



# Annual Report 2024-25



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# About us

Y-Ultimate has been working at the intersection of sport and social change since 2019, nurturing the socio-emotional growth of Young People from lesser privileged backgrounds through the inclusive sport of Ultimate Frisbee. Our efforts are rooted in the belief that purposeful play is a great tool for learning and development.

## Our mission

***To impart life skills education to Young People, especially those from challenging socio-economic backgrounds, through the sport of Ultimate Frisbee.***



# Why Ultimate Frisbee?

Because it is unlike any other sport. It is

**Self-Officiated,  
Non-Contact and  
Mixed-Gender.**

Our efforts contribute to these 6 Sustainable Development Goals





## Challenges we recognized

In society there lie persistent shadows that shape the lives of countless young people:

### Gender Inequity & Insensitivity

India ranks 108 out of 194 countries on the Gender Inequality Index (Human Development Report, 2023-24).

### Early School Dropout & Lack of Peer Support

A significant number of children leave school too soon, robbed of the nurturing community that education should provide (UDISE+ 2021-2022).

## Our Solution

Ultimate Frisbee's unique character offers a great learning environment. Through its core principles of self-officiation, non-contact play, and gender inclusivity we cultivate:

- ***Conflict Resolution & Quick Decision-Making,***
- ***Effective Communication,***
- ***Collaboration & Leadership,***
- ***Improved Physical and Emotional Well-being***
- ***Gender Sensitivity & Interpersonal Skills***

Our approach is holistic and sustainable. Through our 'Paying It Forward' Playbook Model, Young People journey through three interconnected stages: Practice, Play, and Coach. This model nurtures peer leadership and opens pathways to livelihood creation. The drive to grow on the field translates into conscious life choices off the field; toward better health, self-belief, and long-term growth.





# Employability Crisis

By 2030, over half of India's youth  
may find themselves unemployable  
(India Skills Report 2021)



## Youth Vulnerability to Substance Abuse

Alarmingly, 13% of those struggling with drug and substance abuse in India are under 20 years of age (United Nations Office on Drugs and Crime & Childline India)



## Deficit of Essential Life Skills

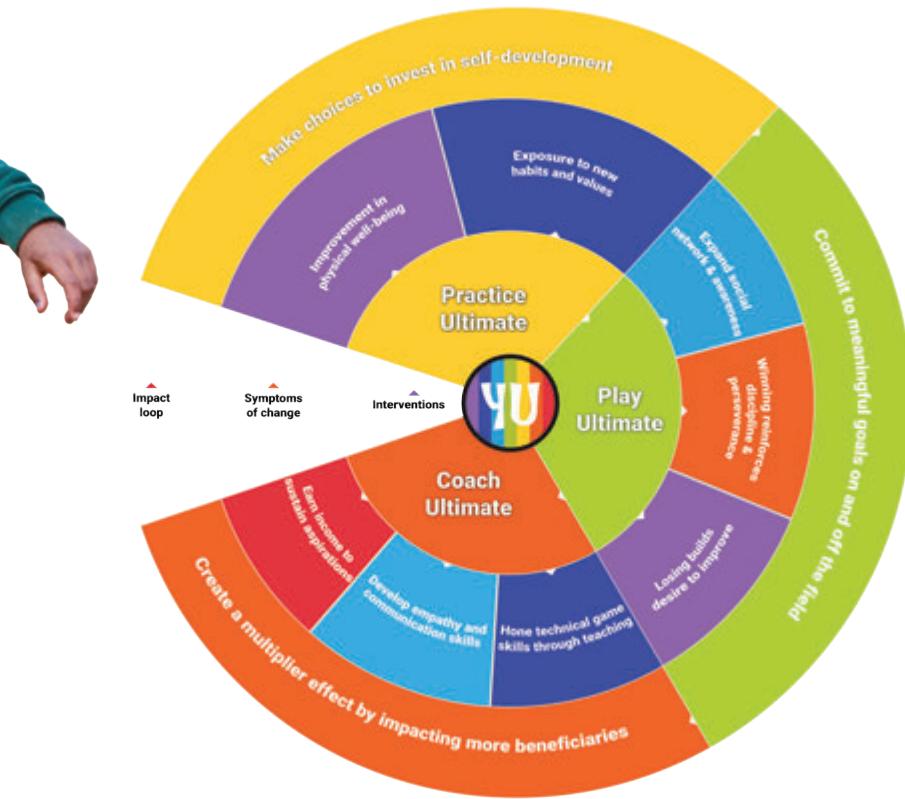
Beyond formal education, many young people lack the socio-emotional tools necessary to navigate life's complexities with resilience and confidence.

## Practice

In this stage, Participants engage in regular practice sessions through our various programs. The emphasis is not just on skill-building, but on improving physical well-being, and getting exposed to new habits and values. As they learn to show up with consistency, they begin investing in their own development, emotionally, mentally and physically. The field transforms into a space of routine, safety, and self-reflection, where peer connections are formed and role models begin to emerge.

## Play

Play introduces challenge and with it, meaning. In this stage, Participants begin to participate in competitive games and tournaments. They expand their social networks. Winning reinforces discipline and perseverance. Losing teaches resilience and builds a desire to work harder. Both winning and losing offer lessons in humility, reminding them to stay grounded regardless of the outcome. Participants learn to navigate both success and setbacks. The field becomes a mirror where they start seeing the value of working towards goals.



## Coach

With growth comes the chance to lead. Once Participants reach a certain level of competency, they have an option to step into the role of a Coach. As Coaches, they begin working with newer Participants and communities beyond their own. Coaching enables them to earn income to sustain aspirations and build a career. develop professionalism, empathy, and effective communication skills while honing their technical game, making them valuable assets not just on the field, but in any team, workplace, or community they become part of.

# Overview of the Year

FY 2024-2025 was about taking new strides with confidence and sometimes, a little doubt. We expanded our programs beyond familiar fields, reaching new communities, schools, and geographies. From conducting workshops in Rajasthan to building pilot programs with new partners, every initiative became a new thread in our growing tapestry.

Through our various programs, we reached

# 2,833

Young People.

2,833





We also received major *CSR support from BrahMos Aerospace and Ujjivan Small Finance Bank*, which enabled us to scale our Community Life-Skills Program to reach 360 Young People and provide in-depth support to selected Athletes through our GK MAD Program. We even welcomed **9 new members** to our Team.

In many ways, it was a year of firsts. Four Athletes from our GK MAD Team—**Ankit, Kalpana, Laxman and Megha**—represented India at the **World Ultimate Championships 2024 in Australia**. In the month of February, we organized our first-ever **Y-Ultimate Invitational 2025** in Delhi, to create more opportunities for development teams. For the first time, through SportVot we live-streamed our events, turning them into shared experiences for families and supporters everywhere.

We designed a community jersey for all the Young People in our Community Life-Skills Program. Our Club Teams on the ground continued to evolve—**GK Crazy** played their first national-level tournaments, and **GK MAD** debuted at the Beach Nationals 2024, in October.

Of course, we stumbled at times. We made mistakes, learned on the move, and kept experimenting. But we always found our way back, thanks to the people who held us, the Team that carried each other, and the laughter that echoed across our hard and rigorous days.

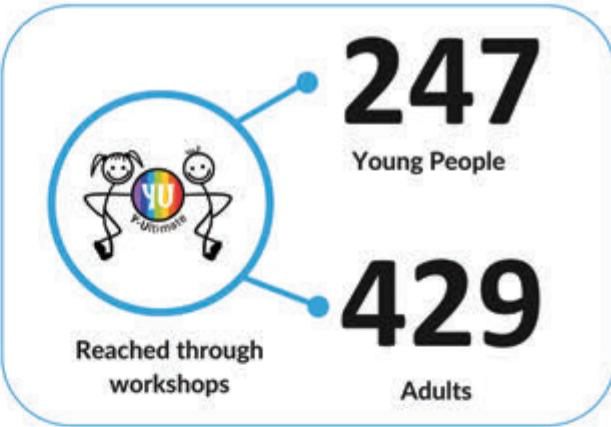
Looking back, we are filled with gratitude. For how far we've come. For the people we've met. For the small and big victories along the way. And so, with the disc spinning forward in the wind, we move with it, propelled by purpose, grounded in community, and wide open to what lies ahead.

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# 2586

Young People reached through  
regular and pilot programs

(23 are part of both the Community Life-Skills  
Program and GK MAD Program)



## Impact in Numbers

Worked in

# 7

Schools

# 13

Communities

through various programs

Collaborated with

# 43

Partners



# 94

People worked to  
further our mission  
this year.

