Assignment 1: Create a JavaScript object representing a user with properties for name, email, and age. Write functions that manipulate this object, such as changing the name, updating the email, and calculating the user's birth year.

```
let user = {

    name: "John Doe",

    email: "john.doe@example.com",

    age: 30

};

function changeName(newUser) {

    user.name = newUser;

}

function updateEmail(newEmail) {

    user.email = newEmail;

}

function calculateBirthYear() {

    const currentYear = new Date().getFullYear();

    return currentYear - user.age;

console.log( user);

changeName("varun");

console.log( user);

updateEmail("varun@gmail.com");

console.log( user);

const birthYear = calculateBirthYear();

console.log( birthYear);
```