underserved communities.

Children learn essential life-skills through regular engagement with our coaches during and after sessions that happen twice a week among a group of 15 to 20 participants.

Our interventions in such communities are through NGO partners where possible and directly where it is not. Community Visits to meet parents is a key activity under this program to foster trust among all stakeholders involved. Last year, we worked with 306 children across 7 communities in Delhi NCR.



**Communities &  
Number of sessions**

**65**

Garhi

**105**

Karm Marg

**34**

Learning  
by Locals

**22**

Naraina

**78**

Saket

**159**

Zamrudpur

**108**

Abhas

42

Zamrudpur

**Our coaching communities and number of participants**

23

Saket





41

Naraina

39

Garhi

64

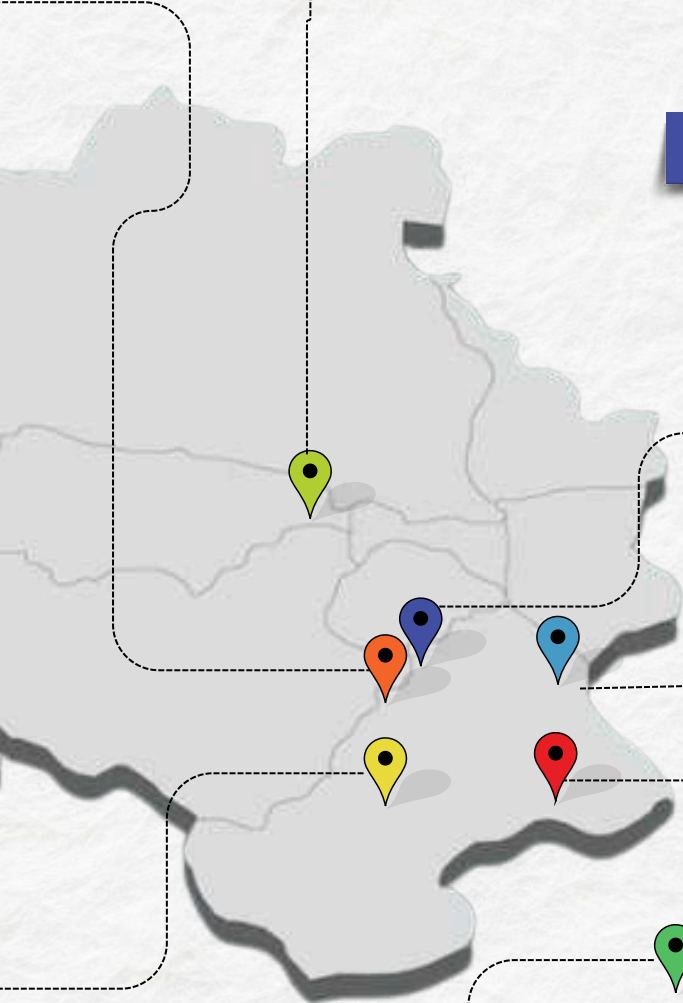
Sanjay Colony

Tughlaqabad

Faridabad

32

65



# Life-skills Program in Schools

A program integrated with the physical education curriculum in government aided or NGO run schools for children aged 9 to 16 years from marginalized communities.

We work closely with teachers and the school management to provide need based mentorship and support to children so that they develop better socio-emotional as well as physical abilities to overcome challenges in life.



## Schools & number of sessions

Peepul School

42

7

146

Amar colony

141

Lajpat Nagar

140

Jeevan Nagar

Vidya and Child

198

110

Barola

88

Sec 37



## Schools & number of participants

Peepul School

233

72

Amar colony

84

Lajpat Nagar

77

Jeevan Nagar

Vidya and Child

177

94

Barola

83

Sec 37







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## Summer Camp

Our Ultimate Frisbee Summer Camp was a great success. We got to work with over 700 kids from 16 locations across Delhi. We teamed up with 12+ organizations and ran the camp all June. Our main supporters, Thoughtline Technologies and Usha Play, provided us with jerseys and discs.

We had 25 volunteers helping us out. Additionally, we trained 9 new youth coaches. Our goal was to teach the basics of ultimate frisbee and share values like teamwork and staying healthy. To end the camp, we organized fun matches so kids could play together and learn even more.

# SUMMER CAMP IN NUMBERS



791

Children

47% girls

53% boys



15

Locations



13

Partner  
Organisations



25

Volunteers



17

Coaches



347

Sessions

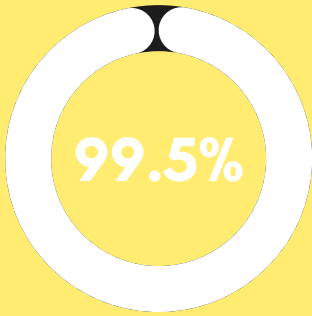
# OUR IMPACT



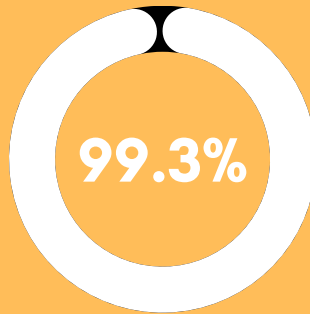


# Summer Camp Feedback

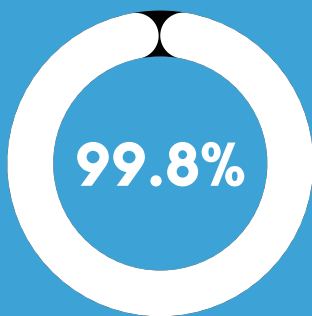
Participants strongly agreed/agreed that the Y-Ultimate Summer Camp created space for them to **learn to regulate themselves.**



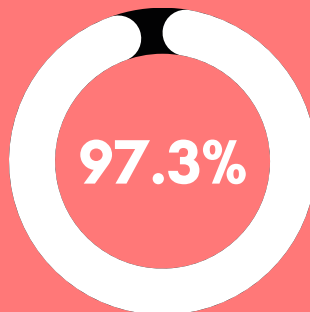
Participants strongly agreed/agreed that the Y-Ultimate Summer Camp created space for them to learn to **communicate respectfully in times of conflict.**



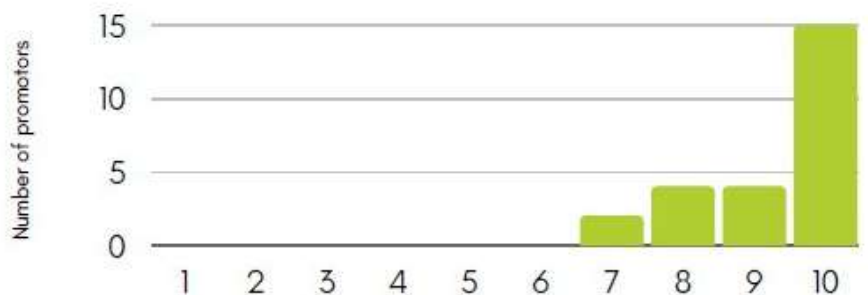
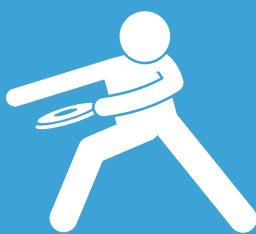
Participants strongly agreed/agreed that The Y-Ultimate Summer Camp created an opportunity for them to **empathise with the other gender.**



Participants strongly agreed/agreed that they felt **supported by their coaches** throughout the summer camp.



Participants strongly agreed/agreed that they could feel a difference in their **overall well-being** during the period of the summer camp.



Bar graph of the NPS survey conducted for the summer camp

**NET PROMOTOR SCORE FOR SUMMER CAMP**



# Community Life-Skills Program

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## Quantitative Impact

The life skill development of young people in the program was measured using the Life Skill Assessment Scale (LSAS), widely used and published in reputed journals for children and young adults from marginalised backgrounds. The LSAS rates five key life skills on a 5-point scale:

1. Interacting with others
2. Overcoming problems and finding solutions
3. Taking initiative
4. Managing conflict
5. Understanding and following instructions

Each skill is scored as follows:

1. Does not yet do
2. Does with a lot of help
3. Does with some help
4. Does with a little help
5. Does it independently

An overall score is the mean of all five skills. Observations were recorded at the start and end of the program to gather baseline and endline data. The process included gender-sensitive analysis, with scores disaggregated by gender for both pre- and post-program analyses.

The dataset includes 120 regular participants from various communities: Karm Marg, Zamrudpur, Saket, Lajpat, and Tughlakabad.

