



Y-Ultimate
Annual Report 2020-21

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Registered as “Flyingdisc Development Foundation”
under Section 8 of Indian Companies Act, 2013 and is
approved under Section 80(g) of the Income Tax Act, 1961

Overview

The year that went by, with the outbreak of Covid-19, brought life to a standstill across the globe. The pandemic froze all our activities on ground for us — a sports for development organisation that works in person with children and young adults. With a nationwide lockdown, inaccessibility of public parks combined with the unavailability of basic necessities and healthcare to sustain life, we took a step back from running our programs.

The children had grown up into young adults. Our closer intervention helped us support them to pursue the careers each one of them were inclined towards. Three of our beneficiaries finished their schooling and started their undergraduate degree from Delhi University. We were able to support the five who were in college to not drop out of it. One of our coaches transitioned out from us to join Decathlon as a part time employee.

Towards the end of the year, we restarted on the ground in Delhi with Zamrudpur Park League (ZPL) with the help of our team of coaches. ZPL is an 8 week league which is open for all genders, age and skill levels, including those who have never played before. We are grateful for all the support and we are delighted to share a wrap up of the journey through this Annual Report. Hope you enjoy reading as much as we loved making it.

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

However, our educational curriculums and school system is not set up to focus effectively on SEL. In our experience, schools that cater to children from socio-economically challenged backgrounds lapse on this front as most schools do not have the resources to guide such learning.

Furthermore, many children opt homeschooling and are 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.



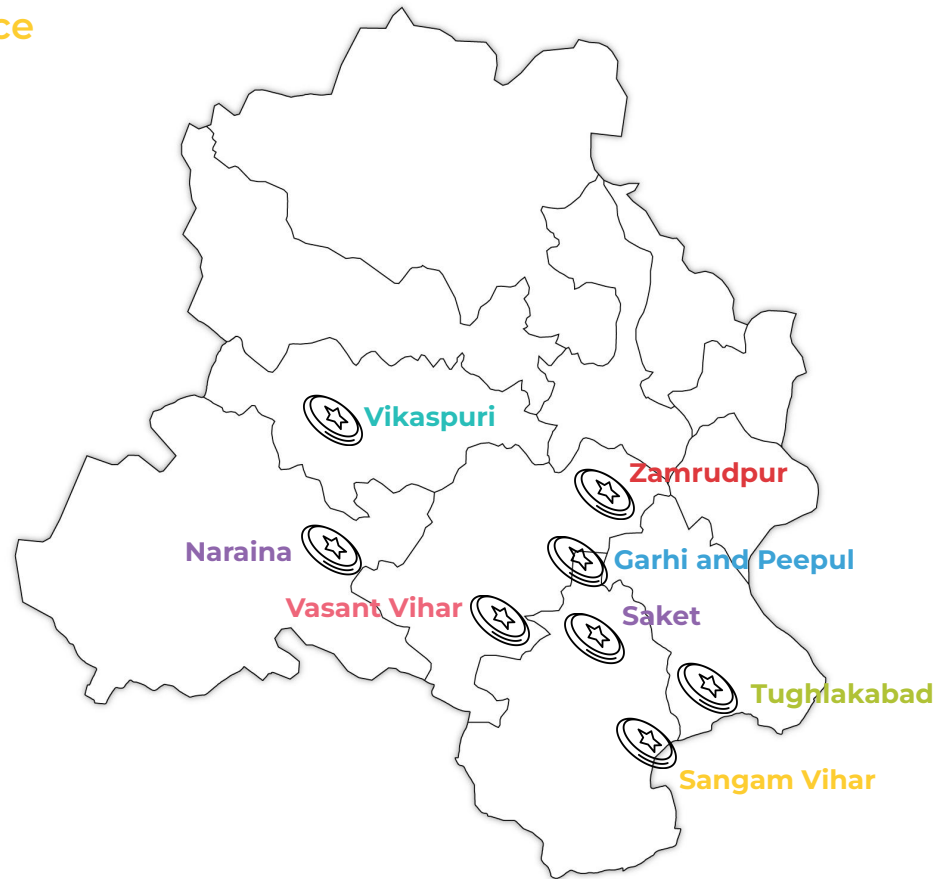


Our mission is to impart life skills education in children, especially those from lesser privileged socio-economic backgrounds, through the sport of Ultimate Frisbee

The Playbook



2020-2021 at a glance



Gender ratio



Our active outreach dropped drastically this year due to the Covid-19 pandemic. We scaled down our operations to only 1 city - Delhi.



