
Rajan fuels his first Today show with late-night rum

Daniel Keane

Amol Rajan has revealed that he had a “full-on panic attack” the night before making his debut on BBC Radio 4’s *Today* programme.

Rajan, 37, who is also the BBC’s media editor, said that he had “worked himself into a frenzy” the night before his first broadcast and had only managed to get one hour’s sleep.

He tweeted yesterday: “10pm last night I had a full-on panic attack. Worked myself up into a frenzy, catastrophising about first shift on @BBCr4today. Had 3 massive rums

and a bit else. Got 1hr kip, in at 3.45. Survived. Thank you so much for all the niceness and constructive criticism.”

Rajan also thanked his fellow host, Justin Webb, and “the whole team for looking after me”. He paid special thanks to his wife, who “sorted me out”.

Rajan began his career as a researcher on Channel 5’s *The Wright Stuff* and went on to become editor of *The Independent* newspaper. He became BBC media editor in 2016.

In his first *Today* show yesterday he interviewed Sadiq Khan, the mayor of London, and Kwasi Kwarteng, the business secretary.