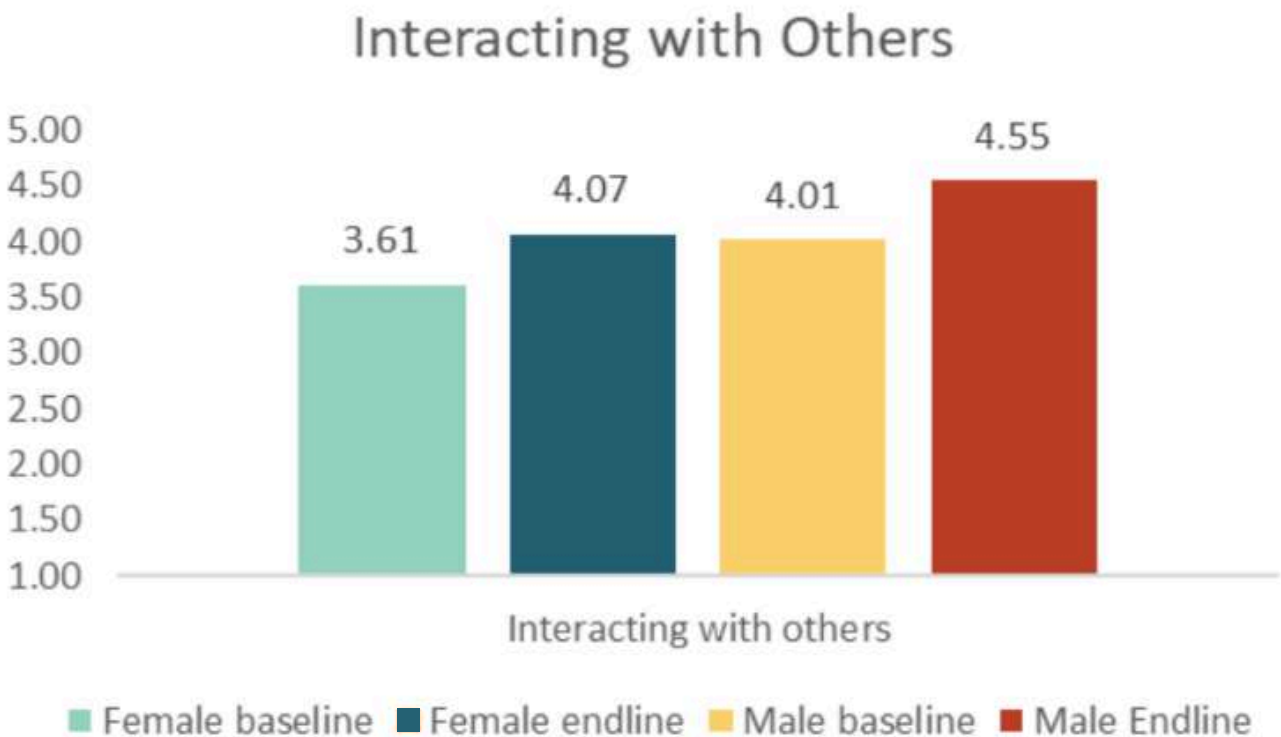


# Quantifiable Transformations

## Interacting with Others

The data analysis from LSAS showcases remarkable improvements across various dimensions of personal development. The following five graphs illustrate a gender-wise split for each life skill. While gender sensitivity is not explicitly part of the LSAS, it is a vital aspect integrated into each life skill.

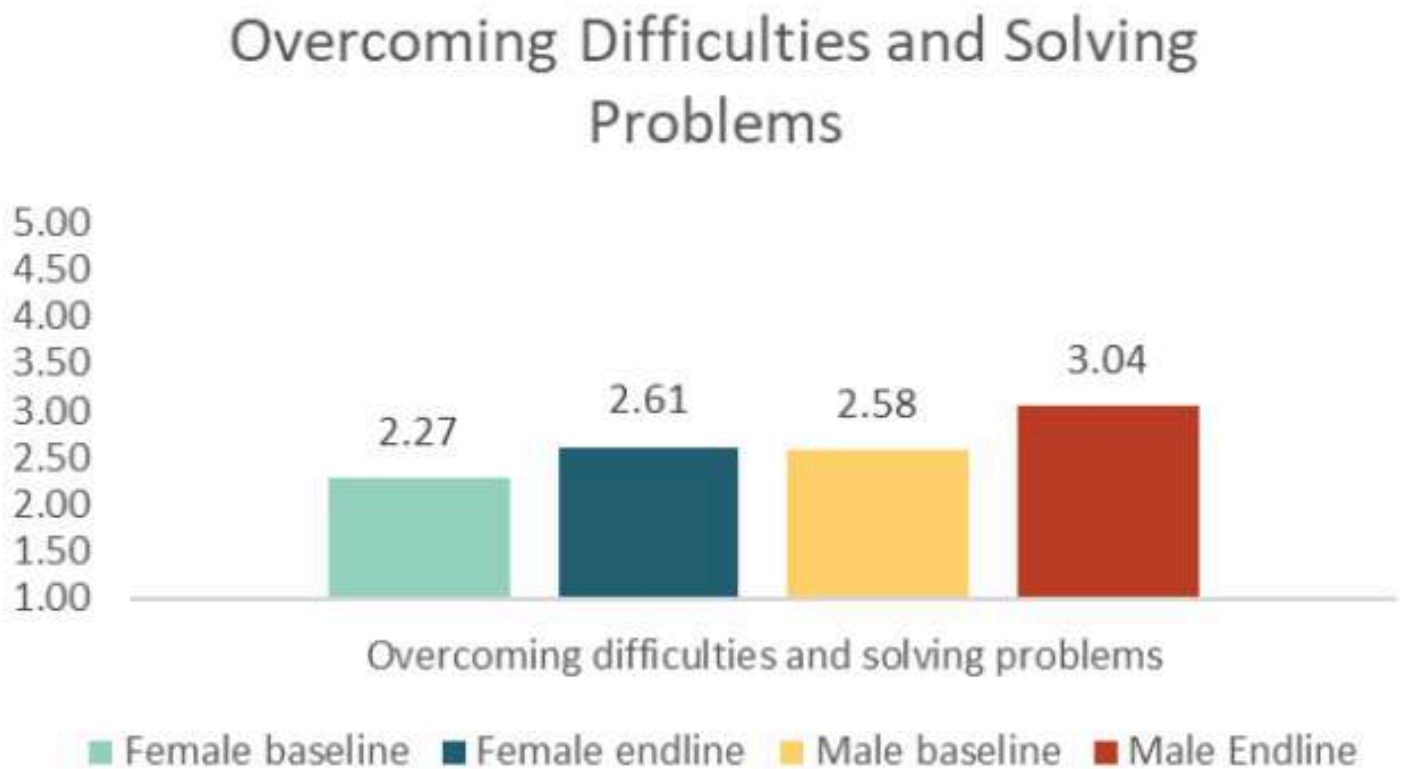
The program recognizes the importance of fostering gender equity across all skill domains, ensuring that gender-based metrics are employed to evaluate and enhance participants' proficiency in this inclusive approach to life skills development.



Interacting with others is a crucial life skill that enhances social and professional relationships. The graph shows the impact of interacting with others, comparing baseline and endline scores for both females and males. Females improved by 12.74%, while males improved by 13.47%. This graph effectively highlights the positive changes in social interaction for both genders over the specified period.

## Overcoming difficulties and solving problems

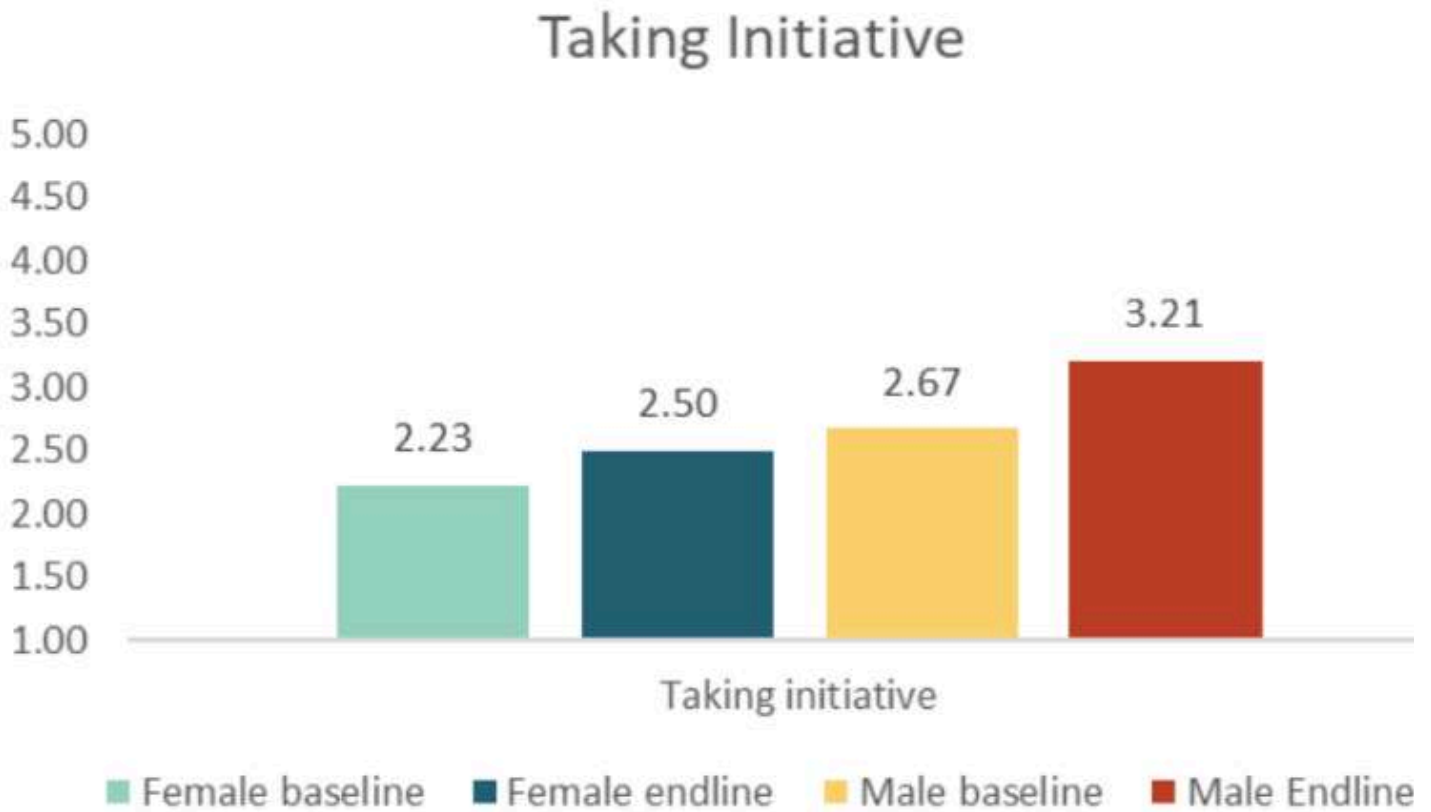
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Overcoming difficulties and solving problems is an essential life skill that fosters resilience and critical thinking. The graph shows the impact of this skill, comparing baseline and endline scores for both females and males. Females improved by 14.98%, while males improved by 17.83%. This graph effectively highlights the positive changes in problem-solving abilities for both genders over the specified period.

