

# Kartik, Mixie & Corona:

## A journey about corona virus prevention

A comic for awareness against corona virus prevention



**Karnav Rastogi**

In association with **Umang Foundation, Mumbai**



## **Kartik, Mixie & Corona:**

### **A journey about Corona virus prevention**

It is said that a pandemic comes once in a century if at all. Corona virus has become a global pandemic and has affected people of all age groups. It has confined people to the borders of their homes in this borderless world. The schools, colleges and playground are closed. The classes have shifted online but children are still unable to play outdoor sports. There is also a fatigue among children as what to do and how to utilize time. What could be better than writing stories, poems or articles related to corona and create awareness among kids.

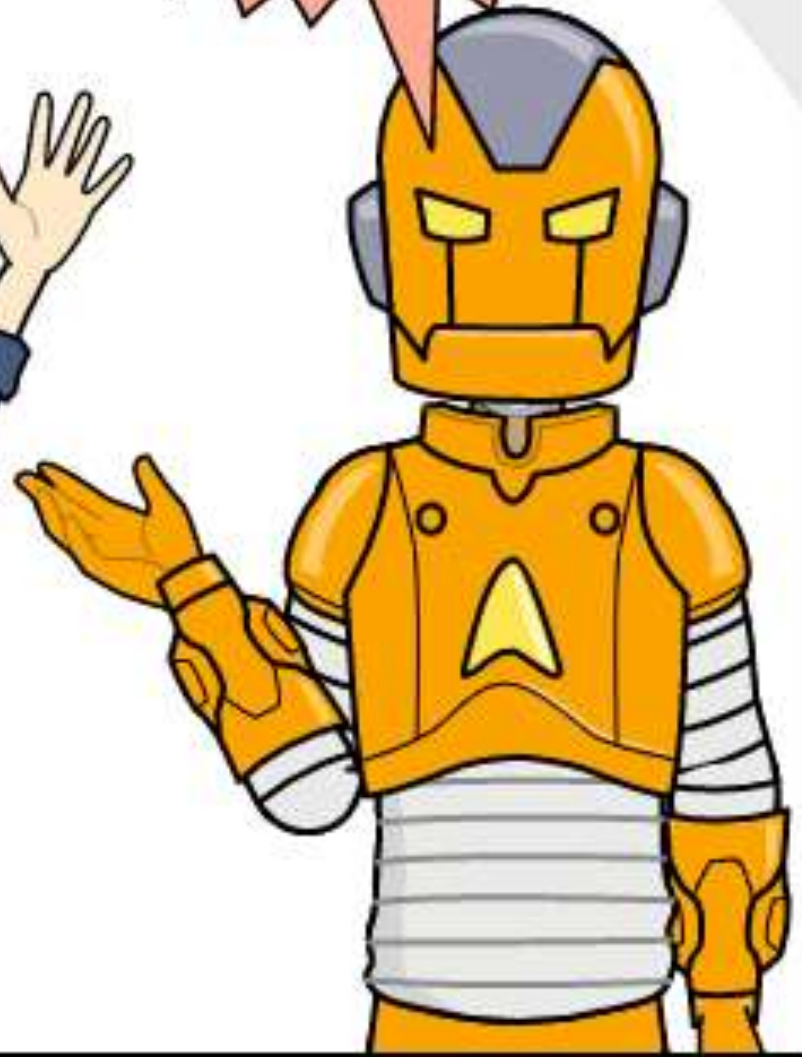
With this objective in mind **Umang Foundation** along with youngest author of India, Karnav Rastogi came out with an interesting read for all age groups. The purpose of this comic is to create awareness about corona virus and prevention from this disease. It answers a lot of questions about do's and don'ts about corona virus in an interesting comic format. Comic is liked by children and even adults. It is written in a simple and easy form with beautiful picturization of characters.

Have a happy reading.

## Character introduction

Hi friends!  
I am Kartik, a ten  
year boy from  
Mumbai

I am  
Mixie, a walking  
talking robot.  
Kartik's best  
friend.





## Character introduction



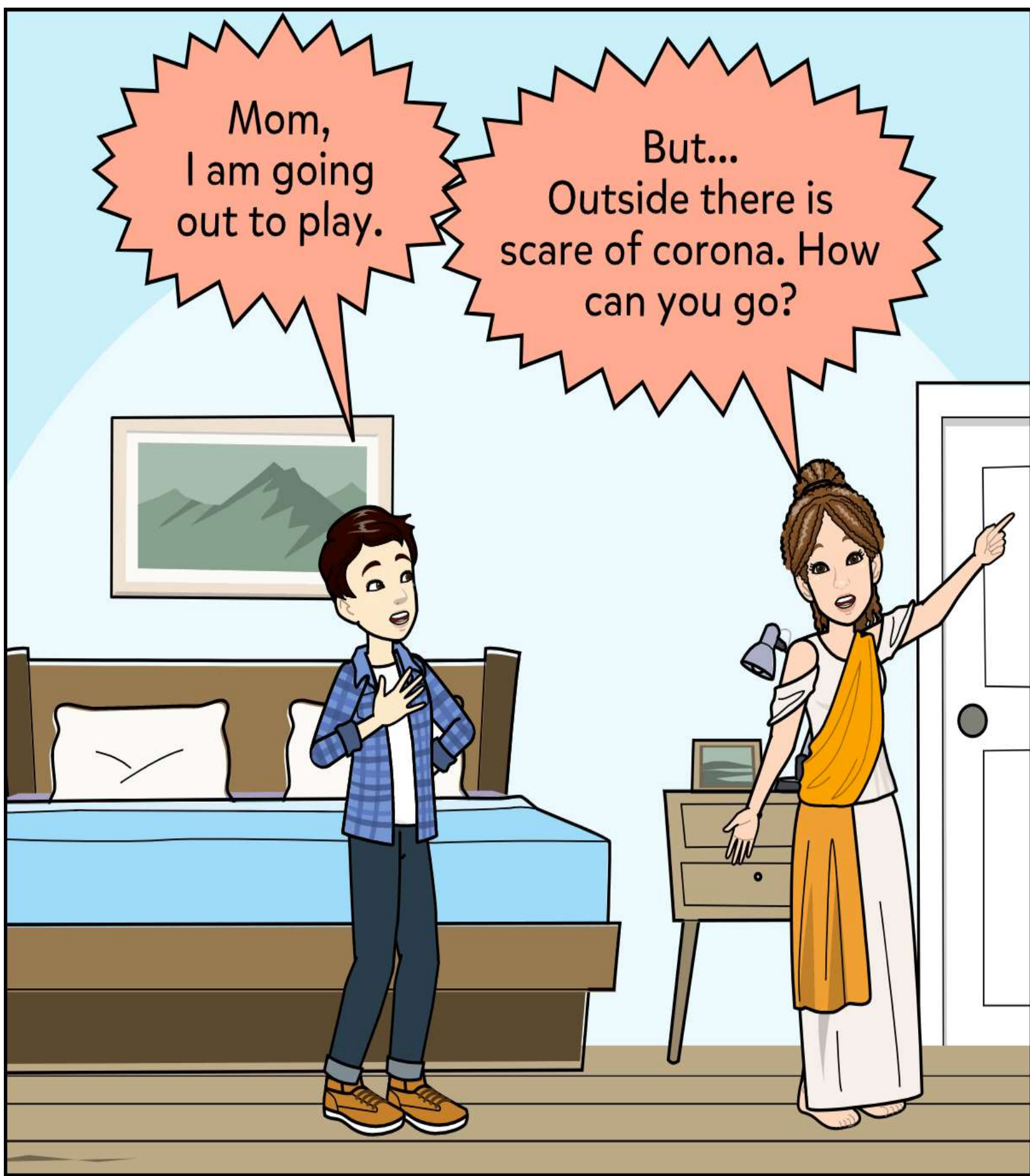
Where  
are you going  
Kartik?





Mom,  
I am going  
out to play.

But...  
Outside there is  
scare of corona. How  
can you go?



But since  
so many days I  
have not been able  
to go out Mom.

