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Namaskar mahara ■

Will clarify ur doubts

Kashmir valley was once a vast lake, Satisar in which Goddess Parvati sailed in a pleasure boat. In her honour the lake was known as Satisar, the tarn of a chaste woman

Then why is it called "Kash-Mir", history has many versions this is a Hindu one. And Kashmir truly became Hindu in 6-7th century and sustained that for 600 years. Earlier than that Kashmiris were Buddhists.

— Faisal Shah (@haltandsturt) [April 29, 2021](#)

But there dwelt in the lake a cruel demon Jaldeo who destroyed all life in the lake and rendered the country waste. When the inhabitants of the valley, the Nagas (half human half snake) appealed to Lord Vishnu for help, he sent Kashyapa to help the Nagas get rid of Jaldeo.

As Jaldeo entrenched himself in low ground, Goddess Parvati, took form of myna and dropped a pebble on him which grew as large as a mountain and crushed Jaldeo to death. The mountain is now known as Hari Parbat, Mountain of Goddess Sharika or Parvati.

The valley came to be known as Kashafmar, home of Kashyapa and now called as Kashmir. The ancient Greeks called it "Kasperia," and the Chinese pilgrim Hiun-Tsang who visited the valley in the 7th century AD called it "Kashimilo."

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