## Taking Initiative

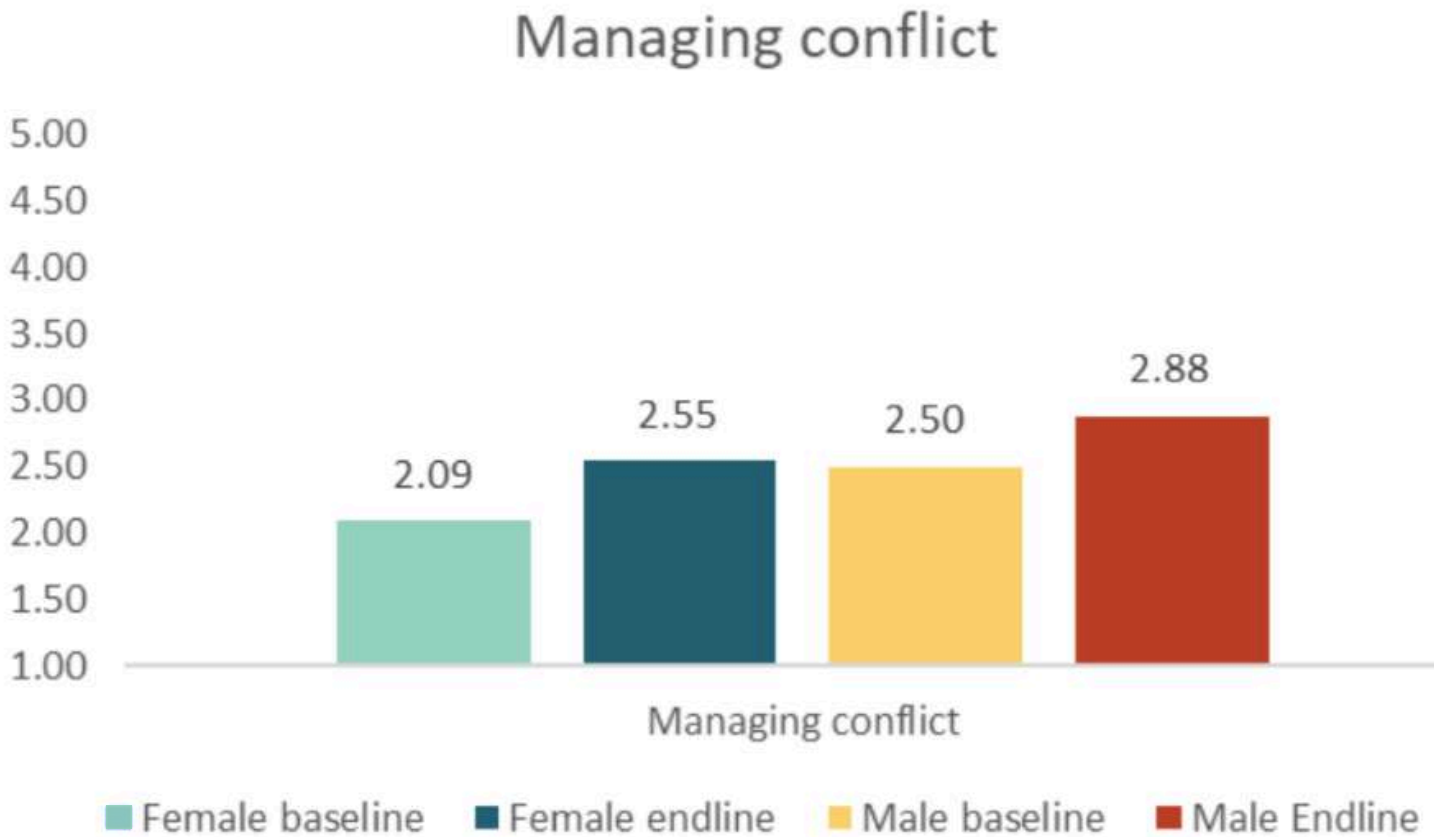
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Taking initiative is a vital life skill that drives leadership and proactive behaviour. The graph shows the impact of this skill, comparing baseline and endline scores for both females and males. Females improved by 12.11%, while males improved by 20.22%. This graph effectively highlights the positive changes in initiative-taking for both genders over the specified period.

## Managing conflict

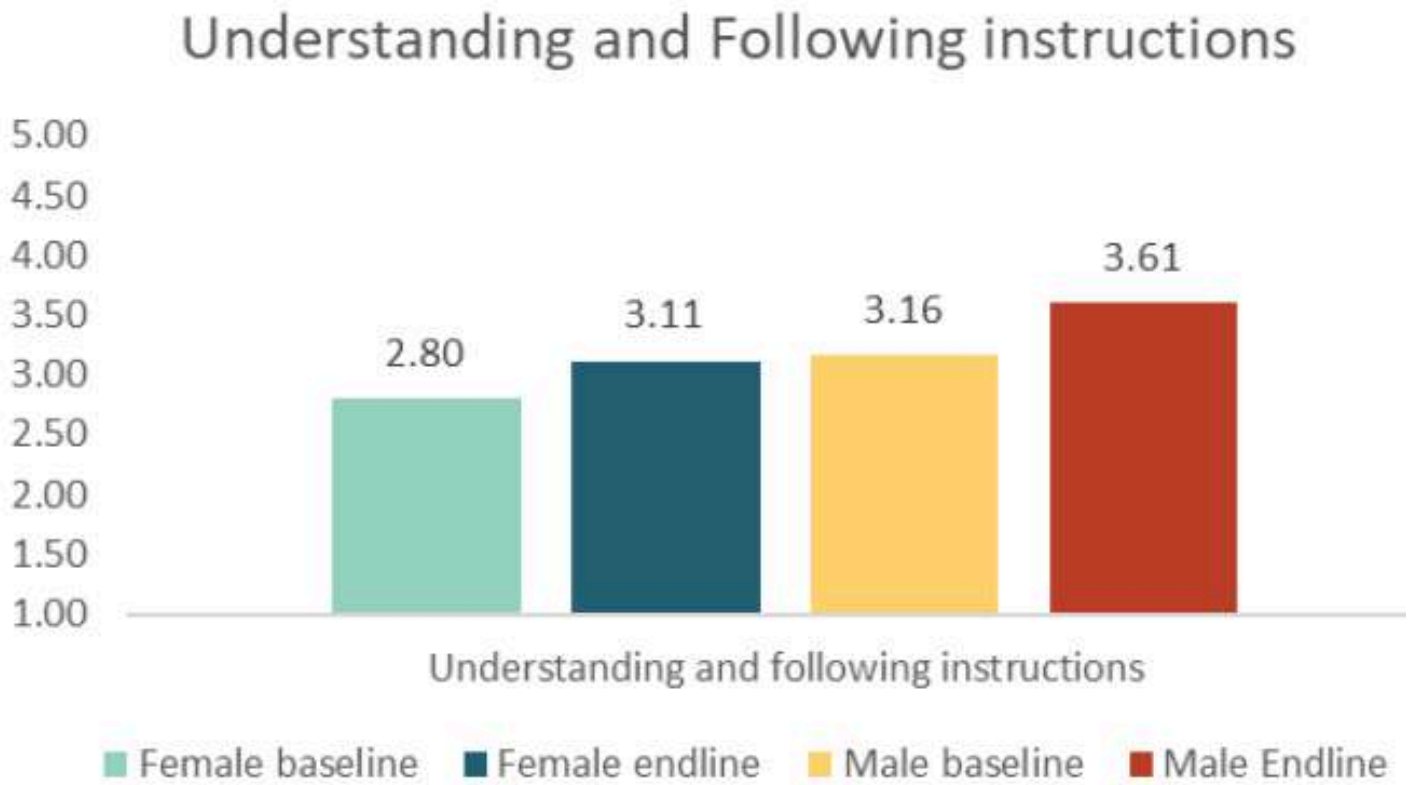
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Managing conflict is a crucial life skill that promotes effective resolution and collaboration. The graph shows the impact of this skill, comparing baseline and endline scores for both females and males. Females improved by 21.53%, while males improved by 15.20%. This graph effectively highlights the positive changes in conflict management for both genders over the specified period.