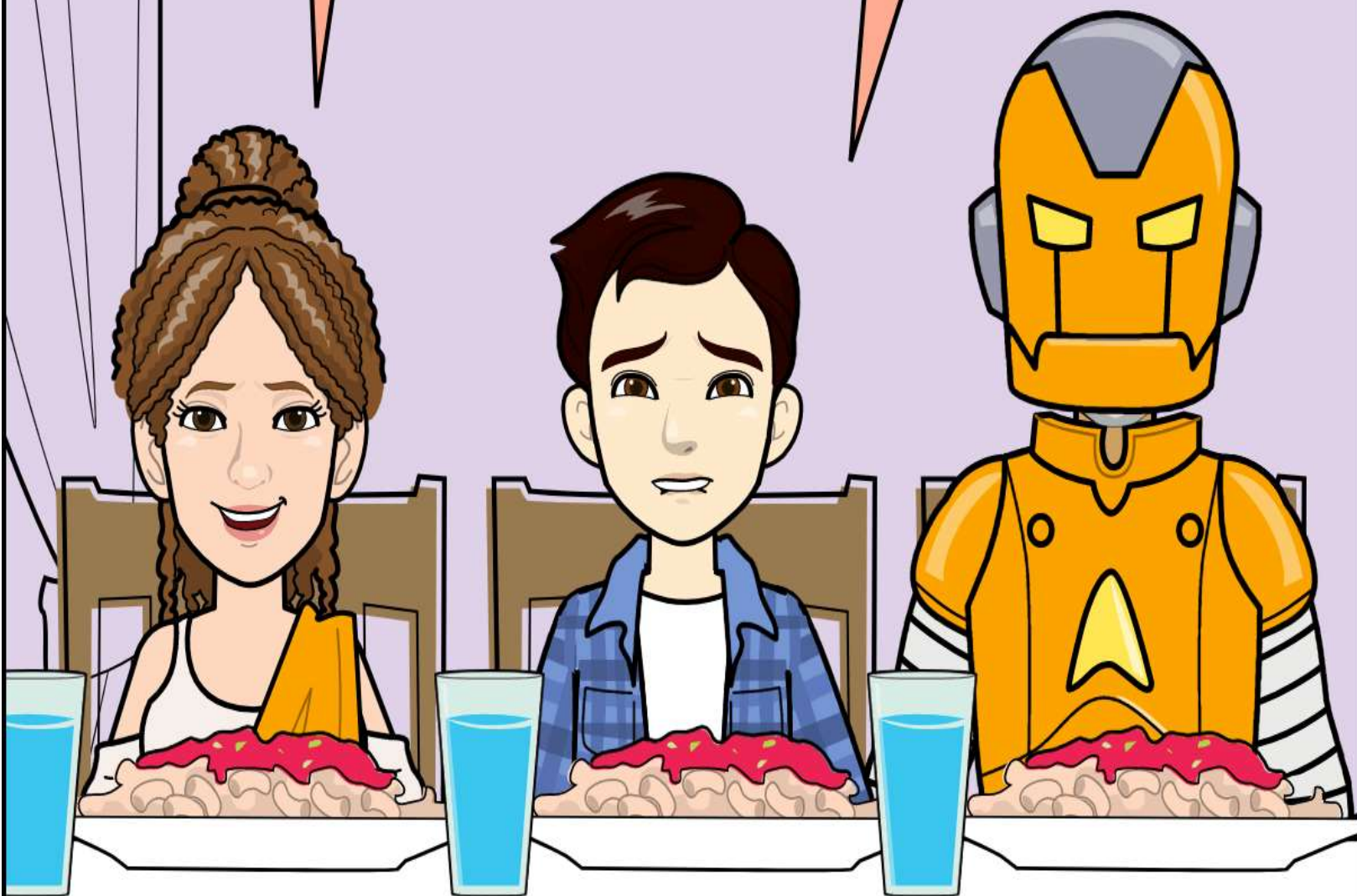
Come  
Kartik first have  
your lunch. Then  
we'll talk.





Eat  
your favourite  
vegetable pulao  
with curd.

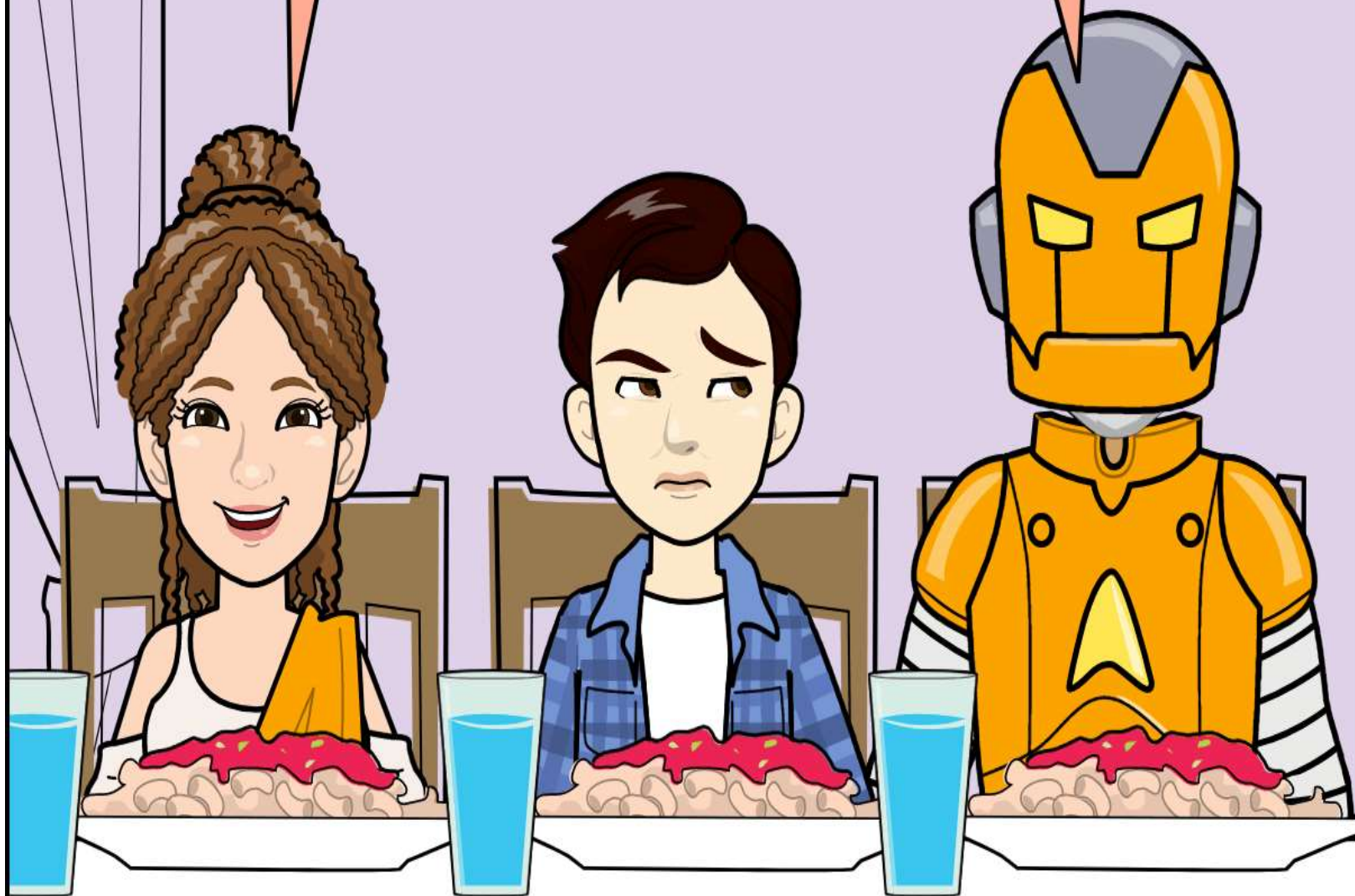
Mom! I  
don't like  
vegetables. Why did  
you add so many  
vegetables?





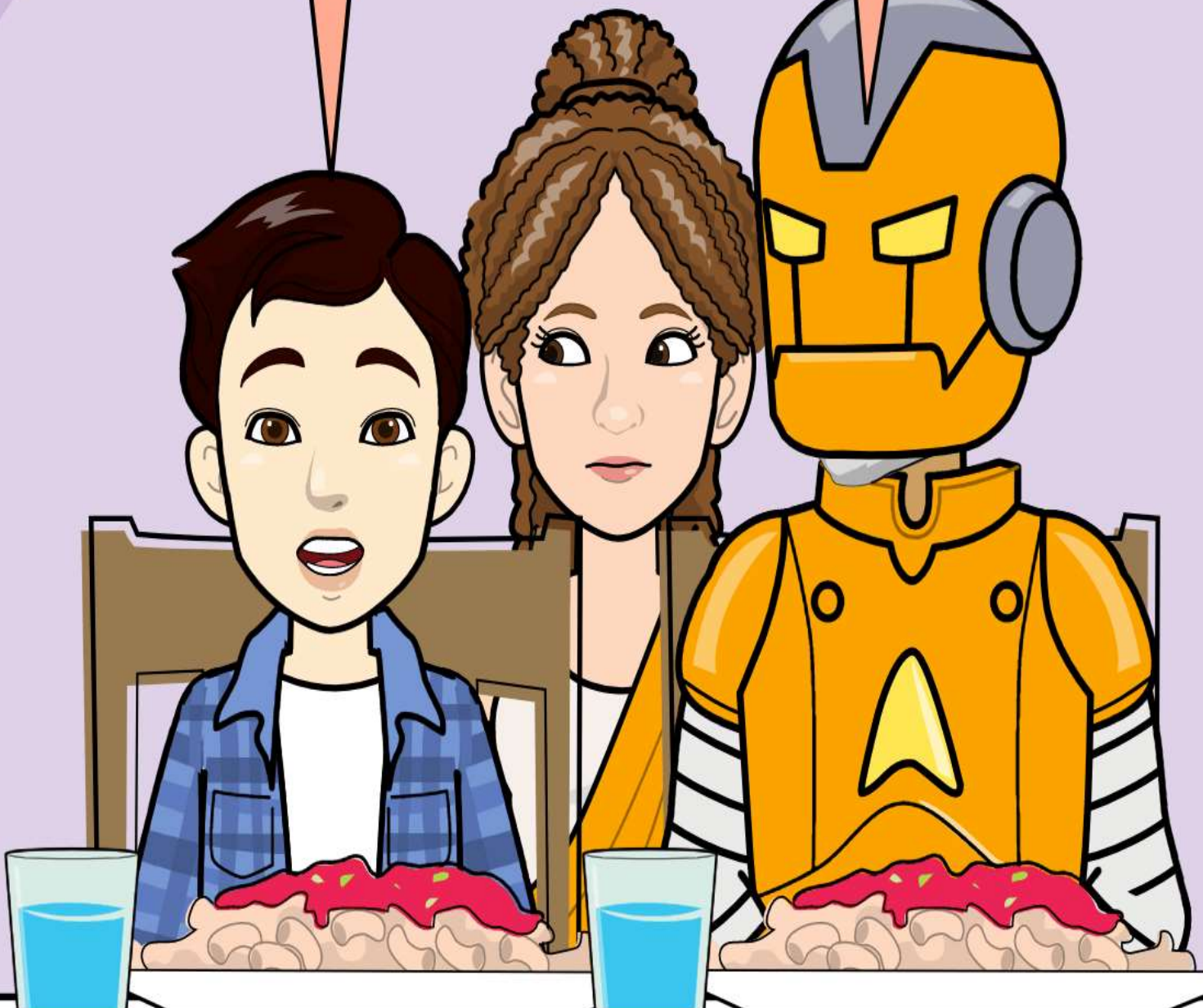
Kartik,  
you want to go out  
to play, right? You  
don't want to  
get sick.

