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MANZIL

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Read Inside:

Navratri & Dussehra

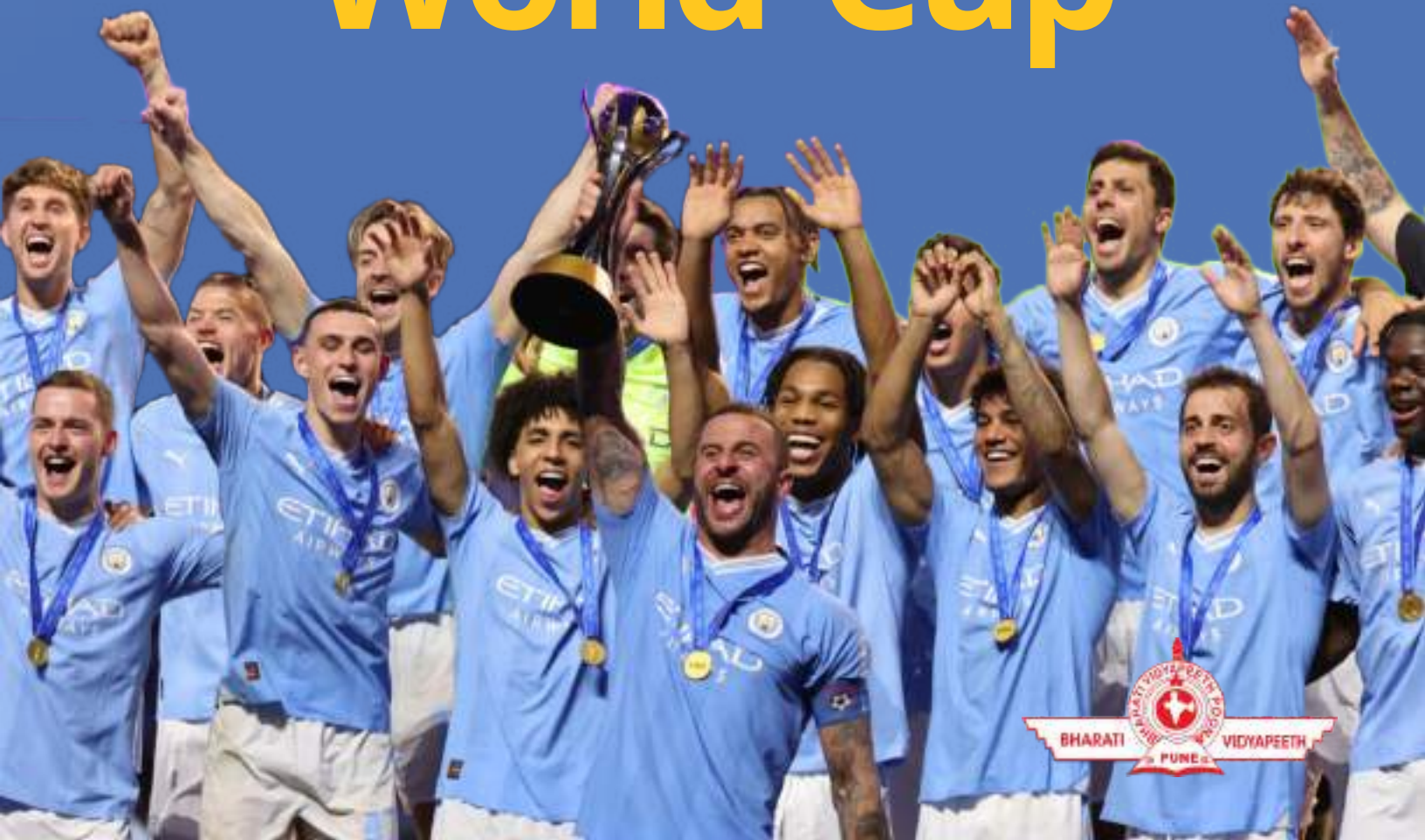
Celebrating the Triumph of Good over Evil

Read Inside:

Fast Food Delicacies

at IIT Guwahati

Football Club World Cup





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Editorial

As we approach the final stretch of the year, we find ourselves reflecting on the myriad lessons and experiences that have shaped our journey through 2023. It's been a year of growth, resilience, and profound understanding, and as we gather the insights garnered along the way, we present to you the December edition of Manzil – An Official Quarterly magazine of BVICAM, New Delhi.