# 59

Volunteers

# 30

Staff

# 5

Advisors

(46 are participants and alumni of our program)

7

Tournaments  
participated in

14

Tournaments  
hosted

800+

Young People in our  
Tournaments



4

Athletes got  
International  
exposure



44

Athletes got various  
National Tournament  
exposures



10

GK MAD  
Athletes  
are in college.

2

GK MAD  
Athletes  
graduated

Financial support from



219

Individuals

14

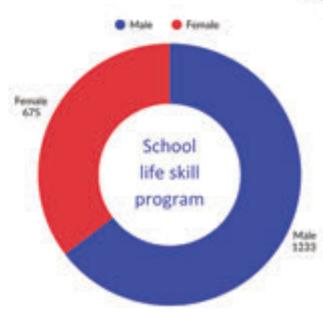
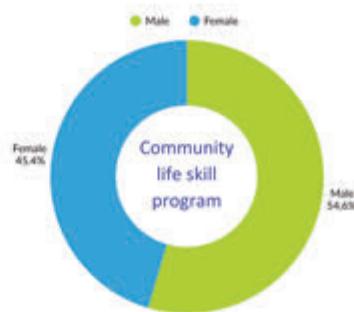
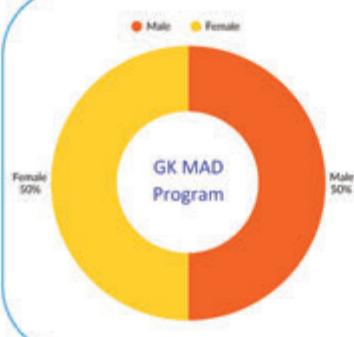
Institutions

3090

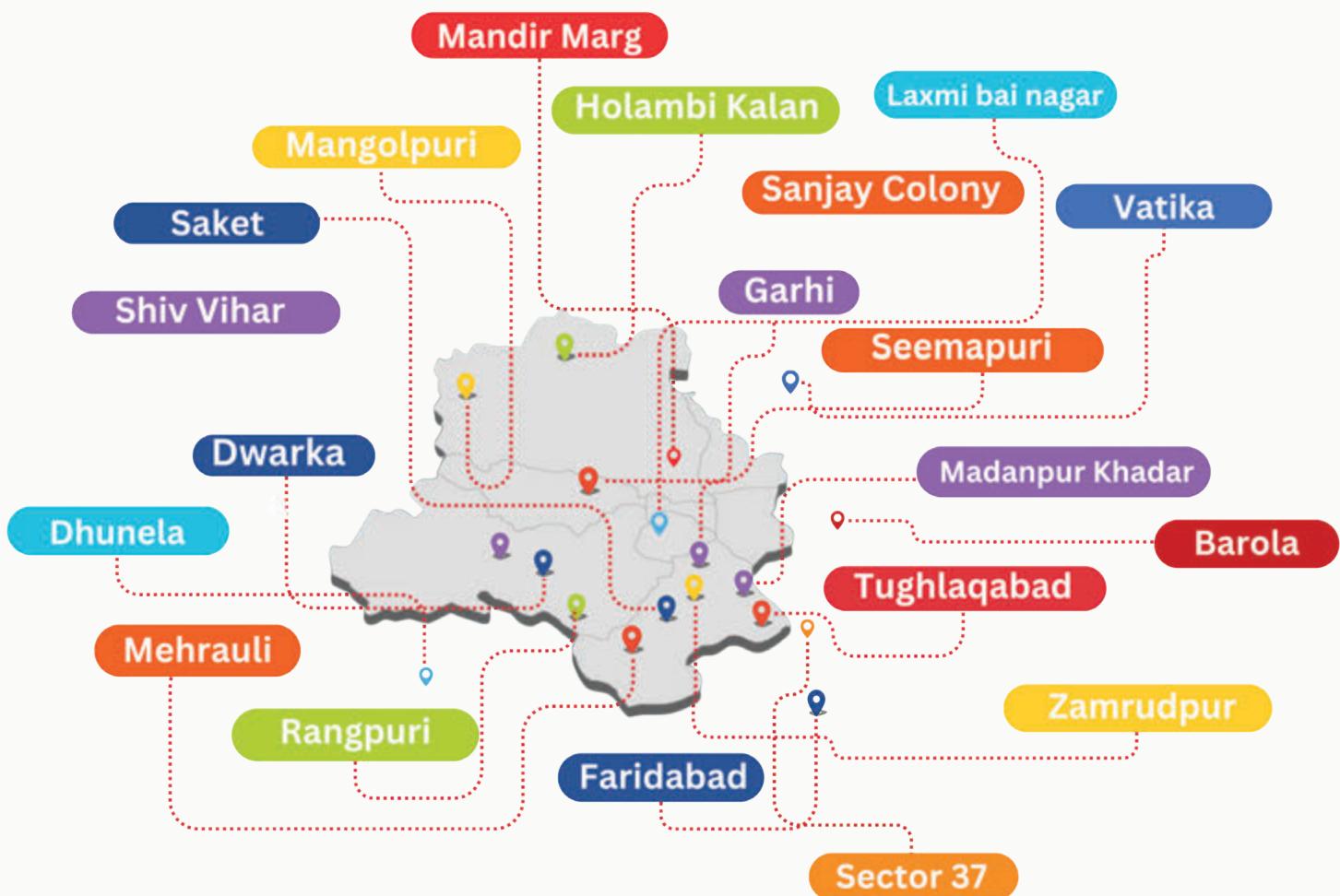
Sessions conducted  
across regular programs



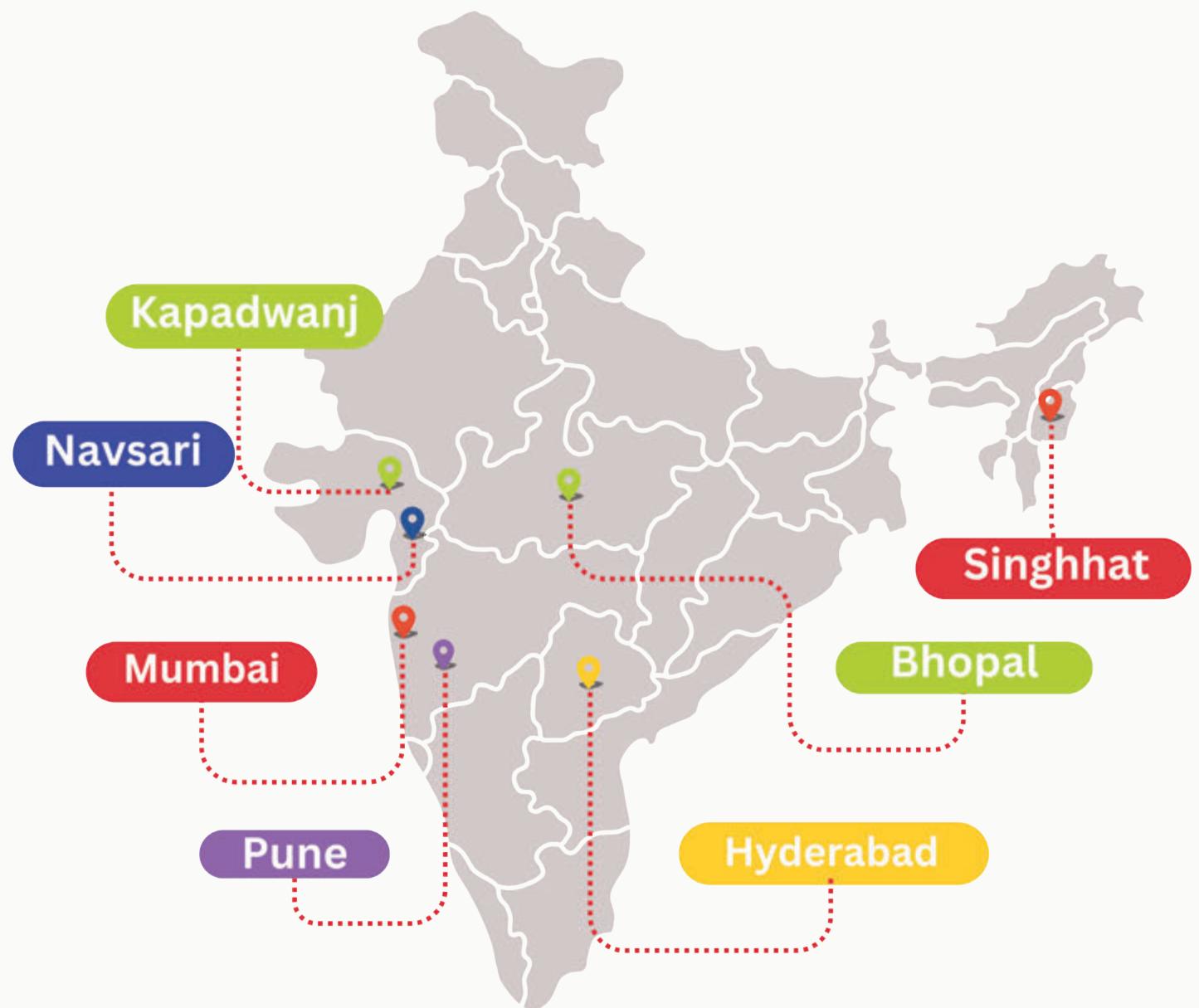
Gender Ratio  
Across our  
regular  
Programs



