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## **Viable Methods Adopted for Reducing SAR Value in Mobile Phone Antenna: A Review**

M. Manikandan & S. Karthigai Lakshmi

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### Abstract

This article presents a detailed review of different methods adopted from earlier to recent years to achieve low Specific Absorption Rate (SAR) value for mobile phone antennas. SAR value should be within the limit according to the available standards. The human fraternity should limit the use of mobile phone. In order to infer this, some proven biological effects caused due to heavy radiation exposure of



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926