



स्वामी राम हिमालयन विश्वविद्यालय
Swami Rama Himalayan University

Criterion 1 - Curricular Aspects

1.1.1 Outcome Analysis of POs, COs
B. Sc. Yoga Science and Holistic Health
(2020-2023)

Himalayan School of Yoga Sciences

Swami Rama Nagar, Jolly Grant, Dehradun 248016, Uttarakhand, India

A. Program Outcomes

After successful completion of the program, graduating students/graduates will able to:

PO1	Integrate and apply knowledge of yoga and spiritual evolution for the practice of yoga as healthcare therapy. Use modern tools and techniques in developing yoga speciality centers.
PO2	Design advanced yoga based therapies to meet identified needs within economic, environmental and social constraints.
PO3	Instill the intellectual skills to analyze and solve healthcare disorders through designing specific yoga therapies
PO4	To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders.
PO5	Demonstrate an understanding of professional ethics in yoga science to avoid biological controversies.
PO6	Promote the awareness for positive health and personality development in the society through yoga awareness programmers/training sessions.




B. Course-wise CO-PO Mapping

Mapping factor or Correlational level between Course Outcome (CO) and Program Outcomes (PO) indicates to what extent the teaching and assessment method of CO correlates/contributes the PO at the level defined below:

Corelation Level	Particulars
3	Substantial/high contribution of CO towards PO
2	Moderate contribution of CO towards PO
1	Slight/low contribution of CO towards PO

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS101	Foundations of Yoga - I						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO1	Students of the UG Programme will have an understanding about origin, history and development of Yoga.	2			1	2	1
CO2	They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas. Introduction about Yoga according to various yogic texts.	3	2	2	2	2	2
CO3	To make the students aware the different aspects of Holistic Health	2	3	3	2	2	3
CO4	Students will be able to lean Traditional Indian Yoga systems.	3	3	2	3	3	2
CO5	Students will gain in-depth understanding of fundamental and applied scientific concepts and methods of Yogic Science and allied Science	1	1	2	2	3	1
CO6	Student of yoga sciences & Holistic Health can find a career to teach and spread the knowledge in schools, colleges, health centers	2	2	1	1	2	2
Course-wise PO Average		2.167	1.833	1.667	1.833	2.333	1.833



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS102	Principles Of Hatha Yoga – I						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To make the students understand about pre-requisites, principles about Hatha yoga.	2	2	1	1	2	2
CO 02	Students will understand the relationship between Raja yoga and Hatha Yoga.	1	1	3	1	1	2
CO 03	Students will have an understanding about the concept of yoga in other yogic texts.	2	1	1	2	1	1
CO 04	Students will be able to give an introduction of Hatha yoga	1	3	2	1	1	1
CO 05	Students will be able to have an understanding of the prerequisites of Hatha Yoga	2	2	1	2	3	1
CO 06	Students will be able to learn methods of performing asanas, pranayama, mudras and bandhas	1	3	1	3	2	1
Course-wise PO Average		1.500	2.000	1.500	1.667	1.667	1.333

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS103	Human Anatomy and Physiology- I						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO1	To know about the structure of the body	1	2	3	3	2	2
CO2	To know about the necessary functions of the body	2	3	2	2	1	2
CO3	To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga	2	2	1	2	3	1
CO4	Students will have basic understanding of the human Anatomy.	2	2	3	1	1	2
CO5	Students will be able to understand the physiological functions	2	2	1	2	2	2
CO6	Students will be able to explain the physiology of Yoga practices.	2	3	2	1	2	2
Course-wise PO Average		1.833	2.333	2.000	1.833	1.833	2.167



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS104	Basics Of Sanskrit						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Read and understand the colloquial words of Sanskrit	2	1	1	2	1	1
CO 02	Communicate and comprehend Sanskrit to the best of their ability.	1	2	1	3	2	2
CO 03	Write in Sanskrit and have some idea about grammar.	2	1	3	1	1	1
CO 04	Students will be able to interpret the Vedic text by the help of these etymologies	3		2	1	2	3
CO 05	Students will be able to write an essay in Sanskrit, & their language-skill will be developed.	3	2	1	1	2	2
CO 06	Students will translate English or Hindi in Sanskrit & they will learn Sanskrit Melody	1	1	3	2	1	2
Course-wise PO Average		2.000	1.167	1.833	1.667	1.500	1.833

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS105	Yoga Practical - I						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Make the students recite the Vedic hymns skillfully.	3	2	2	1	3	1
CO 02	Understand the concept and principles of Shatkarmas.	1	2	1	1	2	1
CO 03	Know and understand about breathing practice.	1	1	2	2	1	2
CO 04	Students will be familiar with the systems of Yoga styles.	2	2	2	2	1	1
CO 05	Students will have experience about the human body using demonstrations of Shatkarma, Pranayama and Breathing Practices.	1	1	2	2	3	3
CO 06	Students will understand the organization of the body with respect to structural components.	2	1	2	1	2	2
Course-wise PO Average		1.667	1.500	1.833	1.500	2.000	1.667



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS106	Yoga Practical - II						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand the concept and principles of Sukshma and Sthula vyayma.	2	2	3	2	1	1
CO 02	Explain and demonstrate the above mentioned practices skillfully.	2	1	2	3	2	2
CO 03	Have a in depth understanding about Surya namaskara and Yogasanas.	3	2	2	3	1	2
CO 04	Students will be familiar with the systems of Joints and Glands	2	1	2	1	2	3
CO 05	Students will be given a hand on experience about the human body using demonstrations.	2	1	2	2	1	2
CO 06	Students will understand the organization of the body with respect to structural components.	1	2	2	3	2	2
Course-wise PO Average		2.000	1.500	2.167	2.333	1.500	2.000