# Geographies with our interventions so far



## Delhi-NCR Detailed Coverage



## Pan- India Footprint

# Highlights from the year

## Hempushpa is now a Mirandian

Hempushpa's journey with us began in 2018 through Art of Play, a former NGO that introduced children to organized sports with a focus on developing their Social, Emotional and Physical skills. Over the years, it has been a pleasure to witness her growth both on and off the field in multiple ways. In the summer of 2024, Hempushpa completed her schooling and successfully cleared the CUET entrance examination, securing admission to the prestigious **Miranda House, University of Delhi**. She is currently pursuing a **BA Programme in Physical Education and Political Science**. At college, she is a committed member of the Kabaddi Team, which secured the runners-up position at EROBERN 2025 - the annual college sports fest. She also earned third place in the college's annual freshers' cross-country run.



## Ankit and Sheetal completed their graduation!

Ankit Lakra and Sheetal Sanag, long-time Athletes from the GK MAD Team, graduated last academic year. Ankit earned his **B.A. (Multidisciplinary)** with a focus on **History and Political Science from IGNOU**. Sheetal completed her **Honours in History** from **Mata Sundri College for Women**, University of Delhi. Both joined us in 2019, and have since become an integral part of our community as Leaders who continue to give back. Today, Sheetal supports the organization's fundraising and operations, playing a vital behind-the-scenes role and Alex works on the field as a Coach, helping shape the next generation of Young People through mentorship and care. What they learned, they now pass on.

## Y-Ultimate Invitationals 2025



We hosted our first-ever Y-Ultimate Invitationals! Over the past five years, we have seen how financial and logistical barriers limit opportunities for Young People from development programs to participate in tournaments. To bridge this gap, we launched an Invitational tournament spanning February 7-9, 2025 in Delhi, bringing together 12 incredible Teams from across India, including Delhi NCR, Gujarat, Madhya Pradesh, Maharashtra, Uttarakhand and Uttar Pradesh. These Teams were connected to nine diverse grassroots organisations, each engaging with Young People through sport in their own unique way. This event created a space where they could compete, learn and grow, making the sport more accessible to those who have had limited opportunities to play. For some of the **197 Young People** this was their very first tournament!

Each Team brought different stories. We had Charkha Development Communication Network bringing in their Girls from Uttarakhand. Young People from Chaitanya Kul travelled on their own to Delhi. We had a Team's Mentor do exceptional commentary in our live matches. And a couple of volunteers joined us all the way from Mumbai to be part of the tournament!

We had the CSR support from **BrahMos Aerospace** and also for the first time live streamed the matches through SportVot, ensuring that families, friends and supporters can witness the impact of these initiatives firsthand. The energy, sportsmanship, and joy on the field reaffirmed why we do what we do, using Ultimate Frisbee as a tool for development and community building.

*"The Y-Ultimate team supported us every step of the way.*

*We learned how things work behind the scenes, which made it much easier to volunteer and coordinate with the players. Traveling to Delhi to volunteer with Y-Ultimate also encouraged me to keep playing Ultimate. I'm truly grateful for the opportunity to be a part of this journey."*

- Avinash Chawan, Volunteer, Down To Earth

# Our GK MAD Athletes at World Ultimate Championships 2024, Australia

Ankit, Megha, Laxman, and Kalpana — four Athletes from our GK MAD Team — represented India at the World Ultimate Championships 2024, held over August 31 - September 7 in Gold Coast, Australia. Out of 21 Teams in their division, India finished 15th, climbing up from an initial seeding of 19th. But beyond the numbers, it was a moment years in the making. A journey stitched together by dedication and love for the game. Each of them stepped onto that field carrying the quiet persistence of early morning practices, evening sprints, countless throws, and the resilience forged through every setback. Megha and Kalpana have worn the India jersey before, but for Alex and Laxman, this was their first time playing internationally.

This was made possible by a family of supporters, from the ones who fundraised, the ones who cheered, the ones who believed. This was a shared victory, a reminder that when one of us rises, we all do. Nikunj Jhaveri through **Systems Plus** and Dani family through **Dani Sports Foundation** adopted one player each and that eased our fundraising massively! Our long term supporter Adil along with the **ISB Alumni Association** organised Chillum, an ultimate frisbee tournament for ISB Alumni to raise funds for this campaign. We also had Neha Gowda and the **ShotReady Team** who helped us share video stories of our Athletes. We are also grateful to **Thoughtline**, **Nelli Foundation**, and **Noble Charitable Trust**.



*"I knew how expensive and stressful fundraising for international events can be. That's when, after a tournament, a group of ISB alumni, including Ravi, Nishant, Dwija, Ashish, Abhimanyu, and myself, started discussing the idea of hosting a high-spirited tournament just for ISB Alums to support Y-Ultimate raise funds for World Championships. That's how the Chillum tournament was born."*

-Syed Adil, Supporter

*"The value of role models from within a community should never be underestimated. The six Athletes of GK MAD, who were selected to represent India in the world championship are role models for others, and I hope that this will encourage more kids to start their own unique journeys."*

-Shashank R., Supporter



# Our Programs

To work towards our purpose of empowering Young People with emotional and social life skills through the sport of Ultimate Frisbee, we have built a set of interwoven programs that centre play, presence, and possibility. These programs are the heartbeat of our efforts, designed not just to teach a sport, but to nurture leadership, resilience, and a deep sense of belonging Young People from diverse backgrounds.

Through these initiatives, and with the generous support of individuals, mentors, peer leaders, and partner organisations, we continue to grow a movement rooted in values. After all, life is not about competition but collaboration, and it is this spirit that shapes every initiative of ours.

Our programs extend across schools, communities, organisations, and corporate spaces. At present, our core programs include:

## GK MAD Program

## Community Life-Skills Program

## School Life-Skills Program

## (Y-Ultimate)x



# GK MAD program<sup>•</sup>

**GK MAD** is a Delhi-based Ultimate Frisbee club Team that began in 2015, when a group of preteens from Greater Kailash (GK) started playing the sport in a public park. 2024 marked the **9th anniversary** of the Team.

The GK MAD Program was developed to support these and other Athletes through structured training and mentorship. It currently supports **48 Peer Leaders** from various communities by offering weekly Team training, regular strength and conditioning sessions, asynchronous individual training plans, personal and professional mentoring and opportunities to compete as a club in the Indian National Ultimate Frisbee Club Championship.

The program aims to build Peer Leaders and Role Models who can inspire others in their communities. Participation in tournaments is a part of the journey, but the larger goal is to create an environment where Athletes are supported in achieving their personal and professional goals. Leaders from this program continue to pay it forward by becoming Coaches and leading the Community and School Life-Skills Program.

In alignment with this goal, several Athletes from the program now coach and mentor the next generation of Young People. As an additional layer of support for, we have also established the **Y-Ultimate Scholarship Program**, which is currently supporting **Ten Athletes for their academic goals**.

In 2024, the program expanded with the creation of a new club Team—**GK Crazy**, comprising **23 Athletes** from our community life-skill programs. The selection was based on consistent training, discipline, and commitment to academics. They participated in various tournaments over the past year, furthering the vision of building leadership and community through sport.



## Partners

In 2024, we received a grant of ₹5 lakhs from the **Simply Sport Foundation** to support this program through their grassroots grant. The funding provided us with the financial stability to carry out our core activities. Beyond the grant, we also benefited from their **Simply Period** and **Simply Smiles** initiatives.

In addition, Simply Sport Foundation facilitated a partnership with **Cult Fit** to support us by offering gym memberships to 35 Athletes from our Club Teams, GK MAD and GK Crazy. As part of this initiative, Athletes above 18 years old received access to top-notch fitness facilities, funneling focus on their fitness, to train better, and get stronger both on and off the field.