8 communities
5 partner organisations and schools



227 children in our outreach

Impact Stories

Megha comes from a small town from Uttarakhand. Girls from her community are supposed to be at home and learn how to be a good homemaker. Although her family moved to Delhi from Uttarakhand years ago, culturally, her parents did not allow her as many freedoms as her brother was given. This anomaly drove a lot of questions in her. But with time, the injustice also manifested a lot of anger and frustration. When she was 10, Megha saw the flying disc in the air and couldn't resist getting involved. She was welcomed to join in and she became a regular attendee at the practice session. Initially, there was a lot of resistance from her parents. They were against the idea of her playing a mixed gender sport along with boys. It was a constant battle in her home as her brother was always allowed to play but for Megha it was a matter of the mood of her parents. She would do whatever it takes as a young kid - cry, fight and often go days without eating - so that she could get to play a sport she absolutely loved. Despite getting limited time on the field,





Megha still made the best of every opportunity she got. With her hardwork and determination, she outshone every other teammate of hers. She was selected for the Indian team to represent in the Asia Oceanic Ultimate & Guts Championships (AOGUC) where the team won a bronze medal in 2019 in Shanghai, China. She was also selected to captain the first ever U20 Indian Girls team that was to compete in Malmö, Sweden in the World Junior Ultimate Championship (WJUC) 2020. Unfortunately the tournament got cancelled due to the Covid-19 pandemic. She has also been the captain of GK Mad and has been leading the team brilliantly. She is vocal in safeguarding equal rights on the field and does not let the norms of society creep in. She stands up against any social injustice that she sees and is an ardent educator on the same. Megha aspires to work with Y-Ultimate as a youth coach after completing her school and meanwhile pursue her college education.

Impact Stories

Nilay's father is a manual rickshaw puller and his mother is a cleaning staff at AIIMS. Despite their financial condition, his parents raised him with a lot of love. The result was that Nilay weighed 85 Kgs when he was 17. This led to a lot of bullying by his peers. It was a traumatic phase of his life where he started to lose confidence and self-worth. He spiralled into insecurity that would result in lies and to build a perception of fakeness just to fit in. Around the same time he found Ultimate Frisbee, and with that he also found a new purpose in life. Driven by the competitiveness in the sport and by the support he got from his fellow players, he showed immense dedication and determination and lost over 25kgs in a short span of 8 months. His drive to excel taught him discipline and commitment towards his goals. He has been the founding member of our flagship team, GK Mad, and still performs his role with dedication. The sport gave him a platform to excel and he gradually grew in confidence.





He understood the importance of humility and moved away from lying or trying to fit into society.

In 2018, he joined as one of the first youth coaches at Y-Ultimate during our first pilot. He's still fondly remembered by both the children and staff at the primary school he worked at. In this process, he moved away from the notion to please others and started concentrating on his growth. He turned his insecurities into emotional resilience and grew stronger to become a capable and successful human being. He had secretly aspired to become a graphic designer in the past but was always scared to follow his dreams. He finally opened up about his ambitions to us. Thankfully with the help of some generous supporters, we were able to enrol him in a graphic design course which he completed with flying colours. He now successfully does freelance with various companies assisting them with their design assignments. He is actively building his portfolio and keeps upskilling himself whenever he gets the opportunity. He continues to pay-it-forward by contributing his time to Y-Ultimate outreach programs for the next generation.

