



Work Experience Placements

Edinburgh Evening News | August 2020

Secured a two week, remote work experience placement with this newspaper
Duties included pitching, researching, interviewing locals and writing news articles
Achieved a number of bylines including five page 3s in five days and an exclusive

The Rotherham Advertiser | January 2020

Undertook a work experience placement at this publication while completing my studies
Spent time interviewing sources, court reporting and writing stories for a local readership
Managed to gain a number of bylines on the paper's very well-read accompanying website

BBC Watchdog | April - May 2019

Gained opportunity to work at the BBC's flagship investigative journalism show
Spent time researching case studies, sourcing audience members and running
Learnt about data journalism and how to use it to uncover any potential story leads

Sky News | December 2018

Selected to spend two weeks at Sky News following competitive application process
Pitched articles, sourced guests, helped find breaking news stories and edited video
Copy was published on Snapchat and edit was broadcast as part of a news package

The Scottish Sun | June - July 2018

Secured a work experience placement following a successful interview
Spent time contacting sources, researching, doing vox-pops and writing stories
Accomplished a considerable number of bylines in the country's best selling newspaper

The Scotsman | December 2016

Organised a work experience placement at this highly reputed organisation
Role included sourcing story ideas, chasing leads and writing news stories
Article was published on a prominent page of this national broadsheet newspaper

Channel Four | December 2016

Chosen from thousands for a placement within the commissioning department
Spent time in the gallery, watching out for compliance issues and giving feedback
Managed to secure production work in Glasgow by successfully networking while there

BBC Scotland | September 2016

Undertook extremely competitive placement across the BBC Scotland newsroom
Wrote cues for presenters, helped with research and located and chased up sources
Gained thorough understanding of a very hands-on approach to the news gathering process

STV | August 2016

Secured placement in national newsroom after liaising with editorial staff
Shadowed journalists working on a variety of local, regional and national stories
Achieved various bylines on the news website which has a nationwide readership

The Guardian | October 2015

Selected for this extremely competitive news desk placement
Spent time attending editorial meetings, transcribing audio and researching articles
Offered a placement extension as well as a placement with the multimedia desk

The Huffington Post | September 2015

Undertook a work experience placement at this internationally renowned publication
Position involved writing articles, creating multimedia and social media marketing
Learnt how to work to very tight deadlines with an extremely heavy workload

BBC World Service | June - July 2015

Selected from over 2,500 candidates for the Future Voices Scheme
Worked with the BBC Hindi World Service as well as other internal departments
Documentary pitch was considered by both BBC Radio Four and BBC Asian Network

The Alloa Advertiser | April 2015

Secured work experience at local newspaper
Carried out vox-pops, shadowed journalists in court and researched content
Achieved my own spread within the paper alongside a number of other bylines

The Clydebank Post | April 2015

Undertook first work experience placement within the industry
Spent time researching, writing and subbing articles
Had my first ever article published in print

Work History

BBC Scotland's TV News Team | Journalist | November 2023 - Present

Promoted from researcher to journalist following interview
Duties include finding and booking guests, producing and editing items, writing bulletins, and outputting programmes

BBC Scotland's The Nine | Researcher | April 2023 - November 2023

New position was created for me after I impressed the panel at interview
Tasks involve finding and booking guests, suggesting stories, and helping produce items
Successfully provided various stories for all parts of the national news programme

Children 1st | Assistant Media and Marketing Lead | January 2023 - April 2023

New role was again specifically created for me after I impressed the panel at interview
Role included reacting to any comms enquiries, managing social media and running awareness projects
Successfully increased returns for the first project I was assigned by 566%, expanding brand awareness

Daily Record | Trainee Reporter | May 2021 - September 2022

Selected to work for the country's biggest news site while being interviewed
Duties included pitching original pieces, speaking to sources and writing articles to tight deadlines
Sourced various breaking news stories, exclusives and front pages within months of taking up the role

Insider Inc. | Weekend News Fellow | October 2020 - April 2021

Chosen as the UK's only weekend news fellow while still completing postgraduate degree
Role included setting up the studio, making the audience feel comfortable and briefing presenters
Articles reached millions of collective readers worldwide within mere weeks of beginning the fellowship

BBC's Big Questions | Runner | March 2018 - 2020

Worked as a runner while the show was being filmed in Glasgow and Salford
Role included setting up the studio, making the audience feel comfortable and briefing presenters
Learnt how to work in a high-pressure environment both on the run up to a show and while it is on-air

Sky News | General Election Stringer | December 2019

Was selected to cover the general election for Sky News at Derbyshire Dales in 2019
Spent time interviewing various party candidates while remaining up-to-date with live news
Managed to get one of the fastest election results in the country while still ensuring accuracy

The Times | Interviewer | February - March 2019

Chosen to be paid interviewer for The Times newspaper at my university
Position involved sourcing final year students and arranging to survey them
Learnt how to gather and organise people in an efficient way to meet deadlines

Oceanic Media | Media Manager | January 2018 - October 2018

Promoted within the company after expressing interest in the recently vacant role
Handled press enquiries, ran the accompanying blog and acted as a spokesperson for the brand
Managed to create a large portfolio of clippings which were presented to potential clients by the CEO

Oceanic Media | Campaign Executive | December 2016 - October 2017

Gained opportunity to organise and manage awards ceremonies throughout the country
Tasks involved contacting finalists, liaising with contractors, and writing speeches for hosts
Was able to single-handedly gain the highest profit from a single event in the history of the company