## Tournaments Participated In

### Sakkath 2024

Over July 26-28, 2024 the GK MAD Opens squad competed in the Sakkath Open Gender Tournament in Coimbatore, Tamil Nadu. This 15-member squad delivered a strong performance, finishing 4th out of 31 teams.

Sakkath is an independently organized annual Ultimate Frisbee tournament that serves as a pre-season event, drawing participation from Teams across India.



*We are extremely grateful to Nighil Anirudh for helping us with accommodation.*

### Chilly-O Tournament by Project KHEL

GK Crazy participated in Chilly-O 2024, their first-ever Ultimate Frisbee tournament, held on August 10-11, 2024. GK Crazy finished 7th out of 14 Teams and proudly secured **3rd place in the Spirit of the Game rankings**. Additionally, one of our community Teams, from our partner organization Karm Marg Charitable Society, participated in the tournament. Their Team, named 'The Fearless', finished 9th out of 14 Teams.

Project KHEL is a Lucknow based NGO, that uses the language of play to transform Children into confident, secure, gender-sensitive and informed citizens.



## National Championship Series (NCS) by India Ultimate

GK Crazy made a memorable debut at the NCS North Regionals, held on September 28-29, 2024, in New Delhi. The Team won **1st place in the Spirit of the Game rankings** and finished 5th overall in a highly competitive two-day tournament. Over November 29 - December 1, 2024, they participated at Nationals in Surat. The Team secured **1st Runner-Up in the Spirit rankings**, finishing 14th out of 19 Teams overall. For us, the greatest victory wasn't just in the rankings but in witnessing the growth of our Athletes through every challenge, practice session, and game. We are incredibly proud of their hard work, dedication, and the journey they have embarked on together.



## Beach Nationals 2024

GK MAD made their debut at the Mixed Gender Beach Nationals, organized by India Ultimate, held at Edward Elliott's Beach in Chennai over October 18-20, 2024. Playing on a whole new surface and experiencing the challenges that come with it was a much needed opportunity for our Athletes to push their limits and grow further. The Team finished 6th in the tournament out of 17 Teams.



## Singapenne HAT

On November 2-3, 2024, twenty of our female Athletes had the opportunity to take part in the Singapenne Hat Tournament in Auroville, the first U24 all-girls Hat Tournament organized by Rhinos Ultimate. Placed in mixed Teams with Athletes from all over, our women experienced the joy of forming new connections, sharing ideas, and learning different strategies. This format allowed them to grow, build confidence, and create lasting memories.



# Stories Of Change

## My Journey with Frisbee

- By Sheetal Sanag

My name is Sheetal Sanag, and I grew up in Zamrudpur, New Delhi. When I was 14 years old, I went to the park to call my younger brother because our mom had brought snacks home for us. My brother was playing and didn't come, so my mom and I waited for him.

At that time, I was a shy and quiet girl. I mostly stayed at home, didn't play games, and rarely spoke to people. But that day in the park, one of the boys invited me to play Ultimate Frisbee. At first, I was nervous, but he taught me how to throw the disc with kindness and patience. I enjoyed it so much that I started going to play regularly. Frisbee slowly enabled me to open up. I began talking to people, making friends, and stepping out of my comfort zone.

After finishing 12th grade, I started working at Y-Ultimate at the age of 19. In the beginning, I was scared because everything was new to me. But this experience catalyzed my growth and gave me the confidence to face new challenges. Frisbee truly changed my life. It gave me a voice, connected me with others, and made me more confident.

At Y-Ultimate, I started with coaching, but soon I took on more responsibilities. I supported planning sessions, interacting with Young People on the field, and talking to their parents. That's when I realized how much work happens behind the scenes—planning, coordination, and taking responsibility. I also completed my graduation in History Honours from Mata Sundri College for Women in June 2024 and currently work as a Fundraising and Partnership Associate, at Y-Ultimate.



I'm thankful to Benoy Bhaiya, Rohit Bhaiya and Vivek Bhaiya for supporting and guiding me throughout this journey. They always encouraged me, explained things clearly, and prepared me for every new challenge. I learned that it's not just about teaching an activity but also about understanding its impact.

I learned how to build trust with parents, help come regularly, and work closely with the Team. I believe working at Y-Ultimate didn't just build my confidence, it also transformed me into a better leader.

# My Ultimate Journey

- By Vikas Jana

My journey with Ultimate Frisbee began unexpectedly. I was hanging out at the park with some friends, we had nothing to do, so they started tossing a frisbee around. I sat on the side, not interested at all. I used to think sports weren't for me. I had never participated in any school sports because I didn't have the courage or confidence.

But just watching my friends running and playing with the disc looked fun, and I couldn't sit still for long. I decided to join in. The moment I started playing, everything changed. I was running, jumping, and throwing the disc like crazy and I was loving it. We got so into it that we named our team GK Mad, because we were mad about frisbee and played in the Greater Kailash area.

As I continued playing, Ultimate started giving me the confidence I never had before. Slowly, I began participating in school sports and even started winning. Running became my favorite, and in 12th grade, I was awarded Best Athlete of the Year. That moment meant a lot to me; proof that I had grown far beyond the scared kid I used to be.

But the journey wasn't always easy. One of the biggest challenges I faced was getting permission from my parents to go for practice or tournaments. It always felt like I was playing my last game.

Thankfully, my seniors supported me, they spoke to my parents and made it possible for me to continue. Our coach played a huge role too. He helped us in so many ways with studies, financial support, and even family situations. Eventually, I became the first captain of GK MAD. That experience taught me how to lead, how to trust a team, and how to build something from nothing.

Now, as a coach with Y-Ultimat, I work directly with young people, designing fun, engaging sessions that help them build not just their athletic skills, but life skills too.

Many of the young people I coach come with low confidence, just like I did. Some struggle with expressing themselves or taking initiative. But over time, through drills, team-building games, and open conversations, I see them open up, becoming more confident, focused, and self-aware. My role is to guide that journey and be someone they can trust, both on and off the field.

I'm also there to support beyond the game whether it's helping with schoolwork, resolving personal issues, or just being someone who listens. Because I know from experience that a coach can change someone's life far beyond the scoreboard.

Since joining Ultimate, I've changed, not just as a player, but as a person. This sport helped me find my voice, overcome fear, and become someone who can guide others. And now, as a coach, I get to be part of shaping the next generation using the power of sport to build stronger, kinder, more confident humans.



# Community • Life-Skills Program

This program is designed to empower Young People from marginalised backgrounds by using Ultimate Frisbee as a tool to build essential life skills. Through this sport-based intervention, we aim to strengthen social, emotional, and physical outcomes, supporting them to navigate everyday challenges with confidence. Focused on Young People aged 9 and above, this is an after-school program built around consistent engagement. Sessions take place twice a week in small groups of 15 to 20 Participants, where they learn by playing together, reflecting, and building trusting relationships with their Coaches. We implement the program either directly or in partnership with local organisations. A core part of our efforts involves regular community visits to meet parents and caregivers to build trust with every stakeholder. Each cycle includes Ultimate Frisbee sessions, reflection circles, one-on-one mentorship, and opportunities to participate in tournaments.



**Last year, we engaged with 425 Young People across 8 communities in Delhi NCR.**

## Partners

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With **CSR support from BrahMos Aerospace and Ujjivan Small Finance Bank**, we expanded our programs to new communities and deepened our impact in existing ones. We began working in Mehrauli through a partnership with the **Mehrauli Community Library**. We also partnered with the **Sportz Village Foundation** and **Richemont India**, as part of the **Laureus Sport for Good City initiative**, to launch our community program in Seemapuri. Our ongoing collaborations include **ABHAS, Karm Marg Charitable Society, and Learning by Locals**.



*"What I witnessed is that every youth has a place and voice of their own when they are part of the program. I would like to tell others who don't know about Y-Ultimate that this is one of the most honest, dedicated, and committed young organisations I have met in the last 4 years working in this sector. Y-Ultimate is about developing character through sport and shaping future-ready youth through play, purpose, and community"*

- Renu Yadav, Delhi Manager,  
Laureus Sport For Good

## Tournaments Organised

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### Y-Ultimate League - 2024

The second season of the Y-Ultimate League in 2024 had 10 Teams participating from 8 different communities and featuring the talents of over 200 Young People. Despite challenges caused by rising pollution levels in Delhi-which necessitated the cancellation and rescheduling of some league games. The event was held successfully across three days: November 17 and December 14 - 15. The league served not only as a celebration of athletic talent but also as a means of strengthening bonds within and between communities.