Mom is  
right. Vegetables  
give you strength to  
fight against  
diseases.



How  
vegetables can  
make me strong  
Mom?

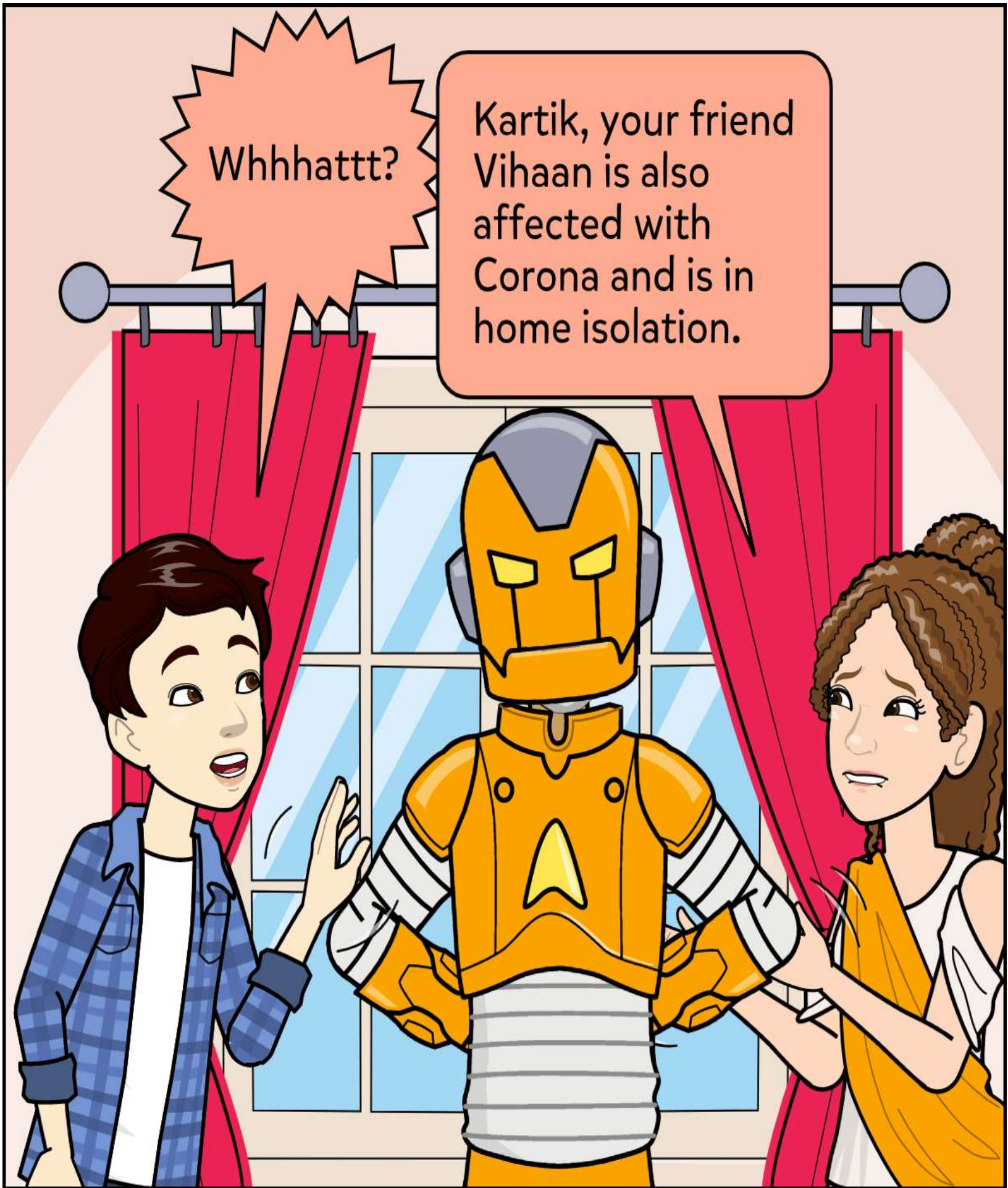
Vegetables provide  
you minerals and  
vitamins which build  
your immunity and  
keeps you healthy.





Whhhhattt?

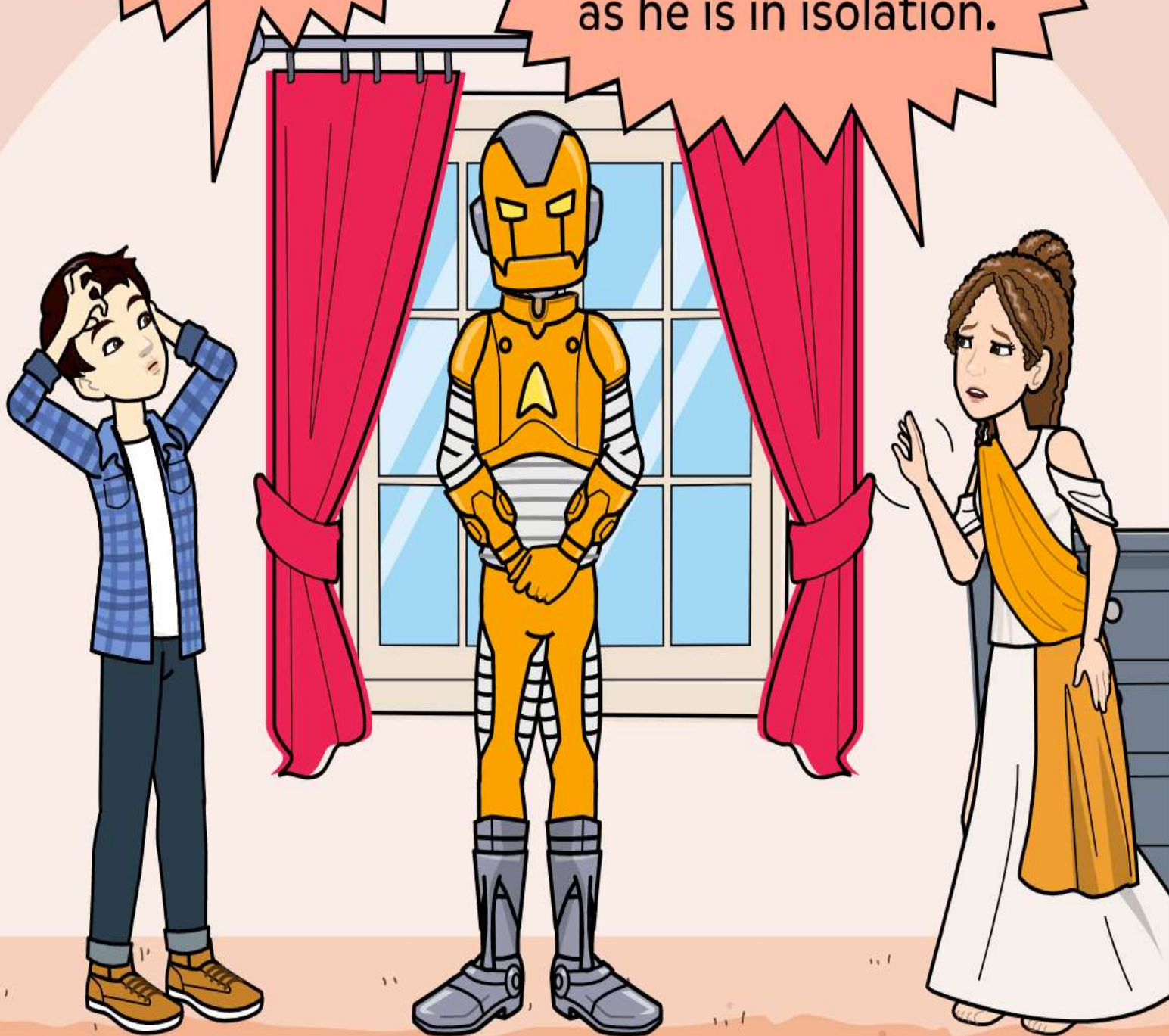
Kartik, your friend Vihaan is also affected with Corona and is in home isolation.





Mom,  
I want to go  
and meet  
him?

Kartik,  
you can't meet  
your friend for 14 days  
as he is in isolation.





