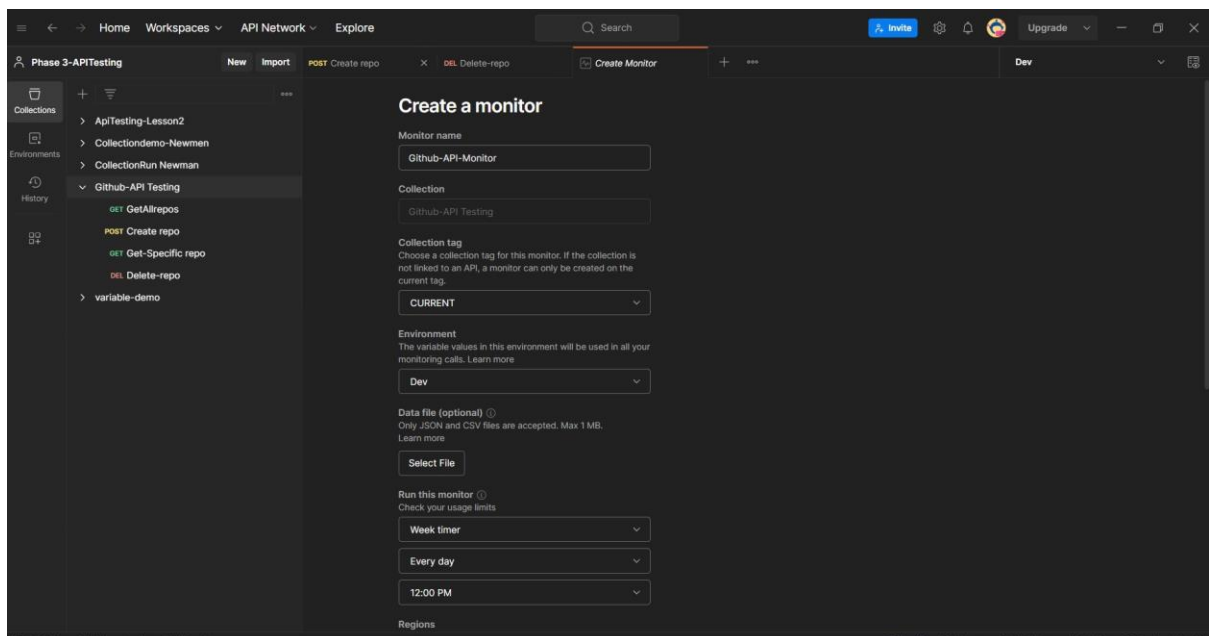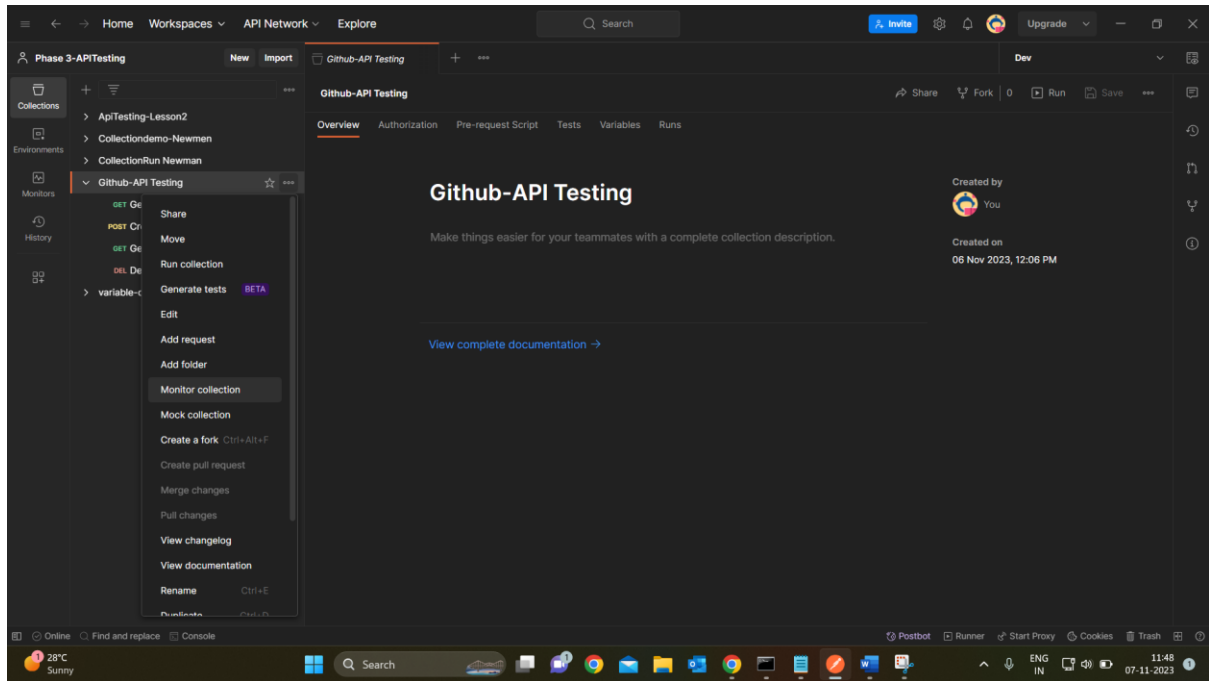Postman monitors gives continuous visibility into the health and performance of your APIs.

To set monitors: right click on collection -> Monitor collection -> create monitor

In the above step just provide the details as required and click on create monitor

After clicking on run or after on schedule time the requests will be automatically being executed and provide the below response.