

Voice of the people

Chitra Tripathi's Journey Through India's Newsrooms **INTERVIEW**

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Chitra Tripathi, a celebrated figure in Indian journalism, has become one of the most recognisable faces of mainstream Hindi news. With an illustrious career spanning prominent networks such as Aaj Tak, India News, and News 24, Chitra's dedication to impactful journalism has earned her several accolades, including the prestigious Ramnath Goenka Excellence in Journalism Award in 2015 for her Kashmir coverage. Currently serving as vice president, news & programming, ABP News, she continues to inform and engage viewers as the host of the popular daily bulletin, 'Janhit'.

Paving my own path

I studied at a government school in Gorakhpur, with an initial aspiration to join the defence forces. To support my education, I took up a temporary position at a local news channel. I was encouraged by my family, who saw promise in my oratory skills, fluency in Hindi, and understanding of societal issues. This role marked the beginning of my adventurous journey in journalism, and since then, there's been no turning back.

Nerves of steel

During the 2024 General Elections, I trav-



GT reporters with Chitra Tripathi

elled across the length and breadth of the country - from the valleys of Kashmir to the scenic landscapes of Kanyakumari. To choose a favourite place would be unfair, as each location brought its own unique experiences. I interacted with thousands of voters, listening to their concerns and amplifying their voices. Whether on a scooter, a bullet, or riding on jeeps and tractors, I delivered ground bulletins from every pos-

sible vehicle. I'm proud to know that my journey has inspired young girls to recognise the strength and determination that they need to challenge the odds of a patriarchal society.

Changing face of journalism

In the past two decades, journalism has undergone a massive transformation. What was once a field dominated by pen and paper has expanded into a powerful phenomenon, largely influenced by the rise of social media. Despite this, women's participation in journalism remains limited. I still firmly believe that society needs to change its perspective, so women can pursue journalism freely, without it being viewed as a privilege.

Magic potion for success

I often recall Abdul Kalam's three words: determination, dedication, and devotion. These, I believe, are the key ingredients to success. Journalism is not a field that offers instant rewards. You have to be patient. There will be days when you're frustrated, rushing to the office for emergency coverage late at night or working long 12-13 hour shifts. But if you find work that aligns with your passion, the fulfilment it brings will last a lifetime. It will always feel worthy of the effort you put in. So, pursue your passion.



Chitra Tripathi, vice president, news & programming, ABP News

Book Review



The silent signals

Synopsis: 'The Dictionary of Body Language' is a comprehensive guide which helps the reader understand non-verbal cues and communication that is subconscious and is often used in human interactions. These subconscious cues, if deciphered correctly, can reveal a person's true intentions. The book contains more than 400 non-verbal cues. Starting with the head and ending with the feet, Joe Navarro reveals all the hidden meanings behind what we do, in this book. According to Navarro, most of these non-verbal cues are either signs of comfort or discomfort and in certain cultures, certain behaviours and gestures carry different meanings.

Why is it worth reading: Reading

Book: The Dictionary of Body Language

Author: Joe Navarro

Published in: 2018

Genre: Field guide, Self-help

'The Dictionary of Body Language' will give you the same insight into human behaviours that FBI agents use to decode while working on their cases, as it is written by Navarro, the second youngest agent hired by the FBI. This book will help you understand people through their unspoken body language also called 'non-verbal'. By observing the people and getting to know about them, you will develop your own skill set for decoding human behaviour. The great

thing about learning body language is that it helps in understanding, enhancing, and amplifying the non-verbal messages being portrayed through hand signals, gestures, and postures. Since non-verbal cues are instinctual and unconscious, therefore they are considered reliable ways to understand human behaviour. The more you study body language, the easier it will become to know about people and create better bonds with them that may last you a lifetime.

Iconic quote: "People often lie, but their nonverbals usually reveal how they actually feel."

Rating: 4.5/5

Review by: Lavanya Singh

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