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**Buddhism, Jainism**

**Buddhism:** Buddhism is a spiritual and philosophical tradition that originated in ancient India around the 5th century BCE. It was founded by Siddhartha Gautama, who later became known as Buddha or the "Enlightened One." The core teachings of Buddhism revolve around the Four Noble Truths and the Eightfold Path.

**1. Four Noble Truths:**

- Dukkha (Suffering): Life is characterized by suffering, dissatisfaction, and imperfection.
- Samudaya (Origin of Suffering): Suffering arises from attachment, desire, and ignorance.
- Nirodha (Cessation of Suffering): Suffering can be overcome by eliminating attachment and desire.
- Magga (Path to the Cessation of Suffering): The Eightfold Path is the way to end suffering and attain enlightenment.

**2. Eightfold Path:** The Eightfold Path consists of ethical and mental guidelines that Buddhists follow to achieve enlightenment (nirvana). It's divided into three categories:

- Wisdom: Right Understanding and Right Intention.
- Ethical Conduct: Right Speech, Right Action, and Right Livelihood.
- Mental Development: Right Effort, Right Mindfulness, and Right Concentration.

Buddhism encompasses various schools and traditions, including Theravada, Mahayana, and Vajrayana, each with its own interpretations and practices.

**Jainism:** Jainism is another ancient Indian spiritual tradition that emphasizes non-violence (ahimsa), truth (satya), non-possession (aparigraha), and other ethical principles. It was founded by Mahavira, a contemporary of Buddha, around the 6th century BCE. Jainism is particularly known for its strict adherence to non-violence and respect for all forms of life.

Key aspects of Jainism include:

1. **Ahimsa (Non-violence):** This principle dictates not causing harm to any living being, whether through actions, words, or thoughts.
2. **Anekantavada (Non-absolutism):** Jainism acknowledges the multi-sided nature of reality and promotes an open-minded approach to understanding truth. Reality is viewed as having multiple perspectives.
3. **Aparigraha (Non-possession):** Jains practice minimalism and renunciation of material possessions to reduce attachment and desires.
4. **Moksha (Liberation):** The ultimate goal of Jainism is to attain liberation (moksha) from the cycle of birth and death (samsara) by following a path of spiritual purification and self-realization.

Jainism is divided into two main sects: Digambara and Svetambara. The Digambara sect emphasizes complete nudity as a symbol of renunciation, while the Svetambara sect allows its monks and nuns to wear simple white robes.

Both Buddhism and Jainism have significantly influenced Indian culture, philosophy, and ethics, and they continue to have followers and practitioners around the world.