Impact Stories on Field

Tournaments

Our teams and players were not able to participate in any competitive domestic and international tournaments due to their cancelation.



Kalpna Bisht, Megha Rawat and Sanya Singh got selected to represent the Indian U-20 Women's team at the World Junior Ultimate Championship which was to be held in **Malmö, Sweden** in July 2020. However, the tournament was cancelled due to Covid-19



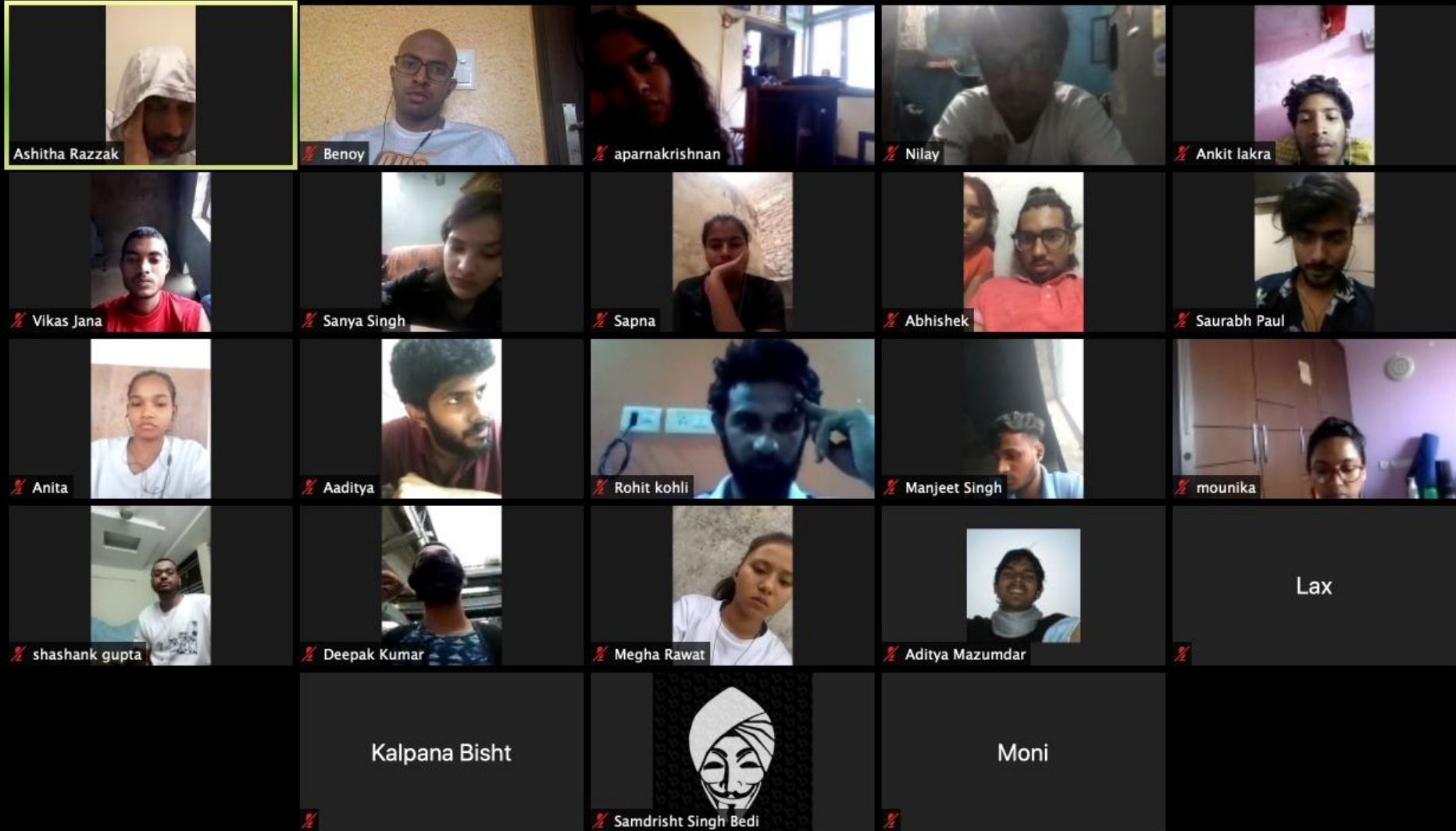
Ankit Lakra and Vikas Jana reached the final tryouts stage of the mixed team representing India at the World Ultimate and Guts Championship 2020 which was scheduled to be held at **Leeuwarden, Netherlands** in July 2020. However, the tournament was cancelled due to Covid-19

