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Need for fitness highlighted at seminar

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Ahmedabad: Fitness seems to be the last thing on the mind of Gujaratis, feels Dr Ayyapan Thangavel, head LA-Diva plastic cosmetic centre.

Thangavel was in the city for seminar on plastic and cosmetic surgery organised by Times Wellness and Sal Hospital. "Though Gujarat is



an industrial state which is flourishing, fitness is one area where people do not consider important." The latest

advancements in cosmetic surgery were highlighted at the seminar. He further said: "There is a thin line of difference between plastic surgery and cosmetic surgery. While plastic surgery helps in reconstruction and restoration of the tissues below the skin, a cosmetic surgery goes beyond it and enhances an individual's appearance more aesthetically."