Sri MANAKULA VINAYAGAR Medical College and Hospital

An Autonomous Institution

Kalitheerthalkuppam, Puducherry - 605 107

Hands-On workshop

Cardiac Autonomic Function Testing

on

10/02/2026

Organized by

Department of Physiology

Sri Manakula Vinayagar Medical College and Hospital

In Collaboration with

ADINSTRUMENTS
making science easier

CAFT

WORKSHOP ON CARDIAC AUTONOMIC FUNCTION TESTS – A BRIEF OVERVIEW

Autonomic Function Tests (AFTs) are a set of non-invasive, standardized procedures used to evaluate the integrity and functional status of the sympathetic and parasympathetic divisions of the autonomic nervous system. For postgraduates, AFTs are of particular importance as they bridge basic physiological concepts with clinical application in cardiology, neurology, diabetology, and internal medicine.

Commonly employed tests include heart rate variability during deep breathing, Valsalva manoeuvre, and heart rate response to standing, which predominantly assess parasympathetic function, while blood pressure response to standing and sustained handgrip are used to evaluate sympathetic activity. These tests are simple to perform, reproducible, and provide objective evidence of autonomic dysfunction.

Clinically, AFTs are invaluable in the early detection, grading, and follow-up of autonomic neuropathies, especially in conditions such as diabetes mellitus, Parkinsonian disorders, and other neurodegenerative diseases. For postgraduates, proficiency in autonomic function testing enhances diagnostic accuracy, supports clinical reasoning, and reinforces the relevance of applied physiology in patient care.

EMERGING TRENDS IN AUTONOMIC FUNCTION TEST

Wearable Devices for Recording Heart Rate Variability (HRV)

Wearable devices capable of recording Heart Rate Variability (HRV) have emerged as valuable tools for continuous, non-invasive assessment of autonomic nervous system function. HRV reflects the beat-to-beat variation in heart rate and serves as an indirect marker of sympathovagal balance, cardiovascular health, stress, recovery, and overall physiological resilience. In clinical and academic contexts, wearable-derived HRV data offer significant potential for early detection of autonomic dysfunction, monitoring disease progression, assessing stress and sleep quality, and evaluating responses to therapeutic or lifestyle interventions.

Personalized and Contextualized Assessment

There is increasing emphasis on individual variability and contextual factors (posture, activity, stress, environmental conditions) in autonomic evaluation. Personalized protocols, sometimes guided by AI, tailor assessment to the unique physiological profile and clinical context of each patient, supporting precision medicine initiatives. This trend moves autonomic testing beyond static snapshots toward dynamic, situationally relevant metrics.

TARGET AUDIENCE:

Postgraduate students in

- **Physiology**
- **Medicine**
- **Neurology**

EQUIPMENT:

- **AD instruments**

For Further details
Contact: Dr Nalini Y C, Professor and Head - 9445722307

WORKSHOP SCHEDULE OVERVIEW

08:30 AM - 08:45 AM	Registration and Pre-test Demo hall 1, Department of Physiology, SMVMCH
08:45 AM - 09:00 AM	Overview to the workshop **Dr Deivanagamme B**
09:00 AM - 09:45 AM	Clinical Relevance of Autonomic Function Tests and Emerging Developments in the Field **Dr Saranya K, Additional Professor, JIPMER, Puducherry**
09:45 AM - 10:15 AM	Heart rate variability and ADI wearable tech – Demonstration **Dr Nalini Y C, Mr Vinu Balan**
10:15 AM - 10:40 AM	Tea break and Photo session
10:45 AM - 11:15 AM	Overview on tests assessing sympathetic domain **Mrs Senthamil Selvi, Dr Renugasundari**
11:15 AM - 11:45 AM	Demonstration
11:45 AM - 12:15 PM	Overview on tests assessing parasympathetic domain **Dr Poonguzhalai, Miss Elakiya**
12:15 PM - 12:45 PM	Demonstration
01:00 PM - 02:00 PM	Working Lunch
02:00 PM - 04:00 PM	Hands-on experience
04:00 PM - 05:00 PM	Post-test, Feedback and Certificate Distribution

PATRONS

Shri. M. Dhanasekaran
Chancellor, Takshashila University, Tindivanam, Tamil Nadu &
Chairman and Managing Director, SMVE Trust

Dr. Narayanasamy Kesavan
Secretary, SMVE Trust

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Medical Superintendent

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Dy. Dean Academic (UG)

Dr. S.Girija
Deputy Medical Superintendent

ORGANIZING DEPARTMENT

Department of Physiology, Sri Manakula Vinayagar medical college and hospital, Puducherry

OUR ORGANZING TEAM

- **Dr. SOUNDARIYA K**
  Professor & Deputy Dean academic (UG)
- **Dr. NALINI Y C**
  Professor & Head of the Department
- **Dr. DEIVANAYAGAME B**
  Professor
- **Dr. DEEPIKA V**
  Associate Professor
- **Mrs. SENTHAMIL SELVI K**
  Assistant Professor
- **Dr. POONGUZHALAI S**
  Assistant Professor
- **Dr. RENUGASUNDARI M**
  Assistant Professor
- **Dr. ATHIRA S B**
  Assistant Professor
- **Mr. VINU BALAN V**
  Tutor
- **Ms. ELAKIYA M**
  Tutor

For Further details
Contact: Dr Nalini Y C, Professor and Head - 9445722307

Registration Details

Prerequisites before registration

- **Scanned copy of college identity card**
- **Scan copy of transaction**

01 **Fill the Google Registration Form**

Access the official Google Form using the link or QR code provided.

https://forms.gle/iveHfuthZcdb2bgJ9

02 **Enter required details accurately**

Enter all required details accurately (college name, contact information, etc.).

03 **Make the Registration Payment**

Pay the prescribed registration fee through the provided payment method (UPI / bank details).

04 **Upload the Payment Proof**

Take a clear screenshot & Upload the scanned payment proof

05 **Final Submission & Confirmation**

Registration will be confirmed only after successful submission of the form along with valid payment proof.

- **Registration Fee: ₹800**
- **Mode of Payment: UPI**

Click here or scan the QR to Register

Scan the QR for Payment

LAST DATE FOR REGISTRATION – FEBRUARY 1st 2026

08:30 AM - 04:00 PM

10 FEBRUARY 2026

Department of Physiology

Sri Manakula Vinayagar Medical College and Hospital

Puducherry

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