### UDAAN 2025

On January 11-12, 2025, we hosted the third edition of UDAAN, our flagship two-day tournament where Young People from our community get the chance to compete and showcase their growth. With over 200 Participants and 12 Teams, the event was filled with passion, sportsmanship, and the spirit of the game. This year, we were able to fulfill a long-time dream of giving them their own Team jerseys and bags. The designs, inspired by their own ideas, represent their Team names, community stories, and what Ultimate Frisbee means to them, with colors from the Y-Ultimate logo symbolizing unity and inclusivity. Plus, for the first time, we broadcasted the tournament live through SportVot, making it accessible to everyone.

### UTTHAAN

With the CSR support of Ujjivan Small Finance Bank, we successfully hosted a series of Utthaan Ultimate Frisbee Tournaments on January 19, February 2, and March 8, 2025, for Young People from our newly introduced community life-skills program in Mehrauli, Tughlakabad, and Zamrudpur. For many, it was their first time stepping onto the field, not just to compete, but to learn, grow, and connect. They built friendships, gained valuable skills, and most importantly, had fun! The hat tournament format, where Participants were mixed into new Teams, helped break barriers, foster camaraderie, and reinforce the true spirit of the game. A special highlight was the involvement of Parents, who not only cheered from the sidelines but also joined in on-field activities, making the experience even more memorable.

*“Y-Ultimate has taken an entirely unique idea, and applied it in a very creative manner to build up strong, confident Young People. People there are so passionate about their purpose.*

*The kind of empathy, respect and resilience I've seen at Y Ultimate, has been a truly special experience.”*

- Ira Choudhary, Intern, International Management Institute (IMI)



*“I want to learn how different people come together, creating bonds through shared purpose and collaboration. I've experienced the support we received during tournaments, and I wanted to give back by volunteering at others.”*

- Aarti Yadav, Volunteer, Learning By Locals (LBL)

# Impact

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To assess the impact of our programs, we employ the Life Skills Assessment Scale (LSAS). LSAS is an observer-based tool designed to measure five critical life skills:

- ***Interacting with others (IO)***
- ***Overcoming difficulties and solving problems (OP)***
- ***Taking initiative (TI)***
- ***Managing conflict (MC)***
- ***Understanding and following instructions (UI)***

To evaluate the progress achieved through the program in 2024-25, baseline and endline Life Skills Assessment Scale (LSAS) data were collected from Participants across all active communities: Zamrudpur (2 continuing batches and 3 new batches), Tughlakabad (2 continuing

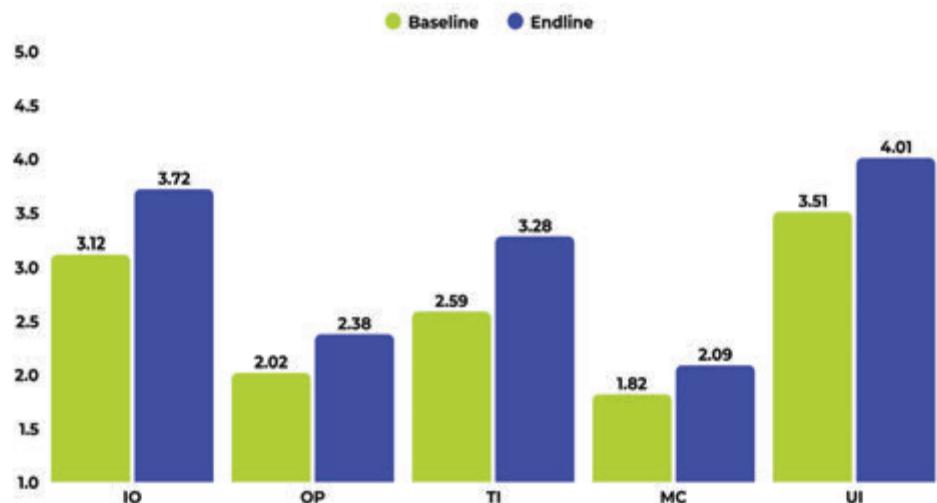
batches and 2 new batches), Saket, Garhi, Karm Marg, Seemapuri, and Mehrauli (a newly added batch this year). This comprehensive assessment covered a diverse sample of Participants representing both longstanding and newly mobilized.

Field observers conducted the assessments directly during community sessions, ensuring that the evaluations were grounded in real-time interactions and contextual understanding. A gender-sensitive lens was applied to analyze the data, offering nuanced insights into how the program impacted boys and girls differently across life skill domains.

By calculating cumulative scores across baseline and endline data, the analysis highlighted meaningful trends and variations in life skill development. This method enabled a holistic understanding of the program's effectiveness, ensuring that emerging needs and gaps could be addressed in a contextually responsive manner.



### Comparison of cumulative Life Skills scores at Baseline and Endline for Community Life-Skills Program 2024-25



This graph captures the development of five key life skills among Young People who participated in Y-Ultimate's program during the year 2024–2025. It compares **baseline** and **endline** scores of 350+ regular Participants, marking a significant expansion from the **121 Participants** assessed in the previous year 2023–24.

#### Interpretation:

**Baseline Scores (2024–25)** represent a **combined average** of two groups:

- Existing Participants from 2023–24 (whose baseline scores were retained)
- Newly inducted Participants (whose baseline scores were added in 2024)

This method ensures continuity while accounting for fresh Young People, reflecting an aggregated, more representative baseline for the year.

## Hear it from the Participants

*"I never thought I could travel anywhere without my parents, but through Ultimate Frisbee, I got the opportunity to go to an all girls' tournament in Chennai. Playing there with new people was a wonderful experience.*

\*Harsha, Seemapuri

*"In this, both genders play together. I learned to give each other opportunities and to respect one another."*

\*Raj, Faridabad

# School • Life-Skills Program

Similar to the Community Life-Skills Program, this initiative is geared towards building social, emotional, and physical outcomes in school Students, guiding them navigate challenges in life. Integrated with the physical education curriculum in government aided or NGO-run schools, the program engages Students aged 9 to 16 through two weekly sessions. We work closely with teachers and school management to offer need-based mentorship and ensure consistent support for Students. Regular reflection circles, tournaments, and check-ins with school staff enable us to track each individual's growth and respond to their individual needs.



In 2024, we engaged 1,908 Students across 7 schools in Delhi NCR.



## Partners

We renewed our partnership with **Vidya & Child**, continuing our efforts at their Barola and Sector 37 schools, and expanded the program to a new **Vidya & Child** school in Vatika. We also began a new collaboration with **Lotus Petal Foundation** in Gurugram. Additionally, in partnership with the **DTEA (Delhi Tamil Education Association)** Alumni Trust, we ran a five-month pilot program across three DTEA school branches in Delhi: Laxmibai Nagar, Lodhi Estate and Mandir Marg. This program was funded by DTEA Alumni Association to work in collaboration with DTEA.



*"I spoke with the Children and they shared how much more physically active they've become, how their personalities have evolved, and how they've learned to communicate better with others. Many of them, who once stayed quiet, have now found their voice. Girls expressed how comfortable they feel playing alongside boys; how the game creates a space where gender boundaries gently dissolve. The Children also spoke about learning to manage their emotions, choosing not to respond with harsh words or physical aggression."*

*"It's a powerful journey of growth and learning for them. And if we continue to nurture this pattern of engagement, I believe it will make a deep and lasting impact on their lives."*

- Sujata Gupta, Programme Manager,  
Vidya & Child

## Tournaments organised



In June 2024, we organized a summer camp for Students from the Barola and Sector 37 branches of Vidya & Child Schools. On March 19, 2025, we organized a hat tournament for over 250 Students from three different branches of Vidya and Child Schools. They were divided into 24 Teams, with 24 Coaches guiding and supporting them throughout. Some of these Coaches were Young People from our community program, and it was incredible to see them step into coaching roles. Managing such a large number of participants was a monumental task, but teamwork made it possible. Watching them throw, catch, leap, and play with enthusiasm was everything we had hoped to achieve.