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS107	Human Anatomy and Physiology Practical -I						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Make students familiar with the systems of the body.	2	1	2	3	2	2
CO 02	Give a hand on experience about the human body using models, charts and pictures	1	2	2	3	2	2
CO 03	Make students understand the organization of the body with respect to structural components.	2	2	1	2	2	3
CO 04	Students will understand the physiological functions	2	1	3	1	2	2
CO 05	Students will understand the underlying mechanism of changes in body due to Yoga practice	2	1	2	3	2	2
Course-wise PO Average		1.800	1.400	2.000	2.400	2.000	2.200



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS201	Foundations Of Yoga – II						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To conceptualize the therapeutic benefits of yoga based on the insights of Yoga texts	2	1	2	3	2	2
CO 02	To understand the concept and principles of Yoga therapy across various Yoga texts	1	2	1	2	1	2
CO 03	To understand the fundamental components of Yoga required for a Yoga practitioner	3	2	1	2	2	3
CO 04	Students will have in-depth understanding of fundamental and applied scientific concepts and methods of Yogic Science and allied Sciences	2	3	2	1	1	2
CO 05	Student of yoga sciences & Holistic Health can find a career to teach and spread the knowledge in schools, colleges, health centers	2	1	1	2	3	2
Course-wise PO Average		2.000	1.800	1.400	2.000	1.800	2.200

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS202	Principles of Hatha Yoga- II						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To learn methods of performing asanas, pranayama, mudras and bandhas	2	2	1	3	1	2
CO 02	To introduce the principles of Hatha Yoga	1	1	2	1	2	2
CO 03	To introduce essential Hatha Yoga text	2	2	1	3	1	1
CO 04	Students well have an understanding about pre-requisites, principles about Hatha yoga.	1	1	1	2	1	2
CO 05	Students will understand the relationship between Hatha and Raja yoga.	1	1	2	1	2	1
CO 06	Students will understand the concept of yoga described in different yogic texts.	1	2	1	2	1	2
Course-wise PO Average		1.333	1.500	1.333	2.000	1.333	1.667



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS203	Human Anatomy And Physiology-II						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To know the basic functions of the body	2	2	1	3	1	2
CO 02	To give brief idea about the diseases related to each system	2	1	2	3	2	1
CO 03	To make the student understand the involvement of their body parts while practicing various postures of yoga	2	1	2	1	3	2
CO 04	Students will have a basic understanding of the human anatomy	2	1		1	1	1
CO 05	Students will understand human physiology	1	2	1	2	3	2
CO 06	Students will have a deeper understanding of the effect of yoga practice on human body.	1	2	1	1	3	2
Course-wise PO Average		1.667	1.500	1.167	1.833	2.167	1.667

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS204	Human System According To Yoga						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Students of the UG Programme will have an understanding about Human System according to yogic texts.	2	1	1	2	2	1
CO 02	Students shall have an idea about commonalities of the concept across the texts	1	1	2	1	3	2
CO 03	Student will be able to learn the importance of Prana and Chakra	2	2	3	2	1	3
CO 04	Student will be able to learn the importance of Tri-Sharir	1	2	1	2	1	2
Course-wise PO Average		1.500	1.500	1.750	1.750	1.750	2.000



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS205	Yoga Practical - III						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand the principle and practice of Yogic practices.	1	2	1	1	2	3
CO 02	To experience the changes in human body using demonstrations of pranayama, shatkarma. and meditation	3	2	1	1	2	1
CO 03	Have an understanding about the practices that help practitioners to lead to meditation.	2	1	2	1	3	2
CO 04	Students will be familiar with the systems of Yoga.	1	2	1	2	1	2
CO 05	Students will have an experience about the human body using demonstrations of pranayama, shatkarma. And meditation	2	3	2	2	2	1
CO 06	Students will have an understanding about the practices that help practitioners to lead to meditation	1	2	1	3	2	2
Course-wise PO Average		1.667	2.000	1.333	1.667	2.000	1.833

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS206	Yoga Practical - IV						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand the principle and practice of different type of Yogasanas.	2	1	1	2	3	1
CO 02	Demonstrate each Asana and explain its procedure.	1	3	2	1	1	3
CO 03	Explain the benefits, limitation and subtle points of each practice.	2	1	2	1	2	1
CO 04	Students will be familiar with the systems of Yoga styles.	1	2	3	2	2	1
CO 05	Students will make students understand the organization of the body with respect to structural components.	2	2	1	3	1	2
CO 06	Students will understand the principle and practice of Yoga.	1	1	2	1	2	2
Course-wise PO Average		1.500	1.667	1.833	1.667	1.833	1.667



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS207	Human Anatomy And Physiology Practical -II						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand the principles and procedure of every experiment.	2	1	2	2	3	1
CO 02	Demonstrate an experiment with the interpretation of the results.	2	1	1	2	2	1
CO 03	Explain the procedure of each step of an experiment skillfully	1	2	1	1	1	2
CO 04	Students will understand the physiological functions	3	1	2	1	2	1
CO 05	Students will be able to explain underlying mechanism of changes in body due to Yoga practice.	1	2	2	2	2	3
Course-wise PO Average		1.800	1.400	1.600	1.600	2.000	1.600