## Understanding and following instructions

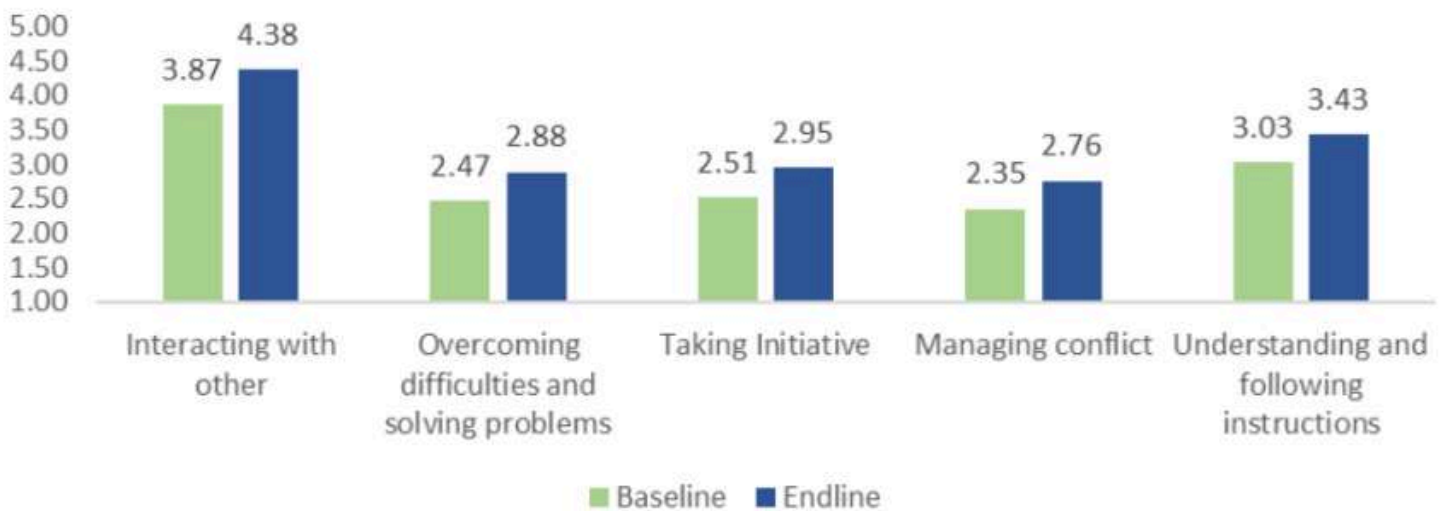
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Understanding and following instructions is a key life skill that enhances task execution and productivity. The graph shows the impact of this skill, comparing baseline and endline scores for both females and males. Females improved by 11.07%, while males improved by 14.24%. This graph effectively highlights the positive changes in instruction-following abilities for both genders over the specified period.

## Holistic Development

### Comparison of Cumulative Life Skills Scores at Baseline and Endline



The graph illustrates the progress in life skills among 120 children from our communities, comparing baseline and endline assessments. Across various skills, including interacting with others, overcoming difficulties, taking initiative, managing conflict, and following instructions, there has been an average increase of 15.26% from baseline to endline. This improvement reflects the positive impact of our programs on enhancing essential life skills among our participants.





# My Journey with Ultimate Frisbee: Finding Myself

-Rohit Mandal

**GK MAD –  
Stories  
of change**

Seven years ago, my life took an unexpected turn that changed everything. Before discovering my passion, I used to waste my time at home playing video games. I failed my 10th class and had no direction. My mother, seeing my struggles, suggested I go out and play. Reluctantly, I agreed.

One day, I saw a flying disc that looked like a plate, and it caught my attention. It was my first encounter with Ultimate Frisbee. Despite knowing nothing about the game, the team welcomed me with open arms. At first, I felt awkward, especially because girls were playing alongside the boys. Growing up with certain gender stereotypes, I was uncomfortable with the idea of playing a sport alongside girls. I believed sports were a male-dominated field, and seeing girls compete equally challenged my preconceived notions.

However, as I continued to play, my mindset began to change. The inclusive nature of Ultimate Frisbee fostered a sense of equality and mutual respect among all players, regardless of gender. I saw firsthand that skill and dedication were not confined to one gender. This experience helped me overcome my initial discomfort and break down the gender stereotypes I had held onto for so long. I started to enjoy the game and the camaraderie that came with it, realizing that the strength of a team lies in its diversity and unity.



Through Ultimate Frisbee, I discovered that I had zero confidence in talking to girls, but my team supported me immensely. They encouraged me to return to school and pursue my education through open schooling. I had multiple issues at home and would often roam around late at night. My parents were frustrated about me, but my team never gave up on me. They would come home, talk to my parents, and ask them to give me time to find my path.

Y-Ultimate also gave me a job as a coach, where I realized my love for teaching children everything I learned. I started with being an elder brother and coach for kids from Saket. Working with these kids has helped me pay forward a small part of what I got in life. This role helped me grow in confidence, and today, I am the assistant coach for GK MAD.

With the help of my team, I focused on my studies and managed to finish both my 10th and 12th classes. Today, I am proudly pursuing a bachelor's degree in psychology. My mindset towards studies has completely changed, and I now enjoy learning. I want to learn more about people and the world around me. My team has been a constant source of encouragement and support, for which I am incredibly grateful.



Today, thanks to the discipline instilled in me by the sport, my hard work and effort have helped me get selected for the World Ultimate Championships 2024 in Gold Coast, Australia. I am honored and excited to represent my country on an international stage, and I owe it all to the incredible support of my team and the life-changing sport of Ultimate Frisbee.

Ultimate Frisbee has transformed my life in unimaginable ways. It gave me direction, confidence, and a purpose. The sport and its community helped me break down gender stereotypes, fostering a sense of equality and respect that has shaped my outlook on life. I found a community that believed in me when no one else did, and I am forever thankful for their support and encouragement.

# My Journey with Ultimate Frisbee: Breaking Gender Norms and Finding Purpose –Kalpana Bisht

In May 2016, my life took an unexpected turn when a boy from my dance class introduced me to Ultimate Frisbee. Initially, I attended one session but did not return for six months. During that period, I was aimless and unsure about my future. Everything changed when I participated in a tournament six months later, at the urging of my team, which was looking for female players. What began as a fun outing quickly transformed my life.

The tournament opened my eyes to the spirit and camaraderie of Ultimate Frisbee. I fell in love with how the team behaved on and off the field—the focus, the energy, and the drive were incredibly inspiring. At that point in my life, I had no clear direction or goals, but the sport and my teammates started to shape my journey.

Growing up, I was surrounded by societal norms that dictated gender roles. The expectation was that girls should focus on household chores rather than engage in sports. Ultimate Frisbee shattered these stereotypes for me. Playing alongside both boys and girls, I realized that skill, dedication, and teamwork transcend gender. The inclusive nature of the sport fostered a sense of equality and mutual respect, helping me break free from societal constraints.

Around this time, I was also offered a job as a coach at Y-Ultimate. Given the difficult situation at home, I eagerly accepted the position. Coaching other children taught me invaluable lessons. Over the four years I worked there, I discovered a passion for teaching and a desire to help others. This experience also made me realize the importance of having goals and aspirations in life.



During my time with Y-Ultimate, I continued to play and improve my skills. In 2018, I was selected to represent India in the U24 World Ultimate Championships in Perth, Australia. Y-Ultimate supported me every step of the way, making it possible for me to participate in this prestigious event. This opportunity was a testament to how far I had come, both as a player and as an individual.

Last year, I applied for a prestigious fellowship with the Dani Foundation. I believe my experiences with coaching and community engagement played a significant role in securing the fellowship. Today, I run a program for children in a remote village in Gujarat, inspiring them to set goals and focus on their personal development. The discipline and focus instilled in me through Ultimate Frisbee have been instrumental in my success.

My love for the sport remains strong. I have been selected to represent India again at the World Ultimate Championships to be held at Gold Coast, Australia, in 2024. This sport has not only given me direction and purpose but also helped me break away from societal norms that restrict gender roles. It has taught me the value of teamwork, discipline, and perseverance.

Ultimate Frisbee has transformed my life in unimaginable ways. It gave me the confidence to challenge gender stereotypes, pursue my passions, and make a positive impact on others. I am forever grateful for the support of my teammates, coaches, and the Ultimate Frisbee community, who believed in me and encouraged me to break barriers and achieve my dreams.



# OUR EVENTS



## Y-Ultimate League

Our young players and coaches saw a need to play and learn with kids from different areas. So, we started the Y-Ultimate League in September.

