

## COVER STORY

# SCRUB UP- Good Clothes bring lots of Confidence

*Dr. Sumaiya Tahseen  
Anaesthetist  
Entrepreneur  
Founder - SCRUB UP!*

I am Sumaiya Tahseen. I earned the Dr Prefix when I completed my MBBS IN 2012 and went on to complete my MD in Anaesthesiology in 2016.

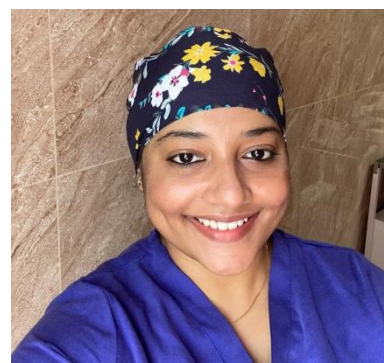
I am a mother to three beautiful girls and wife to a fellow anaesthetist and doting husband. I've always been fascinated by clothes and fashion trends and if not for a career in medicine I would probably be a part of that world!

When I first started my residency in anaesthesia, I was disheartened to see the

scrubs that were given to us. They were ill fitting, boring and drab. I started looking at scrubs worn by residents abroad and I wished we had that kind of variety in terms of material and designs in our country.

Unfortunately we had none and I decided to do something about it. However nothing materialised for a good 4 years after MD.

When the pandemic started and with more people preferring to wear scrubs to the hospital I decided it was the right time to start my venture and thus my fourth baby SCRUB UP! was born.



Scrub up! Not only got a lot of attention very quickly but it's also one of the only brands in India offering maternity scrubs.

SCRUB UP! Is an inclusive brand and at SCRUB UP!, we believe that good clothes bring a lot of confidence. Due to this, we feel everyone should not just be comfortable but also feel fabulous in the

scrubs they're wearing. We've clothed hundreds of doctors working in the frontline who have all been extremely comfortable wearing our scrubs underneath PPEs.

Our maternity scrubs are made by keeping in mind the comfort of a pregnant mom to be.

My husband and I were both working with COVID positive patients in the pandemic. We got infected in the first wave and had to be quarantined. Luckily, we had just minor symptoms.

With kids at home and working in the

hospital, we are constantly worried about bringing some infection home. But being kids of doctors, they show resilience and strength uncommon in kids their age.

The pandemic is still raging with different strains coming out every year and we're still working with COVID positive patients.

But we hope for a better tomorrow and fervently pray for a COVID free world.

I'm sure a lot of you are just becoming doctors because your parents wanted a doctor in the family.

No one makes as many sacrifices as a student

studying to be a doctor. And it's a never ending struggle. But when you finally achieve your degree, that is a joy that knows no bounds.

I was a victim of parents "wanting a doctor in the family" and the struggles and sacrifices I've made to get where I am today are innumerable. But the happiness I get in what I do now surpasses that.

So don't get depressed when the going gets tough.

Stand up, hold your head high and keep walking till you reach your goal.

I wish you all the very best.