This issue holds particular significance as we bid farewell to another year filled with both challenges and triumphs. It's a time for introspection, celebration, and anticipation for the adventures that lie ahead. Among the highlights of this edition is comprehensive coverage of the FIFA World Cup, capturing the electrifying moments and unforgettable triumphs that captivated audiences around the globe. From thrilling victories to heartbreaking defeats, we delve into the spirit of competition and camaraderie that unites nations on the football field.

In addition, we invite you to immerse yourself in the rich traditions of Navratri and Dussehra through a creative exploration that delves into the cultural significance and vibrant celebrations associated with these festivals. Discover the symbolism, rituals, and folklore that infuse these festivities with joy, meaning, and spiritual resonance.

As we turn the page on this chapter and look towards the horizon of the coming year, we extend our heartfelt wishes for success, prosperity, and fulfillment to our readers. May the lessons learned and memories cherished in 2023 serve as guiding beacons on your journey forward, illuminating the path to new adventures and opportunities.

With gratitude for your continued support and enthusiasm, we bid farewell to 2023 and eagerly await the unfolding chapters of the future. Here's to a year filled with promise, possibility, and endless potential.

Wishing you all the best for the year ahead.

Warm regards
Editor
Manzil



Prof. M. N. Hoda
Editor - in - Chief

My World Cup Passion: A Celebration of Football's Global Phenomenon

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As the world eagerly anticipates the upcoming FIFA World Cup, my excitement reaches fever pitch, for this tournament embodies everything I love about football. The World Cup isn't just a sporting event; it's a cultural phenomenon that transcends borders, languages, and differences, uniting millions of fans around the globe in a shared passion for the beautiful game.

For me, the World Cup is a time of unparalleled excitement and anticipation. From the electrifying atmosphere of the stadiums to the captivating drama unfolding on the pitch, every moment is etched with the spirit of competition and camaraderie. Whether I'm cheering on my favorite team or marveling at the skill of legendary players, the World Cup never fails to leave me in awe.

What sets the World Cup apart is its ability to create memories that last a lifetime. From iconic goals to historic victories, each tournament is filled with unforgettable moments that become ingrained in the collective consciousness of football fans everywhere. Whether it's the joy of witnessing an underdog triumph or the

heartache of a narrow defeat, the World Cup evokes a rollercoaster of emotions that few other events can match.

Beyond the action on the pitch, the World Cup is a celebration of diversity and unity. It's a time when nations set aside their differences and come together to revel in the shared joy of the game. Whether I'm exchanging banter with rival fans or bonding with fellow supporters over a love of football, the World Cup fosters a sense of community that transcends cultural boundaries.

Fast forward to the present day, and football has evolved into a multi-billion dollar industry, with professional leagues, international competitions, and cutting-edge technology shaping the sport. The recent 2023 FIFA Club World Cup, held in Saudi Arabia, exemplified football's global reach and competitive spirit. As the last seven-team edition before expansion to 32 teams in 2025, the tournament showcased the best club teams from around the world, culminating in a thrilling final where Manchester City emerged victorious over Fluminense, claiming their first title in emphatic fashion.



As the countdown to kickoff begins, I eagerly await the spectacle that is the FIFA World Cup. For me, it's more than just a tournament; it's a celebration of football's power to inspire, unite, and captivate the world. And as the world comes together once again to witness footballing history in the making, I couldn't be more excited to be a part of it all.

But football is more than just a game—it's a cultural phenomenon that reflects the values and traditions of communities worldwide. In Brazil, football is a national obsession, ingrained in the fabric of daily life and celebrated with fervor during events like the World Cup. In Europe, football is a way of life, with clubs like Real Madrid and Barcelona embodying the rich history and fierce rivalries of the continent's footballing culture. In Africa, football is a symbol of hope and resilience, providing opportunities for

young talents to rise above adversity and inspire generations to come.