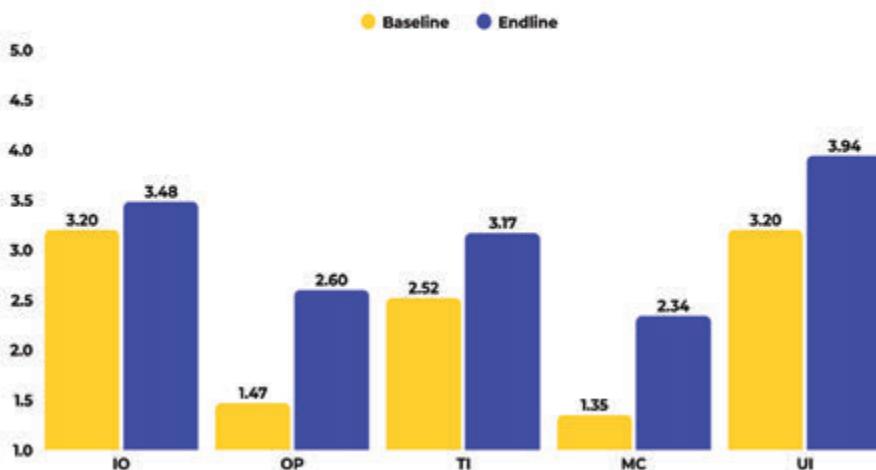
*"I have noticed behavioral improvements. Students have become more respectful and tolerant."*

-Meena Sahni, Principal, DTEA, Lodhi Estate

# Impact

We again employed the LSAS to assess the impact of our school programs.

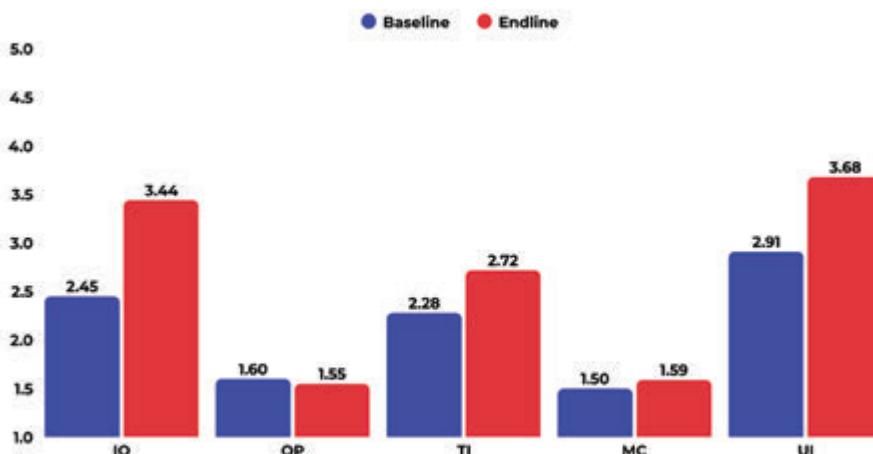
Comparison of cumulative Life Skills scores at Baseline and Endline for Lotus Petal Foundation 2024-25



## Lotus Petal Foundation

Baseline and endline data were collected for 442 and 405 students, respectively, to evaluate the progress achieved through the program. 37 students dropped out during the program.

Comparison of cumulative Life Skills scores at Baseline and Endline for Vidya & Child 2024-25



## Vidya and Child

Baseline and endline data were collected for 316 and 287 students, respectively, to evaluate the progress achieved through the program.

As highlighted in both the above comparative analysis, students who attended the program more consistently exhibited greater improvement in their life skills scores.

While we were able to gather baseline data for students in **DTEA Schools**, we couldn't conduct an endline since this was a short-term pilot that lasted less than six months. Though a quantitative analysis wasn't possible, we did hear some encouraging reflections from the school management about the program!

## Hear it from the Students and School Teachers

*"Every class with my Coaches and friends was my favorite. I got to learn many new skills during this program. The best part was whenever I got confused and stuck somewhere my Coach was there to help me."*

- \*Diya, student,  
Lotus Petal Foundation.

*"Through the game, I learned what a Spirit Circle is and how to appreciate others. I've also learned how to talk nicely with people. Playing the game brings me so much joy."*

- \*Amita, Student, Vidya & Child

*"Ultimate has become the children's favourite game. Whenever we talk to them, it's all they want to play. The kids have become much more active. Our school sessions are quite long, but ever since Frisbee was introduced, the children are more energetic, not just during the games, but also in the classroom"*

- Jiten Kumar, Teacher,  
Vidya & Child

*"This was not just a game for me but an emotion because I always get excited whenever we get the chance to play frisbee. It taught me to stay calm in every situation, being engaged in one thing and to be united. And the most favourite part was whenever we used to get the period for frisbee and I especially used to come because it's frisbee day today"*

- \*Khush, student, Lotus Petal Foundation

\*Name changed for confidentiality



*"I learnt so many things from this, especially the power of teamwork, which gives you the strength to overcome any challenge with your Team."*

- \*Kavya, Student, Lotus Petal Foundation

# (Y-Ultimate)x •

(Y-Ultimate)x is an initiative within our ecosystem to explore further ways to multiply impact and figure different channels of sustainability as an organisation. It complements our core programs while allowing us to stretch, imagine, and reimagine. It is a space where we try new things, test new models, and discover fresh ways to deepen impact and grow sustainably. Fundamentally, it introduces Ultimate Frisbee to new audiences - Young People, Parents, Adults, Educators and Corporate Employees, through interactive workshops that weave in a combination of life skills, socio-emotional learning and leadership development. But it also serves as a space for innovation, where we explore creating livelihoods through sport for our alumni from programs, experiment with new formats, and build pathways that make our efforts more sustainable and inclusive.

A core focus of this initiative is the Training of Trainers, equipping Facilitators with the skills, tools, and values to lead sessions that are safe, inclusive, and reflective. We also work in close collaboration with organisations looking to use Ultimate Frisbee as a medium for development and social change, whether for advancing gender equity, team-building, nurturing youth leadership, or strengthening community ties. (Y-Ultimate)x also opens up creative channels for fundraising, using immersive experiences, events, and workshops to connect with supporters who believe in the transformative power of sport.





| Workshop with Jan Sahas

## Growing College Ultimate in INDIA

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Colleges have seen a growth in ultimate frisbee and universities are seeing the growing merit of the sport in student development. Students and Alumni of these institutions stay connected through the sport of ultimate frisbee offering a meaningful and long-lasting alumni engagement. The shared love for ultimate frisbee and the experience of how the sport aids your growth, becomes a way to also develop a pool of young professionals who can further fuel our mission of development as donors. Through the year, our coaches trained the Ultimate Frisbee Team of some of the most prestigious academic institutions in India.



Over August 17 - September 22, 2024, Coach Anita Bhengra spent over a month at the **Birla Institute of Technology and Science, Pilani (BITS Pilani)**, leading an intensive coaching program. She worked closely with enthusiastic student-athletes, guiding them through practice sessions and helping them deepen their understanding of Ultimate Frisbee.



Coach Laxman with Hammerheads. Ashoka University's Ultimate Frisbee Team



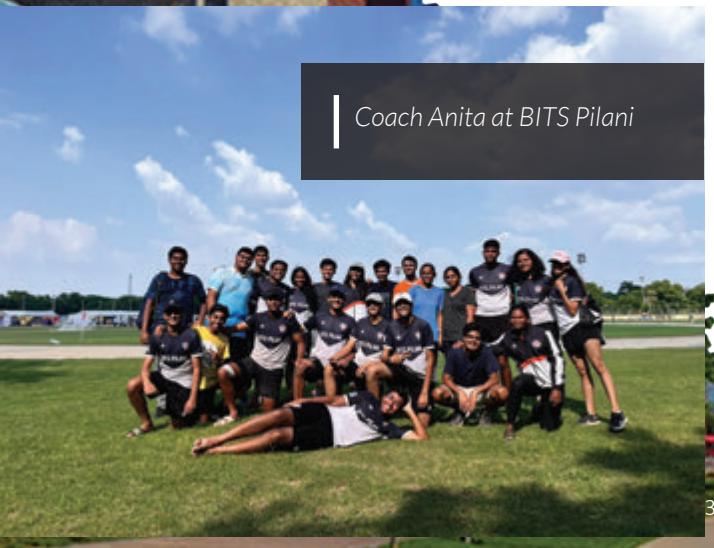


Over October 4 - 11, 2024 we had Coaches Ankit Lakra (Alex) and Manjeet taking the spirit of the game to **IIM Indore**, in collaboration with the PGP Student Affairs Council (SAC). They led a series of immersive workshops culminating in a friendly mini league. The sessions brought together a dynamic group of students, including French exchange, who embraced the sport with great energy and curiosity. Coach Alex continued this journey by supporting the IIM Indore Team at Shaurya, the inter-college Ultimate tournament held at IIM Ahmedabad over November 21 - 24, 2024. He stood beside them with strategic guidance and heartfelt encouragement.