During the league, 229 children played 54 matches over 3 months. After each game, teams gave handmade gifts to the Most Spirited and Most Valuable players from the other team. We also got help from the India Food Bank Network, which gave us Smoothies and ration to support the kids nutrition



# Malhar

In April 2023, we kicked off the new financial year with 'Malhar,' a one-day ultimate frisbee tournament held at Cambridge School in Noida. Sponsored by Terrific Minds, the event welcomed 195 children, offering an inclusive platform for those facing financial constraints.

'Malhar' promoted sportspersonship, personal growth, teamwork, and instilled values of respect and fair play. Cambridge School's support, including the use of their grounds, was instrumental in making this event a memorable experience for all participants.





# UDAAN 2024

We hosted 'UDAAN 24', a two-day ultimate frisbee tournament on January 13th and 14th, 2024, at Cambridge School in Noida. Thanks to Simply Sport Foundation, Nutty Gritties, USHA Play, and Cambridge School Noida, 211 children could participate.

This event concluded our year-long life-skills program in various communities. It gave children facing financial challenges a chance to compete and learn. 'UDAAN' taught sportsmanship, personal growth, teamwork, respect, and fair play.



# Hat Tournament for school kids

In February, we wrapped up our four-month pilot program in Noida with two schools partnered with Vidya and Child.

We hosted a fun Hat Tournament for 170 children from four grade levels across these schools. Teams were guided by Y-Ultimate coaches and supported by young leaders from our community programs.



# Tournament for LBL

We organised an internal frisbee tournament for our partner organisation, Learning by Locals (LBL) on September 9, 2023.

The tournament featured four teams, each comprising eight young players. The tournament was immensely successful and witnessed a substantial turnout from the community of Sanjay Colony in Okhla.



# WORKSHOPS AND ADVOCACY

## Workshops and Engagement at Trivandrum

Two of our coaches Anita and Laxman had the chance to visit Trivandrum. They met our donors, worked with the frisbee community, and held workshops. We also joined an outdoor session with FreeMasons Trivandrum and attended the Onam celebration of Thoughtline Technologies Pvt. Limited.

While there, we conducted clinics on the beach at Shangumugham and at Loyola School, which is now coed. We were honored to host the school's first co-ed sports session for grade 11 students through ultimate frisbee.



# Dell Foundation

We teamed up with the Michael and Susan Dell Foundation (MSDF), the philanthropic side of Dell in India. Their leadership team joined us for a special workshop during their staff retreat.

On September 13, 2023, our coaches led a fun two-hour session where we played Ultimate Frisbee. We focused on teamwork and communication, and everyone worked well together.

# Michigan State University

On March 2nd, we had special guests from Michigan State University (MSU) visit our office in Zamrudpur. They learned how we use sports to make a positive change in society. They also visited Zamrudpur village and saw how local leaders build strong communities.

The visit ended with our children teaching the MSU students how to play ultimate frisbee. This visit was part of MSU's Diversity Leadership program, organized with the help of PRIA.



## Urban Company

Urban Company invited a group of GK MAD players and Y-Ultimate coaches for an ultimate frisbee session on April 15. The event was filled with energy, camaraderie, and insightful conversations about the work done at Y-Ultimate. Off the field, discussions with the Urban Company provided valuable insights for growth.

## Charkha Development Communication Network

In collaboration with Charkha, we organised an ultimate frisbee leadership camp in Uttarakhand for the participants of the Disha Programme. The five-day camp from April 18 to April 22 aimed to enhance the girls' confidence, decision-making skills, and physical fitness through the sport. Guided by our coach Kalpana, the 35 girls from various remote locations of Uttarakhand, not only learned about the game but also built leadership qualities and teamwork.



# Youth Alliance

Youth Alliance is a leading non-profit that has a transformational impact in the social sector through their immersive programs for people from all walks of life. As part of their 12 year celebration, we conducted a workshop for their alumni at their National Alumni Gathering.

## St. Stephen's College

On the 5th of October, we shared our journey of building Y-Ultimate at the panel discussion on social entrepreneurship, conducted by Teach for India in collaboration with the Social Service League of St. Stephen's College. We presented our work and answered questions of the students to help them explore a career in social impact and development. Later that day, our team also ran an introductory ultimate frisbee session at St. Stephen's College as part of the orientation of Hawabaaz - the ultimate frisbee club of the college.



# Laureus Sport for Good foundation

Back in 2019, Laureus implemented a bottom-up approach, called 'Sport for Good City', to improve the lives of local communities using sport as a catalyst for change. A coalition of local stakeholders was formed in Seemapuri in March 2021. To celebrate the coalition's third anniversary, we held a workshop at District Park, New Seemapuri, where two of our coaches introduced 120 children to the sport of Ultimate Frisbee

On May 30, 2023, we worked with the Laureus Sport for Good Foundation for a workshop in Seemapuri, Delhi. Over 100 kids could join our summer camp because of the workshop.



## **BITS Pilani Program**

We collaborated with BITS Pilani, Pilani campus to build their Ultimate Frisbee program and train their university team - 'Rocketeers UFC'. Our coach, Ankit Lakra (Alex), worked with the university from August 22 to September 26 and helped them build a more robust program, inspiring more young people to love the sport and recognise the impact we could create together.



# Teach For India

On June 24th, Teach for India Delhi organized Alumni Mixcon, a special event for Teach For India alumni to connect and share.

We had the opportunity to present our work to Teach For India alumni in the city.

The event highlighted the inspiring stories of our two beneficiaries, Megha and Laxman, who shared their journeys and the obstacles they have overcome.

# Coursera

On May 5, 2023 we held an introductory session on Ultimate frisbee and shared our work with Coursera Gurgaon employees. The workshop focused on teamwork and fair play, to make everyone feel like a team.



# Teach For All

Teach for All is a global network of organisations in 61 countries that work to bridge educational inequity. As part of Teach For All's Collective Leadership Fellowship, we had 13 representatives from Armenia, Colombia, India, Japan, Malaysia, South Africa, Ukraine, and Zimbabwe visit us on August 10, 2023, at our head office. They attended an ultimate frisbee session to experience our on-ground program intervention, toured the Zamrudpur village, and spent time at our community centre. We shared our journey as an organisation and the impact we have created through the lives of our beneficiaries turned youth coaches.



## Simple Education Foundation

Simple Education Foundation (SEF) focuses on helping teachers in public schools become even better.

We held a workshop for SEF's Leadership team at Lodhi Garden and shared our work with them. The team got out of their comfort zones and tried a new sport, understanding themselves better.

# Indian School of Business – Mohali

The Indian School of Business (ISB) invited us to mentor and support the ultimate frisbee event at ISB Super League (ISL), their sports meet for current students and alumni. Seven of our GK MAD players joined in, played, mentored, and shared their stories with the participants. This opportunity was made possible by ISB alumni - Adil and Tuhin.

## Even Cargo

Even Cargo invited us to facilitate an ultimate frisbee workshop on 22 June as part of their summer camp - Even Champs.



# Project Chhalaang with ELMS Sports Foundation

ELMS Sports Foundation, a leading sport for development organisation in the country invited us to be a part of their Sport for Transformational fellowship program in Kapadwanj, Ahmedabad. This fellowship is one of the initiatives under Project Chhalaang, an initiative to make physical literacy accessible and fun across the country by partnering with grassroots organizations.

In October, we conducted training sessions for the first set of fellows on sport for development, community building, and project planning. We donated USHA Play frisbees, a gesture aimed at fostering the growth of Ultimate Frisbee and the young people in Kapadwanj.





YU  
Y-Ultimate

# PARTNERSHIPS AND SUPPORT

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# Program Partners

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## Vidya and Child

In November, we teamed up with Vidya and Child and started a four-month life skills program in two schools, and empowered 177 children.

This partnership grew from our summer camp efforts and strengthened our bond. We ended the program in February with a fun Hat Tournament for kids from four grades. Y-Ultimate coaches and young leaders from our community guided the teams, helping the kids learn new skills and teamwork.



## Karm Marg

In partnership with Karm Marg Charitable trust, we ran a 9-month project to empower children at Karm Marg through the sport of ultimate frisbee. The sessions were facilitated by coach Vikas. We conducted two-hour Ultimate Frisbee sessions thrice a week engaging up to 20 children at a time for lasting impact.

Through spirited coaching sessions conducted thrice a week, children have undergone transformational experiences, learning crucial life skills such as self-regulation, conflict resolution, respectful communication, collaboration, and gender equity.

## Peepul School

We revived our partnership with Peepul, a top non-profit in India, for a 1-year project in three Delhi primary schools that started in August 2023. Before COVID-19, we had the opportunity to work in one of their schools, and last year we expanded our program to three branches.

Throughout the academic year, we conducted structured coaching sessions at the branches in Amar Colony, Lajpat Nagar and Jeevan Nagar. In total there were 427 sessions and were attended by a total of 233 students.





# Funding Partners

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## Simply Sport Foundation

The Simply Sport Foundation made a generous contribution of one lakh to support our GK Mad program. This contribution aligned with Simply Sport's mission to strengthen the grassroots sports ecosystem in India. The funds provided were instrumental in fueling the success of our team.



