

LIFE & TIMES

Kat Roshan releases second single

AFTER marking a personal milestone last year by collaborating with Korean star Su Jin in her single 'Going Crazy Wild', Malaysian rising star Kat Roshan returns with another offering for her fans.

This time, she unleashes a beautiful ballad titled 'Cinta Putih', which is written by renowned Indonesian composer and producer Chossy Pratama.

"I worked with him for the very first time at age 13. He rearranged the song 'Rasa' for me, which became my first release in 2019.

"The song, 'Cinta Putih', and its lyrics stirred many emotions in me just like this new song, 'Cinta Putih'," chimes Kat, 20, whose full name is Katrina Cheng Roshan.

She adds: "'Cinta Putih' directly translates as 'white love', which basically implies pure and innocent love.

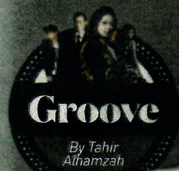
"However, Pak Chossy said I was free to interpret the ballad according to how I feel, and the emotions will show when I sing it.

"When I first recorded the demo, I was moved to tears by the melody and its lyrics. I felt blessed that there was so much love surrounding me and I realised how much love there was inside of me," elaborates the singer, who is of Chinese-Malay parentage.

According to Kat, Chossy had basically taken her style of writing and incorporated it into 'Cinta Putih'.

"Initially, he told me that he had neither lyrics nor a concept to write about.

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Kat Roshan's second single speaks of pure and innocent love. PIX COURTESY OF UNIVERSAL MUSIC MALAYSIA.

The song, 'Cinta Putih', and its lyrics stirred many emotions in me...

Katrina Cheng Roshan



Playing the piano requires not only paying attention to sounds, but also moving your eyes over a score and fingers on specific keys. PICTURE CREDIT: ETX DAILY UP

Playing piano may help brain stay young

WHEN it comes to amateur music enthusiasts playing an instrument, the piano is among the most popular. And this is not surprising since playing the piano offers multiple benefits, especially for the elderly.

A study sheds new light on the process that takes place as seniors learn to play the instrument and reveals the extent to which this activity helps them maintain their cognitive abilities and motor skills over the long term.

The authors of this study, published in the journal 'Brain Sciences', came to this conclusion after undertaking research with 86 volunteers, with an average age of 72.5. They were all in good health, with no significant neu-

rological or motor problems. Some of them had played the piano in the past, but were still beginners.

The researchers assessed the participants' working memory and learning ability by asking them to perform several sequences of actions. They were asked to press piano keys in a precise sequence, as displayed on a screen. They had to perform this task as quickly and accurately as possible, without stopping.

The study shows just how much learning a motor skill like playing the

piano demands of our brains. And this is true even when we've reached a certain level of mastery.

Tasks made automatic by learning stimulate us cognitively, even if we tend to think otherwise. That's why it's so important to encourage piano playing in old age to delay the onset of cognitive decline. This activity requires not only paying attention to sounds, but also moving one's eyes over a score and one's fingers over precise keys.

There's no better way to keep your brain youthful.



SCIENTISTS keep uncovering the benefits of physical activity on the brain. While the protective virtues of exercise against depression in adults are well documented, Brazilian researchers have discovered that weight training can also improve symptoms of anxiety and depression in older people.

The authors of this meta-analysis, published in the journal 'Psychiatry Research', came to this conclusion after studying the findings of more than 200 scientific papers on the effects of weight training on older people.

"Resistance training has been shown to be one of the most effective non-pharmacological strategies for healthy ageing. It promotes countless health benefits, including improvements to mental health," researcher Paolo Cunha said.

This is because weight training builds muscle. In fact, epidemiological studies have shown that the decline in strength and muscle mass that naturally occurs with ageing can be associated with an increase in mental health problems.

Strength training could reverse these adverse effects, especially when performed in a group setting.

Cunha and his colleagues have found that older people need to structure their workouts if they want to improve their psychological well-being. Ideally, they should exercise three times a week. It's advisable to use sets of three repetitions and do a maximum of six different exercises per session.

"Do less, but do it well. A short set produces better results," said Cunha.

The researchers noted that the use of machines and dumbbells might be more beneficial to seniors than the use of elastic resistance bands or their own body weight.

"We don't have statistics comparing the two kinds of training, but



Weight training improves the physical, mental and social health of older people. PICTURE CREDIT: ETX DAILY UP

Weight training great ally for older people

the analysis showed that resistance training with weights and other gear is more effective in terms of improving the mental health of older people, largely because the intensity and

volume of the exercises can be more precisely controlled," said Cunha.

Future studies on the subject will need to involve more participants than those included in this meta-analysis

so that the scientific community can truly understand why strength training is so good for older people.

Whatever the case, there's no doubt that getting active should be

a priority for older people. Exercise improves the physical, mental and social health of seniors, while slowing down the physiological changes associated with old age.



'Cinta Putih' is Kat's second song recorded in Malay.

Hoping to move listeners with powerful emotions

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"However, he said that he could relate to one of my previous English releases, 'Oasis', which he had produced as well.

"In the music video for 'Oasis', I was in a colourful outfit and that inspired him to write a song about the opposite, and pure white [putih in Malay] was what came out!

"I am very thankful to him for making the arduous journey from Dili in East Timor, then transiting in Jakarta and finally arriving in Kuala Lumpur to

direct me during the recording of 'Cinta Putih' and another song titled 'I Believe', which I hope to release in the next half of

the year," she says.

Chossy, who turns 73 this year, also brought his talented daughter, Aubrey, who wrote the string quartet for this song.

"My mentor, Ong Peng Chu, who is one of Pak Chossy's oldest friends in the music industry, was also present to lend his support," says Kat.

"We recorded the song at Starmount Studios, under the production of Alex Lee, whose studio was where I had recorded 'Rasa' and few other songs."

She says the lyric music video was produced by Nor Mikhail, one of the talents who had appeared in her previous work, 'One Day from Today'.

"He was comprehensive in his feel

of the song and the direction of the final product that you see," she says.

With this new single, Kat hopes that listeners will be moved by the powerful emotions of love carried in this song and that they can channel the positivity in their daily lives.

As this marks her second song recorded in Malay, she is hopeful that local music enthusiasts will enjoy listening to it.

'Cinta Putih' is now available on all digital platforms, such as Spotify, Apple Music, KKBOX, Deezer and Youtube Music. The music video can be viewed on Universal Music Malaysia official YouTube channel.

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