

Lulusan Lasalle jadikan muzik wadah fahami emosi, bina keberanian

Bangkit daripada pengalaman semasa remaja; turut sumbang kembali kepada masyarakat melalui program muzik percuma

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Pengalaman berdepan dengan kebimbangan, insiden buli dan persoalan tentang diri sendiri semasa zaman remaja mendorong Cik Heema Izzati Zainudin, 19 tahun, mencari ruang untuk meluahkan apa yang dirasainya.

Ruang itu ditemuinya apabila mula menghasilkan muzik sendiri.

Diperkenalkan kepada muzik klasik sejak kecil dan berlatih bermain piano serta selo, Cik Heema mula menulis lagu ketika di sekolah menengah, selepas bergelut dengan masalah sosial dan berasa cemas dalam pergaulan.

"Saya banyak bergelut dengan insiden buli dan berasa cemas dalam situasi sosial, dan pada masa itu, perlukan satu cara untuk meluahkan diri.

"Dengan alat yang saya sudah pelajari melalui pendedahan kepada piano dan selo, saya terfikir, 'hei, sebenarnya saya boleh bayangkan diri saya meluahkan ini untuk jangka masa yang lama,'" katanya apabila ditemui bual *Berita Harian* (BH).

Kini, Cik Heema sudah menamatkan pengajian Diploma Muzik dan menerima Anugerah 'Creative Future Impact', sempena majlis konvokesyen di Maktab Seni Lasalle pada 14 Ogos, dan merupakan antara 355 graduan.

Anugerah itu mengiktiraf pelajar diploma yang menamatkan pengajian atas komitmen mereka untuk terus berkecimpung dalam bidang seni.

Dalam menghasilkan karya, pengalaman hidupnya menjadi sebahagian proses kreatif itu.

Antara contoh paling dekat ialah lagu *Our Eyes*, yang menurutnya berasal daripada perkara yang ditulisnya dalam bentuk surat kepada dirinya sendiri dan ibunya, Cik Lazmin Ibrahim, 61 tahun, yang juga seorang penyanyi.

Bapanya pula ialah mantan Anggota Parlimen (AP) yang pernah berkhidmat sebagai Mayor Majlis Pembangunan Masyarakat (CDC) Central Singapore, Encik Zainudin Nordin,



Lulusan Diploma Muzik Maktab Seni Lasalle, Cik Heema Izzati, bukan sahaja menyalurkan bakatnya melalui penulisan lagu, malah berkongsi ilmu teori muzik dengan kanak-kanak daripada keluarga kurang berkemampuan menerusi satu program di Toa Payoh. – Foto BH oleh NUR DIYANA TAHA

63 tahun.

Pendekatan itu turut dapat dilihat dalam sebuah EP sulungnya yang dikeluarkan pada 2025, dan menentang pengalaman beliau berdepan isu kesihatan mental dan proses mengenali diri semasa remaja.

Semasa di Maktab Seni Lasalle, beliau mempelajari seni visual dan menjadi pelukis, sebelum mula tertarik kepada penceritaan melalui warna, filem dan aspek visual lain.

Kini, beliau turut bertindak sebagai pengarah kreatif bagi karya muziknya sendiri, memastikan pengalaman di sebalik muzik itu turut diterjemahkan kepada identiti visual.

Kesedaran tentang betapa mahalnya pendidikan muzik juga mendorong Cik Heema bersama dua kakaknya, Cik Maya Raisha Zainudin, 23 tahun, dan Cik Nur Shaheen Zainudin, 26 tahun, memulakan 'Heartstrings' pada 2016, ketika beliau baru berusia 10 tahun.

Program muzik percuma itu diadakan di Kelab Masyarakat Toa Payoh South buat golongan belia daripada keluarga kurang berkemampuan, dengan kelas memberi tumpuan kepada biola dan teori muzik berdasarkan kurikulum Associated Board of the Royal Schools of Music (ABRSM).

Empat tahun lalu, Cik Heema mengambil alih pengurusan Heartstrings secara sendiri.

Selain menguruskan pentadbiran dan mencari sukarelawan, beliau turut mengajar apabila diperlukan.

Kini, Cik Heema sedang mengusahakan EP baru dan berharap dapat membawa muziknya ke pentas serantau dan antarabangsa, sambil meneruskan usaha membina masyarakat melalui muzik, termasuk menerusi Heartstrings.

"Saya tidak akan pernah melupakan matlamat untuk membina masyarakat melalui muzik saya, sama ada dengan meneruskan program muzik percuma ini atau program sukarelawan yang lain," katanya.

LASALLE graduate uses music as vehicle to understand emotions, build courage

The experience of dealing with anxiety, bullying incidents and questions about herself during adolescence encouraged Ms Heema Izzati Zainudin, 19, to look for a space to express what she felt.

She found that space when she started producing her own music.

Having been introduced to classical music since childhood and trained to play the piano and cello, Ms Heema began writing songs when she was in secondary school, after struggling with social problems and feeling anxious in social situations.

“I struggled a lot with bullying and felt anxious in social situations and at that time, I needed a way to express myself.

“With the tools I had learnt through exposure to the piano and cello, I thought, ‘hey, I can actually imagine myself doing this for a long time’,” she said during an interview with Berita Harian (BH).

Today, Ms Heema completed her Diploma in Music and received the Creative Future Impact Award at a convocation ceremony at LASALLE College of the Arts on 14 August, where she was one of the 355 graduates.

The award is presented to an outstanding diploma graduate in recognition of their promise as an emerging creative practitioner.

In the production of her works, Ms Heema's life experiences became part of the creative process.

Among the most recent examples is the song *Our Eyes*, which she said originated from something she wrote in the form of a letter to herself and her mother, Ms Lazmin Ibriam, 61, who is also a singer.

Her father is a former Member of Parliament (MP) who once served as the Mayor of the Community Development Council (CDC) of Central Singapore, Mr Zainudin Nordin, 63.

Her musical approach can also be seen in her debut EP, released in 2025, which highlights her experiences with mental health issues and the process of self-discovery during her adolescence.

While at LASALLE College of the Arts, she studied visual arts and became a painter, before becoming interested in storytelling through colour, film and other visual aspects.

Today, she acts as the creative director for her own music, ensuring that the experience behind the music is readily translated into a visual identity.

The awareness of how expensive music education can be also prompted Ms Heema, together with her two sisters, Ms Maya Raisha Zainudin, 23, and Ms Nur Shaheen Zainudin, 26, to start 'Heartstrings' in 2016, when she was just 10 years old.

This free music programme is held at the Toa Payoh South Community Club for those from underprivileged families, with classes focusing on violin and music theory based on the Associated Board of the Royal Schools of Music (ABRSM) curriculum.

Four years ago, Ms Heema took over the management of Heartstrings herself. In addition to managing administration and recruiting volunteers, she also teaches when needed.

Ms Heema is currently working on a new EP and hopes to take her music to the national and international stage, while continuing to build communities through music, including Heartstrings.

"I will never forget my goal of building communities through my music, whether by continuing this free music programme or through other volunteer programmes," she said.