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SHAKTI UTTHAN ASHRAM LAKHISARAI
CLASS 6th SUBJECT S.SCI

Buddha's TEACHING

The Buddha taught that life is full of suffering and unhappiness. Even if we get what we want, we are not satisfied and want even more. The Buddha described this as thirst or tanha. He taught that this constant craving could be removed by following moderation in everything. He also taught people to be kind, and to respect the lives of others, including animals. He believed that the results of our actions (called karma), whether good or bad, affect us both in this life and the next.

Upanishads

Upanishad means 'approaching and sitting near'. The texts contained in the Upanishad were the conversations between teachers and students.

1. Most Upanishadic thinkers were men, especially brahmins and rajas.
2. There is mention of women thinkers, such as Gargi, who was famous for her learning and participated in debates held in royal courts.
3. Many of the ideas of the Upanishads were later developed by the famous thinker Shankaracharya.

READ THE ABOVE ARTICLE CAREFULLY AND TRY to UNDERSTAND AND GIVE THE ANSWER OF THE FOLLOWING QUESTIONS

1.WHAT IS THE UPANISHADS?

2.WRITE THE TEACHING OF BUDDHAS?