## Nutty Gritties

Nutty Gritties, India's leading healthy snacking brand, joined as the first corporate supporter of our community program. Their contribution enabled 40 children from Zamrudpur to participate in our program for an entire year.

This partnership was made possible through the support of Aditi Mutatkar from Simply Sport Foundation and Dinika Bhatia from Nutty Gritties, both of whom have shown strong belief in our mission. Additionally, this collaboration facilitated the entry of two teams into the Y-Ultimate League and further expanded opportunities for the youth involved.



## Air Charter Services & Megasoft

As part of their commitment to corporate social responsibility (CSR), Air Charter Services and Megasoft contributed ₹8,66,667 and ₹2,81,139, respectively, towards our initiatives.

## Heritage Foundation

Heritage Foundation, a family foundation funded by Heritage Investments, made a generous donation of ₹2.50 L to support our programs.

## Give India

This year we used Give India's crowdfunding platform to raise funds for various programs and also participated in the 100 Heroes Challenge.

We finished 76th among 556 NGOs that participated and received an additional financial support from Give Foundation. We are grateful to the 146 donors who contributed to this specific campaign and made this possible.



# Learning & Development Partners

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## Pro Sport Development (PSD)

We prioritized athlete safety and development of our coaches by partnering with PSD. They offered a comprehensive safeguarding program that included online webinars, in-person training, and practical tasks. 14 of our coaches successfully completed Level 1 of the Sport for Change certification program.



# Equipment Support

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## USHA Disc Grant Program

The USHA Disc Grant Program, an initiative by Usha Play in collaboration with us, aims to popularize Ultimate Frisbee across India and raise awareness about the sport.

Recognizing the sport's potential for positive impact, the program addresses the lack of quality discs in the country. By providing these essential resources, we bridge this gap and highlight the significant impact Ultimate Frisbee can have on communities. This program reflects our commitment to using sports as a force for good and sharing its benefits with a wider audience.



## Thoughtline

Thoughtline Technologies, a software company based out of Kerala, gave us our first CSR contribution which was used in printing jerseys for all the participants in our Summer camp program.

# OUR PARTNERS

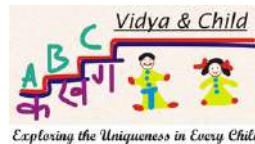
## Funding Partners



CSR Grants

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## Current Program Partners



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## Capacity building partners



