After great Kurukshetra war between Kouravas and Pandvas in Dwapara Yuga, The great seer and warrior, Sri Bheeshma pitamaha was lying on Shara-Shayya (bed of arrows) waiting for Uttarayan Puñ yakalam, for leaving his body and merge with the Supreme Being. During that period as per the direction of Lord Sri Krishna, Dharmaraja went to Sri Bheeshma Pitamaha several times and learnt several Dharmas from him. Sri Krishna Paramatma along with Pandavas went to Bheeshma Pitamaha and requested him to clear DHARMA SAMSHAYAS of Pandavas as an Acharya. It is in this occasion that Sri Vishnu Sahasra Nama was revealed to the World by Bheeshma Pitamaha on Sukla paksha Ekadasi day in the month of Magha masa, according to the lunar calendar. It is known as Bheeshma Ekadasi, in the honor of Bheeshma Pitamaha, who is also an ardent devotee of Lord Sri Krishna. Vishnu Sahasra Nama Stotram is the Moolamantra that consists of thousand names of Lord Sriman Narayana.