

# Gizmos are for girls

By Dipika Pallikal

**M**y passion for all things technical started when I got a cellphone for my birthday a few years ago. Since then, laptops, iPods, cameras and especially photo applications have become an important part of my daily life. Since I spend a lot of time on the road or in the air, I've realised that gadgets make life more comfortable and better organised for me.

Fitness is a top priority in my line of work and my innovative phone applications help me keep track of my training schedule and my diet, which in turn makes me more focused. That's one of my best-kept secrets!

My hectic lifestyle makes some serious demands on me, so I have learned to use technology that offers me maximum advantage. From gadgets that help me track my progress during exercise sessions and monitor my heart rate, to gizmos that count the calories I have

burnt, I use them all! It's the perfect union of innovation and sport. Which is not to say that athletes are the only ones who stand to benefit from technology.

My latest buy is an iPod Touch, which always travels with me. I totally dig its multi-touch interface, which is simple and elegant. I think this is a gadget with universal appeal. My iPod Touch is packed with the most amazing applications such as Shazam. There are so many times when I hear a song that I love but I don't know who the artist is; all I have to do then is hold my iPod

to the speakers and bingo! Shazam identifies the song for me. Exhausted from a gruelling practice session, there are times when I fall asleep to my favourite tunes. A gadget can give you movies, photos, music—the complete entertainment package. What else does a girl need?

Being a professional athlete, spare time is rather precious, but on long flights and even when waiting at airports, thanks to amazing technological advancements, Internet is available to me 24/7. I love to tinker with my laptop, surf the Net, watch music videos online, especially on YouTube, and chat with

whoever I can catch online. I miss my family but with my high-tech toys, they are just a click away.

Now I have my heart set on the iPad, my new obsession. It is so sleek and stylish—it would fit perfectly in my handbag and make a great addition to my existing gadget collection. Gadgets make

perfect gifts too—I bought my sister an e-reader for her birthday and she totally loved it.

There is a prejudice that you have to be a geek to understand how gadgets work, but really, that's not true, especially these days. Technology is redefining our world and influencing the way we think and do everything. From self check-in at the airport to online shopping, we are relying more and more on technology, and I say, why not? I can't imagine my life without my iPod and laptop. In some crazy way, they're an extension of my personality. ●

**Since I am a professional athlete, spare time is precious. But thanks to my high-tech toys, the Internet is available 24/7.**