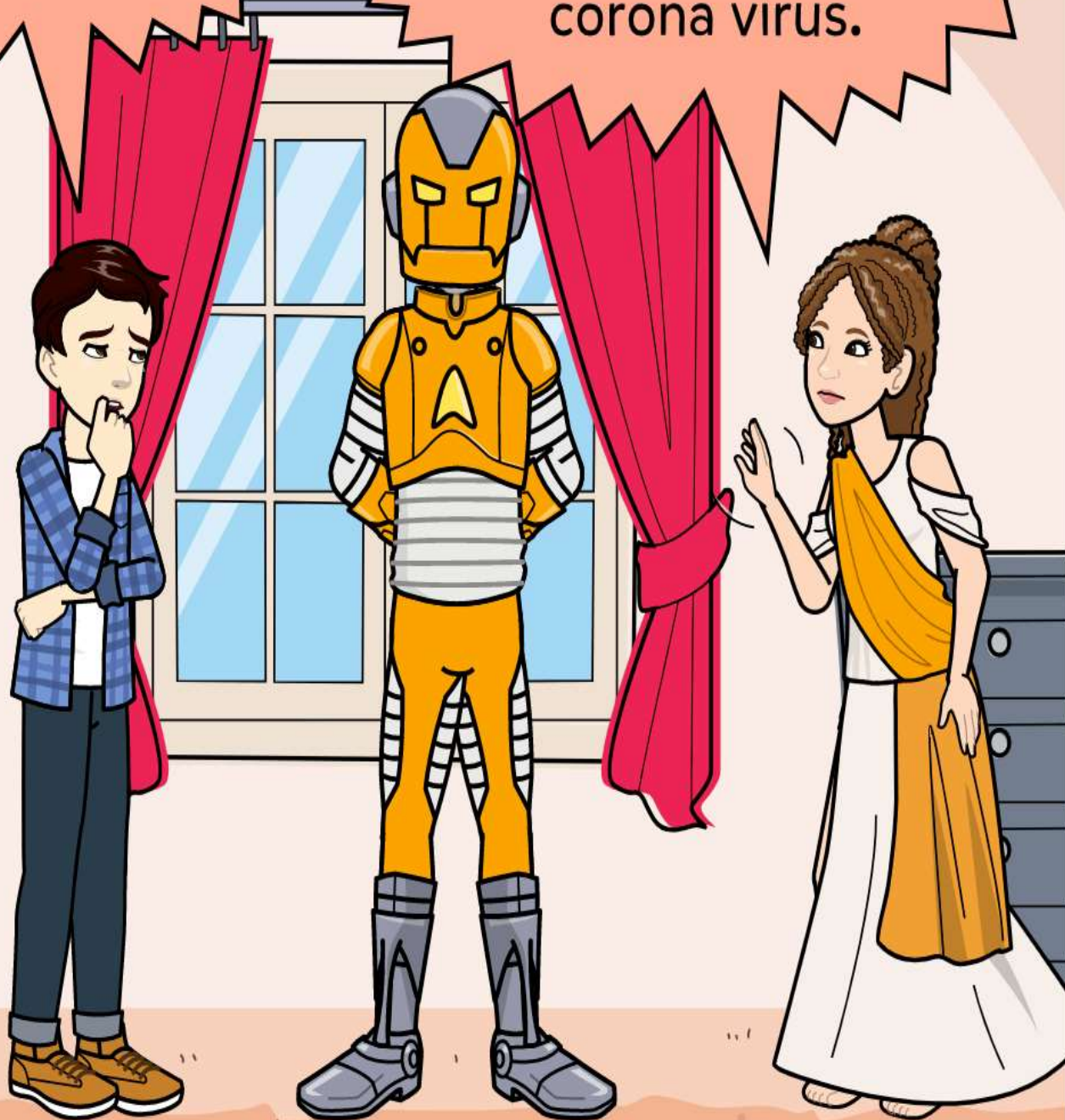
Corona virus spreads when you come in direct contact with a patient. The droplet of infected person spreads this viral infection.

When you will go to his house there will be a lot of infected surfaces which can also spread corona infection.



He is  
my best friend.  
Can't I do something  
for him.

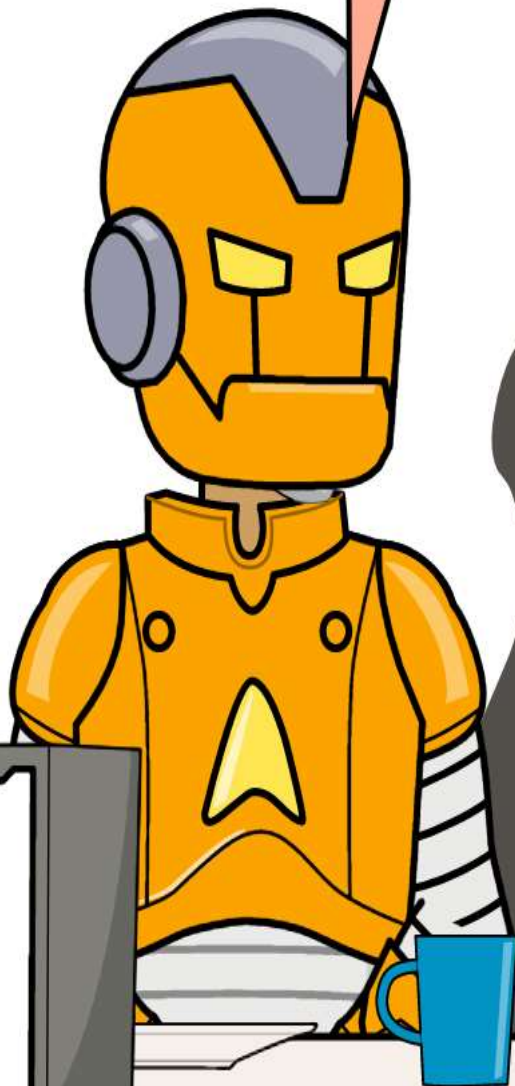
Right now  
Vihaan is suffering  
from Covid 19 - a  
disease caused by  
corona virus.



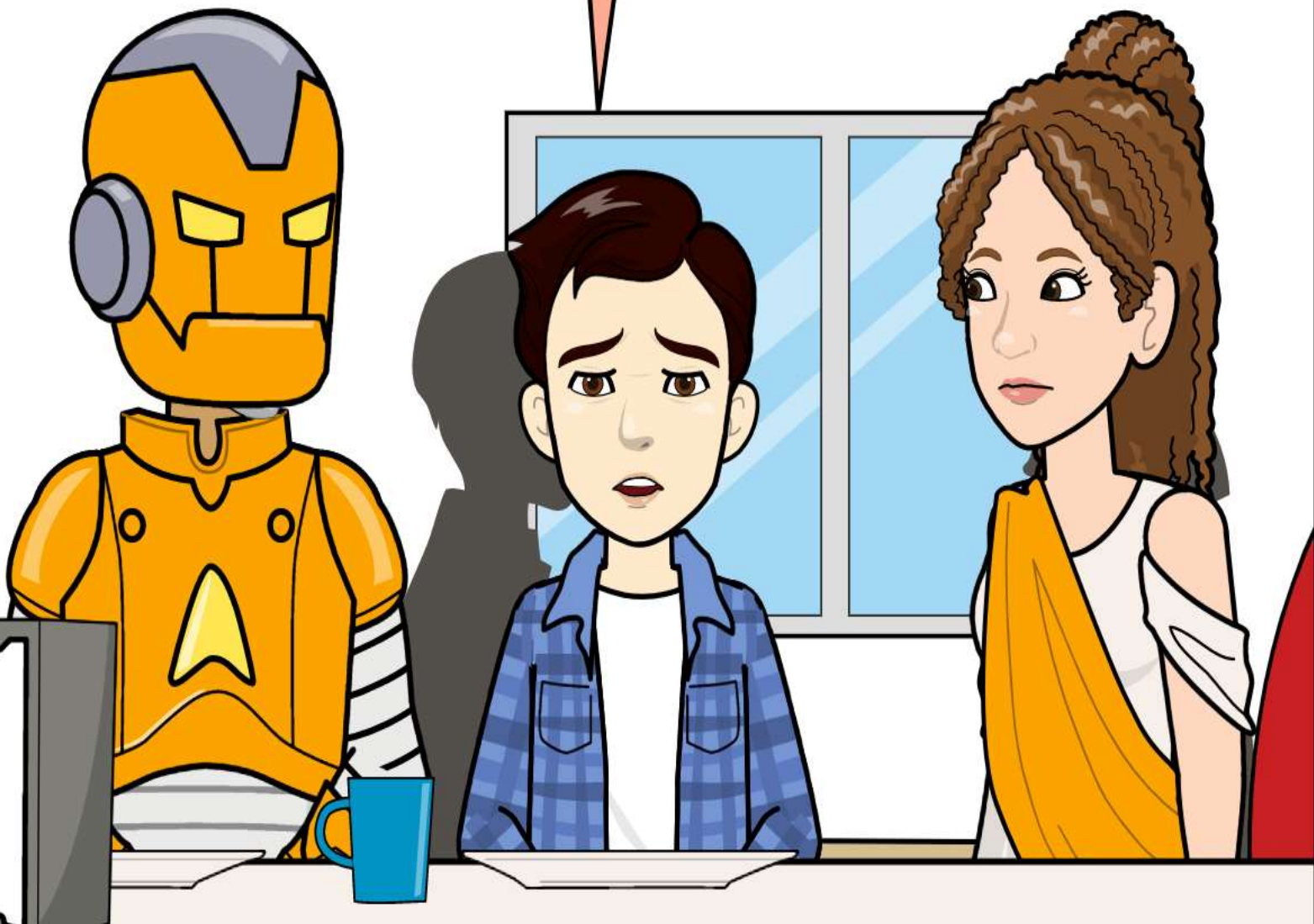


To stop the spread of this infection it is better to be away from patient and not to touch the infected surfaces.

The symptoms of this disease are fever, cold and cough, runny nose, breathing problem, headache etc.