Meanwhile, from October 4 to 6, Coach Laxman Rai accompanied **Ashoka University's** Ultimate Frisbee Team, the Hammerheads, to the Udghosh tournament at IIT Kanpur. The team emerged as runners-up among fierce competitors.

We were also invited to the **Indian School of Business (ISB), Hyderabad**, to be part of the MBA Cohort of 2025's orientation. Our Team shared the story of GK MAD and Y-Ultimate while introducing Ultimate Frisbee to the incoming cohort. This helped us in building new connections and expanding the reach of our work. This was made possible by one of our longtime supporters Tuhin Sharma and the ISB Cohort of 2024.



# Collaborative Pathways: Leadership, Learning & Frisbee

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In partnership with **Colab.x**, an organisation committed to leadership and organisational development, we designed and facilitated three unique programs using Ultimate Frisbee as a medium for self-discovery and team building. Colab.x works with founders and teams across various verticals to enhance performance, often collaborating with other organisations to explore new approaches. One such approach is through sport and play, enabling individuals to better understand their mindset, responses to challenges, and how lessons from the field can translate meaningfully into the workplace. Using the sport of ultimate frisbee we developed ultimate frisbee centered team-building activities to create real-time experience of how a great sports team could like. With our friends at Colab.x we use these experiences from sport to reflect and realise their inner game.



Together, we worked with **Jan Sahas** in Gurgaon, **Teach for India's InnovatED** in Kolkata, and **Quizzizz** in Bangalore. Each program was tailored to the organisation's needs — from unlocking limiting beliefs in future leaders, to exploring what winning truly means, to facilitating cross-cultural learning through reflective sports-based experiences. These collaborations not only help us advocate for the sport of Ultimate Frisbee, but also strengthen our belief in its potential to cultivate leadership, empathy, and resilience.



Along with other grassroots organisations, we bring the spirit of Ultimate to spaces we could not reach alone. Our Co-Founder Benoy Stephen led a 4-day workshop from July 15-18, 2024, joining hands with **ELMS Sports Foundation and Dani Sports Foundation**. Together, we worked with the second cohort of the Sports for Transformation (SFT) Fellowship under Project Chhalaang. The days were filled with energy, curiosity, and meaningful exchange. Through sessions both on and off the field, the fellows got their first taste of Ultimate Frisbee. They explored what it means to lead with empathy, to communicate with clarity, and to play with integrity.

Sometimes, the impact of our work reveals itself in immediate, tangible ways. And that's exactly what our Coaches witnessed during a five-day Ultimate Frisbee workshop over March 4 - 8, 2025 in Lunkaransar, Rajasthan, as part of **Charkha Development Communication Network's** Development, Gender, and Ultimate workshop. This initiative is a key component of Project Abhivyanjana (meaning 'expression') aimed at creating a space for adolescent girls

For many girls, stepping onto the field meant reclaiming a space that has been kept out of reach, asking questions when for long they have been told to keep silent, and realizing that playing meant more than just physical movements.

It was about being confident in who they are and who they want to be; discovering who they could be irrespective of what the world tells them to be. The very act of playing became an assertion of their right to be seen, heard, and included. Over these 5 days, we had the joy of working with 21 girls from diverse backgrounds, including 3 who were married!

We conducted a series of sessions to introduce the sport, learn the basics of self-regulation, select their own leaders and finally wrap up with a women's tournament! At the end, we gave frisbee discs to all the girls. When asked what they would do with them, one of the girls shared how she would take a disc to the fields and start teaching the girls there, as they don't go to school often because it is quite far from the village.



*One powerful reflection came from Coach Kalpana Bisht during the post-tournament debrief:*

**“कभी-कभी सिर्फ एक डिस्क का उछलना किसी की ज़िंदगी की दिशा बदल सकता है।”**  
**(Sometimes, just the throw of a single disc can change the course of someone's life.)**

## Workshop for Corporate and Non-Profit Teams

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On October 9, 2024, we hosted employees from **United Airlines**' Gurugram office at Zamrudpur Park. Their Team stepped onto the field with enthusiasm and a spirited eagerness to learn Ultimate Frisbee. The session was led by the Young People from our community program, who confidently took charge and shared their knowledge. United Airlines employees connected with our Participants by playing alongside them and gaining first hand insight into our on-ground work using sport as a tool for social impact.

Earlier this year, we also hosted employee engagement workshops for two of our partner organizations. On February 12, 2025, we welcomed the Team from **Accelerate Indian Philanthropy (AIP)**, followed by a session with **Indus Action** on March 1. Both workshops were filled with meaningful learning, team-building activities, and playful tag games. These sessions provided joyful spaces to connect, reflect, and experience the power of sport-based engagement.



Our

## New Pilot Program

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In February 2025, we joined hands with **Plan India** to launch a five-month pilot program, across five districts in Delhi, that uses Ultimate Frisbee as a tool for gender-transformative, child-centered community development (CCCD). As Ultimate Frisbee's acceptance as a tool for development grows, we are eager to support more organisations in their mission to leverage this tool for social change. This collaboration enabled us to create opportunities for coaching.

## Learning exchanges through visits

We had several meaningful exchanges with educational institutions and nonprofits, exchanging new perspectives and deepening our collective learning.



Our Team with United Airlines

In collaboration with **Participatory Research in Asia (PRIA)**, we hosted international academic institutions eager to explore how sport can catalyze social change. On April 18, 2024, we welcomed students and faculty from the **University of Glasgow**, and on March 2, 2025, a group from **Michigan State University** visited us. Both groups immersed themselves in our ecosystem for a day, playing Ultimate Frisbee with our youth coaches, interacting with Young People from our programs, and witnessing firsthand the power of grassroots leadership in action.

Earlier, on December 2, 2024 we hosted **Faith Foundation**, an incredible organization from Shillong, Meghalaya, known for their impactful work with adolescents and children's rights. We exchanged views and ideas on our shared mission of leveraging sports for empowerment and development.



## Engaging through events



On November 17, 2025 we joined Teach For India (TFI) in celebrating their incredible 15-year journey at their conference in Mumbai. It was an inspiring gathering filled with stories of transformation and impact. This gathering offered a platform to share our journey, connect with changemakers, and explore avenues for sustainable support. Being a part of such a vibrant community reaffirmed our belief in the power of collaboration and the importance of working together to create meaningful change.

# Capacity Building

## Coaching with Care

Most of what we do happens on the field. The role of our Coaches is central in building safer, more inclusive, and empowering spaces. Through several learning opportunities, they have strengthened their capacities both as technical Facilitators and as empathetic Leaders.

Earlier in May 2024, our Coaches attended a two-day workshop with **Pro Sport Development** (PSD) on TAFISA's (The Association For International Sport for All) **Girls Positive and Safe Coaching Pathway**. The workshop equipped them with the skills to address sport-related challenges faced by girls, ensure their continued participation in sports programs, foster body positivity, and create safe, supportive environments. The Coaches left with a renewed commitment to inclusion and a deeper understanding of how to make sporting spaces more welcoming. A month later, on June 14, PSD's Teams from Bhubaneshwar and Delhi joined us for a spirited Ultimate Frisbee session, led by our Youth Coaches in training.

On June 29-30, 2024, **Simply Sport Foundation** facilitated a two-day workshop as part of their **Simply Periods** and **Simply Smiles** initiatives. Through honest, science-backed conversations, our Coaches explored the intersection of menstruation, mental health, and athletic performance. The sessions broke silence, built awareness, and made room for care, redefining what it means to support the whole athlete.

Between February and March 2025, with the support of **Transformational Sports**, our Coaches engaged in structured training sessions across two levels. Nine youth Coaches completed Level 1

training, facilitated by our own senior Coaches, while eleven senior Coaches stepped into advanced Level 2 sessions.

Over March 25-29, 2025, Coaches Kalpana Bisht and Moni Khan joined a week-long workshop with **Coaches Across Continents (CAC)**. The sessions explored purposeful play as a tool for social change, offering fresh methods to make learning joyful and safe. They picked up creative strategies to make sessions more fun and engaging for young people. They also explored effective ways to navigate difficult conversations while building a safe, inclusive, and enjoyable learning environment on and off the field.





## Strengthening Foundations

Every strong structure rests on a solid foundation. We took meaningful steps to create environments that are not only inclusive, but also safe, ethical, and informed.

On June 7, 2024, in collaboration with the **Mudita Foundation**, we hosted a day-long workshop on Child Protection and Workplace Safety.

- *The sessions delved into the nuances of the POCO (Protection of Children from Sexual Offences)*
- *POSH (Prevention of Sexual Harassment) laws.*

Through interactive discussions and real-life scenarios, our team deepened its understanding of safeguarding practices. There was a renewed sense of collective responsibility.