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS301	Patanjal Yoga Darshana – I						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand various modification of mind and the means of inhibiting them.	1		1	2	1	1
CO 02	Have an understanding about the essence of Samkhya & Samadhi Pada.	2	1	2	1	1	1
CO 03	To make the student understand Yoga Darshan Philosophy.	1	2	1	2	1	1
CO 04	Students will understand tan overview of the Patanjali Yoga Sutras	3	1	1	1	1	1
CO 05	Students will be able to teach the essence of the Patanjali Yoga Sutras	2	1	1	2	1	1
CO 06	After completion of the course students will understand the basics of Samkhya and Yoga darshanas (Philosophies).	1	2	3	1	1	2
Course-wise PO Average		1.667	1.167	1.500	1.500	1.000	1.167

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Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS302	Yoga Education And Teaching Methodology						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To teach teaching techniques to the students		1	2	1	1	1
CO 02	To teach class management and lesson planning	1	1	1	1	1	2
CO 03	To introduce educational tools of yoga teaching	1	1	1	1	1	1
CO 04	Students will learn teaching techniques.	1	1	1	2	1	2
CO 05	Students will be able to teach class management and lesson planning	2	1	2	1	2	1
CO 06	Students will be able to introduce educational tools of Yoga teaching	1	2	1	1	2	2
Course-wise PO Average		1.000	1.167	1.333	1.167	1.333	1.500

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS303	Holistic Health						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic way of life as examples of right living.	3	1	1	2	2	2
CO 02	To teach A SELF TRAINING PROGRAM based on the teachings of HH Swami Rama (STHITPRAGYA)	2	1	3	1	1	2
CO 03	After completion of the course students will be able to introduce the essential elements of a yogic life style based on the teachings of HH Swami Rama	1	1	1	2	3	3
CO 04	After completion of the course students will understand the concept of health and disease	2	2	2	2	1	2
CO 05	After completion of the course students will have an understanding of the concept of ill health and their remedies through yoga	1	2	2	3	3	1
Course-wise PO Average		1.800	1.400	1.800	2.000	2.000	2.000



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS304	Functional English						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To acquire the skill of communicating with others in English.	1	1	2	1	1	2
CO 02	To apply the value of English in diverse field.	1	1	1	2	1	2
CO 03	To understand the approach and theory of English.	2	1	1	1	1	1
CO 04	Students will heighten their awareness of correct usage of English grammar in writing and speaking	1	1	1	1	1	2
CO 05	Students will improve their speaking ability in English both in terms of fluency and comprehensibility	1	2	1	2	1	1
CO 06	Students will be able to understand the values and perspectives available in literary texts that embody the essence of multiple societies and cultures	1	1	2	1	1	1
Course-wise PO Average		1.167	1.167	1.333	1.333	1.000	1.500

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS305	Yoga Practical – V						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand the principle and practice of each practice.	3	1	1	3	2	3
CO 02	Demonstrate each practice skillfully.	2	1	3	2	1	3
CO 03	Explain the procedure, precaution, benefits and limitations of each practice.	3	1	2	2	2	1
CO 04	Students will understand the organization of the body with respect to structural components.	1	1	1	2	3	2
CO 05	Students will understand the principle and practice of Yogic practices.	2	2	3	1	2	2
CO 06	Students will have an understanding about the practices that help practitioners to lead to meditation.	2	1	1	2	1	2
Course-wise PO Average		2.167	1.167	1.833	2.000	1.833	2.167



1.1.1 Outcome Analysis of POs, COs – B.Sc. Yoga Science (2020-2023)

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS306	Yoga Practical - VI						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand the principle and practice of each practice.	2	3	2	3	2	1
CO 02	Demonstrate each practice skillfully.	2	3	2	1	2	3
CO 03	Explain the procedure, precaution, benefits and limitations of each practice.	3	2	1	2	2	1
CO 04	Students will be able to understand the organization of the body with respect to structural components.	2	3	2	2	1	3
CO 05	Students will understand the principle and practice of Yoga	1	2	2	3	2	2
CO 06	Students will have an understanding about the practices that help practitioners to lead to meditation.	2	1	1	2	1	2
Course-wise PO Average		2.000	2.333	1.667	2.167	1.667	2.000

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS307	Holistic Health Practical						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand the concept of health and disease.	2	1	2	3	2	1
CO 02	Have understanding about yogic concepts of health and healing.	2	2	3	1	1	2
CO 03	To make the students understand the concept of Ahara.	3	1	1	2	2	2
CO 04	Students will have an overview of the five sheath human existence	1	2	2	1	2	3
CO 05	After completion of the course students will learn methods of natural healing .	3	2	2	3	3	2
CO 06	Students will understand the concept of Ahara and its role in healthy living	2	2	1	2	2	1
Course-wise PO Average		2.167	1.667	1.833	2.000	2.000	1.833