Keeping it Together

As the face of space and communication changed all over the world, our work on ground immediately felt the quakes. The stream of funding narrowed for us and the community programs that we had tie-ups with shut down. Our partner organisations that had previously helped us reach our beneficiaries had to pull out. But we kept our heads up and our eyes on our goals. We decided to change the way we conceptualised social and emotional learning to a setting that was conscious of the global pandemic context.

To keep all our beneficiaries physically and mentally healthy, we shifted to **zoom** for **online workouts**. These workouts were open for everyone who wanted to keep working on themselves in a community within a socially-distanced world. But then emerged the problem of access in two forms, digital access and space and equipment. Since our beneficiaries hail from difficult socio-economic backgrounds, they could not afford data recharges. Through the generous support of Nikunj Jhaveri, we were able to provide peer leaders from our communities with data recharges to access our live workouts. To make the workout easily doable, we researched and made one which used only bodyweight exercise and small spaces. We hoped that through these workouts, not only would it help everyone come back stronger for when we next meet in-person but also get all of us through the difficult reality of the present. We had people joining from across the country with cities like Pune, Hyderabad, Delhi and Manipur.

For GK Mad, our flagship program, we held onto each other as well as our goals for the sport that we all love in the tough times that the pandemic brought for us all. The online workouts were a space to stay connected while also pushing each other to become a better version of themselves. Every month we conducted a fitness test through 5 Km runs, YoYo tests along with variations of planks. This measurement helped them to see their own progress. With no tournaments in the foreseeable future, these tests gave them an opportunity to push themselves more and get better together.



Thank you all for joining in :)

To prepare for these tests and socially distance ourselves we started two things



A Run Club

A group on the Strava App to record every run and motivate each other to continue working hard to be fit to resume play when the parks open



Home Workouts

Vivek, our director of coaching, studied the science of training and created a strength workout that can be carried out with no equipment from a limited space of 6 ft by 2ft which was accessible by every child in a socially distanced manner. With the expertise of Vivek, we also developed a cardiovascular conditioning program using a skipping rope and very limited space.

These two training programs were conducted through Zoom to make it accessible for anyone to be part of. With the generous support of **Mr. Nikunj Jhaveri** and **Systems Plus** we were able to provide data packs to attend the online workouts as well as school. We had X people directly attending our online programs from 4 states.

Pushing Each other - Online Discussions

A difficult aspect of the pandemic that went hand-in-hand with the world burrowing itself in concrete was constant cancellations and rescheduling of important sporting events. The times of uncertainty were especially hard for our beneficiaries who could not access the world outside of their immediate — and sometimes emotionally distressing — environments. In such a situation, we could not create a socially and emotionally conducive environment of learning with our previous ways of using a flying disc. So we decided to pivot to online platforms like zoom and decided to keep pushing each other through newer means. We held a weekly discussion on contemporary issues and ideas where the beneficiaries researched on a given topic for a few days and then discussed it in groups in the meetings. We later instituted an Ask Me Anything session as well where the beneficiaries came up with ideas that they were interested in and brought them up with each other.