We left the space more prepared, more aware, and more committed to protecting every voice and every presence in our care.

On February 27, 2025, a few of our Team members participated in a *capacity-building session* with **Sportz Village Foundation**. This session opened a new window into the world of data analytics. It explored how data can be used not just as numbers on a sheet, but as a compass to guide our decision-making both on and off the field. It was an invitation to think more deeply about how we measure impact, track progress, and adapt with insight.





## Growing Together

No talk of development is complete without personal growth. Through a series of workshops we nurtured a more resilient Team; one that carries both personal clarity and professional confidence. These sessions created a space to reflect, to upskill and to imagine new possibilities.

In February 2025, our Team gathered to build a different kind of strength: financial independence. Over five engaging sessions led by *Svatah Foundation*, our Team members participated in a *financial literacy workshop*. The sessions gently unpacked the intimidating world of investments, fixed deposits, mutual funds and more. The Team emerged with a new vocabulary of savings, SMART goals and an understanding that managing money is also a way of taking charge of one's future. Blocking time in their calendars to track expenses has now become a daily habit for many Team members. Some have even put savings plans in place for trips, for gadgets, and for long-term dreams like owning a home.

On March 30, 2025, our Team took part in an online session organized by *Simply Sport Foundation* and delivered by *Parattu Raveendran Sreejesh*, Indian field hockey Coach and former National Team goalkeeper. Sreejesh shared stories from his journey in hockey. He spoke of persistence, of falling and getting back up, and of aligning one's career with one's inner compass. He explained why goals matter and how to set them not just with ambition, but with intention. With over 150 People attending, the session ended with an engaging Q&A, where many of our young athletes had the chance to interact directly with him. His story, rooted in humility and determination, left us all inspired to keep growing

# Awards, Recognition & Media Highlights

## Early Entry Winners of **Ashoka Changemakers'** Together Towards Tomorrow Challenge!

**Together Towards Tomorrow**, is a collaboration between Ashoka and HSBC, which invited Changemakers from around the world with initiatives that unite people across generations to activate Young People as Leaders. Out of over 450 innovative solutions that were submitted, we were selected as one of the three early entry award winners with a prize money of \$ 1500. The opportunity we got to present our idea and multiple feedback sessions with the Ashoka Team has been such a great experience to articulate what we do even better! We are proud to share our solution with the world and be part of a community of Changemakers across the globe.

## “Where **Conflict Resolution** and Ultimate Frisbee Meet”



Our Co-Founder, Benoy Stephen, spoke at **TEDxYouth at Shiv Nadar School, Gurugram**, sharing his journey with Ultimate Frisbee and how it became a powerful tool for youth empowerment and conflict resolution. He highlighted the sport's self-refereed nature, where Young People make their own calls, emphasizing values like autonomy, mutual respect, and accountability. Through stories from the field, including our roots in the GK MAD Frisbee club and the inspiring journey of our Athlete Megha, Benoy showcased how Y-Ultimate uses sport to build Peer Leaders and create inclusive change.

Before our champions took off for the World Championships, their lives and aspirations were featured on BBC News India. The video ventures into the lives of our six GK MAD Athletes from Delhi's Zamrudpur village who were selected into the Indian National Ultimate Frisbee Team. The film dives into the sport, the areas where they grew up, and how the sport has changed their lives and impacted their circumstances. We are grateful to have had this platform to share the stories of these individuals with the world.

## “Ultimate Frisbee: When six young Indians from a village made it to the National Team”



## Featured on **Breaking Sports with Vivek Sethia**



Our journey was spotlighted on *Breaking Sports*, “Zamrudpur to Australia: Y-Ultimate's Frisbee Revolution”, hosted by Vivek Sethia, Co-Founder and CEO of India On Track, a sports management company committed to grassroots sports development. The episode, supported by 1WIN, sheds light on how Ultimate Frisbee is transforming lives through our programs. For every view of the episode, ₹1 will be donated to support our efforts.

# Our Partners

## Community Life-skills Program



## School Life-skills Program



## (Y-Ultimate)x Partnerships



## Funding Partners - Institutions and CSRs support



## Y-Ultimate Invitational Partners



## Learning & Development Partners



## Other Partners



# Meet Our Team



Alex



Anita



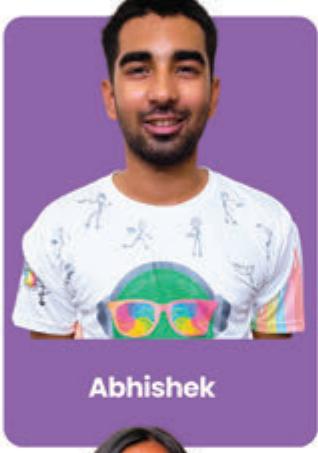
Anurag



Aashish



Deepak



Abhishek



Mansi



Kalpana



Laxman



Nargis



Manjeet



Megha



Moni



Rakshinda



Rohit



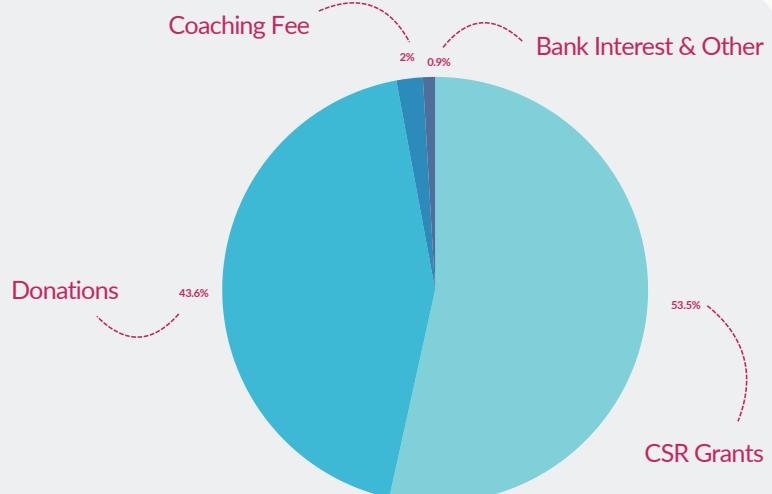
Rohit M.



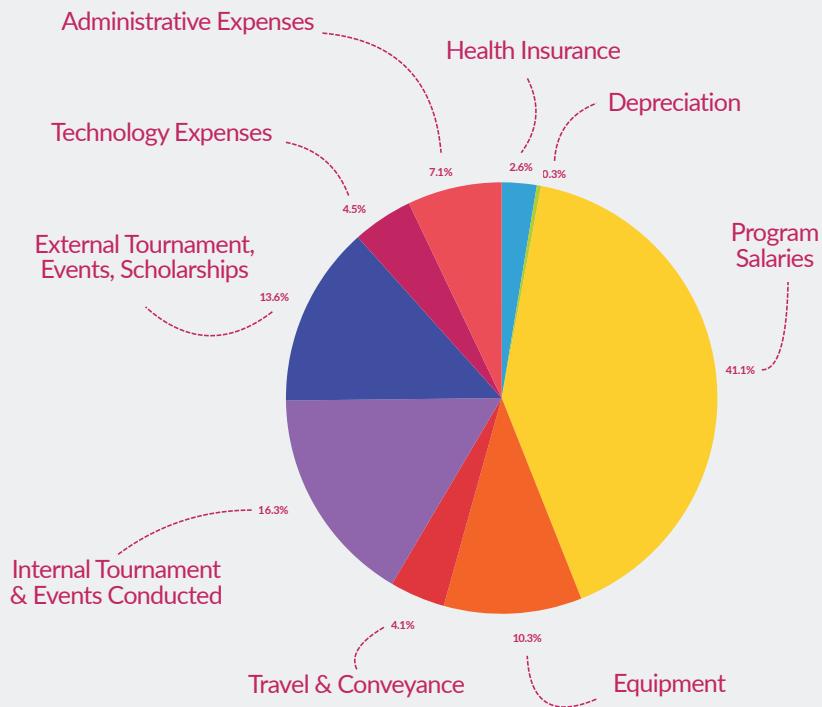
# Key Financials

Financials for the year ended 31st March

**TOTAL  
INCOME**  
**1.49 CR**



**TOTAL  
EXPENDITURE**  
**1.26 CR**



Complete Balance Sheet and Audit Report is available on our website.

There is power in collective action.  
Let's keep showing up for each other,  
and for the world we hope to create.





# Contact Us



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