

Role of Buddhism and Jainism in promoting Peace and Harmony: An appraisal

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The quintessential facets where Buddhism and Jainism converge are their emphasis on peace and harmony; both *interse* the follower and vis-à-vis the follower with the rest of the universe. The main propagators of the two religious orders; *Buddha* and *Mahavira* are living examples of how individual beings should strive to maintain the harmonious balance between itself and nature which principally arises from these two features meant to be imbibed in every human action or inaction.

In this paper we examine the Buddhist and Jain doctrines and their impetus on human action being governed by non-violent and peaceful actions and their consequential impact towards evolution of a balanced, just and harmonious social order. The paper enunciates the need to revisit these aspects which are all the more crucial today when the world seems to be polarized with scant regard for human values and rights. These core aspects of Buddhism and Jainism are perhaps ideally suited to lead the path towards a sustainable social order.

This world is running on the pillars of Peace and Harmony from the very existence of it. Every being wants happiness in their life, business, society, family and in all spheres. Religion by its different aspect became helpful from the ancient time to contemporary. I will discuss the different aspects of Peace and Harmony in our life as well as our surroundings through Jainism and Buddhism from early history to Contemporary World.

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