```java
public class StrBuff {

    public static void main(String[] args) {

        StringBuffer sb1 = new StringBuffer("Hello");
        StringBuffer sb2 = new StringBuffer("hello");
        StringBuffer sb3 = new StringBuffer("Welcome to Java Programming");
        StringBuffer sb4 = new StringBuffer("World");
        StringBuffer sb5 = new StringBuffer("HELLO");
        StringBuffer sb6 = new StringBuffer("This was a Program");

        System.out.println("sb1 -> "+sb1);
        System.out.println("sb2 -> "+sb2);
        System.out.println("sb3 -> "+sb3);
        System.out.println("sb4 -> "+sb4);
        System.out.println("sb5 -> "+sb5);
        System.out.println("sb6 -> "+sb6);

        System.out.println("Length of sb1 -> "+sb1.length());
        System.out.println("Capacity of sb1 -> "+sb1.capacity());

        System.out.println("Character at index 1 of sb2 -> "+sb2.charAt(1));
        sb2.setCharAt(1,'i');
        sb2.setLength(2);
        System.out.println("sb2 after modification -> "+sb2);

        int start = 11;
        int end = 15;
        char buf[] = new char[end - start];
        sb3.getChars(start, end, buf, 0);
        System.out.println(buf);

        System.out.println("Appending sb4 to sb1 -> "+sb1.append(sb4));
        System.out.println("Inserting sb2 into sb3 -> "+sb3.insert(0, sb2+" "));
        System.out.println("Reversing sb5 -> "+sb5.reverse());
        System.out.println("Replace 'was' with 'is' in sb6 -> "+sb6.replace(5, 8, "is"));
        System.out.println("Substring of sb3 -> "+sb3.substring(14, 18));
    }

}
```