1.1.1 Outcome Analysis of POs, COs – B.Sc. Yoga Science (2020-2023)

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS401	Patanjal Yoga Darshana-II						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand various modification of mind and the means of inhibiting them.	3	2	201	3	1	2
CO 02	Have an understanding about the essence of Sadhana Pada.	3	2	1	2	1	3
CO 03	Undertand the essence of Vibhuti and Kaivalya pada.	2	2	1	3	2	1
CO 04	Students will be able to differentiate between various types of parinamas (transformations) of Chitta, meditation techniques & Samadhis.	2	1	1	3	1	2
CO 05	Students will be able to explain the meaning and glory of Kaivalya	1	2	2	1	2	1
CO 06	Students will define Mind (from Eastern and Western perspectives) especially the subconscious-mind – its various states and its various expressions in our daily lives	2	2	3	1	2	1
Course-wise PO Average		2.167	1.833	34.833	2.167	1.500	1.667

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS402	Yoga Psychology						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand the necessity and significance of Yoga Psychology	3	1	2	3	1	1
CO 02	Have an understanding about utility of Yoga Psychology in the society	3	2	1	2	1	2
CO 03	Understand human behavior with regard to Yoga Therapy	2	2	1	1	2	3
CO 04	Students will understand the concept of yoga and psychology	3	1	2	3	1	2
CO 05	Students will be able to teach the concept of yoga and personality development	1	3	1	1	2	1
CO 06	Students will understand the concept of yoga and stress management	2	1	1	1	2	3
Course-wise PO Average		2.333	1.667	1.333	1.833	1.500	2.000



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS403	Yoga Diet & Nutrition						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Brief understanding of Diet & Nutrition as per Yogic Texts	3	2	1	1	2	2
CO 02	To understand the Yogic Concept of Diet & Nutrition	3	2	1	2	2	2
CO 03	Plan a community intervention based upon a needs assessment	2	1	2	2	1	2
CO 04	Advocate for a public policy related to nutrition programs or health care	1	2	3	2	1	2
	Course-wise PO Average	2.250	1.750	1.750	1.750	1.500	2.000

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS404	Fundamentals Of Ayurveda						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Brief understanding of Tridosha, Saptadhatu, Agni & Mala as per Ayurveda	3	2	1	1	2	3
CO 02	To make Yoga students aware about the fundamental principles of Ayurveda for prevention of diseases and maintenance of health	3	2	1	3	2	3
CO 03	After learning the proposed Programme, B.Sc. Yoga students will be able to use the applied aspect of Ayurveda with Yoga for holistic health and healing	2	2	2	3	2	2
CO 04	Students will be able to recommend the community right Ahara & Vihara	1	1	1	2	1	1
	Course-wise PO Average	2.250	1.750	1.250	2.250	1.750	2.250

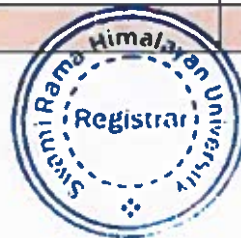
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1.1.1 Outcome Analysis of POs, COs – B.Sc. Yoga Science (2020-2023)

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS405	Yoga Practical - VII						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand the principle and practice of each practice.	3	1	1	2	2	2
CO 02	Demonstrate each practice skillfully.	3	1	1	2	3	2
CO 03	Explain the procedure, precaution, benefits and limitations of each practice.	2	3	2	3	2	2
CO 04	Student will be familiar with the systems of Yoga styles.	3	3	2	2	1	2
CO 05	Students will understand the organization of the body with respect to structural components.	2	2	1	2	2	3
CO 06	Have an understanding about the practices that help practitioners to lead to meditation	3	1	3	2	2	2
Course-wise PO Average		2.667	1.833	1.667	2.167	2.000	2.167

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS406	Yoga Practical - VIII						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand the principles and practices of teaching methods of Yoga.	3	2	2	2	1	3
CO 02	Have an in depth understanding about session and lesson planning and class room arrangements.	3	1	2	3	2	2
CO 03	Have an idea about the different tools used in Yoga teaching	2	1	1	1	2	1
CO 04	Student will illustrate a lesson plan..	1	2	3	2	3	3
CO 05	Students will applying different types of teaching methods	2	3	2	1	2	2
CO 06	The student will have demonstrations and training in the above mentioned aspects of teaching methods.	1	2	1	2	1	1
Course-wise PO Average		2.000	1.833	1.833	1.833	1.833	2.000



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS407	Ayurveda Practical						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Brief understanding of Tridosha, Saptadhatu, Agni & Mala as per Ayurveda	3	2	1	2	3	2
CO 02	To make Yoga students aware about the fundamental principles of Ayurveda for prevention of diseases and maintenance of Holistic Health	3	2	3	1	2	2
CO 03	After Practical learning the proposed Programme, B.Sc. Yoga students will be able to use the applied aspect of Ayurveda with Yoga for holistic health and healing	2	3	1	2	1	1
CO 04	Students will be able to treat the patient through Panchkarma	1	1	2	2	1	2
Course-wise PO Average		2.250	2.000	1.750	1.750	1.750	1.750

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS501	Bhagavadgita						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To give comprehensive knowledge about therapeutic basis of yoga as mentioned in ancient classical texts such as Bhagavadgita	2	1	2	3	2	1
CO 02	To teach the essence of the principal Upanishads	3	2	1	2	1	3
CO 03	Students will be able to practice Yoga according to the principles of Upanishads	2	3	2	2	1	2
CO 04	Students will practice holistic living according to Upanishads and Gita	2	2	3	1	2	1
Course-wise PO Average		2.250	2.000	2.000	2.000	1.500	1.750



