

ALCATHON

12th April 2026

Inviting Al-Anon, Alateen & A.A.



12th April 2026
10.00 am to 5.30pm
At Lajpat Bhawan
H67M+6X3, National Park,
Lajpat Nagar, New Delhi, 110024



Connect with your GR or ISR.



***No Registration charges for children below 10 Years.

Registrations with Lunch closes on 10th APR.

For Alateen

150/- Without Lunch
350/- With Lunch

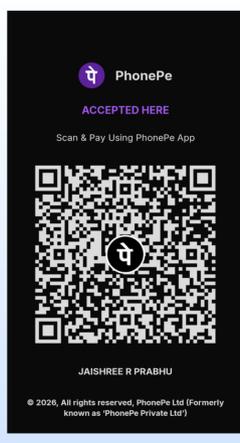
Registration Charges

350/- Without Lunch
550/- With Lunch



For A.A. Registrations and other Queries reach out to Jaishree at 9910435101

A.A. Members please use this QR code to pay for Registrations
Once paid send a message to Jaishree 9910435101



Alateen Meeting From 11.30- 1.00PM

If you are coming by Car or the Metro

VENUE DETAILS

- 01 Parking Available
Enter from Gate 2
Or
You can also park in the service lane
- 02 Nearest Metro Station - Moolchand
Enter from Gate 1



THEME / विषय

Focusing on Myself (Reflect • Learn • Connect)
स्वयं पर ध्यान केंद्रित करना (सोचो। सीखो। साथ जुड़ो।)

3 Sessions

A journey of Self-Awareness, Growth, and Relationships
“स्व-चेतना, विकास और रिश्तों की एक यात्रा”

SESSION 1	THEME-Taking Responsibility for ME खुद की ज़िम्मेदारी उठाना	
Time	Speaker	Topic
10:30 – 10:45	Al-Anon - Kiran N	Health in Feelings Management भावनाओं को संभालने में स्वास्थ्य
10:45 – 11:00	Al-Anon Adult Child of Alcoholic- Piya	Using Character Assets & Defects चरित्र की खूबियों और कमियों का उपयोग
11:00 – 11:15	Alateen	My Safety Today आज मेरी सुरक्षा

TEA BREAK (11:25 – 11:40 AM)

SESSION 2	THEME-Living My Best Life अपनी ज़िंदगी का बेहतरीन जीवन जीना	
Time	Speaker	Topic
11:45 – 12:00	Al-Anon- Ruchi	My Life Plan, Purpose, Passion मेरे जीवन की योजना, मेरा उद्देश्य और मेरा जुनून
12:00 – 12:15	Alateen- Krish	Creating My Day अपने दिन की रचना करना
12:15 – 12:30	AA Speaker - Pravek	My Best Life Today – Program (1) आज का मेरा श्रेष्ठ जीवन – कार्यक्रम (1)
12:30 – 12:45	Al-Anon Adult Child of Alcoholic -Geetanjali	My Best Life Today – Program (2) आज का मेरा श्रेष्ठ जीवन – कार्यक्रम (2)

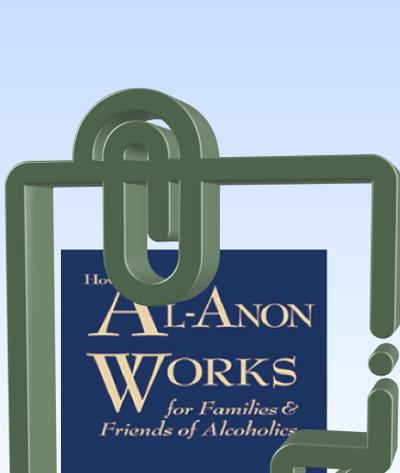
LUNCH BREAK (12:55 – 1:55 PM)

SESSION 3	THEME - I Matter Too – In Relationships रिश्तों में मैं भी मायने रखती/रखता हूँ	
Time	Speaker	Topic
2:00 – 2:15	Al-Anon Adult Child of Alcoholic - Kavita	Communication with Others दूसरों के साथ संवाद
2:15 – 2:30	Alateen	Return to Openness with Boundaries सीमाओं के साथ खुलेपन की ओर लौटना
2:30 – 2:45	Al-Anon - Sarika	Using Traditions & Concepts परंपराओं और सिद्धांतों का उपयोग

PLAY- “बिखरे अस्तित्व”
(2:45 – 3:15 PM)



- 01 Open Reflection & Sharing
(3:25 – 4:20 PM)
- 02 Closing Ceremony
(4:20 – 4:30 PM)



Tea & Fellowship Time

(After 4:30 PM)

Time for informal sharing, connection, and fellowship.

CLOSING SESSION
THANKYOU

