



B B U D D H A

THE BEAM OF ENLIGHTENMENT TO LIFE!



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ACKNOWLEDGEMENT

What you **think**, you become

What you **feel**, you attract

What you **imagine**, you create!

In this crucial time of fear and uncertainty, these words of Lord BUDDHA remind Us not to lose hope till we achieve our goal. India has also been blessed by the presence and Teaching of Lord Buddha who advocated eternal peace and to embrace the right way of living.

On 7th May 2020, we celebrate Buddha Purnima and on this day MGMIHS has made us remind of their contribution in India's rich culture and Heritage and imbibe their teachings in our lives.

Thankyou MGMIHS for giving me a platform to promote the culture in remembrance of Lord Buddha.



What Do I Know About Buddhism?

Buddhism is a philosophy of life expounded by Gautama Buddha (“Buddha” means “enlightened One”), who lived and taught in India in the 6th century B.C.

The philosophy of Buddhism does not entail any theistic world view. The teachings of the Buddha are aimed solely at liberating sentient beings from suffering.

The Basic Teachings of Buddha which are core to Buddhism are:

- The Three Universal Truths;
- The Four Noble Truths; and
- The Noble Eightfold Path.



Three Universal Truths

1. **Nothing Is Lost In The Universe.**

Universe as a whole constitutes innumerable and uncountable entities. New things are being created everyday, the old ones being present and not lost. Just like the physics theory of Energy? Energy is neither created nor destroyed but is converted from one form into another.

2. **Everything Changes.**

Well, we all are aware about Change in some way or another. We often hear nothing is constant, everything changes. Change is constant.

3. **The Law Of Cause And Effect.**

'As you sow, so shall you reap' isn't this what all of us have been taught since childhood? Whatever results (Effect) we get are outcomes of own deeds (Cause).

Four Noble Truths Exploring Human Suffering

DUKKHA

- Suffering exists: Life is suffering. Suffering is real and almost universal. Suffering has many causes: loss, sickness, pain, failure, and the impermanence of pleasure.

SAMUDAYA

- There is a cause of suffering. Suffering is due to attachment. It is the desire to have and control things. It can take many forms: craving of sensual pleasures; the desire for fame; the desire to avoid unpleasant sensations, like fear, anger or jealousy.

NIRODHA

- There is an end to suffering. Attachment can be overcome. Suffering ceases with the final liberation Nirvana (Nibbana). The mind experiences complete freedom, liberation and non-attachment. It lets go of any desire or craving.

MAGGA

- In order to end suffering, you must follow the Eightfold Path. This is a path for accomplishing life goal

THE EIGHTFOLD PATH

1. **Samma ditthi** : Right Understanding of the Four Noble Truths. Right View is the true understanding of the four noble truths

2. **Samma sankappa**: Right thinking; following the right path in life. Right Aspiration is the true desire to free oneself from attachment, ignorance, and hatefulness.

3. **Samma vaca**: Right speech: No lying, criticism, condemning, gossip, harsh language. Right Speech involves abstaining from lying, gossiping, or hurtful talk.

4. **Samma kammanta** Right conduct or Right Action involves abstaining from hurtful behaviors, such as killing, stealing, and careless sex. These are called the Five Precepts.

5. **Samma ajiva**: Right livelihood: Support yourself without harming others. Right Livelihood means making your living in such a way as to avoid dishonesty and hurting others, including animals.

6. **Samma vayama**: Right Effort: Promote good thoughts; conquer evil thoughts. Right Effort is a matter of exerting oneself in regards to the content of one's mind: Bad qualities should be abandoned and prevented from arising again. Good qualities should be enacted and nurtured.

7. **Samma sati**: Right Mindfulness: Become aware of your body, mind and feelings. Right Mindfulness is the focusing of one's attention on one's body, feelings, thoughts, and consciousness in such a way as to overcome craving, hatred, and ignorance.

8. **Samma samadhi**: Right Concentration: Meditate to achieve a higher state of consciousness. Right Concentration is meditating in such a way as to progressively realize a true understanding of imperfection, impermanence, and non-separateness



Principle Of Non-violence

We all know today's condition where violence has taken over almost everywhere we see around, may it be physical one or mental leading to social disharmony.

Buddha preached non-violence. He emphasized that nonviolence was the golden principle which a man should cultivate in his life. He denied killing of animals. Of course, he advised his followers to take meat whenever it was a must to save one's life. He was the classic example in this matter when he took the mat of a pig offered to him by one of his disciples. Buddha was the embodiment of love and non-violence.



Opposition To **Caste** System

Today in some places of world, even in India – discrimination based on caste still exists!

Buddha vehemently opposed the caste system. He emphasized that a man is known by his own quality and character but not by his birth. If a man belonging to high caste performs a sin where lies his greatness? So, there should not be any caste distinction in the society. He allowed all castes including the aboriginals to enter into his Sangha. Thus, Buddha was a crusader and fought against the caste system, which was one of the evil practices of ancient India. That is why, Buddha is called as “The Luther of India’.

Due to his charming personality and simplicity in his religion. Buddhism grew from strength to strength. With the gradual march of time by the patronage of kings like Ashok, Kaniska and Harsha Vardhan, Buddhism spread in the nook corner of India. In due course of time, it also crossed the barrier of India and spread to other parts of the world.



NEED OF THE HOUR

Today world has not doubt grown closer due to inventions in technology and research fields, but the fact that emotional connect with each other has begun to distant on same pace cannot be ignored. In the time of hurry and busy life, what we also need is few hours of meditation and prayers.

Turning the pages of Buddhism one will surely realize what value those principles have in our present life and their importance and need of implementing them currently. It explains us so many things like avoid violence, avoid lies, avoid intoxicating agents, being grateful in whatever you have and offers simple and ideal way of life in a very appropriate and convincing manner. Understanding and Adopting these ideal will surely help us achieve main goal of life!

THANKYOU!



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