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYSS02	Yogic Principles And Practices Of Healthy Living						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To create awareness for healthy living according to Yoga	2	3	2	1	3	1
CO 02	To introduce the essential elements of a yogic life style	1	2	3	2	2	1
CO 03	Students will understand the concept of health and disease	2	1	3	2	2	2
	Students will have an understanding of the concept of ill health and their remedies through yoga	1	2	1	3	2	3
CO 04	Students will have an understanding of the concept of ill health and their remedies through yoga	3	2	3	2	3	3
Course-wise PO Average		1.800	2.000	2.400	2.000	2.400	2.000

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYSS03	Fundamentals Of Biochemistry						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 02	To understand Bio-chemistry for research purpose in Yoga Therapy	3	2	2	3	2	3
CO 03	To understand about the protein, carbohydrate, lipid metabolism	1	2	1	2	1	1
CO 04	Students will have an understanding of the role of Biochemistry and its test as the indicators to know about the progress of a disease	1	1	1	2	1	1
CO 05	To understand about Bio-chemistry for research purpose in Yoga Therapy.	2	1	2	2	2	2
CO 06	At the end student will have an understanding about the protein, carbohydrate, lipid metabolism	2	1	1	2	1	1
Course-wise PO Average		1.667	1.333	1.500	2.167	1.500	1.500



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS504	Applied Alternative Therapies						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Comprehensive training in the theory of Alternative Therapies	3	3	2	2	1	3
CO 02	To simplify the understanding of Alternative Therapies with the help of teaching methods	3	2	1	3	2	3
CO 03	Student will have the concept of health and disease for treatment through different Alternative Therapies	3	2	3	3	2	3
CO 04	Student will understand of the concept of ill health and their remedies through different Alternative Therapies	3	2	2	3	2	2
CO 05	Will learn various alternative therapies and nature cure treatment approaches are learned	3	3	3	2	2	3
Course-wise PO Average		3.000	2.400	2.200	2.600	1.800	2.800

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS505	Yoga Practical - IX						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand the principle and practice of yoga.	3	3	2	2	1	3
CO 02	Demonstrate each practice skillfully.	3	1	2	1	1	2
CO 03	Explain the procedure, precaution, benefits and limitations of each practice.	3	2	1	2	3	2
CO 04	Students will have knowledge about the human body.	2	2	2	2	2	1
CO 05	Student will understand the principle and practices of Yoga	3	2	1	3	3	1
CO 06	Students will have an understanding about the practices that help practitioners to lead to meditation	3	1	3	1	1	2
Course-wise PO Average		2.833	1.833	1.833	1.833	1.833	1.833



Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYSS06	Practical of Biochemistry						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To understand Bio-chemistry for research purpose in Yoga Therapy	3	3	2	2	1	3
CO 02	To understand about the protein, carbohydrate, lipid metabolism	3	1	2	1	1	2
CO 03	Students will have an understanding of the role of Biochemistry and its test as the indicators to know about the progress of a disease	3	2	1	2	3	2
CO 04	To understand about Bio-chemistry for research purpose in Yoga Therapy.	2	2	2	2	2	1
Course-wise PO Average		2.750	2.000	1.750	1.750	1.750	2.000

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYSS07	Applied Alternative Therapies Practical						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To simplify the understanding of Alternative Therapies with the help of teaching methods	3	2	1	3	2	3
CO 02	Student will have the concept of health and disease for treatment through different Alternative Therapies	3	2	3	3	2	3
CO 03	Student will understand of the concept of ill health and their remedies through different Alternative Therapies	3	2	2	3	2	2
CO 04	Will learn various alternative therapies and nature cure treatment approaches are learned	3	3	3	2	2	3
Course-wise PO Average		3.000	2.250	2.250	2.750	2.000	2.750




1.1.1 Outcome Analysis of POs, COs – B.Sc. Yoga Science (2020-2023)

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS601	Human Values, According To Different Philosophical Systems						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To assist students in understanding the differences between values and skills, and in understanding the need, basic guidelines, content and the process of value education.	3	1	2	3	2	3
CO 02	To help students understand the meaning of happiness and prosperity for human beings.	3	2	1	2	1	3
CO 03	To help students understand harmony at all the levels of human living and to lead an ethical life through Swami Rama's Teachings	3	2	3	2	3	2
CO 04	Understand the significance of value inputs in a classroom and start applying them in their life and profession	2	1	2	1	2	3
CO 05	Understand the role of a human being in ensuring harmony in society and nature.	1	2	2	2	1	2
CO 06	Distinguish between ethical and unethical practices, and start identifying a strategy to actualize a harmonious environment wherever they work through Swami Rama's Teachings & Philosophy	3	2	2	1	2	3
Course-wise PO Average		2.500	1.667	2.000	1.833	1.833	2.667

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS602	Yogic Therapeutic Management Of Lifestyle Related Disorders						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To give an overview of the applications of yoga	3	2	2	2	2	3
CO 02	To teach the concept of Yoga Therapy	3	2	1	3	2	3
CO 03	To teach the concept of yoga and personality development based on Swami Rama's Teachings & Philosophy	3	2	3	2	2	3
CO 04	Knowledge of classical and theoretical foundations of the field of Yoga Therapy	2	1	2	2	1	2



1.1.1 Outcome Analysis of POs, COs – B.Sc. Yoga Science (2020-2023)

CO 05	Knowledge of human anatomy, physiology and biomechanics, and the interrelationships between systems of the body	3	2	2	2	3	3
CO 06	Knowledge of the interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being through Swami Rama's Teachings & Philosophy	3	2	2	2	2	3
Course-wise PO Average		2.833	1.833	2.000	2.167	2.000	2.833