# Equipment Support



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# Summer camp partners



# OUR TEAM



Aparna



Nilay



Kalpna



Vikas







Sheetal



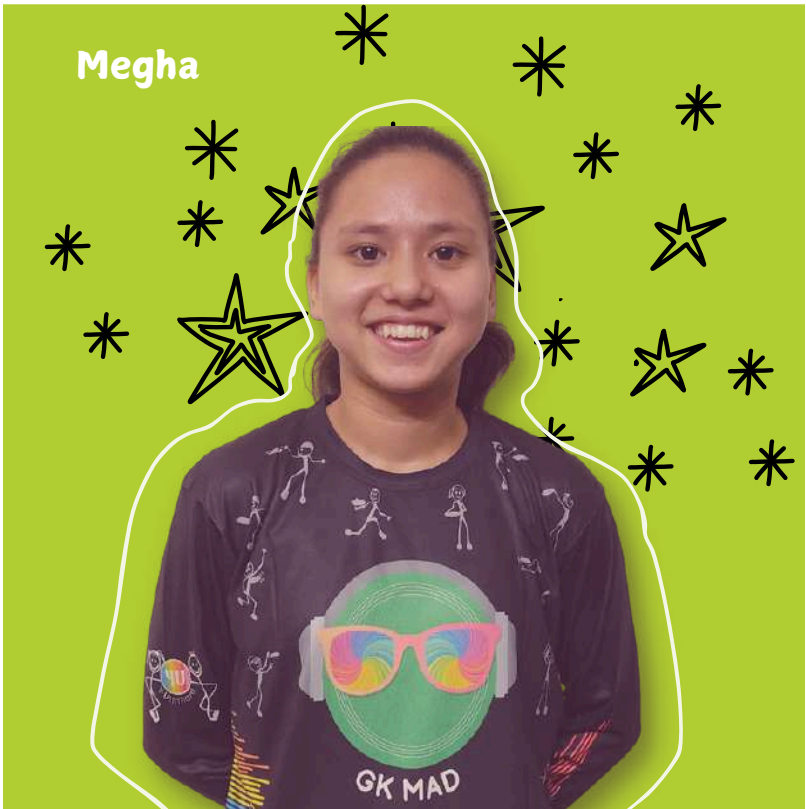
Deepak



Manjeet



Sanya



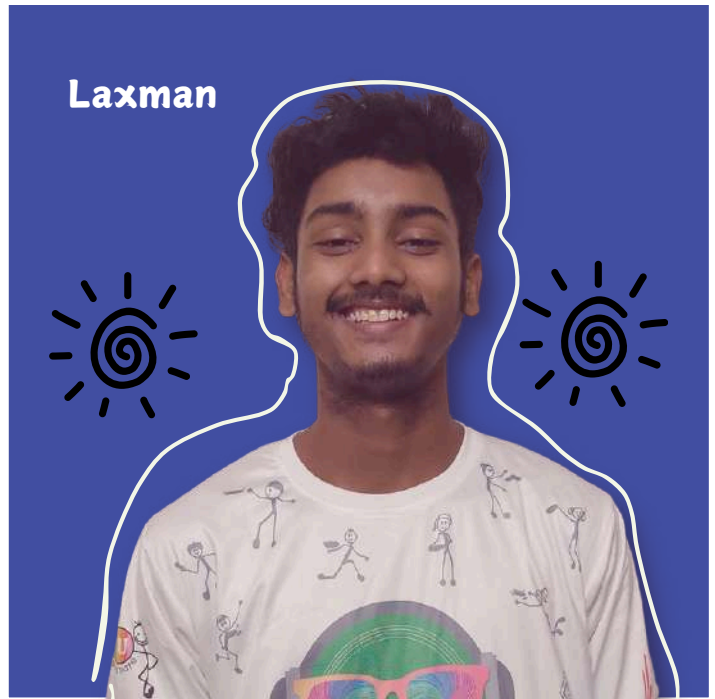
Megha



Benoy



Alex



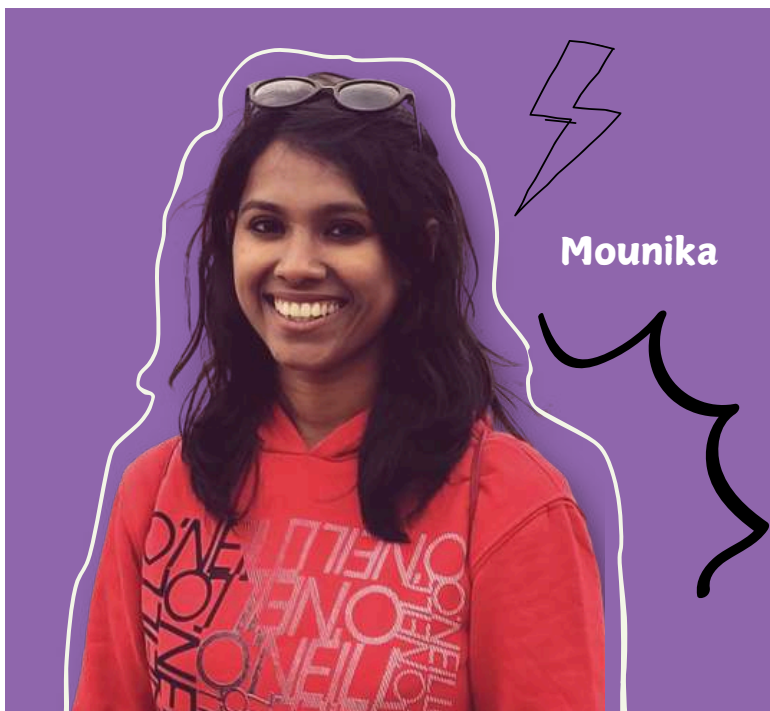
Laxman



Vivek



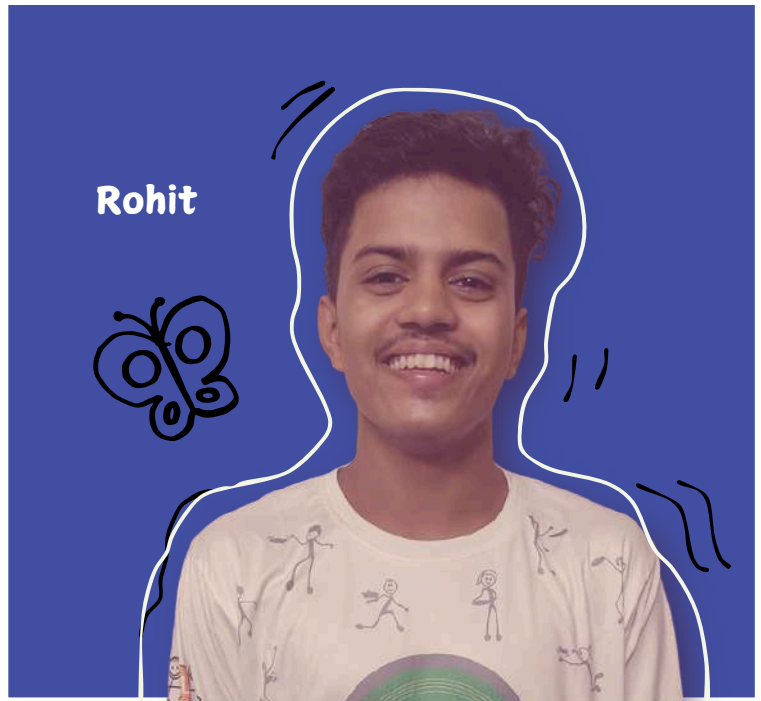
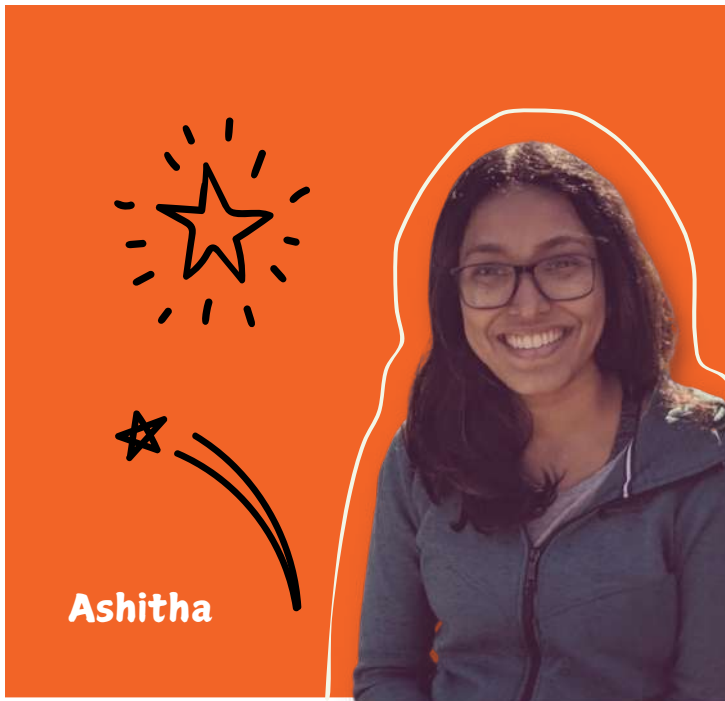
Anjalina



Mounika



Anita

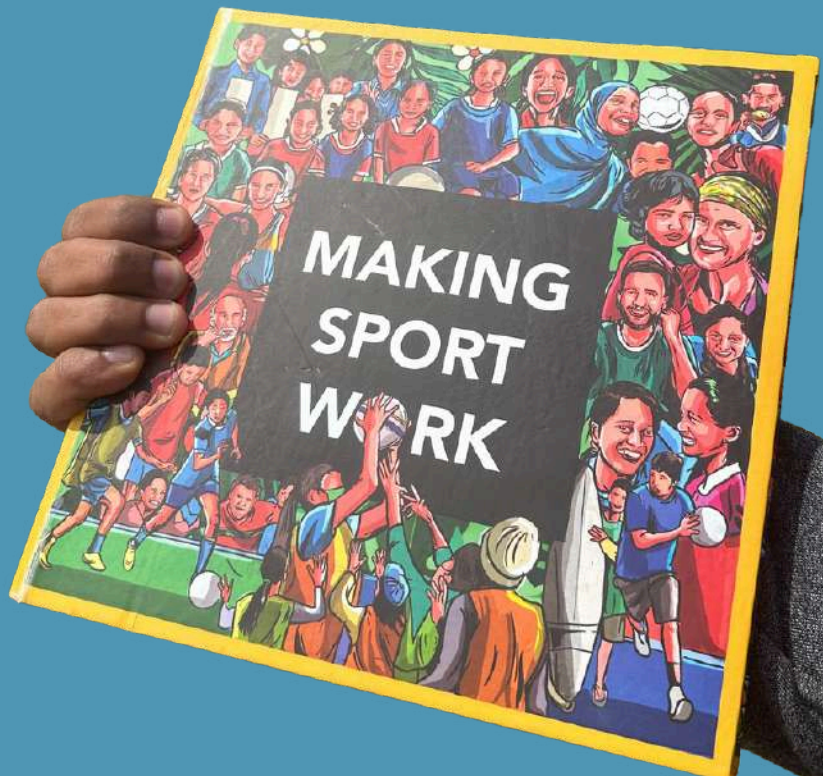


# US IN THE MEDIA

## 'Making Sport Work' The Better India

Sports and Society Accelerator, along with The Better India and Meraki Sport & Entertainment, released a special book called 'Making Sport Work.'

This book shares inspiring stories from different sports organizations in India that are making a positive impact. Our work was featured in this book, which was launched by Mr. Amitabh Kant, former CEO of NITI Aayog and presently India's G20 Sherpa.



# In Pursuit Of...

"In Pursuit Of..." is a growing platform focused on building role models and helping everyone in the development sector make real connections. We were interviewed to talk about Y-Ultimate and our journey.

The interview was split into three parts and is available on YouTube. You can watch our interview and hear from others in the sector too!

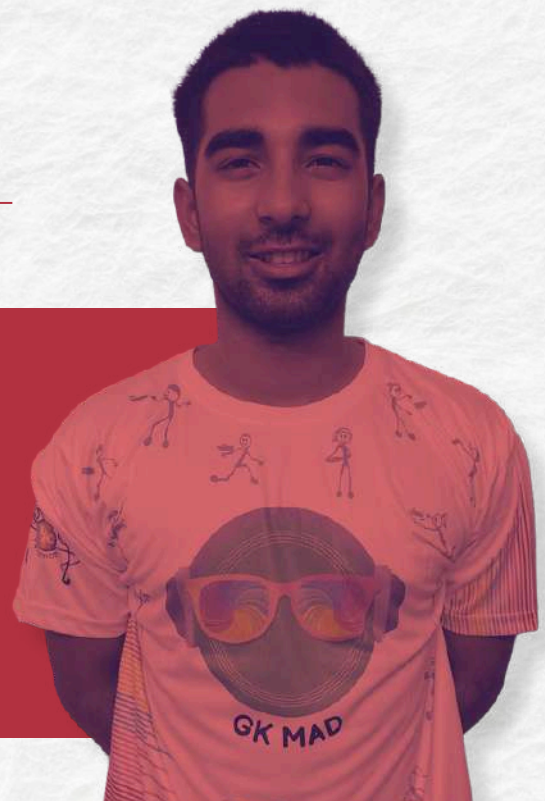


# The Print

In May, 'The Print' featured Megha and Abhishek's journey. They joined Y-Ultimate in 2015 and 2016.

Playing frisbee transformed them into role models. They spoke about how frisbee changed their lives, taught them resilience and formed lifelong friendships.

Frisbee pushed them to grow and taught them to never give up. They found a supportive community in frisbee.



# neighbourhood

NEW DELHI | FRIDAY | 29 SEPTEMBER - 05 OCTOBER 2023 | 09

## Aiming for the sky

FRISBEE, A GAME USUALLY CONFINED TO THE GATED PARKS, HAS BECOME A WINDOW OF ESCAPE FOR CHILDREN FROM THE MARGINALISED SECTIONS, AS A YOUNG MAN FROM KERALA TEACHES THEM THE ROPES AT A CORNER OF SOUTH DELHI

MEHO SHEHAWAZ KHAN  
@shehaz\_081

**WHEN BENOY** Stephen was in his final year at St Stephen's College in 2015, he came across a game that would eventually become a lifeline for the lives of many underprivileged children - one thing discus at a time.

The thrill of the game - Ultimate Frisbee - not only became a source of confidence, discipline and pride for these children, but also opened a sense of belonging among them.

"There was an exchange student who introduced it to me in college. And then we found that there were already people who were playing this sport in Delhi," Stephen recalls.

The sport, however, was masterfully played by corporate professionals, urban rich, and Indian sports.

During one of the practice sessions, Stephen met with GK-MIA's group of enthusiastic young boys and girls, who would watch them play Frisbee at a park in Zamrudpur, Greater Noida.

"Over the years, GK-MIA understood what the game was all about; they started their own evening sessions and brought with them their friends, teachers, and sisters," Stephen says.

Encouraged by them playing Frisbee, Stephen volunteered to help them out with other friends and this culminated into a more organised team in October 2022. "Personally, it was a very special experience for me," Stephen reflects.

Ultimate Frisbee is a non-contact team sport where the objective is to score points by catching the disc in the opposing team's end zone while adhering to a set of rules that emphasise fair play and sportsmanship.

It's especially played with two teams of seven players - both male and female - on a rectangular field. The game is known for its emphasis on self-organisation, where players make their own rules and resolve disputes through discussion, promoting a strong spirit of the game.

Statistics also started to put more effort into the game; we realised that these children have to go beyond Delhi, NCR, he says. In 2017, after almost two years of

everyday practice, the team had their first national tournament in Bengaluru. Even though the team won't be participating in the next one, Stephen says that he was proud that they had won the South Of The Game award, "acknowledging that it is very difficult" and the most coveted in ultimate frisbee.

