



ARNAB LALL SEAL

PROFILE

An experienced journalist with over 15 years of expertise in both deskwork and reporting. Proven ability to work effectively under pressure, meet deadlines, and make informed decisions. Excellent communication skills with a talent for delivering high-quality content.

CONTACT

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LINKEDIN PROFILE:

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KEY SKILLS

- Writing, editing, and reporting
- Photography
- Videography, scripting, and editing
- Communication
- Teamwork

LOCATION

Kolkata

WORK EXPERIENCE

THE TIMES OF INDIA

ASSISTANT NEWS EDITOR - DIGITAL CONTENT PRODUCTION

April 2012 to present: Key responsibilities include reporting, writing, researching, editing, and designing sports pages across four editions. Possess extensive experience covering hockey and football tournaments across North East and Eastern India, with notable assignments including the Hockey World Cup in 2018 and 2023.

THE BENGAL POST

REPORTER/ SUB-EDITOR

September 2011 to March 2012: Forayed into print media, where I started covering sports and wrote on football and cricket. Editing and designing pages were also part of the job.

TV SOUTHASIA

JR. PRODUCER AND RESEARCHER

May 2010 to September 2011: I began as a Junior News Producer and worked with designers and video editors to produce daily live bulletins. I also brought out a special one-hour show called The Week Gone By.

KOLKATA MIRROR

INTERNSHIP

December 2008 to January 2009: Started my journalistic journey as a reporter and photographer, developing fundamental skills in news gathering, writing, and visual documentation.

CONTENT LINKS

- **Times of India story links:**
<https://timesofindia.indiatimes.com/toireporter/author-Arnab-Lall-Seal-479229466.cms>
- **Video features:**
[Animesh Kujur, the fastest Indian you didn't know about](#)
[Bamboo sticks to astroturf: How hockey made their dreams come true](#)
[Bihar is creating a Nalanda of sports](#)

EDUCATION

- Post-Graduate Diploma in Television Journalism, Indian Institute of Journalism and New Media, Bengaluru (2009-2010).
- Bachelor of Arts in English Honours, Vidyasagar College, Calcutta University (2006-2009).
- Completed ICSE (Class X) in 2004 and ISC (Class XII) in 2006.