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS603	Fundamentals Of Environmental Science						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Raises awareness about the environment, natural resources and social issues that affect the environment	3	3	1	2	1	2
CO 02	Learn about the causes and effects of environmental pollution and means to control it	3	3	1	1	1	2
CO 03	Understand the impact of various social issues and population growth on the environment	3	3	1	2	2	3
CO 04	Student will understand the concept and function of the environment and recognize the physical, chemical, and biological components of the earth's systems and their functions.	3	2	2	3	2	2
CO 05	Student will develop the awareness on the ecosystem structure and process which interlinked with human survival, intensively need attention at global and regional level.	2	3	2	1	2	1
CO 06	Student will develop an understanding of environmental pollution and hazards and general measures to control them	2	3	2	3	2	3
Course-wise PO Average		2.667	2.833	1.500	2.000	1.667	2.167

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1.1.1 Outcome Analysis of POs, COs – B.Sc. Yoga Science (2020-2023)

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS604-A	Principles Of Yoga In Different Upnishadas						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	To teach the principles & concept of Yoga according to Principle Upnishad	3	2	1	1	3	2
CO 02	To learn about Vedas and Yogopanishadas.	3	1	2	2	1	1
CO 03	Students will understand the essence of the principal Upanishads	2	2	1	1	2	1
CO 04	Students will understand the essence of Vedas and Yogopanishadas	1	1	2	1	1	2
Course-wise PO Average		2.250	1.500	1.500	1.250	1.750	1.500

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS605	Yoga Practical - X						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	Understand the principle and practice of each practice.	3	2	2	2	1	2
CO 02	Demonstrate each practice skillfully.	3	2	3	2	3	2
CO 03	Explain the procedure, precaution, benefits and limitations of each practice.	3	2	2	1	2	1
CO 04	Students will understand the organization of the body with respect to structural components.	3	3	2	2	1	2
CO 05	Students will understand the principle and practice of Yoga.	2	3	2	3	2	2
CO 06	Will have an understanding about the practices that help practitioners to lead to meditation.	2	1	3	2	1	2
Course-wise PO Average		2.667	2.167	2.333	2.000	1.667	1.833

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Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS606	Yoga Research Project						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	During this period students shall get an opportunity of teaching yoga to villagers, weekly two hours.	3	1	2	1	3	2
CO 02	The study tour is to give exposure to the students on the activities being conducted by Sadhana mandir trust/ Swami ram sadhak gram ashram or reputed Yoga Institutes/ Colleges/ Universities/ Yoga Centers/ Yoga Hospitals.	3	2	2	2	3	3
CO 03	To train the student to take the responsibility of organizing the classes in the near by villages	3	3	2	1	3	2
CO 04	Students will learn to teach and spread awareness in community camps, workshops, school health projects (Preferably extramural funding assisted)	3	3	3	2	2	3
CO 05	Students will gain more practical knowledge about the Himalayan Tradition.	3	2	3	2	3	1
CO 06	Students will learn to organize the classes in the near by villages	3	2	2	1	2	2
Course-wise PO Average		3.000	2.167	2.333	1.500	2.667	2.167

Course Code	Course Title	CO-PO Mapping (Articulation Matrix)					
BYS607	Yoga Field Work						
CO#	At the end of the course the students will be able to:	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
CO 01	During this period students shall get an opportunity of teaching yoga to different patients.	3	1	2	1	3	2
CO 02	To send in different wards of the hospital to gain practical knowledge.	3	1	3	2	2	2
CO 03	To make them confident by giving them different case s	3	2	2	1	2	2



1.1.1 Outcome Analysis of POs, COs – B.Sc. Yoga Science (2020-2023)

CO 04	Students will be able to teach yoga to different patients.	3	1	3	1	2	1
CO 05	Students will gain more practical knowledge about the Yoga.	2	2	2	1	2	3
CO 06	At the end of internship program,students will be able to understand how to take classes appropriately and will be confident.	3	2	3	2	3	3
Course-wise PO Average		2.833	1.500	2.500	1.333	2.333	2.167

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C. Program Outcome Reference Values:

Following table calculates the overall average of all POs of the Courses and is referred as Course-wise Average of POs Reference values.

SR. No.	Course Code	Course Title	PO1	PO2	PO3	PO4	PO5	PO6
1	BYS101	Foundations Of Yoga - I	2.167	1.833	1.667	1.833	2.333	1.833
2	BYS102	Principles Of Hatha Yoga – I	1.500	2.000	1.500	1.667	1.667	1.333
3	BYS103	Human Anatomy And Physiology- I	1.833	2.333	2.000	1.833	1.833	2.167
4	BYS104	Basics Of Sanskrit	2.000	1.167	1.833	1.667	1.500	1.833
5	BYS105	Yoga Practical - I	1.667	1.500	1.833	1.500	2.000	1.667
6	BYS106	Yoga Practical – II	2.000	1.500	2.167	2.333	1.500	2.000
7	BYS107	Human Anatomy And Physiology Practical -I	1.800	1.400	2.000	2.400	2.000	2.200
8	BYS201	Foundations Of Yoga – II	2.000	1.800	1.400	2.000	1.800	2.200
9	BYS202	Principles Of Hatha Yoga- II	1.333	1.500	1.333	2.000	1.333	1.667
10	BYS203	Human Anatomy And Physiology-II	1.667	1.500	1.167	1.833	2.167	1.667
11	BYS204	Human System According To Yoga	1.500	1.500	1.750	1.750	1.750	2.000
12	BYS205	Yoga Practical - III	1.667	2.000	1.333	1.667	2.000	1.833
13	BYS206	Yoga Practical – IV	1.500	1.667	1.833	1.667	1.833	1.667