GK-MIA soon became a name in the Indian Frisbee world and after seven years, they recently finished a record in the National Championship Series conducted by the Ultimate Frisbee Association of India (UFAI) in the country.

Of the many things that have helped their underprivileged children, the sport's tendency of conflict resolution through discussion is perhaps the most significant. Almost all the children interviewed said that the game has helped them to become calm, focused, and confident.

"These were children, who were not motivated enough to continue their studies, but once they started

to play and win medals, something kindled in them that changed their perspective of their lives," says Stephen, who hails from Kerala.

Manoj, 22, who joined the team in 2018, says that his behaviour was aggressive before he started playing Frisbee. A senior member of the organisation, who now coaches new players, Manojet was first introduced to football and took to Frisbee once he realised people playing with the disc in the park.

The football sessions and the Frisbee sessions used to take place at the same time, and Manojet was bothered by how the Frisbee club used the park that was mostly used for football matches.

"I used to have a bad mouth and was very aggressive in nature - in fact, I once challenged the Frisbee club to a race with me because I thought I was better than them, but I lost. Upon joining Frisbee, I realised how thoughtful these sessions

can bring in a resolution and this changed the way I looked at my own behaviour and life," Manojet says. He soon became calm and composed, and decided to never leave the sport. Along with being a coach, he also manages accounts and community operations of YAFI India.

Kanishk, 12, who is much younger than Manojet, speaks in similar lines. "What I love about the sport is that people here don't use slurs," he says.

Stephen says that the sport allows the players to voice out the conditions that they may not otherwise give attention to. Soon after joining the Frisbee club, the children become less aggressive, focus on their careers, seek good company, and feel encouraged to learn life skills.

In fact, in the aspect of the game that the organisation focuses upon, where they teach the children to learn to control their emotions, build their future, and become more confident.

As the sport is gaining popularity, the girls also feel empowered to be playing with boys. Manoj, a resident of Zamrudpur, admits that what really motivated her about the play was the involvement of girls with as much emphasis as the boys.

"It is a place (Zamrudpur) where you would not see many girls playing sports. I have always seen boys playing cricket, football, and other sports, but Frisbee, in a way, feels empowering because you are standing on an equal footing with boys," she says.

Ayushika, 12, joined the organisation in August and feels blessed to be a part of the sport that has no hierarchy. He used to play football before he enrolled himself with the Frisbee club and is now an active member.

"What I love about the sport is that there is no junior or senior. This makes the sport even more special," he remarks.

The organisation Y-Ultimate has also provided multiple teams that have played for team India at the International level. Sixty members come from underprivileged backgrounds, some of them couldn't participate in the competition after being selected due to lack of money.



**THE FINDER:** Mehoo Shehawal Khan, founder and community operations of YAFI India.



**TOGETHER:** Mehoo Shehawal Khan and a young girl playing Frisbee.



**EMPOWERING:** Children learn to play Frisbee during one of the practice sessions.



**REUNION:** The game has become a part of their lives.

For more such stories, log on to [www.thehindu.com](http://www.thehindu.com). Get in touch with us at [editor@thehindu.com](mailto:editor@thehindu.com).

# The Patriot

On September 30, 2023, our work at Y-Ultimate was highlighted in 'The Patriot'. Shehawaaz Khan visited our office in Zamrudpur, spent a day with us and talked to the people we help.



# GiveIndia Spotlight

GiveIndia, India's leading online donation platform, featured our work through their social media channels, significantly increasing awareness and amplifying our mission to a larger audience.



# Testimonials



I am a lawyer. I have seen the kids play. I think it's fantastic what you guys are doing; the bonding that I see in the kids, there are kids from different schools who have come together, who don't know each other, who are coming together and playing as a team. And the wonderful part about this whole thing was, as I mentioned a little while back earlier, was the concept that there's no referee and they decide amongst themselves as to who's right and who's wrong. Also at the end of the game they're going to decide who's the most spirited player, not the best player but who's the most spirited player. I think that's amazing.

This is the kind of feeling that is going to generate in them - to appreciate good behavior, to appreciate collaboration and cooperation, to get together and do things together and play. As a sport, it is an amazing thing for young kids and as they grow older, I am sure they will appreciate and remember this very fondly and that's fantastic. I'm really happy and thankful to all of you and I hope to be associated with Ultimate going forward as well.

*-Ashish Dholakia  
Partner  
Vidya & Child*



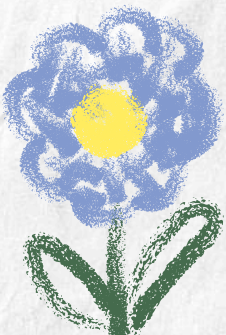




Hello everyone! I have three kids: two boys and a girl. They always talk about games, like telling about how they asked their coach to coordinate with them in a particular way or what they did in the game. The coaches teach the game well.

I got to learn a lot of things that I had neither seen nor heard of earlier. For me, frisbee was just about catching. I was not aware of the rules and regulations of the sport. I would say that the kids are playing well. There are other sports which involve deliberate body contacts and in those situations one is not able to speak. I didn't see any such situations in this game. I liked this characteristic of the sport a lot. I really love the aspect of the spirit circle where players appreciate each other. We are not merely looking at the good within ourselves but also acknowledging and appreciating the good in others. It is a good thing that we are able to praise others.

*-Deepa Rawat  
Parent*





We had never played frisbee before. Didi and bhaiya taught us how to catch, how to throw. We all learnt this for the first time! I was not able to wake up early. Once the sessions began, I started waking up early and coming to the park. Earlier, I was scared to come down alone in the morning, but I am not afraid anymore.

*-Rajkumar  
from Vidya  
& Child*

Hello! My name is Priyanka. I am in 11th grade and I am from Samarpan Foundation. We got to know that we were going to play a game, which is called Frisbee. So we signed up for it and started playing. We were coached by Amit sir and Rohit sir. Both of them taught us well. I really enjoyed playing this game. I sincerely wish to play this again.

*-Priyanka  
from Samarpan  
Foundation*



This is my first learning experience with the sport of Ultimate frisbee. I didn't know how to play or what to do. There are a lot of opportunities for learning, not only for me. When I am working with kids, there are a lot of things that I can learn to involve them.



One of the best tools where I can engage with kids and build life skills in them. Kids learn a lot at an individual level. Like after the game, they sit together in a circle and have a discussion. Kids put their thoughts and opinions forward - their learnings and the gaps to be filled; their achievements from today and their aspirations for tomorrow. Overall, it's really good. Kids learn a lot; basically coordination is the best part. Teamwork in the game was really good. Gender mixing was really good. How to have no contact while playing was also a great learning. When we started there were some behavioural issues and challenges. As time progressed and sessions continued, kids learnt a lot.

Thank you to the entire Y-Ultimate team and coaches for their extra efforts and dedication. Thank you on behalf of Vidya & Child and from me.

-Sujit  
Partner  
Vidya & Child





# FINANCIAL STATEMENT FY 23-24

## Balance Sheet as at 31 March 2024

	Note	As at 31-March-2024 ( In Rs.'00)	As at 31-March-2023 ( In Rs.'00)
<b><u>FUNDS AND LIABILITIES</u></b>			
<b>Fund Balances</b>			
Reserves & Surplus	3	13,153.38	2,539.85
Provisions for Amount accumulated and set apart for future utilization		19,686.09	16,186.09
<b>Current Liabilities</b>			
Trade Payables	4	66.61	45.90
Other Current Liabilities	5	1,399.77	478.70
		<b>34,305.85</b>	<b>19,250.54</b>
<b><u>ASSETS</u></b>			
<b>Non-Current Assets</b>			
<b>Fixed Assets</b>			
Property, Plant & Equipment	6	3,094.81	345.77
<b>Current Assets</b>			
Cash and Cash Equivalents	7	29,567.83	18,626.77
Trade Receivables	8	118.80	
Short-Term Loans and Advances	9	1,524.41	278.00
		<b>34,305.85</b>	<b>19,250.54</b>

## Income and Expenditure Account for the year ended 31 March 2024

	Note	For the year ended 31-March-2024 ( In Rs.'00)	For the year ended 31-March-2023 ( In Rs.'00)
<b><u>INCOME</u></b>			
Income from Donation	10	53,245.70	33,954.45
Other Income	11	8,245.20	1,265.00
<b>Total</b>		<b>61,490.90</b>	<b>35,219.45</b>
<b><u>EXPENDITURE</u></b>			
Employee Benefits Expenses	12	3,894.42	1,750.00
Depreciation and Amortisation Expense	13	177.46	172.71
Sports and Activities Expenses	14	32,708.71	16,502.34
General & Administrative Expenses	15	10,596.78	3,318.34
<b>Total</b>		<b>47,377.37</b>	<b>21,743.39</b>
Excess of Expenditure over Income		14,113.53	13,476.06
Tax Expenses		-	-
<b>Surplus/(Deficit) carried over to Balance Sheet</b>		<b>14,113.53</b>	<b>13,476.06</b>



# Contact Us



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