The idea was to create a space where everyone could feel free and safe to bring up their thoughts on what mattered to them and engage with others on the given themes through a respectful discourse. It worked to enhance the participants' communication as well as critical thinking skills while providing a platform for the participants to reach and learn from each other. For every discussion, the youth who participate in them, come prepared by researching on the topic and writing a short version of their understanding and opinions on the topic. This preparation helped them to share and learn from each other more effectively. This also strengthened their camaraderie and helped them understand each other better, leading to building better relationships with each other off the field.



Transitions

We also continued supporting our coaches and beneficiaries through various transitions of their lives.



One of our coaches, Abhishek, joined Decathlon as a part-time employee



Three of our beneficiaries graduated from school and joined Delhi University for higher education



Covid Stipend for our coaches

Some of our other beneficiaries needed financial support to continue their education as the pandemic violently reinforced socio-economic hierarchies in India. So we instated a **Youth Coach Covid Stipend for six coaches** who were under extreme financial burden due to loss of livelihood in the family. The stipend helped support our youth coaches to not drop out of their educational pursuits in the hunt for an alternate source of income.

Pay-it-forward: Zamrudpur Park League

Due to the constraints posed by the pandemic, we had to scale down our operations to [Delhi](#). We made the best out of this opportunity to go back to our roots and to our original beneficiaries to get a deeper sense of the impact we have been able to create so far as well as to gauge what else we can do for them. [Zamrudpur Park League](#) started in the heat of the IPL frenzy. When professional cricketers got back to the field to one of the biggest cricketing events in the world, our kids asked a question: when do we get to play? That gave birth to an 8 week league for kids in Delhi to come and play with each other in different teams and have fun. It didn't matter whether they had a team to play with or even whether they had ever played before. After the pause button that had been hit on our lives, this was our attempt at a soft restart to gear up for bigger and better things to come.





Our team at Y-Ultimate was incredibly collaborative and worked hard to create a memorable experience for the kids from Zamrudpur through this league. We expected around 80 players for the league — from Zamrudpur and outside — but were surprised by over 220 enthusiastic registrations from kids who were ready to roll their socks up and play. This required more effort than expected due to the health situation of the country. We approached [Systems Plus](#) with our idea and numbers and they were more than happy to support us.

[All our coaches and players also stepped to take up the challenge.](#) Each Monday of the ZPL weeks, our team set up a calling station to reach out to all the registered players and their parents to resolve any queries and obtain a confirmation of participation. Our team then sat together to make teams which are as diverse as possible so that kids get to play with new teammates every week. Each mixed-gender team was assigned one coach from Y-Ultimate as mentor, keeping in mind the varied experiences we wanted to tailor for each participant. However, we did not want to create such experiences at the risk of impacting the children's health, so we allocated time slots for different teams to limit the number of people on field at once. We had up to 6 matches in a single day which was very heartwarming to see! On Tuesdays our coaches called every child that confirmed to inform them their match timings and remind them to carry their masks and water bottles to the event location. Beyond this planning, our coaches and players from GK Mad were deeply committed to ZPL and freely shared their time, labour and emotional reserves with us week after week. A big challenge for us was having to prepare our fields in the harsh [Delhi sun](#). So, our players and coaches came hours earlier to the field to water the grounds, settle the dust and make sure that the ground is safe and playable for the children under our care. The logistics team made sure to arrange for the medical box, disc bag sanitisation, water containers and get the field lined.

During ZPL events, our focus was to [help a community](#), whether players of ultimate frisbee or not, come together and simply enjoy their time with one another. It was something that pandemic had made a luxury of. While smiling players lined up at our registration and attendance desk, our coaches came together to share their vision of the coaching for the event as well as covered instructions and motivations for themselves and the players. To kick off ZPL properly, we started with throws and drills to help familiarise the old and the newer players with each other. After fun-filled games, all participants brought their spirit to the team circle. Our coaches led these circles with care and attentiveness to a wide range of experiences on the field. Thoughts, rule clarifications and appreciations were contributed. At the end of the day, our coaches came together in a circle to facilitate sharing their learnings, observations and feedback from the field of their team.

