

# Munching the news

## Sandeep Chaudhary On His Inspiring Journey Of Journalism

### INTERVIEW

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When a voiceover artist didn't show up one night in May 1998, a young economics graduate, Sandeep Chaudhary, stepped in without hesitation. Next morning, the legendary journalist Vinod Dua, impressed by his calm delivery, encouraged him to try anchoring. Chaudhary arrived unprepared, but managed to anchor an entire three-part morning show with ease. That unplanned debut has sparked a career spanning decades, but what has set his journey apart isn't how it began – it's the discipline and integrity ever since, that have defined it.

#### LeBron James of journalism

My day begins with newspapers - 11 of them now, down from 19 that I once read. It's a 3 hour ritual I've followed for over two decades. I am inspired by the basketball legend LeBron James who started his training at 4 am and arrived before his teammates. For me, reading news is instinctive; I call it 'munching the newspaper'. This attention to detail spills over into my shows. I feel uncomfortable doing a show when I'm unsure about the subject.

#### Deep into the jungle

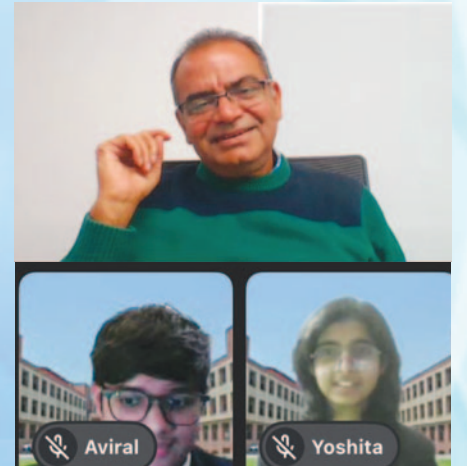
Control is a luxury, journalism rarely offers. In April 2005, in the sweltering forests of Jharkhand, I travelled deep to interview members of a major insurgent group. My team was made to abandon our vehicle and switch to motorcycles - the only safe way through landmines. Phone networks were unstable, and at times, armed men would emerge from the shadows, silently escorting us. I secured details of the operations, the group was planning in three days. It was one of the most dangerous and frightening episodes of my career, but also one of the biggest stories of that year. Recalling it now gives me a pleasant satisfaction.

#### Battle of a different kind

Nowadays, the real battle is shaped less by guns and more by information overload. People consume news based on what they have already prejudged as true. Messaging apps and forwarded texts have begun to strengthen preconceptions rather than questioning them. I lament this, pointing to a recent controversy involving a renowned medical college. Once I contextualised all the facts, the picture looked very different from the dominating public



Sandeep Chaudhary, associate sr producer news & program production, ABP News



Sandeep Chaudhary with GT reporters

perception. My own priority is to show viewers all sides of an issue and allow them to draw their own conclusions. In fact, I am so focused on my work that in this digital era, I maintain zero social media presence - no Twitter, no Facebook, no Instagram.

#### Advice for Amitians

My advice to you is that you read newspapers in detail, ten a day if you can. Make sure to write daily, even if it is only for twenty minutes. These habits will help and stay with you for life! In an era of influencer-journalists and viral soundbites, stay offline, grounded, and relentlessly prepared to prove that substance still matters in the age of style. Let your quiet efforts shine through, even in the loudest noise.

# More than a celebration

## Through Young Eyes: Understanding The True Spirit Of Republic Day

We often connect Republic Day with vibrant parades and national pride. But beyond the spectacle lies a deeper purpose - one that asks us to reflect on what it truly means to be a citizen of India. Students of AIS Saket share their thoughts on what Republic Day signifies beyond the celebrations.

#### More than just a date

"Celebrating Republic Day is more than just a date on the calendar. It serves as a gentle reminder of who we

are and what we believe in as a nation. It encourages us to pause and reflect on the values in our Constitution: justice, liberty, equality, and fraternity. Republic Day reminds us that democracy is not upheld by grand events alone, it thrives on everyday actions. Respecting others, standing up for what is right, and contributing honestly to society are what truly strengthen the Republic. The Republic is not just something we inherit; it is something we actively build every day."

- Eesh Saini, AIS Saket, XI E

#### The quieter patriotism

"Every year on Jan 26, India dresses in tricolour. We watch tanks roll, jets roar, and dancers spin on Rajpath. But patriotism is not just shouting slogans or waving flags once a year, it is much quieter. It's when one respects others, stands up against wrong, protects public property, and cares for one's country every single day. A student who studies honestly, a citizen who follows laws, and a teenager who questions injustice, all show patriotism. Patriotism isn't a once-a-year feeling; it's a life-long responsibility."

- Prisha Duggal, AIS Saket, VIII B

