



TEKWISSEN[®]

USA | UK | CANADA | AUSTRALIA | INDIA | PORTUGAL | UAE
www.tekwissen.com



PARAM JYOTHI



#Talent House



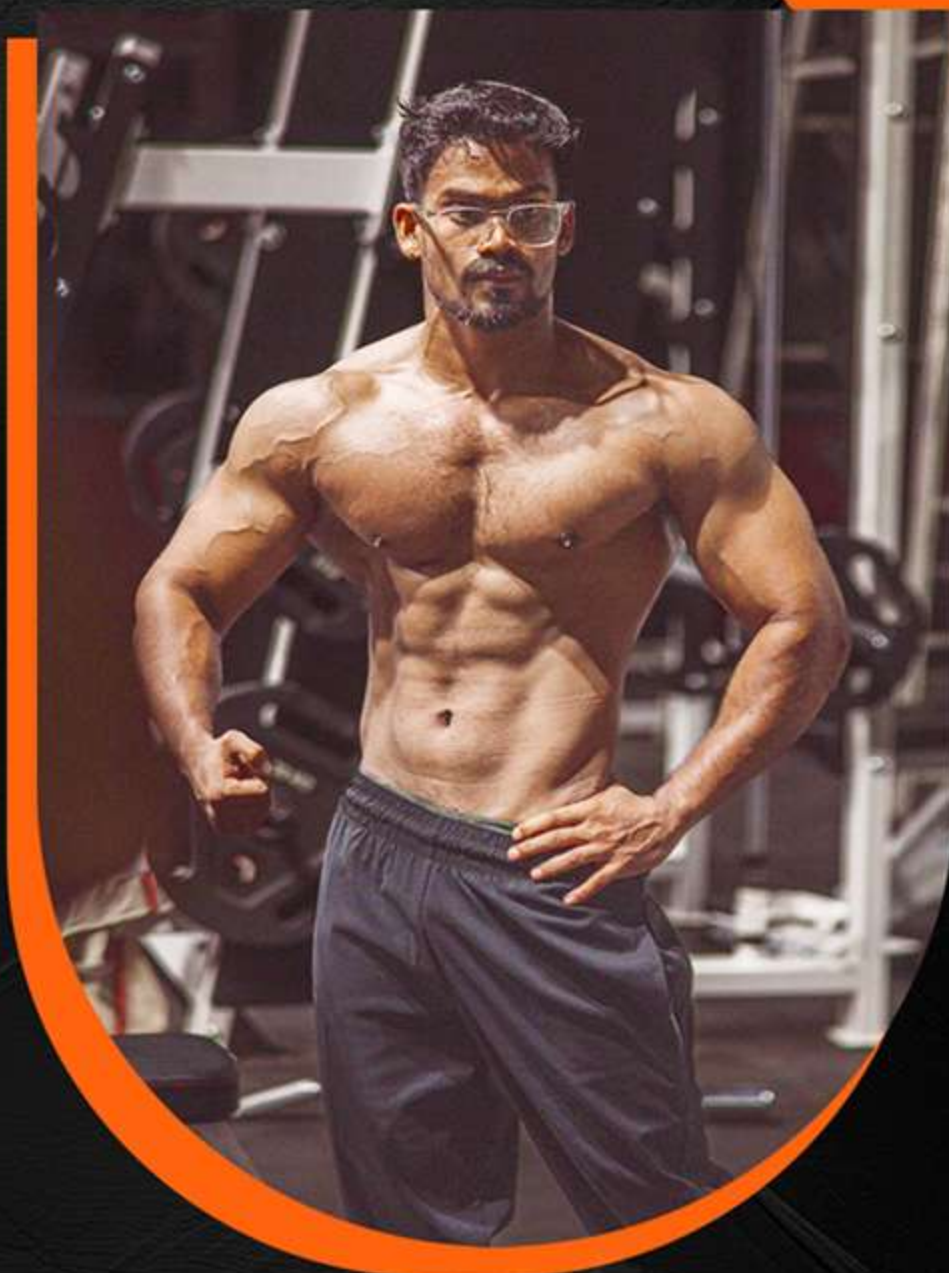
Fitness Journey



www.tekwissen.com



#Talent House



www.tekwissen.com





#Talent House



www.tekwissen.com





#Talent House



www.tekwissen.com





#Talent House



www.tekwissen.com



#Talent House



Hi everyone, I'm Param, and I'm excited to share a personal aspect of my journey with you. As many of you know, I'm deeply passionate about bodybuilding and competing as a Men's Physique athlete. but I want to dive deeper into what that passion really means to me.

My fitness journey started with football, but I had to quit due to unforeseen reasons. I then discovered the gym and quickly fell in love with it. What began as a hobby turned into a passion, and I give it my all. Bodybuilding is demanding in both time and money, so I took a break to focus on my career and joined Tekwissen. The biggest challenge has been working night shifts, with many saying it's impossible to stay fit while doing so. I'm tackling this by adjusting my sleep schedule and sticking to my diet for a full year. My goal is to eventually compete in a national men's physique event

Balancing night shifts with my fitness goals was no easy feat. There were days when managing my time felt like an uphill battle—juggling workouts, healthy eating and sufficient rest seemed nearly impossible. Yet, despite the challenges, I remained determined and committed. Each day presented a new hurdle, but I approached them with focus and dedication.

I hope my story inspires you to tackle your own challenges with the same determination. Remember, every effort you put in brings you closer to your goals. Keep striving, stay focused and never lose sight of your dreams.

Where focus goes, energy flows. And where energy flows, whatever you're focusing on grows." ~ Tony Robbins



www.tekwissen.com



TEKWISSEN®

USA | UK | CANADA | INDIA | AUSTRALIA | PHILIPPINES | PORTUGAL

www.tekwissen.com



www.tekwissen.com