After a few weeks of playing, we had planned for some of the best players that emerged from the league to be put into an [All Stars team](#). This team would get to play an exhibition match with GK Mad at the end of 8 weeks. Unfortunately, around week 6 of the league, the second wave started picking up and we decided to postpone the concluding half of the league to when we are done riding this wave of covid.

Regardless, through ZPL, we were able to collectively mobilise an entire community of players to manage their well being in different ways. All the participants hopefully took back a little bit of magic that is Ultimate for us and many learnings from the ZPL events into their everyday lives. Our coaches also learnt from the players and from their experiences as leaders on the field that they could use to create more impact through their work with us as Youth Coaches. ZPL truly embodied our spirit of paying it forward — through ourselves to others.



But the incredible story of ZPL is incomplete without the unspooling of our beneficiaries' struggle and the support they received from not only us but a plethora of our fellow organisations. ZPL attracted some of the most enthusiastic participants from across Delhi who faced their own set of challenges in the context of a pandemic. Even reaching the fields was a challenge for many of our beneficiaries.

Our Partner, [Action Beyond Help And Support \(ABHAS\)](#), which works with urban marginalised children — especially girls — sent their beneficiaries to us by creating solutions that required not just intention but determination as well. As an example, ABHAS arranged for girls to travel by collaborating with parents of the beneficiaries who were auto drivers to make up for the mobility constraints of alternate seating arrangements in buses during the lockdown. In a mixed gender sport like ultimate frisbee, it is imperative to have an equal number of women on the field. But among all the inequalities that were revealed and reinforced during the pandemic, gender inequality was one too. It was especially hard for some of the girls to come and play due to this very reason. But by managing to send the highest number of girls for ZPL, ABHAS helped us level the playing field for both boys and girls in the sport.





The other part of our beneficiaries' stories of reaching the field involved the most important aspect of the spirit of any team sport: collaboration. Our partner, [Art of Play](#), with whom we had been working pre-pandemic had formally shut down but the kids from the organisation were still in touch with us and we had welcomed them to all our practices and events. We had given them as much support as possible to be able to come. Surprisingly, they did not come to ZPL alone. Instead, they brought their friends and helped them start their journey with the flying disc under Zamrudpur sun during the league. They became our second line of support and truly helped us carry the team by stepping up and taking charge on the field. They showed the true spirit of collaboration by helping us mentor as well as paying our help forward to other children.

Another partner that helped us enhance ZPL and reach as many kids as possible was [the Peepul school](#). We had run our intervention for this primary school's 4th graders and graduating 5th graders back in 2018 and 2019. But these beneficiaries had slipped through our hands due to their scattering to different schools as well as our own shaken capacities under the pandemic. The teachers from the Peepul school, then, went above and beyond to help us reconnect with these kids and help bring the joy of ultimate again to them.



Overall, ZPL would not have been a resounding success without the dedication of our team, the visionary determination of our partners and, ultimately, the light that our kids bring to everything and everyone in our lives. We acknowledge and cherish the grounds in which we are rooted due to the everyday support of everyone we have worked with.

Our partners



TEACHFORINDIA

Hyderabad and
Sangam Vihar



Innovat**ED**



DECATHLON

SYSTEMS+

Our team



Vivekanand Srivastava
(Director)



Ashitha Razzak
(Strategy)



Rohit Kohli
(Director & COO)



Benoy Stephen
(Director)

