



**Master of Science (Kinesiology and Health Studies)
Thesis Proposal Presentation**

**Simrandeepkaur Kuldipsingh
Punjabi**

*“Comparative Effects of Mindfulness, Music, and Quiet Rest on
Cognitive Workload and Performance in a Simulated Work
Environment”*

**Monday, September 28, 2026
1:00 p.m.
HK Room 144**

Thesis Committee: Dr. Francesco Biondi, *Advisor*
Dr. Nadia Azar, *Internal Reader*
Dr. Elizabeth Donnelly, *External Reader, Social Work*