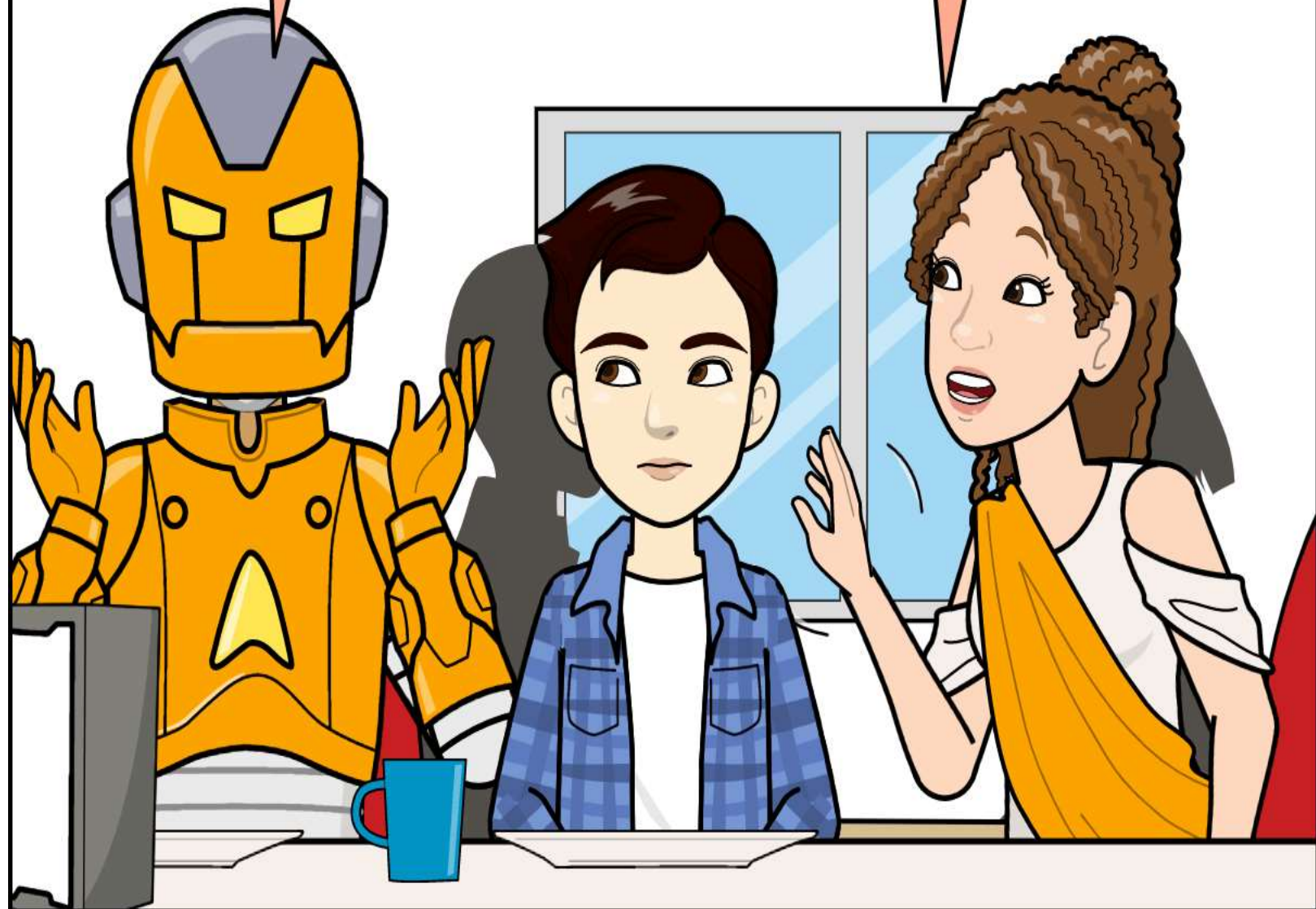
But,  
I didn't  
understand how he  
got the infection.





His father  
returned from U.S  
last week. Corona was  
wide spread there.

First his  
father was sick  
then he became sick.  
But his father is  
better now.



Mixie you may go and meet Vihaan. You are a robot so you will not catch the infection.

I will go. I have fixed a camera to my body, you can see my video on your laptop Kartik.





It is important  
to wear a mask  
when you step  
outside your  
house to  
prevent the  
entry of corona  
virus.

Bye  
Mixie.



Hey  
Mixie! What a  
pleasant surprise! I  
am better now.

Hi  
Vihaan!  
How are  
you?





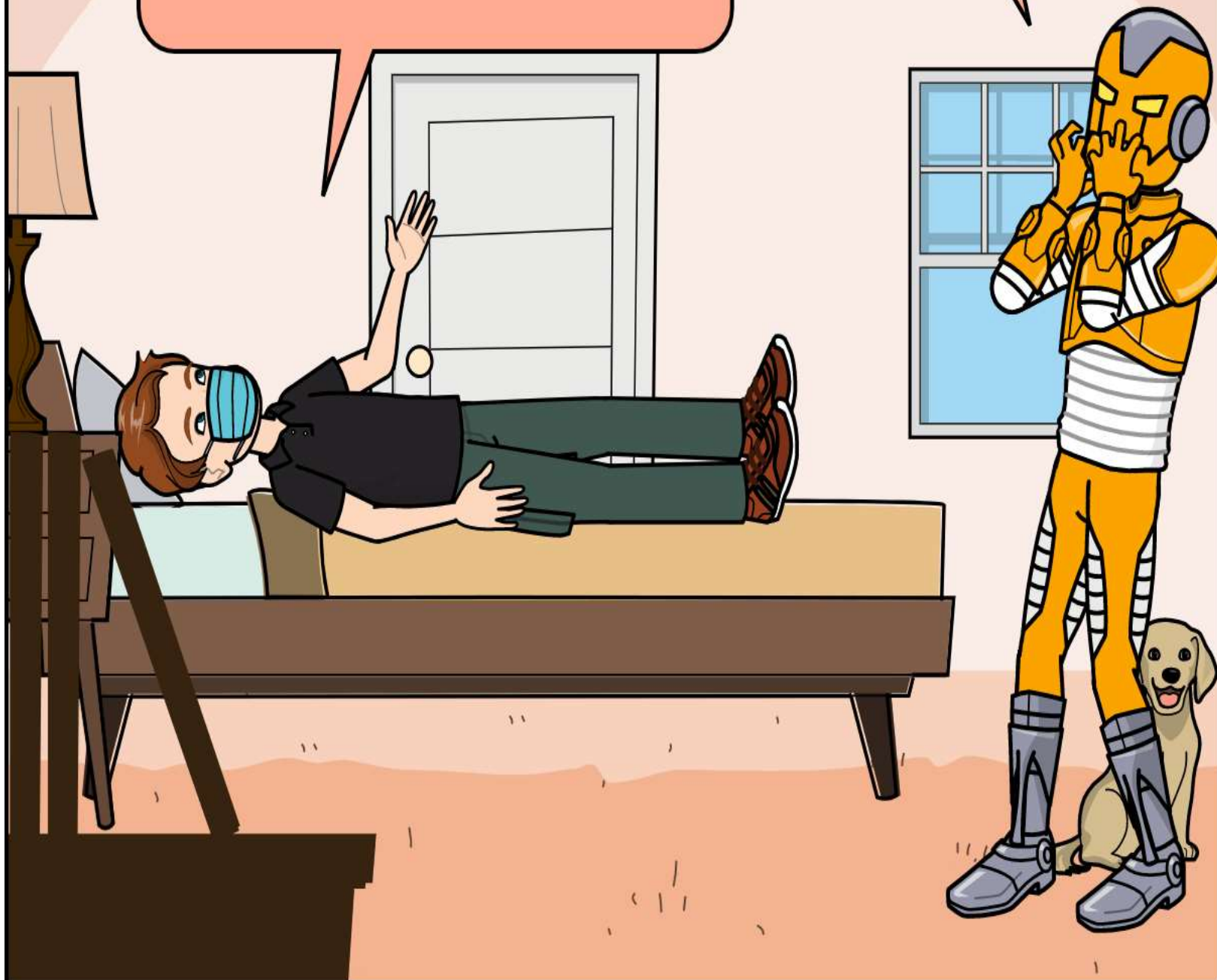
Yes Mixie. I am eating well. Taking fruits, vegetables, nuts, milk and only home cooked food.

Are you eating well?



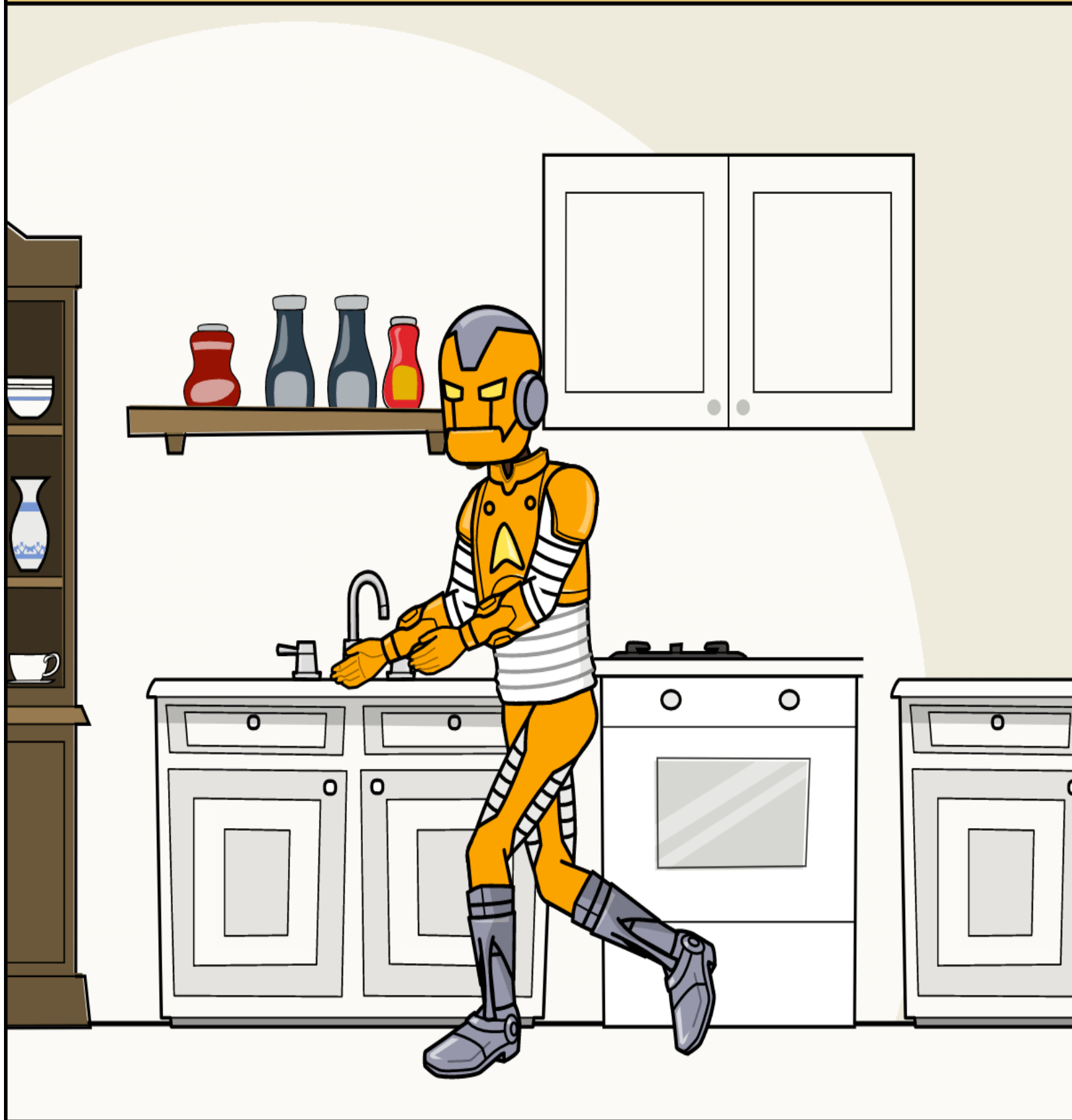
I used to eat junk food earlier so my immunity was weak but I have now understood the importance of balanced nutrition.