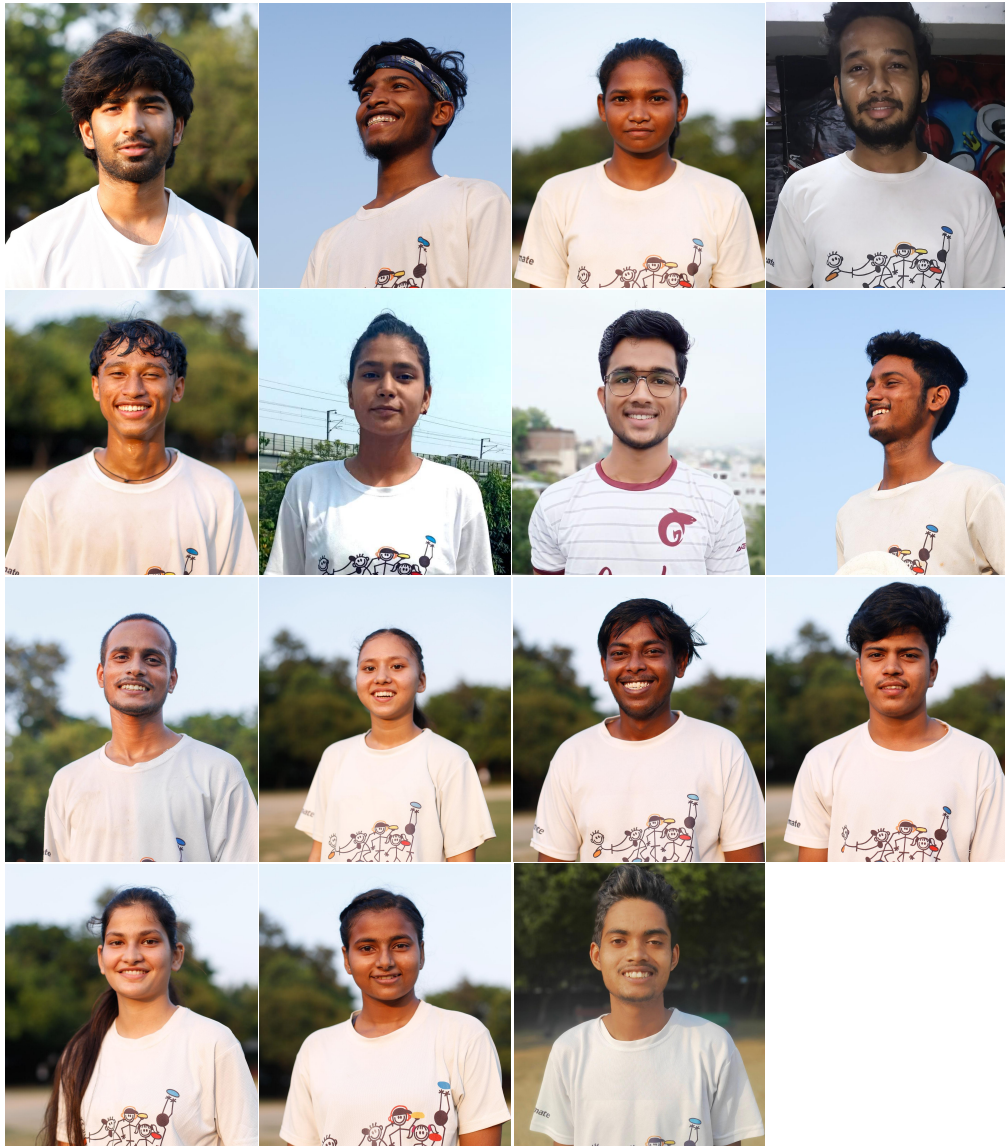


Mounika Nelli
(Fundraising)



Sruthi
(Communication)