1.1.1 Outcome Analysis of POs, COs – B.Sc. Yoga Science (2020-2023)

14	BYS207	Human Anatomy And Physiology Practical -II	1.800	1.400	1.600	1.600	2.000	1.600
15	BYS301	Patanjal Yoga Darshana – I	1.667	1.167	1.500	1.500	1.000	1.167
16	BYS302	Yoga Education And Teaching Methodology	1.000	1.167	1.333	1.167	1.333	1.500
17	BYS303	Holistic Health	1.800	1.400	1.800	2.000	2.000	2.000
18	BYS304	Functional English	1.167	1.167	1.333	1.333	1.000	1.500
19	BYS305	Yoga Practical - V	2.167	1.167	1.833	2.000	1.833	2.167
20	BYS306	Yoga Practical - VI	2.000	2.333	1.667	2.167	1.667	2.000
21	BYS307	Holistic Health Practical	2.167	1.667	1.833	2.000	2.000	1.833
22	BYS401	Patanjal Yoga Darshana-II	2.167	1.833	34.833	2.167	1.500	1.667
23	BYS402	Yoga Psychology	2.333	1.667	1.333	1.833	1.500	2.000
24	BYS403	Yoga Diet & Nutrition	2.250	1.750	1.750	1.750	1.500	2.000
25	BYS404	Fundamentals Of Ayurveda	2.250	1.750	1.250	2.250	1.750	2.250
26	BYS405	Yoga Practical – VII	2.667	1.833	1.667	2.167	2.000	2.167
27	BYS406	Yoga Practical - VIII	2.000	1.833	1.833	1.833	1.833	2.000
28	BYS407	Ayurveda Practical	2.250	2.000	1.750	1.750	1.750	1.750
29	BYS501	Bhagavadgita	2.250	2.000	2.000	2.000	1.500	1.750



1.1.1 Outcome Analysis of POs, COs – B.Sc. Yoga Science (2020-2023)

30	BYS502	Yogic Principles And Practices Of Healthy Living	1.800	2.000	2.400	2.000	2.400	2.000
31	BYS503	Fundamentals Of Biochemistry	1.667	1.333	1.500	2.167	1.500	1.500
32	BYS504	Applied Alternative Therapies	3.000	2.400	2.200	2.600	1.800	2.800
33	BYS505	Yoga Practical - IX	2.833	1.833	1.833	1.833	1.833	1.833
34	BYS506	Practical Of Biochemistry	2.750	2.000	1.750	1.750	1.750	2.000
35	BYS507	Applied Alternative Therapies Practical	3.000	2.250	2.250	2.750	2.000	2.750
36	BYS601	Human Values, According To Different Philosophical Systems	2.500	1.667	2.000	1.833	1.833	2.667
37	BYS602	Yogic Therapeutic Management Of Lifestyle Related Disorders	2.833	1.833	2.000	2.167	2.000	2.833
38	BYS603	Fundamentals Of Environmental Science	2.667	2.833	1.500	2.000	1.667	2.167
39	BYS604-A	Principles Of Yoga In Different Upnishadas	2.250	1.500	1.500	1.250	1.750	1.500
40	BYS605	Yoga Practical - X	2.667	2.167	2.333	2.000	1.667	1.833
41	BYS606	Yoga Research Project	3.000	2.167	2.333	1.500	2.667	2.167
42	BYS607	Yoga Field Work	2.833	1.500	2.500	1.333	2.333	2.167
Combined Course-wise Average of POs Reference values			2.104	1.746	2.553	1.877	1.788	1.944



D. Assessment of CO and PO Attainment Value

The attainment of the course outcome is measured at the level of 3 as follows:

Attainment Levels	Criteria
3	If 80% of student achieves marks greater than threshold percentage of the total score of assessment
2	If 70% of student achieves marks greater than threshold percentage of the total score of assessment
1	If 60% of student achieves marks greater than threshold percentage of the total score of assessment
0	If 60% of student achieves marks less than threshold percentage of the total score of assessment

Attainment level of COs is measured through direct attainment of COs depending on the performance of the students in Internal Assessment (IA) and End Semester Examination (ESE) individually. For the program the threshold percentage is set at 50% for ESE and 60% for IA. assessments. The weightage of attainments for IA and ESE is in proportion of 30:70.