Yippee!  
Get well soon.





Mixie returns home and straight away goes for washing his hands with soap and water.



I just  
saw Vihaan and  
understood the  
importance of healthy  
diet. Thanks Mixie.

You  
saw Kartik,  
Vihaan is  
recovering well.





Remember these instructions  
to prevent yourself against  
Corona virus. Share it with  
your friends too.

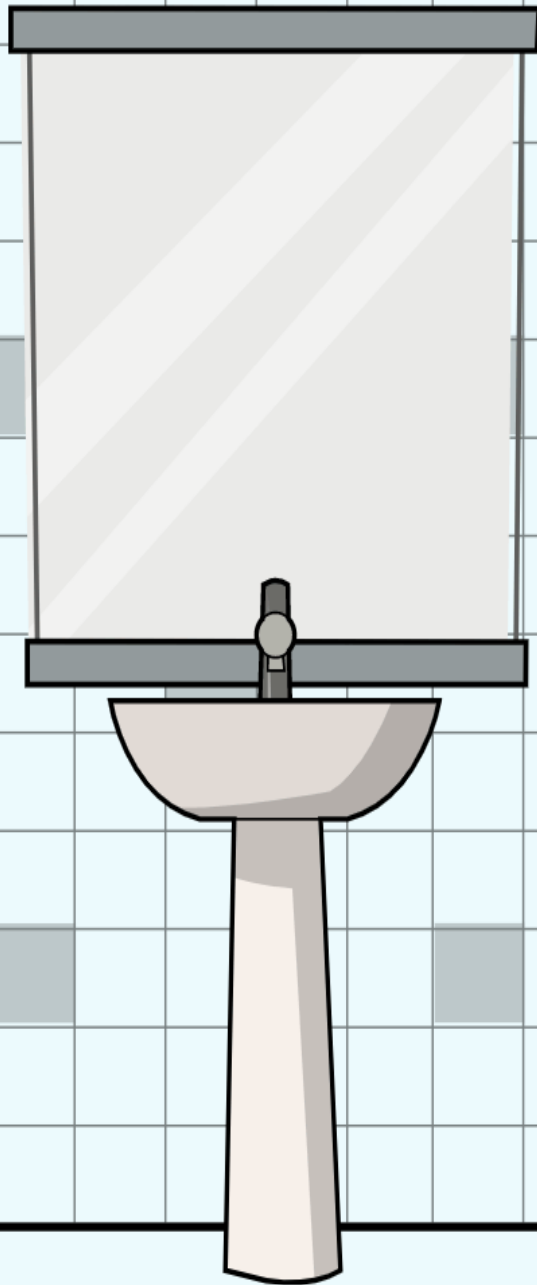


Exercise everyday. Breathing exercises and Yoga make you healthy.





Wash your hands with soap and water for at least 20 seconds.



Avoid touching  
you eye, nose  
and mouth  
often.. These are  
the entry points  
for virus in  
our body.

Greet  
people by  
folding hands. No  
handshake.

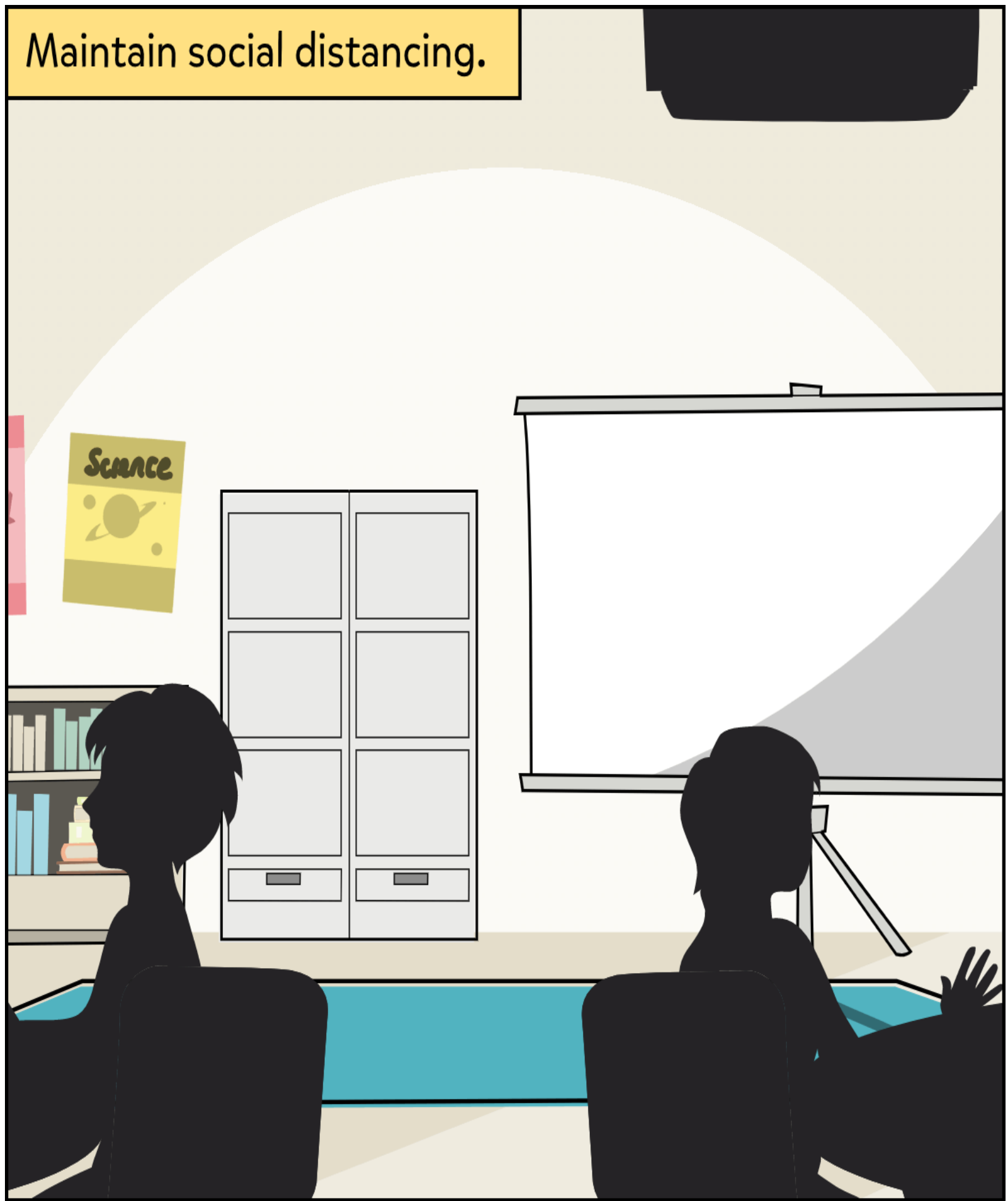




Avoid going to social gatherings or parties.



Maintain social distancing.

