

program to create strings and display the conversion of string to StringBuffer and StringBuilder

```
public class StringConversionExample {  
  
    public static void main(String[] args) {  
  
        String str = "This is a string";  
  
        StringBuffer strBuffer = new StringBuffer(str);  
  
        strBuffer.append(" and this is a StringBuffer");  
  
        String strFromBuffer = strBuffer.toString();  
        System.out.println("String from StringBuffer: " + strFromBuffer);  
  
        StringBuilder strBuilder = new StringBuilder(str);  
  
        strBuilder.append(" and this is a StringBuilder");  
  
        String strFromBuilder = strBuilder.toString();  
        System.out.println("String from StringBuilder: " + strFromBuilder);  
    }  
  
}
```