SR. No.	Course Code	Course Title	Attainment of COs	Derived Attainment of POs Course-wise					
				PO1	PO2	PO3	PO4	PO5	PO6
1	BYS101	Foundations Of Yoga - I	2.000	1.445	1.222	1.111	1.222	1.555	1.222
2	BYS102	Principles Of Hatha Yoga – I	3.000	1.500	2.000	1.500	1.667	1.667	1.333
3	BYS103	Human Anatomy And Physiology- I	3.000	1.833	2.333	2.000	1.833	1.833	2.167
4	BYS104	Basics Of Sanskrit	3.000	2.000	1.167	1.833	1.667	1.500	1.833
5	BYS105	Yoga Practical - I	2.500	1.389	1.250	1.528	1.250	1.667	1.389
6	BYS106	Yoga Practical – II	3.000	2.000	1.500	2.167	2.333	1.500	2.000
7	BYS107	Human Anatomy And Physiology Practical - I	3.000	1.800	1.400	2.000	2.400	2.000	2.200
8	BYS201	Foundations Of Yoga – II	3.000	2.000	1.800	1.400	2.000	1.800	2.200



1.1.1 Outcome Analysis of POs, COs – B.Sc. Yoga Science (2020-2023)

9	BYS202	Principles Of Hatha Yoga- II	3.000	1.333	1.500	1.333	2.000	1.333	1.667
10	BYS203	Human Anatomy And Physiology-II	2.500	1.389	1.250	0.973	1.528	1.806	1.389
11	BYS204	Human System According To Yoga	3.000	1.500	1.500	1.750	1.750	1.750	2.000
12	BYS205	Yoga Practical - III	3.000	1.667	2.000	1.333	1.667	2.000	1.833
13	BYS206	Yoga Practical – IV	3.000	1.500	1.667	1.833	1.667	1.833	1.667
14	BYS207	Human Anatomy And Physiology Practical -II	3.000	1.800	1.400	1.600	1.600	2.000	1.600
15	BYS301	Patanjal Yoga Darshana – I	2.000	1.111	0.778	1.000	1.000	0.667	0.778
16	BYS302	Yoga Education And Teaching Methodology	3.000	1.000	1.167	1.333	1.167	1.333	1.500
17	BYS303	Holistic Health	3.000	1.800	1.400	1.800	2.000	2.000	2.000
18	BYS304	Functional English	1.500	0.584	0.584	0.667	0.667	0.500	0.750
19	BYS305	Yoga Practical - V	3.000	2.167	1.167	1.833	2.000	1.833	2.167
20	BYS306	Yoga Practical - VI	3.000	2.000	2.333	1.667	2.167	1.667	2.000
21	BYS307	Holistic Health Practical	3.000	2.167	1.667	1.833	2.000	2.000	1.833
22	BYS401	Patanjal Yoga Darshana-II	3.000	2.167	1.833	34.833	2.167	1.500	1.667
23	BYS402	Yoga Psychology	3.000	2.333	1.667	1.333	1.833	1.500	2.000
24	BYS403	Yoga Diet & Nutrition	3.000	2.250	1.750	1.750	1.750	1.500	2.000



1.1.1 Outcome Analysis of POs, COs – B.Sc. Yoga Science (2020-2023)

25	BYS404	Fundamentals Of Ayurveda	2.500	1.875	1.458	1.042	1.875	1.458	1.875
26	BYS405	Yoga Practical – VII	1.500	1.334	0.917	0.834	1.084	1.000	1.084
27	BYS406	Yoga Practical - VIII	1.500	1.000	0.917	0.917	0.917	0.917	1.000
28	BYS407	Ayurveda Practical	1.500	1.125	1.000	0.875	0.875	0.875	0.875
29	BYS501	Bhagavadgita	3.000	2.250	2.000	2.000	2.000	1.500	1.750
30	BYS502	Yogic Principles And Practices Of Healthy Living	3.000	1.800	2.000	2.400	2.000	2.400	2.000
31	BYS503	Fundamentals Of Biochemistry	1.500	0.834	0.667	0.750	1.084	0.750	0.750
32	BYS504	Applied Alternative Therapies	3.000	3.000	2.400	2.200	2.600	1.800	2.800
33	BYS505	Yoga Practical - IX	1.500	1.417	0.917	0.917	0.917	0.917	0.917
34	BYS506	Practical Of Biochemistry	3.000	2.750	2.000	1.750	1.750	1.750	2.000
35	BYS507	Applied Alternative Therapies Practical	3.000	3.000	2.250	2.250	2.750	2.000	2.750
36	BYS601	Human Values, According To Different Philosophical Systems	2.500	2.083	1.389	1.667	1.528	1.528	2.223
37	BYS602	Yogic Therapeutic Management Of Lifestyle Related Disorders	2.500	2.361	1.528	1.667	1.806	1.667	2.361
38	BYS603	Fundamentals Of Environmental Science	3.000	2.667	2.833	1.500	2.000	1.667	2.167
39	BYS604-A	Principles Of Yoga In Different Upanishadas	1.500	1.125	0.750	0.750	0.625	0.875	0.750
40	BYS605	Yoga Practical - X	1.500	1.334	1.084	1.167	1.000	0.834	0.917



41	BYS606	Yoga Research Project	1.500	1.500	1.084	1.167	0.750	1.334	1.084
42	BYS607	Yoga Field Work	1.500	1.417	0.750	1.250	0.667	1.167	1.084
Course-wise Average of POs Achievement Through Results				1.752	1.483	2.274	1.609	1.504	1.657
Course-wise Average of POs Reference values				2.104	1.746	2.553	1.877	1.788	1.944
Percentage Attainment of PO's				83.3%	84.9%	89.1%	85.7%	84.1%	85.2%

From the Attainment level of CO, the Derived PO's value for course is calculated as follows:

$$\text{Derived PO Value} = \frac{\text{CO attainment} \times \text{respective PO average}}{3}$$

Depending on derived PO values of the courses, calculate the Course-wise Average of POs achievement for each PO.

Calculate the percentage attainment of PO's as follows:

$$\text{Percentage attainment of PO's} = \frac{\text{Average PO Attainment through}}{\text{average PO refrence value}} \times 100$$