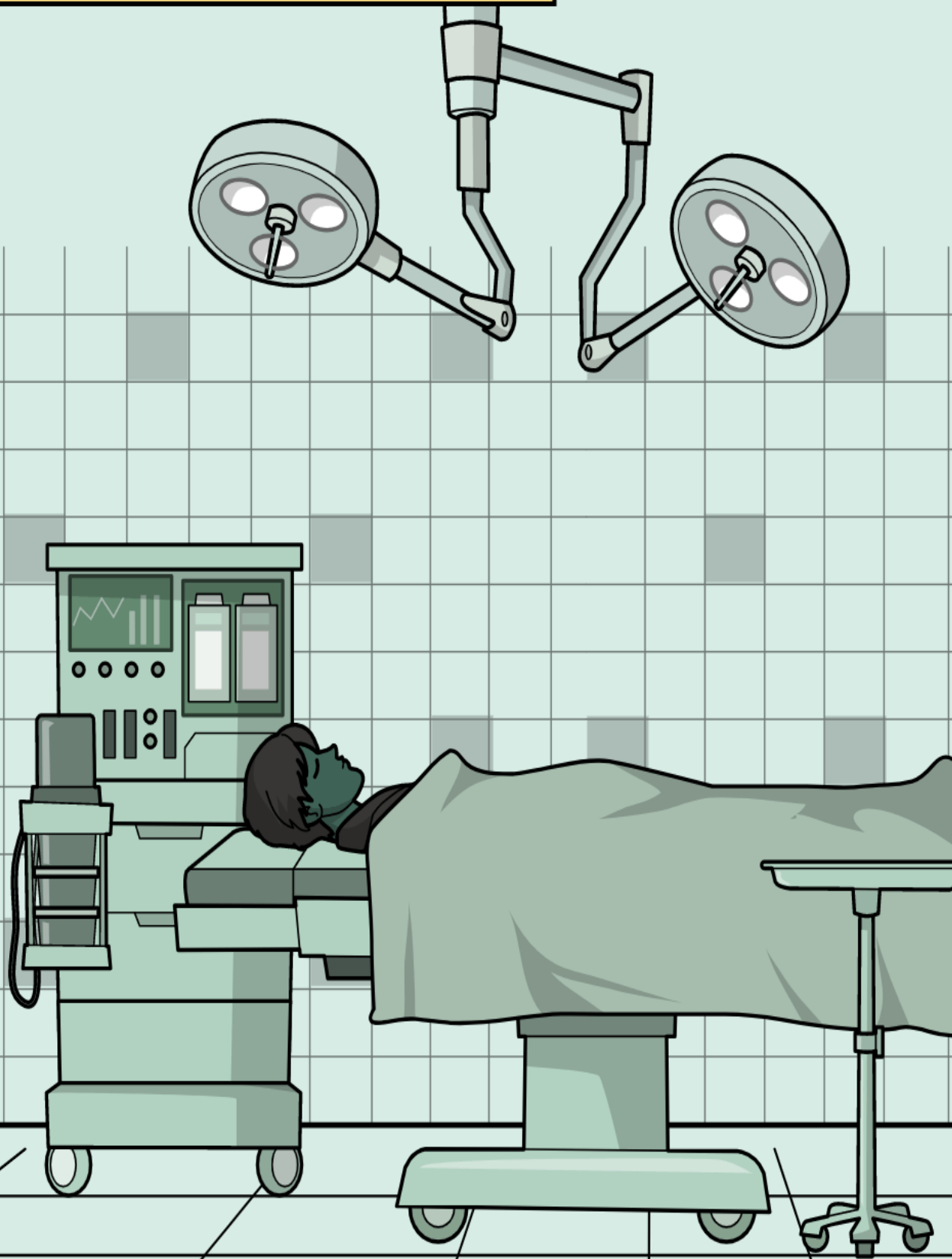




Avoid going to malls and theatre if it is crowded.

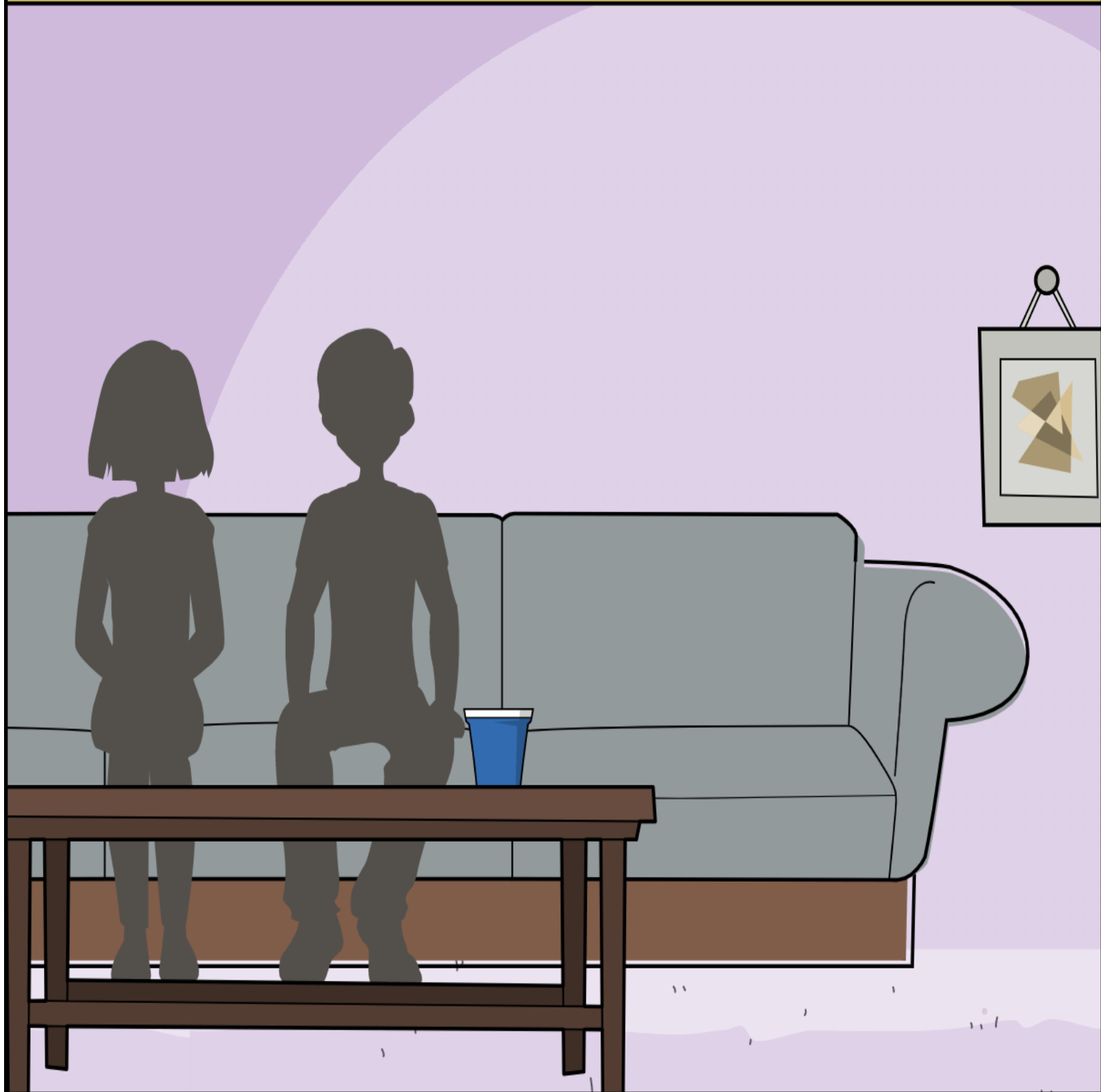


Avoid meeting the infected person.





Sanitize the surfaces such as lift buttons, table tops or platforms where you keep your things brought from out, Door knobs etc.

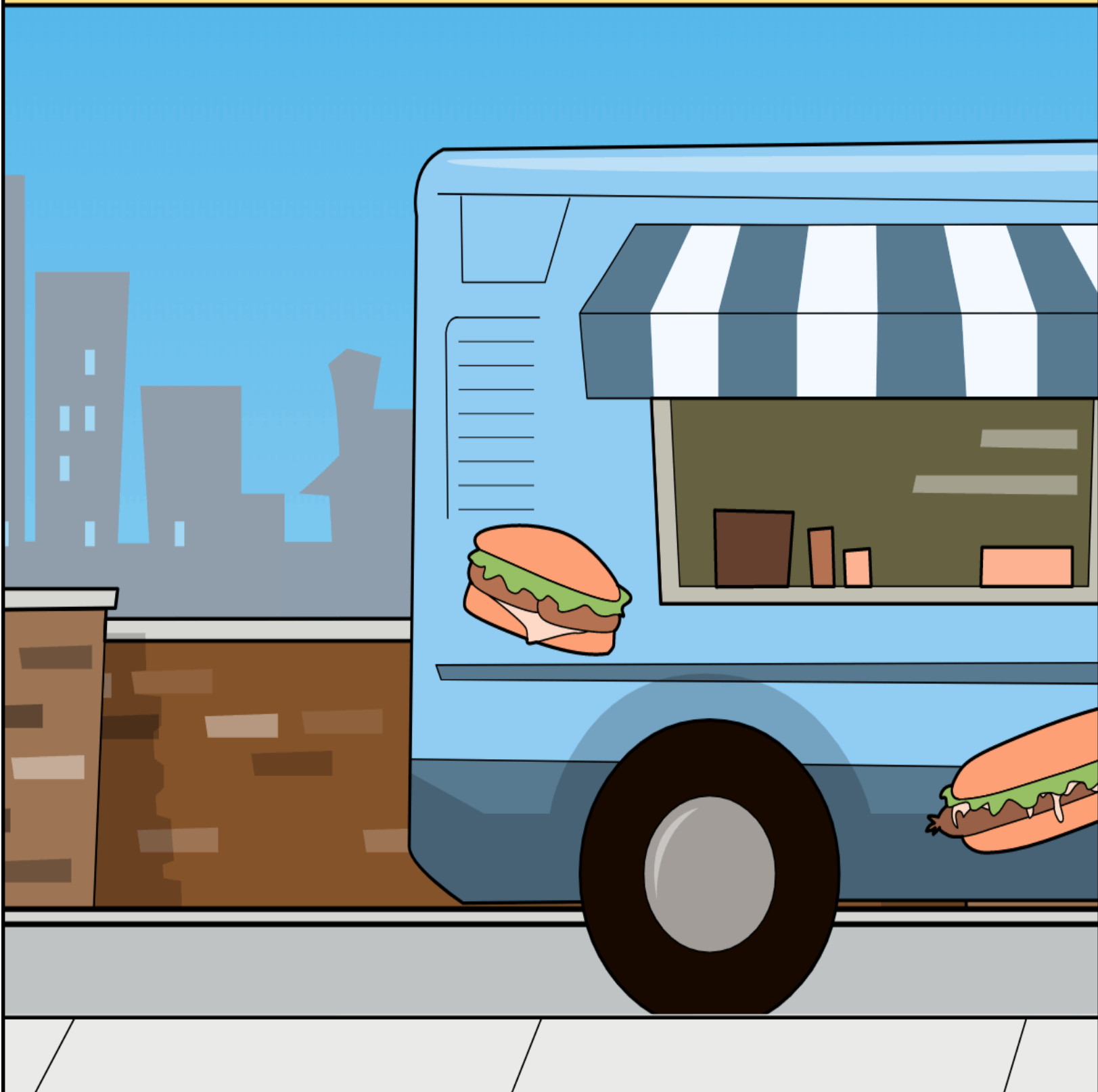


Always wear a mask when you go out of the house.