As we look ahead, the future of football is filled with both excitement and challenges. The sport's continued globalization and technological advancements offer new opportunities for growth and innovation. However, issues such as corruption, inequality, and racism remain pressing concerns that must be addressed to safeguard the integrity of the game.

In conclusion, football's journey through time, culture, and passion is a testament to the enduring power of sport to inspire and unite. From ancient origins to modern-day mega-events, football has transcended borders and touched the lives of countless individuals around the world. As we celebrate the beautiful game and all it represents, let us remember that football is more than just a sport—it's a shared experience that brings us together, now and for generations to come.



Navratri and Dussehra: Celebrating the Triumph of Good over Evil

Gunav Chugh

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Navratri, a vibrant and auspicious festival, marks the triumph of good over evil, culminating in the joyous celebration of Dussehra. This Hindu festival, observed over nine nights and ten days, is dedicated to the divine feminine energy, symbolized by Goddess Durga. Navratri typically falls in September or October, with the grand finale, Dussehra, concluding the festivities.

The Navratri Journey:

Devotion and Rituals:

Navratri commences with fervent prayers to Goddess Shailaputri, an incarnation of Durga. Devotees participate in elaborate rituals, including fasting, dancing, and nightly performances of traditional Garba and Dandiya Raas.

Colors and Garba:

Each day of Navratri is associated with a specific color, adding vibrancy to the celebrations. The evenings come alive with the rhythmic beats of Garba, a traditional dance form that symbolizes the cosmic dance of the goddess.

Goddess in Different Forms:

During the nine nights, different forms of Goddess Durga are worshiped. From the fierce Mahakali to the nurturing Annapurna, each form represents different facets of the divine feminine.

Dussehra - The Triumph of Good:

Victory of Lord Rama:

Dussehra, also known as Vijayadashami, marks the victory of Lord Rama over the demon king Ravana. Effigies of Ravana, Meghanada, and Kumbhakarna are burnt

symbolizing the triumph of righteousness over evil.

Development of Basic Infrastructure: The construction of the temple could lead to development of basic infrastructure such as roads in the region in order to cater to the arrival of pilgrims.

A Time for Reflection:

Dussehra serves as a time for introspection and reflection on one's actions. It encourages individuals to strive for righteousness and stand against the forces of injustice.

Cultural Celebrations:

Across India, diverse cultural events unfold during Dussehra, showcasing traditional art, music, and drama. Ramlila performances, depicting episodes from the Ramayana, are staged with great enthusiasm.

The Significance:

Navratri and Dussehra hold profound spiritual and cultural significance. They emphasize the eternal battle between good and evil and the importance of upholding moral values. The festival fosters unity, as people from various backgrounds come together to celebrate the triumph of light over darkness.

In essence, Navratri and Dussehra are more than mere festivities; they are a reflection of the enduring human spirit in its quest for righteousness and the eternal victory of virtue over vice. As communities unite in prayer, dance, and joy, these festivals become a tapestry weaving together tradition, culture, and the shared belief in the victory of good.



Navratri and Dussehra: A Tapestry of Divine Celebration

Navratri and Dussehra, two intertwined festivals deeply rooted in Hindu tradition, weave a narrative of spiritual significance, cultural vibrancy, and the triumph of good over evil. Lasting nine nights and ten days, Navratri is a journey of devotion culminating in the grand spectacle of Dussehra.

Navratri: Nurturing the Divine Feminine

Divine Goddesses:

Navratri commences with reverential prayers to Goddess Shailaputri, the embodiment of purity and strength. Over the next eight nights, devotees honour various forms of Goddess Durga, each representing distinct facets of divine energy – from the fierce warrior Mahakali to the nurturing Annapurna.

Rituals and Fasting:

Devotees observe rigorous fasting during Navratri, seeking spiritual purification. Elaborate rituals, including the recitation of sacred texts and the performance of aarti, are conducted to invoke the divine blessings.

Garba and Dandiya:

As the sun sets, the air becomes infused with joy and energy during the spirited Garba and Dandiya Raas dances. These traditional folk dances, accompanied by rhythmic music, symbolize the cosmic dance of the goddess and the interconnectedness of life.

