



LET'S GET THE SHOW ON THE ROAD: BE ALERT BEFORE IT HURTS!!!



In the garden of road safety, we sow the seeds of awareness. The Road Safety Awareness Camp, organized by Monark University, which was held on 11th January 2023 with the objective of promoting road safety and encouraging responsible behavior among the community. The event aimed to raise awareness about traffic rules and provide necessary support to individuals.



To engage with individuals who were not following traffic rules, the camp initiated a unique approach by distributing roses. Volunteers identified individuals violating traffic regulations and handed them roses with a message of concern and encouragement. Considering the upcoming Uttarayan festival, known for kite flying, the camp provided free safety wires to two-wheeler riders.

To Inhale the Inner Peace and Exhale the stress, Yoga Day was celebrated in MU campus to promote health and well-being. The event aimed to create awareness about the physical, mental, and spiritual benefits of yoga and provide an opportunity for students, faculty, and staff to embrace a holistic approach to wellness. The campus buzzed with positive energy as participants gathered to engage in various yoga practices and explore the transformative power of this ancient discipline.

Stretch, Breathe, Align: Embrace Yoga's Divine Design!



Yoga experts and instructors conducted interactive sessions, introducing participants to different forms of yoga. From Hatha to Vinyasa, Kundalini to Ashtanga, participants had the opportunity to experience and learn various yoga techniques under the guidance of experienced practitioners. From graceful asanas (postures) to synchronized group sequences, the campus came alive with the fluidity and harmony of yoga movements.

Soar High, Celebrate the Sky!!



To Transform the sky into a canvas, The vibrant and exhilarating Kite Festival took place at MU Campus. This grand celebration brought together students, faculty, and staff in a joyous event where the skies came alive with a myriad of colours and soaring kites. The campus was filled with enthusiasm and excitement as participants showcased their kite-flying skills and indulged in friendly competitions.