

VIDYA BHAWAN BALIKA VIDYAPITH

CLASS _6

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SUBJECT- SST

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Ncert based

The story of Buddha

About 2500 years ago, Siddhartha the founder of Buddhism was born. He was also known as **Gautama** Buddha. The Buddha belonged to a small gana known as the Sakya gana, and was a kshatriya. When he was a young man, he left the comforts of his home in search of knowledge. He meditated for days on end under a peepal tree at Bodh Gaya in Bihar, where he attained enlightenment. After that, he was known as the Buddha or the Wise One. He then went to Sarnath, near Varanasi, where he taught for the first time. He spent the rest of his life travelling on foot, going from place to place, teaching people, till he passed away at Kusinara.

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.