Avoid eating junk food and eat a balanced diet rich in fruits, vegetables, pulses, nuts, cereals, milk and milk products.



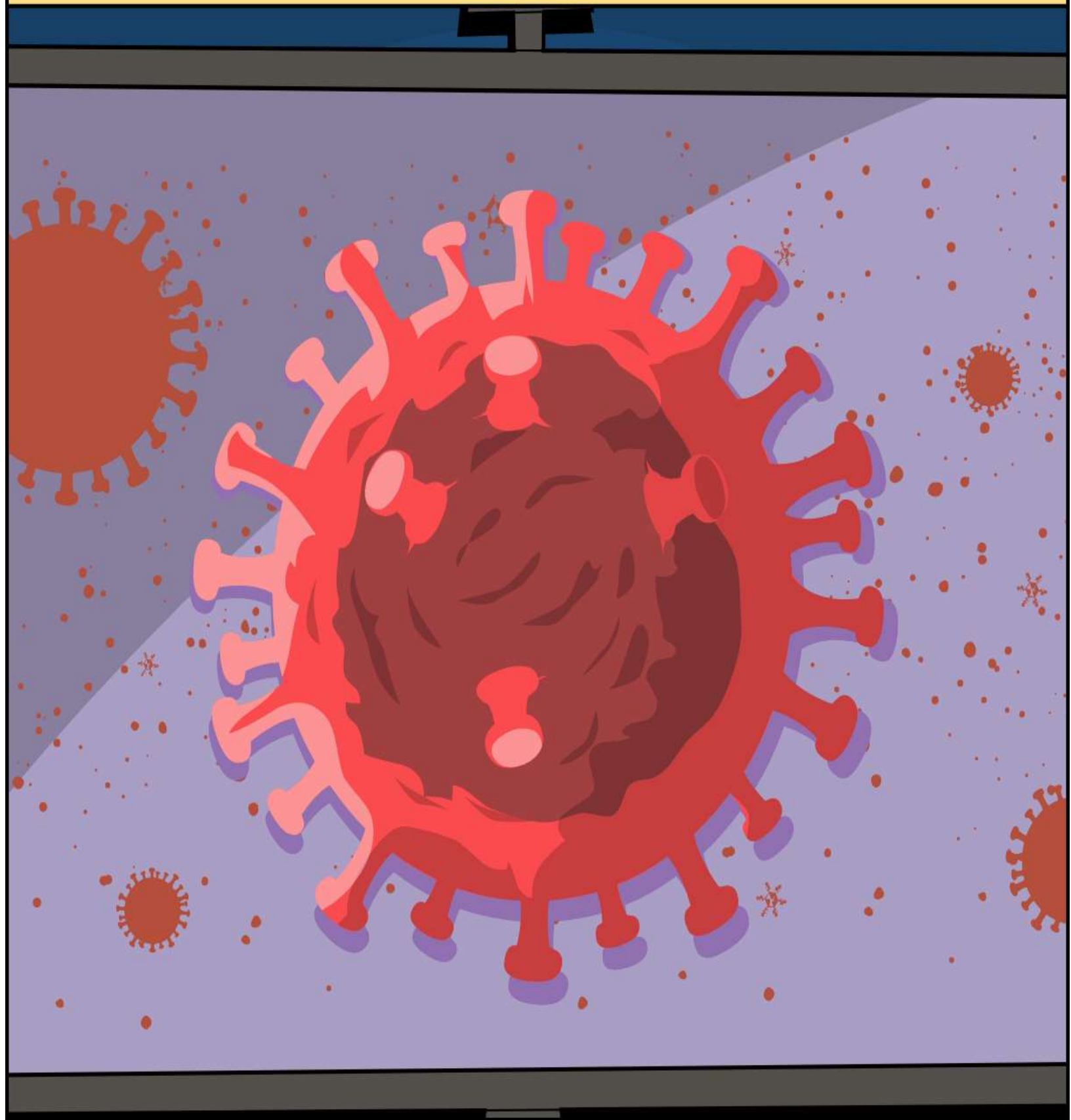


Avoid coughing in open and  
sneeze in your sleeve.



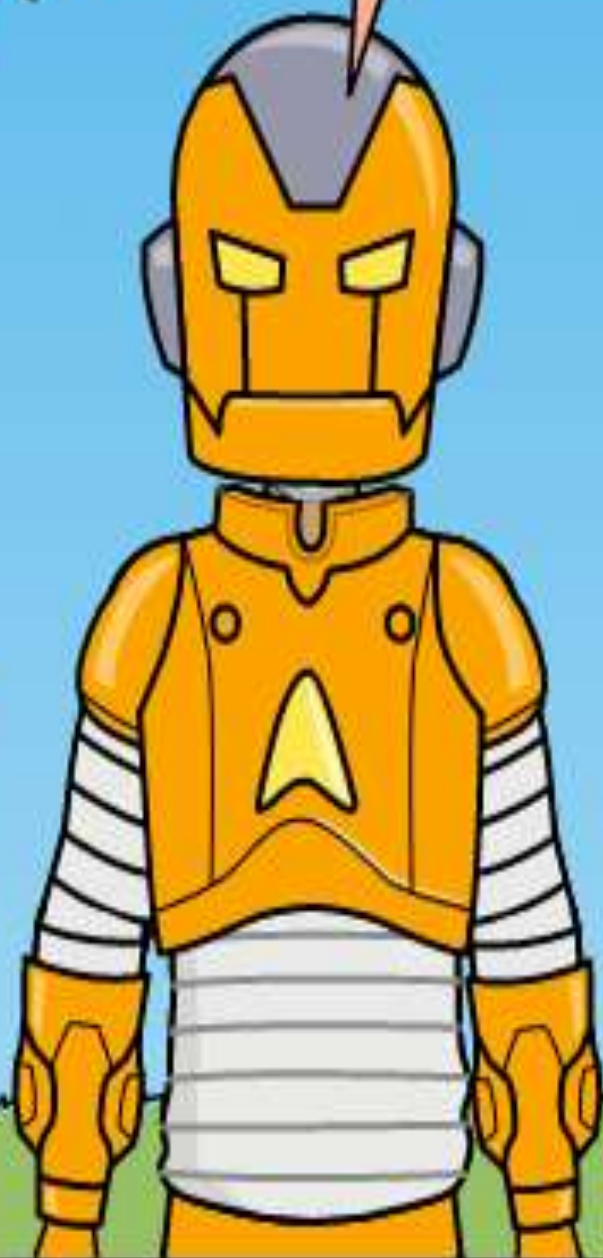


Remember-Prevention is better than cure especially in case of Corona virus which has become a Pandemic.



Hope you  
take these  
precautions and prevent  
yourself from this  
viral infection.

Stay  
safe and  
Take care





## About the Author

Karnav Rastogi is an eleven-year-old boy from Mumbai. He has been into writing from last four years. He writes for a social cause to create awareness about social problems and their solutions. He released his first book at the age of 8 years and became the **youngest author and fiction writer of India**. His first book is titled as Kartik & Mixie – A journey about creation. He wrote a novel titled Kartik & Mixie – A journey about jungle adventure & released it in 2019. Besides stories he writes articles and poems too. He created awareness about corona virus for children of various age groups. He participated in an international Covid 19 dialogue themed at special pandemic session organized by international kids' magazine from New York where he spoke on India's response to Corona Pandemic. His poem titled 'I am a corona warrior' & 'The real affluence' has been published in international kids' magazine, U.S.A. His poem titled 'Corona – Let's be safe' and 'Life during Corona' has won prizes at national poetry competitions. He has been awarded the title of **'Youngest Indian Corona Ambassador of India.'** He is also one of the youngest United Nations certified **'Tide Turner's Plastic Champion 2020'** and composed a poem on plastic titled 'Plastic – A curse' to create awareness about condemn of single use plastic. He presented his poem at National youth summit 2020. He conducts free regular workshops titled 'Author in You – Magic with words' for children to inculcate creative writing and to inspire and help them to undertake a journey of new creations. He is passionate about creating awareness about social problems through the power of pen. He can be reached at [authorkarnav@gmail.com](mailto:authorkarnav@gmail.com)



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Karnav Rastogi

## Umang Foundation ([www.umangfoundation.org](http://www.umangfoundation.org)):

Umang Foundation is a registered not-for-profit, focused for 450+ Zilla Parishad tribal belt based primary schools in Shahapur block of Thane Dist. It covers over 24,000 less privileged school going children. Organization has touched over 3,00,000 lives with its various initiatives. Renovation of School Infrastructure, provide basic stationery kits and quality education is the main focus of the organization. Organization has entered 5 times into Limca Book of Records and Founder Mr Ashish Goyal is a recipient of Mahatma Awards 2019 for Social Good and ISA Global Awards 2019. To Donate, Click on [https://www.umangfoundation.org/donation/covid\\_fund.php](https://www.umangfoundation.org/donation/covid_fund.php)



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