Video3 Internet Broadcasting | Interviewer | June 2015 - January 2017

Secured paid opportunities following volunteer work with this company
Interviewed a variety of delegates at various events throughout the country
Learnt how to research in short amounts of time and speak to people from various backgrounds

Young Perspective | News Editor | April 2015 - December 2017

Successfully shortlisted for the role of news editor for this online newspaper
Duties included organising the day's output, delegating tasks and tying up loose ends
The newspaper saw a subsequent increase in traffic shortly after I took up this opportunity

Freelance Writing Roles

DESibltz | September 2021 - December 2021

Offered paid opportunity to write for this award-winning publication after a successful interview
Role involved sourcing, writing and editing content relevant to a global South Asian audience
Regularly achieved number one articles and various top ten stories across genres on the website

Now Then Magazine | October 2019 - March 2020

Wrote for this Sheffield-based magazine alongside my postgraduate studies
Duties included regularly pitching, writing and sharing content relevant to the city
Taught me how to adapt styles when writing for different publications and platforms

Asian Image | January 2020 - May 2021

Gained opportunity to write for this leading British Asian newspaper
Tasks included researching stories, interviewing sources, and writing articles
Routinely achieved the highest performing story on the website across categories

Tripsology | October 2018 - April 2019

Tripsology is an up-and-coming travel social network
Position involved pitching, researching and writing articles for a niche audience
Learnt a lot about writing in a more casual manner and the travel writing industry in general

Scotjobsnet | November 2018 - February 2019

Became a regular writer for Scotjobsnet, an online job searching tool while at university
Role was to write articles in regards to issues surrounding employment such as interview techniques
Ultimately became my first paid job in the media and taught me what was expected from a writer

Blasting News | October 2017 - July 2018

Blasting News is an online social news platform with 102 million monthly readers
Wrote for the site on a regular basis across genres such as news and opinion
Within this role, I soon became one of the top 10 writers in the UK



Languages

Hindi	Fluent (R&W)
Punjabi	Fluent
French	Proficient
Spanish	Proficient

Volunteering

500 Hour Award
Saltire Awards | 2018

100 Hour Award
vInspired | 2018

First Aid

Emergency First Aid Certificate
First Aid Training Organisation | 2017

Mental Health First Aid Certificate
NHS Scotland | 2016

Awards

#StrathWomenLead Champion
Strathclyde Women in Leadership | 2019

Refugee Media Student Award
Scottish Refugee Council | 2018

Young Scot of the Year
Scottish Review | 2017

Youth Impact Award
CEMVO | 2016

Strathclyde Skills Award
University of Strathclyde | 2016

Nominations

Shortlisted for Outstanding Young Journalist Award
Asian Media Awards | 2021

Shortlisted for Gender Equal Media Scotland Award
Scottish Student Journalism Awards | 2019

Shortlisted for Outstanding Young Journalist Award
Asian Media Awards | 2016

Other

CRER | Political Shadowing Scheme | November 2016 - April 2017

Selected to undertake opportunity following successful interview process
Spent time shadowing various MSPs of a particular party at Holyrood
Learnt about how Scottish politics functions from the inside

The Strathclyde Telegraph | News Editor | September 2016 - April 2017

Elected as news editor of my university newspaper, The Strathclyde Telegraph
Role included pitching ideas, editing submitted pieces and ensuring articles were within the law
Taught me how to manage a team with various schedules who were working on different projects

Education

MA Journalism
University of Sheffield | 2020

BA (Hons) English, Journalism and Creative Writing
University of Strathclyde | 2:1 | 2019

HNC Digital Media
University of Stirling | A | 2015

Level 3 Journalism Diploma
NCTJ | 2024

Certifications

Growing and Engaging Your Audience Certificate
Thomson Foundation | December 2022

Journalism Across Multiple Platforms Certificate
Thomson Foundation | December 2022

Social Media Newsgathering Certificate
Thomson Foundation | December 2022

Complete All-in-One Adobe Creative Cloud Max Suite Certificate
StackSkills | May 2021

Diploma in Social Media Marketing (with Distinction)
Upskillist | March 2017

Diploma in Graphic Design (with Merit)
Upskillist | February 2018

Fundamentals of Social Media Certificate
Muck Rack | July 2020

Fundamentals of Digital Marketing Certificate
Google Digital Garage | October 2020

NCFE Level 2 Certificate in Digital Promotions for Business
Ofqual | June 2016

NCFE Level 2 Certificate in Smartphone Videography
Ofqual | July 2016

BTEC Level 3 Certificate in Sound Production
SQA | December 2015

Courses

Media Skills Compendium
NUJ | October 2025

Contempt of Court and Reporting Restrictions
NUJ | September 2025

The Effective Freelance
NUJ | March 2025

Remote Multimedia Reporting
NUJ | November 2022

Copyright and Commissioning
NUJ | November 2022

Coronavirus basic awareness on production training
ScreenSkills | October 2020

Writing for Social Justice
UC Berkeley | February 2020

Why We Post: The Anthropology of Social Media
UCL | August 2018

Writing for Social Media
UC Berkeley | June 2018

English for Journalists
UC Berkeley | April 2018

Journalism for Social Change
UC Berkeley | January 2018

Global Muckraking: Investigative Journalism and Global Media
Columbia University | November 2017

The Online Marketing Fundamentals
Google Digital Garage | January 2017

Be Somebody
Bauer Academy | June 2016

Social Media Analytics
QUT

Making Sense of Data in the Media
University of Sheffield