Colors of Navratri:

Each day is associated with a specific color, creating a vibrant kaleidoscope of hues. The colors hold symbolic significance, reflecting the qualities of each divine form worshiped during Navratri.

Dussehra: The Grand Culmination

Epic Triumph of Rama:

Dussehra, also known as Vijayadashami, marks the triumph of Lord Rama over the demon king Ravana. This festival symbolizes the victory of righteousness over evil, a theme echoed in the epic Ramayana.

Effigy Burning:

One of the most iconic rituals of Dussehra involves the burning of effigies of Ravana, Meghanada, and Kumbhakarna. The towering effigies, filled with fireworks, burst into flames, symbolizing the destruction of evil forces.

Ramlila Performances:

Throughout the festival, communities engage in Ramlila performances – dramatic enactments of episodes from the Ramayana. These open-air theatrical productions captivate audiences, bringing to life the timeless tale of Lord Rama.

Cultural Extravaganza:

Dussehra is not just a religious celebration but a cultural extravaganza. Across India, diverse cultural events unfold, showcasing traditional art, music, and dance. The festivities create an atmosphere of communal joy and unity.

Significance and Reflection:

Navratri and Dussehra are not merely rituals; they embody profound spiritual and cultural significance. They encourage introspection, fostering a collective commitment to righteousness and justice. The festivals highlight the eternal battle between light and darkness, resonating with the human quest for moral integrity.

In the tapestry of Navratri and Dussehra, communities unite in prayer, dance, and celebration, creating a rich mosaic that reflects the shared values of a diverse society. Beyond the glittering lights and vibrant colors, these festivals carry the timeless message of hope, virtue, and the enduring victory of good over evil.

Navratri and Dussehra: A Deep Dive into Divine Celebrations

India, a land of diverse cultures and traditions, witnesses the grandeur of Navratri and Dussehra, two festivals intricately woven into the fabric of Hindu spirituality and folklore. These celebrations, lasting for nine nights and



culminating in the exuberant festivities of Dussehra, carry profound meanings, symbolizing the triumph of good over evil, the cosmic dance of the goddess, and the essence of cultural unity.

Navratri: A Spiritual Odyssey

Divine Feminine Energy:

Navratri begins with the worship of Goddess Shailputri, the embodiment of purity and strength. Over the subsequent eight nights, devotees traverse a spiritual journey, paying homage to different forms of Goddess Durga, each representing a unique facet of divine energy.

Rituals and Devotion:

Devotees engage in intricate rituals, pujas, and vratas (fasting) during Navratri. This period becomes a time of deep spiritual introspection, fostering a connection with the divine through prayer, meditation, and acts of kindness.

The Dance of Garba and Dandiya:

As dusk settles, the air resonates with the rhythmic beats of Garba and Dandiya, traditional folk dances that symbolize the cosmic dance of the goddess. Intricate footwork, vibrant costumes, and the infectious energy of these dances create a unique cultural tapestry.

The Colors of Navratri:

Each day is associated with a specific color, representing the divine qualities of the goddess. Communities embrace these colors in their attire, decorations, and rituals, creating a visual spectacle that mirrors the vibrant spirit of the festival.

Communal Celebrations:

Navratri isn't confined to homes or temples; it spills into the streets with community gatherings, fairs, and cultural performances. The joyous celebrations transcend barriers,

uniting people from different backgrounds in a shared cultural experience.

Dussehra: The Grand Culmination

The Victory of Lord Rama:

Dussehra, also known as Vijaydashami, marks the culmination of Navratri with the celebration of Lord Rama's victory over the demon king Ravana. This day signifies the triumph of righteousness and virtue over the forces of evil.

Effigy Burning:

One of the most iconic rituals involves the effigy burning of Ravana, Meghanada, and Kumbhakarna. The towering effigies, filled with fireworks, go up in flames, symbolizing the destruction of malevolence and the purification of the soul.

Ramlila Performances:

Communities engage in Ramlila, a series of dramatic enactments of episodes from the Ramayana. These performances captivate audiences, providing a visual and emotional retelling of Lord Rama's journey and his ultimate victory.