Our peer coaches



Abhishek Sanag

Ankit Lakra

Anita Bhengra

Deepak Kumar

Dinesh Rajali

Kalpana Bisht

Kunal Jagtap

Laxman Rai

Manjeet Singh

Megha Rawat

Nilay Bhowmick

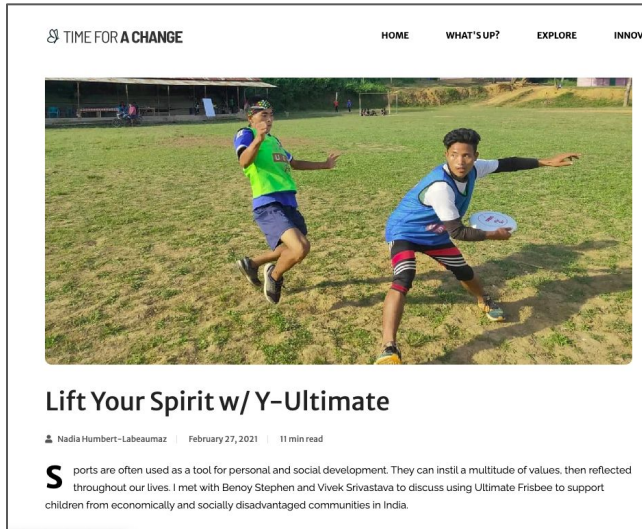
Rohit Mandal

Sanya Singh

Sapna Dalvi

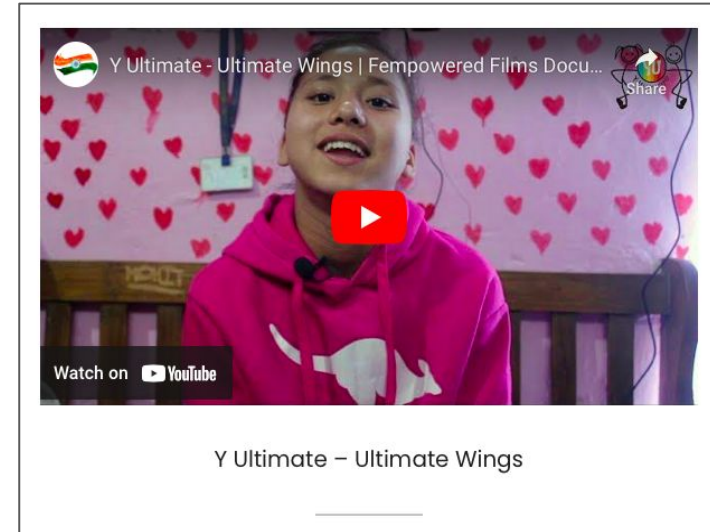
Vikas Jana

Us in the media



A post on Y-Ultimate at **Time For A change's** blog.

[Read now!](#)



A documentary on one of our players, Megha Rawat, was selected to be featured at **Fempowered Films 2021**.

[Watch it here!](#)

Financial Statement

(In Rs)

Particulars	Note	31 March 2021	31 March 2020
Revenue from Operations		-	-
Other Income	9	785,413	552,280
Total Revenue		785,413	552,280
Expenses			
Depreciation and Amortization Expenses	10	23,871	-
Other Expenses	11	526,569	218,031
Total expenses		550,440	218,031
Profit/(Loss) before Exceptional and Extraordinary Item and Tax		234,973	334,249
Exceptional Item		-	-
Profit/(Loss) before Extraordinary Item and Tax		234,973	334,249
Extraordinary Item		-	-
Profit/(Loss) before Tax		234,973	334,249
Tax Expenses			
Profit/(Loss) for the period		234,973	334,249
Earnings Per Share (Face Value per Share Rs. each)			
-Basic	12	-	-
-Diluted	12	-	-

Financial Statement

(In Rs)

Particulars	Note	31 March 2021	31 March 2020
I. EQUITY AND LIABILITIES			
(1) Shareholders' funds			
(a) Reserves and Surplus	3	569,222	334,249
Total		569,222	334,249
(2) Current liabilities			
(a) Trade Payables	4		
- Due to Micro and Small Enterprises		-	-
- Due to Others		159,293	1,670
(b) Short-term Provisions	5	25,000	25,000
Total		184,293	26,670
Total Equity and Liabilities		753,515	360,919
II. ASSETS			
(1) Non-current assets			
(a) Property, Plant and Equipment			
(i) Tangible Assets	6	52,369	-
Total		52,369	-
(2) Current assets			
(a) Cash and Cash Equivalents	7	689,015	348,789
(b) Other Current Assets	8	12,130	12,130
Total		701,145	360,919
Total Assets		753,515	360,919



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