Cultural Extravaganza:

Dussehra transcends religious boundaries to become a cultural extravaganza. From processions to art exhibitions, the festival becomes a showcase of India's rich cultural diversity, emphasizing unity amid myriad traditions.

Reflection and Renewal:

Navratri and Dussehra extend beyond the realm of religious festivities; they become a time for introspection, cultural celebration, and the reaffirmation of shared values. As families come together, communities unite in dance, and effigies burn in symbolic purification, the essence of these festivals embeds itself in the collective consciousness.

In this intricate tapestry of Navratri and Dussehra, spirituality, culture, and folklore intermingle, creating an indelible mark on the cultural landscape of India. The lights twinkle, the beats echo, and the effigies blaze, portraying a timeless story of resilience, triumph, and the eternal dance of the divine.

Test and Taste your Fast Food an experiment by IIT Guwahati

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In the bustling corridors of the Indian Institute of Technology Guwahati (IIT Guwahati), a team of researchers has unveiled a pioneering device poised to revolutionize the way we approach fast food. This breakthrough innovation holds profound significance in light of the ever-expanding consumption of fast food globally, and the attendant health risks associated with its indulgence.

Fast food has permeated every corner of modern society, lauded for its quick service, tantalizing flavors, and unmatched convenience. Yet, beneath its savory allure lies a potential health hazard, particularly concerning its elevated sugar and carbohydrate content. The repercussions of excessive fast food consumption are dire, with documented links to obesity, diabetes, and cardiovascular ailments.

The escalating trend of fast food consumption knows no boundaries, ensnaring individuals across all age groups, from children to adults. This pervasive phenomenon presents a pressing public health concern, demanding urgent attention and innovative solutions.

Enter the cutting-edge device developed by IIT Guwahati—a game-changer in the realm of dietary assessment. This ingenious gadget empowers users to swiftly gauge the sugar content of fast food items with remarkable accuracy and ease. By simply placing a small sample of the food onto the device, individuals can make informed decisions about their dietary intake, steering

clear of potential health hazards.

At the heart of this revolutionary device lies sophisticated technology and analytical algorithms, meticulously designed to deliver precise results in a fraction of the time. Its sleek and portable design ensures accessibility, enabling users to carry it effortlessly wherever their culinary adventures take them.

The implications of this device extend far beyond individual use. Healthcare professionals stand to benefit greatly from its capabilities, leveraging it to offer personalized dietary guidance to patients and deepen their understanding of the intricate interplay between diet and health outcomes.

Looking towards the horizon, the impact of this device is poised to be transformative. It has the potential to catalyze a seismic shift in dietary practices, ushering in an era of heightened awareness and conscientious consumption. By empowering individuals to make healthier choices, it holds the promise of curbing the epidemic of diet-related illnesses and fostering a culture of well-being and vitality.

In summation, the device developed by IIT Guwahati stands as a beacon of hope in the quest for healthier dietary habits. Its advent heralds a new dawn in the fight against the perils of fast food consumption, offering a glimmer of optimism in an increasingly health-conscious world.



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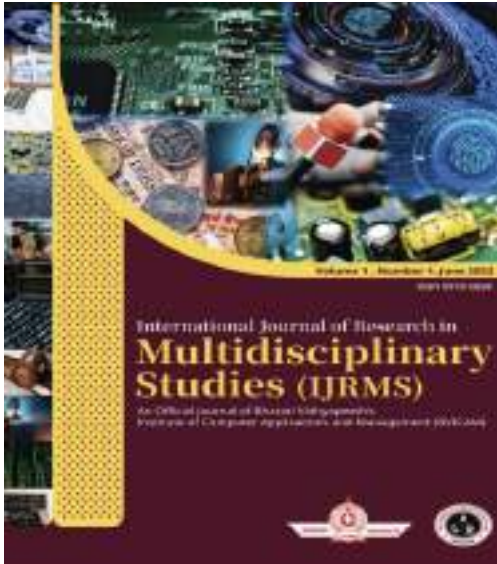
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